



FREE HAIRCUT
DETAILS, PAGE 2A

FOOTBALL PREVIEW

IN TODAY'S PAPER
Special section
features previews,
schedules, players



Suwannee Democrat

128th YEAR, NO. 93 | 2 SECTIONS, 28 PAGES

Wednesday Edition — September 4, 2013

50 CENTS

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



Court Security Supervisor Lamar Kent.

Securing the courthouse

Court bailiffs keep order in the Suwannee County Courthouse

Staff

Court Security Supervisor Lamar Kent has been working inside the Suwannee County Courthouse for five years as a bailiff-deputy. A Live Oak local, he had previously retired as a lieutenant for the law enforcement branch of the Department of Agriculture, working in and around Suwannee County. Since he was a child, Kent had wanted to be involved in law enforcement, and he made that dream come true in 1981 when he began attending an academy.

SEE SECURING, PAGE 15A

Former masonry instructor dies

Master Mason Henry "Babe" Stephens remembered

Staff

Former mason instructor at Suwannee-Hamilton Technical Center and Master Mason Henry Lloyd Stephens died Saturday, Aug. 31. He was 91.

Stephens fought a brave and

SEE FORMER, PAGE 10A

Ina Mae Boggus: leaving a legacy

By Bryant Thigpen
bryant.thigpen@gafnews.com



Boggus

Ina Mae Boggus, 80, of Live Oak, passed away from this life on Friday, Aug. 30, after suffering from a short illness. She owned and operated Live Oak Jewelry located on Howard Street with her husband, LaVoye, for over 50 years.

SEE INA MAE BOGGUS, PAGE 10A



6 97113 07520 1

City welcome signs step closer to approval

By Bryant Thigpen
bryant.thigpen@gafnews.com

The Live Oak Community Redevelopment Agency met recently for their regular monthly meeting. Here are some highlights of the meeting.

Welcome signs welcomed by DOT

The Florida Department of Transportation has sent a construction agreement to the city's engineer, Lane Lucas for Eutaw Utilities, for the construction of the welcome signs that has been in the works for

quite some time.

Lucas told the board when he received the contract from DOT, he sent it to City Attorney Erny Sellers for approval. The contract now awaits the signature of the mayor before

SEE CITY, PAGE 8A



Kamrie Mitchell

Woman remains missing one year later

Sheriff still seeks information

By Bryant Thigpen
bryant.thigpen@gafnews.com

It's been just over a year since a Suwannee County woman went missing and Sheriff Tony Cameron continues to follow leads.

Kamrie Mitchell was 24 when she was last seen in the Branford, Lake City area on Aug. 25, 2012, by her family. Cameron said he follows up on every lead he can surrounding her disappearance and has even asked for testing of an unidentified body of a young girl found in Georgia recently.

According to Cameron,

SEE WOMAN, PAGE 8A

Live Oak's National Guard to host open house event

Staff

The 868th Engineer Company, previously known as the 269th, will be presenting their inaugural Community Awareness Open House on Saturday, Sept. 7. The event will be held at the Live Oak National Guard Armory from 10 a.m. until 3 p.m. WWE superstar Kofi Kingston will be making a guest appearance from 1 to 3 p.m. with meet-and-greet and autograph sessions. Admission is free and open to all ages.

"We want to take this opportunity to show the community what services we provide for them and for our state and country," said Staff Sergeant

SEE LIVE OAK'S, PAGE 10A

CAR SMASHES INTO JIFFY STORE



A car smashed into the Jiffy Store at the roundabout around 1 p.m. Monday. No injuries were reported. According to the Live Oak Police Department, the 2000 Nissan was driven by Ashlee Daniels, 24, of Miami Gardens. Daniels said she was pulling up to the store when the vehicle stalled and she lost brake and throttle controls of the vehicle. The Nissan then smashed into the store causing extensive building damage. Daniels was cited for careless driving. - Courtesy photo

Marie Demarais: Playing on heart's strings

By Bryant Thigpen
bryant.thigpen@gafnews.com

Meet Marie Demarais. Marie is a 14-year-old girl who lives in a typical small town. However, Marie is not the typical girl. In fact, she is a unique person with a very unique talent and has a heart the size of Texas. With that big heart is a sincere passion for music.

Marie was born on Oct.

30, 1998, in Mayo and was raised in Lafayette County. She is the daughter of Jules and Kathy Demarais, and the baby of five sisters and seven brothers.

Growing up, Kathy recalls Marie always wanting to go inside the Live Oak Music Center on Pinewood Drive.

"When she was a kid, she

SEE MARIE, PAGE 15A



Marie Demarais

Get Looney Variety shop relocates to historical building

By Andrew McGee
andrew.mcgee@gafnews.com

A local variety shop has relocated to a more spacious building and will soon hold their grand re-opening.

Looney Bend was located in a building next to

SEE SUWANNEE, PAGE 10A



The new location of Looney Bend at 501 Ohio Ave. North. - Photo: Andrew McGee

SUWANNEE COUNTY, CITY OF LIVE OAK
TENTATIVE BUDGET, ASSESSMENT, MILLAGE DATES

City of Live Oak
Tuesday, Sept. 10, tentatively adopt millage, budget.

Suwannee County
Thursday, Sept. 5 at 6:15 p.m. (includes fire assessment, road msbu and tentative millage hearings)

Tuesday, Sept. 24, adopt final millage, budget.

Final budget hearing is Tuesday, Sept. 17 at 6:15 p.m.

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Arrest Record

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OFFICE HOURS
 Open Monday - Friday 8 a.m. to 5 p.m.

Letters, comments and opinions on the Viewpoint & Opinions page are not necessarily those of the management/ownership of the Suwannee Democrat.

LETTERS TO THE EDITOR

Letters may be mailed, faxed or emailed to our office. All letters are read. Not all letters are published. Letters may be edited to fit available space. The editor should not alter the writer's point of view. Well written letters require less editing. Keep it to the point, an ideal range is 150 to 200 words. Please include your name, address and day and evening phone numbers for verification. Letters MUST be signed. Letters to the editor can be limited to one letter per quarter per individual.

RANT & RAVE HOTLINE

Here's your chance to tell everyone what you think! Callers may dial 208-8314 and leave a message to express their thoughts, good or bad, 24/7 about issues and politics, but not about private individuals or businesses. If you prefer, you may email your comments to jeff.waters@gafnews.com. Your name is not required, but you must adhere to no more than 200 words.

Suwannee County Part of "The Original Florida"

Editor's note: The Suwannee Democrat prints the entire arrest record each week. If your name appears here and you are later found not guilty or the charges are dropped, we will be happy to make note of this in the newspaper when judicial proof is presented to us by you or the authorities.

The following abbreviations are used below:
 SCSO-Suwannee County Sheriff's Office
 LOPD-Live Oak Police Department
 FDLE-Florida Department of Law Enforcement
 FHP-Florida Highway Patrol
 FWC-Florida Wildlife Commission
 DOT-Department of Transportation
 OALE-Office of Agricultural Law Enforcement
 P & P-Probation and Parole
 USMS-US Marshals Service

ATF-Department of Alcohol, Tobacco and Firearms

DOC-Department of Corrections

Aug 29, Patricia Lynn McGoldrick, 32, 5310 SW 53rd, Trenton, FL, Poss Oxycodone, Poss Drug Paraph: SCSODTF- R. Sammons

Aug 29, William Josep Vanwambeck, 56, 190 SW Princeton Ct, Ft. White, FL, FTA O/C Petit Theft: SCSO- A. Loston

Aug 29, Aljandro Quiros-Otero, 42, 9970 NW 27th Ter, Miami, FL, DWLS/R Knowingly: OALE- T. Hingson

Aug 30, Jesse Dean Lamb, 41, RMC, Lake Butler, FL, Dealing in Stln Property, Trafficking, Return For Court, 1st App—PD App Per FFW: SCSO-Ford/Sutton

Aug 30, Kevin Dale Talant, 38, 8049 139th Dr, Live oak, FL, DWLS/R Cash Only, Okeechobee Co Wrt, FTA VOP Poss -20 Cannabis, 1st App—PD App Per FFW: SCSO- M. Landis

Aug 30, Joseph Barn Wainwright, Jr., Suwannee CI, Live Oak, FL, Return For Court: SCSO-Ford/Sutton

Aug 31, Javier Perez-Garcia, 30, 1706 Main St, Live Oak, FL, DUI, No Valid DL: SCSO- J. Greene

Aug 31, Ashley Holguin, 27, 1405 NE Duval, Live Oak, FL, DWLS/R: SCSO-

D. Stevenson
 Aug 31, Victor Patin, 50, 114 Colonial St, Live Oak, FL, No Valid DL: SCSO-B. Barrs

Aug 31, Jeremy Lamar Webb, 22, 1820 Itchne-tukne Rd, Live Oak, FL, DWLS/R, Madison Co Wrt, Writ of Bodily Attachment, Madison Co Cash Only Bond: SCSO- W. Kelly

Aug 31, Eureka Stanley Webb, 40, 829 Martin St, Live Oak, FL, Bre Co Wrnt #2013CT046537, FTA DWLS: LOPD- C. Kinsey

Aug 31, Emanuel Medina Ramos, 24, 338 SW Ke-gal Way, Lake City, FL, No DL, DUI: SCSO- M. Henry
 Aug 31, Willaim A Alexander, 29, 907 Pine Ave, Live Oak, FL, VOP-Petit Theft, Cash Bond to SVPS: SCSO- M. Jelks

Aug 31, Alaina Faith Szortyka, 20, 1305 White Ave, Live Oak, FL, DWLS/R Cash Bond Only, 1st App—PD App Per FFW: LOPD- C. Kinsey

Sept 1, David Cook, 52, Homeless, Live Oak, FL, Disorderly Intox, Disorderly Conduct, Assault: SCSO- H. Harris

Sept 1, Isaias Garcia, 38, 1407 6th St, Live Oak, FL, No Valid DL: SCSO- Cundiff

Sept 1, David Briones, 23, 827 W Howard St #42, Live Oak, FL, Agg Assault W/Firearm, Felony W/Firearm: LOPD- J. Roundtree

Sept 1, Quadarius Lamar Purast, 24, Hwy 129 N, Jasper, FL, Retail Theft, DWLS: SCSO- M. Henry

Sept 1, Jeffert Ryan Simmons, 24, 12609 167th Rd, Live Oak, FL, DUI: SCSO-Z. Clark

Sept 1, Robin T Norman, 48, 148 SW Sunset Land-ing, Lake City, FL, DWLS/R: SCSO- M. Landis

Sept 1, Joseph Nelson West, 27, 1031 NW Walker St, Live Oak, FL, VOP O/C Batt Crim Misch, VOP O/C Child Abuse Int, Writ of Bodily Attachment, Writ of Bodily Attachment: SCSO-W. Kelly

Sept 2, Michael Rober Hangebauck, 26, 2752 140th Ter, Lake City, FL, VOP (Petit Theft) Columbia Co Wrt: SCSO- M. Landis

Sept 2, Eliseo Sanchez Martinez, 26, 137172 7th Ave, Branford, FL, No

Valid DL: SCSO- J. Woloszyn

Sept 2, Terence Maurice Humphrey, 40, 428 Johnson Blvd SW, Live Oak, FL, DWLS (Knowingly): SCSO- C. Tompkins

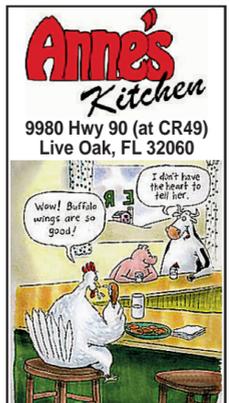
Sept 2, Damon Finley Allen, 52, 8039 139th Drive, Live Oak, FL, Theft, Criminal Mischief: SCSO-W. Kelly

Sept 2, Collin J Shields, 18, 9060 129 Dr, Live Oak, FL, DUI, Contrib Delq of Minor, Poss Alchl Wrnt 21: SCSO- Descarreaux

Sept 2, Sergio Castro, 44, 519 White Ave, Live Oak, FL, DUI: SCSO- C. Watson

CORRECTION

The next Live Oak Charter Review Committee meeting is Sept. 17 at 6:30 p.m., not 7 p.m.



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5:30 p.m., Nov. 5, at the spacious, beautifully decorated Rountree Moore Toyota showroom, US 90 W, Lake City. There will be silent and live auctions, a premier chance drawing, live entertainment, and a cash bar. The highlight will be a selection of specialty foods presented by over 20 area restaurants and caterers. For more information contact Kathy McCallister 755-0507 or kmccallister@marchofdimes.com, or Maureen Lloyd at 397-0598. Tickets will go on sale in early Sept. at First Federal Bank(US 90 W and Turner Rd.), Rountree Moore Toyota, Ward's Jewelers, and First Street Music; and in Live Oak at the Suwannee Democrat.



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FOOTBALL PREVIEW

Special section features previews, schedules, players

FEATURING 2013 COACHES, PLAYERS, CHEERLEADERS AND SCHEDULES

Football PREVIEW

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Pregnancy Care Center receives gift of a lifetime

Submitted

Becky Deas, executive director of Options Now, a life choice clinic in Valdosta, presented The Live Oak Pregnancy Care Center with a gift of a lifetime.

An ultrasound machine was received by the staff of The Live Oak Pregnancy Care Center as a gift from the board of directors of Options Now. Becky's heart ties run deep for the Suwannee Valley community being a North Florida girl herself. The South Georgia clinic and the Live Oak and Lake City centers share the same mission of protecting the unborn.

Hundreds of women have seen their baby for the first time on this ultrasound machine and as the Live Oak PCC prepares to become medical, the women in our community will now have the same opportunity.

Each day the PCC serves women from all walks of life who are facing an unexpected pregnancy. We call the ultrasound machine "The window into the womb". It is an opportunity to present the truth about life inside the womb. When a mom is considering abortion the ultrasound is often the turning point. The mom sees the baby's heartbeat for the first time and realizes this child is truly alive inside her. Ultrasound shows moms and dads the truth about their baby.

We are beyond blessed and grateful to have received such a gift and remain in awe everyday of how God meets our every need.

The PCC currently offers free pregnancy tests, free ultrasound (available in Lake City, coming soon to Live Oak), counseling, parenting classes for both moms and dads, resources for newborn and children up to two years of age earned through the "Earn While You Learn program",

post abortion recovery to bring healing to women and men impacted by past abortion.

We are a community outreach. We provide presentations to churches, youth groups and civic organizations on any topic related to our services.

We want to invite you to come and take a tour of our new office located at 137 Grande St. NE in Live Oak and share with you the impact the Live Oak PCC and Lake City PCC is having in the lives of men, women, teens and babies in our community. Vickie Hicks is the center's director and Jean Ross is the client service director.

The Pregnancy Care Center is a faith based non-profit that is funded by local churches, donors and fundraisers.

There is just something about being able to see the impact you are making. Please drop by or call and set up a time to tour the Live Oak center at 386-330-2229.



Fromt left: Donna Sandage, executive director Lake City, Live Oak PCC; Becky Deas, executive director, Options Now, Valdosta and Vickie Hicks, center director, Live Oak PCC. Courtesy photo

Idle-speed, no-wake zone activated on Suwannee River

Another idle-speed, no-wake zone was activated on the Suwannee River today, according to Florida Fish and Wildlife Conservation Commission (FWC) officials.

Zone 3, a 23-mile segment that runs from Little River Spring to the County Road 340 Bridge at Rock Bluff, was activated when the gauge at Branford reached 24 feet.

Zone 5, a 32-mile section on the Santa Fe River, which runs from River Rise within O'Leno State Park west to the confluence of the Suwannee River, was activated Aug. 23. This area of the river becomes an idle-speed, no-wake zone when the Santa Fe

River reaches 17 feet, as indicated on the Three Rivers gauge, where flood stage is 19 feet.

FWC officers are patrolling both rivers to ensure boaters comply with the idle-speed, no-wake rule, said Capt. Marty Redmond, area supervisor at the FWC's Lake City office. The FWC encourages boaters to stay off the Suwannee-Santa Fe river system until conditions improve.

An idle-speed, no-wake zone means a vessel must proceed at a speed no greater than what is required to maintain steerage and headway. At no time is any vessel required to proceed so slowly

that the operator is unable to control it or anything it may be towing.

The other zones are:
Zone 1 – from the U.S. 90 Bridge at Ellaville south to the State Road 51 Bridge at Luraville. This 39-mile segment becomes an idle-speed, no-wake zone when the Suwannee River reaches 47 feet or more above mean sea level at the Ellaville gauge, where flood stage is 54 feet.

Zone 2 – from the S.R. 51 Bridge at Luraville to Little River Spring. This 18-mile segment becomes an idle-speed, no-wake zone when the Suwannee River reaches 26 feet or more above mean sea level at the Branford gauge, where flood stage is 29 feet.

Zone 4 – from the C.R. 340 Bridge at Rock Bluff to 1 mile below the Fowler Bluff Boat Ramp. This 51-

mile segment will be an idle-speed, no wake-zone when the Suwannee River reaches 9 feet or more above mean sea level at the Wilcox gauge, where flood stage is 11 feet.

For more information about the flood zones, please call 386-758-0525. To report violations, please call 888-404-3922.

To obtain real-time river levels, visit www.mysuwanneeriver.com.

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Reflections

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Live Oak

Corbin & Gillespie to wed

You are invited to the marriage of Cheryl Diann Corbin and Bill Wade Gillespie on Oct. 13, 2013, at 3:30 p.m. at United Methodist Church on Henry Street in Branford.

Both Bill and Cheryl met, were born and are getting married in October. Both fathers have the same first name and both mothers have a same name and are born in September.

Cheryl Diann Corbin is the daughter of Mrs. Carolyn (Carol) Dianne Corbin and the late Mr. David (Ronnie) Ronald Corbin Sr. of Peoria, Illinois. They were happily married for 44 years and devoted parents of six.

Bill Wade Gillespie is the son of Mrs. Lettie Carol Tice, currently of Pinellas Park, Florida and the late Mr. David M. Gillespie, both from Ohio and devoted parents of four.

Our paths have crossed, we are best friends and true soul mates. God has



Cheryl Diann Corbin and Bill Wade Gillespie

blessed us and may he bless our marriage.

A reception to follow directions at wedding. All family and friends are invited to attend.

Thank you



We would like to thank the dental staff and Dr. Arthur for providing dental care to our visitor from a Chinese orphanage this summer. You and your staff did a wonderful job easing his fears. Thank you so much.

Braxton and Holly Fernald

Zachary Pritchard
May 16, 1990 - Sept. 2, 2010



It has been three years since you left us. Your laughter and lovely smile are gone forever. Our hearts are broken that we do not have you with us. We cannot hold you, or touch you, but we have many memories. Your memories are our keepsake and will remain with us until we see you again. God has you in his keeping and we have you in our hearts.

Dearly Loved - Sadly Missed - Never Forgotten
Your Family

First Federal Bank contributes to the Live Oak Artists Guild Autumn Artfest 2013

Submitted

First Federal Bank of Florida proudly announces a \$450 contribution to the Live Oak Artists Guild Autumn Artfest 2013. The donation will be used to help promote art, education and cultural awareness in our community. The Autumn Artfest exhibit runs Monday, Sept. 9 through Friday, Sept. 20 at the Suwannee River Regional Library. An addition exhibit from Sept. 21 through Oct. 4 will take place featuring Autumn Artfest winning artworks.

"We are hopeful that our contribution will inspire other businesses and individuals to also contribute to these important worthwhile projects," said Keith Leibfried, President and

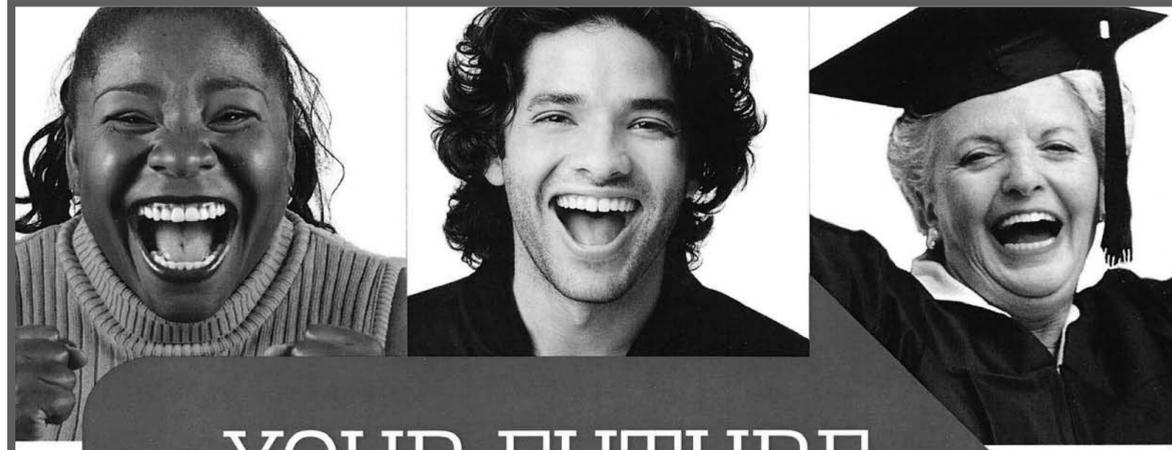


From left: Chris Flanagan, Live Oak Artist Guild Past President; Suzanne Marcil, Live Oak Artists Guild Treasurer; Heather Thompson, First Federal Bank of Florida Financial Center Manager and Stephanie McClendon, First Federal Bank of Florida SVP Regional Sales Manager.

CEO of First Federal. For over 50 years First Federal has been committed to building vibrant communities through the support of education,

sports, the arts and improving the quality of life for all. First Federal prides itself on being committed to helping local communities flourish. Founded in 1962,

First Federal has 19 branches located in Amelia Island, Bonifay, Bradenton, Chipley, Dowling Park, Jasper, Lake City, Live Oak, Macclenny, Marianna, Mayo, Sarasota and Yulee, Florida.



Andrews Family to sing at Long Branch in White Springs

The Long Branch Congregational Methodist Church located on CR 135 in White Springs will be hosting a Gospel Sing on Saturday, Sept. 7 at 7 p.m. The Andrews Family from Wellborn will be the guest singers. For more information, please call 386-397-2673. Everyone is welcome to come worship with us in our service.

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 - 2) Online GED Testing Service® registration toll (www.GED.computer.com)
 - 3) Call Suwannee Tech Center at 386-647-4201



Thank you

Praise the Lord, we are very blessed to live in this area filled with so many loving, giving people; most of whom are either family, friends, or both.

During Howard's illness and home going, your gifts of love, time, caring and prayers lifted our hearts many times.

The family of William Howard Walker is thankful for each and everyone who reached out to us in the past few weeks and we pray for God's blessings upon each of you.

Carolyn, Sherry and Jimmy, Tambrey and Chuck, Thomas and Cheri, Heath and Stephanie, Wayne and Amanda, Jan and Tony Melvin, our grandchildren and great-grandchildren.

The family of William Howard Walker

OBITUARIES

Shelton Otis Mitchell
Oct. 6, 1920
Aug. 28, 2013

Colonel Shelton Otis Mitchell, US Army (Retired), of Jasper, Fla. passed away Wednesday, Aug. 28, 2013 at his home following an illness of some time. Shelton was born on Oct. 6, 1920 to the late William Stewart Mitchell, Jr. and his bride Annette Wetherington Mitchell. He retired from a lengthy career in the United States Army where he was the recipient of numerous awards for his determination and dedication to his country.

He spent 45 years in Albany, GA. where he migrated into Real Estate Development as a successful second career. Mr. Mitchell was a Mason and a Shriner and was a member of St. Luke's Episcopal Church in Live Oak, Fla. In 2006 he was predeceased by his wife of 68 years, Eileen Roberts Mitchell.

Survivors include one son, Stephen "Steve" R. Mitchell and his wife Irene, Albany, GA.; one daughter, LaJuana Mitchell Peterson of Jasper; three grandchildren, Shelley Dehnel, Christopher S. Mitchell and Paul D. Peterson; two great grandchildren, Annaliese Dehnel and Shiar Dehnel.

Services were held on Saturday, Aug. 31, 2013 at St. Luke's Episcopal Church in Live Oak, Fla. Interment followed at Riverside Cemetery in White Springs, Fla. Harry T. Reid Funeral Home was in charge of arrangements.

Ina Mae Boggus
April 14, 1933 -
Aug. 30, 2013

Ina Mae Boggus, 80, of Live Oak, Fla., passed away on Friday, Aug. 30, 2013, from a short illness in Gainesville, Fla. Mrs. Boggus was born in McAlpin, Fla. and lived most of her life in Live Oak. She owned and operated Live Oak Jewelry with her husband, LaVoye Boggus, for over 50 years. Mrs. Boggus was a long time

member of St. Luke's Episcopal Church, Live Oak, Fla.

She is survived by two daughters: Donna (Mike) Parsons; Ann (Shawn) Turman, both of Live Oak, Fla.; two sons: Bart (Amy) Boggus; Jon (Tammy) Boggus, both of Live Oak, Fla.; two sisters: Wylene Collins, Ocala, Fla.; Orilla Seig, Jacksonville, Fla.; nine grandchildren and four great-grandchildren.

She was preceded in death by her husband, LaVoye Boggus.

A visitation was held from 6 - 8 p.m., Tuesday, Sept. 3, 2013, at Daniels Funeral Home, Live Oak, Fla.

Funeral services will be at 11 a.m., Wednesday, Sept. 4, 2013, at St. Luke's Episcopal Church, Live Oak, Fla. with Father Don Woodrum and Father George Hinchliffe officiating. Interment will follow in Live Oak Cemetery.

In lieu of flowers donations may be made to St. Luke's Episcopal Church, 1391 SW 11th Street, Live Oak, FL 32064.

Please sign the guest book at www.danielsfuneralhome.com

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

Imogene Johnson
Jan. 15, 1935 -
Aug. 30, 2013

Imogene Johnson, age 78 of Live Oak, Fla., passed away early Friday morning, Aug. 30, 2013, at Shands Live Oak Regional Medical Center. She was a native and life long resident of Live Oak and a member of Philadelphia Baptist Church. Imogene was an excellent cook and was especially known for her delicious biscuits. She dedicated her life to being a wonderful and loving wife, mother, sister and grandmother.

She is survived by her husband, Roy Johnson, Live Oak; five sons, R.L. Johnson, David Johnson, Wayne Johnson, Timmy Johnson and Troy Johnson all of Live Oak; one sister,

Winona Landen, Live Oak; seven grandchildren and twelve great grandchildren.

Visitation was held Tuesday one hour prior to the services from 10 until 11 a.m. at the church.

Funeral services were held 11 a.m., Tuesday, Sept. 3, 2013, in the Philadelphia Baptist Church with Rev. Josh Wynn & Rev. Leroy Dobbs officiating. Interment followed in the church cemetery.

Please sign the guestbook at www.harrisfuneralhomeinc.net.

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

Truett Johnson
April 17, 1943 -
Aug. 31, 2013

Truett Johnson age 70, of Live Oak, Fla., passed away Saturday, Aug. 31, 2013, at Suwannee Valley Care Center in Lake City, Fla., following a courageous battle with cancer. He was a native and life long resident of Live Oak where he spent most of his life farming. He was a graduate of Suwannee High School class of 1962 and was past president of FFA and a member of the Philadelphia Baptist Church.

He was predeceased by his parents, Curtis and his wife Angie Howard Johnson.

He is survived by one son, George Johnson, Live Oak; two daughters, Annette Johnson and Karen Bass, Live Oak; two brothers, Larry Johnson and Gene Johnson; Live Oak; eight grandchildren and one great grandchild.

Funeral services will be held 11 a.m. Wednesday, Sept. 4, 2013, at the grave-site in the Philadelphia Baptist Church Cemetery.

Please sign the guest book at <http://www.harrisfuneralhomeinc.net>.

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

Henry Stephens
April 25, 1922 -
Aug. 31, 2013

Henry Lloyd "Babe" Stephens, 91, of Cedar Key, passed away at Suwannee Health Care Center in Live Oak surrounded by his loving family on Aug. 31, 2013, following a lengthy battle with dementia.

He was born on April 25, 1922, to Valera Frances Powell Stephens and Henry Lynn Stephens of Cedar Key, and graduated from Cedar Key High School in 1940. While successfully hiding the fact that he was totally blind in one eye, he enlisted in the US Army Air Corps in January 1942 and proudly served his country until 1945.

Following his marriage to Joyce Beckham in 1952, Lloyd moved to Gainesville to raise a family and to work as a brick and block mason. He helped build the original Shands Hospital, The Malcolm Randall Veteran's Hospital, and numerous structures on University of Florida campus including Hume Hall. From 1968 to 1980, he taught masonry skills at the Suwannee-Hamilton Area Vocational-Technical Center in Live Oak and his largest class project was building Bradford High School's football stadium. During the same years in Live Oak, he was also owner and operator of H.L. Stephens Masonry Contractors. In 1980, Lloyd was asked to implement his masonry skills curriculum at Central Florida Community College in Ocala and was an instructor there for two years.

Retiring for good in 1983, Lloyd returned to his beloved Cedar Key and spent his years renovating his childhood home, fishing, building his own boats and spending time with his children and his grandchildren who called him "Daddy". He also served as a city commissioner, as Dockmaster on the old fishing pier and as President of the Cedar Key Alumni 100 Club. His efforts to compile a list of every CKHS graduate gave him the idea to recognize his classmates who had served during WWII, and on July 4, 1994, a brick monument that displays a bronze plaque inscribed with every Cedar Key serviceman's name was unveiled in a ceremony at City Hall.

Lloyd was preceded in death by his parents, his infant sisters Rosa Stephens and Mira Stephens, grandson John Earl Stephens, daughter-in-law Barbara Jean Stephens and infant granddaughter Stephanie Lynn Stephens.

He is survived by his wife of 61 years, Joyce Beckham Stephens, children Michael (Annette) Warren, Thomasville, Ga.; Patricia Warren Mills, Jackson, Miss.; Johnny Stephens, Gainesville; Nancy Stephens, Cedar Key; Scott (Anissa) Stephens, Lake City and Susan (Brant) Helvenston, Live Oak; 16 grandchildren and 18 great grandchildren.

Services will be held Saturday, Sept. 7, 2013 at 10 a.m. at Christ Episcopal Church in Cedar Key with interment following in Christ Church Memory Garden. In lieu of flowers, memorial contributions may be made to Christ Episcopal Church Memorial Fund, P.O. Box 210, Cedar Key, FL 32625.

Please sign the guest book at www.harrisfuneralhomeinc.net.

Harris Funeral Home & Cremations, Inc. is in charge of all arrangements.

"Granny" Lottie McCook
April 17, 1920 -
Sept. 1, 2013

"Granny" Lottie McCook, age 93 of Live Oak, Fla., passed away Sunday morning, Sept. 1, 2013, at Shands Live Oak Regional Medical Center following a lengthy illness. She was born in Sylvester, Ga. living most of her life in Live Oak. She is known to her family and friends as "Granny" because of the number of children she baby sat for over the years. She was influential in the growth and development of many folks in this area. She enjoyed crocheting, gardening and working in flowers. One of her favorite pastimes was listening to Gospel music and attending to Gospel sings. She also loved animals and over the years has taken in many strays. Most important to her was her relationship with her Lord and Savior Jesus Christ. Having been baptized in 1981 she was a Charter Member of the

Westside Baptist Church.

She is survived by four sons, Windol (Darlene) McCook of Alachua, Fla.; Jimmie (Linda) McCook, of Lake City, Fla.; Gene (Sherry) McCook of Live Oak, and Cleatos (Melissa) McCook of Live Oak, Fla.; two daughters, Jeanette (Wayne) Hawkins of Repton, Ala. and Sissy (Michael) Cofield of Lake Park, Ga.; 18 grandchildren, 37 great-grandchildren and 2 great-great-grandchildren also survive.

Visitation was held, Tuesday, Sept. 3 from 5 to 7 p.m. at the funeral home.

Funeral services will be held 3 p.m., Wednesday, Sept. 4, 2013 in the Westside Baptist Church with Rev. Toby Martin, officiating. Interment will follow in the Live Oak Cemetery.

In lieu of flowers contributions may be made to Alzheimer's Association or American Diabetes Association.

Please sign the guestbook at www.harrisfuneralhomeinc.net.

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

DEATH NOTICES

Ralph Roundtree

Mr. Ralph Roundtree, a resident of Live Oak, Fla., age 86, passed away Aug. 29, 2013. D.M. Udell and Sons are in charge of all arrangements. D.M. Udell Funeral Home, 386-362-4189 or 386-209-0223.

Russell Fleming

Mr. Russell Fleming, resident of Live Oak, Fla., passed away Sept. 1, 2013. D.M. Udell and Sons are in charge of all arrangements. D.M. Udell Funeral Home, 386-362-4189 or 386-209-0223.

Thanks

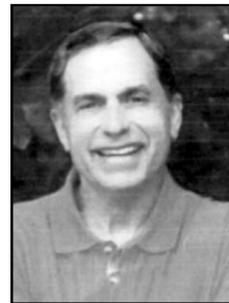
We would like to thank the staff of North Florida Eye Care and Dr. Broome for providing eye care to the child we hosted this summer from an overseas orphanage through New Horizons for Children. Your generosity in community service is greatly appreciated.

Braxton and Holly Fernald



Lloyd was preceded in death by his parents, his infant sisters Rosa Stephens and Mira Stephens, grandson John Earl Stephens, daughter-in-law Barbara Jean Stephens and infant granddaughter Stephanie Lynn Stephens.

Renewal Weekend with John Riley September 6-8, 2013



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Covered dish dinner at 6 pm. service at 7
- Saturday, Sept. 7:**
Service at 7 pm
- Sunday, Sept. 8:**
Service at 9 am and 11 am

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Viewpoints/Opinions

BIBLE VERSE

"This is what the Lord says— your Redeemer, the Holy One of Israel: "I am the Lord your God, who teaches you what is best for you, who directs you in the way you should go." **Isaiah 48:17 NIV**

Suwannee Democrat



MYRAC. 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 2013

1. Reduce waste in local government
2. Revitalize downtown Live Oak
3. Continue work on Perimeter Road
4. Attract more business and growth
5. Build up I-10, US 129 corridor

GUEST COLUMN

Deep thinking on fear, ignorance

Dwain Walden
The Moultrie Observer

In the movie "Magnum Force," Clint Eastwood tells a villain, "A man's got to know his limitations."

This observation has been included in a long list of famous quotes about "fear." Some of them define fear. Some note that fear is necessary. Some contrast fear with courage. And some of them are just funny remarks that deep down inside apply to most of us.

For instance, Woody Allen once said, "I don't fear death. I just don't want to be there when it happens."

And we've all heard that one that goes: "I'm not afraid of flying, I'm afraid of crashing." That particular one is not attributed to anyone, but it applies to all of us. I don't believe anyone who has ever had a window seat hasn't looked down from 30,000 feet and contemplated his mortality.

This thing about fear came to mind the other night as I left my Randolph Scott movie and sought other entertainment. I happened to pass by "Gator Boys" and did a quick return.

On this show they had a young boy who had lost his arm to an alligator. And the "Gator Boys" had agreed to help him "overcome his fear of alligators." They were going to teach him how to wrestle an alligator with just one arm.

Now I'm thinking the whole time, wouldn't it be better if someone helped him overcome his ignorance?

I've heard of people who had to overcome their fear of flying. And it had to do with their profession. They were very mobile. Now whether you overcome a fear of flying or just negotiate with it might be a seminar topic. But flying is necessary for some people. Wrestling an alligator is not.

The same goes for overcoming one's fear of elevators. Your health might be better by taking the stairs, but you might also be late for a meeting. You can never be too late to wrestle an alligator. In fact, I would always be too late to wrestle one.

We just recently had "Shark Week" on cable TV. Throughout that series of documentaries and movies, there was that phrase of "overcoming one's fear of sharks."

When I did some research on fear, I found one observation that said there is no such thing as fear ... that it's about understanding a thing or situation. Well I think that is just a matter of semantics. But in accordance with that line of thinking, I "understand" that a shark can eat me, so I will just swim with the catfish.

I can't say that I fear alligators because I don't put myself in a situation where that would be open for discussion. But if one had chomped my arm off, I think I would say that I fear them. And I would maintain that I would not wrestle them anymore and be grateful that I had one arm left ... or one left arm, whichever might be the case. I would not be able to play the banjo anymore, but I could still drive a car and eat a bologna sandwich.

Now back to that young man who lost his arm. Wrestling alligators is not necessary. Professionals remove them from public areas routinely without wrestling them. They just put a loop over them, bind them up and load them on a truck. They don't kiss them, sit on their backs, poke them with sticks nor hold their jaws open and put their heads in their mouths.

Now I may have misled you on one point in the aforementioned scenario. I couldn't play a banjo before the alligator bit my arm off, so there's no reason that I would be disappointed that I couldn't play one after that tragedy.

Dwain Walden is editor/publisher of *The Moultrie Observer*, 229-985-4545. Email: dwain.walden@gafnews.com.

OPINION

Touchy topics



A MINORITY VIEW

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BY WALTER WILLIAMS

Here's a question: What is the true test of one's commitment to freedom of expression? Is it when one permits others to express ideas with which he agrees? Or is it when he permits others to express ideas he finds deeply offensive? I'm betting that most people would wisely answer that it's the latter, and I'd agree.

How about this question: What is the true test of one's commitment to freedom of association? Is it when people permit others to freely associate in ways of which they approve? Or is it when they permit others to freely associate in ways they deem despicable? I'm sure that might be a considerable dispute about freedom of association compared with the one over freedom of expression. To be for freedom in either case requires that one be brave enough to accept the fact that some people will make offensive expressions and associate in offensive ways. Let's explore this with an example from the past.

In 1958, Richard Loving, a white man, and Mildred Jeter, a black woman, two Virginia residents, traveled to Washington, D.C., to marry. Upon their return to Virginia, they were charged with and found guilty of violation of Virginia's anti-miscegenation laws. In 1967, the U.S. Supreme Court, in *Loving v. Virginia*, held that laws banning interracial marriages violated the equal protection and due process clauses of the 14th Amendment. The couple's conviction was reversed. Thus, Virginia's anti-miscegenation laws not only violated the U.S. Constitution but also violated the basic human right of freedom of association.

Now let's ask ourselves: Would Virginia's laws have been more acceptable if, instead of banning interracial marriages, they had mandated interracial marriages? Any decent person would find such a law just as offensive -- and for the same reason: It would violate freedom of association. Forced association is not freedom of association.

Before you say, "Williams, where you're going with this discussion isn't very good," there's another case from our past. Henry Louis Mencken, writing in *The Baltimore Evening Sun* (11/9/48), brought to light that the city's parks board had a regulation forbidding white

and black citizens from playing tennis with each other in public parks. Today most Americans would find such a regulation an offensive attack on freedom of association. I imagine that most would find it just as offensive if the regulation had required blacks and whites to play tennis with each other. Both would violate freedom of association.

Most Americans probably agree there should be freedom of association in the cases of marriage and tennis, but what about freedom of association as a general principle? Suppose white men formed a club, a professional association or any other private association and blacks and women wanted to be members. Is there any case for forcing them to admit blacks and women? What if it were women or blacks who formed an association? Should they be forced to admit men or whites? Wouldn't forced membership in either case violate freedom of association?

What if you wanted to deal with me but I didn't want to deal with you? To be more concrete, suppose I own a private company and I'm looking to hire an employee. You want to deal with me, but I don't want to deal with you. My reasons might be that you're white or a Catholic or ugly or a woman or anything else that I find objectionable. Should I be forced to hire you? You say, "Williams, that's illegal employment discrimination." You're absolutely right, but it still violates peaceable freedom of association.

Much of the racial discrimination in our history was a result of legal or extralegal measures to prevent freedom of association. That was the essence of Jim Crow laws, which often prevented blacks from being served in restaurants, admitted into theaters, allowed on public conveyances and given certain employment. Whenever one sees laws or other measures taken to prevent economic transactions, you have to guess that the reason there's a law is that if there were no law, not everyone would behave according to the specifications of the law.

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,

I am most concerned about the proposed bio-hazard incinerator facility and its health risks coming to our county. I have spent a great deal of time researching the operation of such bio-medical waste thermal reduction facilities that is being considered as an addition to the catalyst site, and I hope that the County Commissioners and other governing bodies in our county have done their homework as well. If they have, then I know they must agree that immediate action must be taken to protect our children, livestock, pets, crops, air and water from already identified cancer-causing elements that this plant will be releasing into the environment.

Whether by choice or chance, I feel the citizens of this county have not been provided relevant information regarding the significant health concerns surrounding this project. The notice to file objection must have been in a microscopic font for me and other concerned citizens to have missed it! Likewise, the action of the board to pass amendment #11 that deleted the requirement of the Commission's review for special permitting for such a facility, was certainly well timed! For a special permit to have been filed would have brought this matter to the forefront of public awareness and required the board to review such a request. Their action to negate this step is both indefensible and irresponsible! It does not, however, free them from current or future accountability on this or other such matters. I find their action the ultimate in cowardice.

You may wish to review the minutes of Baker County Board of Commissioner's public hearing from April 3, 2012, when such a facility was being considered for location in their county. It provided some excellent scientific information that led to their county's wisely refusing to have the facility locate there. You may also wish to listen to Dr. Paul Connett's lecture on "Health Risks from Waste Incineration" that can also be found on the Internet. To briefly summarize Dr. Connett's presentation, he explains that the incinerators burn hazardous waste which is composed mostly of plastics, which sends out a toxic fog that includes cancer-causing dioxin, mercury, lead and many other carcinogens. As you inhale these toxic nano-particles, which CANNOT be filtered out, go deep into your lungs and cross the membranes into your bloodstream, then travel to reside in any organ in your body, including the brain of you, your children and animals. These particles also contaminate food, water and land. Your body retains these dioxins forever. These nano-particles are so small, they linger for a long time in the air, sending contaminants up to 24 miles in any directions.

Several questions need to be answered, and I feel the Commissioners owe it to the citizens they represent to

answer these to the satisfaction of their constituents before negotiations on this project can proceed further:

First: Who will hold the company accountable to insure they do not poison our atmosphere, as we have no local EPA office near our area. That may be why our county has been targeted for this project, plus the fact that our commissioners waived their right of special permitting/review. Who then will do the weekly, biweekly or monthly monitoring of air, soil and well samples in the area?

Second: Can this incinerator contain 100 percent of the poisonous pollutants generated in the process? I have read all about the fabric filters and the bag house which is to help destroy dioxin furans, but what is not destroyed, goes out an 80 foot stack into the atmosphere, and causes Draconian changes in the food chain! In case you feel safe since you do not live close to the catalyst site, be advised that prevailing winds can and do carry these toxins over a vast area.

Third: How will equipment failures be handled since there are no local service technicians available? Does the Commission understand the liability involved in this endeavor?

Fourth: Why do the urban areas that produce most of these toxic wastes not take the responsibility of disposing of them in their own area? I think we know that answer. They would not allow such in their back yard!

We need jobs, but have we weighed the long-term impact this facility would have on our community's quality of life? We are a rural community, raising crops, livestock and families. Do we want to worry about feeding our family the crops/livestock we raise, eating the mercury infused fish from the Suwannee River, or whether the air itself will cause cancer down the road? The citizens of this county have a right to live their lives without these worries.

I have no political agenda except to protect those in our community who have not had the opportunity to be informed enough to protect themselves. Commissioners, please take the time to be properly educated on this project before making what may be a catastrophic decision for our area.

Donna Ellis
Suwannee County



Letters To The Editor,
nf.editorial@gafnews.com or

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.

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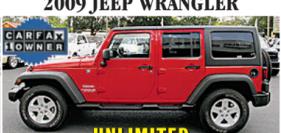
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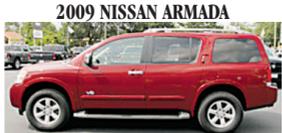
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City welcome signs step closer to approval



Continued From Page 1A

it will be sent back to DOT. Lucas anticipates receiving a permit for the signs soon.

CRA to establish interlocal agreement with city, county

The CRA board voted unanimously on an interlocal agreement that will allow the CRA to use the retention area parcel off Warren Street currently owned and maintained by the county. The interlocal agreement will then go before the Live Oak City Council next month for approval before it is submitted to the Suwannee County Board of County Commissioners for their signature.

If the agreement is voted

on and passed by all three entities, the CRA will then be given the authority to use the property to develop an attractive town square, just west of US 129, near the retention pond.

The improvement would entail resurfacing the surrounding streets, putting in new concrete sidewalks lined with pedestrian lighting, and placing attractive fencing around the pond that allows a view of a lighted fountain within the pond itself.

Other proposals with the project include making Warren Street a one way road to facilitate angled parking; closing one block of Pine Avenue adjacent to Veterans Park, and creating green space where the condemned buildings once stood

along US 90.

For the project to be fully developed, the Mizell building on Pine Avenue would be demolished and made into an attractive parking area to support both shopper/visitors and county employees.

The interlocal agreement would allow the CRA to place a lighted fountain within the retention pond and surround it with attractive fencing.

The cost to complete this project is estimated at \$400,000.

The plan, which was a result from the Community Design Charrettes held late June, was voted and approved by the CRA at a meeting on July 23.

CRA officials heading to Tampa

Incoming Chairman Keith Mixon, Attorney Lucas Taylor and the not-yet-named CRA director was approved by the board to attend the FRA redevelopment conference in Tampa. The conference will be held Oct. 30 through Nov. 1. The cost for each person to attend is \$1,250, and according to Taylor, it's worth the trip.

"I attended last year, and I obtained a wealth of knowledge from it," Taylor said. "It was very helpful and it's definitely worth going."

Woman remains missing one year later

Continued From Page 1A

Mitchell's information was one of many missing in Florida and Georgia submitted as possibilities.

"We submitted Kamrie Mitchell's name as a suspect of a body of a young girl who was found in Georgia about three weeks ago," said Cameron. "We made a request, but it could be up to six months before we hear anything back."

He continued, "She's one of many missing girls in that age group throughout Florida and Georgia

that are being tested through DNA or dental records. We don't know how long it will be. But when you're running DNA tests, you never know how long it'll take."

Kamrie Mitchell was reported missing by her family on Sept. 2, 2012. Cameron previously reported that Kamrie Mitchell had been known by family to disappear from time to time if she was upset, but that she always called her family to check in on her small daughter.

Her white four-door 1992 Pontiac Grand Am was found submerged in floodwaters on 184th Street, about halfway between Wellborn and the Ranchette's area in eastern Suwannee County, near the Columbia County line on Wednesday, Sept. 5, 2012. Part of the road was still submerged in water that came from Tropical Storm Debby in late June.

As reported previously by the Democrat, an O'Brien man was arrested for reportedly threatening Mitchell and others the night of Aug. 25, 2012 at the residence of Mitchell's father, Thomas J. Mitchell III, where Kamrie Mitchell was said to be that night, Cameron said.

Andrelo Larashard Witcher, 33, of 22601 CR 49, O'Brien, was booked Sept. 6, 2012, on charges of burglary while armed and possession of a weapon by a felon for entering the home uninvited. No injuries were reported during that incident. Witcher was also handed new charges at that time for failing to comply with the sex offender registration and failure to comply with the driver license requirement for sex offender registration for a 2003 case in Duval County.

It was learned that Witcher was a suspect in a missing woman's case from 2009 in Alachua County, according to Lt. Todd Kelly of the Alachua County Sheriff's Office, who is one of the investigators handling that case.

Mitchell is 5 feet 3 inches and 130 pounds. She has dyed brown hair and blue eyes. Mitchell has "Kamrie" tattooed on her left foot, "Grams" and a butterfly on her wrist and "Layla" with a footprint and a birthdate on her right side.

The Suwannee County Sheriff's Office is asking for anyone who has any source of information to give them a call at 386-362-2222.

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Storm stalls football game - 1B

Branford News

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

Local recounts FCCLA experience

By Cora Daly, BHS

Being a member of Family Career and Community Leaders of America (FCCLA) has been a remarkable leadership experience. My name is Cora Daly. I am a sophomore at Branford High School. I am a 2013-14 FCCLA State Officer. I currently hold the position of Vice President of Chapter Achievement.

When people hear the acronym FCCLA, they often assume it has to do with cooking and sewing, but it's MUCH more than that. We target young leaders to initiate responsi-

bility and involvement in their community. Going in, I had no idea it would be as involved and such a special organization. I started out my seventh grade year, participating in food innovations Star Events. FCCLA is unique in the way it offers something for everyone. A perfect example would be athletes, such as myself. If you aren't really interested in event planning or cooking, we offer projects and events such as nutritional charts, or creating an energy drink. As VP of Chapter Achievement, my job is to recruit, and increase our member-

ship in my district, region, and eventually state by at least 10 percent.

In summation, over my period in office, I've attended many meetings, and conferences, each giving me key points to help better FCCLA as a whole. National conference in Nashville, Tennessee this summer offered workshops to help increase membership. I plan to apply all these skills as I continue my journey as an FCCLA Florida State Officer. We strive to harness your talents to create leaders for our future.

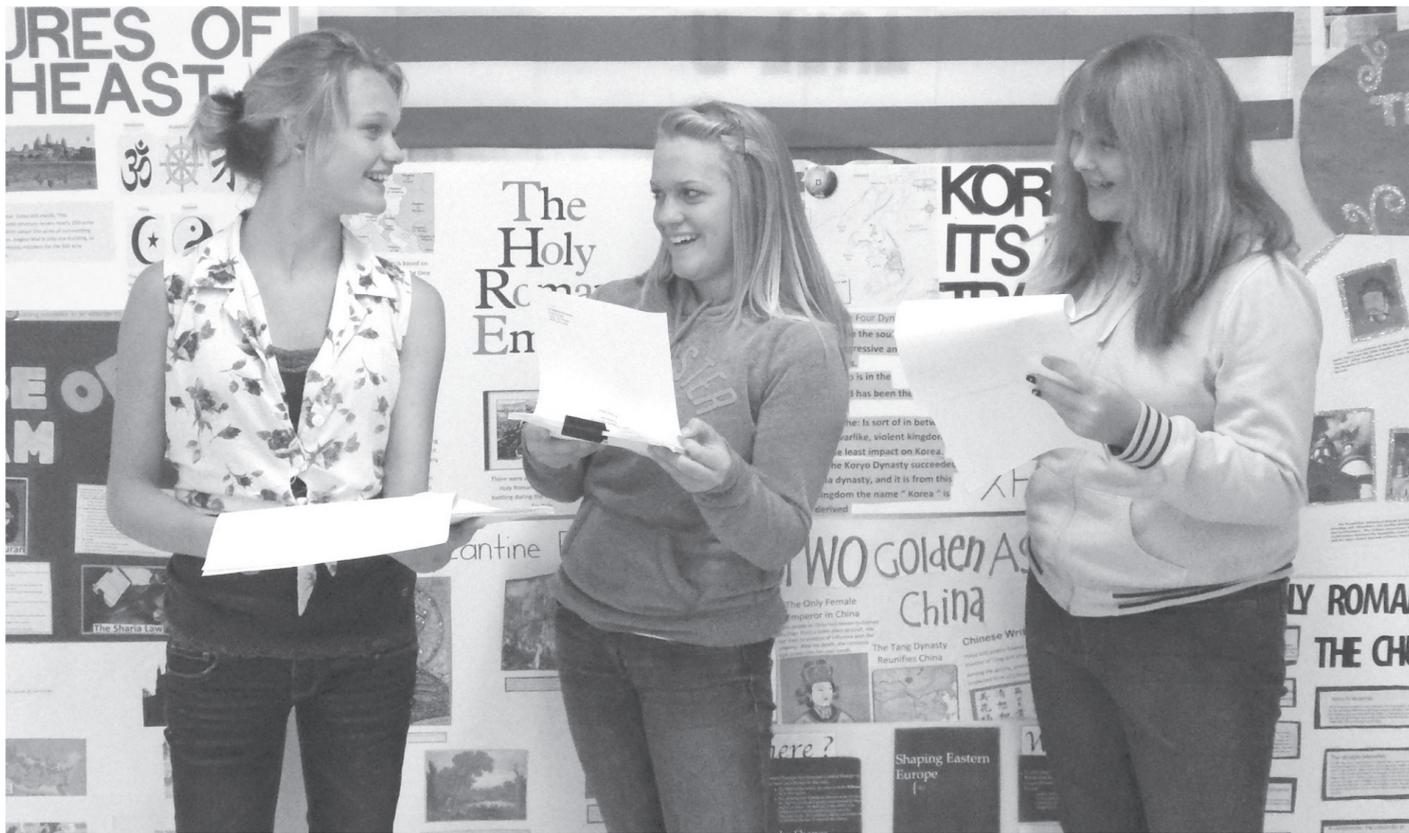
Daly's advisor is Julie Dees.



Cora Daly

BHS DRAMA

From club to program



From left, BHS drama students Haley Blunt, Taylor White and Glenda Poole have fun going over some parts from their scripts. - Photo: Andrew McGee

By Andrew McGee
andrew.mcgee@gafnews.com

Branford High School history teacher and drama co-sponsor, Dan Taylor is ecstatic. The 2012-13 year proved to be a challenging, yet rewarding time for him and his students. The Drama Club had fizzled out a few years back, but has gained a new and growing interest and has come back in full swing; but as a program that's been added to the school's curriculum.

"We are very excited by the support that we've received from the administration and the school board," said Taylor. "We have big plans which have changed from last year. Instead of a Drama Club, we are a Drama Program and we offer theater as an elected course to seventh, eighth and ninth graders."

Taylor said currently he has 29 students who are ready to take the stage and to contribute their time and talent to performing the very important and necessary "behind the scenes" work that make a production complete. He said the school board, principals and administrators have made a significant commitment to improving the stage with new and refurbished equipment that is now very functional.

Taylor said he plans to have several events for the year. He said the first event is a 9/11 tribute on Sept. 11, during seventh period lasting about 45 minutes. The tribute is in conjunction with Freedom Week, a state activity to stress American values as stated in the Declaration of Independence. Taylor said it will feature recitation from the Declaration and a number of patriotic songs and readings performed by the BHS Drama Program. The public is invited to attend the tribute at BHS on Wednesday, Sept. 11, at 2:10 p.m.

"We encourage everyone to participate and we've asked our students to wear red, white and blue that day," said Taylor. "We look forward to seeing folks there."

He said they are planning a Christmas play the final day before the Christmas break in December and also two one-act plays to be concluded before the FCAT testing begins next year. He said their goal for the year was that any-

one who wanted could have a significant role. He said they're also planning to re-start their after school drama for students who aren't enrolled in the theater class. They will begin meeting Mondays starting Sept. 9 from 3:30 p.m. to 5:30 p.m. They do have to send out letters to parents letting them know the safety and transportation concerns and what's expected from them to participate in the program.

Taylor said it was exciting and that it was a bit overwhelming the huge, progressive leap the whole drama idea has taken.

Taylor has a new assistant and contributor to the program and that's Lynn Reaves.

"She's a grandmother of one of my students, but she knows many of the kids and is multi-talented on many levels," said Taylor. "We couldn't do it without her and we have some really committed kids."

"Dan (Taylor) has let me know in no uncertain terms that I'm not going anywhere," laughed Reaves. "I'm blessed to be here and being able to do it."

Reaves said her costume design and abilities in sewing came from her grandmother. When Reaves was a very young girl, she used to help and learn when she could barely reach the pedal of the sewing machine. In the last several years, she's been designing and making wedding gowns.

"I love doing it, but it's a real challenge," said Reaves. "Last year, I actually had a lot of the costumes already because of the Halloween gigs we were doing. 'Beauty and the Beast' was a real challenge especially the Beast's costume."

Taylor mentioned what a great time the kids had last year. In response to their hard work on that production, they were rewarded with a trip down to Gainesville to watch a play at the Hippodrome State Theater. Taylor said the play they saw was kid-oriented (Snow Angel), but what he was most impressed with was the minimal set design. Compared to the "Beauty and the Beast" production, it was simpler and far more functional.

"It was put on by teenagers as part of their workshop,"

said Taylor. "Then we went to the museum and then to Cici's Pizza."

He said again what a great time they had and the need to continue having more cultural experiences.

His ninth graders now have a year of experience under their belts and are already bursting with creative ideas for the program.

"I think it gives me a better opportunity to go on with my career," said eighth grader Haley Blunt. "I want to be an actress and this is just another step forward for me."

Taylor White, also in eighth grade, said drama will help her get over any stage fright and boost her self confidence in social situations.

"I think it will help me communicate," said White.

"For me, drama is a way to express myself, not through speaking the role, but acting it out and actually portraying it through different scenes and monologues," said ninth grader Glenda Poole. "I've always wanted to be an actress every single day. I'm dramatic all the time."

"This is just a step forward to our success," said Blunt.

"We're poised for really good things and if we were really good and I know this is putting the cart before the horse, 'Les Miserables' when they're seniors," smiled Taylor. "Just a glutton for punishment."

Then, Taylor got a serious, but excited expression.

"Hey, I've got some kids who can do it," said Taylor. "Really, the (price) of the sets is probably the biggest obstacle, if we continue to progress, the biggest obstacle would be paying for the rights."

For those attending the 9/11 tribute, please make sure you check in at the front office of BHS, located at 405 South Reynolds St.

Diabetes program

The Suwannee County UF/IFAS Extension Office will be presenting a program on diabetes on Thursday, Sept. 5 at 6 p.m. at the Branford Library. The program will be presented by Kathy Rogers.



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HI 93
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Ina Mae Boggus: leaving a legacy

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Funeral services will be held at 11 a.m. today at St. Luke's Episcopal Church in Live Oak. Interment will follow in Live Oak Cemetery.

She is survived by two daughters: Donna (Mike) Parsons, Ann (Shawn) Turnan, both of Live Oak; two sons, Bart (Amy) Boggus, Jon (Tammy) Boggus, both of Live Oak; two sisters; nine grandchildren; and four great-grandchildren.

Ina and her husband took the reigns of Live Oak Jewelry from LaVoye's father, J.C. Boggus, who first opened the store in 1946. Throughout the years, he and Ina epitomized American small business and created a warm, small town environment that has continued into the third generation, through sons Jon and Bart.

Ina was born in McAlpin and lived most of her life in Suwannee County. She was a long-time member of St. Luke's Episcopal Church. Ina was a proud mother of four children (from oldest to youngest): Donna Parsons, Jon Boggus, Bart Boggus and Ann Turnan. She loved her Saviour. She loved her family. Most

certainly, she loved people.

Her first love was her husband of over 50 years.

"Mom and dad did everything together," Bart said. "They worked together, they did everything at the house together. When they went places, they did it together. And even after dad got sick, she was there with him 24/7."

Ina's pride and joy were her four children.

"It's because of what mom and dad did that has made us who we are today," Donna said.

Donna recalled her mother having stern discipline, but a lot of love growing up.

"She knew how to swing a mean switch. She didn't wait for dad to get home," she said, laughing.

Jon added, "Discipline and love were in a great abundance at our house."

According to her children, Ina's heart was her greatest attribute.

"Mom had a really big heart. She loved everybody," Jon said. "I've known of her helping people many times when she knew somebody needed something before they even asked."

"Mom would have done anything in the world for anybody," Donna said.

"After mom and dad retired from the family business, mom would come up here just to meet and talk with people,"

Bart said. Jon added, "They didn't really have a lot of customers, they had a lot of friends. To them, it wasn't

just about business transactions. It was about relationships."

Having lived in the community for so long, Ina "knew about everybody," Jon said.

"She was born and raised here, so she knew everybody in the county. If she didn't know them personally, she knew who they were kin to," he said. Being raised in a rural community, Ina knew how to love people.

"Mom and dad loved people and they loved this community. They were very committed to this community," Jon said.

"When describing mom, one adjective that comes to mind is tena-

cious," Bart said, laughing.

She was an outgoing person who used her time on Earth to leave a lasting impression on anyone she knew.

"For such a little lady, she's leaving a big hole," Bart said.

Donna said a gift she gave her mother on Mother's Day last year sums up the thoughts of her children. The gift read, "When God created mothers, I was given the best."

Jon and Bart will continue to manage Live Oak Jewelry to ensure the legacy continues. But for now, the Boggus family lay to rest the matriarch of the family.

Former masonry instructor dies

Continued From Page 1A

lengthy battle with dementia.

He taught for several years at SHTC before beginning his own masonry contractor business.

He was known as a gentle man, but strong.

"He was a big giant, bear of a man with a very gentle heart," said daughter Susie Helvenston. "He was all about family."

Susie Helvenston's husband Brant Helvenston said Stephens was the strongest man he knew.

Stephens loved his country and it was evident when he enlisted in the US Army in January 1942 while hiding the fact he was totally blind in one eye. He served until 1945.

"One anecdotal story that comes to mind is when Daddy tried to enlist in the Army after Pearl Harbor, December 1941," Susie Helvenston said. "The army would not take him because he was blind in one eye and had been since he was a boy. This did not stop him. He applied the next day at another center and was asked to read the eye chart, he covered his blind eye with one hand and read the letters correctly. The officer asked him to change, Daddy changed hands but covered the same blind eye and read the charts perfectly again. He served in the Army for four years."

Stephens' son Scott Stephens said his dad was always willing to help anyone, even the week leading up to his death.

"Something he always said was 'if you need anything, let me know,'" said Scott Stephens.

He said he will remember

his dad as a very caring and giving man.

"He never met a stranger and never had an enemy," said Scott Stephens.

"I remember one time, dad loaned out all of his tools but only got half of them back, but he never complained. He was a giving person," said Scott Stephens.

Scott said his dad was a teacher outside the classroom and the family learned a lot from him.

"Dad had a life lesson on a plaque in the back of his classroom he put there back in the '70s that I'll never forget. It said, 'The punishment of laziness is watching the success of others who are far less talented, but more industrious. He was my hero,'" said Scott. "There was nothing he couldn't do. He was always there for me."

After marrying Joyce Beckham in 1952, Stephens worked in Gainesville as a brick and block mason, and helped build the original Shands Hospital, the Malcolm Randall VA Medical Center and numerous structures at the University of Florida, including Hume Hall.

He taught masonry at SHTC until the early '70s. One of his major projects was building the football stadium at Branford High School. He then started his own mason and block business until the late '70s.

Stephens retired in 1983 and returned to Cedar Key where he was born and graduated high school.

See Stephens' obituary on page 5A.

Get Looney

Continued From Page 1A

Dairy Queen of Live Oak and is now located at 501 Ohio Ave. North. Their grand re-opening is set for Saturday, Sept. 14, at 11:30 a.m. with Suwannee County Chamber of Commerce officials present.

"We're hoping to have two of the previous owners here that day, Ed Howell from North Florida Printing and John Wooley who had it when it was Wooley's IGA," said Looney Bend owner Jennifer Hall.

According to Hall, the move and the preparation has been quite an undertaking as the building was in dire need of multiple repairs. The building was mostly underwater for a while immediately following Tropical Storm Debby. With five months of fixing, painting, replacing and moving inventory, the Hall family's "labor of love" was finally open once again for business.

"It was five months of blood, sweat and tears, the

work we put in here," said Hall. "I mean, I've got pictures when we first walked in and there were water lines four foot up from Debby."

She said it was just family and friends' hard work that brought the place from the condemned condition to the newly renovated space it is now, except for the parking lot.

Hall said the different colored hand prints on the exterior wall you'll see just as you walk in the door are very significant to her.

"Those are mine, my husband and my two children's hand prints," said Hall. "This is our family business and that's the significance."

The building was built by Harry Kunert who owned it between 1943 and 1959. Kunert lived on Anderson Street nearby. Kent's Market then called it home for many years, and was such during Hurricane Dora in 1964. It later became Wooley's IGA.

SUWANNEE RIVER READINGS Branford 2013



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.

08/27/13.....22.91	08/31/13.....24.54
08/28/13.....23.45	09/01/13.....24.77
08/29/13.....23.89	09/02/13.....24.94
08/30/13.....24.28	09/03/13.....24.95

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Live Oak's National Guard to host open house event

Continued From Page 1A

David Jones of the 868th.

The Open House will feature static military equipment displays, physical fitness competitions, local law enforcement, local vendors, a NASCAR show car, and a door prize giveaway from Gainesville Harley-Davidson Motorcycles.

Staff Sergeant Amanda NesSmith encourages potential recruits to come out as well. "If you are between the ages of 17 and 34 and are in need of a part-time job or want to go to college for free and are interested in the military," she said, "come out to our Open House and see what the Florida National Guard

has to offer. We are also recruiting people 42 years of age or over for prior service in any branch."

According to the U.S. Army Center of Military History, the 868th Engineer Company was renamed in 2007 after having been designated the 269th Engineer Company since 1968. This branch of the U.S. military has been in existence in Live Oak from 1891 as the Suwannee Rifles of the Florida State Troops, which later became the Florida National Guard in 1909.

Throughout their history, they have participated in campaigns in World War II in New Guinea and the Philippines; in Southwest Asia for the liberation and

defense of Kuwait and cease-fire; and, most recently, the War on Terrorism. They've received four decorations: a Presidential Unit Citation for service in Mindanao in the Philippines; two Meritorious Unit Commendations for service in Southwest Asia in 1990-91 and Iraq in 2003; and the Philippine Presidential Unit Citation for service in 1944-45.

The National Guard Armory is located at 1416 SW 11th St. in Live Oak. For more information on the 868th Engineer Company's Community Awareness Open House, please contact recruiter and Staff Sergeant Amanda NesSmith at 386-438-3968.

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with his catfish

Biggest line-up yet announced for AURA Music & Arts Festival 5 at The Spirit of the Suwannee Music Park in 2014

AURA Music Group has unveiled the line-up for AURA Music & Arts Festival 5, returning to The Spirit of the Suwannee Music Park (SOSMP) in Live Oak, Fla., Feb. 14-16, 2014. Celebrating its fifth anniversary with the most impressive and eclectic lineup to date, AURA will feature Lotus, Papadosio, Conspirator, Zoogma, The Werks, Marco Benevento and more to perform.

Other artists Mike Dillon Band, Kung Fu, Dopapod, The Heavy Pets, Superhuman Happiness, Brock Butler and Jimkata round out the initial lineup for the event. Plenty of acts will perform for two nights, including Lotus, Papadosio, The Werks, Kung Fu and

Dopapod.

Since its humble beginnings in Brooksville, Fla., AURA has become one of the premiere multi-day boutique music events in the Southeast US, attracting fans from around the country. Now comfortably at home at the famed SOSMP, AURA comes to life in the midst of 800 plus acres of Spanish moss-draped oak and cypress trees along the Suwannee River and utilizes one of the most beautiful natural amphitheaters in the country, only made more awe-inspiring by AURA's attention to sound and lighting production. As always, AURA 5 will feature live painters, an interactive arts village, craft and food ven-

dors, yoga, meditation and inspiring transformational workshops. Stay tuned for additional details and artist announcements. To join the wait list for cabins, golf cart rentals and RV hook-ups, please contact SOSMP at 386-364-1683. For tickets, visit www.AURAMusicFestival.com. A limited number of tickets to the festival are now on sale at \$125.

Initial Lineup

Lotus x2, Papadosio x2, Conspirator, Zoogma, The Werks x2, Marco Benevento, Mike Dillon Band, Kung Fu x2, Dopapod x2, The Heavy Pets, Superhuman Happiness, COPE, Juno What?!, Start Making Sense: A Tribute to The Talking Heads, Twiddle,

Jimkata, Brock Butler, The Resolvers, Pigeons Playing Ping Pong and Polyester Pimpstrap.

For more info on the SOSMP, please go to www.musicliveshere.com, email spirit@musicliveshere.com or call the

Spirit of the Suwannee Music Park (SOSMP) at 386-364-1683.

The Spirit of the Suwannee Music Park is located at 3076 95th Drive, Live Oak.

AURA Music & Arts Festival Links:

www.AURAMusicFestival.com

www.Facebook.com/AURAMusicFestival

Twitter & Instagram: @AURAMusicFest (#AURAfest)

www.MusicLivesHere.com



US 90 West in Columbia County to be resurfaced beginning Sept. 4

Lake City – Work is scheduled to begin Sept. 4 on the resurfacing of U.S. 90 west in Columbia County from the Suwannee County line to just west of Brown Road, a distance of 4.5 miles.

This project connects to the U.S. 90 west widening project currently underway from Brown Road to Lake City Avenue, so construction will be underway on nearly six miles of U.S. 90.

Motorists can expect daytime lane closures Monday through Friday after 8:30 a.m. with flaggers directing traffic.

Work will begin next week with minor construction activity. Resurfacing of the roadway begins the week of September 9. In

addition to removing and replacing one and a half inches of asphalt, construction includes:

- Widening U.S. 90 to provide a right turn lane at the Shining Star Academy.
- Resurfacing side street intersections.

- Adding five feet of asphalt at driveways to provide a better transition onto the roadway.
- Installing nearly 900 feet of guardrail on the curves near Haven Hospice and Smitty's Western Store.

Anderson Columbia Company, Inc. of Lake City is doing the work at a cost of \$1.7 million and should be completed later this year or early 2014. Their schedule depends on good

weather and no unforeseen circumstances.

The roadway was last resurfaced in 2002 and an average of 9,000 vehicles travel this section of U.S. 90 each day. The posted speed limit will remain the same during construction. Motorists should use caution when pulling out onto U.S. 90 from driveways, making sure traffic is headed in the direction they wish to travel.

For additional information regarding this project or other FDOT projects around Northeast Florida, visit www.nflroads.com or call 800-475-0044. Follow the FDOT on Twitter @MyFDOT_NEFL or http://twitter.com/MyFDOT_NEFL.



A sign welcomes motorists from Suwannee County to Columbia County. Courtesy photo

SUWANNEE COUNTY DEVELOPMENT AUTHORITY 2013-2014 PROPOSED BUDGET

Notice is hereby given that the following revenues and expenditures will be acted upon at a public hearing held during a regular meeting of the Suwannee County Development Authority on Thursday September 5, 2013 at 5:30 p.m. in the Suwannee County Chamber of Commerce Office located at 212 North Ohio Avenue, Live Oak, Florida.

REVENUES

Pari-mutual Distribution	\$ 10,000.00
Interest on Authority Financed Lot Sales	\$ 15,421.11

TOTAL REVENUES \$ 25,421.11

EXPENSES

Advertising	\$ 500.00
Dues and Subscriptions	\$ 200.00
Bookkeeping	\$ 1,800.00
Legal/Office Expensives	\$ 3,100.00
Taxes and Licenses	\$ 50.00
Industrial Park Maintenance	\$ 3,200.00
Economic Development Training	\$ 6,000.00
Consultant Fees	\$10,500.00

TOTAL EXPENSES \$25,400.00

825570

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FAMILY FEATURES

Crunch time for most families is the frenzied, action-packed hours between the school's dismissal bell and dinnertime. Squeezed in between is often a flurry of homework, sports practices, dance classes, music lessons and hanging out with friends.

The last thing most parents have time for is preparing snacks. Instead of unwrapping a candy bar or driving through a fast food joint, pull out a healthy treat or put together a delicious dish in a matter of moments. For more great snacking ideas, visit www.culinary.net.



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When crunched for time after school, between games or before practice, we understand that a quick and easy-to-prepare snack is a must, but you also want to feed your family wholesome, real snacks. New Crispy Dill Pickles and Toasted Ravioli are great-tasting snacks made with real ingredients and ready to eat in minutes. Farm Rich — they're real snacks for real families. For coupons and more information, visit www.farmrich.com.



Mini Babybel

When planning for back-to-school, be sure to add Mini Babybel to the grocery list.

Individually portioned, Mini Babybel is a little cheese with huge appeal. Rich, creamy and 100 percent natural cheese, it is the perfect choice for snack time. With 20 percent of your daily calcium needs, this nutritious cheese snack is sure to satisfy the whole family. Visit www.mini-babybel.com for more information and snack ideas.

Popcorn

For back-to-school snacking you can't beat popcorn. Pop up a bowl and let the fun flavor creations begin — sweet, savory, or with just a dash of salt. Popcorn is a grab-n-go treat that takes minutes to make. Plus, it's a whole grain that contains fiber to fuel the body and keep you feeling fuller longer than other snacks. This beloved treat is also economical, costing mere pennies per serving. Pop up some fun today.



Go Bananas

Frozen bananas are a quick, healthy treat. Cut a banana into four pieces, spear with a toothpick and freeze for two hours. Then melt chocolate chips in the microwave, dip each frozen banana pop into the chocolate until coated, shake off excess and place on waxed paper. Have the kids help out by embellishing each pop with chopped nuts, crushed graham crackers or colorful sprinkles. Once hardened, return the pops to the freezer until ready to enjoy.



Photo courtesy of Getty Images



Photo courtesy of Getty Images

SOCIAL SECURITY

Take care of your September business online

By Mary Kate Vang

Social Security Manager in Lake City, FL

Summertime is over, and it's time to face the fall. Hopefully, your family has enjoyed a nice vacation and you've had your share of fun in the sun. You may even reminisce about the popular song, "See You in September," which was written by Sid Wayne and Sherman Edwards and made memorable by The Happenings in 1966.

As children, teenagers, and young adults return to school, now is a good time for you to take a look at the books, too — whether that means starting your retirement planning, making sure your retirement plans are on track, or taking the plunge and applying for Social Security retirement benefits.

But just because you have Social Security business and retirement matters to tend to does not mean you need to fight the traffic and trudge into a busy government office. We don't need to see you (in person) in September. That's because whether you're working on your retirement planning or ready to retire, you can do everything from the comfort of your home or office computer at www.socialsecurity.gov.

If you've been to our website before, you'll notice that the new homepage is even better. We've revised the homepage and made it clearer and easier to use. You'll now find what you want, without the need to read through a lot of links.

If you're starting to think about a retirement that is in the far-off future, a good place to begin is with Social Security's Benefits Planners at www.socialsecurity.gov/planners. You can use the plan-

ners to help you understand your Social Security protection as you plan your financial future. In fact, you can learn about survivors and disability benefits as well as retirement benefits. No matter how new you may be to the working world, it's never too early to begin planning for a sound financial future.

For those of you with more years of work under your belt, get a more precise look at what your benefits will be with Social Security's Retirement Estimator at www.socialsecurity.gov/estimator. The Estimator makes use of your reported wages from past years and projects your current earnings into the future to give you an instant, personalized estimate of your future benefits. You can change the variables, such as date of retirement and future earnings estimates, to see what you can expect in different scenarios.

If you're ready to say goodbye to the daily grind of working and you're ready to apply for Social Security retirement benefits, it's exciting to know that you can apply from the comfort of your home or office in as little as 15 minutes. Once you complete the online application for benefits, in most cases, that's all there is to it. No papers to sign or documents to provide. Give it a try when you're ready to retire at www.socialsecurity.gov/apply-online.

You have better things to do in September than to come see us. Whether you're just beginning your retirement plans, making sure your long-term plans are on track, or you're ready to retire, we don't need to see you in September. Take advantage of our new, easy-to-use website at www.socialsecurity.gov.

We speak Spanish on the computer, mobile device or phone

By Mary Kate Vang

Social Security Manager in Lake City, FL

During National Hispanic Heritage Month, which runs from Sept. 15 to Oct. 15, people across the country will join in recognizing the many contributions of Hispanic Americans, and in celebrating Hispanic heritage and culture.

For years, Social Security's website has been a leader in providing information and services in Spanish. Find out what we have to offer by visiting www.segurosocial.gov.

This year, we launched a brand new mobile-friendly site that offers the same great service on your mobile device when you're on the run. Try it out on your smartphone at www.segurosocial.gov. There, you can learn all about our programs and online services, and view more than 100 Spanish public information pamphlets, leaflets, and fact sheets.

Computer and tablet users can do even more at www.segurosocial.gov. In addition to all the information and materials we offer in Spanish, you also can take advantage of several of our popular online services in Spanish. One of the best features of the site is the Spanish-language Retirement Estimator located at www.segurosocial.gov/calculador. The Retirement Estimator allows visitors to receive an instant, personalized estimate of future retirement benefits. And what's better, visitors can try out different scenarios to see how their future benefits would change, like changing future wage esti-

mates or retirement dates. It is a great tool for planning your financial future.

When you are ready to retire, you can apply online for retirement benefits ... all in Spanish ... and in as little as 15 minutes! Once you complete the online application for benefits, in most cases, that's all there is to it. No papers to sign or documents to provide. Give it a try when you're ready to retire at www.socialsecurity.gov/espanol/soliciteporinternet.

If you need to visit an office and speak with someone in Spanish, we have interpreter services available in the event that there is not a Spanish-speaking representative working in the office. To learn about our interpreter services, visit www.socialsecurity.gov/espanol/interpreter.htm.

In addition, our national toll-free number (1-800-772-1213) provides automated prompts in Spanish for all callers. Toward the beginning of the call, you will be asked to continue in English or Spanish; it's as easy as that to get service in the language with which you're most comfortable.

So, whether it is on a computer, a mobile device, through face-to-face office visits, or over our national 800 number, Social Security remains committed to providing quality service to an increasingly more diverse American public.

This National Hispanic Heritage Month, visit www.segurosocial.gov on your computer, tablet, or mobile device to learn about Social Security.

Nestlé Waters “Every Drop Counts” Scholarship

Helps keep Florida woman's dream alive

Submitted

From refining crude oil to purifying drinking water, 33-year-old Kimra Lewis has certainly experienced the full spectrum of working with vital natural resources. Already a certified wastewater operator, Lewis has dedicated herself to protecting Florida's one-of-a-kind water ecosystem — and now she has her sights set on doing even more.

When Lewis found her-

self drawn to the challenges involving drinking water, she enrolled in Florida Gateway College's Drinking Water Certification course. Just as financial challenges put this goal at risk, an advisor told Lewis about the Nestlé Waters “Every Drop Counts” scholarship. This one conversation kept her dream alive, and Lewis prevailed against tough competition to win the scholarship and the money it provided to continue her certification.

The scholarship is one of two \$1,250 needs-based awards offered by Nestlé

Waters each year to Florida students interested in working in the field of water management. Recipients must be taking classes in environmental science and expect to complete the program in less than a year. Lewis knew she had the experience and passion to win the award, and her faith in herself proved justified.

“I would not have been able to afford that class without help from Nestlé Waters' scholarship,” said Lewis. “This scholarship allows me to continue working in the field I love without having the burden of tu-

ition looming over my head.”

Lewis has had to overcome adversity to pursue her dreams. When she was younger her family moved to Florida from the U.S. Virgin Islands to pursue better opportunities, but at one point she was forced to return. Eventually Lewis got a job at an oil refinery, but that wasn't what she really wanted. Undeterred, she

made her way back to Florida.

Now, while finishing up her drinking water certification, Lewis works at a wastewater treatment facility near Orlando that serves more than 400,000 people. The plant treats wastewater so it can be reused for other beneficial purposes. Lewis' job includes taking samples, measuring contaminants and monitoring the purifica-

tion process to make sure the water leaving the facility is much cleaner than when it came in.

“It was definitely a field that I was interested in, but I never thought I would love it this much,” said Lewis. “Now I'm looking forward to working at a drinking water facility — possibly even at one belonging to Nestlé Waters. It really is the greenest job on earth.”



Clif Bradley | President, Suwannee Valley Area

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Ga. deputies find \$50,000 in meth wrapped like birthday gift



The Whitfield (Ga.) County Sheriff's Office seized a package containing \$50,000 worth of meth on Tuesday, Aug. 27. The package was wrapped in brown and white paper and decorated with a pink bow. Courtesy photo

CNHI News Service

DALTON, Ga. — A man and woman in north Georgia were arrested Tuesday, Aug. 27 when authorities found \$50,000 worth of methamphetamine in their car, wrapped up like a birthday present.

David Willie Baker, 31, and Kathleen Francis Williams, 18, both of Canton, Ga., were charged Wednesday with possessing and trafficking meth. They remained in the Whitfield County jail without bond Wednesday afternoon.

"We got information they were going to be delivering a large quantity of meth up here, and our narcotics unit and the Georgia State Patrol was set up waiting on them," said Whitfield County Sheriff's Office Capt. Rick Swiney.

He said the duo were stopped on Ga. Highway 201 and consented to a search. Officers saw a package wrapped in brown and white paper and decorated with a pink bow. A balloon was in the back seat with the package.

"I guess they assumed that if they got stopped, the officers wouldn't open a birthday present," Swiney said.

The birthday present scheme, along with trying to mask the scent of drugs with air freshener, is a common trick Swiney said didn't fool deputies. Investigators found 20 ounces of meth, which Swiney said has a street value of about \$50,000. They seized the drugs, about \$800 in cash and the 2000 Acura.

Details for this story were reported by The Dalton (Ga.) Daily Citizen.

FGC receives \$17,000 in state scholarship initiative, will benefit Nursing, first-generation students



From left: Thomas Riherd, FGC Board of Trustees chairman; Gerald Dopson, chairman of The Foundation for Florida Gateway College's Executive Board; John Holdnak, Executive Vice Chancellor, Department of Education; and Dr. Charles Hall, President of Florida Gateway College.

LAKE CITY, FLA. — Representatives from the Florida College System Foundation presented Florida Gateway College with more than \$17,000 in scholarship donations recently, which will benefit current Nursing students and those who are first generation students at FGC.

A trio of checks was presented to The Foundation for Florida Gateway College during its regular Board of Trustees meeting that took place on Tuesday. The checks represented three different scholarships.

The first, for \$9,981, was for the Florida Blue Scholarship that benefits current Nursing and Allied Health Students. The second check, for \$2,958, was for the Helios Education Foun-

ation First Generation Scholarship, and will be added to existing Take Stock in Children scholarship fund to fund future TSIC scholarships. The third and final check was for the Bank of America Dream Makers, for \$4,159, and also benefits first generation students at FGC.

This is part of a larger scholarship initiative by the Florida College System, which is providing nearly \$1 million in scholarships to its 28 schools. During the next several weeks, all 28 colleges will receive checks for student scholarships totaling \$905,999.

"The Florida College System Foundation's endowed scholarships help make a difference in the lives of thousands of students across the state," said Dr. Thomas E. Furlong, Jr.,

chairman of the foundation's board of directors. "We are proud to support first-generation college students as well as students in the nursing and allied health fields."

More than \$575,000 in scholarships will be allocated to first-generation students. Research shows that students are influenced by whether or not their parents attended college when deciding on attending. First-generation students face unique challenges, including less academic preparation, limited access to information about the college experience and lack of support. Scholarships can help alleviate financial struggles for many of these students. Funds for first-generation student scholarships were provided by endowments made by Bank of America and the

Helios Education Foundation.

The FCS Foundation is awarding more than \$330,000 in scholarships to students in the nursing and allied health fields with endowed funds from Florida Blue. These programs are among the most expensive degrees for students to pursue given the costs of laboratory courses, books, national board exam fees, uniform fees and equipment. Scholarships will help add more nurses and allied health professionals that reflect Florida's diverse population while meeting critical workforce needs.

Students may apply for scholarships through their local college foundation and/or financial aid office. Criteria for scholarships are based on local college requirements.

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Marie Demarais: Playing on heart's strings

Continued From Page 1A

always wanted to go inside the music store, but I was always reluctant to do so," Kathy said, laughing. "Finally, one day I gave in and we went in there. From the moment we walked in, we fell in love with the teaching staff and the people in the store."

In 2010, Marie and her mother made their way back to the music store to see about music lessons. Marie knew she wanted to take music, but she wasn't sure which instrument was for her.

"They were going to let me hear several instruments, but when I heard the violin, I knew that's what I wanted to do," Marie said.

For the next two years, Marie was a student of Natalie Metzger-Lowe.

"Natalie really made music fun," she said.

For the past year, Marie has been working with Instructor Anita Countryman who is helping her polish her

skills as a violinist.

Away from the classroom, Marie enjoys performing for various crowds.

"I get kind of nervous, but when I perform, it's fun," she said.

Marie is a member of the center's string ensemble and performs at local events and festivals. Marie will often join the Music Center's very own Ken Dolingo and perform concerts at churches and local nursing homes.

"Ken will play the guitar with Marie on the violin. Their music is so beautiful," said Kathy.

"They put on quite the show," she said.

Ken has a background in show business, and so when Marie and Ken take the stage, they mix their performance with classical greats and a stage persona that will live in any given audience.

"Watching Ken and Marie perform is very entertaining.

Ken really knows how to make music fun and the people always have a great time," Kathy said.

"It's always quite enjoyable (playing with Marie)," Ken said. "She enjoys playing and she enjoys sharing her gift with others."

Recently, Marie experienced an opportunity of a lifetime to perform with the Gainesville Orchestra in the production, "Fiddler On The Roof."

Since becoming a student at the Live Oak Music Center, Marie has been named Student of the Month twice and she was awarded Student of the Year for 2012.

According to Ken, her awards should come as no surprise.

"Her work ethic is incredible," Ken said. "It's one of the best I've ever seen. We ask our students to practice at least 30 minutes per week prior to the lesson. Her warmups alone are 30 minutes. Her actual practice time is tremendous and it shows."

He continued, "She is years ahead of where she should be. She has only been playing for two years but she

has the skill set of someone who has been playing for five years."

"She is very committed to her practices," said Countryman. "She completes all of her assignments and does everything I ask her to do. She's got a very sweet personality and she meets people very well. I think she's got a bright future in music."

Within the coming year, Marie hopes to audition for youth orchestras in places like Tallahassee or Gainesville and continue to pursue lessons at the center. During her junior year, Marie hopes to dual enroll at Florida Gateway College in Lake City and begin taking music theory classes. Eventually, she would like to continue her education to become a music teacher.

"I'm very grateful for the music center and the wonderful staff that has supported me through the years," Marie said. "They always encourage me and have been like family to me."



Melissa Mosley, Suwannee Elementary School Principal and Dee Dee McManaway, Suwannee Elementary School Assistant Principal. Courtesy photo

First Federal Bank contributes to Suwannee Elementary School's Accelerated Reading Program

Submitted

First Federal Bank of Florida proudly announces a contribution to the Suwannee Elementary School in support of their Accelerated Reading Program. First Federal Bank will be donating two bikes to be given away at the end of the 2013-14 school year. Second and third grade student's names are entered into the drawing when they reach their Accelerated Reading goal each grading period. First Federal Bank has also donated bookmarks for students to track the books they have read. Students are then eligible to redeem completed bookmarks for First Federal Bank Keith Kash which is good toward a First Federal Bank Student Savers account. See a First Federal branch for more information.

"We are hopeful that our contribution will inspire other businesses and individuals to also contribute to these important worthwhile pro-

jects," said Keith Leibfried, President and CEO of First Federal. Jerry A. Scarborough, Superintendent of Schools stated, "Our goal is for 90 percent of our students to be proficient in reading by the 3rd grade. We are extremely appreciative of First Federal Bank of Florida's contributions and support of our efforts to improve the reading skills of our students."

For over 50 years First Federal has been committed to building vibrant communities through the support of education, sports, the arts and improving the quality of life for all. First Federal prides itself on being committed to helping local communities flourish. Founded in 1962, First Federal has 19 branches located in Amelia Island, Bonifay, Bradenton, Chipley, Dowling Park, Jasper, Lake City, Live Oak, Macclenny, Marianna, Mayo, Sarasota and Yulee, Florida.

Securing the courthouse

Continued From Page 1A

The historical Suwannee County Courthouse, built in 1904, established an official court security program around 1985. Before, court security, or bailiffs, were only on hand for trials and other important court proceedings. Now they patrol the building during all business hours, as well as guard the judges and jury whenever necessary.

In Kent's career with the courthouse, he hasn't seen any major security breaches.

"We've had to confiscate several pocket knives and box cutters that people try to sneak in," Kent said. "And we've also had to ask a few people to leave the courtroom for unruly behavior.

But so far there's been no physical altercations, just verbal outbursts."

A bailiff, by definition, is an officer of the court who keeps order in the courtroom and keeps judges, juries, defendants, and spectators safe.

"If there's a threat towards a judge, we could get called in to transport them to and from their home," Kent said. "If a jury is sequestered, we could be required to transport them and guard them at their hotel and whatever restaurants they go to. So far, that hasn't happened yet."

Kent and the other bailiffs of the Suwannee County Courthouse carry pepper spray, stun guns, and firearms. They ensure that everyone who enters the building passes through the

security checkpoint and scanner at the entrance. They utilize technology to their advantage, with numerous security cameras in place to monitor every room of the courthouse. Bailiffs also perform sweeps of every room to ensure that nothing has been snuck in or placed that would compromise anyone's safety.

"The most common cases for security concerns are in family law trials," Kent said. "Emotions are running high with cases of child custody and domestic issues. There's also increased security when we have high-profile cases, like murder trials. You have the victim's families and the defendant's families in the same room; there's a lot of tension. We're especially

prepared for a reaction when the verdicts are read."

Part of Kent's job is to defend and protect everyone who enters the courtroom, including defendants who have been charged with serious crimes.

"As a professional, you have to separate your personal convictions and beliefs from your job," Kent said. "It doesn't matter if I think they're innocent or guilty; I treat everyone with the same respect and dignity."

Kent and the other bailiffs of the court security program ensure that everyone who steps inside the Suwannee County Courthouse will leave unharmed everyday, and that justice can be carried out safely and efficiently.

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“PROTECTING PARADISE”

FWC officers-to-be living the recruit life



By Katie Purcell

It's 5 a.m. and Lt. Eric Hall is driving around the wooded grounds of the Florida Fish and Wildlife Conservation Commission (FWC) training center at the Florida Public Safety Institute, just outside of Tallahassee. He's checking to make sure the running trails are in good condition.

As he approaches the flagpole in front of his office, he sees the group of FWC recruits lined up in formation. Though the sun has yet to rise, it's already steamy and their matching gray T-shirts stick to their backs.

He parks his truck and gets out, calls “Right face” and takes off at a trot. The recruits fall in behind the ex-Navy SEAL for their morning run, the sound of their shoes and their musical cadence calls the only sounds echoing through the quiet campus.

After the 4-mile jaunt, they quickly shower and head to the chow hall for breakfast. The rest of the day is spent in the classroom going over boating laws and boat maintenance, but later in the week they will board a bus and head to the coast for some hands-on practice behind the wheel of one of their many vessels.

Since FWC officers are responsible for patrolling all of Florida's woods, in-

cluding public and private lands, as well as its waters, they must be well-versed on a wide variety of information. Protecting our valuable natural resources calls for a broad knowledge of Florida's fish and wildlife and a mastery of a variety of technical skills – both physical and mental.

Also, due to their jurisdiction and specialized equipment, FWC officers are often the first to be able to respond to boating accidents, missing boaters and lost campers, hikers and hunters. Each year, they save around 1,000 people during search-and-rescue missions.

To prepare for all of that, after obtaining their law enforcement certification

in Florida through a 19-week basic law enforcement curriculum, FWC officers have an additional seven weeks of specific training conducted by staff. For officers who have already received their law enforcement credentials elsewhere, the FWC periodically conducts academies consisting only of the FWC-specific portion.

They train with their firearms, logging many hours on the range both day and night; meet some fish and wildlife species face to face, including alligators and snakes, and learn how to handle them. They practice loading and unloading boats with a trailer and operating boats in many different weather conditions.

Training includes learning safe and efficient tactics for operating all-terrain vehicles and practicing with them in the woods of the academy campus. They also don protective gear and engage in specialized defensive tactic training drills to keep themselves and others safe. They practice detecting when people are boating and driving under the influence and learn how to follow a track left by someone in the woods. Additionally, the classroom time includes a focus on state and federal wildlife, fisheries and environmental

laws and learning fish and wildlife identification.

If that seems like a lot – it is! FWC officers are

some of the most highly trained law enforcement professionals in the country. During their time at the academy, they eat, sleep, work out and study onsite, soaking up as much information as they can from staff and bonding with fellow recruits.

To make it through this rigorous training and become an FWC officer, it takes a highly motivated, hard-working individual who is passionate about protecting Florida's outdoor paradise and the people in it.

Before being selected to attend the academy, applicants complete a state of Florida application and supplemental FWC application, attend a physical

fitness assessment session, must pass a background check and psychological evaluation and complete an interview.

It takes a special kind of person to be a law enforcement officer, and it takes a special kind of law enforcement officer to be an FWC officer. Think you have what it takes?

The FWC is always looking for enthusiastic new members, especially in south Florida where high population rates make for some increased enforcement challenges. There are recruiters across the state to help you through the process. To learn more, visit MyFWC.com/Get-Involved and click on “Law Enforcement Officer.”

Author Sudy Cauthen coming to Live Oak Library Sept. 26

By Joyce Marie Taylor
joycemarie.taylor@gafnews.com

Local author Sudy Cauthen will be the guest of honor at the Live Oak Public Library at 6 p.m. on Thursday, Sept. 26 to offer a reading of some of her works, “Maggie Rider”, “Southern Comforts” and her next book, “All the Pretty Cattle”.

Cauthen, who first started writing for the High Springs Herald in 1960, has collected oral histories of North Florida spanning 30 years and has published fiction, nonfiction and poetry based on them.

Her first book, “Southern Com-

forts: Rooted in a Florida Place”, has appeared each year since its publication in 2007 on the Florida Department of Education's suggested summer reading list.

Cauthen is a fifth-generation Floridian from Alachua County and she founded the North Florida Center for Documentary Studies in 1997 after completing an MA in Southern Studies at the University of Mississippi Center for the Study of Southern Culture. She has taught writing in poetry and fiction at the University of Central Florida, Florida State University and community colleges near her home on the Suwannee River at White Springs.

Her writing awards include two State of Florida Individual Artist Fellowships in literature and a Glimmer Train award for fiction. Her poetry, fiction, and non-fiction have appeared in many publications, including the Chattahoochee Review, Florida Review, International Quarterly, Kalliope, the Old Florida Journal, and the New Encyclopedia of Southern Culture.

Cauthen is currently working on completing “All The Pretty Cattle”, a memoir, as well as a documentary incorporating oral histories, interviews and the North Florida writings of Arthur Spencer, Jr., James Abbot, and Guy Miles.



Sudy Cauthen. Courtesy photo

First 2014 Suwannee River Jam area audition set for Sept. 21

The very first audition competition for the 2014 Suwannee River Jam is set for Sept. 21 during the Smokin' Pig BBQ Festival and Family Day Sept. 20-21 at the Columbia County Fairgrounds in Lake City.

If your goal is a career in country music, you may apply NOW to participate by going to the website at www.firststreetmusic.com, visit them at 950 SW Main Blvd. in Lake

City or call 386-755-2060 for more information. NO BANDS may enter this contest. Bands will compete in other upcoming auditions.

The single or duet winners of this competition, held from 11 a.m. - 1 p.m. Sept. 21, will be in the Suwannee River Jam final audition in the spring of 2014 at The Spirit of the Suwannee Music Park (SOSMP) in Live Oak, Fla. At that time winners will be chosen to perform during the

Jam. Other auditions are being planned with dates and times to be announced soon. Sign up if you're serious about a career in country music, bring the family to cheer you on and get in the running for the chance to perform at the largest country music festival in the South, The Suwannee River Jam.

During the first day of the Smokin' Pig BBQ Festival and Family Day Sept. 20, country artist

Jared Ashley will perform. There will also be beard/moustache/tattoo/dessert and margarita contests, bounce houses for the kids, BBQ, loads of fun, entertainment, games and prizes.

For more info on the SOSMP, please go to www.musicliveshere.com, email spirit@musicliveshere.com or call the Spirit of the Suwannee Music Park (SOSMP) at 386-364-1683.

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Suwannee Democrat
Section B
Wednesday, September 4, 2013

FOOTBALL PREVIEW

IN TODAY'S PAPER
Special section features previews, schedules, players

SPORTS



SHS's Frank Smith (59) stops a Madison County Cowboy in the Kickoff Classic Aug. 23. - Photo: Paul Buchanan (SuwanneeSports.com)

Storm stalls games Season openers stopped by lightning

Staff

A lightning storm Friday night stalled local football games including Branford, Suwannee, Hamilton County and Lafayette. Branford was able to play until about six minutes into the second quarter until officials called the game with 8-0, Aucilla Christian, on the scoreboard.

That game will be made up on Monday, Sept. 9, at 6:30 p.m. at Branford. The game will be played where it was left off, at 5:49 left in the second quarter and Aucilla Christian had the ball on their 40-yard line.

Suwannee's game against Bradford County never got off the ground, neither

was Hamilton County's game against Fort White. Suwannee nor Hamilton County will reschedule their games. However, Suwannee is looking to add a game to play another team later on.

Lafayette played Trenton and by the half the game was called at a tie, 7-7.



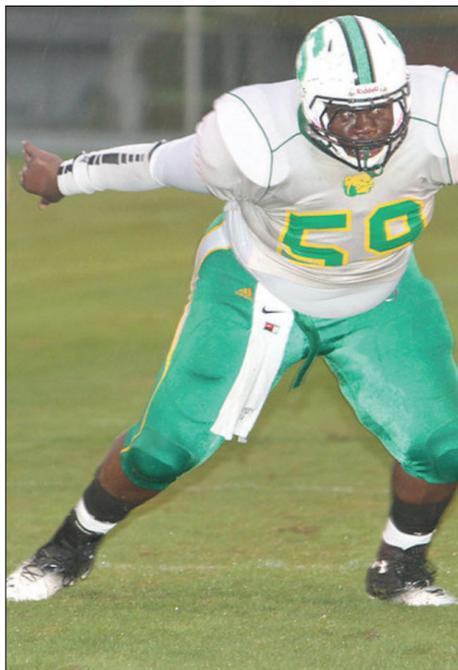
The Bucs take the field. Photo: Andrew McGee



Branford High School cheerleaders. Photo: Andrew McGee



The BHS band awaits instruction. Photo: Andrew McGee



Frank Smith has his eyes on a Madison County Cowboy.

- Photo: Paul Buchanan (SuwanneeSports.com)

SHS VOLLEYBALL Varsity beats Fort White

Staff

The Suwannee High School Lady Bulldogs traveled to Fort White Aug. 28. The varsity beat Fort White in five games. Game 1: 25-15, Fort White; Game 2: 25-17, Suwannee; Game 3: 25-22, Suwannee; Game 4: 25-23 Fort White and Game 5: 15-10, Suwannee.

Fort White beat the JV team in two games, 25-20 and 25-12.

On Aug. 29, the ladies traveled to Bell. Bell beat the varsity in three games, 25-8, 25-14 and 25-11. Bell also beat the JV team in two games, 25-10 and 25-14.

The ladies played Rickards on their turf on Tuesday, past our press deadline. You can catch them in action tonight beginning at 5 p.m. against Columbia. The game will be played in Lake City.

BHS VOLLEYBALL Bucs volleyball dominate Tigers

By Andrew McGee

andrew.mcgee@gafnews.com

The Branford Buccaneers varsity volleyball team dominated the Jefferson County High Tigers winning three matches in their first official game of the season on Aug. 29 on Tiger turf.

"The girls played really well," said volleyball Coach LaDon Terry. "Overall, they played a really good game."

The match scores were first set 25-18, second set 25-11 and the third set 25-3.

Terry said their serves have improved over last season as well as their defensive side.

Captain and senior Kasey Raulerson had three kills and one block. Junior Katie White had three kills as well and in the last set, she served 16 consecutive points. Junior Blair Bullock had 10 kills and Junior Lauren Suggs had four kills for the night.

"Our first set, we struggled a little bit. By the third match I told the girls to keep them (Tigers) in the single digits. I told them it's game time now," said Terry.

Their next match was at home at BHS on Tuesday, Sept. 3 against the Bronson Eagles, after our press deadline. You can catch them in action Thursday night beginning at 4 p.m. They play Lafayette in Mayo.

SHS GOLF SHS boys open season against Lake City, beat Lafayette

The Suwannee High School boys golf team opened their season against Lake City on Monday, Aug. 27. The team lost 188-157. Medalist for SHS was freshman Will Bozeman with a 42.

They played Lafayette on Thursday, Aug. 29 and beat them 188-189. Medalist again was Bozeman with a 38.

"We are a young team with five sophomores and two freshman," said Coach Damon Wooley.

The team played Madison County on Tuesday, after our press deadline. You can catch them in action on Thursday against Branford at 4 p.m. at Quail Heights in Lake City.

SHS girls golf

The Suwannee High School girls golf team will open their season against Branford on Thursday, Sept. 5 here in Live Oak at 4 p.m.

SPORTS

Storm stalls games

Season openers stopped by lightning



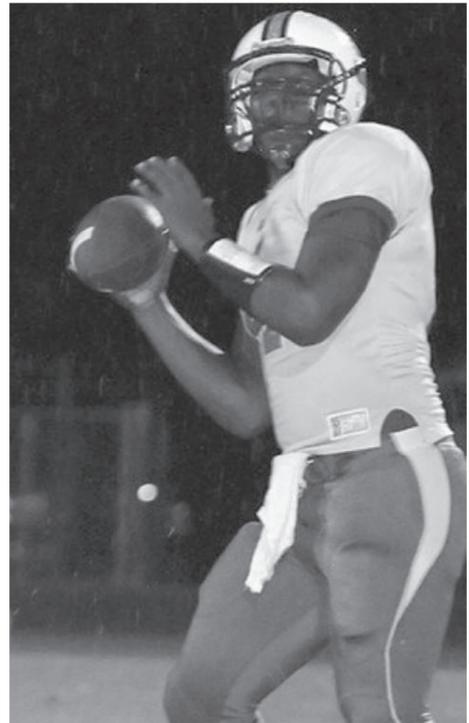
Some Branford Buccaneers practice Friday night before the game. Photo: Andrew McGee



Steven Anderson (4) hands the ball off to Aaron McAllister in the Kickoff Classic Aug. 23. - Photo: Paul Buchanan (SuwanneeSports.com)



A Suwannee Bulldog in action in the Kickoff Classic Aug. 23.



Steven Anderson in quarterback action. - Photo: Paul Buchanan (SuwanneeSports.com)



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BANK OWNED HOME-Brick home that needs some TLC on the east side of Lake City. 3 Bedrooms 1 bath. 748sq.ft. Just \$26,500. MLS#82958 Virtual Tour ~ www.RealEstateShows.com/672630



PRICED TO SELL-1,800+ sq.ft. 3/2 brick home on 1 acre in the City limits of Mayo, Fl. Just \$65,000. Call Anita Handy, 386-208-5877 MLS#83369



WELL KEPT 3/2 home with Hard wood floors, an expansive master suite that has surround sound, french doors to small back deck. \$66,000 MLS#83642



GREAT POTENTIAL- Bank owned home Just Listed in Lake City. 3/2 1/2 bath on corner lot Very close to schools and shopping. \$68,000. Call Vern Roberts, 386-688-1940 MLS#84903

BANK OWNED



24 ACRES- Older 3/2 DWMH, front porch full length of MH. Open floor plan, inground pool (needs TLC), huge pole barn. Handicap access. Reduced \$59,500. MLS#82998



GREAT LOCATION in downtown Live Oak. 1,200 sq.ft. commercial building located on a large corner lot with access to red light. \$120,000. MLS#78279



CITY LIMITS- This 2 bedroom, 2 bath home with 1,400+ sq.ft. Located in the city limits of Live Oak and priced at just \$124,500. MLS#83958



REDUCED- This 3 bedroom, 2 bath, 1,300+ sq.ft. brick home is an estate sale. Located near town in a good neighborhood with a screened in back porch, 2 car garage, and storage shed. \$118,900. MLS#84083



NEW IMPROVED PRICE:45,000+ sq.ft. Commercial building in Live Oak. Just minutes from Wal-Mart and I-10 interchange. \$597,000. MLS#36340

JUST OVER and acre in Falmouth with an old farm house. Located just 2 1/2 miles from the I-10 Interchange. \$18,699. MLS#83905

JUST LISTED- 10+ acres with old DWMH on the property with no value. Well and septic not guaranteed. \$35,000. David Mincey, 386-590-0157 MLS#85004

5+ ACRES zoned commercial in Mayo, Fl. Has site plan and survey. \$69,900. MLS#83948

69 ACRES on Hwy 6 - Columbia County. Less than \$2,000 an acre MLS#78227

85 ACRES located in Live Oak on CR 49. Priced at just \$2,500 an acre. MLS#83646

REDUCED! 73 ACRES - property has 53 acres of 8 year old pines planted 2004. Nice fishing pond. Lots of wild game only 3 miles out of Live Oak. \$2,850 per acre. MLS#82125

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Sunday by appointment

FORMER NATIVE FOLLOWING FOOTBALL DREAM



Tony Fields is following his dream of playing football. This summer he got to learn from a SEC coach at the Steve Spurrier Camp. The grandson of Live Oak native Jimmy Cherry, Fields lives in Tallahassee and is a safety at Godby. He currently has 15 offers from college programs, according to rivals.com. Fields recently played against DeMatha High School of Maryland. This was part of the Arms Football Classic sponsored by Under Armour and was played at the University of Maryland. Pictured with Fields is current South Carolina Gamecocks Coach Steve Spurrier. Courtesy photo

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SPORTS

Storm stalls games *Season openers stopped by lightning*



Denzel Washington (25) runs the ball for Suwannee in the Kickoff Classic Aug. 23. - Photo: Paul Buchanan (SuwanneeSports.com)

Florida Youth Conservation Centers on a roll; join the momentum



By Bob Wattendorf

Momentum. The Florida Youth Conservation Centers Network (FYCCN), whose goal is to create the next generation that cares about fish and wildlife conservation, is on a roll. This bold initiative, sponsored by the Florida Fish and Wildlife Conservation Commission (FWC), is dedicated to providing a statewide network of sustainable places where youth and their families can participate in outdoor activities that inspire conservation stewardship and a love of our fabulous natural resources.

The FYCCN is about helping kids develop a passion for nature and the outdoors. At a time when participation in traditional outdoor activities is on the decline and obesity and other health problems, including attention deficit disorder, diabetes, asthma and heart disease, are leading to worries that this generation may be the first to have a shorter life expectancy than their parents, the FYCCN offers a bright ray of hope.

Thanks to many friends – beneficent donors, excited partners, passionate volunteers and outstanding leadership – what was a bold idea a few years ago is now a reality.

One of those friends is famed marine wildlife artist and conservationist Guy Harvey. Steve Stock, president of Guy Harvey Inc. and the Guy Harvey Ocean Foundation, recently presented a check for \$50,000 to the Wildlife Foundation of Florida to help fund FYCCN saltwater fishing camps that infuse in youth conservation ethics and a sense of stewardship related to the sport of fishing.

“We are proud and excited to partner with FYCCN in furtherance of our marine educational programs and goals,” said Dr. Harvey. “This partnership will help us to teach and develop the next generation of responsible Florida sportsmen and women.”

With help such as this, the FYCCN is expanding its net-

work of youth centers to teach kids basic principles of conservation and outdoor ethics. They also stress traditional outdoor recreational skills, including fishing, shooting sports, boating, wildlife viewing and more. Visit FYCCN.org for details.

The Wildlife Foundation of Florida, the official public-support organization for the FWC, is a major partner in this effort. Its striving to collect donations (WildlifeFoundationofFlorida.com/FYCC) and help coordinate sponsors has played a significant role in the rapid evolution of the FYCCN.

The FYCCN is a true “network.” The effectiveness of more than 225 statewide partners working together is creating the base necessary to make a difference in the lives of Florida’s youth. Parks and recreation departments, nature centers, volunteer groups, clubs and environmental organizations, private landowners, sporting goods stores and people who want to help with programming all are contributing to the cause.

By implementing the network using a hub-and-spoke structure, the FYCCN includes “Wild Outdoors” centers that offer deep-woods experiences, as well as “Near Outdoor” sites, which offer experiences closer to children in their everyday lives.

The “Wild Outdoors” experiences include traditional outdoor activities like fishing, canoeing, shooting sports, hiking, camping and deep-woods orienteering. The “Near Outdoor” experiences may include an urban fishing pond or pier, archery in the schools, a local birding competition or a habitat program being taught in the schools.

The key to its successful implementation is its effective partnering with local, urban-based programs and assisting them in offering traditional outdoor pursuits connected with conservation. Making these connections – with existing, successful youth programs, school systems, clubs, churches and youth-oriented groups interested in traditional outdoor pursuits and conservation – provides instant access to kids.

“Many places in Florida offer youth the opportunity to go fishing, hunting, hiking, boating and wildlife viewing,” said FYCCN director Rae Waddell. “We want to work with these sites to expand their reach through the knowl-

edge, training and resources that are available through FYCCN.”

Waddell’s leadership was recognized by the Florida Wildlife Federation, which awarded her its Conservation Communicator of the Year Award for 2013. Waddell was honored for her success in leading the effort to reconnect Florida’s children with traditional outdoor activities. She has been with the FWC for over 20 years and has worked tirelessly to provide youth with the education and guidance they need to engage in the great outdoors and safely share experiences that inspire lifelong support for fish and wildlife conservation.

Waddell’s leadership has helped make the FYCCN a formidable tool in the fight against too much time spent indoors with electronic media and too little time spent outdoors with nature. But there is much more to be done, and they need your help to do it. They need:

- Businesses and organizations to become partners.
- Property owners and manufacturers to provide sites and resources.
- Volunteers of every age and ability.
- Fundraising support and financial contributions.

Join them in providing youngsters the education and guidance they need to safely engage in traditional outdoor activities. Only in that way will they learn to love nature and the great outdoors and be willing to accept stewardship of our precious outdoor heritage in the future. They will become the next generation that cares!

Instant licenses are available at MyFWC.com/License or by calling 888-FISH-FLORIDA (347-4356). Report violators by calling 888-404-3922, *FWC or #FWC on your cell phone, or texting to Tip@MyFWC.com. Visit MyFWC.com/Fishing and select “more news,” or scr.bi/Fish-busters for more Fish Busters’ Bulletins. To subscribe to FWC columns or to receive news releases, visit myfwc.com/Contact.

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Calendar of Events

Florida Tail Association Suwannee Chapter meetings

Meetings are held on the second Monday of each month, except in July and Aug., at the Suwannee River Water Management District Office, from 7-9 p.m. The SRWM office is located on US 90 and CR 49, two miles east of Live Oak. The public is cordially invited to attend.

The mission of the FTA is to develop, maintain, promote and protect a continuous public hiking trail the length of the state of Florida, called the Florida National Scenic Trail, and other side and loop trails, together called the Florida Trail System. Further, they are dedicated to educating the public by teaching appreciation for and conservation of the natural beauty of Florida, and to provide opportunities for hiking, camping and other outdoor experiences.

For further information, you may go to the Florida Trail Suwannee Chapter website at: suwannee.floridatrail.org, or Suwannee MeetUp Group at: www.meetup.com/suwannee-FTA. You may also contact the Chapter Chair, Irvin Chance, at andachance@msn.com or by phone at 386-330-2424.

The March of Dimes is presenting "Signature Chefs Auction"

5:30 p.m., Nov. 5, at the spacious, beautifully decorated Rountree Moore Toyota showroom, US 90 W, Lake City. There will be silent and live auctions, a premier chance drawing, live entertainment, and a cash bar. The highlight will be a selection of specialty foods presented by over 20 area restaurants and caterers. For more information contact Kathy McCallister 755-0507 or kmccallister@marchofdimes.com, or Maureen Lloyd at 397-0598. Tickets will go on sale in early Sept. at First Federal Bank (US 90 W and Turner Rd.), Rountree Moore Toyota, Ward's Jewelers, and First Street Music; and in Live Oak at the Suwannee Democrat. Put this event on your calendar as we work together to give every baby a healthy start!!

Save the Cats Benefit Auction Saturday Oct. 19, 6 p.m.

Live Oak Auction Barn on Hwy. 90 east
Donations accepted, anything resaleable.
Bring donations to Save the Cats Thrift Store
217 W. Hwy. 90, downtown Live Oak or call 386-364-1006
Non -profit rescue receipts available, savethecatsofflive.net

"The Constitution Is the Solution" DVD Series

The John Birch Society has a new series of DVDs for you to learn how the Constitution was intended to secure rights, not to enable the federal government to infringe on those rights.

You're invited to attend a six-part workshop based on these DVDs that will provide you with a practical, common sense understanding of how the Constitution was intended to limit the government, not the citizens. This understanding will equip you to work with others to solve many of the problems Americans face every day that were created by Big Government.

Each class will include a DVD presentation and group discussion. Topics include:

- Part 1: The Dangers of Democracy (Sept. 3rd)
- Part 2: Enumerated vs. Unlimited Power (Sept. 10th)
- Part 3: Constitutional Economics, Constitutional Money (Sept. 17th)
- Part 4: Constitutional War Powers and the Enemy Within (Sept. 24th)
- Part 5: Exposing the Enemies of Freedom (Oct. 1st)
- Part 6: Restoring the Constitution (Oct. 8th)

Where: Lake City Baptist Temple, 3061 SR 47, Lake City, Florida 32025

When: Beginning Tuesday, Sept. 3rd at 7:00 PM and every Tuesday after for 5 weeks

More Information: Contact Sharon Higgins by phone (386-935-0821) or email (shiggins@windstream.net)

Republican National Committeeman to speak Sept. 5

Peter Feaman will speak at the regular monthly meeting of the Suwannee Republicans on Thursday, Sept. 5, 7 p.m., Live Oak City Hall. The public is encouraged to attend, hear about current issues and ways to make a positive difference in our Community. For more information, visit our website: www.suwanneegop.com.

Peter Feaman was elected as the National Committeeman for the Republican Party of Florida in Jan. 2012. He is an attorney, owner and President of Peter M. Feaman, P.A. in Boynton Beach. Feaman was appointed by Governor Scott to the Florida District Court of Appeals Nominating Commission and was previously appointed by Governor Bush to the Palm Beach County Housing Authority and the 15th Judicial Circuit Nominating Commission. Author of 2 books "Wake Up America" and "The Next Nightmare" alerting Americans about radical Islam. Peter is also a part of the Kairos Prison Ministry, an international organization. Kairos volunteers serve as God's instrument

through which His love, grace and mercy are expressed to the participants/guests in a real and profound way.

Fort Clinch State Park to host Union Garrison event

-Visitors are invited to an interpretive program that portrays a soldier's life in 1864-

FERNANDINA BEACH - The Florida Department of Environmental Protection's Fort Clinch State Park will host a Union Garrison event on Saturday, Sept. 7 and Sunday, Sept. 8.

This program will allow visitors to interact with living historians to experience life in the fort as it was in 1864. The grounds will be bustling with soldiers in period costumes involved in firing demonstrations, marching drills, cooking and daily activities. Ladies in their dresses, sutlers displaying their wares, fife players and drummer boys bring every part of the civil war era to life. Come join in this unique, family friendly event.

Fees include the \$6.00 per vehicle Park entrance fee plus \$2.00 per person Fort admission.

For additional information, contact the park at (904) 277-7274 or visit www.FloridaStateParks.org.

The event will take place:

Saturday, Sept. 7, 2013
9 a.m. - 5 p.m.

Sunday, Sept. 8, 2013
9 a.m. - 12 p.m.

Fort Clinch State Park
2601 Atlantic Avenue
Fernandina Beach, Florida

Fort Clinch State Park to host Spanish-American War event

-Participate in a commemoration of the Spanish-American War at Fort Clinch-

FERNANDINA BEACH - The Florida Department of Environmental Protection's Fort Clinch State Park will host a weekend event to commemorate the part that Fort Clinch played in the Spanish-American War. The event will be held on Saturday, Sept. 21 and Sunday morning Sept. 22.

The fort will be filled with uniformed interpreters and participants will also be able to enjoy exhibits of the armament and period military equipment.

Fees include the \$6 per vehicle Park entrance fee plus \$2 per person Fort admission.

For additional information, contact the park at (904) 277-7274 or visit www.FloridaStateParks.org.

The event will take place:

Saturday, Sept. 21, 2013

9 a.m. - 5 p.m.

Sunday, Sept. 22, 2013

9 a.m. - 1 p.m.

Fort Clinch State Park

2601 Atlantic Avenue

Fernandina Beach, Fla.

Special Opening Night

John Moran Wildflower Exhibit

Saturday Sept. 7,

6 p.m. to 8 p.m.

Jefferson Arts Gallery

575 W Washington Street,

Monticello, Fla.

Sponsored by Viva Florida 500, Florida Wildflower Foundation & Main Street Monticello

The Exhibit runs from Sept. 7 through Oct. 25, and is open each

Wed - Sat, 10 a.m. to 4 p.m. and Friday until 7 p.m. - no admission charge.

For more information contact:

Anne H. Holt, Ph.D., Program Manager

Main Street Monticello Florida, Inc.

ahholt@ahholt.com

850-576-0721

www.mainstreetmonticellofl.org

SHS Class of 1983

30th Reunion

Reminisce, relax & rejuvenate.

The SHS Class of 1983 reunion committee Friday, Oct 11, 2013 at 9 a.m. - Sunday 13, 2013 at 3 p.m. (PDT) Live Oak, Fla. Find information at <http://shs1983reunion.eventbrite.com/>.

Hoggetowne Medieval Faire

AUDITIONS!!! The 2014 Hoggetowne Medieval Faire is looking for actors, singers, dancers and stage combatants for Living Chessboard and cast of characters. Auditions will be held on Saturday, Sept. 7 and Sunday, Sept. 8 from 9 a.m. - 1 p.m. at F. W. Buchholz High School Auditorium located at 5510 NW 27th Ave. Stage combat training will be provided for those interested. Please bring your driver's license or photo ID. Anyone under 18 will need to have their parent or guardian present to sign required paperwork. The Hoggetowne Medieval Faire will be held at the Alachua Fairgrounds on Jan. 25-26 and Jan 31- Feb. 2, 2014. For more information, visit www.thievesguild.org or contact the director at director@thievesguild.org.

The Live Oak Art Guild

Meets at 6:30 p.m. on the first Tuesday of each month (except July and December), at the Suwannee River Regional Library. Each meeting has a business agenda followed by refreshments and a program. We welcome all who are interested to attend.

SHS Class of '93

Making plans for their 20 year class reunion. Reunion is set for Oct. 12, 2013, at the Brown Lantern at 6 p.m. RSVP before Sept. 27, 2013. Advance notice to attend is needed. For more information contact Heidi Stephenson Day at 386-330-9817 or heididay@windstream.net.

2nd Infantry Division Veterans

The Florida Branch of the Second Indianhead Division Association will have its annual reunion in Titusville, Fla. on Oct. 18-20, 2013 at the Best Western Space Shuttle Inn. All veterans of the 2nd Infantry Divisions are invited. For more information, call the branch secretary-treasurer, Donald Calnan, at (561) 742-5379 or send an email to 2ida.mail@charter.net.

FREE Nursing Home Planning Workshop

Anyone who is concerned about how they will pay for nursing home care should attend this informative workshop led by local elder law attorney Teresa Byrd Morgan. The program will be held Thursday, Aug. 29, 2013, at 10 a.m., at Morgan Law Center for Estate & Legacy Planning (234 East Duval Street, Lake City). Seating is limited and reservations are required. To reserve a seat, please call Tammy Hale at 386-755-1977.

Applications to fill vacancy at Advisory Council

Elder Options is a private, non-profit agency designated by the Florida Department of Elder Affairs to administer state and federal grant programs for seniors and caregivers in 16 counties. We serve as the Area Agency on Aging, 1-800 Elder Helpline, and Aging and Disability Resource Center.

Currently, we are accepting applications to fill a vacancy on our Advisory Council in Suwannee County. Applicants must be a resident of the County and should have an active interest in social and nutrition programs for older persons.

Members of the Advisory Council serve on a voluntary basis without pay. For an application or more information, visit our website at www.agingresources.org. You can also contact Cindy

Roberts at (352) 692-5260 or robertsc@agingresources.org.

GriefShare support group begins Aug. 28

Meets at First Baptist Church of Live Oak each Wednesday night from 6-8 p.m. The next session will begin on Aug. 28, 2013. Childcare is provided. The church is located at 401 West Howard St. Please call the church office at 386-362-1583 if you would like to attend. We would be happy to give you additional information or answer any questions. No matter what the circumstances, grief recovery is a painful process. We understand how deeply grief and loss hurt people and their families. We realize how difficult this first meeting may be but please be assured that others in the group will be feeling the same way.

The First Baptist clothes closet

Invites you to their clothes closet. We are located at 515 SW 5th St. (the old red barn that was Cheryl's Buffet). It is open the first and third Thursday of every month from 8 a.m. until noon.

The clothing is free and ranges in sizes from newborn to plus sizes for men, women and children.

We look forward to seeing you there.

BES kindergarten registration

Parents living in the Branford area please register your kindergarten students for the 2013-14 Branford Elementary school year during this month to ensure that your child has an assigned teacher at open house.

Please bring the following documents with you to registration: child's birth certificate, immunization record, Florida physical, proof of residency and Social Security card.

We are excited to meet your child. For more information, please call BES at 386-935-5700. School starts Aug. 19. Open house date will be announced at a later time.

Class of 1988 25th Reunion

Oct. 11 & 12, 2013

Kenny Gwinn

512-721-9677

CaSonia Williams Martin

386-647-6896

Celebrate Recovery, a Christ-centered recovery program

Freedom from your hurts, habits, and hang-ups. Something doesn't feel quite right? Are hurts from the past haunting you? Do you feel like your life is out of control? Are you tired of making the same mistakes over and over again? Does it seem like certain habits have taken control of your life? Join us at Melody Church every Friday night! Fellowship/dinner at 6 p.m., group discussion at 7 p.m. Visit Melody Church at 10046 US HW 129 in Live Oak, call 386-364-4800, or call Greg Player at 386-688-1454 for more information.

The Branford Camera Club

Meets on the 3rd Thursday of each month, with an occasional exception, for the purpose of sharing, learning, and enjoying all things photographic. We are an eclectic group with experiences ranging from complete novice to consummate professional.

For more information, please contact:

Carolyn Hogue, Program Chair, 386-935-2044

Skip Weigel, Technical Consultant, 386-9382

Suwannee River Economic Council, Inc.

Free breakfast & lunch for ages 60 and older

When: Monday - Friday

Where: Senior Center

1171 Nobles Ferry Road

Live Oak, Fla. 32064

Time: Breakfast 8:30 - 10 a.m.

Lunch 11:30 a.m.

Make reservations for lunch by 9:30 a.m. 386-362-1164

Suwannee County Branch NAACP - Unit #5137

President: Mr. Lesley White

Mailing address: P.O. Box 6105, Live Oak, FL 32064

Telephone: 386-647-7360

Email: al101st@comcast.net

Meetings: First Monday in each month at 6 p.m. Ex. Bd., 7 p.m. membership meeting

The Sparkleberry Chapter of the Florida Native Plant Society

Sparkleberry Chapter meetings are held the 2nd Tuesday of each month, except June, July, and August, at Hatch Park in Branford. Please contact Chapter President Mae Brandt, maebrandt@bellsouth.net, 386-466-0915, for more information.

Senior Citizens motorcoach tours

Madison Travel & Tours, Madison, Fla. 850-973-6439

Pigeon Forge & Smoky Mt. Show Trip Oct. 14-18, 2013

Branson Show Extravaganza Oct. 12-20, 2013

New York City Dec. 4-12, 2013

Boy Scout Troop 408

Meets on Thursdays from 7-8:30 p.m. at the American Legion Post 107, 10726 142nd St., between Live Oak and McAlpin. Membership is open to boys ages 11-17. Join us for camping, hiking, canoeing, and many other outdoor activities. 386-209-3480

Cub Scout Pack 408

Meets on Thursdays from 6-7 p.m. at the American Legion Post 107, 10726 142nd St., between Live Oak and McAlpin. Membership is open to boys ages 6-10. Join us for camping, archery, BB shooting, and many other fun activities. Parents encouraged to participate. 386-209-3480

Elks Lodge Bingo

Beginning Sept. 2, 2013 the BINGO hours will be every Monday from 6 p.m. to 9 p.m. snacks and soft drinks will still be available.

The Arc North Florida

Recycle with us

We recycle: Name brand ink cartridges and laser cartridges, working cell phones w/electric cord, digital cameras - GPS - MP3, laptops.

For more info on how you can help The Arc recycle products please call 386-362-7143 Ext. 5.

Calendar of Events

Continued From Page 4B

supporting adults with intellectual & developmental disabilities in Suwannee, Hamilton, Lafayette, Columbia & Baker Counties.

The Wellborn United Methodist Church

Located at 12005 CR 137 in downtown Wellborn. From Live Oak and points west, travel east on U.S. 90 to the blinker light at CR 137. Turn left and go about a mile, crossing the railroad tracks. The church is located about a quarter mile north of the tracks on the left (look for signs). From Lake City and points east, travel west on U.S. 90 to the blinker light at CR 137 and turn right.

Suwannee County Bassmasters

Do you enjoy bass fishing? Are you the competitive type? Do you enjoy associating with other fishermen? Meetings are held at 7 p.m. on the first Thurs. of each month at Huddle House in Live Oak, US 129 and Interstate 10.

The club fishes on the Sat. following the Thurs. meeting at various N. Fla. locations.

Come to our next meeting or call for details Mike Johnson 386-688-4780 or Robert Dees 386-688-0978.

Antioch Baptist Church "Stars Widow Group"

Every 4th Thurs. of each month at 10:30 a.m. 5203 CR 795 Live Oak, Fla. 32060 386-362-3101

Recovery By The Numbers group of Narcotics Anonymous

Meets Wed and Friday at 7:30 p.m. at St. Luke's Episcopal Church, 1391 11th St. S.W. Live Oak 386-249-3505 or Help Line # 866-352-5323, http://uncoastna.org Recovery by the numbers is not affiliated with St. Lukes

Travel baseball team

North Florida River Rats 10u and 11u Travel baseball team is looking for players. If interested, please contact

Jamie Allbritton @ 386-209-0166 Suwannee Democratic Executive Committee meeting

Suwannee DEC will meet on the second Thursday of every month at 7 p.m. at Live Oak City Hall, 101 White Ave., Live Oak, FL 32064.

Save the Cats of Live Oak Aluminum Can Drive

Please help us help them. Save your aluminum for recycling. Recycle trailer located in vacant lot next to Dairy Queen. Donations of kitty food, wet food, litter and money to help with expenses can be taken to Thrift Store, 303 East Howard Street, next to Suwannee Democrat. We need your help to help them. Spay, neuter, medications, food, litter and money contributions. We are a non-profit group 501C3 being applied for. For more information, call Barney at 386-364-1006.

Save the Cats of Live Oak Volunteers Needed

T.N.R. campaign to save Live Oaks feral cats has been started. Feral 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 at 386-364-1006 or Ray Cobb 386-688-0036.

Save the Cats of Live Oak Donations Needed

Food barrels for donations of wet & dry food as well as litter are located at Tractor Supply (Lake City and Live Oak) Winn-Dixie, Dollar General Stores, Freds, Downtown Cafe & Big Wheel Market Place. Other items needed include \$ for spay & neuter, blankets, totes, towels, building supplies, services of a carpenter. Please call for additional info 386-364-1006. Non-profit 501C3 being applied for.

Save the Cats of Live Oak Adoptions Available

We have several beautiful, cuddly kittens, male & fe-

male, all have been spayed & neutered, checked for FIV, leukemia and rabies shots. Special donation rate \$30. To have these things done at a vet clinic would cost over \$100. We are a 501-C3 non-profit reserve. Also need donations of kitten food, dry food and tidy cats litter. Bring donations to Big Wheel Market Place, 317 W. Howard St or Downtown Cafe, Tractor Supply or Freds. Call for additional information Barney 386-364-1006.

TOPS FI #0662

We would like to invite everyone that has a little or a lot of weight to lose, to come visit us. TOPS is a weight loss support group. We strive to help each other through our meetings. We have different programs such as stress eating, the buffet, portion control, exercise, medications that can cause weight gain, and more. Take Off Pounds Sensibly is an organization that supports you while striving to meet your goal weight, as well as after meeting your goal, and you are working to maintaining our goal. TOPS 0662 meets on Thursday mornings at the First Advent Christian Church, 699 Pinewood Dr., Live Oak, Fla. We start our weight in at 8 - 8:50 a.m. The meeting starts at 9 -10 a.m. your first visit is free, so come and let us support you in your challenge to Take Off Pounds Sensibly. For more information contact Elaine at 386-364-5537.

Volunteer advocates needed

Florida's Long-Term Care Ombudsman Program needs volunteers to join its corps of dedicated advocates who protect the rights of elders who live 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 advo-

SEE CALENDAR OF EVENTS, PAGE 9B

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A , / / & - 2

Ladies' night: Season 3 of 'The X Factor' adds some talented women to its roster

By Shona Dustan
TV Media

These days, it seems like you can't turn on the television without seeing a panel of celebrity judges critiquing some kind of performance. America is in love with network talent shows, a genre in large part made popular by an enigmatic Brit who goes out of his way to be unlikable: Simon Cowell. Season 3 of Cowell's current reality talent series, "The X Factor," kicks off Wednesday, Sept. 11, on Fox.

Considering the show is just beginning its third season, there have been a lot of changes to "The X Factor" since its inception. The auditions process, for example, is always changing just a little. As is usual for this type of show, judges travel from city to city, where thousands of people are waiting to audition for them, but "The X Factor" doesn't stop there. Sending out smaller crews to audition those who could not make the big city auditions means just about everyone gets a fair shake. During the first season, Cowell, who also wears the hat of executive producer, even announced that, for one week only, they were accepting applications in the form of YouTube videos.

"You have to be competitive. You have to make changes," Cowell said when asked about various shakeups within the show. With a team so obviously dedicated to finding talent in every nook and cranny of America, who knows what could happen with this year's tryouts.

The first few episodes of the season focus on this often surprising (and sometimes painful) audition process, which highlights some of the best, worst and most shocking performances of the preliminary stages of the competition. As the hopefuls make it through the various rounds of elimination, they are divided into four categories: Boys (males ages 12 to 25), Girls (females ages 12 to 25), Over 25s and Groups. Each of these categories will be mentored by one of the celebrity judges. Known for his harsh critiques, Cowell has had the daunting task of stacking his panel with judges that will balance him out. Some teams have worked out better than others.

The judging panel has been subject to many of the show's changes, in fact, the only judge from the first season to have made it to the third is Cowell himself. Asked about the reasons behind these changes, Cowell said that finding the right chemistry is "like having a dinner party. You invite people for dinner, and sometimes it's fun



and sometimes it's not as fun as you thought it was going to be."

Obviously, his first two "dinner parties" weren't everything he hoped they'd be, so Cowell has mixed things up from season to season. In the show's freshman year, Cowell was joined by Pussycat Doll Nicole Scherzinger, producer L.A. Reid and former "American Idol" panelmate Paula Abdul. When the show returned for Season 2, both of the female judges had been replaced. Diva Britney Spears and up-and-comer Demi Lovato now had seats at the table.

At the close of Season 2, Cowell felt unsatisfied: "It was more of a feeling it was similar to what everyone else was doing and I had this impatience to get on to Season 3 so I could do what I wanted to do."

With Season 3 right around the corner, it seems that Cowell has done just that.

Faces have changed once again, and this time the Brit has a lot more ladies to contend with. Fan favorite Lovato returns for her second year by Cowell's side, while Spanish songstress Paulina Rubio and Destiny's Child alum Kelly Rowland fill the vacated seats left by Spears and Reid. "It's a girl's world in the music industry right now," said Cowell, and he couldn't be more excited about the changes, adding: "this is a very fun dinner party."

Cowell has nothing but praise for this year's judges. The cool, composed Kelly, the spirited, droll Demi and the fiery, risible Rubio should offset Cowell's intimidating presence, not to mention open up the show to an untapped demographic. Addressing the addition of Rubio to the roster, Cowell said: "I always felt that the Spanish market was really important. I would love some Spanish artists, or one great Spanish artist, for the label, and Paulina has been this beacon and they're all attracted to her."

Cowell has had lots of experience as a reality show judge, making his first splash in America as the driving force behind the ratings powerhouse "American Idol." When his nine-year run on "Idol" was complete, Cowell threw himself into "The X Factor." The U.K. version of the show is where he got his start, and he still feels very strongly about the potential of the program.

Tune in to find out how Cowell's changes will play out, how he'll fare with the ladies of the panel and who has what it takes to be the winner of Season 3 of "The X Factor," premiering Wednesday, Sept. 11, on Fox.

WEDNESDAY EVENING				C COMCAST S1 DISH NETWORK S2 DIRECTV								SEPTEMBER 4, 2013						
C	S1	S2		5 PM	5:30	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	
3	-	-	WCJB	Million..	News	News	News	ET	InsEd.	The Middle	Modern	Modern	ABC's the Lookout	News	Kimmel			
4	-	-	WJXT	4 News	4 News	4 News	4 News	ET	InsEd.	Raymond	Rules	BigBang	BigBang	The 10:00 News	4 News	OMG!		
5	-	-	WUFT	Steves'	News	Journal	Business	PBS NewsHour	Nature			The Weavers: Wasn't That a Time!	News	D. Smiley				
6	6	6	WCTV	News	News	News	News	Wheel	Jeopardy	Big Brother		Criminal Minds	CSI: Crime Scene	News	T.Letterm			
9	24	24	WTLF	Wendy Williams	Queens	'70s	Seinfeld	Rules	Arrow			Supernatural	Cops	Seinfeld	Rules	'70s		
10	49	49	WTLH	Office	Mother	Simps.	2½Men	BigBang	BigBang	Masterchef			49 News	2½Men	Mother	Raymond		
12	40	40	WTWC	Dr. Phil		Feud	News	ET	OMG!	America-Talent	America-Talent		Camp		Feud	J. Leno		
29	118	265	A&E	The First 48		The First 48		Duck Dy	Duck Dy	Duck Dy	Duck Dy	Duck Dy	Duck Dy	Duck Dy	Dads	Dads	Dads	
60	130	254	AMC	CSI: Miami		CSI: Miami		CSI: Miami		"Pulp Fiction" ('94) Uma Thurman, John Travolta.					"The Italian Jo...			
50	184	282	APL	Wildman	Wildman	RivMon Unhooked		River Monsters		RivMon Unhooked	RivMon Unhooked	RivMon Unhooked	Super Croc		RivMon Unhooked			
65	129	273	BRAVO	Housewives NJ		Housewives NJ		Tamra's Wedding		Million Dollar List	Million Dollar List	Million Dollar List	Top Chef Masters		Million Dollar List			
68	-	-	CCS	Football	Dan Patrick Show	DawgRep.		Talkin' Football		Football Mississippi vs Vanderbilt			Football MS St./Ok. St.					
38	182	278	DISC	Porter	Porter	Porter	Porter	To Be Announced		Jungle Gold	Jungle Gold	Jungle Gold	Jungle Gold		Jungle Gold			
31	172	290	DISN	Gravity	Gravity	GoodLk	Jessie	A.N.T.	GoodLk	"Toy Story 2" ('99)	:40 Jessie	A.N.T.	Dog Blog	Austin	A.N.T.			
35	140	206	ESPN	Horn	Interrupt	SportsCenter		MLB Baseball Detroit Tigers vs. Boston Red Sox					Baseball Tampa Bay vs L.A. Angels					
30	180	311	FAM	Daddy	Daddy	Melissa	Melissa	Melissa	Melissa	Melissa	Daddy	Spell-Mageddon	Melissa	Daddy	The 700 Club			
51	110	231	FOOD	Pioneer	King	Diners	Diners	Restaurant		Restaurant		Restaurant	Diners	Diners	Restaurant			
67	137	248	FX	2½Men	"Battle Los Angeles" ('11) Aaron Eckhart.			"Colombiana" ('11) Zoe Saldana.				The Bridge			The Bridge			
56	423	634	FXSP	Baseball	MarlinsL	ACC	Game365	MLB Baseball Miami Marlins vs. Chicago Cubs					SEC Gridiron LIVE!		WPT Poker			
72	185	312	HALL	The Waltons		Little House Prairie		Little House Prairie		"Flicka" ('06) Tim McGraw.			Frasier	Frasier	Frasier	Frasier		
47	112	229	HGTV	Property Brothers		Property Brothers		Property Brothers		Love It/ List It		Property Brothers	HouseH	House	Property Brothers			
49	120	269	HIST	Ancient Aliens		Ancient Aliens		Pwn Star	Pwn Star	Pwn Star	Pwn Star	American Pickers	American Pickers		Hatfield	Hatfield		
57	181	255	ION	Law & Order: C.I.		Law & Order: C.I.		WWE Main Event		Flashpoint		Flashpoint	Flashpoint		Flashpoint			
32	108	252	LIFE	Wife Swap		Unsolved Mysteries		Unsolved Mysteries		"Baby Sellers" ('13) Kirstie Alley.		"Stolen Child" ('11)						
61	109	253	LMN	(4) "Flightplan"	"Taken in Broad Daylight" ('09)			"Long Lost Son" ('06)				"Carjacked" ('11) Maria Bello.						
28	168	262	SPIKE	Bar Rescue		Bar Rescue		Bar Rescue		"Pitch Black" ('00) Cole Hauser, Vin Diesel.		"Pitch Black" ('00)						
58	122	244	SYFY	Ghost Mine		Ghost Mine		Ghost Mine		Ghost Mine		Ghost Mine	Ghost Mine		Ghost Mine			
39	139	247	TBS	Friends	Queens	Seinfeld	Seinfeld	Seinfeld	Seinfeld	FamilyG	FamilyG	BigBang	BigBang	BigBang	BigBang	Conan		
48	183	280	TLC	Say Yes	Say Yes	Toddlers & Tiaras		Cheer Perfection		Honey B.	Honey	Cheer Perfection	Honey B.	Cheer Perfection	Honey B.	Cheer Perfection		
25	138	245	TNT	Castle		Castle		Castle		Castle		Castle	Castle		The Mentalist			
55	176	296	TOON	In Crew	Adv.Time	FinnJake	Regular	Annoying	Gumball	Chima	TeenTita	King Hill	King Hill	AmerDad	AmerDad	FamilyG	FamilyG	
46	215	277	TRAV	Man/Fd	Man/Fd	Bizarre Foods		Man/Fd	Man/Fd	Digfellas	Digfellas	Toy/Hunt	Toy/Hunt	Food Paradise		Food Paradise		
73	204	246	TRU	BeachTw	BeachTw	BeachTw	BeachTw	World's Dumbest...		Guinness Wild		Guinness Wild	Guinness Wild	World's Dumbest...				
69	106	301	TVL	MASH	MASH	MASH	MASH	MASH	MASH	MASH	MASH	Raymond	Raymond	Hot In	Hot In	Hot In	Queens	
33	105	242	USA	NCIS		NCIS		NCIS		NCIS		Royal Pains		NCIS		Suits		
66	128	260	WE	Rose.	Rose.	Rose.	Rose.	Rose.	Rose.	Tamar and Vince		Tamar and Vince		Tamar and Vince		Tamar and Vince		
16	239	307	WGN	Law & Order: C.I.		Home Videos		Home Videos		Rules	Rules	Rules	Rules	WGN News at Nine		Home Videos		

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SUNDAY EVENING			C COMCAST S1 DISH NETWORK S2 DIRECTV										SEPTEMBER 8, 2013			
C	S1	S2	5 PM	5:30	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30
3	-	-	WCJB	X Games 19	News	News	Home Videos	Shark Tank	Secret Millionaire	Castle	News	Ins. Ed.				
4	-	-	WJXT	Ent. Tonight	4 News	4 News	OMG	Raymond	BigBang	CSI: Miami	Criminal Minds	News	Sports	4 News	BBang	
5	-	-	WUFT	Inside Foyle's War	Downton	Downton	Abbey Revisited	Last Tango Halifax	Masterpiece Mystery!							Downton Abbey
6	6	6	WCTV	(4:30) ITF Tennis U.S. Open			60 Minutes	Big Brother	Unforgettable	The Mentalist	News	Law Call				
9	24	24	WTLF	3:30 * "Golden..."	ThereYet	ThereYet	Queens	Queens	* "I'm Gonna Git You Sucka" ('88)	Seinfeld	Seinfeld	Rules	Rules			
10	49	49	WTLH	(4:00) NFL Football			The OT	Simps.	B.Burger	FamilyG	FamilyG	49 News	BigBang	2½Men	BigBang	
12	40	40	WTWC	(4:00) Sailing	NBCPrev	News	Football Night	(:20) NFL Football	New York Giants vs. Dallas Cowboys							Burn
29	118	265	A&E	(1:30) * "Titanic"	Dads	Dads	Duck Dy	Duck Dy	Duck Dy	Duck Dy	Duck Dy	Bad Ink	Bad Ink	Bad Ink	Bad Ink	Bad Ink
60	130	254	AMC	* "National Treasure" ('04) Diane Kruger, Nicolas Cage.			(:55) Breaking Bad	Breaking Bad	Breaking Bad	(:05) LowWinterSun	Talking	Br. Bad				
50	184	282	APL	(9:00) To Be Announced			Gator Boys	Wildman	Wildman	Wildman	Wildman	Gator Boys	Wildman	Wildman		
65	129	273	BRAVO	Housewives NJ	Housewives NJ		New Jersey Social	Housewives NJ	Housewives NJ	Housewives NJ	Tamra's Wedding	Watch	Wives NJ			
68	-	-	CCS	4: Football	NCAA Football	Arkansas State vs. Auburn	Talkin' Football	NCAA Football	Florida vs. Miami	Talkin' Football						
38	182	278	DISC	Jungle Gold	Jungle Gold		Jungle Gold	Jungle Gold	Ride	Jungle Gold	To Be Announced	Jungle Gold				
31	172	290	DISN	GoodLk	GoodLk	Austin	A.N.T.	Austin	Austin	* "Cinderella" ('50)	Jessie	Jessie	Austin	A.N.T.	Jessie	
35	140	206	ESPN	(1:00) NFL Football: ESPN Radio	ESPN Radio		SportsCenter	MLB Baseball	Los Angeles Dodgers vs. Cincinnati Reds			SportsCenter				
30	180	311	FAM	(4:00) * "Harry Potter and the Half-Blood Prince" * "Harry Potter and the Deathly Hallows: Part 1" ('10) Daniel Radcliffe.			Potter and the Deathly Hallows: Part 1	Potter and the Deathly Hallows: Part 1	Potter and the Deathly Hallows: Part 1	Potter and the Deathly Hallows: Part 1	Potter and the Deathly Hallows: Part 1	The Vineyard				
51	110	231	FOOD	Diners	Diners	The Shed	Bubba-Q	Food Truck Race	Food Truck Race	Food Truck Race	Cutthroat Kitchen	Iron Chef America				
67	137	248	FX	(3:30) * "Taken" ('08) Famke Janssen, Liam Neeson.			* "Colombiana" ('11) Zoe Saldana.	* "Colombiana" ('11) Zoe Saldana.	* "Colombiana" ('11) Zoe Saldana.							
56	423	634	FXSP	West Customs	UFC Unleashed	WPT Poker	WPT Poker	WPT Poker	UFC Unleashed	WPT Poker	WPT Poker	WPT Poker				
72	185	312	HALL	4: * "The Sweet..."	* "A Crush on You" ('11)		Cedar Cove	* "Just Desserts" ('03) Lauren Holly.	* "Just Desserts" ('03) Lauren Holly.			Frasier	Frasier			
47	112	229	HGTV	Love It/ List It	HouseH	House	HouseH	House	Extreme Homes	Love It/ List It	Renovation	HouseH	House			
49	120	269	HIST	Mountain Men	Mountain Men		Mountain Men	Mountain Men	Mountain Men	Mountain Men	Fugawis	Fugawis	Hatfield	Hatfield		
57	181	255	ION	Flashpoint	Law & Order: C.I.	Law & Order: C.I.	Law & Order: C.I.	Law & Order: C.I.	Law & Order: C.I.	Law & Order: C.I.	Law & Order: C.I.	Law & Order: C.I.	Law & Order: C.I.	Law & Order: C.I.	Law & Order: C.I.	
32	108	252	LIFE	* "Made of Honor" ('08)	* "Julie and Julia" ('09) Amy Adams, Meryl Streep.		* "Julie and Julia" ('09) Amy Adams, Meryl Streep.	* "Julie and Julia" ('09) Amy Adams, Meryl Streep.	* "Julie and Julia" ('09) Amy Adams, Meryl Streep.			Devious Maids	* "Julie & Julia"			
61	109	253	LMN	4: * "Secret Lia..."	American Justice	Killer Kids	Killer Kids	Killer Kids	Killer Kids	Killer Kids	I Killed My BFF	Gangster Girl				
28	168	262	SPIKE	Bar Rescue	Bar Rescue	Bar Rescue	Bar Rescue	Bar Rescue	Bar Rescue	Bar Rescue	Bar Rescue	Bar Rescue				
58	122	244	SYFY	(:05) * "Indiana Jones and the Last Crusade" ('89)	* "Indiana Jones and the Kingdom of the Crystal Skull" ('07) Harrison Ford, Cate Blanchett.		* "Indiana Jones and the Kingdom of the Crystal Skull" ('07) Harrison Ford, Cate Blanchett.	* "Indiana Jones and the Kingdom of the Crystal Skull" ('07) Harrison Ford, Cate Blanchett.	* "Indiana Jones and the Kingdom of the Crystal Skull" ('07) Harrison Ford, Cate Blanchett.			* "Godzilla" ('98)				
39	139	247	TBS	4: * "Bewitched" * "You, Me and Dupree" ('06)			* "Wedding Crashers" ('05) Owen Wilson.	* "Wedding Crashers" ('05) Owen Wilson.	* "Wedding Crashers" ('05) Owen Wilson.			* "Due Date" ('10)				
48	183	280	TLC	Say Yes	Say Yes	Think You Are	Breaking Amish: LA	Sister W	Sister W	Sister Wives	Breaking Amish: LA	Sister Wives				
25	138	245	TNT	Movie	(:45) * "Along Came a Spider" ('01)		* "Sherlock Holmes" ('09) Robert Downey Jr., Jude Law.	* "Sherlock Holmes" ('09) Robert Downey Jr., Jude Law.	* "Sherlock Holmes" ('09) Robert Downey Jr., Jude Law.			* "Sherlock Holmes" ('09)				
55	176	296	TOON	4:30 * "To Be ..."	* "To Be Announced"		Gumball	Looney	King Hill	King Hill	Cleveland	FamilyG	B.Burger	FamilyG		
46	215	277	TRAV	Places Chowdown	Places Chowdown	Food Paradise	Ride	Ride	Fandem	Bikinis	Food Paradise	Food Paradise				
73	204	246	TRU	Jokers	Jokers	Jokers	Jokers	Jokers	Jokers	Jokers	Jokers	Jokers	Jokers	Jokers	Jokers	Jokers
69	106	301	TVL	G. Girls	G. Girls	G. Girls	G. Girls	G. Girls	G. Girls	G. Girls	G. Girls	G. Girls	G. Girls	G. Girls	G. Girls	G. Girls
33	105	242	USA	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	Law & Order: SVU	
66	128	260	WE	CSI: Miami	CSI: Miami	CSI: Miami	CSI: Miami	CSI: Miami	CSI: Miami	CSI: Miami	CSI: Miami	CSI: Miami	CSI: Miami	CSI: Miami	CSI: Miami	
16	239	307	WGN	:15 10th...	Home Videos	Bloopers	Bloopers	Mother	Mother	Mother	Mother	News	:40 Replay	* "28 Days Later"		

MONDAY EVENING			C COMCAST S1 DISH NETWORK S2 DIRECTV										SEPTEMBER 9, 2013			
C	S1	S2	5 PM	5:30	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30
3	-	-	WCJB	Million..	News	News	News	ET	InsEd.	Shark Tank	Mistresses	Castle	News	Kimmel		
4	-	-	WJXT	4 News	4 News	4 News	4 News	ET	InsEd.	Raymond	Rules	BigBang	BigBang	The 10:00 News	4 News	Arsenio..
5	-	-	WUFT	News	News	Journal	Business	PBS NewsHour	American Masters	Antiques Rd.	Antiques Rd.	POV	News	T. Smiley		
6	6	6	WCTV	ITF Tennis U.S. Open			Football	2½Men	Girls	BigBang	Under the Dome	News	DLetterm			
9	24	24	WTLF	Wendy Williams	Queens	'70s	Seinfeld	Rules	Hart of Dixie	Breaking Pointe	Cops	Seinfeld	Rules	'70s		
10	49	49	WTLH	Office	Mother	Simps.	2½Men	BigBang	BigBang	Bones	Bones	49 News	2½Men	Mother	Raymond	
12	40	40	WTWC	Dr. Phil	Feud	News	ET	Feud	MillionSecondQui	American Ninja W	Siberia	OMG!	J. Leno			
29	118	265	A&E	The First 48	Storage	Storage	Storage	Storage	Storage	Storage	Storage	Storage	Storage	Storage	Storage	Storage
60	130	254	AMC	* "Reign of Fire" ('02) Christian Bale.	* "Lord of the Rings: The Two Towers" ('02) Voices of Ian McKellan, Elijah Wood.		* "Lord of the Rings: The Two Towers" ('02) Voices of Ian McKellan, Elijah Wood.	* "Lord of the Rings: The Two Towers" ('02) Voices of Ian McKellan, Elijah Wood.	* "Lord of the Rings: The Two Towers" ('02) Voices of Ian McKellan, Elijah Wood.			* "Lord of the ..."				
50	184	282	APL	(4:00) To Be Announced			Wildman	Wildman	Wildman	Wildman	Gator Boys	Gator Boys	Wildman	Wildman		
65	129	273	BRAVO	House Miami	Housewives NJ	Tamra Social	Tamra's Wedding	House Miami	House Miami	House Miami	Below Deck	Watch	Tamra's			
68	-	-	CCS	Clemson	Dan Patrick Show	Preview	SEC	To Be Announced	To Be Announced	To Be Announced	To Be Announced	To Be Announced	SEC			
38	182	278	DISC	To Be Announced	To Be Announced	To Be Announced	To Be Announced	To Be Announced	To Be Announced	To Be Announced	To Be Announced	To Be Announced	To Be Announced	To Be Announced	To Be Announced	To Be Announced
31	172	290	DISN	Dog Blog	Dog Blog	GoodLk	Jessie	Austin	Austin	* "Camp Rock" ('08)	(:45) Ferb	Jessie	GoodLk	Austin	Jessie	
35	140	206	ESPN	Monday Night Countdown	(:55) NFL Football	Philadelphia Eagles vs. Washington Redskins	(:15) Football	Houston vs San Diego								
30	180	311	FAM	'70s	'70s	* "The Sisterhood of the Traveling Pants" ('05)	* "The Princess Diaries" ('01)	Julie Andrews.	The 700 Club							
51	110	231	FOOD	Pioneer	BBQ	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Bubba-Q	Diners	Diners	
67	137	248	FX	2½Men	2½Men	* "Madagascar: Escape 2 Africa" ('08)	* "Kung Fu Panda" ('08) Jack Black.	* "Kung Fu Panda" ('08)								
56	423	634	FXSP	To Be Announced	Shape	MarlinsL	MLB Baseball	Atlanta Braves vs. Miami Marlins	MarlinsL	Marlins	Fox Sports Live					
72	185	312	HALL	The Waltons	Little House Prairie	Little House Prairie	* "After All These Years" ('13)	Fraser	Fraser	Fraser	Fraser	Fraser				
47	112	229	HGTV	Renovation	Renovation	Love It or List It	Love It or List It	Love It or List It	Love It or List It	Love It or List It	Love It or List It	HouseH	House	Love It or List It		
49	120	269	HIST	American Pickers	American Pickers	American Pickers	American Pickers	American Pickers	American Pickers	American Pickers	God, Gun	God, Gun	Fugawis	Fugawis		
57	181	255	ION	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds			
32	108	252	LIFE	Wife Swap	Trading Spouses	Trading Spouses	* "A Walk to Remember" ('02)	* "Nights in Rodanthe" ('08)								
61	109	253	LMN	4: * "The Mem..."	* "Little Girl Lost: The Delimar Vera ..."	* "Trucker" ('09) Michelle Monaghan.	* "Like Dandelion Dust" ('09)									
28	168	262	SPIKE	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops
58	122	244	SYFY	* "Indiana Jones and the Kingdom of the Crystal Skull" ('07) Harrison Ford, Cate Blanchett.	* "The Bourne Ultimatum" ('07) Julia Stiles.	* "Quantum of Solace" ('08)										
39	139	247	TBS	Queens	Queens	Seinfeld	Seinfeld	Seinfeld	Seinfeld	FamilyG	FamilyG	FamilyG	BigBang	BigBang	BigBang	Conan
48	183	280	TLC	The Big Day	Toddlers & Tiaras	To Be Announced	Cougar Wives	Cougar Wives	Cougar Wives	Cougar Wives	Cougar Wives	Rizzoli & Isles	CSI: NY			
25	138	245	TNT	Castle	Castle	Castle	Castle	Castle	Castle	Castle	Rizzoli & Isles	CSI: NY				
55	176	296	TOON	In Crew	Adv.Time	Adv.Time	Regular	Regular	Adv.Time	Regular	MAD	King Hill	King Hill	B.Burger	AmerDad	FamilyG
46	215	277	TRAV	Man/Fd	Man/Fd	Bizarre Foods	Man/Fd	Man/Fd	Bizarre Foods	Bizarre Foods	Bizarre Foods	Hotel Impossible	Hotel Impossible	Hotel Impossible	Hotel Impossible	Hotel Impossible
73	204	246	TRU	Lick.Tow	Lick.Tow	Lick.Tow	Lick.Tow	Lick.Tow	Lick.Tow	Lick.Tow	Lick.Tow	Lick.Tow	Lick.Tow	Lick.Tow	Lick.Tow	Work Up
69	106	301	TVL	MASH	MASH	MASH	MASH	MASH	MASH	MASH	MASH	MASH	MASH	MASH	MASH	Queens
33	105	242	USA	NCIS	NCIS	NCIS: Los Angeles	WWE Monday Night Raw	(:05) Law&O.:SVU								
66	128	260	WE	Rose.	Rose.	Rose.	Rose.	Rose.	Rose.	CSI: Miami	CSI: Miami	CSI: Miami	CSI: Miami	CSI: Miami	CSI: Miami	
16	239	307	WGN	Law & Order: C.I.	Home Videos	Home Videos	Parks	Parks	Parks	Parks	Parks	Parks	Parks	Mother	Rules	

TUESDAY EVENING			C COMCAST S1 DISH NETWORK S2 DIRECTV										SEPTEMBER 10, 2013			
C	S1	S2	5 PM	5:30	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30
3	-	-	WCJB	Million..	News	News	News	ET	InsEd.	Shark Tank	Bachelor	20/20	News	Kimmel		
4	-	-	WJXT	4 News	4 News	4 News	4 News	ET	InsEd.	Raymond	Rules	BigBang	BigBang	The 10:00 News	4 News	Arsenio..
5	-	-	WUFT	News	News	Journal	Business	PBS NewsHour	American Masters	Antiques Rd.	Antiques Rd.	POV	News	T. Smiley		
6	6	6	WCTV	News	News	News	News	Wheel	Jeopardy	NCIS	NCIS: Los Angeles					

Calendar of Events

Continued From Page 5B

cate for them -- are encouraged to call toll-free 1-888-831-0404 or visit the program's website at <http://ombudsman.myflorida.com>.

Bryan Morgan
Recruitment Manager
Department of Elder Affairs
Long-Term Care Ombudsman Program
988 Woodcock Rd, Suite 198
Orlando, FL 32803
850-510-3920 (cellular)
407-228-7752 (office)
407-228-7754 (fax) morganb@elderaffairs.org

Alcoholics Anonymous

Meetings are held on Tuesday, Thursday and Friday at 8 p.m. The meetings are at Nobles Ferry Road next to Meridian Behavioral Health Center. For more information, please call 386-362-4221 or 386-688-3133.

TOPS FL 798

We know everyone has different hopes and dreams, different health conditions and weight loss goals. TOPS helps people meet their individual needs through group support.

However you measure success and whatever you have to lose, TOPS is here for you. Change take time. Take Off Pounds Sensibly supports you, no matter how long, even after you've reached your goal. There is no quick fixes at TOPS and no phony guarantees about weight loss. It's up to you and it's a total commitment on your part, but if you bring the desire, we can help. We meet every Wed. morning at 10 a.m. at the Community Church of God, 10639 Hwy 129 S, Live Oak, Fla. For more information contact Dorie at 386-658-2767

Alzheimer's Support Group

Fourth Thursday of each month at 11 a.m. at Surrey Place Care Center.

The Center is located at 110 Lee Ave. SE in Live Oak. For any questions or suggestions call Shanna Kirby @ 386-364-5961 ext 16 or my cell 386-209-2327

Live Oak Garden Club

Meets on the 3rd Friday of each month, for a luncheon and a program for "all gardeners". The Live Oak Garden Club is also an ideal location and facility for a wedding reception, baby shower, family reunion, suitable for any event up to 100 people. Visit our website at www.liveoakfloridagardenclub.com or phone Sara at 386-364-4189 for additional information.

Suwannee River Jeep Club & 4X4

SRJC 4X4 is a new off-road club dedicated to Jeeps but open to other makes of 4X4's. We are looking for members that enjoy off-roading activity. We are a family oriented club that have monthly meetings and organize other activities such as trail rides, camping, mud events and fundraising events. Please contact Sarah or Cat at srjc4X4@gmail.com for more info. 386-688-3750 (Sarah).

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.

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

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.

American Legion Post 107

Turkey shoot every other Saturday. 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 Bruce Ward for information at 386-688-4018.

Wellborn neighborhood watch

We meet the last Thursday of each month at the Blake Lowe Building on 4th Avenue in Wellborn. We start with a social get together at 7 p.m. 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.

Baptist Men's Meeting at Wellborn Baptist Church

The 2nd Thursday night of every month beginning at 6:30 p.m. 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, Fla. 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.

Free meals for seniors

First Baptist Church of Dowling Park. 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.

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.

INJURY PREVENTION TIPS FOR SCHOOL-AGED ATHLETES

The dawn of a new school year is an exciting for school-aged youngsters. Though many kids may not look forward to homework or getting up early, a new school year is often exciting for young athletes who long to get back on the playing fields and compete with their teammates.

As valuable and exciting as participating in team sports can be, they can just as easily prove dangerous for athletes who aren't prepared for the rigors of physical activity. A summer spent lounging poolside might be just what kids need after a long school year, but that relaxation can put youngsters in jeopardy of suffering an injury when they return to team sports in the fall. Many a young athlete has pulled a hamstring or suffered a shin splint when returning to athletic competition after a long layoff. But such injuries are largely preventable, and the following tips can help school-aged athletes ensure their return to competition is as painless as it is pleasurable.

* Condition your muscles in the weeks heading up to tryouts or the start of the school year. Many fall sports feature tryouts near the end of summer or at the very beginning of the school year. That means athletes must start conditioning their muscles early. Discuss with your parents, coaches and physicians which muscles you will be working when playing a particular sport. Adults should help you develop a conditioning program that gets the right muscle groups ready for the rigors of your sport. A properly conditioned athlete has a

much lesser risk of injury than one who is not. Your offseason conditioning program should begin slowly and gradually grow more challenging as you draw closer to the school year.

* Stretch, stretch, stretch. Always stretch your muscles before any strenuous activities, whether it's an offseason conditioning program or an in-season competition. Stretching significantly reduces your risk of injury and can improve your performance on the field.

* Get geared up. The right gear is essential for young athletes looking to avoid injury. Though summer might seem tailor-made for flip-flops, such footwear should never be worn when exercising and preparing for the coming sports season. Athletic shoes specific to your sport are made to provide the support you will need as you train and compete. The same goes for the clothing you should wear when getting ready for the season. Wear the appropriate athletic attire to reduce your risk of injury.

* Weight train in the presence of your coaches or parents. Many athletes begin weight training for the first time when they are in high school. Weight training can be beneficial to young athletes, but such athletes should never lift weights unsupervised. Parents, trainers and coaches can explain the equipment to young athletes while ensuring they don't overdo it in the weight room. Lifting too much weight or having bad form when weightlifting can cause serious injury that can sideline youngsters for the coming season, if not longer. So young



athletes should always weight train in the presence of an adult and always work with a spotter to help them should they struggle to finish a repetition.

* Don't try to match your fellow athletes. The human body develops differently for everyone. Young athletes must recognize that there's a chance their classmates and teammates may be developing more quickly than they are. These classmates may be more capable of performing certain physical activities. For example, a teammate might be able to lift more weight than you. Do not try to match your fellow athletes if your body is uncomfortable performing a certain exercise. If you must endure substantial pain to perform a given exercise, then your body is likely telling you it simply isn't ready for that exercise. Don't force the body to do something just to keep up with your teammates.

* Take a break. Even if you rested for most of summer, you still will need to rest when you begin getting ready for the upcoming athletic season. Take at least one day off per week to allow your body to recover and recharge. Your body needs that recovery time to reduce its risk of injury. School-aged athletes often look forward to a new school year as a chance to get back on the playing fields. But such athletes should emphasize safe training as the season draws closer.

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Snappy Beans

FAMILY FEATURES

Green beans are no longer a plain side dish for dinner. Here are some fun, kid-friendly recipes to try at home to help encourage your kids to eat a healthy serving of green beans.

"Florida green beans are great with a dip. Try them with hummus, ranch or any of your favorite dressings," suggested Justin Timineri, Executive Chef and Culinary Ambassador, Florida Department of Agriculture and Consumer Services.

You can find more delicious recipes for Florida green beans at <http://bit.ly/flsnapbeans>.



Chef Justin Timineri



The Power of Green

Green beans are a flavorful way to eat healthy all year around.

- They are a good source of dietary fiber.
- Green beans contain vitamin C and folic acid.
- They are also an important source of potassium and many micronutrients.
- One cup of cooked, fresh green beans has only 30 calories and no fat, sodium or cholesterol.

When choosing beans, look for plump, crisp beans that are reasonably well shaped. The beans should have even color with fresh blossom ends and snap readily when broken. Many people prefer smaller beans, which are usually more tender.



Green Bean Poufs

Yield: 4 servings

- 1/2 pound green beans, trimmed
- 1 can prepared crescent roll dough

Fill large sized stock pot 3/4 of the way full and lightly salt water. Bring lightly salted water to rolling boil over medium-high heat. Fill medium-sized mixing bowl halfway with ice and water. Add trimmed and cut green beans to boiling water and let cook for 2 to 3 minutes. Using hand strainer, remove green beans from boiling water and place them into ice water to stop cooking. The green beans should be crisp-tender and vibrant green. After green beans have cooled down, remove from ice water and set aside.

Dry blanched green beans with paper towel. Open tube of prepared crescent roll dough. Cut each dough roll into strips. Wrap bunches of 3 green beans in spiral manner and place on cookie sheet. Continue process until all dough and green beans are used. Bake wrapped green beans until the dough is cooked and golden brown. Let cool and serve.

Kids Can: Wrap dough around the green beans.

Mini Green Bean Casserole

Yield: 4 servings

- 1 pound green beans, ends trimmed
- 2 cups cheddar cheese, grated
- 1/2 cup panko bread crumbs
- 1 tablespoon olive oil

Fill large sized stock pot 3/4 of the way full and lightly salt water. Bring lightly salted water to rolling boil over medium-high heat. Fill medium-sized mixing bowl halfway with ice and water. Add trimmed and cut green beans to boiling water and let cook for 2 to 3 minutes. Using hand strainer, remove green beans from boiling water and place them into ice water to stop cooking. The green beans should be crisp-tender and vibrant green. After green beans have cooled down, remove from ice water and set aside.

Preheat oven to 370°F. Divide blanched green beans evenly into four mini casserole dishes. Add an even amount of cheese on top of green beans. In small bowl, combine panko bread crumbs and olive oil. Mix ingredients to combine. Sprinkle bread crumb mixture on top of green beans and cheese. Place mini green bean casseroles in oven and bake until bubbly and golden brown. Let cool before serving.

Kids Can: Add shredded cheese to the top of green beans.

Green Bean Stir-Fry

Yield: 4 servings

- 1 tablespoon olive oil
- 3 cups fresh green beans, ends trimmed
- 2 cups sweet bell peppers, sliced
- 2 cups zucchini, sliced thin
- 1 cup carrot, sliced thin
- 2 tablespoons honey
- 1/4 cup low sodium soy sauce
- 1 tablespoon black and white sesame seeds

Preheat large sauté pan or wok over medium high heat. Add olive oil to preheated pan. Carefully add all vegetables to preheated pan. Cook vegetables for 4 to 7 minutes or until desired doneness. Add honey and soy sauce to pan and stir to combine. Serve stir-fry with rice and garnish with sesame seeds.

Chef's Tip: Add favorite vegetables in place of the ones listed in recipe.

Kids Can: Snap green beans and help measure honey and soy.

Green Bean and Potato Salad with Yogurt Dressing

Yield: 8 to 10 servings

- 1/2 pound fresh green beans, washed, ends trimmed and cut into thirds
- 2 pounds potatoes, washed, peeled and diced large
- 1/2 cup low-fat yogurt
- 2 lemons, juiced
- 1 cup fresh parsley, chopped fine
- 1/4 cup olive oil
- Sea salt to taste
- Fresh ground pepper to taste

Fill large sized stock pot 3/4 of the way full and lightly salt water. Bring lightly salted water to rolling boil over medium-high heat. Fill medium-sized mixing bowl halfway with ice and water. Add trimmed and cut green beans to boiling water and let cook for 2 to 3 minutes. Using hand strainer, remove green beans from boiling water and place them into ice water to stop cooking. The green beans should be crisp-tender and vibrant green. After green beans have cooled down, remove from ice water and set aside.

Carefully add cut potatoes to same boiling water greens beans were cooked in. Cook potatoes in boiling water for around 15 minutes depending on size. The potatoes should be slightly firm, yet tender to the bite. Using colander placed in the sink, drain potatoes and run cold water over them to cool off and stop cooking.

In large mixing bowl, combine yogurt, lemon juice, parsley and olive oil. Stir yogurt mixture to combine. Taste potato salad and adjust seasoning with salt and pepper. Keep potato salad cold in refrigerator and stir before serving.

Kids Can: Help combine ingredients for dressing.

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