

Suwannee Democrat

133rd Year | No. 057

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75 CENTS

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One killed, three injured in single-car accident

LIVE OAK — A Lake City woman was ejected and killed in a single-car accident early Sunday morning.

According to the Florida Highway Patrol, 48-year-old Darlene R. Reynolds, of Atlanta, was traveling east on County Road 136 near 76th Street in eastern Suwannee County at 12:25 a.m.

when she drove off the south shoulder of the road.

The front of the Hyundai Sonata then hit a concrete culvert, the report states, and overturned several times before landing on its roof.

According to the report, 29-year-old Kalandra Riley, of Lake City, was

ejected from the car as it overturned.

She was pronounced deceased at the scene by Suwannee County Fire Rescue EMS.

Reynolds as well as passengers Mildred Curry and Kametria Lowe were taken to UF Health Shands Hospital in Gainesville in serious condition.

According to FHP, Reynolds was wearing a seatbelt as were the 23-year-old Curry, from Lake City, and 21-year-old Lowe, from Lake Butler.

Riley was not wearing a seatbelt. Charges are pending an investigation into the accident, including what role, if any, alcohol played in the crash.



PHOTOS: SUWANNEE COUNTY SHERIFF'S OFFICE

A razor blade was attached to a shopping cart with a magnet.

Razor blade found attached to Walmart shopping cart

BY JESSIE R. BOX
jessie.box@gafnews.com

LIVE OAK — A razor blade was found attached to the handle of a Walmart shopping cart Saturday afternoon.

Sheriff Sam St. John said a Walmart associate discovered the razor blade while bringing carts inside the store from the parking lot.

St. John said the razor blade was attached to the handle with a magnet.

No one was injured. "Everyone should do a quick visual of the cart before grabbing one," St. John said.

He added people should look at carts at all stores, not just at Walmart.

"It's disturbing that someone might try to in-

jure a customer or associate, and we're grateful no one was seriously hurt," a Walmart spokesperson said. "We've checked all shopping carts and will be conducting regular checks. We will also review footage and will continue to work with police to find the person responsible."

According to Walmart, this is not the first time a razor blade has been found on shopping carts but it is common for shoplifters to place them there to use to cut off security tags.

If you have any knowledge about this incident, please contact the Suwannee County Sheriff's Office at 386-362-2222 you can remain anonymous.



PHOTOS: SUWANNEE FIRE RESCUE

A fire was started at Klausner Lumber One after welding embers fell on wood shavings.

Fire causes minimal damage at Klausner

BY JESSIE R. BOX
jessie.box@gafnews.com

LIVE OAK — A small fire at Klausner Lumber One on Sunday caused minor damage.

According to Public Safety Director James Sommers, the call came in around 4 p.m. Sunday and Klausner staff quickly ini-

tiated emergency procedures.

The fire was quickly extinguished by Suwannee County Fire Rescue.

Sommers said Klausner staff was welding and an ember fell into some wood shavings that caught fire.

According to SCFR, Klausner's quick response helped pre-

vent the fire from escalating.

Damage was contained to the shaker unit at the lumber yard, according to SCFR.

A Klausner spokesperson said the fire did not cause any major damage nor stop production and commended Suwannee Fire Rescue for its quick response.



Shoppers are warned to check carts for razor blades.



There was minimal damage after a fire at Klausner Lumber One on Sunday.

Local agencies eager for charity softball game

BY JAMIE WACHTER
jamie.wachter@gafnews.com

LIVE OAK — As Will Starling sees it, Saturday morning provides an opportunity for the first responders in Live Oak and Suwannee County.

For the second straight year, the Live Oak Fire Department and Live Oak Police Department will be teaming up to face off against Suwannee County Fire Rescue in the Hometown Heroes Take The Field Against Domestic Violence softball game. The game, which starts at 10 a.m. at the

First Federal Sportsplex, benefits Vivid Visions. Admission is \$1 and concessions will also be sold with all the proceeds going to benefit Suwannee County's domestic violence shelter.

"It's an opportunity, really," said Starling, LOFD's training and safety officer. "An opportunity to give something back, an opportunity to take part in an event that can truly make a difference in our community."

James Sommers, the county's Public Safety Director, agreed that getting to



PHOTO: FILE

Bubba Fillyaw clears the bases for Suwannee County Fire Rescue in last year's softball game.

SEE LOCAL, PAGE 9A

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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 jamie.wachter@gafnews.com. Your name is not required, but you must adhere to no more than 200 words.

Suwannee County Part of "The Original Florida"

Arrest Record

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
 Feb 27, Jonathan Cory Rogers, 29, 328 NW Madison Street, Lake City, FL, Probation Violation: SCSO-J. fry

Feb 28, Britney Liriano, 18, Deal in Stolen Property: SCSO-M. Clark
 Feb 28, Rafael Miranda Jr., 331 NW 19th Ave. Pompana Beach, FL, Probation Violation: SCSO-T. Smith
 March 1, Dylan Lee Beam, 25, 1715 2nd Street NW, Live Oak, FL, Petit Theft, Resisting Arrest Without Violence, Escape From Correctional Institution or LEO: LOPD-T. Parisi
 March 1, James Alvin Cloud, 30, 12510 Highway 129, Live Oak, FL, Reckless Driving, Driving While License Suspended, Attached Tag Not Assigned, Withhold Support of Children or Spouse: SCSO-J. Garcia
 March 1, Kristin Renee Brannan, 25, 10395 184th Street, McAlpin, FL, Drugs Misbranded Sell in Lieu of Scheduled I, II, III, IV Controlled Substance: SCSO-Hunter
 March 2, Thomas Albert Holden, 46, 22259 47th Drive, Lake City, FL, DUI: SCSO-C. Wadford
 March 2, Valerie Lynne Knafel, 55, 9658 121st Road, Live Oak, FL, Probation Violation 3cts: LOPD-R. MacFadden
 March 3, Lana Rae Foster, 39, Petit Theft,

Probation Violation: LOPD-Q. Swader
 March 3, Anthony Michael Mincey, 33, DUI, Marijuana Possession: SCSO-C. Watson
 March 4, Blaine Kenneth Thompson, 29, 9739 NW 38th Terrace, Branford, FL, DUI: SCSO-J. Brooks
 March 4, Travis Tyrell Cooper, 33, 250 SW Turner Road, Lake City, FL, DUI: SCSO-C. Tompkins
 March 4, Jerrid Michael Jones, 19, Refuse to Submit to DUO Test, Possession of Drug Paraphernalia, Marijuana Possession, Possession of Alcohol Under 21: LOPD-R. MacFadden
 March 4, Brandon Ramone Burley, 32, 635 Miller Street, Live Oak, FL, Simple Battery-DV, Resit Without Violence: LOPD-J. Williams
 March 4, Edward Allen Wilkins, 61, 280 Arizona Ave., Atlanta, GA, Probation Violation: SCSO-C. Fuller
 March 4, Charles Allan Hartsfield, 50, 23284 Liberty Hill Road, Eastanollee, GA, Probation Violation: SCSO-C. Fuller
 March 5, James Clifton Bradley, 50, 5964 U.S. Highway 90, Live Oak, FL, Simple Battery on LEO, EMT, Firefighter: SCSO-L. Land

Pro rodeo returns to Lake City next week

FLORIDA GATEWAY PRO RODEO

LAKE CITY — The 24th annual Florida Gateway Pro Rodeo will be held next week at the Columbia County Fairgrounds.

Sanctioned by the Professional Rodeo Cowboys Association, Lake City will welcome some of the Southeast's best cowboys and cowgirls for a fantastic weekend March 16-18 of bull riding, barrel racing, steer wrestling, team roping, bronc riding, and all of the other excitement the rodeo brings, including entertainment with rodeo clown Troy "Wild Child" Leawill.

The rodeo kicks off Friday, March 16, with gates opening at 7:30 p.m. and performances beginning at 8 p.m. The first 500 children to enter will receive a free souvenir.

On Saturday, the public is invited to come out and wear pink to show support for cancer awareness. Funds from Saturday will go towards supporting the Tough Enough to Wear Pink Crisis Fund, which helps cancer patients with medical bills, prescriptions, equipment, and more. Gates open at 7:30 p.m., with the rodeo starting at 8 p.m.

On Sunday, the rodeo will be saluting the U.S. Armed Forces. All military with a valid ID will receive free admission Sunday. Gates open at noon Sunday.

Tickets may be purchased in advance at S&S Food Stores and Russell's Western Wear for \$10 per adult and \$5 per child, age 6-12 years. Children 5 years and under are free. Tickets at the gate will be \$14 for adults and \$5 for children. Adult tickets may also be purchased online at Eventbrite.com.

Contact Christina Miller at Columbia County Resources, 386-752-8822, for additional information.

LOPD holding Drug Take-Back event in April

LIVE OAK — The Live Oak Police Department is teaming up with the U.S. Drug Enforcement Agency to take back unused drugs that may be collecting in medicine chests, cupboards or closets.

The LOPD will be at Cheek & Scott Drugs, 1520 Ohio Ave. S, from 10 a.m. to 2 p.m. on Saturday, April 28, to take back those drugs and properly dispose of them.

The nationwide prescription drug "Take-Back" initiative seeks to prevent pill abuse and theft.

According to the DEA:

- Unused or expired prescription medications are a public-safety issue, leading to accidental poisoning,

overdose and abuse.

- Pharmaceutical drugs can be just as dangerous as street drugs when taken without a prescription or a doctor's supervision.

- The majority of those abusing prescription drugs, including teens, get them from family and friends — and the home medicine cabinet.

- Unused prescription drugs thrown in the trash can be retrieved and abused, or illegally sold. Unused drugs that are flushed contaminate the water supply. Proper disposal of unused drugs saves lives and protects the environment.

For more information, contact Officer David Shapiro at 386-362-7467.

United Way Donation



Florida Gateway College President Dr. Lawrence Barrett presents a donation of \$4,520 from FGC faculty and staff to the United Way of Suwannee Valley on Monday. Executive Director Rita Dopp accepts the donation on behalf of the organization.

Publix recognized for United Way support



The Live Oak Publix conducted its annual Publix appreciation day to recognize the generosity of its employees as demonstrated by the store's recently-announced United Way campaign results. The employee pledges totaled \$10,199. The employee break room was decorated with United Way balloons, thank you cards from United Way affiliated agencies, and a cake — made and beautifully decorated by the Publix bakery department. Pictured are, left, Pam Cochran, Suwannee County United Way campaign chair, and Tenieka Parker, Publix, Live Oak United Way campaign coordinator.

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Healthy Living

What is the mind-body connection?

A few years back, I wrote an article that was titled “your body hears everything your mind thinks.” Before that article, I wrote “if you think you can’t, you’re right.” Both of these articles were about the mind-body connection and how what we think affects what we do.

Fast forward a few years, and the book I am reading now is called *The Power of Neuroplasticity*, written by Shad Helmstetter Ph. D. It was recommended reading by a Christian woman I follow on social media. All I can say is WOW. I am roughly 50 percent through as I write this week’s article and it has reminded me again how important the mind-body connection is.

We often forget that everyone has an opinion and many times that opinion affects how we think and feel about ourselves. Quite often we ask for someone’s opinion regarding what we should do or what decision we should make. And what do we get? THEIR opinion. Their opinion mirrors how THEY feel about the topic not necessarily what is in our best interest.

When we let another’s opinion determine

what we do, we allow them to affect our future — good or bad. For example, if you are struggling with lowering your blood pressure, who should you ask for advice? A person that has been able to lower their blood pressure through lifestyle changes or someone who is taking stronger and stronger blood pressure medication to control it?

Your answer should be the person who was able to lower it through lifestyle changes. Why? They understand your struggle and the effort you will need to reach your goal of lowering your blood pressure. The other person continues to struggle with the problem. We need to surround ourselves with people who motivate and encourage us to be better today than we were yesterday — no matter what goal we are working toward.

Back to the mind-body connection. If you are around people who have a negative opinion or attitude regarding something you want to do, it’s a good possibility you will take on that attitude. After all, we tend to act and think the same way as those around us. So how do we break this

pattern?

By becoming aware of it. The first time I was asked to speak at an event many years ago, I think every other word out of my mouth was “like.” I didn’t even realize I was doing it until watching a video playback, VIDEO IN THE VCR (that’s a flashback). When I heard how often I used the filler word like, I cringed. What did I do about it? I made a conscious effort to be aware of using that word whenever I talked to anyone. Being conscious of it, allowed me to pause, stop speaking, take a breath and remove the word from my sentence.

As I did with breaking the habit of using the filler word “like,” you will use the same process for any habit you want to break or goal you want to reach. First, you need to be aware of it then you need to set the intention to propel you forward to reaching it.

What goal do you want to reach or habit do you want to break? First thing in the morning no matter what else is going on, stop. Think of that habit you want to break

or goal you want to reach. Throughout the day, when making decisions ask yourself if your choice will get you closer to or farther from reaching the goal that you set that morning. If the answer is closer, you are on the right track.

Don’t let anything or anyone stop you from reaching your goals. At the end of the day, the only opinions that matter are God’s and our own. You GOT this! Have a great week.

Have a great week!
Denise



DENISE SANGER

Denise Sanger is a certified fitness instructor, FXP Hoop instructor, licensed Zumba, STRONG by Zumba instructor, yoga, teaches morning classes at Dog Pound Health & Fitness. Denise may be reached at DeniseSanger.com, 386/292-6105 or denisesanger@gmail.com.



PHOTO: COURTESY OF STEPHANIE FARMER OF AG NEWS TODAY, LLC

Over 800 4-H members gather on the Capitol steps in Tallahassee.

Ms. Smith goes to Tallahassee

Suwannee County youth attends 4-H Day at the Capitol

Bright and early on Thursday, Feb. 22, 10-year-old Nevaeh Smith was woken up by her 4-H Club Leader, Ms. Yvonne Scott, telling her that the bus to Tallahassee was coming earlier than expected and they needed to get to the Busy Bee quick! Getting ready as quickly as she could, Nevaeh and Ms. Yvonne made it to the bus just in time to ride to 4-H Day at the Capitol.

According to florida4h.org, “the 4-H Day at the Capitol Program provides youth with an opportunity to learn more about their state government and experience the political process first hand. 4-H members are highly encouraged to make an appointment with their representative, senator, or a legislative aide to talk about how the Florida 4-H Program has impacted their lives. During the day, participants are able to hear from public officials, participate in educational workshops, and see their legislators in action.”

This year, more than 800 4-H participants from across the entire state of Florida made their way to Tallahassee to show lawmakers what positive youth development programming from 4-H



PHOTO: COURTESY OF STEPHANIE FARMER OF AG NEWS TODAY, LLC

Adora Sage, Kara Croft and Christian Rodriguez (three Suwannee County 4-H youth) talk to a Legislative Aide about their experiences in 4-H.

means to them. While a total of four youth and one adult from Suwannee were present, this was a particularly special time for Nevaeh and Ms. Yvonne; as it was their first time attending. According to Nevaeh, she felt shy and nervous going into it, but by the end she felt comfortable being able to express herself and let policymakers know how she felt. Her favorite part of the event was that youth were given the time and space to express themselves to those in charge. Nevaeh also said that she definitely plans to go again and wants more Suwannee youth to go with her.

If you would like to join Nevaeh next year, make sure to join 4-H and be on

the lookout for registration information coming up near the end of 2018. You can also call the UF/IFAS Extension Office in Suwannee County at 386-362-2771.

S. Derby Sale is the 4-H Youth Development Extension Agent in Suwannee County at the UF/IFAS Suwannee County Extension office, which is an equal opportunity institution.



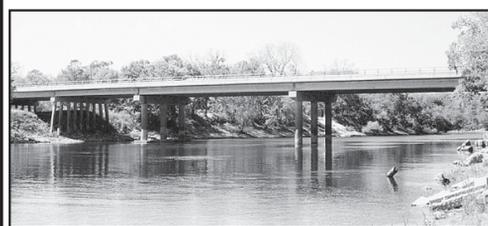
S. DERBY SALE



PHOTO: COURTESY OF YVONNE SCOTT, DEVOTED 4-H CLUB LEADER

Nevaeh Smith and Yvonne Scott at 4-H Day at the Capitol with Dean of UF/IFAS Extension, Dr. Nick Place.

SUWANNEE RIVER READINGS Branford 2018



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.

2/27/18	12.47	3/03/18	12.10
2/28/18	12.39	3/04/18	11.95
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FINANCIAL FOCUS Make Sure You Choose the Right Financial Professional

What kind of lifestyle do you hope to have in retirement? Do you have a strategy to get there? If you don’t have confidence in your plan, it may be time to engage a financial professional. But how do you choose the one who’s right for you?

These days, you have more options than ever – including so-called robo-advisors. Robo-advisors typically use algorithms to assemble investment portfolios, with little to no human supervision, after customers answer questions online. Generally, robo-advisors are fairly cheap, and their recommendations are usually based on sound investment principles such as diversification.

However, when considering a robo-advisor, you should determine if an algorithm can address your needs as well as a human being – someone who actually becomes familiar with your life and all aspects of your financial situation. Furthermore, a robo-advisor can’t really handle the new wrinkles that will inevitably pop up, such as when you change jobs, and you’d like to know what to do with your 401(k) from your previous employer – leave the money in that employer’s plan, transfer the account to the new employer’s plan or roll it over to an IRA. You probably couldn’t receive a personalized evaluation of your options, based on your individual goals and circumstances, from a robo-advisor.

So, if you decide to work with an individual financial professional, what should you look for from this person? Here are a few questions you might want to ask:

- Who is your typical client? By asking this question, you may get a sense of whether a particular financial advisor has experience working with people in your financial situation and with goals similar to yours.
- What’s important to you? The quality of your relationship with your financial advisor is important – after all, you may be working with this person for decades – and he or she likely will be involved with many of your most personal decisions. Consequently, you’ll want to work with someone you connect with on an individual level, as well as a professional one. So, if an advisor seems to share your values and appears to have good rapport with you, it could be a positive sign for the future.
- How will we communicate – and how often? If you’re interviewing candidates, ask them how often they will meet with you in person. At a minimum, an advisor should see you once a year to review your progress and suggest changes. Will they also call or e-mail you with suggestions throughout the year? Are you free to contact them whenever you like? Will you get a real, live person every time you call? Will they send out newsletters or other communications to update you on changes in the investment world? If so, can you see some samples of the communication vehicles they send to clients?
- How do you get compensated? Some financial advisors work on a fee basis, some on commissions, and some use a combination of both. Find out how your advisor will be compensated, when you’ll need to make payments and how much you’ll be expected to pay.

By asking the right questions, you should get a good sense of whether a particular advisor is right for you. And since this likely will be one of the most important professional relationships you have, you’ll want a good feeling about it, right from the beginning.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

Edward Jones

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Suwannee Living



PHOTO: SUBMITTED

Riley Carr was named The Music Center's 2017 Student of the Year.

Carr named Music Center's top student

LIVE OAK — A seventh-grade student at Suwannee Middle School, Riley Carr has been taking music lessons at The Music Center since 2014.

Recently, the Live Oak business named Carr its 2017 Student of the Year, also receiving a gift certificate.

Currently, Carr is taking guitar lessons with Ron Chiarenza and vocal les-

sons with Matt Johns. He also plays the trombone as a member of the Suwannee Middle School concert band.

He is an active member of the Wellborn Baptist Church Junior Praise Choir and sang his first solo in church at only 5 years old.

In addition to his music, Carr is a starring cast member of the SMS Film Production Team's You-

Tube web series, Needmore Unicorns. He does all of this while maintaining AB honor in school. In the future, Carr hopes to add piano lessons to his schedule.

Carr's brother Ian also takes piano lessons at The Music Center from Jennifer Holtzclaw. Heather Dean, their mother, and Joanne Carr, grandmother, are very supportive of their musical studies.

SIS names Students of the Week

LIVE OAK — Suwannee Intermediate School's Students of the Week for Feb. 12-16 have been named.

To be honored as the Students of the Week, students must meet the following criteria:

- No referrals for any reason for the entire year,
- Academic fortitude or improvement displayed in class,
- Positive attitude exhibited in class,
- 2.0 GPA or higher, and
- No marks on the clipboard for the given week.

The Students of the Week honored were Riley Barfield, Reese Bronson, Isabella Cavazos, Allura Ellis, Alaira Handy, Sammy Hanssen, Serenity Markijohn, Katelyn Mcgee, Aly Norris, Cole Stratton and Makayla Welch-

Ream.

The honor was much appreciated by the students.

"I feel excited to be one of the Students of the Week," Barfield said about the honor. "The reason is because I have never been 'yay' in my whole life!"

Added Markijohn: "I am very thankful for being the student of the week. I also am glad I can show people that if they do something good, something good will happen."

Said Mcgee: "It is an honor to be selected has student of the week. I also am excited to go to Beef 'O' Brady's."

The teachers for these students are Kristy Chauncey, Julie Griswold, Michelle Jessup, Tracy Kirby, Brenda Morris, Kelly Pennington, Skylar Phillips, Kim Warren and Shannon White.



PHOTOS: SUBMITTED

The Dairy Queen Students of the Week from Suwannee Intermediate School are, from left, Alaira Handy, Aly Norris, Riley Barfield, Isabella Cavazos and Sammy Hanssen. Not pictured is Reese Bronson.



The Beef 'O' Brady's Students of the Week from Suwannee Intermediate School are, from left, Makayla Welch-Ream, Cole Stratton, Katelyn Mcgee, Serenity Markijohn and Allura Ellis.

Marriage Licences

The following couples applied for a marriage license the week of Feb. 26 - March 2, 2018:

- Daniel Vargas Matos to Yisandra Gonzalez Arencibia
- Juan Vicente Chirino to Kelly Suzanne Prescott
- Johnny Monroe Edgar Jr. to Jennifer Ann Speijers
- Carlos Hurtado Hernandez to Sophia Evelyn Wild

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Edward Jones
 MAKING SENSE OF INVESTING

Shawna Caspi to perform at final White Springs Folk Club

WHITE SPRINGS — The White Springs Folk Club has always taken pride in featuring talent from all across the world, and will do so once again for its closing ceremony.

Shawna Caspi, a mighty singer, amazing fingerstyle guitarist, story sculptor and truth teller, will perform for the Folk Club on Saturday, March 17, at 7 p.m. The performance will take place at the White Springs United Methodist Church, 16580 U.S. Highway 41 (Spring Street).

Caspi performs solo, but there's a

whole band under her fingertips. A fresh voice, yet a seasoned performer, she has toured across Canada and the USA and believes in poetry and the power of one person and one instrument, accompanying herself with a remarkable lyrical fingerpicking guitar style. She loves the landscapes of her travels and while weaving them into her songs, she has also been portraying them on canvases, painting one-of-a-kind works of art inspired by the rich scenery she sees on tour.

"I just knew that I was booking someone who epitomizes excellence and distills her performance down to the pure essence of what folk music is all about," organizer Walter McKenzie said about bringing Caspi to White Springs.

A full house is anticipated, so to guarantee a seat, please RSVP to mckenzie@windstream.net, or call 386-303-1394.

A suggested donation of \$15 includes excellent refreshments at intermission.

First Assembly of God's homecoming set for March 18

MAYO — The First Assembly of God invites the public to share in its homecoming service March 18.

The day's activities begin at 10 a.m. with opening remarks from Pastors Ken and Yvonne Sullivan, who invite the community to join them in the open choir for singing beloved songs enjoyed through the years.

The special guest for this year's Homecoming are The Tallys. They are one of Christian music's most beloved and respected families. Their commitment to excellence and creativity in music has been their trademark since their illustrious career began.

Everyone is encouraged to stay for a delicious meal and time of fellowship following the morning service.

For more information and directions to the church call 386-294-3211.



The Tallys.

Bethel Creek Baptist to celebrate homecoming Sunday

MAYO — Bethel Creek Baptist Church will celebrate its 69th homecoming service Sunday.

The day of worship and fellowship will begin at 10:30 a.m. with special music by the Elizabeth Pickers and Grinners.

Terry Williams, Music and Worship Consultant for the Florida Baptist Convention, will bring the message during the worship service starting at 11 a.m.

A covered dish luncheon will follow the worship service. Pastor Jim Whitaker and the congregation invite the public to join them for this special time.

Bethel Creek Baptist is located at 8945 N. County Road 53 in northern Lafayette County.

WEEKLY BIBLE VERSE

“[Praise to the Lord] Lord, you are my God; I will exalt you and praise your name, for in perfect faithfulness you have done wonderful things, things planned long ago.”

Isaiah 25:1 NIV

Church safety presentation planned for Friday

LIVE OAK — Spurred by incidents at schools and churches across the country, the Live Oak Church of God is hosting a church safety and security presentation Friday evening.

Pastor Wes Tanksley said when the Live Oak Church of God reached out to the Suwannee County Sheriff's Office about a presentation on safety concerns, they discovered other area churches were also considering similar presentations and discussions.

So, a community-wide presentation was planned for 7 p.m. Friday at the Church of God, 9828 U.S. Highway 129 South.

"When we found out others were wanting to do it too, we just said we'd host it and open it up to everybody," Tanksley said.

The presentation is open to anyone that is interested in learning about church safety and gun laws as they pertain to the church environment, such as church pastors and leaders, church security teams, ushers and greeter teams and anyone else with church safety concerns.

"It just seems like with all the events with churches and schools, we just want to make sure we have a plan in place here in case it is necessary," Tanksley said. "We hope we don't need it, but we just want to have a plan."

Tanksley said Sheriff Sam St. John has selected Lt. Wayne Musgrove to lead the presentation.

For more information, contact Tanksley at 386-362-2483 or Johnnie Philman at 386-842-5494.

OBITUARIES and Death Notices

Eleanor Anderson Preston
Mar. 3, 2018

Eleanor Anderson Preston, age 93, of Live Oak, FL passed away Saturday, March 3, 2018 at the Good Samaritan Center in Dowling Park. She was born in Greenville, GA moving to Live Oak in 1946 from Atlanta, GA. After graduating from a business college in LaGrange, GA, she was associated with an interior decorating firm in Atlanta where furniture and material was just simply out of this world. She worked with the American Red Cross during WWII. She was a member and Sunday school teacher of the First Baptist Church. Eleanor was Past President of the Junior Woman's Club and in that capacity worked with many heads of the different organizations. A member of the Live Oak Garden Club and Past Secretary-Treasurer of the Woman's Club. She was a member of the Suwannee Concert Association and has worked in many drives such as Red Cross and March of Dimes. She also assisted her late husband in his work whenever she was needed.

She was predeceased by her husband of fifty-six years and longtime dentist, Dr. Harold Preston and a sister, Katheryn Harris.

She is survived by one son, Gary (Anne) Preston, Atlanta, GA; one daughter, Renee (Ronnie) Poole, Live Oak, FL; four grandchildren and six great grandchildren

Visitation will be held from 10:00 to 11:00 AM one hour prior to the services at the church.

Funeral services will be held 11:00 AM, Wednesday, March 7, 2018 at First Baptist Church with Rev. Phillip Herrington and Rev. Steve Sweitzer officiating. Interment will follow in the Live Oak Cemetery.

In lieu of flowers, contributions may be made to First Baptist Church, 401 W. Howard Street, Live Oak, FL 32064 or Advent Christian Village, P.O. Box 4305, Dowling Park, FL 32064.

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.

Earl Bemby
Aug. 14, 1930 - Mar. 2, 2018

Earl Bemby, 87 of Live Oak, passed away suddenly on Friday, March 2, 2018 in the Shands of Live Oak Medical Center, Live Oak, FL.

The lifelong Suwannee County native was born Aug. 14, 1930 in McAlpin, FL to the late Charlie Young and Ethel Mae Bemby. He was retired from the Suwannee County Hospital after 24 1/2 years as a technician in surgery, retired after 33 1/2 years with the rank of Captain with the Florida Army National Guard, #269th Engineering Company in Live Oak, was a U. S. Army Veteran of the Korean War and was a longtime member of the Friendship Baptist Church, Live Oak.

He is survived by his wife of 66 1/2 years, Ella Mae Bemby of Live Oak, three sons, Charles Bemby of Lake Butler, Dan Bemby of Augusta, GA and Alvin Bemby of South Boston, VA; two sisters, Hazel Hurst and Bonnie Murrah both of Live Oak; one brother, A. G. Bemby of Ellenton, FL; eight grandchildren and twenty great-grandchildren.

Funeral services will be conducted, Tuesday, March 6, 2018 at 11:00 am in the Daniels Memorial Chapel, Daniels Funeral Home, Live Oak with Rev. David Hingson officiating. Interment with Military Honors will follow in the Live Oak Cemetery.

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

Please sign the guest book at danielsfuneralhome.com.

Donald L. "Buddy" Chauncey
Feb. 28, 2018

Donald L. "Buddy" Chauncey, 83, Live Oak, FL passed away on Wednesday, February 28, 2018. He lived most of his life in Luraville, was a Veteran of Korean War while serving in the Army and was a member of Luraville Baptist Church. Mr. Chauncey is survived by his two daughters: Amelia (Dean) Durden, McAlpin, FL, Jennifer (Mark) Ellingsen, Tallahassee, FL; brother: Roscoe (Janet) Chauncey, Live Oak, FL; five grandchildren, eight great-grandchildren, several nieces and nephews. Services will be held at 3:00 pm Sunday, March 4th at Luraville Baptist Church with Rev. Ronnie Russ officiating. Interment will follow in the church cemetery. There will be a visitation held on Saturday, March 3rd from 6:00-8:00 pm at Daniels Funeral Home.

Please sign the guestbook at www.danielsfuneralhome.com.

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

Featured church of the week



The Live Oak Church of Christ is located at 1497 Irvin Ave. SW in Live Oak and holds its worship services at 11 a.m. and 6 p.m. on Sundays with Bible classes for all ages at 10 a.m. Bible Study is also held at 6:45 p.m. on Wednesdays.

Churches are invited to submit worship times and a picture of the church to be used as the featured church of the week in the Democrat. Photos and information can be emailed to nf.editorial@gaffnews.com, dropped by the Democrat's office at 521 Demorest St. SE or mailed to P.O. Box 370, Live Oak, FL 32064.

Need to place an obituary?

Go to <http://obituaries.suwanneedemocrat.com/> and click "Create an obituary" at the top right.

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Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances.

SERVING SUWANNEE COUNTY SINCE 1884

Opinion



A
PAGE 6

WEDNESDAY, MARCH 7, 2018

Decline of morality is to blame for increased violence

Before we discuss violence with guns, I'd like to run a couple of questions by you. According to the Centers for Disease Control and Prevention, every day nearly 30 Americans die in motor vehicle crashes that involve drunk driving. What kind of restrictions should be placed on automobile ownership? Should there be federal background checks in order for people to obtain a driver's license or purchase a car?



WALTER WILLIAMS

The FBI's 2015 Uniform Crime Report shows that nearly three times more people were stabbed or hacked to death than were killed with shotguns and rifles combined. The number of shotgun and rifle deaths totaled 548. People who were stabbed or hacked to death totaled 1,573. Should there be federal background checks and waiting periods for knife purchases?

Any mature and reasonable person would argue that it is utter nonsense to deal with drunk driving deaths and knife deaths by having federal background checks and waiting periods to obtain a driver's license or to purchase a car or knife. One would recognize, just as courts and the general public do, that cars and knives are inanimate objects and cannot act on their own. Therefore, if we want to do something about deaths resulting from drunk driving or being stabbed or hacked to death, we must focus on individuals. It would be folly and gross negligence of victims for us to focus on inanimate objects like cars and knives. Guns are also inanimate objects and like cars and knives cannot act on their own. It's also plain folly to focus on guns in the cases of shooting deaths.

What about the availability of guns? It turns out that for most of our history, a person could walk into hardware and department stores or a gun store, virtually anywhere in the United States, and purchase a rifle or pistol. The 1902 Sears mail-order catalog had 35 pages of firearm advertisements. Other catalogs and magazines from the 1940s, '50s and '60s were full of gun advertisements

directed to both youngsters and parents. "What Every Parent Should Know When a Boy or Girl Wants a Gun" was published by the National Shooting Sports Foundation. Another magazine advertised "Get This Cowboy Carbine with Your Christmas Money." Just a few states even had age restrictions for buying guns. Private transfers of guns to juveniles were unrestricted. Often a 12th or 14th birthday present, from a father to his son, was a shiny new .22 caliber rifle.

Today, there is far less availability of shotguns, rifles and pistols than any time in our history. That historical fact should raise the question: Despite the greater accessibility to guns in previous decades, why wasn't there the kind of violence we see with today's far more restricted access to guns? Have rifles and pistols changed their behavior from yesteryear and they are now out committing mayhem and evil? To answer in the affirmative can be dismissed as pure lunacy. Thus, if guns haven't changed, then it must be that people have changed. Half-witted psychobabble such as stopping children from playing schoolyard games like cops 'n' robbers and cowboys 'n' Indians won't do much. Calling for more gun restrictions, gun-free zones and other measures have been for naught.

We must own up to the fact that laws and regulations alone cannot produce a civilized society. Morality is society's first line of defense against uncivilized behavior. Moral standards of conduct have been under siege in our country for over a half a century. Moral absolutes have been abandoned as guiding principles. We've been taught not to be judgmental, that one lifestyle or set of values is just as good as another. We no longer hold people accountable for their behavior and we accept excuse-making. Problems of murder, mayhem and other forms of anti-social behavior will continue until we regain our moral footing.

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 webpage at www.creators.com.



Please drive safely on roadways

For the second straight week, someone has died on our area roadways.

For more than a week, it seems like every time one looks around there has been another wreck somewhere in the county.

As of Sunday, since Saturday, Feb. 24, there had been 16 crashes on Suwannee County roads. Nine of those included injuries. One in the early morning hours Sunday was fatal.

That followed a deadly accident the weekend before in Hamilton County.

Traffic accidents, a number involving just one vehicle, have taken a toll. Lives lost. Others seriously wounded. Families have been shattered.

We need to keep that in mind as we get behind the wheel.

Every action we take has an affect on others, even those we don't realize.

So we must pay closer attention.

Ignore the phone call and, especially, the text. Avoid the distraction of trying to find a better song on the radio.

Keep our eyes peeled and on the road.

Watch for traffic signs and incoming traffic.

Be more cautious about making turns.

Try not to rush to beat a stop light.

Slow down, period.

Rather than being in a hurry to get somewhere, anywhere, let's instead make sure that we just reach that destination.

In the first two months of the year, more than 100 times people did not while driving on Suwannee County roadways.

That's right in the middle of the totals from the previous two years. It's average.

It's also a little staggering. It's more than two crashes per day.

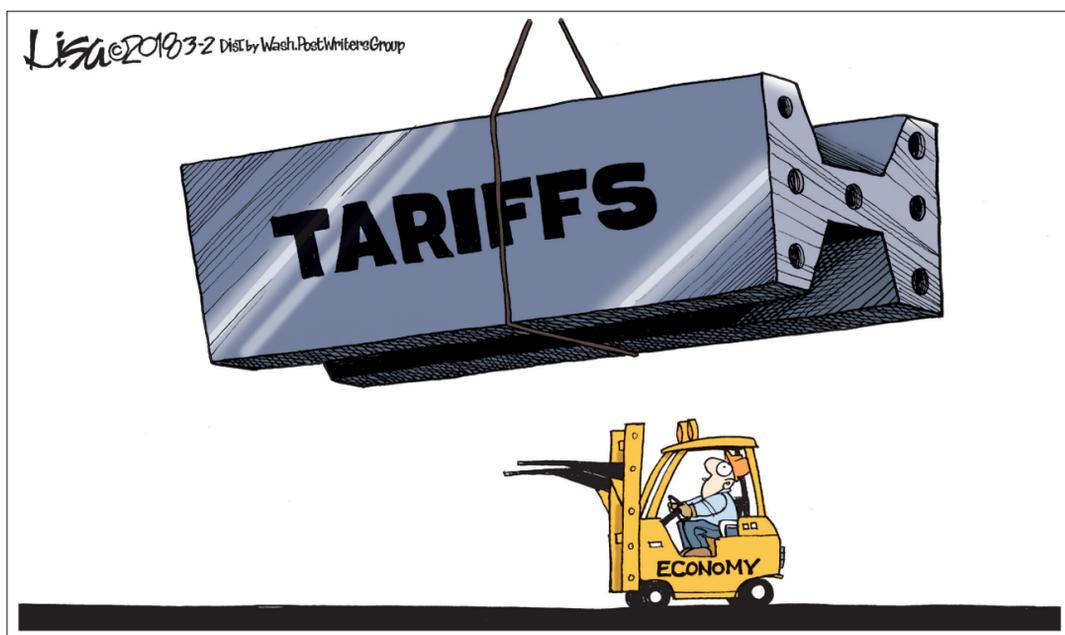
And spring break and summer vacation travel season hasn't even arrived yet.

The past two years have ended with more than one fatality per month and more than one injury in a crash per day.

Let's do our part in lowering that this year.

Let's try for being below average.

Let's aim for being safe and sound.



The freshest beer around

I heard that a brewery had opened in Columbia County recently, so I decided to ride over to Lake City and check it out. I was under the impression that the brewery was in an expanded portion of the Marion Street Bistro and Brew House, but my mistake was a fortunate one. Once we got our table on Friday night, we asked the waitress about the brewery. She told us the new brewery was around the corner and that they do not serve full meals there.



ERIC ANTHONY RODRIGUEZ

We had a good meal at Marion Street Bistro and were treated to live music by Kellen Vincent as we were finishing our chicken and waffles with a side of oysters. Kellen told the crowd that he won his way into the Suwannee River Jam this year, and after listening to him play a few songs it was easy to believe. I really enjoyed his renditions of "Hey Ho" by the Lumineers and "I'm Yours" by Jason Mraz. Considering the news lately, I think the entire restaurant was glad he played "Don't Worry, Be Happy."

After dinner, we walked around the block and found the Halpatter Brewing Company. We entered the downstairs part of the brewery through some garage doors, and there was a short line in front of the bar with a long row of taps behind the bar. Above the taps was an enormous screen that listed the 16 choices of beer, ale, cider and stout. Six of the 16 choices were made in Lake City. None of the choices are what I would call cheap; so if you feel the price of Bud Light has gotten ridiculous lately, you probably would not think the trip to Halpatter was

a wise choice. The food choices were things like chips and salsa or a soft, warm pretzel, so I was glad we had already eaten.

I decided to try the Pineapple Cider from a company called Ace because I have never even heard of pineapple cider before. It was so sweet and delicious. I took my glass outside and stood by the fire for a bit. There were a couple of fire pits and a couple of corn hole games going on. Thankfully, no one threw one of the game bags into the fire while we were there. We went upstairs to check out that part of the brewery.

There was a large wooden deck outside and several tall tables inside next to the bar and many taps that also had a large screen above them like downstairs. There was also an adjacent room where an intense game of ping pong was taking place. Upstairs there were also 16 beverage choices and very few were repeats from what was available downstairs. I decided to try one of the local brews this time. The Cookies and Cream stout from Halpatter was the best stout I have ever tasted. I usually don't like stout beer, but I could get used to drinking a glass of Cookies and Cream after dinner.

There was some construction still going on, so maybe one day soon you will be able to get a full meal along with an incredible beer, ale, cider and stout selection. I think it is great that there are delicious beverages made right here in our neck of the woods. The Halpatter Brewing Company is located near the corner of NE Hamilton Street and NE Hernando Avenue in downtown Lake City.

Eric lives in Suwannee County and is a public school educator. He is an independent contractor. You can reach him at miamistyle8@gmail.com.

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Members of the Suwannee Democrat editorial board are Jeff Masters, Publisher, Monja Slater, General Manager, and Jamie Wachter, Editor. Masters, Slater and Wachter are joined on the board by community members Jim Holmes, Bruce Kemmerer and Otha White Sr.

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- Letters must contain your full name, address, daytime phone number and city of residence. Only your full name and city of residence will be published with the letter.
- Letters must reflect issues of current interest to the general public and be concise.
- Management has the right to refuse any material it believes does not meet standards of publication.

You can email letters to nf.editorial@gaffnews.com fax them to 386-364-5578 or mail them to:
Letters to the Editor, Suwannee Democrat
P.O. Box 370, Live Oak, FL 32064

Nation

Doctor's across the U.S. are over prescribing opioids, running pill mills



BY JILL RIEPENHOFF, MEGAN LUTHER
AND LEE ZURIK
Raycom News Network

Editor's Note

This is the first of three-part series on ways doctors, regulators and drug companies contribute to the nation's opioid addiction epidemic.

LEWISBURG, Tenn. — Shortly after Dr. Mark A. Murphy, a top opioid prescriber in the U.S., started practicing here three days a week last year, the clinic owners asked a police detective to meet for dinner.

Lewisburg Police Lt. Tom Miller thought the request seemed like a preemptive strike to keep the cops away from the Specialty Associates clinic.

"They ... wanted to stress with me they weren't doing anything wrong," said Miller, who served as a drug task force commander for 18 years before joining the Lewisburg force.

But Miller's suspicions of the doctor were already amplified. He knew Murphy had been the No. 1 opioid prescriber in the federal Medicare program for years; that he closed his practices in Alabama when that state's medical board accused him of writing excessive opioid prescriptions.

He also knew that many of Murphy's patients were driving far distances to see him: Alabama, Florida, Georgia, Louisiana and Mississippi.

That led Miller and Lewisburg Police Chief David L. Henley to conclude Murphy's practice had all the tell-tale signs of a pill mill.

"That clinic, with that many license tags from out of state, is not right," said Henley. "That type of activity, I don't want in my town."

Murphy declined repeated requests for an interview. A woman on his staff shooed a reporter out of the clinic parking lot, stating: "We don't need any TV (exclusive) going on."

Weak oversight

Despite law enforcement crackdowns and new federal guidelines and state laws to limit the number of opioids given to patients, some of the highest prescribers have avoided scrutiny, a Raycom Media national investigation found.

The top 1,000 highest prescribers in the Medicare Part D program, which provides drug benefits to the elderly and disabled, collectively wrote 14.6 million prescriptions between 2013 and 2015, public records show.

Some wrote prescriptions for so many opioids that the patients' daily supply of the pain-killing medication exceeded, on average, the number of days in a year.

Murphy gave 1,100 of his Medicare patients opioids that, if taken as prescribed, would have lasted each of them 497 days in 2015.

Medicare covers at least one out of every four prescriptions written in the U.S.

But some medical and law enforcement experts say: being a top prescriber in the Medicare program should raise red flags. Murphy wrote more prescriptions between 2013 and 2015 than anyone else in the U.S., the Medicare data shows.

"The doctors who top the list... one has to question whether they are drug dealers in white coats," said Andrew Kolodny, co-director of the Opioid Policy Research Collaborative at Brandeis University. "If you're prescribing that aggressively, you are killing patients."

It's been well documented that doctors were deceived by the pharmaceutical industry about the addictive nature of opioids — and began changing their prescribing habits about a decade ago. Overall, last year they wrote 17 percent fewer opioid prescriptions than in 2012, according to the American Medical Society.

Yet 70 percent of Medicare's top 1,000 prescribers increased the number of opioid prescriptions they wrote between 2013 and 2015.

Raycom Media sent letters to each of the top 1,000 prescribers; 44 responded as of Feb. 14. Many said that they are prescribing appropriately to patients who need opioids because of severe medical problems. Others threatened legal action if their names were made public. A few

said that they now prescribe fewer opioids because of new federal guidelines that, among other things, push for alternatives to painkillers.

"There exist patients who genuinely are suffering and who justifiably need medications. We make every effort to separate those from others who are seeking medications for other uses," wrote Dr. William Megdal, a spine specialist in Athens, Ga. "We are totally aware of the opioid crisis and have implemented caution to avoid being a part of the problem."

And, the problem is huge.

"Four million people are addicted to prescription drugs," said Stephen G. Azzam, special agent in charge of U.S. Drug Enforcement Agency operations in Alabama, Arkansas, Louisiana, and Mississippi. "The doctor needs to open his eyes. Why do you still need that prescription?"

As opioid drug makers and distributors have found themselves in the crosshairs of cities and states ravished by the opioid epidemic, doctors and other prescribers largely avoid scrutiny by state and federal regulators, Raycom's investigation found.

A deep dive into the backgrounds of Medicare's top 1,000 opioid prescribers found that few have faced discipline for prescribing drugs that the Centers for Disease Control and Prevention says should be restricted to cancer patients, those who had surgery or were involved in a serious accident and some with chronic pain.

In the past two decades, 98 prescribers have been sanctioned for inappropriately prescribing medicine; 22 are facing criminal charges or have been convicted.

But 49 of the prescribers with checkered pasts — including Murphy — have licenses that allow them to practice as of Feb. 14.

The Medicare data, state medical board records, and court documents show that:

- Rogue prescribers keep practicing for years as regulators build investigations.
- State medical boards have given some doctors second chances.
- Some boards also dropped investigations into doctors' conduct, allowing them to move their practices to other states.



Allyson Holley visits her mother's grave after she graduated from high school. After her mother's death, Allyson took a break from school to deal with her loss.

Opioid hot spots

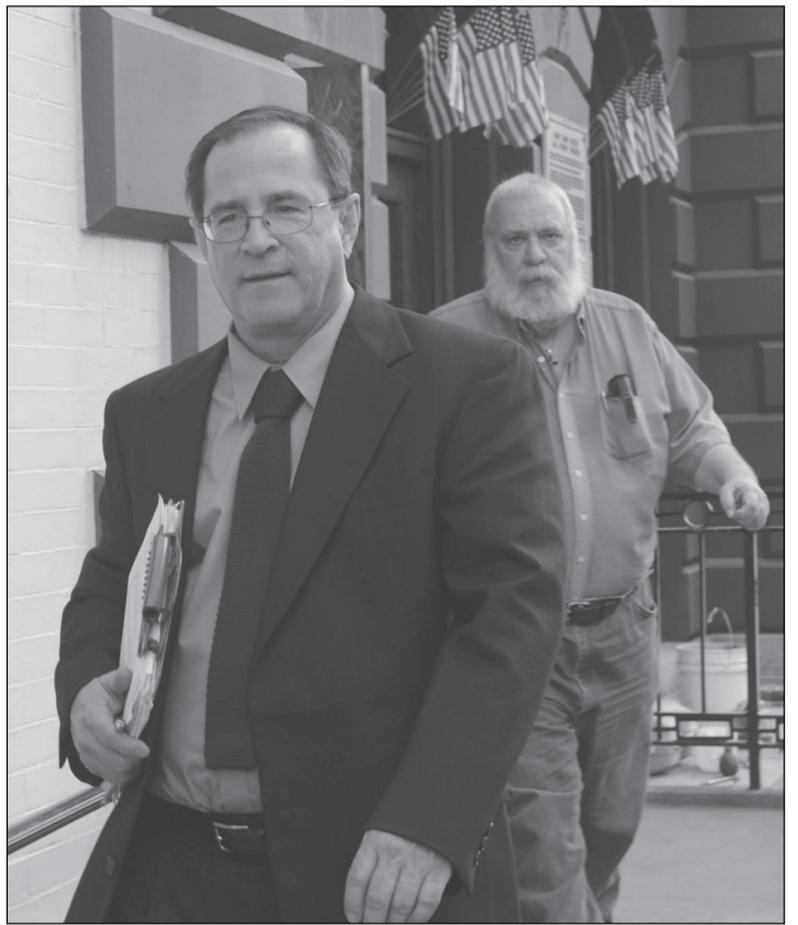
The data also shows the highest volume prescribers are practicing in the south — and not in the states typically associated with the opioid crisis such as Kentucky, Ohio and West Virginia.

More than half of the highest prescribers are practicing in nine southern states: Alabama, Arkansas, Florida, Georgia, Louisiana, Mississippi, North Carolina, South Carolina and Tennessee.

Alabama had more than twice as many health-care providers on the list than Ohio, a state with nearly three times as many residents.

Mississippi, a state with only 3 million residents, has 23 prescribers on the list. Pennsylvania, with a population of nearly 13 million, had just 24.

In Mississippi, there were enough opioid prescriptions filled last year to give everyone in the state a bottle of 70 pills, said John Dowdy, director of the Mississippi Bureau of Narcotics and a former assistant U.S. Attorney General.



Dr. Raymond Kranyak departs Northumberland County Courthouse in Sunbury, Penn., in 2013 where he faced charges of driving under the influence of alcohol.

"We have an addicted state because of over-prescribing," Dowdy said. "I knew that with us having that kind of prescribing rates, we were going down the same paths as Ohio, Kentucky and West Virginia."

Nearly 12 percent of everyone in the U.S. recorded as having died of prescription opioid overdoses between 2013 and 2015 came from those three states, according to Kaiser Family Foundation.

The highest opioid-prescribing volumes shifted into southeastern states in recent years.



JON TURNIPSEED
RAYCOM MEDIA
John Dowdy

doctors bear a great deal of responsibility for the opioid crisis.

"Physicians flooded the market with opioid prescriptions in ways that proved unhelpful," he said. "There was a conspicuous lack of caution, care and a great deal of optimistic feelings by physicians."

How addiction happens

Terah Holley's family called the U.S. Drug and Enforcement Agency after her death in 2014 with one request: put Dr. Howard Diamond out of business.

Holley, a 39-year-old mother of three from northern Texas, died of an overdose after ingesting a lethal amount of morphine that Diamond prescribed for her 10 days earlier.

The family's call triggered a lengthy investigation that ended with Diamond's arrest last summer on 18 counts of health-care fraud, conspiracy and distributing controlled drugs. Diamond's downfall came nearly three years to the day since Holley died.

During that time, Diamond continued to practice medicine at his two clinics in small towns in northern Texas and prescribed so many opioids that he was among the top 25 Medicare prescribers in the country.

At least 19 of his patients died as investigators built their criminal case, according to federal court records.

But there were missed opportunities to sideline Diamond, state and federal records show.

Health insurance companies sent some 100 letters to Diamond expressing concerns he was prescribing excessive doses and toxic combinations of opioids. But those companies did not alert the Texas Medical Board.

In 2015, a pharmacist complained to the board about the prescriptions Diamond was writing. The medical board ordered him to take an 8-hour class on medical record-keeping, state records show.

Diamond kept on practicing.

"I don't know what took so long," said Holley's daughter, Allyson. "We'll get closure when something happens to the doctor."

Investigating a doctor is difficult and can take a long time because they have the medical expertise that investigators lack, said Miller, the former Tennessee drug task force commander.

"They know they can do the bare minimum — touch your wrist, ask you a few questions and make their assumption on how to treat you," he said. "It's hard to challenge a doctor."

As far as her family was concerned, Terah Holley died long before she ingested a deadly amount of morphine on July 25, 2014.

"She didn't function at all. She was a living zombie," her daughter Allyson said.

Holley was involved in a car crash in 2001 that left her with nerve damage.



COURTESY
OF UAB
Dr. Stefan
Kertesz

Even so, he said,

SEE DOCTOR'S, PAGE 8A

Nation

Doctor's across the U.S. are over prescribing opioids, running pill mills

Continued From Page 7A

She lived with constant pain for more than a decade, holding down three physically demanding jobs as a waitress, maid, and cosmetologist.

After a sleep study in 2012, a doctor referred her to Diamond, who immediately prescribed opioids. Over the three years that Diamond treated Holley, she received prescriptions for hydrocodone, oxycodone, Zantac, Lortab and morphine, Allyson said.

The woman who had been a free spirit willing to try or do anything suddenly was falling asleep in her food at dinner, her family said. She also lost her jobs.

Allyson once accompanied her mother to an appointment with Diamond. After a 10-minute visit, she left with new opioid prescriptions.

"I feel like the doctor took her life away," Allyson said.

She was just 16 when her mom died. "I quit school for a little while. It took a toll on me," she said. "I shouldn't have to go through that at 16. Sometimes I want to pick up the phone and call my mom."

Diamond, meanwhile, remains in jail awaiting trial.

Second chance

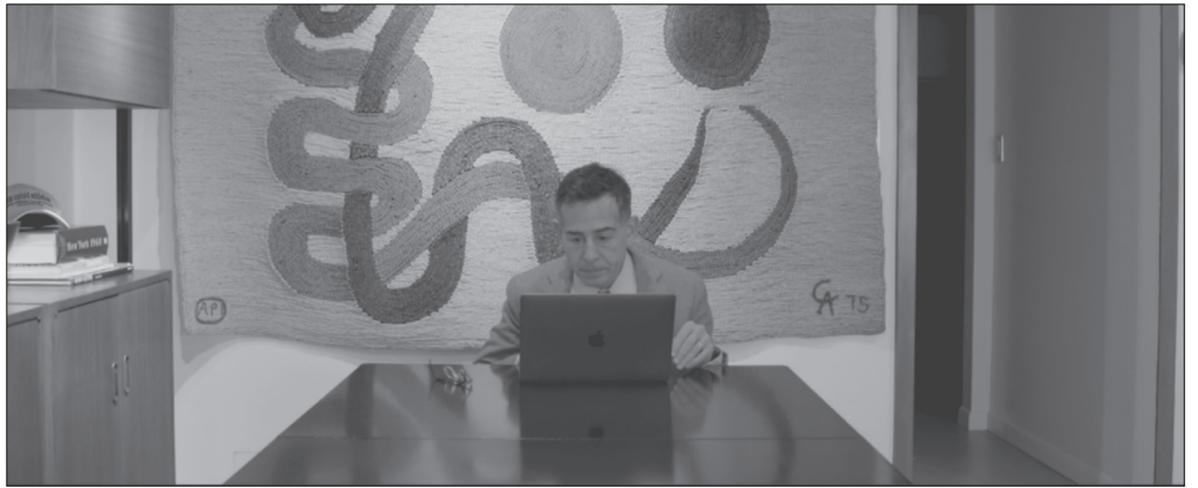
For six years, Dr. Raymond Kraynak fought the Pennsylvania Board of Osteopathic Medicine over allegations he prescribed an excessive amount of habit-forming diet pills.

The family-practice doctor owned two clinics in small towns about 90 minutes northwest of Philadelphia. He was a local school board member, who once caused a stir when he was arrested for drunken driving.



COURTESY OF THE U.S. DRUG ENFORCEMENT AGENCY

Dr. Howard Diamond is booked into a Texas jail after his on July 11.



ANDY MILLER | RAYCOM MEDIA

Dr. Andrew Kolody is co-director of the Opioid Policy Research Collaborative at Brandeis University. He's critical of doctors who played a role in the opioid crisis. "This is without a doubt the worst drug-addiction epidemic in U.S. history."

In 2012, Kraynak and the medical board came to an agreement to settle the case against him: he would pay a fine and take a course on "controlled substances management."

Soon after, oxycodone became Kraynak's drug of choice, writing prescriptions for more than 3.6 million pills in less than three years.

At least five of his patients have since died of a prescription opioid overdose.

Among Medicare's top prescribers, at least 19 had at least one brush with their state licensing boards for prescribing-related problems and were given second and third chances.

George Loucas, a Cleveland lawyer who also is a pharmacist, said state medical boards haven't done enough to stop doctors.

"I have no idea where they have been the past 10 years," Loucas said. "I'm aware of more than one doctor who killed seven or eight patients and they are still practicing today."

He has sued dozens of doctors whose patients died of an opioid prescription overdose and won settlements for the

victims' families. But the doctors in those cases have not been sanctioned by their state boards.

Among Medicare's highest prescribers who have been disciplined for wrongdoing by state medical boards for prescribing-related issues, 53 still have licenses that allow them to practice.

A dozen of them, including Kraynak, eventually faced additional allegations of over-prescribing that led to suspensions or revocations of their licenses.

Days before Christmas, federal agents arrested Kraynak and charged him in the overdose deaths of five patients as well as other drug-related violations.

The doctor's prescribing habits shocked investigators.

"The sheer number of pills prescribed in this case is staggering," U.S. Attorney David J. Freed said on Dec. 21, the day Kraynak was arrested at his office in Mount Carmel, PA. "Death or serious injury was the inevitable result of this... conduct."

Crossing state lines

Before he left Alabama for Lewisburg, Tennessee, Dr. Mark Murphy's ability to practice medicine was in jeopardy. The Alabama Board of Medical Examiners had levied an 8-count complaint against him in August 2016 for:

- Acting unprofessionally.
- Endangering patients.
- Prescribing not for legitimate medical purposes.
- Performing unnecessary tests.
- Lacking basic medical knowledge and competency.

The 33-page complaint detailed Murphy's questionable care of 15 patients. One was a 58-year-old man who overdosed on a dangerous combination of opioids and other drugs prescribed by Murphy. Several other patients said they received opioids even though they had documented substance abuse issues. In some cases, Murphy increased the doses.

The committee that investigated Murphy had "grave concerns" about him and recommended that the board revoke his medical license.

But that didn't happen.

Instead, the board allowed his license to practice in Alabama expire at the end of 2016 and dismissed the case two

months later. That left Murphy's reputation unscathed by formal disciplinary actions.

Other top opioid prescribers in the Medicare Part D program also have been allowed to leave a state under a cloud of suspicion.

In Arkansas, Dr. Mahmood Ahmad, who ran a pain clinic, faced serious accusations of excessive prescribing from state medical board officials.

The board considered suspending his medical license but then backed off after Ahmad agreed in 2015 to pay a \$20,000 fine.

Soon after, he was practicing near Anchorage, Alaska, and almost immediately under investigation there.

State medical officials launched an investigation, which resulted in formal, administrative charges against him 14 months after he opened his clinic in a strip shopping center.

Though he worked in the state only one weekend a month, one pharmacist told investigations that she turned away 18 of his patients in a single morning. Each arrived with prescriptions for such high-dose opioids that Costco didn't even stock it.

Within 17 months of arriving in Alaska, the state medical board revoked his license. That action prompted Arkansas to act, too. It revoked Ahmad's license two months later — four years after it first looked into his prescribing practices.

Ahmad could not be reached for comment and is believed to now be living in Pakistan, said a lawyer who has filed a civil suit against him.

Procedures and databases exist to prevent disciplined doctors from quietly slipping from state to state. But in the case of Murphy and Ahmad the tepid actions of the medical boards did not prevent the doctors from moving elsewhere.

Murphy had long held a license to practice medicine in Tennessee, where he lives.

The Tennessee state medical board hasn't filed an administrative complaint against him, the only public way to know if a doctor is under investigation.

But the Tennessee Bureau of Investigations knows of Murphy.

Lewisburg police Lt. Tom Miller made sure of it.

Investigative producer Tom Wright and News Content Specialist Erin Snodgrass contributed to this report.



Dr. Mark Murphy



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JACOB HUGHEY | JCB MEDIA

The parking lot at the Specialty Associates clinic in Lewisburg, Tennessee is crowded with cars shortly after the doors open. Dr. Mark A. Murphy, a pain specialist at the office, sees patients only three days a week.

From Page One

FGC enrollment increases for seventh straight semester

LAKE CITY — For the seventh consecutive semester, more than 2 ½ years, Florida Gateway College is reporting an increase in student enrollment.

According to preliminary estimates, FGC increased enrollment by 6.3 percent for the 2017-2018 academic year and for the past 2 ½ years has increased a total of 18 percent.

The Florida College System saw a net growth in full-time equivalent (FTE) enrollment of just 0.3 percent across the 28 member colleges for the 2017-2018 academic year.

FTE is a measure of the total number of credit hours being taken at the college divided by the number of hours required for a student to be considered full-time.

Several initiatives at FGC have contributed to the increase, including the availability of late-start course options, improved student engagement and a push by administrators for full-time students to take 15 credit-hours per semester. The college has also made it a campus-wide priority to expand course offerings and programs and to retain students.

“In addition to these initiatives, we have re-examined our enrollment process for current and future FGC students,” said Dr. Jennifer Price, Vice President of Enrollment Management and Student Affairs. “It was important for us to create a more streamlined process by improving communication and eliminating obstacles.”

Hall to present forensic botany at Sparkleberry meeting

BRANFORD — Forensic botany will be the topic of Tuesday’s meeting of the Sparkleberry Chapter of the Florida Native Plant Society.

Dr. David Hall will be speaking about the examination of plant parts to aid in crime investigations.

Hall owns and operates an environmental and forensic consulting firm in Gainesville. He is a recognized expert in forensics and plant identification and has published numer-

ous books and articles. He has been featured in two internationally televised programs: Crime Scene Creatures and Creatures and Crime, The Witness Was a Fly. He has given expert testimony in many civil and criminal cases for both the prosecution and defense.

The meeting will be held at 6:30 p.m. in the Hatch Park Community Center, 403 SE Craven St. in Branford.

The meetings are free and open to the public.

Food demo planned for March 22 at the library

LIVE OAK — A food demo and tasting program is coming to the Live Oak Public Library in two weeks.

Bonnie Box, with the UF/IFAS Suwannee County Extension office will present the program March 22 at noon.

Those attending will be able to sample mango salsa and learn about smart snacking options. Box will also share recipes that are low-cost, healthy, easy and tasty.

For more information, please call the library at 386-362-2317.

Local

Continued From Page 1A

aid Vivid Visions’ mission makes the fun day even more special.

“We get to help with what they do, which is a vital resource for our community,” Sommers said.

Starling said the department was eager to give back to Vivid Visions, as the community’s domestic violence shelter helps out hundreds of families in the area every year.

That help is extended to individual women to women with children. It can include just shelter or basic necessities.

“We’re looking to raise awareness and hopefully raise funds,” Starling said. “It’s a great event. We’re looking to get out there and spread the word on Vivid Visions.”

The firefighters and police officers also are looking forward to getting out and having some fun, though, too.

“The way I look at it

is it gives us a chance to work on team-building,” Sommers said. “We’re not out running calls or working in a stressful environment. We can let loose and have a good time. We can get to know our employees a little better.”

Starling added: “Spring is in the air and what is better than whacking a ball. “We get a chance to let our hair down and do so for a good cause.”

In last year’s inaugural game, SCFR won 20-10, while more than \$300 was raised for Vivid Visions.

“We’re looking to retain that title,” Sommers said. “Our guys are pumped up about it and hopefully we can raise some money for Vivid Visions.”

“The camaraderie that was present here was priceless,” Kathy White, executive director of Vivid Visions, said after last year’s game. “These guys and gals were terrific players and their support means so much to us. We are thankful for their hard work and the risk they take each day helping others in our community.”

Final Jam audition set for Saturday

LIVE OAK — Saturday is the last chance for up and coming country artists to audition to perform at the 2018 Suwannee River Jam, the South’s Music and Camping Festival.

Opening up the weekend will be the Jukebox Oldies to get the audience on that dance floor with 50s – 90s music.

Come spend the weekend for this wonderful time of country and oldies music in the Music Hall. Jukebox Oldies of Valdosta, Ga., will set off the weekend with lots of oldies music from many different years with its great band. It’s a fun time with many fans who come to dance the evening away.

Saturday night a large number

of fans are expected to be in the house as solo singers and bands will bring their best performances in this last audition hoping to move to the April 13 finals. These artists come from all across the state. Those signed up to audition are Andy Pursell Band (Bradenton), Broken Trust Band (Perry) and Treble Hook Band (Lake City). Solo singers are Scotty Williams (aka Behrenwald) (Ft. Myers/Lake City), Kamryn Palmer (Indian Harbour Beach), Kam Williams (Mayo), Sadie Miller (Branford), Chyann Rose (Statesboro, Ga.) and Zach Lambert (Hahira, Ga.)

Friday the doors open to the Music Hall at 6 p.m. with music from 8 p.m. – midnight. Saturday night

doors open at 6 p.m., audition begins about 7 p.m. Each night admission is free.

If anyone would like to rent one of the park’s cabins, or a spot to park a RV/camper or primitive camp for this or one of the SOSMP’s many other events such as Suwannee Spring Reunion from March 22-25, Wanee from April 19-21 or just need additional info, please call the SOSMP at 386-364-1683, email spirit@musicliveshere.com or go to www.musicliveshere.com. The SOSMP is located 4.5 miles south of Interstate 75 and 4.5 miles north of Interstate 10 at the beautiful Suwannee River off U.S. Highway 129 at 3076 95th Drive in Live Oak.



Jukebox Oldies Band of Valdosta, Ga.

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March 13th is Good Samaritan Day



BE A GOOD SAMARITAN:
Volunteer!



Get kids excited about volunteering

Volunteering benefits people of all ages, but can be especially beneficial to children. Studies have indicated

that teenagers who volunteer are less likely to become pregnant or use drugs. In addition, in a



review of 60 studies on child engagement, Child Trends found that children who participate in civic engagement programs are likely to be more involved in school, to graduate from high school and to hold more positive civic attitudes than those who do not get involved in such programs.

Getting kids to volunteer as they progress through adolescence may not be so difficult. In its 2014 analysis of volunteering trends, Child Trends found that 39 percent of twelfth grade students volunteered at least once a month in 2014 compared to just 27 percent of eighth graders. Older students might feel compelled to volunteer to improve their college admissions applications, but parents can take steps to get their younger children excited at the prospect of volunteering.

• Set a positive example. Young children want to



emulate their parents, so moms and dads who volunteer may find ready and willing partners in their children. Parents can inform their children when they volunteer and why they do so before

bringing kids along to join them.

- Don't forget fun. Young children may be more likely to embrace volunteering if the activity is fun. Kids might not find it too fun to sit next to their parents while mom and dad balance a soup kitchen's books, but a beach cleanup excursion or a trip to refurbish an inner city park may inspire kids to spend a lifetime giving back to their communities and helping the less fortunate.
- Keep it simple. Kids may not enjoy volunteering activities that consume too much time or make them feel exhausted. As kids grow older, parents can encourage them to embrace more challenging activities and/or commit more time to volunteering. But keep things simple with especially young children or older children who have never before volunteered.
- Try and try again. It might take some trial and error before parents find volunteering opportunities their children truly enjoy. When volunteering with children for the first time, be careful not to commit to more than one day. If children enjoy themselves, then parents can commit more time. If kids do not seem excited by an activity, parents won't feel guilty or let the charity down by not returning.

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Sports

Kelley pitches Branford past Lafayette

BY MIKE JONES

michael.jones@gafnews.com

BRANFORD — When Dylan Kelley is commanding the strike zone, Branford's tall, right-handed pitcher can be tough to hit.

Kelley had good control on Friday, pitching six strong innings in the Buccaneers' 8-1 win against Lafayette.

Kelley, sticking mostly to a mid-80's fastball with plenty of movement, took a no-hitter into the sixth inning. Dylan Mock broke up the no-hit bid with a triple to right center, and Lafayette's next batter, Caleb Land, brought in Mock with an RBI double to spoil the shutout.

Still, Kelley finished an efficient and dominating performance with five strikeouts on 93 pitches. And that was after bruising his knee in the fourth inning on a slide into home plate.

"Dylan pitched his heart out," said BHS coach Alex O'Quinn. "He hurt his leg on the slide into home, but he fought through it. It was his decision, he wanted to go back out there."

"He got ahead of a lot of batters and pitched really well."

Branford gave Kelley all the run support he needed with a two-run first inning. The Buccaneers got their first run on a Trey Sapp RBI groundout that scored Cameron Noling.

Then with two outs and runners on first and third, Rylee McKenzie attempted to steal second base. He got caught in a rundown, but managed to stay in that rundown long enough for Tyler Sapp to come in and score the

second run.

"We scored early," O'Quinn said. "That sets the tone for the game and everybody was hitting the ball."

BHS put five runs on the board in the fourth inning to increase its lead to 7-0. The big inning was highlighted by Kelley's RBI double and a clutch, two-out hit from Tyler Whitfield.

Whitfield, who went 2-2 on the night, drove a low-and-away pitch for a single to right field to score Clay Williams and Seth Heiderman.

"You'll have games like this," said Hornets coach Tim Hanson, whose team made crucial errors in the first and fourth inning. "We gave away stuff early that might change the momentum of the game. We'll figure it out."

Heiderman and McKenzie both notched two hits for Branford (4-1).

UP NEXT: The Buccaneers have won three straight games and are a perfect 3-0 in district play. They are back in action Thursday at Chiefland.

Hitting

Whitfield — 2-2, 2 RBIs, BB, 1 run
 Tyler Sapp — 1-3, double, HBP, 1 run
 Trey Sapp — 0-3, RBI, HBP
 McKenzie — 2-4, 1 run
 Kelley — 1-4, double, RBI, 1 run
 Heiderman — 2-3, RBI, HBP, 1 run
 Kessler — 1-2
 Williams — 1-2, RBI, 1 run

Pitching

Kelley — 6 IP, 2 hits, 5 K's, 2 walks, 1 run
 McKenzie — 1 IP, 1 hit, 2 walks, 0 runs, 2 K's



PHOTO: MIKE JONES

Dylan Kelley had the best start of his high school career, taking a no-hitter into the sixth inning against rival Lafayette.

Kirkland places sixth at state wrestling championships

KISSIMMEE — Suwannee freshman Xander Kirkland (106-pound weight class) finished in sixth place at the FHSAA State Wrestling Championships last weekend in Kissimmee.

Kirkland won his first match by pin in 1:39 to advance to the quarterfinals. In his second match, Kirkland lost an 8-1 decision to Chase Gillis. (Gillis went on to a fourth-place finish).

Kirkland defeated David Rodriguez by pin after 2:11 in his next match. Kirkland then beat Darrell Page by an 8-7 decision, but an injury ended the tournament for Kirkland. Kirkland went 3-1 in the matches he was able to wrestle, and ended the tournament with a 3-3 mark and the sixth-place finish.

Chase Clark (126 pounds) and Terrell Williams (152 pounds) both fell in their opening matches and finished with a record of 2-2. Freshman Timothy Jolicouer (113 pounds) was 0-2.

Eagles best Bulldogs 10-3

BY MIKE JONES

michael.jones@gafnews.com

LIVE OAK — A highly-anticipated pitching matchup between Suwannee's Bo Bonds and North Florida Christian's Brandon Walker turned one-sided in favor of Walker and the Eagles.

After a tough first inning, Walker found his rhythm on the mound, and also came through at the plate, to lead NFC to a 10-3 victory on Thursday.

Walker struck out six hitters in four innings pitched and gave up one run. Offensively, he went 2-5 with a home run and five RBIs.

Bonds breezed through the first inning, striking out the side on just 12 pitches. But control problems and a three-run homer from Matthew Dickey cut his day short as Bonds exited after three innings with the Bulldogs trailing 4-1.

"The two home runs gave them a little life," said Suwannee coach Justin Bruce. "When the big plays happened, the momentum

switched and they settled in on the mound. That's one thing we have to do better — not give them a chance to settle in."

Hueston Morrill led off the game with a double as he hit a high curveball to the wall in left field. Bonds, hitting third in the lineup, drove in Morrill with a sacrifice fly to put SHS ahead 1-0 in the first inning.

It was a good start off Walker, who entered the game without having allowed a run in five innings pitched.

"When we put pressure on them, we were able to dictate some stuff and we scored an early run," Bruce said. "We made him (Walker) work and throw more pitches than he wanted to in that (first) inning."

"As the game went on, the big plays were the ones that separated us from the energy level it needed to be all the way though."

Trailing 8-1 in the sixth, Wyatt Morrill gave Suwannee (2-2) its last runs as he connected on a two-run homer.

UP NEXT: Suwannee travels to Mayo on Thursday to face Lafayette.



PHOTO: MIKE JONES

Bo Bonds and the Bulldogs had a good start on Thursday. But it was all NFC after the first inning as the Eagles went on to a 10-3 win.

								R	H	E
NFC	0	1	3	0	4	0	2	10	13	0
Suwannee	1	0	0	0	0	2	0	3	5	0

H Morrill — 1-4, 1 run
 Bonds — 1-1, RBI, 1 run, 1 walk
 W Morrill — 1-2, Home run, 2 RBIs
 Layton — 1-3
 Jones — 1-2, 1 walk

SCC Ryder Cup team beats Quitman to remain undefeated



PHOTO: SUBMITTED

Suwannee Country Club remains unbeaten after four years of matches with three other teams.

LIVE OAK — Members of the Suwannee Country Club Ryder Cup team rallied for a big win at their home course to defeat Quitman Country Club.

SCC, which trailed 17.5-12.5 after the first round at QCC, took 27 of 30 points on Sunday to win the two-day event by a score of 39.5-20.5.

Suwannee's experience on the beautiful and tricky greens at SCC prevailed to complete the amazing comeback.

Congrats to all the team members for another fantastic win. SCC remains undefeated in four years with head to head matchups with Quitman CC, Madison CC, and Quail Heights CC. They will face off with QHCC in April.

PUBLIC NOTICES

Protecting Your Right to Know

SUWANNEE COUNTY

Legals

IN THE CIRCUIT COURT FOR SUWANNEE COUNTY, FLORIDA PROBATE DIVISION

FILE NO. 17-CP-81
IN RE: ESTATE OF

REET G. TANNER

Deceased.
NOTICE TO CREDITORS

The administration of the estate of Reet G. Tanner, whose date of death was January 18, 2017; File Number 17-CP-81 is pending in the Circuit Court for Suwannee County, Florida, Probate Division, the address of which is 200 S. Ohio Avenue, Live Oak, Florida 32064. The names and addresses of the personal representative and the personal representative's attorney are set forth below.

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

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

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

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

The date of the first publication of this notice is February 28, 2018.

/s/ Adam L. Morrison
Adam L. Morrison
Attorney for Personal Representative
Florida Bar No. 0028163
Sellers, Taylor & Morrison, P.A.
108 Howard Street West
Live Oak, Florida 32064
Telephone: 386-208-1080
Facsimile: 386-208-1090
E-mail: adam.morrison@suwanneelawyers.com
Secondary: Teresa.kent@suwanneelawyers.com

/s/ Steve Tanner
Steve Tanner
Personal Representative
650 S. 43rd Street
Boulder, CO 80305
02/28, 03/07/2018

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

CASE NO. 18000034CAMXAX
Wells Fargo Bank, N.A.

Legals

Plaintiff,
vs.

Wanda Douglas Kirby a/k/a Wanda D. Kirby a/k/a Wanda Douglas, et al,

Defendants.

NOTICE OF ACTION-CONSTRUCTIVE SERVICE

TO: The Unknown Heirs, Devisees, Grantees, Assignees, Lienors, Creditors, Trustees, and all other parties claiming an interest by, through, under or against the Estate of Danny Charles Kirby a/k/a Danny Charles a/k/a Danny C. Kirby, Deceased
Last Known Address: Unknown

YOU ARE HEREBY NOTIFIED that an action to foreclose a mortgage on the following property in Suwannee County, Florida:

FOR A POINT OF REFERENCE, COMMENCE AT THE NORTHWEST CORNER OF SECTION 15, TOWNSHIP 2 SOUTH RANGE 13 EAST, AND RUN THENCE SOUTH 01 DEGREES 18'03" EAST, ALONG THE WEST LINE OF SAID SECTION 15, A DISTANCE OF 1666.72 FEET; THENCE RUN NORTH 88 DEGREES 34'19" EAST A DISTANCE OF 1282.38 FEET TO THE POINT OF BEGINNING, THENCE RUN NORTH 01 DEGREES 18'03" WEST A DISTANCE OF 379.86 FEET; THENCE RUN NORTH 88 DEGREES 35'23" EAST A DISTANCE OF 154.45 FEET; THENCE RUN SOUTH 01 DEGREES 18'03" EAST A DISTANCE OF 379.82 FEET; THENCE RUN SOUTH 88 DEGREES 34'19" WEST A DISTANCE OF 154.45 FEET TO THE POINT OF BEGINNING.

TOGETHER WITH A NON-EXCLUSIVE, PERPETUAL EASEMENT FOR INGRESS AND EGRESS OVER AND ACROSS THE FOLLOWING DESCRIBED EASEMENT AREA: FOR POINT OF REFERENCE, COMMENCE AT THE NORTHWEST CORNER OF SECTION 15, TOWNSHIP 2 SOUTH, RANGE 13 EAST AND RUN THENCE SOUTH 01 DEGREES 18'03" EAST, ALONG THE WEST LINE OF SAID SECTION 15, A DISTANCE OF 1666.72 FEET; THENCE RUN NORTH 88 DEGREES 34'19" EAST A DISTANCE OF 1282.38 FEET; THENCE RUN NORTH 01 DEGREES 18'03" WEST A DISTANCE OF 282 FEET TO THE POINT OF BEGINNING OF SAID EASEMENT AREA; THENCE CONTINUE NORTH 01 DEGREES 18'03" WEST A DISTANCE OF 97.86 FEET; THENCE RUN NORTH 88 DEGREES 35'23" EAST A DISTANCE OF 30 FEET; THENCE RUN SOUTH 01 DEGREES 18'03" EAST A DISTANCE OF 97.86 FEET; THENCE RUN SOUTH 88 DEGREES 34'19" WEST A DISTANCE OF 30 FEET TO THE POINT OF BEGINNING

has been filed against you and you are required to serve a copy of your written defenses, if any, to it on Julie Anthonis, Esquire, Brock & Scott, PLLC, the Plaintiff's attorney, whose address is 1501 N.W. 49th Street, Suite 200, Ft. Lauderdale, FL 33309, within thirty (30) days of the first date of publication and file the original with the Clerk of this Court either before service on the Plaintiff's attorney or immediately

Legals

thereafter; otherwise a default will be entered against you for the relief demanded in the complaint or petition.

DATED on February 27, 2018.

(Court Seal) Barry Baker
As Clerk of the Court

By: /s/ Felicia Flowers
As Deputy Clerk

03/07, 03/14/2018

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

CASE NO. 2017-120-CA

TRYLAND LLC,

Plaintiff,

vs.

VICKI L. SNYDER; et al.,

Defendants.

AMENDED NOTICE OF ACTION

TO: VICKI L. SNYDER, if alive and if deceased; the Estate of VICKI L. SNYDER, the decedent's unknown spouses, heirs, devisees, grantees, creditors and all other parties claiming by, through, under or against her; the unknown spouses, heirs, devisees, grantees and creditors of deceased persons, and all other parties claiming by, through, under or against them;

YOU ARE HEREBY NOTIFIED that a Complaint to Foreclose Mortgage has been filed by the Plaintiff, TRYLAND, LLC., in the Circuit Court of Suwannee County, Florida, regarding the following described real property:

Lot 2, SAVANNA'S WALK, a subdivision according to the plat thereof as recorded in Plat Book 1, page 517, public records of Suwannee County, Florida.

You are required to serve a copy of your written defenses, if any, on the Plaintiff's attorney, PAUL V. SMITH, ESQ., whose address is 148 SE Hillside Parkway, Lake City, Florida 32025, and file the original with the Clerk of the above-named Court on or before thirty (30) days from the first date of publication of this notice.

IF YOU FAIL TO DO SO, judgment by default will be taken against you for the relief demanded in the complaint.

WITNESS my hand and official seal, this 27th day of February, 2018.

(Court Seal)
HONORABLE BARRY A. BAKER
Clerk of the Court
Suwannee County, Florida

By: /s/ Sallie Pert
As Deputy Clerk

03/07, 03/14/2018

PUBLIC NOTICE

North Florida Workforce Development Board, Inc. announces that a request for proposals for Information Technology (IT) Services is available at <https://careersourcenorthflorida.com/rfps/> and submittals are due no later than April 27th, 2018 at 2:00 pm EST. 03/07/2018

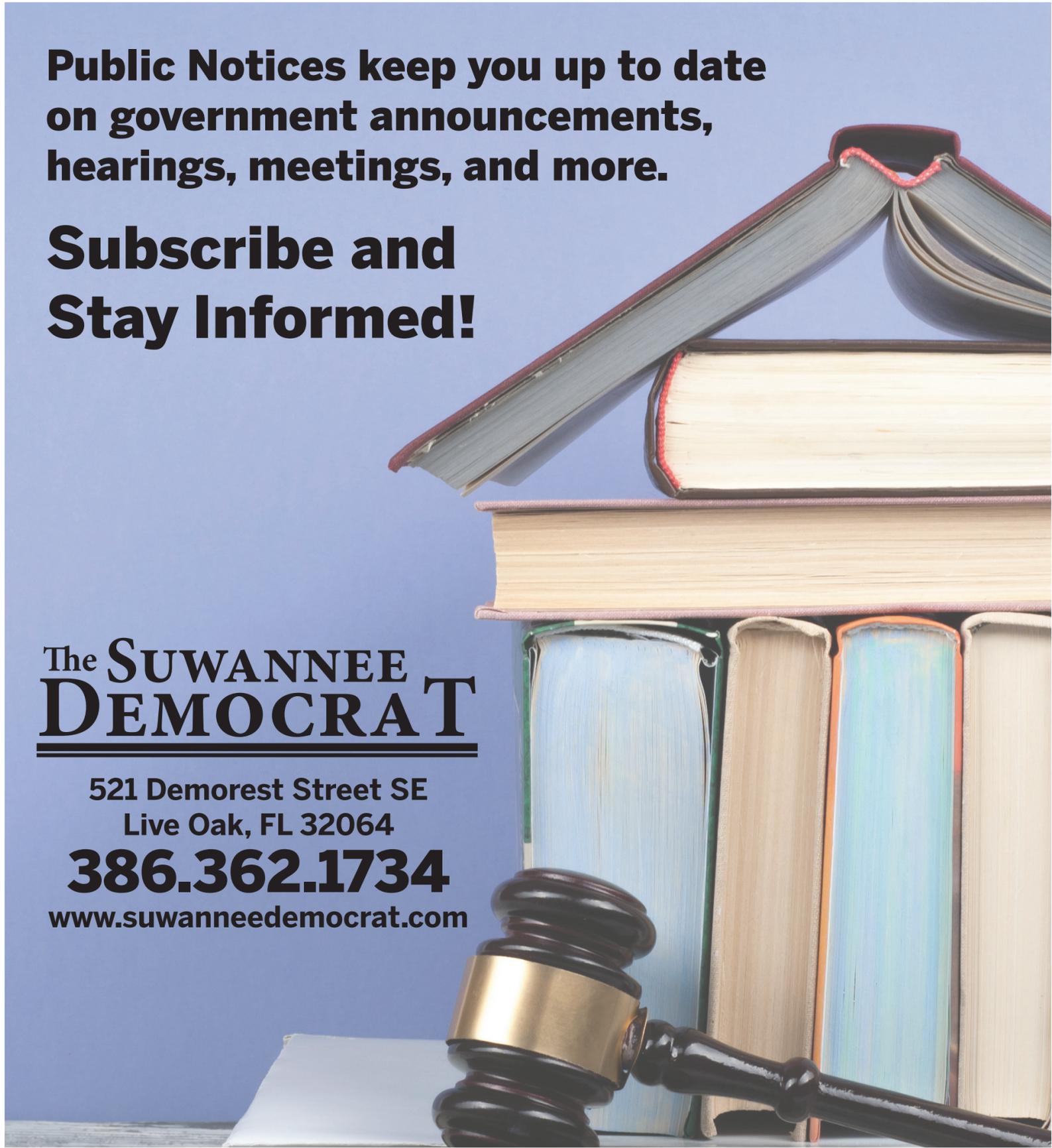
NEED TO PLACE A LEGAL AD?



CONTACT NORTH FLORIDA CLASSIFIEDS 386-362-1734

Public Notices keep you up to date on government announcements, hearings, meetings, and more.

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The SUWANNEE DEMOCRAT

521 Demorest Street SE
Live Oak, FL 32064
386.362.1734
www.suwanneedemocrat.com

Community Calendar



Community Calendar FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2 Groundhog Day	3
4	5	6	7	8	9	10
11	12	13	14 Valentine's Day	15	16	17
18	19 Presidents' Day	20	21	22	23	24
25	26	27	28			

Share Your Blanche Stories

We are looking for people to share their or their family stories and pictures about the Blanche Hotel. We hope to include former employees, guests, event attendees and businesses that were located in the Blanche Building. The interviews will be videotaped and the photos scanned. All participants will receive a free eBook version of the book, "The Blanche A History" when it is published in the fall. Check out our website: <http://TheBlancheAHistory.websandblogsforwriters.com> to schedule a time at the Columbia Co. Public Library on Mon. or Tues. from 6 p.m. to 8 p.m. in March or April.

Mar. 7 Savvy Caregiver Training

10 a.m.-Noon
Savvy Caregiver is a free, seven-session training program designed for caregivers who serve family members and friends with any form of dementia (i.e. Alzheimer's). The goal of Savvy is to increase knowledge and skills to lessen caregiver stress and improve levels of care. For information, or to register contact Johnnie Jones III at (352) 692-5277 or by e-mail at jonesj@agingresources.org. Pre-registration is required.
Suwannee River Regional Library

Mar. 7 NFCC Site Review

North Florida Community College will host a site review for initial accreditation of its associate and baccalaureate nursing programs by the Accreditation Commission for Education in Nursing (ACEN) on Wednesday, March 7. The public is invited to meet the ACEN site visit team and share comments about NFCC's associate and baccalaureate nursing programs in person or in writing. MORE INFO at <https://www.nfcc.edu/about-nfcc/public-announcements/index> or call (850) 973-9428.

Mar. 8 Suwannee County Conservation District supervisor meeting

The supervisors of the Suwannee County Conservation District will meet on March 8 (instead of the third Thursday this month) at 7 p.m. in the USDA Service Center Conference Room for their regularly scheduled District Meeting. The USDA Service Center is located at 1525-B Ohio Ave. South, Live Oak.

Mar. 8 Military History in Suwannee County

Noon-1 p.m.
Learn about the military history of Suwannee County with County Historian Eric Musgrove.
Suwannee River Regional Library
386-362-2317

Mar. 9 "Safety Concerns for the Church"

Suwannee County Sheriff Department will be presenting "Safety Concerns for the Church." Those of the community who are pastors, security team members, ushers, door greeters or anyone who has safety concerns are welcome to attend this event. The guest speaker will be Sheriff Sam St. John. For more information, call Johnnie Philman Men's Ministry at 386-842-5494 or Pastor Wes Tankley at 386-362-2483.

Mar. 10 New York Day Celebration

New York Day, for all who have lived anywhere/

anytime in New York State and guests, will be held at the new Sal's Downtown, 297 N. Marion Ave., Lake City. A variety of specialty pizzas by the slice or whole, hot and cold sandwiches, calzones and stromboli will be available to order. Wine, beer, soft drinks and delicious desserts will also be available. Tony Buzzella will entertain throughout the afternoon. There will also be door prizes. A 50/50 drawing, and a NY trivia game. A registration charge will be collected at the door. We will need a firm headcount so Sal's can prepare. Please reply by Monday, March 5 to Vern Lloyd 397-3113, Maureen Lloyd 397-0598, Sue Tuell 961-5190 or vermoe@comcast.net.

Mar. 10 Pancake Breakfast

Pancake Breakfast, Sat., March 10, from 8 a.m. to 11 a.m., at Spirit of Christ Lutheran Church, located at 145 SW Sweetbreeze Drive, Lake City (386-752-3807) – take US-90 West past Harvey's Supermarket. **Takeout available.**

Mar. 10 "Hometown Heroes" Softball Tournament

The second "Hometown Heroes" Take the Field Against Domestic Violence softball tournament will be held on March 10 at 10 a.m. The tournament will be held at the First Federal Sports Complex, 1201 Silas Drive, Live Oak, FL. Admission fees apply. Concession food and drinks will be sold, and all proceeds will benefit Suwannee County's domestic violence shelter.

Mar. 14 Knitting Class

11:30 a.m.-12:30 p.m.
Learn how to knit, purl, cast on, and bind off. Please bring needles and yarn.
Taught by Debra Barney
Suwannee River Regional Library
386-362-2317

Mar. 14 Straw Bale Beds Workshop

2 p.m.
Learn about gardening with straw bale beds. Presented by Suwannee County Master Gardeners.
Suwannee River Regional Library
386-362-2317

Mar. 15 Herbs in the Landscape Workshop

Noon-1 p.m.
Learn about gardening with herbs. Presented by Suwannee County Extension Agent, Carolyn Saft.
Suwannee River Regional Library
386-362-2317

Mar. 21 Crocheting Class

11:30 a.m.-12:30 p.m.
Learn how to crochet. Please bring needles and yarn.
Taught by Debra Barney
Suwannee River Regional Library
386-362-2317

Mar. 22 Cooking Demo

Noon-1 p.m.
Cooking Demo by Bonnie Box, Suwannee County Extension Office. Sample mango salsa and learn about smart snacking options. Bonnie will share recipes that are low-cost, healthy, easy, and tasty.

Suwannee River Regional Library
386-362-2317

Mar. 24 CPR & First Aid Class

9 a.m.-3 p.m.
Free class taught by Suwannee Fire Rescue. Space is limited. Please pre-register.
Suwannee River Regional Library
386-362-2317

Mar. 24 Annual "Share Saturday"

New Hope Baptist Church announces its annual "Share Saturday" for March 24 from 8 a.m. until noon. This is the church's gift to the community as every item is free. There will be clothes of all sizes, toys, household goods and other items. New Hope is located at 6592 N.W. 48th Street, Jennings, 1 mile off State Road 6 West. The public is invited to attend. Please note: this event will not begin until 8 a.m.

Mar. 28 One for the Money Book Club

2:00-3 p.m.
Join us to discuss One for the Money by Janet Evanovich. Copies available for checkout at the front desk.
Suwannee River Regional Library
386-362-2317

Apr. 4 Francis Gary Powers, Jr. Presentation and Book Signing

6 p.m.
Francis Gary Power, Jr., international lecturer on the Cold War and son of Francis Gary Powers, the U2 pilot shot down over Russia in 1960, will speak on the spy plane incident. He recently published a book Letters from a Soviet Prison: the personal journal and correspondence of CIA U-2 pilot Francis Gary Powers. Copies of this book will be available for purchase and signing.
Suwannee River Regional Library
386-362-2317

Apr. 14 Alligator Lake Spring Festival

The Alligator Lake Spring Festival will be held Saturday, April 14 at Alligator Lake Park in Lake City from 10 a.m. until 3 p.m. Enjoy a free community festival celebrating nature. Bird walks led by experts start at 8 a.m. on the Florida Birding Trail. Walking workshops highlight butterflies, native plants and bird habitats. Featuring a Full Flight Raptor Program, with live owls, falcons and hawks by Accipiter Enterprises™. Vendors and exhibitors offer nature and garden related items, and native plants. Many free activities will be offered for children, music, food and drinks will be available. www.fourriver-saudubon.org

Apr. 14 60th Anniversary Diamond Jubilee Gala

The North Florida Community College Foundation has an elegant night of dinner, dancing, entertainment and reminiscing planned for its 60th Anniversary Diamond Jubilee Gala (student scholarship fundraiser) on Saturday, April 14. For more information on sponsorship opportunities, contact the NFCC Foundation at 850-973-9414 or foundation@nfcc.edu. To make seating and table reservations: (850) 973-9414 or www.ticketsource.us/nfcc.

Apr. 20 John McEuen and The String Wizards to Perform

The NFCC Artist Series presents John McEuen and The String Wizards on Friday, April 20 at 7 p.m. at Van H. Priest Auditorium. Join Grammy-award winning host John McEuen (founding member of the Nitzy Gritty Dirt Band), with his banjo, guitar, fiddle and mandolin, and The String Wizards on an incredible journey interwoven with music, stories and memories of the iconic "Circle" album including Dirt Band favorites and hot bluegrass. Tickets: (850) 973-1653 or www.ticketsource.us/nfcc.

Apr. 21 Annual Fitness Run

NFCC's annual Fitness Run is set for April 21 in conjunction with the Madison County Florida Down Home Days festival. 5-K Run/Walk begins at 8 a.m. One-mile Fun Run/Walk begins at 9 a.m. Proceeds from this event will support Relay for Life. Register at www.nfcc.edu/fitness-run or contact Tyler Coody at (850) 973-1639.

Apr. 27 & 28 The Curious Savage Performance at NFCC

The NFCC Sentinel Upstage Players (Community Theatre) presents The Curious Savage on Friday & Saturday, April 27 & 28 at 7 p.m. at Van H. Priest Auditorium. In this comedic production, the eccentric Mrs. Savage is left 10 million dollars by her late husband and wants to make the best use of it. Her wish is to use the money to help others realize their dreams, but her grown stepchildren will do anything to keep her from squandering away "their" money. With the help of Mrs. Savage's new friends, she leads the stepchildren on a merry chase, and learns the true meaning of family in the process. Tickets: (850) 973-1653 or www.ticketsource.us/nfcc.

Monthly Meetings

Men's Community-wide Church Fellowship and Supper

The Live Oak Church of God invites the community to join them for their dinner on the third Monday night of each month for their Men's Community Wide Church Fellowship and Supper at 7 p.m. Each month, there will be a guest speaker. For more information, call Johnnie Philman Men's Ministry at 386-842-5494 or Pastor Wes Tankley at 386-362-2483.

History of Suwannee County

Presented by County Historian Eric Musgrove
Jo Kennon Public Library
10655 Dowling Park Dr.
Live Oak, FL 32064
1st Thursday of the month, 12-1 p.m..

386-658-2670

McAlpin Community Club meeting

The McAlpin Community Club meetings are held on the second Monday every month at 9981 170th Terrace in McAlpin. A covered dish dinner is served at 6 p.m. with the meeting beginning at 7 p.m. Find them on Facebook by searching 'McAlpin Community Club.' For more information, contact Susan Fennell at 386-688-1267 or s.fennell@windstream.net.

Seed Library and Gardening Workshop

Presented by Master Gardener Rhonda Lepper
Jo Kennon Public Library
10655 Dowling Park Dr.
Live Oak, FL 32064
1st Thursday of the month, 10 a.m.-12 p.m.
386-658-2670

Recipe Swap

Jo Kennon Public Library
10655 Dowling Park Dr.
Live Oak, FL 32064
2nd Thursday of the month, 1-2 p.m.
Bring in a favorite recipe or dish, meet other foodies and exchange ideas. Call 386-658-2670 for featured recipe of the month.

Florida Native Plant Society

The Sparkleberry Chapter meets on the second Tuesday of the month at Hatch Park Community Center, 403 S.E. Craven Street in Branford, presenting a variety of educational programs concerning our Florida native plants, the birds, bees and other wildlife that visit our plants, their place in our landscapes, and the contributions they make to our Florida environment. Meetings are always open to the public. More at www.sparkleberry.fnpschapters.org, or call 407-319-2488 or 386-364-9309.

Rock Painting

Jo Kennon Public Library
10655 Dowling Park Dr.
Live Oak, FL 32064
3rd Tuesday of the month, 6-7 p.m.
Paint rocks and visit with other rock star artists. All supplies are provided.
386-658-2670

EAA monthly pancake breakfast

The EAA Chapter 797 hosts a pancake breakfast every third Saturday of the month from 8:30-10 a.m. in the EAA building at Suwannee County Airport. The EAA building is located at 13302 80th Terr. in Live Oak. For more information, contact 817-308-9752.

Armchair Travels

Presented by Don and Joanne Mott
Jo Kennon Public Library
10655 Dowling Park Dr.
Live Oak, FL 32064
3rd Friday of the month, 10-11 a.m.
Travel around the country and learn about exciting new places to visit.

Dementia Support Group

Location: Good Samaritan Center – Private Dining Room
10676 Marvin Jones Blvd.
Dowling Park, Florida
When: the fourth Tuesday of each month
Time: 10 a.m.
This is for anyone who is a caregiver for someone who is suffering with Dementia or Alzheimers. There is no charge for this support group. You do not have to have a loved one residing in the Good Samaritan Center to attend this meeting. For more information please feel free to contact Ginger Calhoun at 386-658-5594.

Book Club for Adults

Jo Kennon Public Library
10655 Dowling Park Dr.
Live Oak, FL 32064
Last Friday of the month, 10-11 a.m.
Join us to discuss our latest read.
386-658-2670

Suwannee Valley Branch of the NAACP meeting

The Suwannee Valley Branch of the NAACP's regular monthly meeting will be at New Bethel Baptist Church located at 205 4th St in Jasper from 7 p.m. every third Monday. Meetings will begin after May 22, 2017.

SREC, Inc. Senior Center monthly events

The SREC, Inc. Senior Center, located at 1509 Martin Luther King Dr. SW in Jasper has monthly birthday parties the third Friday of every month at noon, as well as monthly karaoke the fourth Wednesday of every month at 10 a.m. For more information, contact Barbara Daniels at 386-792-1136. Events are subject to change.

Mom 2 Mom

The community is invited to Mom 2 Mom on the fourth Thursday of the month from 1-2 p.m. at the Lafayette Three Rivers Library. Get together with other parents. Door prizes and goodies will be provided. Call Healthy Start at 386-294-1321. Estas invitada a Mom 2 Mom, un evento que se celebró el cuarto Jueves de cada mes la 1 p.m. hasta la cas 2 p.m. en la Biblioteca de Lafayette. Reunirse con otras mamás. Se propondrán premios y regalos. Llame a Healthy Start al 386-294-1321.

All-You-Can-Eat Wellborn Blueberry Pancake Breakfast

The All-You-Can-Eat Wellborn Blueberry Pancake Breakfast will be held the first Saturday of each month from 7:30-10 a.m. All new menu items including blueberry pancakes, scrambled eggs, sausage, grits, bacon, orange juice and coffee. Located at the Wellborn Community Association Building 1340 8th Ave. Wellborn, FL. For pricing and other information, call 386-867-1761 or visit us online on Facebook or www.wellborncommunityassociation.com. Come join us for great food

Community Calendar

Continued From Page 3B

and help benefit the Wellborn community.

Taylor County Beekeeping Club meeting

Taylor County Beekeeping Club meets the second Monday of every month at 6:30 p.m. at the Taylor County IFAS center: 203 Forest Park Dr, Perry, Fla. 32348
www.facebook.com/tcbeeclub
tacobeekeepers@gmail.com

WoodmenLife monthly member meeting, bring a dish

WoodmenLife monthly member meeting is held on the first of every month. Located at 1339 SR 47 in Lake City. RSVP with your local Woodman-Life representative Kristen Hunt at 386-688-7942.

"Singspiration" at Suwannee Church of the Nazarene

Every 5th Sunday, the church will host a "Singspiration"—a night where members of the congregation sing, read poems, share testimonies, etc. Want to participate? Visit the church, or call at 386-397-2309, to be added to the list. The more participation, the longer it goes. Afterwards, there will be snacks and refreshments in the fellowship hall. The church is located at 18763 SE CR 137 in White Springs, FL 32096

The Florida Gateway Bee Club meeting

The Florida Gateway Bee Club meets at 7 p.m. the second Thursday of each month at the Suwannee Valley Agriculture Center located at 8202 CR 417, Live Oak. Professional and hobby beekeepers are welcome, as well as anyone with an interest in learning about honeybees.

San Juan Mission Catholic Church public Rosary

The community is invited to join San Juan Mission Catholic Church, 304 SE Plant Ave, Branford, for the public Rosary on the first Saturday of every month at 9 a.m. The community will pray for religious freedom, traditional moral standards and freedom of conscience.

The Suwannee Chapter, Florida Trail Association meetings

The Suwannee Chapter, Florida Trail Association holds its monthly meetings on the second Monday, 7-9 p.m. at the Suwannee River Water Management District, 9225 CR 49, Live Oak, corner of US 90 and CR 49, 2 miles east of Live Oak. Programs and activities available, and public is welcome.

For more information, call 386-776-1920 or visit Suwannee.FloridaTrail.org.

Disabled American Veterans Chapter 126, Suwannee Memorial

Meets the first Tuesday of each month at the hall in John Hale Park, 215 East Duval St., Live Oak. Disabled veterans and their spouses are encouraged to attend and join.

Suwannee Republican Executive Committee

Meets the 1st Thursday of each month at 7 p.m., Live Oak City Hall 101 White Ave SE Contact Sherri Ortega 386-330-2736 for more information.
www.suwanneegop.com

Suwannee County Republican Executive Committee

Live Oak City Hall, 101 White Ave SE, Live Oak Meets first Thursday, 7 p.m.
www.suwanneegop.com

Suwannee Valley 500 Club

Third Saturday of each month, Suwannee Valley 500 Club will meet at 1 p.m. at Thunder Alley, located at 1605 S. Ohio Ave., Live Oak. 386-364-7778.

Clothes Closet open donations

The Jasper First Methodist Church is accepting donations of clean and gently used items of clothing for children, women and men to be offered in the monthly Clothes Closet. The Clothes Closet is open to everyone on the fourth Saturday of every month from 10 a.m. to 1 p.m. (Christmas and Thanksgiving months the schedule is subject to change). All items are offered free of charge. For more information call 386-792-0904. *The Clothes Closet will be closed due to the Christmas holiday on December 16.

Suwannee County Historical Commission

The Suwannee County Historical Commission meets on the third Thursday of the month at 3:30 p.m. at the Suwannee County Historical Museum (old Freight Depot) on Ohio Avenue in Live Oak. Meetings are open to the public.

Public rosary - first Friday

Join St. Francis Xavier Catholic Church for the public rosary every first Friday of the month at 3 p.m. The church is located at 928 Howard St West. Contact Sheri Ortega at 386-364-1108 or Paul Schmitz at 386-362-5710 for more information.

MOAA-Military Officers Association of America

The Suwannee River Valley Chapter of MOAA meets monthly (September through June) in Lake City. All active duty, retired, and former military officers of all services, including Reserve and National Guard, and spouses/guests are welcome. For information and reservations call Mo Bechel (386)755-0756 or Steve Casto at (386)497-2986. The Suwannee River Valley Chapter, founded in 1990, is one of over 400 MOAA chapters around the world.

Suwannee County Riding Club Bob Holmes Arena, Live Oak

We have roping events on the second and fourth Fridays of the month. Sign ups at 7 p.m. and rides begin at 8 p.m. Speed events are held on the second and fourth Saturdays of the month. Sign ups begin at 6 p.m. and rides begin at 7 p.m. We ride from the fourth weekend of January until November with the exception of March where we have no rides. If you have any questions contact Britney Smith at 386-688-1482.

Recipe Swap

Suwannee River Regional Library 1848 Ohio Ave. S, Live Oak 1st Tuesday of the month, 12 p.m. - 1 p.m. Bring in a favorite recipe or dish, meet other foodies, and exchange ideas. Call 386-362-2317 for Featured Recipe of the Month

Christian Singles

Meet every other Saturday at 5 p.m. Call for more information: 386-623-5810, 386-288-0961, 386-438-3394.

Branford Camera Club

Hatch Park Community Center 403 SE Craven St. Branford Meets 3rd Thursday with an occasional exception 386-935-2044 or 386-590-6339

Critter Corner

Suwannee County Animal Shelter 11150 144th St., McAlpin, Fla. (approx. 8 miles South off Hwy 129). If you are missing a pet or would love to adopt a pet, please come see us. Animals can be viewed Monday-Friday 9-1 and Saturday 9-12. Volunteers and transporters are desperately needed; Tues.-Sat., 9-9:30 a.m., see Ms. Norma. Spay/Neuter 386-208-0072

Suwannee County Seniors Free Breakfast and Lunch

Suwannee River Economic Council's Senior Center 1171 Nobles Ferry Road NW, Live Oak. Monday-Friday 8 a.m. - 5 p.m. Breakfast- 8:30 a.m./Lunch- 11:30 a.m. (make reservation for lunch by 9:30 a.m.) Bingo: (Wednesdays) 10 a.m. Meeting/Service: (Fridays) 10a.m. 386-362-1164

First Baptist Church of Live Oak

Clothes Closet 515 SW 5th Street, 1st and 3rd

Thursday, 8 a.m.-12 p.m. (The Old Red Barn)

Suwannee Valley Branch NAACP-Unit #5137

PO Box 6105, Live Oak, FL 32064
President: Alonzo Philmore
Triumph The Church & Kingdom of God in Christ, 410 Taylor Ave. SW off of 7th St. 1st Monday each month, 7 p.m.
Email: a1101st@comcast.net
386-205-9132

American Legion Post 107

10726 142nd St., Live Oak
Off of Hwy 129 S, post is 1 mile on the right.
Meets 1st Thursday at 12 p.m. 386-362-5987

Social Sewing Club

Center Ave., off of 7th St. 2nd and 4th Tuesday
For more information: 386-362-4062

Live Oak Garden Club

1300 11th St. SW, Live Oak
3rd Friday of each month, 11 a.m.
liveoakfloridagardenclub.com
386-364-4189

'Stars Widow Group'

Antioch Baptist Church 5203 CR 795, Live Oak, FL 4th Monday, 10:30 a.m.
386-362-3101

Suwannee Amateur Radio Club

1st Tuesday, social at 6:30 p.m., regular meeting at 7 p.m.
North of 110 & US Hwy 129, Live Oak. Call for exact location and directions.
www.suwanneearc.org
386-249-3616

Live Oak Art Guild

Suwannee River Regional Library 1848 Ohio Ave. S, Live Oak
Meets 1st Tuesday at 6:30 p.m.
Judith Adams-386-776-2675

Suwannee Democratic Executive Committee

Live Oak City Hall 101 White Ave. SE, Live Oak
Meets 2nd Thursday, 7 p.m.

Suwannee County Bassmasters

Poole Realty Inc 127 E. Howard St., Live Oak
Meets 1st Tuesday, 7 p.m.
386-688-0978 or 386-590-2885

Save the Cats of Live Oak

Help needed at the shelter with feeding and cleaning Monday through Sundays. Help is also needed within the city limits with feeding several cat colonies Monday through Sundays. Items always needed are food, litter and resalable items for the thrift store located at 217 W. Howard St. downtown. For more information, contact 386-364-1006 or 407-748-0396.

The Arc North Florida

Recycle with us
We recycle cardboard, name brand ink cartridges, laser toners, working cell phones w/charger, digital cameras, GPS, MP3, and laptops.
386-362-7143 ext. 0

Book Club for Adults

Suwannee River Regional Library 1848 Ohio Ave. S, Live Oak
Meets 4th Wednesday of the month at 2 p.m.
Join us to discuss our latest read!
386-362-2317

Lunch & Learn – History of Suwannee County

Presented by County Historian, Eric Musgrove
Suwannee River Regional Library 1848 Ohio Ave. S, Live Oak
Meets 2nd Thursday of each month from 12-1 p.m.
Bring your lunch & learn about our historic county!
386-362-2317

Weekly Meetings

Savvy Caregiver Training at Jo Kennon Library

Jo Kennon Public Library 10655 Dowling Park Dr. Live Oak, FL 32064
Are you caring for someone with dementia? Become a Savvy Caregiver! This training is presented by Elder Options and is designed for caregivers who assist persons with dementia and Alzheimer's. Join them for these free classes each Tuesday, 1-3 p.m. for seven weeks, February 6-March 20. To register, please call Johnnie Jones III at 352-692-5277.
386-658-2670

Savvy Caregiver Training at Suwannee Regional Library

Savvy Caregiver is a free, seven-session training program designed for caregivers who serve family members and friends with any form of dementia (i.e. Alzheimer's). Training begins Wednesday, March 7. It will be held at the Suwannee River Regional Library, 1848 S. Ohio Ave., in Live Oak. Sessions are from 10 a.m. until noon. Space is limited to the first 15 who register.
For information, or to register contact Johnnie Jones III at 352-692-5277 or by email at jonesj@agingresources.org. Pre-registration is required.

Bridge Club seeking players

Monday Bridge Club meets every Monday at 5:30 p.m. at a local restaurant in Live Oak. Club needs players. Contact Diana at 904-254-8923 for details.

Grace Lutheran Church hosting educational prayer classes

Would you like to learn more of Jesus? Do you have questions about the Christian faith? Are you going through a difficult time and seek God's council? Classes starting soon, those who attend can do so to fit their schedules best. Different class times will be available.
Please contact Pastor Doug Priestap at Grace

Lutheran Church Live Oak, 386-364-1851 or gracelutheranliveoak@gmail.com

Children's Table Food Distribution

The Children's Table Food Distribution will be at Peace Baptist Church, 7794 S. Hwy. 27, Branford, FL each Wednesday between 2:00-2:30. Bring a large laundry basket or other container to put food in. Donations will be accepted.
For further information, 386-935-4681

Beginners AA meeting

Beginners AA at Dowling Park meets Monday-Wednesday-Saturday, 7 p.m. at "The Lighthouse" 23595 CR 250, Live Oak, 32060 For more information call 305-407-0895. www.LiveOakAA.com

Live Oak Seed Library

Every Wednesday from 1-3 p.m. Presented by the Suwannee County Master Gardeners. Check out seed packets and get all your gardening questions answered at the Suwannee River Regional Library.
386-362-2317

GriefShare Support

GriefShare is a pastor-supervised, lay-led, Biblically based, Christ-centered, video assisted support group for persons who have lost loved ones or friends by death.

The group will meet each Thursday at 10 a.m. beginning May 18 and run through August 10. This 13 week support program will be scheduled throughout the year on different day and time to give those on varying personal schedules an opportunity to participate. All who have experienced the death of a loved one are cordially invited to become a participant in GriefShare. For more information call 383-792-1122.

Finding Your Roots?

The Suwannee Valley Genealogy Society is the place to start! The library, located at 215 Wilbur Street SW near the football field in Live Oak, is open to the public on Tuesdays and Thursdays from 9 a.m. until 4 p.m. to help you find your ancestors. You do not have to be a member to use the library. Meetings are held on the first Thursday of each month at 7 p.m. at the library. For further information, including membership prices, call Jinnie Hancock at 386-330-0110 or email JinnieSVGS@windstream.net

SREC, Inc. Senior Center weekly events

The SREC, Inc. Senior Center, located at 1509 Martin Luther King Dr. SW in Jasper hosts weekly support counseling every Wednesday beginning at 10 a.m. and Bible study every Friday at 10:30 a.m. For more information, contact Barbara Daniels at 386-792-1136. Events are subject to change.

Quilting Friends

Each Tuesday from 9 a.m.-noon
Jasper Public Library, 311 Hatley St. in Jasper.
386-792-2285

"He Speaks to Me" bible study for women

"He Speaks to Me," a Priscilla Shirer Bible study for women, will be held on Tuesdays from 9:30-11 a.m. beginning Jan. 17 at Pinemount Baptist Church on Hwy 129 in McAlpin led by Chaplain Judy. For more information, contact her at 364-5558. We hope to see you there!

Suwannee River Church of the Nazarene schedule

The Suwannee River Church of the Nazarene is located at 18763 SE CR 137 in White Springs. For more information, call 386-397-2309.
Sunday School- 9:45 - 10:45 a.m.
Sunday Morning Service- 11 a.m. - noon
Afternoon Potluck- Noon
Sunday Evening Service- 6 - 7 p.m.
Wednesday Evening Service- 6-7 p.m.

TOPS #662

(Take Off Pounds Sensibly)
Meets every Thursday, (8 a.m. for weigh-in, meeting at 9 a.m.) at Advent Christian Church, 911 Pinewood Ave., Live Oak, Fla. For more information, call May at 386-330-2535.

Branford Seed Library

Every second and fourth Tuesday from 2:30-4:30 p.m.
Presented by the Suwannee County Master Gardeners. Check out seed packets and get all your gardening questions answered at the Branford Public Library.
386-935-1556

TOPS #9798

TOPS (Take Off Pounds Sensibly)
TOPS #9798 is a support group that offers weekly weigh-ins and programs. The programs provide participants with health and weight loss information. Those ready to achieve weight loss and wish for more information may call Barbara at 386-362-5933 or Dori at 386-658-2767.

Mayo AA Group

Located at the First United Methodist Church, meet every Sunday, Monday, Wednesday and Thursday at 8 p.m.
For more information, contact 386-294-2423 or 386-647-6424

AWANA Club

New Hope Baptist Church, Mayo on Hwy. 51. From 6-8 p.m. and runs throughout the school year. Open to children ages two through sixth grades. For more information, call 386-294-2742.

Grief Share

GriefShare, a special support group for people experiencing grief and loss, will be held on Wednesday evenings from 6-8 p.m. at First Baptist Church of Live Oak. The church is located at 401 W. Howard St. Childcare is provided. Please call the church at 386-362-1583 if you would like to attend.

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FOR WEDNESDAY SUWANNEE DEMOCRAT-NOON FRIDAY PRIOR

FOR FRIDAY SUWANNEE DEMOCRAT-9:00 A.M. WEDNESDAY PRIOR

FOR THURSDAY JASPER NEWS-NOON FRIDAY PRIOR

FOR THURSDAY MAYO FREE PRESS-NOON FRIDAY PRIOR

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EE/AA/V/D

General Help Wanted

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EE/AA/V/D

General Help Wanted

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The art of 'Deception':

Magician solves crime in new ABC drama

By Kyla Brewer
TV Media

Like a magician cooking up a potion, concocting a hit television show requires the perfect brew of drama, intrigue and mystery. Adding a dash of excitement, a charismatic star and just a hint of romance can create TV magic, and one promising new series seems to have it all.

Jack Cutmore-Scott ("Cooper Barrett's Guide to Surviving Life") stars as magician Cameron Black, who works for the FBI after his magic career is ruined by scandal, in "Deception," premiering Sunday, March 11, on ABC. While his 15 minutes of fame may be over, Black's skills are uniquely suited to help the government catch elusive criminals as he uses his knowledge of illusion to confound, influence and deceive others.

The premise may seem far-fetched, but creator and producer Chris Fedak ("Chuck") explained the logic behind it during a Q&A panel at 2017's New York Comic Con.

"So many of the theories of magic also play into criminality," Fedak said. "If you're going to rob a bank, if you're going to steal things, you are using that same skill set to trick people and deceive people. Cameron brings his own perspective to many of the cases and the crimes that we're going to come across."

Fedak and his cohorts have recruited some top talent to make sure the tricks and illusions in "Deception" ring true. Famed illusionist and crossword expert David Kwong has signed on to co-produce and also serves as a consultant on the series with fellow magician Frances Menotti. Kwong, Menotti and other magic experts have worked extensively with Cutmore-Scott to show him the ropes so he'll look convincing. The magicians also design the complex illusions in the show, which, according to Fedak, are as true to life as possible.

"When we look at each one of our stories, we want to do as much magic that's real that we can," Fedak explained. "The other thing we want to do is [ensure] everything that happens inside the story — our illusions, our deceptions — are all things that can happen in the real world."

Producers have also enlisted the help of an FBI consultant to keep the program as accurate as possible.

While serving as the FBI's first "consulting illusionist," Black works alongside no-nonsense FBI agent Kay Daniels (Ilfenesh Hadera, "Baywatch," 2017), who's initially skeptical of his techniques. The chemistry between these two delivers a healthy dose of humor, thanks to Black's sometimes naive antics and Daniels' straight-laced reactions. In contrast, her colleague, FBI Agent Mike Alvarez (Amaury Nolasco, "Prison Break"), is a huge fan of magic and recognizes Black right away. Special Agent Deakins (Laila Robins, "Murder in the First") is eventually won over by the disgraced magician as he proves his worth to the FBI, thanks to a little help from his team.

Black's "magic" team includes makeup artist/producer Dina Clark (Lenora Crichlow, "Being Human") and Jordan Kwon (Justin Chon, "Twilight," 2008). Gunter Gustafsen (Vinnie Jones, "Escape Plan," 2013) is widely regarded as the world's greatest illusion builder. They may be new to law enforcement, but the ragtag crew and their fearless leader teach



Ilfenesh Hadera and Jack Cutmore-Scott star in "Deception"

the FBI agents some new tricks. All the while, Black hopes to right the wrongs that have been done to him.

The ensemble cast supports a tried-and-true recipe for prime-time success. "Deception" features a formula that's paid off for broadcast networks in the past several years: a charming male lead (Cutmore-Scott) is paired with a strong-yet-exasperated female lead (Hadera). ABC's "Castle" and CBS's "Elementary" are just two examples of other recent series that have enjoyed ratings success thanks to similar plots. But there's a show to which "Deception" bears even more resemblance — industry insiders have already been comparing ABC's new magic drama to CBS's highly successful drama "The Mentalist" (2008-2015), which chronicled the life of disgraced "psychic" Patrick Jane (Simon Baker, "The Guardian") as he solved crimes for the California Bureau of Investigation (CBI) alongside Agent Teresa Lisbon (Robin Tunney, "Prison Break").

Interestingly, "Deception" shares a behind-the-scenes link with "The Mentalist." Emmy-nominated composer Blake Neely, who composed music for "The Mentalist," is also the composer for "Deception." Not only that, but one of the show's executive producers, David Nutter, directed the pilot episode of "The Mentalist." Along with Fedak, Nutter's fellow executive producers include Greg Berlanti ("Blindspot"), Martin Gero ("Blindspot")

and Sarah Schechter ("The Flash").

Like "The Mentalist's" subplot involving serial killer Red John, it appears "Deception" may feature an ongoing plot in addition to the weekly cases. At New York Comic Con's panel, Fedak dropped hints about a mystery woman and her reasons for doing what she does to Black.

Details about the nature of Black's transgressions are sketchy, so audiences will have to watch the new series to find out why Black has become a target. With illusions, humor, explosions and much more, the new drama seems to have something for everyone. Fans of such crime procedurals, magic and action won't want to miss the premiere of "Deception," airing Sunday, March 11, on ABC.

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WEDNESDAY EVENING			C COMCAST S1 DISH NETWORK S2 DIRECTV										MARCH 7, 2018				
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	
2	27	27	WTXL	News	News	News	News	InsEd.	Judy	Goldberg	Speech	Modern	Am.Wife	Designated Surv.	News	Kimmel	
3	-	-	WCJB	WCJB TV-20 News	News	News	News	ET	InsEd.	Goldberg	Speech	Modern	Am.Wife	Designated Surv.	News	Kimmel	
5	-	-	WUFT	Travel	News	News	Business	PBS NewsHour	Brain Secrets			Rhythm, Love and Soul (My Music)		Update			
6	6	6	WCTV	News	News	News	News	Wheel	Jeopardy	Survivor	SEAL Team		Criminal Minds	News	Colbert		
62	-	-	WCTV2	Sullivan	Sullivan	Rowan and Martin	Rowan and Martin	Dateline		Dateline		Sullivan	Sullivan	Through Decades			
9	24	24	WTLF	Goldberg	Goldberg	Am.Dad	Am.Dad	Fam.Guy	Fam.Guy	Riverdale	Life Sentence		Page Six	Seinfeld	Seinfeld	Rules	
10	49	49	WTLH	Daily	2 1/2 Men	2 Broke	BigBang	Mike&M.	BigBang	The X-Files	9-1-1		News	Modern	Modern	Simps.	
12	40	40	WTWC	Dr. Phil	Feud		News	ET	Feud	The Blacklist	Law&Order: SVU		Chicago P.D.	Daily	Daily		
29	118	265	A&E	S. Wars	S. Wars	S. Wars	S. Wars	S. Wars	S. Wars	S. Wars	S. Wars	S. Wars	Rooster & Butch	S. Wars	S. Wars		
60	130	254	AMC	(4:00) ♣ "The Green Mile" ('99) David Morse, Tom Hanks.	♣ "Open Range" ('03) Kevin Costner, Robert Duvall.					♣ "Hang 'Em H...							
50	184	282	APL	Treehouse Masters	Treehouse Masters	Treehouse Masters	Treehouse Masters	Treehouse Masters	Masters: Branch.	To Be Announced			Treehouse Masters				
65	129	273	BRAVO	Real Housewives	Real Housewives	Real Housewives	Real Housewives	Real Housewives	Beverly Hills	Beverly Hills			Beverly Hills	Atlanta	Atlanta		
38	182	278	DISC	Street Outlaws	Street Outlaws	Street Outlaws	Street Outlaws	Street Outlaws	Street Outlaws	Street Outlaws	Street Outlaws		Twin Turbos	Street Outlaws			
31	172	290	DISN	Bizaard.	Bizaard.	Jessie	Jessie	Bunk'd	Bunk'd	Bunk'd	Bunk'd	Bizaard.	Bizaard.	Gravity	Gravity	StuckM.	Bizaard.
35	140	206	ESPN	Horn	Interrupt	SportsCenter		NBA Countdown		NBA Basketball Toronto Raptors at Detroit Pistons			Basketball		Cle./Den.		
51	110	231	FOOD	Guy's Game		Guy's Game		Guy's Game		Guy's Game		Guy's Game		Guy's Game		Guy's Game	
30	180	311	FREE	Middle	Middle	♣ "Matilda" ('96) Mara Wilson.			Grown	Alone	♣ "Hot Rod" ('07) Andy Samberg.			The 700 Club			
67	137	248	FX	4: ♣ "Captain America: The Winter So...			♣ "Straight Outta Compton" ('15) O'Shea Jackson Jr..			Gianni Versace			(:15) Versace				
56	423	634	FXSP	GatorZ.	NC State	Spotlight	Focused	Polaris	SnowM	Soccer Dortmund vs Leipzig			Pre-game	Basketball	Orl./L.A. L.		
72	185	312	HALL	4: ♣ "Flower Girl"		F.House	F.House	F.House	F.House	F.House	F.House	Middle	Middle	Middle	Middle	G. Girls	G. Girls
47	112	229	HGTV	Buying and Selling		Buying and Selling		Buying and Selling		Property Brothers		Property Brothers		H.Hunt	House	Dream H.	Dream H.
49	120	269	HIST	Forged in Fire		Forged in Fire		Forged in Fire		Forged in Fire		The Men Who Built			(:05) Civil War Gold		
57	181	255	ION	Law & Order		Law & Order		Law & Order		Law & Order		Law & Order		Law & Order		Law & Order	
32	108	252	LIFE	Grey's Anatomy		Grey's Anatomy		LW Atlanta		Little Women ATL		LW Atlanta		Glam Masters		(:05) L. Gibson	
61	109	253	LMN	4: ♣ "To Be An...		♣ "Seduced" ('16) Elisabeth Rohm.			♣ "Infidelity in Suburbia" ('16)			♣ "Unwanted Guest" ('16)					
28	168	262	SPIKE	2 1/2 Men	2 1/2 Men	Friends	Friends	Friends	♣ "Pitch Perfect" ('12) Anna Kendrick.			Heathers		Heathers			
58	122	244	SYFY	(3:) ♣ "Immortals"		♣ "National Treasure" ('04) Diane Kruger, Nicolas Cage.			The Magicians			Channel Zero		♣ "National Tre...			
39	139	247	TBS	Am.Dad	Am.Dad	Fam.Guy	Fam.Guy	BigBang	BigBang	BigBang	BigBang	BigBang	BigBang	BigBang	Frontal	Conan	
48	183	280	TLC	(4:00) 600-lb Life		My 600-lb Life		My 600-lb Life		My 600-lb Life		To Be Announced		TBA / (:05) 600 Life		(:10) My 600-lb Life	
25	138	245	TNT	Bones		Bones		Bones		♣ "Hercules" ('14) Dwayne Johnson.			(:15) ♣ "47 Ronin" ('13) Keanu Reeves.				
55	176	296	TOON	TeenT.	TeenT.	Gumball	UNIKITTY	Gumball	Gumball	King Hill	Am.Dad	Cleveland.	Am.Dad	BobBurg.	BobBurg.	Fam.Guy	Fam.Guy
46	215	277	TRAV	Bizarre Foods		Bizarre Foods		Exp. Unkown		Exp. Unkown		Exp. Unkown		Exp. Unkown		Exp. Unkown	
73	204	246	TRU	Jokes	Jokes	Jokes	Jokes	Jokes	Jokes	Jokes	Jokes	Jokes	Jokes	Jokes	Jokes	Laff	Jokes
69	106	301	TVL	Griffith	Griffith	MASH	MASH	MASH	MASH	Raymond	Raymond	Raymond	Raymond	Mom	Mom	Queens	Queens
33	105	242	USA	Law&Order: SVU		Law&Order: SVU		♣ "The Wedding Ringer" ('14)		♣ "The Wedding Ringer" ('14)		Modern		Modern			
66	128	260	WE	Law & Order		Law & Order		Madam Secretary		Madam Secretary		Madam Secretary		Madam Secretary		Madam Secretary	
16	239	307	WGN	Blue Bloods		Blue Bloods		♣ "Edge of Tomorrow" ('14) Tom Cruise.			♣ "Jumper" ('08) Hayden Christensen.			Movie			

THURSDAY EVENING			C COMCAST S1 DISH NETWORK S2 DIRECTV											MARCH 8, 2018		
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
27	27	WTXL	News	News	News	News	InsEd.	Judy	Grey's Anatomy	Scandal			Away With Murder	News	Kimmel	
-	-	WCJB	WCJB TV-20 News	News	News	News	ET	InsEd.	Grey's Anatomy	Scandal			Away With Murder	News	Kimmel	
-	-	WUFT	Travel	News	News	Business	PBS NewsHour		The Beatles: Eight Days a Week: The Touring Years	Age Reversed					Update	
6	6	WCTV	News	News	News	News	Wheel	Jeopardy	BigBang	Sheldon	Mom	Pieces	S.W.A.T.		News	Colbert
-	-	WCTV2	Sullivan	Sullivan	Rowan and Martin	Rowan and Martin	Rowan and Martin	Rowan and Martin	Law & Order: C.I.	Law & Order: C.I.			Sullivan		Through Decades	
24	24	WTLF	Goldberg	Goldberg	Am.Dad	Am.Dad	Fam.Guy	Fam.Guy	Supernatural	Arrow			Page Six	Seinfeld	Seinfeld	Rules
49	49	WTLH	Daily	2½Men	2 Broke	BigBang	Mike&M.	BigBang	Gotham	Showtime-Apollo			News	Tallahas	Modern	Simps.
40	40	WTWC	Dr. Phil		Feud	News	ET	Feud	Super	A.P. Bio	WGrace	Champion	Chicago Fire	Daily	Daily	
118	265	A&E	The First 48		The First 48		The First 48		The First 48				60 Days In		(:05) The First 48	
130	254	AMC	☼ "Open Range" ('03)		Kevin Costner, Robert Duvall.		☼ "Young Guns" ('88)		Emilio Estevez.				☼ "Young Guns II" ('90)			
184	282	APL	Rocky Mt. Hunters		Rocky Mt. Hunters		Lone Star Law		Lone Star Law				Lone Star Law		Lone Star Law	
129	273	BRAVO	Top Chef		Top Chef		Top Chef		Top Chef				Top Chef		Watch	Tardy...
182	278	DISC	The Fireball		The Fireball		Street Outlaws: No Prep Kings		Street Outlaws: No Prep Kings				Outlaws FastLoud		To Be Announced	(:15) Twin Turbos
172	290	DISN	Bizaard.	Bizaard.	Jessie	Jessie	Bunk'd	Bunk'd	Bunk'd	Bunk'd	Bizaard.	Bizaard.	Gravity	Gravity	StuckM.	Bizaard.
140	206	ESPN	Horn	Interrupt	SportsCenter		NCAA Basketball ACC Tournament		NCAA Basketball ACC Tournament				NCAA Basketball ACC Tournament			SC
110	231	FOOD	Beat Play	Beat Play	Beat Play	Beat Play	Chopped		Chopped				Chopped		Beat Play	Beat Play
180	311	FREE	Movie		☼ "Miss Congeniality 2: Armed and Fabulous"		Beyond		☼ "Miss Congeniality" ('00)						The 700 Club	
137	248	FX	(4:30) ☼ "Straight Outta Compton" ('15)				☼ "Jurassic World" ('15)		Chris Pratt.				Atlanta	Atlanta	Atlanta	Movie
423	634	FXSP	(4:30) Soccer B. Muni./Frei.		Panthers	Pre-game	NHL Hockey Montréal Canadiens at Florida Panthers		Postgame				Panthers		WPT Poker	
185	312	HALL	4: ☼ "Very, Very..."		F.House	F.House	F.House	F.House	F.House	F.House	Middle	Middle	Middle	Middle	G. Girls	G. Girls
112	229	HGTV	FlipFlop	FlipFlop	FlipFlop	FlipFlop	FlipFlop	FlipFlop	FlipFlop	FlipFlop	FlipFlop	FlipFlop	H.Hunt	House	H.Hunt	House
120	269	HIST	Pawn S.	Pawn S.	Swamp People		Swamp People		Swamp: Blood				Swamp People		(:05) Truck Night	(:05) Truck Night
181	255	ION	Blue Bloods		Blue Bloods		Blue Bloods		Blue Bloods				Blue Bloods		Blue Bloods	
108	252	LIFE	Grey's Anatomy		Grey's Anatomy		Runway	ProjectR	PR All Stars Social				Project Runway		(:05) Glam Masters	Project Runway
109	253	LMN	4: ☼ "To Be An..."		☼ "Open Marriage" ('16)		☼ "Psycho Wedding Crasher" ('17)		☼ "Honeymoon From Hell" ('16)							
168	262	SPIKE	2½Men	2½Men	Friends	Friends	Friends	Friends	Friends	Friends	Lip Sync	Lip Sync	Lip Sync	☼ "Horrible Bosses" ('11)		
122	244	SYFY	(4:00) ☼ "Salt"		☼ "The Last Witch Hunter" ('15)		(:15) ☼ "Gods of Egypt" ('16)		Gerard Butler.							The Magicians
139	247	TBS	Space	Space	Fam.Guy	Fam.Guy	Seinfeld	Seinfeld	Seinfeld	Seinfeld	BigBang	BigBang	BigBang	BigBang	Conan	
183	280	TLC	Say Yes	Say Yes	Hear Me		My 600-lb Life		My 600-lb Life				To Be Announced		Family by the Ton	My 600-lb Life
138	245	TNT	NCIS: New Orleans		NCIS: New Orleans		NCIS: New Orleans		Basketball Boston vs Minnesota				Basketball		S.A./G.S.	
176	296	TOON	TeenT.	TeenT.	Gumball	UNIKITTY	Gumball	AppOnion	King Hill	Am.Dad	Clevla.	Am.Dad	BobBurg.	BobBurg.	Fam.Guy	Fam.Guy
215	277	TRAV	Mystery Museum		Mystery Museum		Mystery Museum		Mystery Museum				Mystery Museum		Mystery Museum	
204	246	TRU	Jokers	Jokers	Jokers	Jokers	Jokers	Jokers	Jokers	Jokers	Jokers	Jokers	Jokers	Jokers	Game Sh.	Jokers
106	301	TVL	Griffith	:50 MASH	(:25) M*A*S*H		MASH	MASH	Raymond	Raymond	Raymond	Raymond	Mom	Mom	Queens	Queens
105	242	USA	Law&Order: SVU		Law&Order: SVU		Law&Order: SVU		Law&Order: SVU				American Ninja		Law&Order: SVU	Law&Order: SVU
128	260	WE	Law & Order: C.I.		Law & Order: C.I.		Growing Up Hip H		Growing Up Hip H				Growing Up Hip H		Growing Up Hip H	Growing Up Hip H
239	307	WGN	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Messenger		Cops	Cops

FRIDAY EVENING			C COMCAST S1 DISH NETWORK S2 DIRECTV											MARCH 9, 2018		
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
27	27	WTXL	News	News	News	News	InsEd.	Judy	Once Upon a Time	Agents of SHIELD			20/20		News	Kimmel
-	-	WCJB	WCJB TV-20 News	News	News	News	ET	InsEd.	Once Upon a Time	Agents of SHIELD			20/20		News	Kimmel
-	-	WUFT	Travel	News	News	Business	PBS NewsHour		W.Week	#MeToo			Three Steps/ Health		The Vietnam War	Update
6	6	WCTV	News	News	News	News	Wheel	Jeopardy	MacGyver				Hawaii Five-0		Blue Bloods	News
-	-	WCTV2	Sullivan	Sullivan	Rowan and Martin	Rowan and Martin	Rowan and Martin	Rowan and Martin	American Ninja	American Ninja			Sullivan	Sullivan	Through Decades	
24	24	WTLF	Goldberg	Goldberg	Am.Dad	Am.Dad	Fam.Guy	Fam.Guy	Dynasty				Jane the Virgin		Page Six	Seinfeld
49	49	WTLH	Daily	2½Men	2 Broke	BigBang	Mike&M.	BigBang	MasterChef Junior				9-1-1		News	Modern
40	40	WTWC	Dr. Phil		Feud	News	ET	Feud	Blindspot				Taken		Dateline NBC	Daily
118	265	A&E	Live PD						Live PD /Live PD				Live PD			
130	254	AMC	(4:30) ☼ "Young Guns II" ('90)				☼ "The Day After Tomorrow" ('04)		Dennis Quaid.				☼ "Pirates of the Caribbean: The Curse of the Bl..."			
184	282	APL	Insane Pools		Insane Pools		Insane Pools		Insane Pools				(:05) Insane Pools		(:05) Insane Pools	
129	273	BRAVO	Housewives Atl.		Housewives Atl.		Housewives Atl.		Married Medicine				Married Medicine		Relative Success	Watch
182	278	DISC	Gold Rush		Gold Rush		Gold Rush		Gold Rush: Pay Dirt				Gold Rush		(:35) White Water	:40 Rush
172	290	DISN	Bizaard.	Bizaard.	Jessie	Jessie	Bunk'd	Bunk'd	StuckM.	Bizaard.	Andi M.	Raven's.	Gravity	Gravity	StuckM.	Bizaard.
140	206	ESPN	3: Basket.	Interrupt	SportsCenter		NCAA Basketball ACC Tournament		NCAA Basketball ACC Tournament				NCAA Basketball ACC Tournament			SC
110	231	FOOD	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners	Diners
180	311	FREE	Movie		(:40) ☼ "Miss Congeniality" ('00)		Sandra Bullock.		(:20) ☼ "Miss Congeniality 2: Armed and Fabulous" ('05)						The 700 Club	
137	248	FX	Movie		☼ "Jurassic World" ('15)		Chris Pratt.		☼ "Terminator: Genisys" ('15)						☼ "Terminator: Genisys"	
423	634	FXSP	Europa League		UCL Mag.		NHRA Drag Racing		Pre-game				Basketball Orlando vs Sacramento			
185	312	HALL	4: ☼ "Elevator G..."		☼ "Birthday Wish" ('17)		Jessy Schram.		☼ "Anything for Love" ('16)				Meet the Peetes		G. Girls	G. Girls
112	229	HGTV	Bargain	Bargain	Bargain	Bargain	Bargain	Bargain	Dream H.	Dream H.	Dream H.	Dream H.	H.Hunt	House	H.Hunt	House
120	269	HIST	Ancient Aliens		Ancient Aliens		Ancient Aliens		Ancient Aliens: Declassified							
181	255	ION	CSI: Crime Scene		CSI: Crime Scene		CSI: Crime Scene		CSI: Crime Scene				CSI: Crime Scene		CSI: Crime Scene	CSI: Crime Scene
108	252	LIFE	I Survived ...		Laurieann Gibson		Bring It!		Bring It! Fan Chat				Bring It!		Laurieann Gibson	Laurieann Gibson
109	253	LMN	(4) ☼ "Bad Sister"		☼ "Nanny Seduction" ('17)		Wes Brown.		☼ "My Daughter Was Stolen" ('17)				☼ "You Killed My Mother" ('17)			
168	262	SPIKE	2½Men	2½Men	Friends	Friends	Friends	Friends	Friends	Friends	☼ "Horrible Bosses 2" ('14)		Jason Bateman.		Heathers	
122	244	SYFY	(:15) ☼ "Gods of Egypt" ('16)		Gerard Butler.				Futur.	Futur.	Futur.	Futur.	Futur.	Futur.	Futur.	Futur.
139	247	TBS	Am.Dad	Am.Dad	Fam.Guy	Fam.Guy	Brooklyn	Brooklyn	☼ "Old School" ('03)				Luke Wilson.		ELeague	Space
183	280	TLC	Untold Stories		Untold Stories		Untold Stories		Untold Stories				Untold Stories		Untold Stories	Untold Stories
138	245	TNT	NCIS: New Orleans		NCIS: New Orleans		NCIS: New Orleans		☼ "Point Break" ('15)				Luke Bracey.		(:15) The Alienist	:15 ☼ "Ender's G..."
176	296	TOON	TeenT.	TeenT.	Gumball	Gumball	AppOnion	OKK.O.!	King Hill	Clevla.	Clevla.	Am.Dad	Am.Dad	BobBurg.	Fam.Guy	Fam.Guy
215	277	TRAV	Ghost Adventures		Ghost Adventures		Exp. Unkown		Destination Truth				Destination Truth		Destination Truth	Destination Truth
204	246	TRU	Jokers	Jokers	Jokers	Jokers	Jokers	Jokers	Jokers	Jokers	Jokers	Jokers	Jokers	Jokers	Laff	Laff
106	301	TVL	Griffith	Griffith	MASH	MASH	MASH	MASH	Raymond	Raymond	Raymond	Raymond	Mom	Mom	Queens	Queens
105	242	USA	Law&Order: SVU		Modern	Modern	Modern	Modern	Modern	Modern	Modern	Modern	Modern	Modern	Modern	Modern
128	260	WE	Monk		Monk		Bridezillas		Boot Camp: Reali				MarriageBootCamp		Bridezillas	Love After Lockup
239	307	WGN	Blue Bloods		Blue Bloods		MASH	MASH	MASH	MASH	MASH	MASH	MASH	MASH	MASH	MASH

SATURDAY EVENING			C COMCAST S1 DISH NETWORK S2 DIRECTV											MARCH 10, 2018		
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
27	27	WTXL	Heroes of the Dorm		News	News	Ins. Ed.	Judy	Count	Basketball San Antonio vs Oklahoma					News	Matter
-	-	WCJB	Ent. Tonight		News	News	Ins. Ed.	Florida	Count	Basketball San Antonio vs Oklahoma					News	Scandal
-	-	WUFT	(4:30) Rick Steves'		Rhythm, Love and Soul (My Music)				Doo Wop Generations (My Music)						The Beatles	
6	6	WCTV	(3:30) Basketball		NCAA Basketball MWC Tournament				NCIS				NCIS: New Orleans		48 Hours	News
-	-	WCTV2	DorisDay	DorisDay	DorisDay	DorisDay	DorisDay	H.S. Basketball					DorisDay	DorisDay	DorisDay	DorisDay
24	24	WTLF	Elementary		Sheriffs:	Sheriffs:	Clevla.	Clevla.	Fam.Guy	Fam.Guy	BobBurg.	BobBurg.	Seinfeld	Seinfeld	Queens	Movie
49	49	WTLH	(4:30) NASCAR Auto		Racing		NCAA Basketball Big East Tournament		Postgame				Showtime-Apollo		FoxNews	In Depth
40	40	WTWC	(3:00) PGA Golf		Feud	News	Ent. Tonight		WGrace				Super		Dateline NBC	Saturday Night Live
118	265	A&E	Live PD						Live PD /Live PD				Live PD			
130	254	AMC	☼ "Pirates of the Caribbean: The Curse of the Black Pearl"				☼ "Contagion" ('11)		Kate Winslet, Matt Damon.				☼ "Insidious: Chapter 2"			
184	282	APL	The Zoo		The Zoo		The Zoo		The Zoo				The Zoo		The Zoo	
129	273	BRAVO	☼ "Next Friday" ('00)		Ice Cube.		☼ "Madea's Witness Protection" ('12)		Tyler Perry.				☼ "Madea's Witness Protection" ('12)		Tyler Perry.	
182	278	DISC	Naked Afraid		Naked Afraid		Naked Afraid		Naked Afraid				To Be Announced		To Be Announced	Naked and Afraid
172	290	DISN	Andi M.	Andi M.	☼ "Toy Story" ('95)		☼ "Toy Story 2" ('99)		StuckM.	StuckM.	Bizaard.	Bizaard.	Bunk'd	Bunk'd	Bunk'd	Bunk'd
140	206	ESPN	3: Basket.	Score.	NCAA Basketball Big 12 Tournament		Score.		NCAA Basketball ACC Tournament				Boxing Top Rank			
110	231	FOOD	Spring Baking		Spring Baking		Spring Baking		Spring Baking				Spring Baking		Spring Baking	Spring Baking
180	311	FREE	(4:35) ☼ "Tarzan" ('99)		(:40) ☼ "The Lion King" ('94)		(:50) ☼ "Beauty and the Beast" ('91)		Paige O'Hara.				(:55) ☼ "Newsies"			
137	248	FX	Movie		☼ "Transformers: Dark of the Moon" ('11)		Tyrese Gibson, Shia LaBeouf.		☼ "Iron Man 2" ('10)				Robert Downey Jr..			Versace
423	634	FXSP	4: Soccer		UEFA Soccer Champions League		UEFA Soccer Champions League		Pre-game				Basketball OrL./L.A. C.			
185	312	HALL	☼ "A Country Wedding" ('15)		☼ "My Secret Valentine" ('18)		☼ "Love, Once and Always" ('18)						Preview		G. Girls	G. Girls
112	229	HGTV	Property Brothers		Property Brothers		Property Brothers		Fixer Upper				Fixer Upper		Renovation	LogCabin
120	269	HIST	American Pickers		American Pickers		American Pickers		American Pickers				The Men Who Built		American Pickers	American Pickers
181	255	ION	Law&Order: SVU		Law&Order: SVU		Law&Order: SVU		Law&Order: SVU				Law&Order: SVU	</		

SUNDAY EVENING			C COMCAST S1 DISH NETWORK S2 DIRECTV										MARCH 11, 2018			
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
27	27	WTXL	3: Basket. G.S./Min.	News	News	News	News	Home Videos	American Idol				Deception	News	Renovate	
-	-	WCJB	3: Basket. G.S./Min.	News	News	News	News	Home Videos	American Idol				Deception	News	Interest	
-	-	WUFT	(10:30) Civilization	Independent Lens					Roy Orbison			Joe Bonamassa: Brit.		Memory Rescue		
6	6	WCTV	(3:30) Basketball	News	News	60 Minutes	60 Minutes	60 Minutes	NCIS: Los Angeles			Madam Secretary	News	(:35) Paid		
-	-	WCTV2	DorisDay	DorisDay	DorisDay	DorisDay	DorisDay	Person of Interest	Leverage			DorisDay	DorisDay	DorisDay	DorisDay	
24	24	WTLF	Rules	Rules	Goldberg	Goldberg	Saving Hope	"Hachi: A Dog's Tale" ('09)				Fam.Guy	Fam.Guy	Cleveland	Movie	
49	49	WTLH	(3:30) NASCAR Auto	Racing			BobBurg.	BobBurg.	Simps.	Ghosted	Fam.Guy	Last Man	FoxNews	BigBang	Modern	Modern
40	40	WTWC	(3:00) PGA Golf	Feud	News	American Ninja Warrior							Timeless	Outdoors	J. Brown	
118	265	A&E	S. Wars	S. Wars	S. Wars	S. Wars	S. Wars	S. Wars	S. Wars	S. Wars	S. Wars	S. Wars	S. Wars	S. Wars	S. Wars	S. Wars
130	254	AMC	(4:00) "Contagion" ('11)	(:35) The Walking Dead			(:55) The Walking Dead	The Walking Dead	The Walking Dead			(:10) Talking Dead	(:10) Talking Dead	(:10) Talking Dead	(:10) Talking Dead	(:10) Talking Dead
184	282	APL	NWL: N.Hampshire	NWL: N.Hampshire	NWL: N.Hampshire	NWL: N.Hampshire	North Woods Law	NWL: N.Hampshire	Lone Star Law			NWL: N.Hampshire	NWL: N.Hampshire	NWL: N.Hampshire	NWL: N.Hampshire	NWL: N.Hampshire
129	273	BRAVO	Housewives Atl.	Housewives Atl.	Atlanta Social	Housewives Atl.	To Rome for Love	Unsolved	Watch	Atlanta						
182	278	DISC	Naked and Afraid	Naked and Afraid	Naked and Afraid	Naked and Afraid	Naked and Afraid	Naked and Afraid	Naked and Afraid							(:05) Naked
172	290	DISN	Andi M.	Andi M.	Bizaard.	Bizaard.	"Meet the Robinsons"	StuckM.	Bizaard.	(:35) Andi Mack	Bizaard.	Bizaard.	Bunk'd	Bunk'd	Bunk'd	Bunk'd
140	206	ESPN	SportsCenter	SportsCenter	College GameNight				Basketball Cleveland vs L.A. Lakers				SportsC.			
110	231	FOOD	WorstCooks	WorstCooks	WorstCooks	WorstCooks	WorstCooks	WorstCooks	WorstCooks			Guy's Game	Beat Play	Beat Play	Beat Play	Beat Play
180	311	FREE	(:20) "The Lion King" ('94)	(:25) "Beauty and the Beast" ('91)	"The DUFF" ('15) Robbie Amell, Mae Whitman.											
137	248	FX	Movie	"Iron Man 2" ('10) Robert Downey Jr.	"The Martian" ('15) Jessica Chastain, Matt Damon.	"The Martian"										
423	634	FXSP	Soccer M' Gladbach vs Leverkusen	WPT Poker	WPT Poker	WPT Poker	UFC Main Event	WPT Poker	WPT Poker							
185	312	HALL	"Cooking with Love" ('18)	"Love, Once and Always" ('18)			When Calls Heart	Meet the Peetes	Life	Life	IsIndLif	IsIndLif	G. Girls	G. Girls	G. Girls	G. Girls
112	229	HGTV	Fixer Upper	Fixer Upper	Fixer Upper	Bargain Beach	Life	Life	IsIndLif	IsIndLif	IsIndLif	IsIndLif	Life	Life	Life	Life
120	269	HIST	Forged in Fire	Forged in Fire	Forged in Fire	Forged in Fire	Kingpin									(:05) Truck Night
181	255	ION	NCIS: Los Angeles	NCIS: Los Angeles	NCIS: Los Angeles	NCIS: Los Angeles	Private Eyes	NCIS: Los Angeles	NCIS: Los Angeles							
108	252	LIFE	4: "Boy in the ..."	"Killer Coach" ('16) Keesha Sharp.	"Pretty Woman" ('90) Julia Roberts, Richard Gere.											Married/ First Sight
109	253	LMN	4: "Psycho Bro..."	Mary Kills People	Mary Kills People	Mary Kills People	Mary Kills People	Mary Kills People	Mary Kills People	Mary Kills People	Mary Kills People	Mary Kills People	Mary Kills People	Mary Kills People	Mary Kills People	Mary Kills People
168	262	SPIKE	Bar Rescue	Bar Rescue	Bar Rescue	Bar Rescue	Bar Rescue	Bar Rescue	Bar Rescue	Bar Rescue	Bar Rescue	Bar Rescue	Bar Rescue	Bar Rescue	Bar Rescue	Bar Rescue
122	244	SYFY	4: "Underworld: Rise of t..."	"Mad Max: Fury Road" ('15) Tom Hardy.	"Lara Croft: Tomb Raider" ('01)	:15 "The Chro..."										
139	247	TBS	(4:) "Get Hard"	NCAA Selection Show	iHeartRadio Music Awards	Drop Mic	Drop Mic	iHeartRadio								
183	280	TLC	(4:00) 600-lb Life	SisterWivesMore	(:05) S.WivesMore	Sister Wives	To Be Announced	(:05) Three Wives	(:05) Sister Wives							
138	245	TNT	Movie	(:45) "The Hunger Games: Mockingjay, Part 1"	iHeartRadio Music Awards	iHeartRadio Music Awards										
176	296	TOON	Gumball	Gumball	UNIKITTY	UNIKITTY	Ben 10	OK K.O.!	King Hill	King Hill	BobBurg.	Am.Dad	Fam.Guy	Fam.Guy	RickMort	TysonM.
215	277	TRAV	Sand Blasters	Food Paradise	Food Paradise	Food Paradise	Food Paradise	Food Paradise	CookOff	CookOff	Food Paradise					
204	246	TRU	Jokers	Jokers	Jokers	Jokers	Jokers	Jokers	iHeartRadio Music Awards	iHeartRadio Music Awards						
106	301	TVL	Reba	Reba	Reba	Reba	Reba	Raymond	Raymond	Raymond	Raymond	Mom	Mom	Queens	Queens	Queens
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	Law&Order: SVU	Law&Order: SVU
128	260	WE	Monk	Monk	Monk	Monk	Monk	Monk	Monk	Monk	Monk	Monk	Monk	Monk	Monk	Monk
239	307	WGN	Cops	Cops	Blue Bloods	Blue Bloods	Blue Bloods	Blue Bloods	Blue Bloods	Blue Bloods	Blue Bloods	Messenger	Bellevue	Bellevue	Bellevue	Bellevue

MONDAY EVENING			C COMCAST S1 DISH NETWORK S2 DIRECTV										MARCH 12, 2018			
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
27	27	WTXL	News	News	News	News	InsEd.	Judy	American Idol				The Good Doctor	News	Kimmel	
-	-	WCJB	WCJB TV-20 News	News	News	News	ET	InsEd.	American Idol				The Good Doctor	News	Kimmel	
-	-	WUFT	News	News	News	Business	PBS NewsHour	Jimmy Buffett: B	Bee Gees One for All				Three Steps/ Health			
6	6	WCTV	News	News	News	News	Wheel	Jeopardy	KevinCan	ManPlan	Donuts	Biblically	Scorpion	News	Colbert	
-	-	WCTV2	Sullivan	Sullivan	Rowan and Martin	Through Decades	Law&Order: SVU	Law&Order: SVU	Sullivan	Sullivan	Through Decades					
24	24	WTLF	Goldberg	Goldberg	Am.Dad	Am.Dad	Fam.Guy	Fam.Guy	LegendsTomorrow	iZombie	Page Six	Seinfeld	Seinfeld	Rules	Rules	
49	49	WTLH	Daily	2 1/2 Men	2 Broke	BigBang	Mike&M.	BigBang	Lucifer	The Resident	News	Modern	Modern	Simps.	Simps.	
40	40	WTWC	Dr. Phil	Feud	News	ET	Feud	The Voice					Good Girls	Daily	Daily	
118	265	A&E	The First 48	The First 48	Divided States	Divided States	Divided States	Divided States	Divided States				Divided States	(:05) Divided States		
130	254	AMC	(2:30) "The Godfather III"	"The Departed" ('06) Matt Damon, Leonardo DiCaprio.	McMafia	(:15) McMafia										
184	282	APL	Finding Bigfoot	Alaska: Edge	Alaska: Edge	Alaska: Edge	Alaska: Edge	Alaska: Edge	Alaska: Edge							Arctic Wolfpack
129	273	BRAVO	Vanderpump Rules	Vanderpump Rules	Vanderpump Rules	Vanderpump Rules	Vanderpump Rules	Vanderpump Rules	Vanderpump Rules	Summer House	Watch	VanderR				
182	278	DISC	Fast N' Loud	Fast N' Loud	To Be Announced	To Be Announced	Fast N' Loud	Shifting Gears	Fast N' Loud							
172	290	DISN	Bizaard.	Bizaard.	Jessie	Jessie	Bunk'd	Bunk'd	Bunk'd	Bunk'd	StuckM.	StuckM.	Gravity	Gravity	StuckM.	Bizaard.
140	206	ESPN	Horn	Interrupt	College GameNight	NCAA Selection	NBA Basketball. San Antonio Spurs at Houston Rockets	Basketball	Miami vs Portland							
110	231	FOOD	Spring Baking	Spring Baking	Spring Baking	Spring Baking	Spring Baking	Spring Baking	Cakes	Cakes	To Be Announced					
180	311	FREE	Middle	Middle	"The DUFF" ('15) Robbie Amell, Mae Whitman.	"Hitch" ('05) Eva Mendes, Will Smith.										The 700 Club
137	248	FX	Movie	"Men in Black 3" ('12) Will Smith.	"Mission: Impossible - Rogue Nation" ('15) Tom Cruise.	"Men in Blac..."										
423	634	FXSP	Martin	Panthers	Panthers	Panthers	Pre-game NHL Hockey Ottawa Senators at Florida Panthers	Postgame Panthers	WPT Poker							
185	312	HALL	4: "Ms. Matc..."	F.House	F.House	F.House	F.House	F.House	F.House	Middle	Middle	Middle	Middle	G. Girls	G. Girls	
112	229	HGTV	Love It or List It	Love It or List It	Love It or List It	H.Hunt	H.Hunt	Home Town	H.Hunt	House	H.Hunt	House	H.Hunt	House	H.Hunt	House
120	269	HIST	American Pickers	American Pickers	American Pickers	American Pickers	American Pickers	American Pickers	Pawn	Pawn	(:05) Civil War Gold					
181	255	ION	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds
108	252	LIFE	Grey's Anatomy	Grey's Anatomy	"I Am Elizabeth Smart" ('17)	Mary Kills People	UnREAL	(:05) Mary Kills								
109	253	LMN	4: "To Be An..."	"To Be Announced"	"To Be Announced"	"To Be Announced"	"To Be Announced"	"To Be Announced"								
168	262	SPIKE	2 1/2 Men	2 1/2 Men	Friends	Friends	Friends	Friends	Friends	Friends	Cops	Cops	Cops	Cops	Cops	Cops
122	244	SYFY	(4:30) "The Chronicles of Riddick"	"Lara Croft: Tomb Raider" ('01)	"Predators" ('10) Topher Grace, Adrien Brody.	Movie										
139	247	TBS	Space	Fam.Guy	Fam.Guy	Fam.Guy	Fam.Guy	Fam.Guy	Fam.Guy	Fam.Guy	Fam.Guy	Fam.Guy	Am.Dad	Space	Conan	
183	280	TLC	Say Yes	Say Yes	Say Yes-Dress	Conjoined Twins	Counting On	(:05) Little People	(:05) Counting On							
138	245	TNT	(4:00) "Now You See Me"	"We're the Millers" ('13) Jason Sudeikis.	The Alienist	The Alienist	Law & Order									
176	296	TOON	UNIKITTY :15 TeenT.	Ben 10	OK K.O.!	UNIKITTY	Gumball	King Hill	Am.Dad	Cleveland	Am.Dad	BobBurg.	BobBurg.	Fam.Guy	Fam.Guy	
215	277	TRAV	Bizarre Foods	Bizarre Foods	Bizarre Foods	Bizarre Foods	Bizarre Foods	Bizarre Foods	Man/Food	Man/Food	Man/Food	Man/Food	Bizarre	Bizarre	Bizarre	Bizarre
204	246	TRU	Top Funniest	Carbon.	Carbon.	Carbon.	Carbon.	Carbon.	Carbon.	Jokes	Jokes	Jokes	Jokes	Jokes	Jokes	Jokes
106	301	TVL	Griffith	Griffith	MASH	MASH	MASH	MASH	Raymond	Raymond	Raymond	Raymond	Mom	Mom	Queens	Queens
105	242	USA	NCIS	NCIS	American Ninja	WWE Monday Night Raw										Modern
128	260	WE	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds	Criminal Minds
239	307	WGN	Cops	Cops	Cops	Cops	"Pulp Fiction" ('94) Uma Thurman, John Travolta.	Messenger	Bellevue	Bellevue	Bellevue	Bellevue	Bellevue	Bellevue	Bellevue	Bellevue

TUESDAY EVENING			C COMCAST S1 DISH NETWORK S2 DIRECTV										MARCH 13, 2018			
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
27	27	WTXL	News	News	News	News	InsEd.	Judy	Middle	The Boat	Black-ish	Black-ish	For the People	News	Kimmel	
-	-	WCJB	WCJB TV-20 News	News	News	News	ET	InsEd.	Middle	The Boat	Black-ish	Black-ish	For the People	News	Kimmel	
-	-	WUFT	News	News	News	Business	PBS NewsHour	Independent Lens					Belly Slimdown			
6	6	WCTV	News	News	News	News	Wheel	Jeopardy	NCIS			Bull	NCIS: New Orleans	News	Colbert	
-	-	WCTV2	Sullivan	Sullivan	Rowan and Martin	Through Decades	The X-Files	The X-Files	Sullivan	Sullivan	Through Decades					
24	24	WTLF	Goldberg	Goldberg	Am.Dad	Am.Dad	Fam.Guy	Fam.Guy	The Flash	Black Lightning	Page Six	Seinfeld	Seinfeld	Rules	Rules	
49	49	WTLH	Daily	2 1/2 Men	2 Broke	BigBang	Mike&M.	BigBang	Lethal Weapon	LA/Vegas	The Mick	News	Modern	Modern	Simps.	
40	40	WTWC	Dr. Phil	Feud	News	ET	Feud	The Voice	This Is Us	Rise				Daily	Daily	
118	265	A&E	To Be Announced	To Be Ann												

THIS DAY IN...



HISTORY

- **1861:** THE CONFEDERATE STATES OF AMERICA ADOPT THEIR OFFICIAL CONSTITUTION.
- **1888:** THE BLIZZARD OF 1888 OCCURS, CAUSING MORE THAN 400 DEATHS.
- **1990:** LITHUANIA DECLARES ITS INDEPENDENCE FROM THE SOVIET UNION.

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HOW TO PROMOTE HEALTHY KIDNEYS

Staying hydrated while avoiding over-hydration is one way for men and women to protect their kidneys.

Kidney disease is a widespread issue made all the more disconcerting by the fact that many people are unaware they have it. According to the National Kidney Foundation, 26 million American adults have kidney disease, and most don't know it.

Healthy kidneys are something many people take for granted. But those who want to do everything they can to keep their kidneys healthy can consider the following tips, courtesy of the Cleveland Clinic.

- Stay hydrated, but avoid over-hydration. Many people are familiar with the benefits of drinking water each day, and adequate hydration definitely promotes healthy kidneys. But over-hydrating has not been proven to enhance kidney function. The Cleveland Clinic recommends adults drink between four and six glasses of water per day.
- Exercise. Regular exercise benefits various parts of the human body, including the kidneys. High blood pressure and diabetes are two of the biggest risk factors for kidney disease, and regular exercise can reduce a person's risk of both conditions. However, overexertion can strain the kidneys, so adults who exercise, especially novices who need to improve



Staying hydrated while avoiding overhydration is one way for men and women to protect their kidneys.

their conditioning, should avoid going too hard at the gym.

- Speak with a physician before taking vitamin supplements or herbal remedies. Vitamin supplements and herbal remedies have become very popular in the 21st century, but excessive supplementation can harm the kidneys. Discuss any supplements or herbals remedies with a physician before taking them.

- Quit smoking. Just as exercise benefits the body in myriad ways, smoking harms the body in myriad ways. Smoking decreases the blood flow in the kidneys, decreasing their ability to function at optimal capacity. Smoking also increases a person's risk of high blood pressure and cancer of the kidneys.
- Eat healthy. A healthy diet decreases a person's risk for high blood pressure and diabetes. Adhering to a healthy diet and controlling portion sizes can help control weight and blood pressure and contribute to healthy kidneys as well.
- Get screened. Adults who have been diagnosed with high blood pressure or diabetes should make sure their physicians screen for kidney dysfunction during routine appointments.

Learn more about kidney disease at www.kidney.org.

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2013 HONDA CIVIC CARFAX TOWNER	2016 HYUNDAI GENESIS 	2010 HYUNDAI GENESIS 	2015 HYUNDAI SONATA CARFAX TOWNER	2012 MERCEDES C250
2015 TOYOTA CAMRY 	2014 TOYOTA CAMRY CARFAX TOWNER	2017 TOYOTA COROLLA CARFAX TOWNER	2013 TOYOTA PRIUS 	2013 BUICK ENCORE
2013 CADILLAC ESCALADE 	2014 CADILLAC SRX CARFAX TOWNER	2014 CHEVY EQUINOX CARFAX TOWNER	2015 CHEVY CITY EXPRESS 	2015 CHEVY SUBURBAN LTZ CARFAX TOWNER
2015 CHEVY TAHOE LTZ CARFAX TOWNER	2013 CHEVY TAHOE LT CARFAX TOWNER	2012 CHEVY TAHOE LTZ CARFAX TOWNER	2014 CHEVY TRAVERSE CARFAX TOWNER	2013 CHEVY TRAVERSE
2013 CHEVY TRAVERSE 	2014 CHRYSLER TOWN & COUNTRY 	2014 DODGE DURANGO 	2015 DODGE JOURNEY CARFAX TOWNER	2015 FORD EDGE SEL CARFAX TOWNER
2015 FORD TRANSIT 	2013 JEEP GRAND CHEROKEE 4X4 CARFAX TOWNER	2015 JEEP WRANGLER SAHARA	2006 JEEP WRANGLER 	2007 GMC ACADIA
2016 BMW X3 CARFAX TOWNER	2014 FIAT 500L CARFAX TOWNER	2014 HONDA CRV 	2016 HONDA PILOT EX-L 	2015 HYUNDAI SANTA FE CARFAX TOWNER
2015 LEXUS RX350 CARFAX TOWNER	2008 LEXUS RX 400 HYBRID 	2014 NISSAN JUKE NISMO 	2016 NISSAN ROGUE CARFAX TOWNER	2015 NISSAN ROGUE CARFAX TOWNER
2008 NISSAN XTERRA 	2014 TOYOTA PRIUS CARFAX TOWNER	2015 TOYOTA 4RUNNER 	2016 TOYOTA 4RUNNER CARFAX TOWNER	2015 TOYOTA SEQUOIA LIMITED
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2013 CHEVY 1500 CREW 4X4 	2014 CHEVY 1500 CREW 4X4 	2007 FORD F-150 LARIAT CARFAX TOWNER	2014 FORD F-350 CREW 4X4 CARFAX TOWNER	2015 FORD F-350 CREW 4X4 CARFAX TOWNER
2014 RAM 1500 CREW 4X4 CARFAX TOWNER	2007 RAM 1500 QUAD 4X4 LARAMIE	2013 RAM TRADESMAN CARFAX TOWNER	2010 RAM 2500 LARAMIE 4X4 6.7 CUMMINS DIESEL	2014 RAM 2500 LONGHORN 6.7 CUMMINS DIESEL
2016 RAM 2500 CREW 4X4 6.7 CUMMINS DIESEL	2016 RAM 5500 CREW 4X4 FLATBED	2007 TOYOTA TACOMA 	2006 TOYOTA TUNDRA CREW 4X4 CARFAX TOWNER	2007 TOYOTA TUNDRA

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