

## Lloyd Big Bend Truck Plaza About To Celebrate 40 Years (Upgrades Maybe In The Offing)

**LAZARO ALEMAN**  
ECB Publishing  
Senior Staff Writer

Most county residents familiar with the Capital City Travel Center in Lloyd probably better know it by its former and still often used name of the Big Bend Travel Plaza—a full-service truck stop with a defining piece of Americana roadside sculpture: a giant figure of a coffee-cup/donut carrying man dubbed “Johnny Donutseed”.

Fewer residents, however, possibly know or appreciate that the facility is one of the first, if not the first, of truck stops alongside I-10 in Florida; and that's it's also one of a diminishing breed—the independents full-service truck stop.

“There are not a lot of independents left anymore,” says Arun Kundra, the facility's owner/operator since 2001.

The industry trend, in fact, is toward corporate owned chains, such as the travel centers owned and operated by Pilot Flying J, Loves and Travel Centers of America (TA), the three big players in the field.

An engineer turned businessman, Kundra purchased the property with the idea of upgrading and modernizing the facility, which he started doing with the renovation of the motel component of the operation in 2008, about the time the Great Recession hit.

Kundra points out that the business has existed at its present location since 1973. Before that, it was located in Tallahassee off US 319/Capital Circle, commonly known as the truck route.

A 24/7 one-stop travel center within easy access of



ECB Publishing Photos by Laz Aleman, Dec. 6, 2012

**Arun Kundra, owner/operator of the Big Bend Truck Plaza, has upgrade plans for the facility. Here Kundra stands in the midst of the facility's convenience store, one of the many amenities offered truckers.**

the I-10 on/off ramps and with plenty of automobile and truck parking spaces—along with such other amenities as laundry, showers, auto and truck repair shops, convenience store, restaurant (temporarily closed), and a large rest lounge—Big Bend has long been a popular stopover for truckers, who make up about 60 percent of its patrons. (The other 40 percent consists of motorists, 30 percent; and locals, 10 percent.)

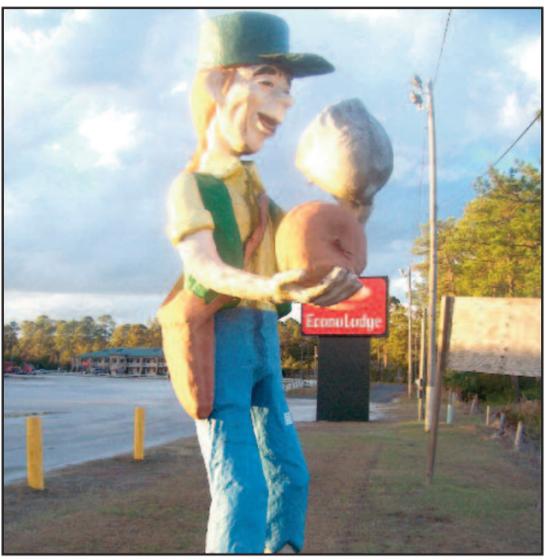
“We can accommodate more than 200 trucks at a time,” Kundra says. “In the evenings, most of the parking lot is full of trucks. You probably have 100 trucks parked in here some nights. People who have been in the trucking business a long time, you tell them Big Bend Truck Stop, and they know where it is. We have a lot of loyal customers who have been coming here for years.”

Kundra notes that the

majority of the truckers who overnight at the facility sleep in their rigs, which come equipped with berths. A few, however, such as car carriers and others whose trucks lack sleeping quarters, regularly lodge in the plaza's motel, he says.

The latter facility, once a second-rate structure, today offers lodgers such modern-day amenities as wireless high-speed Internet, flat-screen televisions, whirlpool bathtubs in certain of the rooms and copy and fax machines, thanks to Kundra's renovations. In fact, had the recession not hit, Kundra likely would have continued with his planned upgrade of the entire 40-acre property.

As it was, he had to shelf his plan; he didn't, however, give up on it. Unwilling though he is to reveal his exact plan, Kundra will say that a makeover of the facility is definitely in



**The iconic figure of Johnny Donutseed fronting the Big Bend Truck Plaza is a longstanding piece of roadside Americana sculpture that is familiar to long-distance truckers across the country.**

the offing. “I have certain ideas,” he says, without going into specifics. “But yes, we will definitely make some changes. Business is an ever-changing thing. We need to change, and we're going to change. If you're stagnant you will never survive. The only thing constant in this world is change.”

Kundra considers a moment and adds, “I see this place in the future being one of the best stops on I-10. That's our goal. We want to make it one of the most modern, energy efficient, warm and welcoming stops for people, a home-away-from-home when they're traveling.”

Part of the impetus for the planned changes Kundra readily admits has to do with the current state of business, which he says is neither what it once was nor what is desirable or necessary for sustainability and

growth. Beyond the recession and the slow economic recovery, Kundra says the other factors contributing to his business woes have to do with the competition from the chains and the changing nature of the industry.

“I would say we are surviving,” Kundra says. “But the big boys (Pilot Flying J, Loves and TA) are doing much better business than we are; there's no question about it. So we have to rethink our strategy and how we're going to go forward from here.”

But yes, he underscores the point, business is unquestionably down.

“It's way down,” Kundra says. “Since 2008 and the recession, volumes are way down. Even the state says gasoline sales are down to the levels of 2002, and improvement is very slow.”

The business model too  
**Please See TRUCKSTOP Page 3A**

## It's Time For Santa Letters



Santa's making a list and he's checking it twice. It's that time of year to show Santa who the good girls and boys have been and for them to write letters to Santa Claus.

ECB Publishing, Inc. can save children the cost of postage to send letters to the North Pole. Children can instead send their letters to ECB Publishing, which will publish the letters in the newspaper. Santa will get a copy, so he can read it and check what each child wants.

The deadline for entries is Dec. 17 at 5 p.m. and they will be published in the Dec. 21 Jefferson County Journal. Letters must be written in black ink, To Santa, in care of ECB Publishing, Inc., P.O. Box 428, Monticello, FL 32345, or dropped off at the Monticello News office, 180 W. Washington St., in Monticello.

Teachers will also be collecting letters for publication, so Santa can see them.

## School Administration Signals Coming Changes And Policies (Accreditation Visit Set For February)

**LAZARO ALEMAN**  
ECB Publishing  
Senior Staff Writer

It's early in the process yet, but the Jefferson County School District's new administration is signaling some of its priority projects and planned changes for the coming year.

New School Superintendent Al Cooksey told the Jefferson County School Board on Monday evening, Dec. 10, that so far he had been kept extremely busy attending orientation meetings in Tampa and Gainesville and meeting with the staffs at the two schools.

Cooksey cited as priorities for the coming year much needed improvements at the elementary school, including the replacement of doors (a door reportedly fell off its hinges recently and almost injured a child), and an upgrade of the playground equipment.

He said a more general priority was the need for an overall boost of employee morale across the district.

Specific to Jefferson County Middle/High School (JCM/HS), Cooksey said the closed campus policy would begin to be enforced effective Jan. 7.

“We have not been enforcing this policy but we will,” Cooksey said, giving to understand that students and others currently can access or leave the campus at will.

He said the dress code

also would be enforced effective Jan. 7, a point affirmed by JCM/HS Principal Loretta Holmes.

Holmes said enforcement of the dress code admittedly had been lacking of late, given the bigger issues confronting the district. But she said that starting in January, emphasis would be put on enforcing the policy. She cautioned board members to prepare for calls from parents and others protesting the policy's enforcement.

“The dress code will be enforced,” Holmes said. “This will be hit heavy and hard.”

Holmes spoke also of accreditation, the process by which schools are evaluated on a number of factors to determine their legitimacy and the quality of the education they provide.

Accreditation largely serves to weed out “diploma mills” and other assorted educational scams and assures parents, students and other schools that accredited educational institutions are legitimate and meet minimum educational standards.

Parents and students frequently use accreditation as a means of determining the worth of a particular school or educational program. Schools and colleges likewise sometimes consider accreditation as a factor in accepting the transfer of credits earned at other schools. And the US Department of

Education considers accreditation a factor in allowing Pell Grants and other forms of student loans to be used at colleges or universities.

Holmes said an accreditation onsite school visit is scheduled for Feb. 13-14. The onsite visit, she said, is the final step in an accreditation process that has been going on for over a year now and that has entailed the filing of numerous reports and the fulfillment of other established benchmarks along the way.

The entity conducting the accreditation is the Southern Association of Colleges and Schools (SACS), which accredits more than 13,000 public and private educational institutions in an 11-state region in the Southern United States.

Holmes offered that a critical component of the accreditation process is a survey that will be mailed to parents in the coming weeks and that must be completed and returned to the school in a timely manner.

She warned that at least 20 percent of parents had to complete and return the survey in order for the school to maintain its accreditation eligibility.

“We need 100 out of 400 or so surveys returned to get accreditation,” Holmes said, equating the 400 or so to the number of JCM/HS students. “If we don't get 100 responses, our accreditation can be jeopardized.”

## School Employee Bonus Causes A Small Ripple

**LAZARO ALEMAN**  
ECB Publishing  
Senior Staff Writer

Superintendent Al Cooksey sailed relatively smoothly over the only ripple to occur at the Jefferson County School Board meeting on Monday evening, Dec. 10, a slight disturbance occasioned by a proposed \$500 bonus to each of six employees in the district's financial office.

The bonuses, as was explained to the School Board, were intended in recognition of the extra duties that the six women in the financial office have been performing ever since Chief Financial Officer Marsha Willis unexpectedly resigned on Oct. 31.

Willis' abrupt departure reportedly caused a crisis of sorts, given the critical nature of the office in the general operation of the district. The situation, one that Cooksey said he is addressing as a priority in terms of finding a replacement, has forced the office's remaining staff to pick up the slack and assume duties and responsibilities not in their job descriptions.

By everyone's account, including Cooksey, Assistant Superintendent Dr. Kelvin Norton and School Board Members Shirley Washington and Sandra Saunders, the “six ladies” in the financial office have demonstrated an admirable willingness to go beyond the call of duty.

In fact, it was the contention of Washington and Saunders that a \$500 bonus per employee wasn't sufficient reward for the extra effort that the six employees were performing in order to keep the critical financial operation running smoothly and effectively.

“We're going to give these ladies who have saved us thousands of dollars only a \$500 incentive?” Washington questioned. “We need to learn first how much they have saved the district and then compensate them accordingly.”

Saunders agreed. “These ladies have been doing a lot,” she said. “Without these ladies,

we'd probably be in the red. None of this is in their job descriptions. These ladies have been given a whole lot of duties that they're not being compensated for. I would like to see this \$500 increased.”

Dr. Norton endorsed the two's basic assessment.

“These ladies have been doing a yeomen's job,” Dr. Norton said. “They have been finding funding opportunities that were not accessed by the previous director. These opportunities are in excess of tens of thousands of dollars.”

Not everyone on the board was on the same page, however. Chairman Charles Boland argued that the six women were doing no more than what was expected of any employee.

“I'm not for incentives for people picking up the slack and doing what they have to do,” Boland said. “I don't think they should be given incentive pay for doing a job. A job description can't cover everything. If we give six employees incentive checks, other employees will say it's a Christmas bonus. I don't think we should pay it.”

Yet, Saunders said, the board had given incentive packages in the past, such as the one given to the transition team assigned to the high school in the previous year, and Boland had supported those incentives.

What's more, the slack the six employees were taking up wasn't a short-term matter, Saunders said. The six women had been performing the extra duties going on two months now and with no foreseeable end in sight, she said.

Dr. Norton again agreed.

“In all fairness to other employees, I think these six employees are deserving of the bonus,” Dr. Norton said. “The teachers and staff can get additional pay if they work extra hours. These ladies are working sunrise to sunset and no one is showing appreciation.”  
**Please See RIPPLE Page 3A**

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**Local Weather**

Fri 12/14	64/42	
Sat 12/15	68/46	
Sun 12/16	74/54	
Mon 12/17	75/62	
Tue 12/18	75/56	

Fri 12/14	64/42		Cloudy early with partial sunshine expected late. High 64F.
Sat 12/15	68/46		Mainly sunny. Highs in the upper 60s and lows in the mid 40s.
Sun 12/16	74/54		Times of sun and clouds. Highs in the mid 70s and lows in the mid 50s.
Mon 12/17	75/62		Isolated thunderstorms. Highs in the mid 70s and lows in the low 60s.
Tue 12/18	75/56		Occasional showers possible. Highs in the mid 70s and lows in the mid 50s.

# Viewpoints & Opinions

# Jefferson County Living

## STINGERS

The mosquito hotline does not consider everyone, for their service. They do not even return calls, after several messages left.

We live a few property's east on Dills Rd. we had 2 members in the family very sick with west Nile virus. I contacted a friend about getting my property sprayed by them, the answer was NO one has that area. But when taxes are to be paid they sure are in this area.

**EMAIL YOUR STINGERS TO:  
MonticelloNews@embarqmail.com**

## Did You Know?

**Cats spend 66% of their life asleep**



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**20% off**  
Color Services, Retail Sales and a Chi Straightening Iron  
**15% off**  
Mens facial trimmers

## STATE OFFICIALS PROMOTE SOBER DRIVING TO SAVE LIVES

Resolution Designates December As National Drunk And Drugged Driving (3d) Prevention Month

Florida Attorney General Pam Bondi and Julie L. Jones, executive director of the Florida Department of Highway Safety and Motor Vehicles, are teaming up to promote sober driving during the holiday season and throughout the year.

Bondi sponsored a resolution at today's Cabinet meeting that recognizes December as Drunk and Drugged Driving (3D) Prevention Month to promote safe driving as many will be traveling to celebrate the holidays with loved ones. The Attorney General, Gov. Rick Scott, Chief Financial Officer Jeff Atwater and Agriculture Commissioner Adam Putnam signed the resolution.

"December is National Drunk and Drugged Driving Prevention Month, and I encourage Floridians to act responsibly this holiday season," said Bondi. "Those who drive under the influence endanger everyone on the road and will go to jail."

The National Highway Traffic Safety Administration finds fatalities in crashes that involve one or more impaired drivers appear to increase significantly during the Christmas and New Year's Day holiday period and for thousands of families across Florida, the holiday season brings a somber reminder of the loved ones they lost to an impaired driver.

"Last year more than 1,100 people lost their lives in crashes where alcohol or drugs were involved or suspected, and thousands more were injured," said Jones. "Any number more than zero is unacceptable for deaths that can be prevented, which is why we have partnered with Attorney General Bondi and other safety partners to promote driving safe and sober now and throughout the year."

The Florida Highway Patrol, a division within DHSMV, joins law enforcement organizations across the nation this month to remove impaired drivers from the roadways. The Patrol, with local law enforcement agencies, will conduct sobriety checkpoints and aggressively enforce Florida's DUI laws. FHP will participate in the Drive Sober or Get Pulled Over impaired driving crackdown between Dec. 12, 2012 - Jan. 1, 2013.

"We want everyone to enjoy the holidays, but also we want driving on our roadways to be safe," said Col. David Brierton, FHP director. "The Patrol will be out in full force to help save lives, and we are not going to tolerate impaired driving. So remember: Drive Sober or Get Pulled Over."

These tips will help safeguard your family, your friends and yourself on the road:

- Plan ahead. If you will be drinking, do not plan on driving. Designate a sober driver or find another safe way home. Even one drink increases the risk of a crash while driving a motor vehicle.
- If you are impaired, find another way home. Use a taxi, call a sober friend or family member or use public transportation.
- Be responsible. If someone you know is drinking, do not let them get behind the wheel. If you see an impaired driver on the road, contact law enforcement. Your actions may save someone's life, and inaction could cost a life.

The Florida Department of Highway Safety and Motor Vehicles provides highway safety and security through excellence in service, education and enforcement. The Department is leading the way to a safer Florida through the efficient and professional execution of its core mission: the issuance of driver licenses, vehicle tags and titles and operation of the Florida Highway Patrol. To learn more about DHSMV and the services offered, visit <http://www.flhsmv.gov>, follow us on Twitter <https://twitter.com/FDHSMV> or find us on <https://www.facebook.com/pages/Department-of-Highway-Safety-and-Motor-Vehicles/128186000582950?v=wall>.

## MWC Yard Sale Saturday

The Monticello Woman's Club will be holding a yard sale from 8 a.m. to 2 p.m. on Saturday, December 15 at the clubhouse on East Pearl Street. Yard sale donations can be dropped off on Friday from 10 a.m. to 2 p.m. at the clubhouse.

Come on out to find just the perfect treasure you have been looking for. The ladies will also be selling hot dog and slaw dog lunches along with cold drinks. And, though the Woman's Club holiday cakes have sold out, the ladies will be selling a myriad of homemade cakes and baked goods just in time for the holidays.



ECB Publishing Photo By Debbie Snapp, December 7, 2012. Monticello Woman's Club members were selling their homemade Holiday Cakes on Friday evening during the downtown Monticello event.

## New US Air Force Recruiter

**FRAN HUNT**  
ECB Publishing Staff Writer

The United States Air Force (USAF) has a new local recruiter, Staff Sgt. Anthony J. Tewell.

Tewell, 25, has been with the US Air Force for the past six years.

Though his office is located at 1584 Governor's Square Blvd., Suite

3, in Tallahassee, he comes to the Monticello area about once per month for appointments and to visit with the local schools.

When discussing the Air Force, Tewell informs of the educational benefits, the pay, medical and dental benefits.

"Our main target now is mechanics and electronics," he said.

There is a minimum of a four-year enlistment, or there is the six-year enlistment, for an E3 pay-grade, which gets you two stripes on your shoulder and about \$350 per month more.

In his six years with the USAF, Tewell has had the opportunity to go to



Staff Sgt. Anthony J. Tewell is the new local Air Force recruiter.

and live the cultures in 143 different countries.

To contact him for further information or to set an appointment, call (850) 576-2274 or (850) 251-7630.

## JEFFERSON COUNTY JOURNAL

Established 2007

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Senior Staff Writer

Florida Press Association  
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### CLASSIFIED AND LEGAL ADS

Deadline for classifieds is Monday at 3:00 p.m. for Wednesday's paper, and Wednesday at 3:00 p.m. for Friday's paper. Deadline for Legal Advertisement is Monday at 3:00 p.m. for Wednesday's paper, and Wednesday at 3 p.m. for Friday's paper. There will be a \$10<sup>00</sup> charge for Affidavits.

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# Jefferson County Living



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229-226-6060

**MOVIE TIMES  
ARE GOOD THRU  
Dates of  
December 14 - December 20**

**The Hobbit 3D (R)**  
Friday-12:30•8:00  
Saturday-12:30•8:00  
Sunday-12:30•8:00  
Mon-Thurs-12:30•8:00  
NO PASSES

**The Hobbit (PG)**  
Friday-4:15  
Saturday-4:15  
Sunday-4:15  
Mon-Thurs-4:15

**Life of Pi (PG)**  
Friday-1:00•4:15•7:15•10:00  
Saturday-1:00•4:15•7:15•10:00  
Sunday-1:00•4:15•7:15•10:00

**Red Dawn (PG-13)**  
Friday-2:30•4:45•7:45•10:00  
Saturday-2:30•4:45•7:45•10:00  
Sunday-2:30•4:45•7:45•10:00  
Mon-Thurs-2:30•4:45•7:45•10:00

**Rise of the Guardians (PG)**  
Friday-12:45•3:00•5:15•7:30•9:45  
Saturday-12:45•3:00•5:15•7:30•9:45  
Sunday-12:45•3:00•5:15•7:30•9:45  
Mon-Thurs-12:45•3:00•5:15•7:30•9:45

**Skyfall (PG-13)**  
Friday-12:45•4:45•7:00•10:00  
Saturday-12:45•4:45•7:00•10:00  
Sunday-12:45•4:45•7:00•10:00  
Mon-Thurs-12:45•4:45•7:00•10:00

**Playing for keeps (PG-13)**  
Friday-2:00•4:30•7:00•9:45  
Saturday-2:00•4:30•7:00•9:45  
Sunday-2:00•4:30•7:00•9:45  
Mon-Thurs-2:00•4:30•7:00•9:45

**Twilight Breaking Dawn  
part 2 (PG-13)**  
Friday-2:30•5:00•7:30•10:00  
Saturday-2:30•5:00•7:30•10:00  
Sunday-2:30•5:00•7:30•10:00  
Mon-Thurs-2:30•5:00•7:30•10:00

## Truckstop

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has changed, he says. "The big chains have come in more than ever before," Kundra says. "And they have big marketing departments that market their fuel sales. Drivers don't have that much leeway where to buy their fuel anymore. The companies dictate to them where to buy the fuel. So it's difficult for independents to do business in these days because of these reasons. The credit card fees are also high for us, compared to the chains; and of course, the chains do a lot of volume, so they get discounts. So yes, the odds are stacked against small businesses at this point. But our customer service is great. We know our customers. We provide personal customer service. Many of them we know by name and they're very regular. So that's our niche."

The operation, he offers, currently employs 31 workers, a number that is down from the recession. These individuals, all locals with residences within 10 to 15 miles of the facility, are employed as cooks, waitresses, cashiers, mechanics, housekeepers and front-desk people, Kundra says.

As for his part, which is the general oversight the operation, it keeps him busy, Kundra says.

"I work long hours," he says, adding that he goes home exhausted every evening. "I come in about nine or ten in the morning and stay until seven or eight in the evening. I live in Tallahassee but I spend most of my time here. You can say my official residence is Jefferson County."

Kundra cites marketing as the biggest of his challenges, not counting the day-to-day issues of personnel, stock and facility upkeep, and customer service. Marketing is a difficulty because

he must do it almost solely and in an atmosphere not necessarily conducive to its promotion.

He cites power outages as his other major challenge.

"My power goes on and off all the time," Kundra says. "I've lost a lot of money burning compressors and lights and computer cards because of power surges in this area. We're kind of at the tail end of the power system, so that if anything happens, we lose power. Many times last year, we lost power for four, five or six hours. And then we can't process credit cards, we can't process our computers, we can't do anything."

He offers as an aside that the county will never be able to develop the Lloyd interchange until the area is assured a reliable power supply.

"We need to have both quality and quantity to improve in this area in terms of electric power," Kundra says. "And frankly, Progress Energy hasn't invested that kind of money to make it be reliable power because there are only about 17 customers here. We're not a big revenue generator for the company, even though my electric bill is almost \$10,000 monthly."

Kundra knows of what he speaks when he speaks of the reliability of power systems, given that he worked 17 years for United Illuminating Company in Connecticut before coming here.

"My last position there I was a technical advisor to the executive vice president of generation," Kundra says. "So I was responsible for troubleshooting power plant problems."

So how did a native of India end up an electrical expert in Connecticut and then a travel center owner/operator in Lloyd?

Kundra relates that he earned his undergraduate degree at the Indian Institute of Technology in Roorkee, India, which is recognized worldwide as the oldest technical institution in Asia. He then received his master in mechanical engineering at Stevens Institute of Technology in New Jersey, the oldest engineering school in the United States.

What prompted his coming to the United States was his reading as a boy that two-thirds of Nobel Prize winners lived in the United States.

"I said to myself, 'That country must be amazing'," Kundra says. "I said, 'I want to go and see this country'. There was then an opportunity to do a master here. So I came to do a master and then United Illuminating Company came to campus to do interviews."

The first foreign student ever hired by the company, Kundra's retirement in 1996 was prompted both by his recognition of a looming "glass ceiling" and a desire to do something on his own.

"So after working 17 years, I left and started a construction company building houses in Connecticut," he says. "And then, because my brother is in Clearwater and my mom and family are here, I said I want to move south. And I found this place and I said, 'I can make a difference here; I can make a change.'"

Which he started to do almost right away.

"It was in pretty bad shape," Kundra says of the truck stop in 2001. "It was running a loss and drugs and other stuff were rampant. So we did some sting operations with the Sheriff's Department and cleaned up the place. I don't accept those things here."

## Ripple

continued from page 1A

ion. I don't believe in overworking people and not giving them incentives. We need to move forward with this."

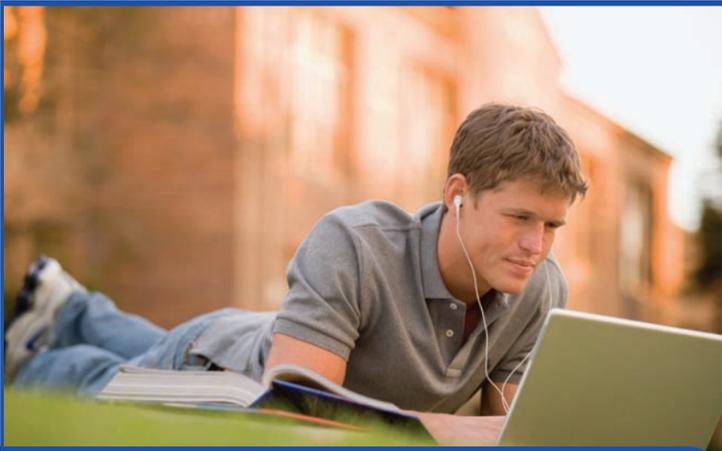
Cooksey, for his part, noted that his predecessor, Superintendent Bill Brumfield, had actually initiated the bonuses. But it was an idea that he fully supported and saw as a goodwill gesture to help boost morale, which was extremely low in the district at present, Cooksey said.

As for the filling of the vacant chief financial officer position, he listed it as a top priority of his and said candidates were already being scheduled for interviews. He asked that the board approve the \$500 bonuses as a token of appreciation and a starting point in morale building.

With that, School Board Member Larry Halsey moved to approve the measure, with the stipulation that once a new chief financial officer was hired, the board begin exploring the possibility of giving bonuses to all school district employees, "to make up for six years of no raises."

The vote to approve was 4-1, with Boland voting against.

**Community Christmas Dinner**  
FIRST BAPTIST CHURCH MONTICELLO  
DECEMBER 13, 2012  
6:00 PM-7:30 PM  
NO CHARGE



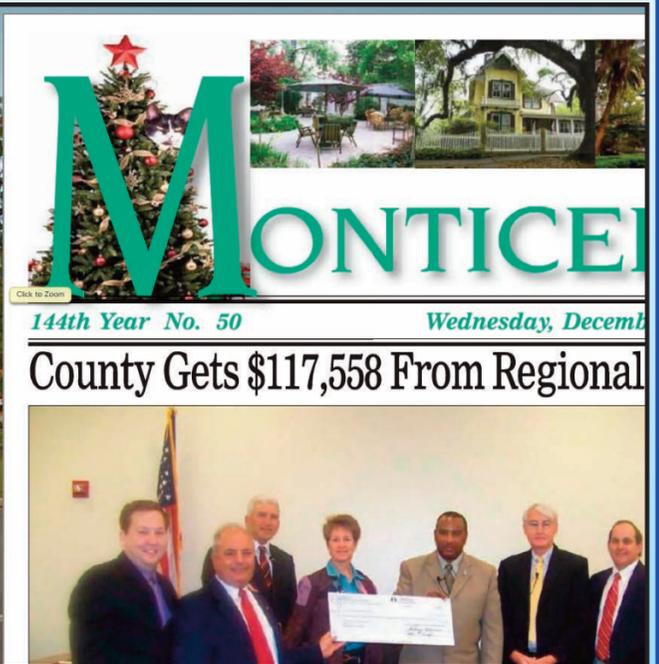
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# Jefferson County Living

## Christmas Party At Cross Landings

DEBBIE SNAPP  
ECB Publishing  
Staff Writer

Cross Landings H&RC will hold its annual Residents Christmas Party at 2 p.m. on Saturday, December 15. The community and family are invited and encouraged to attend.

Facility Administer



Paul Kovary will welcome the guests and volunteers for their attendance and encourages all to stay to visit more with the residents after the party. Rev. Walter Thompson will offer a prayer and blessing. The Angel Band will perform some old time favorite Christmas music. And, of course, Santa

will arrive bearing gifts for each resident from family members, staff, and community friends.

Anyone interested in the 'Adopt-a-Resident' program is asked to contact Social Services Director Mae Kyler or Activities Director Vonnell Thomas now at 850-997-2313.

## Blood Drive At Health Department Canceled

DEBBIE SNAPP  
ECB Publishing  
Staff Writer

Volunteer blood donors are truly a treasure... and the Southeastern Community Blood Center and Jefferson County Health Department have been rewarding donors for their blood donations for some time now.



son, SCBC has an ample supply of blood this month. If SCBC collects too much blood, and it is not used in a certain length of time, it would have to be destroyed, and that would not make them good stewards of the blood.

J C H D Coordinators Ramona Kinsey at 850-342-0170x222 and Alice Sander at 850-342-0170x143 extend their apologies to anyone who may have shown up on Monday morning to make a donation. They plan to hold another blood drive in March 2013.

On Monday, December 10, the Southeastern Community Blood Center had to cancel its bloodmobile for the health department. It seems that because of the giving sea-

## 4H Explorers November Fun

ABIGAIL BOYD  
4H EXPLORERS CLUB REPORTER



We had a blast during our service project at the Jefferson County Recreation Park! We re-painted the picnic pavilions and raked the leaves around the entrance. After we were done, we put the bags of leaves in order so that they spelled '4-H'!

At our following meeting, we voted to give our fundraiser profits to the Jefferson County Humane Society, and then we had our Tropicana speeches! Our wonderful judges were Linda Hamedani and Mona Lewis. When the scores were tallied our winners were: for the 4<sup>th</sup> and 5<sup>th</sup> grade division: 3<sup>rd</sup> place, Courson Brookins; 2<sup>nd</sup> place, Jordan Hildreth; and I won 1<sup>st</sup> place. The 6<sup>th</sup> grade division winners were: 2<sup>nd</sup> place, Olivia Brookins, and Abigail Hildreth received 1<sup>st</sup> place.

Thank you to Tammy Brookins for holding a speech class to teach us the fundamentals and dynamics to public speaking. Now we will be competing in the county competition!

So, November included a fundraiser for charity, a service project, and a speech contest. We are thankful to be able to share these with our community.



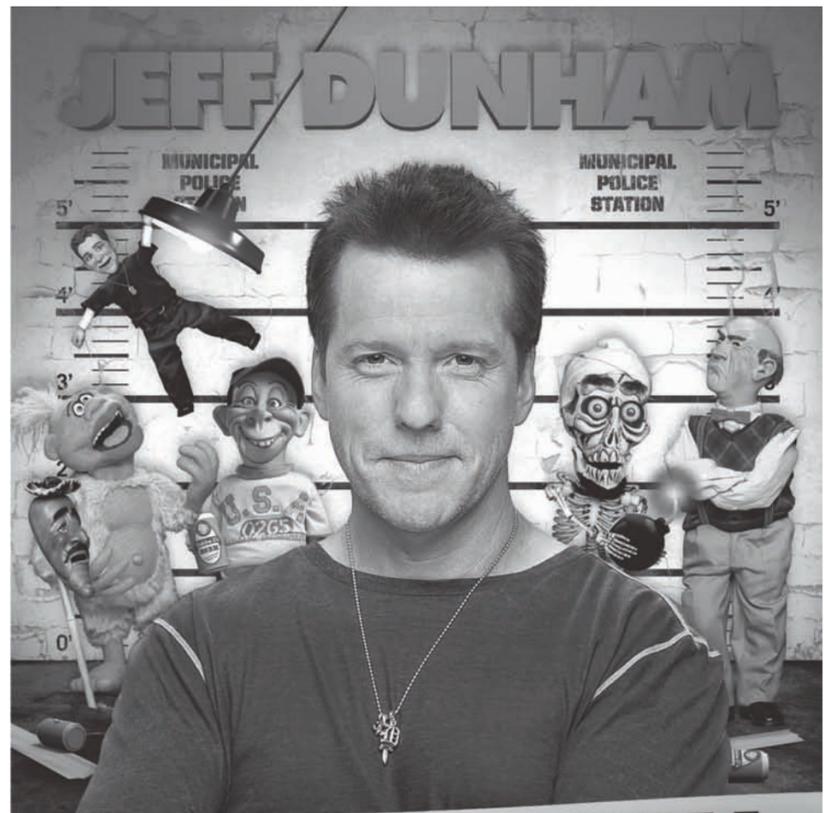
4H Explorers paint tables at the Recreation Park pavilions.



4H Explorers rake up at the Recreation Park.

**Central Church of Christ**  
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997-1166  
Carl Desmartin, Minister  
Sunday: 10 AM Bible School  
11 AM Worship Hour  
Wednesday: 7 PM Bible Study

Matthew 2:9-12  
After listening to the king, they went on their way. And behold, the star that they had seen when it rose went before them until it came to rest over the place where the child was. (10) When they saw the star, they rejoiced exceedingly with great joy. (11) And going into the house they saw the child with Mary his mother, and they fell down and worshiped him. Then, opening their treasures, they offered him gifts, gold and frankincense and myrrh.  
**Come and worship with us! (John 4:24)**



# DISORDERLY CONDUCT

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## Obituary

JOAN MULHERN



Joan Mulhern passed away at age 74 on Wednesday, November 14, 2012 in Monticello. She was born and raised in the Bronx, NY and moved to California at the age of 20 with her parents. She also lived in Virginia and Florida and lived in the Tallahassee/Monticello area for the past 20 years. She retired in 1999 from the Department of Children & Families in Tallahassee, as a staff assistant. She loved her family and enjoyed the beach, traveling, ballroom dancing, reading, volunteering, and playing Scrabble.

Joan is survived by her daughter Melody Mitchell, son-in-law Bruce Mitchell, son Thomas Mulhern, and grandchildren Diane, Dawn, Brad, Joshua, Olivia, Tony, and Jennifer, and great-grandchildren Caitlyn, Gage, Trinity, Marah, Carissa, Abraham, Lily, and Addison.

Joan will be greatly missed by all her family and friends.

Interment will be in the Atlantic Ocean and a Service of Remembrance will be with family on Sunset Beach, Treasure Island, FL at a later date. The family wishes to thank Covenant Hospice and Big Bend Hospice for the loving care they provided Joan over these past six-months.



4H Explorers spell out 4-H after a day of raking at the Recreation Park.

See Page 7 For More On  
4-H Tropicana  
Speech Contest!!



## Parent Involvement Committee

The mission of the Jefferson County School District Parent Involvement Committee is to use family, school, and community partnerships to strengthen the schools and improve student achievement; to increase opportunities for families to be more involved (engaged) in their children's learning at school, at home, and in the community; and to support and give input to the School District Strategic Plan.

Join with the Parent Involvement Committee at 6:30 p.m. on Tuesday, December 18 at the School Board Office, 575 South Water Street, for a 'Lighting Bulb' meeting. Community support is always needed.

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 Suddenly I spot him, parcels in hand, Maneuvering the lot to get to his van  
 I follow behind, like I'm stalking my prey, Patiently waiting for him to get in and drive away  
 My efforts are fruitless, much to my chagrin, He unloads his parcels, locks the van, and heads back in  
 The way things are going, parking could take all day, Why doesn't the mall have a valet  
 I'm circling the lot, not a glimmer of hope, I'm quickly reaching the end of my rope  
 Off in the distance, a car backs out, That spot is mine, out the window I shout  
 I race for my spot, to claim my victory, And discover someone has got there ahead of me  
 Tired and defeated, I can't take any more, I'm beyond cranky and my patience are wore  
 I finally give up, and move on to plan B It's time to head home and call a taxi - **E K Stapleton***

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First setting at 8:00 A.M.	1-4 yrs \$5
Second setting at 10:00 A.M.	5-12 yrs \$8
	Adults \$10 (per person)
	Seating is limited

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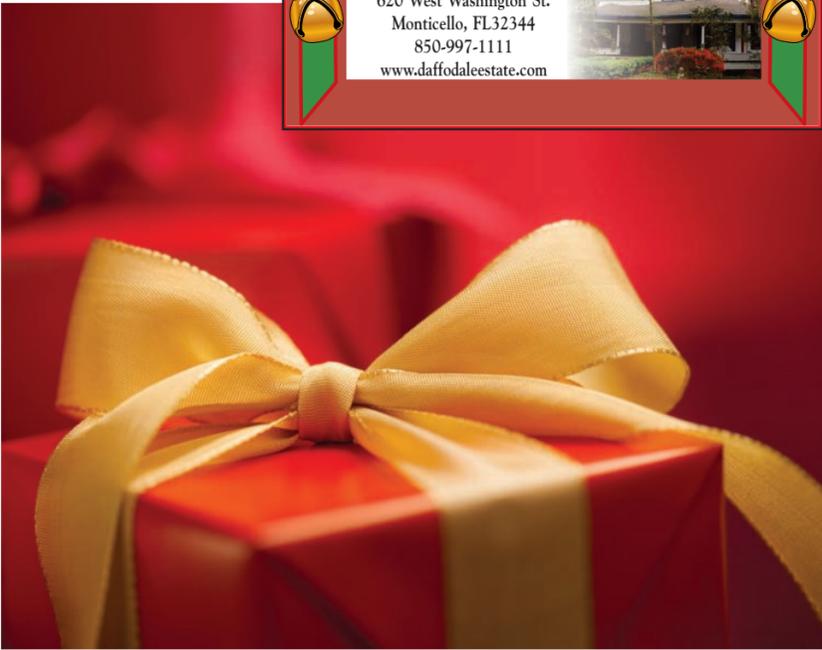
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# Jefferson County Living

## CHURCH NEWS NOTES

debbiesnapp@embarqmail.com or 850-997-3568

**December 14**  
Tent of the Holy Guests offers prayer for the sick and a special scripture message every Friday at 7:30 p.m. The Tent is located at 295 West Palmer Mill in Monticello.

**December 15**  
Mt. Zion AME Church of Lloyd will host its quarterly Women's Fellowship Ministry at 12 p.m. on Saturday. Speaker for the hour will be Dr. Barbara Thomas Reddick. The community is invited to come and worship on this special day. Rev. De. Edward R. Scott, II, pastor.

**December 15**  
StoryTime Ministry is held from 1 to 2 p.m. every other Saturday at the Jefferson County Bailor Public Library. For more information contact First United Methodist Church Ministry Chairman Barbara Hobbs at 850-523-1813.

**December 15**  
Welaunee Missionary Baptist Church will host a Candle Light Service at 6 p.m. on Saturday. Rev. Otis Young and The Kingdom Life of Tallahassee will be in charge of the service. Rev. Herbert R. Thomas, Sr., pastor.

**December 15**  
Refuge Aucilla COOLJC will hold a Candle Light Solo Service at 6 p.m. on Saturday. Come ready to sing and be a blessing. Sponsored by the Pastors Aide Board. Contact Mother Minnie Green at

850-997-3033 for more information and directions. District Elder Tony Lane, church pastor.

**December 15**  
New Bethel AME Church youth will host a fish fry from 8 to 11 a.m. on Saturday at the Monticello News, in the parking lot. Fish sandwiches will sell for \$6 and fish dinners with two sides will sell for \$10. For more information, or to pre-order, contact LaTasha Jones at 850-997-1559, or Tracey Peck at 850-997-4268. Rev. Jimmie F. Dickey, pastor. Shirley H. Shields, youth director.

**December 16**  
Welaunee Missionary Baptist Church will render Sunday afternoon service at Mt. Olive Primitive Baptist Church in Lamont at 3 p.m. Contact Pastor Rev. Herbert Thomas, Sr. at 850-997-4517 or 850-570-8122 for more information.

**December 16**  
Central Baptist Church will host a touching musical story of hope and community, and how we can all rediscover the Prince of Peace at Christmastime no matter what our circumstances, on Sunday at 6 p.m. 'I'll Be Home For Christmas' will be presented by the Central Baptist Church Adult Choir under the direction of Tonya Roberts. People of all ages will

enjoy the jazzy sounds of the Big Band era. Come share the joys and trials of a Christian family trying to make sense of the Christmas season when worldwide war appears 'just around the corner.' Refreshments will be served in the fellowship hall after the musical program.

**December 19**  
First Presbyterian Church will host EaglesWings, a ministry of outreach, serving the community on the first and third Wednesday of each month from 9 a.m. to 12 p.m. Volunteers are always welcome to distribute food items and to donate non-perishable food items. Call and leave a message for JoAnne Arnold at 850-997-2252 or go to eagleswingsmonticello@yahoo.com or www.firstpresbyterianmonticello.org.

**December 19-21**  
Second Annual Winter Revival 7 p.m. nightly at the First Corinthian Church located at 955 Lemon Street in Monticello. Speaker for Wednesday, Thursday, and Friday evening's services will be Rev. John Jones, pastor.

**December 21, 22**  
Second Harvest Food Program, together with the churches of New Bethel AME, Elizabeth MB, Hickory Hill MB, Mt. Pleasant AME and Philadelphia MB, will provide food to anyone needing assistance including the needy, infants and the elderly. This is done monthly with distribution from 9 to 10 a.m. usually on the fourth Saturday at the New Bethel AME Church located at 6496 Ashville Highway. Volunteers are also welcome to come on Friday evening at 6:30 p.m. to help bag the food packages. Contact Nellie Randell at 850-997-5605 or 850-997-6929 to volunteer or for more information about this program.

**December 28**  
Nazarene Church Skate Night for children and adults is held from 6 to 8 p.m. on the last Friday evening of every month. Light snacks and soft drinks available.

**December 31**  
Welaunee Missionary Baptist Church will hold its Watch Night Service on Monday evening, beginning at 10 p.m.

The Jefferson County Historical Association will host a Christmas Dinner at 6:30 p.m. on Saturday, December 15 at the Wirick-Simmons House. A donation of \$40 per person includes dinner and cocktails. Proceeds will benefit the upkeep of the Wirick-Simmons House and its new garden. For ticket information contact Beulah Brinson at 850-997-2465.

According to Edwina Simms, Southeast Regional Development manager for the Huntington's Disease Society of America, the first Team Hope Walk/Run, will be held on Saturday, December 15 at Tom Brown Park in Tallahassee. Registration begins at 12 p.m. and the 'Walk' begins at 1 p.m.; cost is just \$10 in advance or \$20 on site, children 10 and under are free. Register at www.firstgiving.com/hdsa-sser/thwtallahassee or call her at 407-507-3831 or 305-505-9179 or esimms@hdsa.org. "Help For Today, Hope For Tomorrow" Huntington's Disease (HD) is a devastating, hereditary, degenerative brain disorder that results in a loss of cognitive, behavioral and physical control, and for which, presently, there is no cure and only one FDA-approved treatment for a symptom of HD. HD slowly diminishes the affected individual's ability to walk, think, talk and reason. Symptoms usually appear in an individual between 30 and 50 years of age and progress over a 10 to 25 year period. Eventually, a person with HD becomes totally dependent upon others for his or her care. More than 30,000 people in the United States are currently diagnosed with HD. Each of their siblings and children has a 50 percent risk of developing the disease. Although medications can relieve some symptoms in certain individuals, research has yet to find a means of conquering or even slowing the deadly progression of HD.

Covenant Hospice invites the community to attend a special Tree of Lights Remembrance Celebration from 6:00 to 7:30 p.m. on Tuesday, December 18 at the Covenant Hospice branch office, 1545 Raymond Diehl Road, Suite 150 in Tallahassee. The celebration will offer community members a moment to pause amidst the parties and celebration of the holiday season to reflect and remember those who have touched our lives. The event is free and open to the public. Light refreshments will be served. Donations will be accepted from those wishing to purchase memorial ornaments. Ornaments can be picked up as a keepsake or left on display throughout the holiday season. For more information, or to purchase a memorial ornament in advance, call Bobbie Massey at 850-575-4998. Covenant Hospice is a not-for-profit organization dedicated to providing comprehensive, compassionate services to patients and loved ones during times of life-limiting illnesses.

Covenant Hospice will celebrate its

**Del's Notes**  
Drop A Note To  
debbiesnapp@embarqmail.com

30<sup>th</sup> Anniversary beginning at 6 p.m. on Friday, January 11, 2012 in Pensacola. Keynote speaker for this Dinner/Celebration will be Bobby Bowden with entertainment by the Original Tuxedo Jazz Band. This is a Black Tie Optional affair. Reservations are \$50 per person; call 850-438-9714.

The Monticello/ Jefferson County Chamber of Commerce held its annual Christmas Party on Tuesday evening, December 11. 80+ guests brought in non-perishable canned goods to be donated to the EaglesWings Pantry, to be distributed to those in need this holiday season. Food, drink, networking and general merriment was had by all in attendance. The Chamber membership will not meet in January as New Year's Day falls on the first Tuesday of the month. The first Board meeting of the New Year is scheduled for Tuesday, January 8 at 12 p.m.

A Cash Mob is scheduled to be held at Huckleberry's Creations, located at 210 West Washington Street; on Tuesday, December 18 from 5 to 7 p.m. Chamber members are asked to spend at least \$10 in the store. The Cash Mob idea is to shop local and help local retail shops. Those who can't make it from 5 to 7 p.m. should try to drop in throughout the day. Let owners Donna and Maurice know that you are supporting them through the Chamber of Commerce. It's a lot of fun and you can get some of your holiday shopping done. It's a win/win! Hope to see you there!

It's Santa Saturday at Buddy's Home Furnishings from 12 to 4 p.m. on December 15. Bring the family to Buddy's and have your picture taken with Santa Claus, Mrs. Claus and Elf. There will be drawings for Christmas gifts and the world's largest stocking! You can't beat Buddy's for great prices and deals.

A special thanks to Larry Bates for his tremendous help during the Downtown Christmas event last Friday evening. Also, thanks to Monticello Pizza Kitchen and MainStreet Monticello Florida for the permanent sparkle lights on Dogwood Street. To make a donation to the 'Lights on Dogwood Street Project', contact MainStreet President Margie Stern at 850-210-4097.

## COMMUNITY CALENDAR

debbiesnapp@embarqmail.com or 850-997-3568

**December 14**  
Small Business Development Program Director Dallas Garrett, PhD will offer a free workshop from 3 to 5 p.m. at the Courthouse Annex, located at 435 West Walnut Street. Learn how the Small Business Development Program works with its clients. If you have a business idea, this is your opportunity to get the help you need. Call now to reserve seating to 850-997-2185, 363-3753, or email

to dgarrett@jefferson-countyfl.gov. The Jefferson County Board of County Commissioners sponsors this program.

**December 14**  
Rotary meets at 12 p.m. on Friday at the First Presbyterian Church, in the fellowship hall, for lunch and a meeting with a program and speaker.

**December 14**  
Monticello Jamboree Band will perform music for dancing at 7 p.m. every Friday

evening at 625 South Water Street, in the old JCHS gym. There will be doorprizes, cold soft drinks and snacks. Everyone is welcome to come dance, listen to some of the finest music and just enjoy the fun and camaraderie with neighbors and friends. This is a non-profit charitable organization. For questions or concerns, contact Curtis Morgan at 850-933-8136 or Bobby Connell at 850-445-0049.

**Daffodale House**  
Breakfast Buffet with Santa!  
December 15<sup>th</sup> & 22<sup>nd</sup>  
8:00 - 11:00 A.M.

First setting at 8:00 A.M.  
Second setting at 10:00 A.M.

Pre-paid reservations are required, please call 850-997-1111

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Monticello News 997-3568

# Jefferson County Living

## 4H Tropicana Public Speaking Contest



JES Classroom 5<sup>th</sup> Grade Tropicana winners are: 1<sup>st</sup> place, Tere'e'ona Dunlap; 2<sup>nd</sup> place, Elizabeth Crego; and 3<sup>rd</sup> place, Anthony Seaton.



JES Classroom 5<sup>th</sup> Grade Tropicana winners are: 1<sup>st</sup> place, Cinnamon Peck; 2<sup>nd</sup> Zareyah Wiggind; and 3<sup>rd</sup> place, Noah Speight.



JES Classroom 5<sup>th</sup> Grade Tropicana winners are: 1<sup>st</sup> place, Aaliyah Martin; 2<sup>nd</sup> place Jahmichael Steen; and 3<sup>rd</sup> place, Andrew Marks.



JES Classroom 4<sup>th</sup> Grade Tropicana winners are: 1<sup>st</sup> place, Jaylan Robinson; 2<sup>nd</sup> place, Brianna Crumity; and 3<sup>rd</sup> place, Jasicianna Tice.



JES Classroom 4<sup>th</sup> Grade Tropicana winners are: 1<sup>st</sup> place, Frankesha Berry; 2<sup>nd</sup> place, Mathew Steen; and 3<sup>rd</sup> place, Elijah Bellany.



JES Classroom 4<sup>th</sup> Grade Tropicana winners are: 1<sup>st</sup> place, Erica Adams; 2<sup>nd</sup> place, Jayden Burns; and 3<sup>rd</sup> place, Trinity Ryan.

The 4H Tropicana Public Speaking Contest is designed to give fourth, fifth, and sixth grade students experience in the preparation and delivery of a speech. Typically, there is an Elementary School Competition for 4<sup>th</sup> and 5<sup>th</sup> grade students and a Middle School Competition for 6<sup>th</sup> grade students.

The contest starts at the Classroom Level. Judging at the Classroom Level is the teacher's responsibility. Each teacher selects the winners or invites others to judge. Individualized methods by each classroom may be used. Winners are selected based upon the highest number of accumulated points from the suggested judging sheets provided by Tropicana. Classroom Competition awards are: a blue ribbon is awarded to the 1<sup>st</sup> place classroom speaker; a red ribbon is awarded to the 2<sup>nd</sup> place classroom speaker; a white ribbon is awarded to the 3<sup>rd</sup> place classroom speaker.

1<sup>st</sup> through 3<sup>rd</sup> place winners from each classroom will advance to the school level. Teachers may coordinate the school competition in any way they choose. In the School Competition, 1<sup>st</sup> through 3<sup>rd</sup> place winners from the classrooms are selected based upon the highest number of accumulated points on the suggested judging sheet provided by Tropicana. Students will receive the following awards for School Competition: gold, silver, and bronze medallions awarded based on the accumulated points.

1<sup>st</sup> through 3<sup>rd</sup> place speakers from each school present their speeches at the county competition, which is coordinated by Jefferson County 4H. Winners are selected as outlined by Tropicana. Students will receive the following awards for County Competition: blue, red, white, and green walnut plaques presented for 1<sup>st</sup> through 4<sup>th</sup> places respectively. Parents, teachers, and friends are encouraged to attend the awards ceremony and support the students.

The program is coordinated and underwritten by Tropicana and administered into the school system by Jefferson County 4H. 4H solicits the direct support and involvement of school administrators and teachers. 4H also works directly with teachers and organizes the program at the county level.

The 4H Tropicana Public Speaking Program meets the Next Generation Sunshine State Standards and Common Core for English Language Arts; Speaking and Listening (S.L.) for grades 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup> respectively. This program also assists teachers in helping their students achieve required benchmarks assessed by the Florida Comprehensive Assessment Test (FCAT) and Florida Writes.

The following schools participating include Jefferson Elementary School, Aucilla Christian Academy, Jefferson Middle High School and Jefferson Home School Students.

The County Wide Contest was held on Thursday evening, December 6 at the Jefferson Elementary School Media Center.

To learn more about this exciting program, contact Director John Lilly at 850-342-0187.



Home School Classroom Tropicana 1<sup>st</sup> place winner is 4<sup>th</sup> Grade Abigail Boyd.



Home School Classroom Tropicana 2<sup>nd</sup> place winner is 5<sup>th</sup> Grade Jordan Hildreth.



Home School Classroom Tropicana 2<sup>nd</sup> place winner is 4<sup>th</sup> Grade Courson Brookins.



Home School Classroom Tropicana 1<sup>st</sup> place winner is 6<sup>th</sup> Grade Abigail Hildreth.



ACA 4<sup>th</sup> Grade Classroom Tropicana winners are: 1<sup>st</sup> place, Keira Evans (Creep of the Deep); 2<sup>nd</sup> place, Jeb Beshears (It's tough having two younger Brothers); and (not pictured) 3<sup>rd</sup> place, Jared Grant (Why do we have deer Season?).



Home School Classroom Tropicana 2<sup>nd</sup> place winner is 6<sup>th</sup> Grade Olivia Brookins.



ACA 5<sup>th</sup> Grade Classroom Tropicana winners are: 1<sup>st</sup> place, Abby Reams (Feeling the Music); 2<sup>nd</sup> place, Bailey McLeod (Living with Diabetes); and (not pictured) 3<sup>rd</sup> place, Frank Roberts (Winchester mystery Mansion).



ACA Classroom 6<sup>th</sup> Grade Tropicana winners are: 1<sup>st</sup> place, (not pictured) Megan Schofill (My New York Dog); 2<sup>nd</sup> place, Ian Hutsell (Only the best drink in the World); and 3<sup>rd</sup> place, Chloe Reams (What is music, Really?).

# MainStreet Christmas



ECB Publishing Photos By Debbie Snapp And Anne Holt, December 7, 2012.



**DEBBIE SNAPP**  
ECB Publishing  
Staff Writer

Santa was dropped off in downtown Monticello on Friday evening, December 7... by firetruck, to the delight of the waiting children and adults alike!

Local shops and restaurants stayed open late, offering sweet treats and drinks to shoppers. Street vendors offered handcrafted items and foods for sale. Boy Scout Troop 803 held its annual best chili contest, and then sold the chili by the cup. Monticello Volunteer Fire Department personnel Frances Nolan and Mike Long pre-sold Smoked Boston Butts; an annual fundraiser; orders can still be placed by calling 850-321-5060.

Carolers, lighted trees, holiday decorations, the smells of good food, and lots of visitors made the downtown a wonderful time for all.

This annual event is sponsored by MainStreet Monticello Florida.



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# School



## From The Desk Of Edna Henry, District Parent Involvement Coordinator

and playing great games with parents. Ms. Henry stated that she had hoped for a greater participation of parents, but was very happy that the event was successful.

Ms. Miranda Gillyard was the first parent to arrive. She immediately became engaged.

The most exciting thing that happened says Ms. Henry was a grandparent, Rev. Barbara Sutton who had never attended any of her events came and had a wonderful time and stated that she would try very hard not to miss any upcoming events. Sutton also stated that she would encourage

other parents and grandparents to attend.

Please save the date for our next Family Night to be held at Greater Fellowship M.B. Church, located at 690 Cypress Street, Monticello, on Tuesday, January 29, 2013 beginning at 6:30 pm. Hope to see you there.

Just keep in mind that when schools work together with families and communities to support learning, children are inclined to succeed not just in school, but throughout life.

For additional information, contact Edna Henry or Vicki Boland at 850-342-0100.

On November 27, 2012, Ms. Edna Henry, Jefferson County School District Parent Involvement Coordinator along with Title I Federal Programs presented a Parent/Volunteer Learn & Fun Day to end the celebration for the month of November which was designated by Governor Rick Scott as Parent Involvement Month.

It was a day of sharing useful information



Ms. Miranda Gillyard was the first parent to arrive at the Parent/Volunteer Learn & Fun Day, held on November 27, 2012.



Rev. Barbara Sutton, came and stated that she had a wonderful time at the Parent/Volunteer Learn & Fun Day.

# Sports

## Warriors Lose To Maclay

FRAN HUNT  
ECB Publishing  
Staff Writer

The Aucilla Christian Academy varsity Warriors hit the hardwood against Maclay, on December 10, and the Warriors fell to a 57-44 defeat to now stand 5-3 on the season.

As a team, the Warriors netted two of 17 attempts from the field, hit 11 of 31 attempts from the three-point zone and bucketed seven of 12 attempts from the free-throw line for 44 points. They had 15 assists, nine offensive and 28 defensive rebounds for a total of 37 rebounds, with three block/steals and eight turnovers.

Braden Mattingly missed two attempts from the field, and bucketed two of three attempts from the three-point zone for six points. He had one assist, two offensive and two defensive rebounds for a total of four rebounds, with one block/steal and one turnover.

Jared Jackson missed four attempts from the field, had one assist, three offensive and seven defensive re-



bounds for a total of 10 rebounds, with one block/steal and one turnover.

Brandon Holm netted two of five attempts from the three-point zone for six points. He had three assists, one offensive and two defensive rebounds for a total of three rebounds, with three turnovers.

Ryan Rivera had one offensive rebound. Ricky Finlayson missed three attempts from the field, bucketed three of nine attempts from the three-point zone and netted three of four attempts from the free-throw line for 12 points. He had three assists and one turnover.

Hans Sorensen netted two of six attempts from the field, missed one attempt from the three-point zone and missed one attempts from the free-throw line

for four points. He had four assists, one offensive and seven defensive rebounds for a total of eight rebounds, with one block/steal and two turnovers.

Jay Finlayson missed two attempts from the field, netted four of 13 attempts from the three-point zone and dropped in four of seven attempts at the free-throw line for 16 points. He had three assists, one offensive and 10 defensive rebounds for a total of 11 rebounds and a double-double.

The Warriors faced off against FAMU on December 11 and those results will be forthcoming.

Action continues against Munroe, December 14 at 7:30 p.m., home; and Escambia Charter, December 20 at 7:30 p.m., at Woodham Middle School.

## Varsity Warriors Averages To Date

FRAN HUNT  
ECB Publishing  
Staff Writer

With six games under their belts and 16 games remaining in the season, Aucilla Christian Academy Head Varsity Warriors Basketball Coach Dan Nennstiel has released the season statistics and averages to date.

Jay Finlayson has played in six games. He has collected 83 points, which is an average of 13.8 points per game. He has 29 rebounds, an average of 4.8 per game. Finlayson has 14 assists, which is an average of 2.3 per game, and he has 15 steals, an average of 2.5 per game.

Braden Mattingly has played in six games. He had 57 points, which averages 9.5 points per game. He had 38 rebounds, an average of 6.3 per game. Mattingly had 10 rebounds, an average of 1.7 per game, and he had 17 steals, which averages 2.8 per game.

Jared Jackson has played in six games. He had 51 points collected, which averages 8.5 per game. He had 53 rebounds, an average of 8.8 rebounds per game. Jackson had three assists, an average of 0.5 per game, and he had five steals, an average of 0.8 per game.

Hans Sorensen has played in six games. He had 43 points, which averages 7.2 per game. He

had 31 rebounds, an average of 5.2 rebounds per game. He had 15 assists, which averages 2.5 per game, and Sorensen had 18 steals, an average of 3.0 per game.

Ricky Finlayson has played in six games. He had 38 points, which averages 6.3 points per game. He had two rebounds, an average of 0.2 per game. He had two assists, an average of 0.3 per game, and Finlayson had four steals, an average of 0.7 per game.

Casey Demott has played in six games. He had 23 points, which averages 3.8 points per game. He had 26 rebounds, an average of 4.3

per game. Demott had one assist, an average of 0.1 per game, and he had two steals, an average of 0.3 per game.

Brandon Holm has played in six games. He had 20 points, which averages 3.3 points per game. He had 13 rebounds, an average of 2.2 rebounds per game. Holm had 12 assists, which averages 2.0 per game, and he had 10 steals, an average of 1.7 steals per game.

Carson Nennstiel played in three games. He had one rebound, an average of 0.3 per game, and Nennstiel had one assist, an average of 0.3 per game.

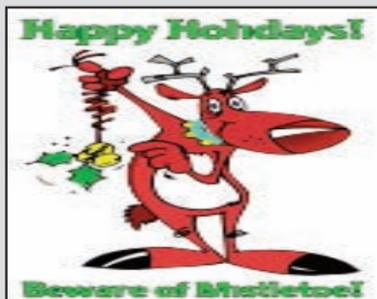
### Menus for December 2012

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Mon., Dec. 17	Tues., Dec. 18	Wed., Dec. 19
Grilled Chick Burger	Chili with Crackers	Chicken & Rice
Sweet Potato Tots	Cheese Toast	Greens
Fruit	Carrot Sticks	Blackeye Peas
Milk	Apple	Fruit
	Milk	Cornbread
		Milk

Thurs., Dec. 20	Fri., Dec. 21
Hamburger on Bun	<b>NO LUNCH</b>
Lettuce, Tomato & Pickle	<b>Winter Holiday Begins Today!</b>
Oven Fries	
Fruit	
Milk	



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# LEGALS

**IN THE CIRCUIT COURT OF THE SECOND JUDICIAL CIRCUIT  
IN AND FOR JEFFERSON COUNTY, FLORIDA  
CIVIL DIVISION**

HSBC BANK USA, N.A., AS INDENTURE TRUSTEE FOR THE REGISTERED NOTEHOLDERS OF RENAISSANCE HOME EQUITY LOAN TRUST 2007-1

Plaintiff, Case No.: 33-2012-CA-000005  
v. Division:

NORMA MARTIN; JEFFERSON COUNTY, FLORIDA; UNKNOWN SPOUSE OF NORMA MARTIN; UNKNOWN PERSON(S) IN POSSESSION OF THE SUBJECT PROPERTY; ALL OTHER UNKNOWN PARTIES CLAIMING INTERESTS BY, THROUGH, UNDER, AND AGAINST A NAMED DEFENDANT(S) WHO ARE NOT KNOWN TO BE DEAD OR ALIVE, WHETHER SAME UNKNOWN PARTIES MAY CLAIM AN INTEREST AS SPOUSES, HEIRS, DEVISEES, GRANTEEES, OR OTHER CLAIMANTS,

Defendants,

**NOTICE OF FORECLOSURE SALE**

**NOTICE IS HEREBY GIVEN** pursuant to a Final Summary Judgment dated November 27, 2012 entered in Civil Case 33-2012-CA-000005, DIVISION: CIVIL of the Circuit Court of the Second Judicial Circuit in and for JEFFERSON County, Florida, NORMA MARTIN; JEFFERSON COUNTY, FLORIDA; UNKNOWN SPOUSE OF NORMA MARTIN; UNKNOWN PERSON(S) IN POSSESSION OF THE SUBJECT PROPERTY; ALL OTHER UNKNOWN PARTIES CLAIMING INTERESTS BY, THROUGH, UNDER, AND AGAINST A NAMED DEFENDANT(S) WHO ARE NOT KNOWN TO BE DEAD OR ALIVE, WHETHER SAME UNKNOWN PARTIES MAY CLAIM AN INTEREST AS SPOUSES, HEIRS, DEVISEES, GRANTEEES, OR OTHER CLAIMANTS, are Defendants.

I will sell to the highest bidder for cash at 11:00 a.m., at the North Door of the courthouse, of the Jefferson County Courthouse, 1 Courthouse Circle, Monticello, Florida 32344 on the day of January 3, 2013 the following described real property as set forth in said Final Summary Judgment, to wit:

COMMENCING AT THE NORTHEAST CORNER OF THAT CERTAIN PARCEL OF LAND CONVEYED TO C. M. COX BY L. G. MORRIS, ET UX., BY DEED OF RECORD IN THE PUBLIC RECORDS OF JEFFERSON COUNTY, FLORIDA IN DEED BOOK "RRR", PAGE 124, REFERENCE TO SAME BEING HEREBY EXPRESSLY MADE AND RUNNING THENCE NORTH ALONG THE WEST BORDER OF A 60-FOOT STREET (MORRIS ROAD) A DISTANCE OF 130 FEET, THENCE RUNNING WEST 125 FEET TO A POINT, THENCE RUNNING SOUTH 130 FEET AND TO A POINT ON THE NORTH LINE OF LANDS CONVEYED TO C. M. COX BY L. G. MORRIS, ET UX., AS AFORESAID, THENCE RUNNING EAST ALONG THE NORTH LINE OF SAID LANDS TO THE POINT OF BEGINNING. EXCEPTING FROM THE ABOVE LANDS, HOWEVER, THE PORTION THEREOF LYING WITHIN THE RIGHT-OF-WAY OF SAID MORRIS ROAD.

This property is located at the Street address of: **465 Morris Road, Monticello, FL 32344**

If you are a person claiming a right to funds remaining after the sale, you must file a claim with the clerk no later than 60 days after the sale. If you fail to file a claim you will not be entitled to any remaining funds. After 60 days, only the owner of record as of the date of the lis pendens may claim the surplus.

WITNESS my hand and the seal of the court on November 27, 2012.

Kirk Reams  
CLERK OF THE COURT

By: Sherry Sears  
Deputy Clerk

Attorney for Plaintiff:  
Elizabeth R. Wellborn, Esquire  
Elizabeth R. Wellborn, P.A.  
350 Jim Moran Blvd., Suite 100  
Deerfield Beach, FL 33442  
Telephone: (954) 354-3544  
Facsimile: (954) 354-3545

**IN ACORDANCE WITH THE AMERICAN'S WITH DISABILITIES ACT**, If you are a person with a disability who needs any accommodation in order to participate in a court proceeding, you are entitled, at no cost to you, to the provision of certain assistance. Please contact the Office of Court Administration at (850) 342-0218, Jefferson County Courthouse, 1 Courthouse Circle, Monticello, FL 32344 within 2 working days of receipt of a notice compelling you to appear at a court proceeding; if you are hearing or voice impaired, call 711.

12/7, 14/12

IN THE CIRCUIT COURT OF THE  
2ND JUDICIAL CIRCUIT, IN AND FOR  
JEFFERSON COUNTY, FLORIDA.

CASE No.: 10 108 CA

Owen Loan Servicing, LLC,

vs. Plaintiff,

Joseph S. McClellan,

Defendant.

IN THE PUBLIC RECORDS  
OF JEFFERSON COUNTY, FLA.  
CLERK OF CIRCUIT COURT  
2012 NOV 28 PM 4 53  
FILED AND ENTERED

**NOTICE OF SALE PURSUANT TO CHAPTER 45**

**NOTICE OF SALE IS HEREBY GIVEN** pursuant to a Summary Final Judgment of Foreclosure dated November 26<sup>th</sup>, 2012, and entered in Case No. 10 108 CA of the Circuit Court of the 2nd Judicial Circuit in and for Jefferson County, Florida, wherein Owen Loan Servicing, LLC, is Plaintiff and Joseph S. McClellan, are Defendants, I will sell to the highest and best bidder for cash at the North Door of the Courthouse, located at 1 Courthouse Circle, Monticello, FL 32344, at 11:00 o'clock A.M. on the 3 day of January, 2013 the following described property as set forth in said Summary Final Judgment, to wit:

**Begin at the Northwest corner of the East half of the Southwest Quarter, also the Northeast corner of the West half of the Southwest Quarter, also the Northwest corner of the Northeast Quarter of the Southwest Quarter of Section 28, Township 1 North, Range 4 East, Jefferson County, Florida and run South 00 degrees 29 minutes 00 seconds West 280.56 feet to a point, thence South 89 degrees 31 minutes 00 seconds East 109.29 feet to a point, thence South 83 degrees 11 minutes 32 seconds East 377.90 feet to a point on the Westerly right-of-way of County Road 259, thence along said right-of way run North 36 degrees 38 minutes 36 seconds East 227.83 feet to a point, thence leaving said right-of way run North 76 degrees 56 minutes 00 seconds West 634.56 feet to the Point of Beginning, containing 3.03 acres, more or less.**

Street Address: 6152 Waukeenah Highway, Monticello, FL 32344

and all fixtures and personal property located therein or thereon, which are included as security in Plaintiff's mortgage.

Any person claiming an interest in the surplus funds from the sale, if any, other than the property owner as of the date of the lis pendens must file a claim within 60 days after the sale.

Dated at Monticello, Jefferson County, Florida, this 27th day of November, 2012.

Kirk Reams  
Clerk of said Circuit Court

By: Sherry Sears  
As Deputy Clerk

Clarfield, Okon, Salomone, & Pincus, P.L.  
Attorney for Plaintiff  
500 S. Australian Avenue, Suite 730  
West Palm Beach, FL 33401  
(561) 713-1400



12/7, 14/12

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**JEFFERSON COUNTY- ROAD CONSTRUCTION**

**NOTICE TO RECEIVE SEALED BIDS**

Jefferson County Board of County Commissioners will receive sealed bids from any qualified person, company or corporation interested in constructing roads for the ROAD CONSTRUCTION CONTRACT.

**ROAD CONSTRUCTION**

This project consists of Grading and Shaping; Subgrade Compaction; Purchasing, Hauling, Placing, and Compacting 6" of Limerock Base; Placement of 1.5" of SP-9.5 Asphalt; and Testing.

Bids will be received by JEFFERSON COUNTY at the JEFFERSON County Board of County Commissioners, Clerks Office, 1 Courthouse Circle., Monticello Florida 32344, (850) 342-0218 until 10:00 am (EDT) on January 14, 2013. Bids will be publicly opened at 10:05 PM (EDT) on January 14, 2013. All Bids shall be submitted in an envelope clearly marked "Sealed Bid - ROAD CONSTRUCTION"

Please indicate on the envelope your company name and that this is a sealed bid.

The original bid plus two (2) copies should be included.

The County reserves the right to waive informalities in any bid, to accept and/or reject any or all bids, and to accept the bid that in their judgment will be in the best interest of the County.

If you have any questions, please call Alan Wise at (850) 528.0300 or email at [HYPERLINK "mailto:sheffields@preble-rish.com"](mailto:HYPERLINKmailto:sheffields@preble-rish.com) wisea@preble-rish.com. 12/14/12

**JEFFERSON COUNTY-  
GENERAL ASPHALT PAVING INVITATION TO BID**

**NOTICE TO RECEIVE SEALED BIDS**

Jefferson County Board of County Commissioners will receive sealed bids from any qualified person, company or corporation interested in providing asphalt paving for the GENERAL ASPHALT PAVING contract.

**GENERAL ASPHALT PAVING INVITATION TO BID**

This project consists of furnishing and placing asphalt.

Plans and specifications may be obtained at the Jefferson County Courthouse located at 1 Courthouse Circle Monticello, Florida 32344. 850.342.0218. The bid must conform to Section 287.133(3) Florida Statutes, on public entity crimes.

Bids will be received by JEFFERSON COUNTY at the JEFFERSON County Board of County Commissioners, Clerks Office, 1 Courthouse Circle., Monticello Florida 32344, (850) 342-0218 until 10:00 am (EDT) on January 14, 2013. Bids will be publicly opened at 10:05 PM (EDT) on January 14, 2013. All Bids shall be submitted in an envelope clearly marked "Sealed Bid - GENERAL ASPHALT PAVING"

Please indicate on the envelope your company name and that this is a sealed bid.

The original bid plus two (2) copies should be included.

The County reserves the right to waive informalities in any bid, to accept and/or reject any or all bids, and to accept the bid that in their judgment will be in the best interest of the County.

If you have any questions, please call Alan Wise at (850) 528.0300 or email at [HYPERLINK "mailto:sheffields@preble-rish.com"](mailto:HYPERLINKmailto:sheffields@preble-rish.com) wisea@preble-rish.com. 12/14/12

**NOTICE**

The SCHOOL BOARD of Jefferson County will be in Special Session on Friday, December 14, 2012 from 9:00 am to 12:00 pm for the purpose of training with the Florida School Board Association. Training will take place in the Board Room located at 1490 W. Washington Street, Monticello, FL. Any questions regarding this training may be directed to the District Office at 850-342-0100. 12/12/12

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## The Jefferson Journal Fish & Game Feeding Chart

How to use: the major and minor feeding times for each day are listed below. The major feeding times are the best for the sportsman and last about 2 hours, the minor feeding times can also have good success, but last only about 1 hour.

The Week of December 14, 2012 through December 21, 2012  
Major Feed Times are marked by an asterisk (\*)

<b>Friday, December 14</b> 5:50 AM *12:10 PM 6:20 PM	<b>Saturday, December 15</b> *12:45 AM 6:55 AM *1:20 PM 7:30 PM	<b>Sunday, December 16</b> *1:50 AM 8:00 AM *2:20 PM 8:30 PM	<b>Monday, December 17</b> *2:45 AM 8:55 AM *3:10 PM 9:25 PM
<b>Tuesday, December 18</b> *3:40 AM 9:50 AM *4:10 PM 10:20 PM	<b>Wednesday, December 19</b> *4:35 AM 10:45 AM *4:55 PM 11:10 PM	<b>Thursday, December 20</b> *5:25 AM 11:35 PM *5:45 PM	<b>Friday, December 21</b> 12:00 AM *6:10 AM 12:15 PM *6:25 PM

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## "Outta' the Woods"

by Tony Young

There's finally a chill and certain festiveness in the air as most of us try to take time off from work to enjoy spending quality time with family and friends and reflect on the passing year. Children will be out of school on winter break soon, and while the holiday season is upon us, so are several traditional hunting opportunities.

The second phase of waterfowl and coot season comes in statewide Dec. 8 and runs through Jan. 27. In addition to the usual hunting license and permit requirements, duck hunters also must have a Florida waterfowl permit (\$5) and a federal duck stamp (\$15).  
The daily bag limit on

ducks is six, but you need to know your ducks before you pull the trigger, because there are different daily limits for each species. For instance, within the six-bird limit there may be only one black duck, one mottled duck, one fulvous whistling-duck and one canvasback.  
Only two of your six-bird limit may be pintails or redheads, and three may be wood ducks. And you may have no more than four scaup, four scoters or four mallards (of which only two may be female) in your bag. All other species of ducks can be taken up to the six-bird limit, except harlequin ducks.  
The daily limit on coots is 15, and there's a five-bird

limit on mergansers, only two of which may be hooded.  
When hunting waterfowl, hunters may use only nontoxic shotgun shells. Only iron (steel), bismuth-tin and various tungsten-alloys are permissible.  
For something different, try woodcock hunting. Woodcock season runs Dec. 18 - Jan. 31. Woodcocks are excellent game birds because they hold well for pointing bird dogs and provide a challenging shot when flushed. The daily bag limit is three.  
The third phase of mourning and white-winged dove season opens Dec. 8 and runs through Jan. 6. The daily bag limit is 15 birds.

## December's Holiday Hunting Traditions

From November on, the shooting hours for all migratory birds are one-half hour before sunrise to sunset. However, you must get a no-cost migratory bird permit where you purchase your hunting license before you hunt any of these birds.  
The only firearm you can use to hunt migratory game birds is a shotgun, no larger than 10-gauge. Shotguns must be plugged to a three-shell capacity (magazine and chamber combined). Bows also are legal.  
Retrievers and bird dogs can be useful in hunting migratory game birds. Artificial decoys and manual or mouth-operated bird calls also are legal and essential gear for duck hunters.  
You may hunt migratory game birds over an agricultural field if the crop was planted by regular agricultural methods. However, don't even think about

"sweetening" the field by scattering agricultural products over it - or anywhere near it - or you could wind up in serious trouble. It doesn't matter if you aren't the one who scattered the bait. If you knew or should have known that such bait was present, you're accountable under federal law.  
Some other things you can't do while hunting migratory game birds include using rifles, pistols, crossbows, traps, snares, nets, sinkboxes, swivel guns, punt guns, battery guns, machine guns, fish hooks, poisons, drugs, explosive substances, live decoys and recorded bird calls, sounds or electrically amplified bird-call imitations. It is also against the law to shoot from a moving automobile or boat and herd or drive birds with vehicles or vessels.  
Bobcat and otter hunting season is Dec. 1 - March 1, and there's no daily bag or

season limit on either species.  
Like foxes, bobcats may be chased year-round with dogs, but possessing firearms during the closed season, between March 2 and Nov. 30, is prohibited. On a few wildlife management areas, bobcats and otters may not be taken, so please consult the specific area brochure before you hunt.  
December has the hunting opportunities you're looking for, whether you are upland-bird hunting with friends and family, shooting ducks on the pond with your favorite lab or taking that big cat as he slips up behind an unsuspecting fawn.  
Here's wishing you happy holidays and a successful hunting season. If you can, remember to introduce someone new to our great sport. As always, have fun, hunt safely and ethically, and we'll see you in the woods!

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# Top 10 Holiday Diet Tips For Handling Holiday Diet Temptations

Holidays bring family and friends together to celebrate traditions and spread good cheer. They also bring lots of opportunities for socializing, eating and drinking. Even the most disciplined people struggle with temptation during the holiday season.

To navigate the party landmines with your healthy diet intact, you need a strategy. Experts agree: Having a plan in place will help you handle night after night of eating and drinking.

"Think of your appetite as an expense account, and figure out how much you want to spend on drinks, appetizers, entrees and dessert," advises Michelle May, MD, author of *Am I Hungry? What to Do When Diets Don't Work*. She suggests giving yourself permission to enjoy your favorite foods -- in sensible portions.

To help you survive the seasonal parties without packing on the pounds, WebMD consulted diet gurus across the country for their best holiday diet tips. Here are their top 10 recommendations:

## 1. Trim back the trimmings.

Go all out and deck the halls with boughs of holly, glitter and lights, but when it comes to holiday food, accessorize with care. To shave calories, go easy when adding nuts, cheese, cream sauces, gravy, butter and whipped cream -- additions that don't add much to the meal, but can add plenty to your waistline. Trim calories wherever you can so you leave the party feeling satisfied, but not stuffed, recommends Carolyn O'Neil, MS, RD, author of *The Dish on Eating Healthy and Being Fabulous*.

## 2. Wear snug clothes and keep one hand busy.

When you wear snug-fitting attire, chances are you'll be too busy holding in your stomach to overeat. While you stand around looking posh in your holiday finery, hold a drink in your dominant hand so it won't be so easy to grab food, recommends obesity expert Cathy Nonas, MS, RD.

## 3. Chew gum.

When you don't want to eat, pop a piece of sugarless gum [avoid gum with artificial sweeteners] into your mouth. This works well when you're cooking or when you're trying not to dive into the buffet, says Nonas.

## 4. Be a food snob.

If you don't love it, don't eat it, says American Dietetic Association spokeswoman Melinda Johnson, MS, RD. Scan the buffet for foods you truly treasure and skip the everyday dishes that are available all year long. And don't think it's your re-

sponsibility to sample everything on the buffet. Go ahead and indulge in your personal holiday favorites, then find a seat and, slowly and mindfully, savor every mouthful.

## 5. No skipping meals.

Always eat normally on the day of a party. "People who skip meals to save up calories tend to overeat everything in sight once they get there," says Katherine Tallmadge, MA, RD, author of *Diet Simple*. "Eating sensibly throughout the day will take the edge off the appetite and empower a bit of restraint." Start with a nourishing breakfast, have a light lunch, then a small snack or salad shortly before the event.

## 6. Check it out - First things first.

When you arrive at the party, grab a sparkling water with a twist, and wait at least 30 minutes before eating. This will give you time to relax, get comfortable in your surroundings, and survey your food choices on the buffet before diving in, says Tallmadge. A buffet is an invitation to eat all you can, and unless you carefully scrutinize it and make wise choices, you're likely to overeat.

## 7. Add fun and games.

Cynthia Sass, MPH, MA, RD, co-author of *Your Diet Is Driving Me Crazy*, proposes taking the focus off food and getting family and friends more active during holiday parties. Think horseshoes, badminton, sledding, ice skating, or building snowmen. Indoors, try a spirited game of charades, or rent an instructional dance video followed by a dance-off. "The best parties include dancing, so why not make dancing after eating a new holiday tradition for a great form of fun and recreation?" asks David Katz, MD, MPH, author of *The Flavor Point Diet*.

## 8. Alternate alcohol with nonalcoholic beverages.

Alcoholic drinks are loaded with calories -- especially holiday favorites like eggnog. "Cut your alcohol calories in half by alternating water or seltzer between alcoholic beverages," Katz advises.

## 9. Skip the appetizers.

"Eschew the appetizers rather than chewing on them," says Katz. If you need a little nibble before the meal, go for the veggies, fruit, salsa, or a small handful of nuts.

## 10. Limit the variety.

Brian Wansink, PhD, author of *Mindless Eating*, suggests putting only two items on your plate when you go to the food table. Return as many times as you like, but only take two items each time. "Variety stimulates appetite, and if you limit your choices to just a few items and stick with these, it will be easier to control than eat-

ing a little bit of 20 different dishes," agrees Katz.

Holiday parties and family get-togethers are much more than food and drinks. They are a time to delight in the traditions of the season, and enjoy the company of family and friends. If you keep the focus on the spirit of the season -- and heed the advice of these diet experts -- you'll most likely get through the holidays without gaining a pound.

And if you do splurge, don't beat yourself up, the experts say. Just get right back to normal (healthy) eating!

Merry Christmas to all and have a safe and healthy start to the New Year!

*Lynn Salter is a Professional Wellness Coach helping people transition to eating healthier and establishing permanent, healthy habits and a Juice Plus+® Representative. Consider giving the "Gift of Health" this year, to do so contact her at 850-997-0666. For more information on how you can establish healthier lifestyle habits visit her website at <http://www.healthy-habitsetc.com> and sign-up to receive her Healthy Lifestyle Tips and Newsletter.*



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# DOCS URGE FAMILIES TO GET FLU SHOT TO PREVENT FLU OUTBREAK

Last year's flu season was so mild that this year many local families are ignoring warnings to get a flu shot. That's why local doctors, along with the Centers for Disease Control, are on a crusade to get families vaccinated against the flu to prevent a flu outbreak.

## FLU FAST FACTS:

The U.S. flu season can run from October through May.

Typically 1 in 5 Americans gets the flu each year with peak seasons in Jan., Feb. and March.

Flu related illnesses cause some 200,000 hospitalizations each year.

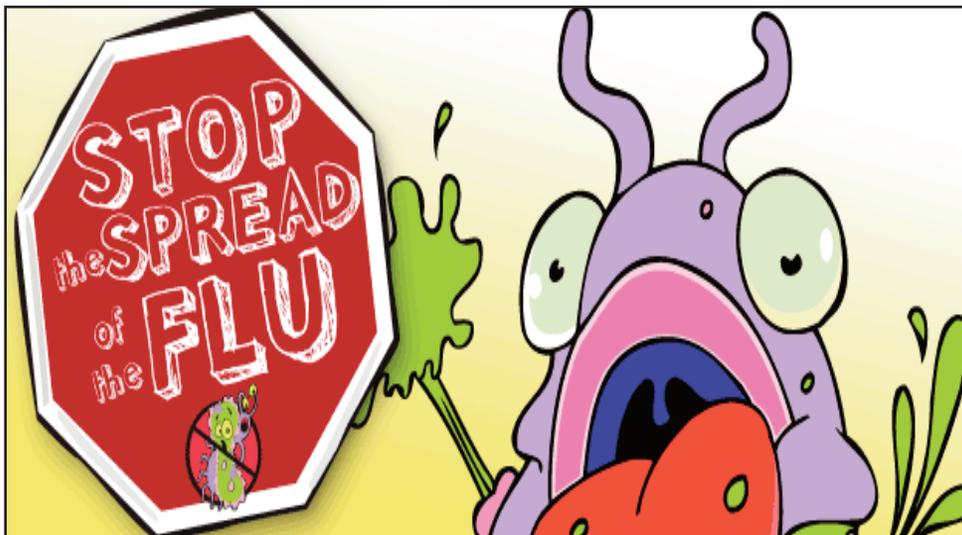
90% of flu related deaths are people age 65 or older.

The past two years, on average, 42% of Americans were vaccinated against the flu – more than half **DO NOT TYPICALLY GET THE FLU SHOT.**

Even if you do get vaccinated, that doesn't guarantee 100% protection from the flu. You still need to take measures to fight the flu!

## FIGHT THE FLU:

- Bring your own pen – to the bank,



the grocery store, even to touch the ATM. Anything a sick person touches can get infested with germs, including money, mail, ATM keypads, elevator buttons... etc.

- Use paper – replace hand towels in bathrooms with paper towels. While not as “pretty,” paper towels can help get rid

of a ton of germs that live in damp towels.

- Wipe down grocery carts - The handles of almost two-thirds of the shopping carts tested in a recent study at the University of Arizona were contaminated with fecal bacteria. In fact, the bacterial levels were more than those of the average public restroom! And just think of

how many kids are putting their mouths on those grocery cart handles.

- Wash hands – use soap, warm water and rinse long enough to say the alphabet or sing “Happy Birthday.” Recent studies show plain soap and water works just as well, if not better than antibacterial soaps. And, use an alcohol-based sanitizer **AFTER** washing your hands in a public restroom. Yes, one more layer of protection is necessary because research shows 25 percent of public restroom soap dispensers are contaminated with fecal bacteria.

- Use a proper hand sanitizer – (at least 60% alcohol) anytime you touch anything someone else might have touched. Make sure you use sanitizer, even under finger nails, where germs hide.

- Clean with disinfectant - viruses and bacteria can live up to 18 hours on doorknobs, toys, TV remote controls, keyboards, mouse pads, refrigerator handles, counter tops, railings, faucets, bathroom floors and more. Just think of how many times you touch your refrigerator handle or coffee pot handle each day at work.



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## Top 10 Things To Know About The Effects of Stress

**The Wrong Attitude Significantly Increases Your Stress Level.** We all experience stress, but the pessimists, perfectionists, and those with 'type A' personalities greatly increase the level of stress they experience in a given event.

**Some Types of Stress Can Be Beneficial.** A certain type of stress, eustress, is actually necessary and beneficial for a balanced and exciting life. Eustress is the type of stress you experience when you're riding a roller-coaster (if you enjoy fast rides), are playing a fun game, or are falling in love.

**You Can Stop Your Stress Reaction Right Now.** When you experience stress, all manner of physiological changes occur to get you in top physical shape to fight or run. Unfortunately, if you don't calm yourself down relatively quickly, you could remain in this altered state for too long, and it could take a toll on your health.

**Even Small Amounts of Stress Can Affect Your Health.** You may be aware that months spent in a stressful life situation can leave you vulnerable to illness, but did you know that relatively short periods of

stress can also compromise your immune system, elevating your risk of illness? Sadly, it's true.

**Stress Can Age You Prematurely in Many Ways.** It may be surprising, but stress can be more of a factor in determining your physical age than the number of candles you blow out each year. Stress actually speeds up wear and tear on many, many areas of your body and at all levels, inducing many of the changes we refer to when we talk about 'aging'.

**Some 'Stress Relievers' Actually Cause More Stress.**

Most of us have a few less-than-healthy ways of dealing with stress.

Unfortunately, most of these 'bad habits' that feel so good at the time can really cause much more stress in the long run.

**By Imagining Your Stress Gone, It Can Be.** Certain mental stress relief techniques, such as affirmations, guided imagery and visualizations, involve imagining that your stress is gone. And they work! Learn more about these and other mental stress relievers, and see which one works best for you.



## Coffee Helps Fight Skin Cancer, Study Finds

JACOB BEMBRY

Greene Publishing, Inc.

Who would have thought that a beverage that is so tasty could be so good for you?

The magic brew is coffee and it has once again been linked to a study that shows its amazing health benefits. A recent study by Brigham and Women's Hospital and Harvard Medical School shows that one of the rewards that coffee offers is a lower risk of developing basal cell carcinoma, which is the most widespread form of skin cancer. In fact, the National Cancer Institute reports that there will be 2,000,000 new cases of the skin cancer this year.

There is a catch-22 associated with drinking coffee for the sake of prevention. Doctors warn that if you are not already an avid coffee drinker, don't increase your intake just to protect yourself from skin cancer.

"(The) results add basal cell carci-

noma to a list of conditions for which risk is decreased with increasing coffee consumption," study researcher Jiali Han, Ph.D., an associate professor at Brigham and Women's Hospital, Harvard Medical School in Boston and Harvard School of Public Health, said in a statement. "This list includes conditions with serious negative health consequences such as Type 2 diabetes and Parkinson's disease."

During the more than 20 years of the two studies, a total of 22,786 participants out of 112,897 developed basal cell carcinoma.

According to the study published in Cancer Research, "An inverse association was observed between all coffee consumption and risk of basal cell carcinoma. Similarly, an inverse association was seen between intake of caffeine from all dietary sources (coffee, tea, cola and chocolate) and risk of basal cell carcinoma. However, consumption of decaffeinated coffee was not associated with a decreased risk of basal cell carcinoma."



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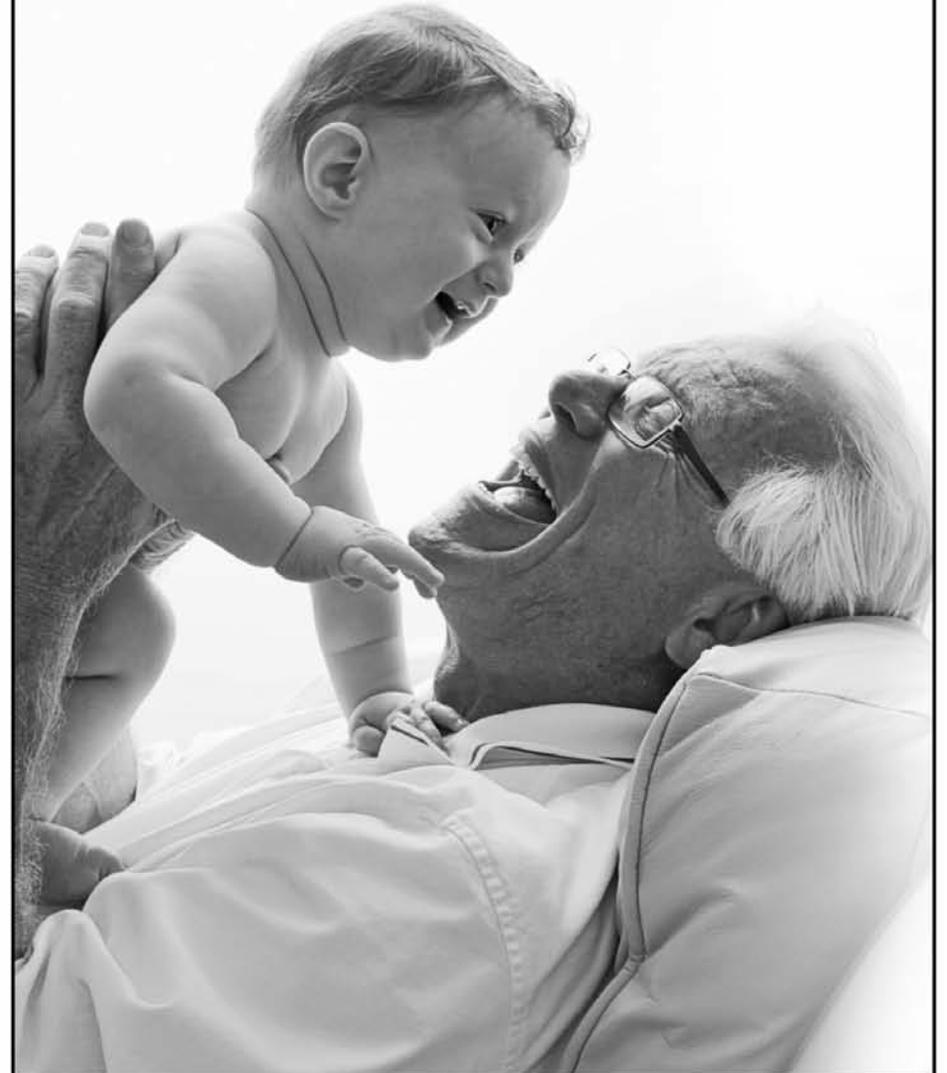
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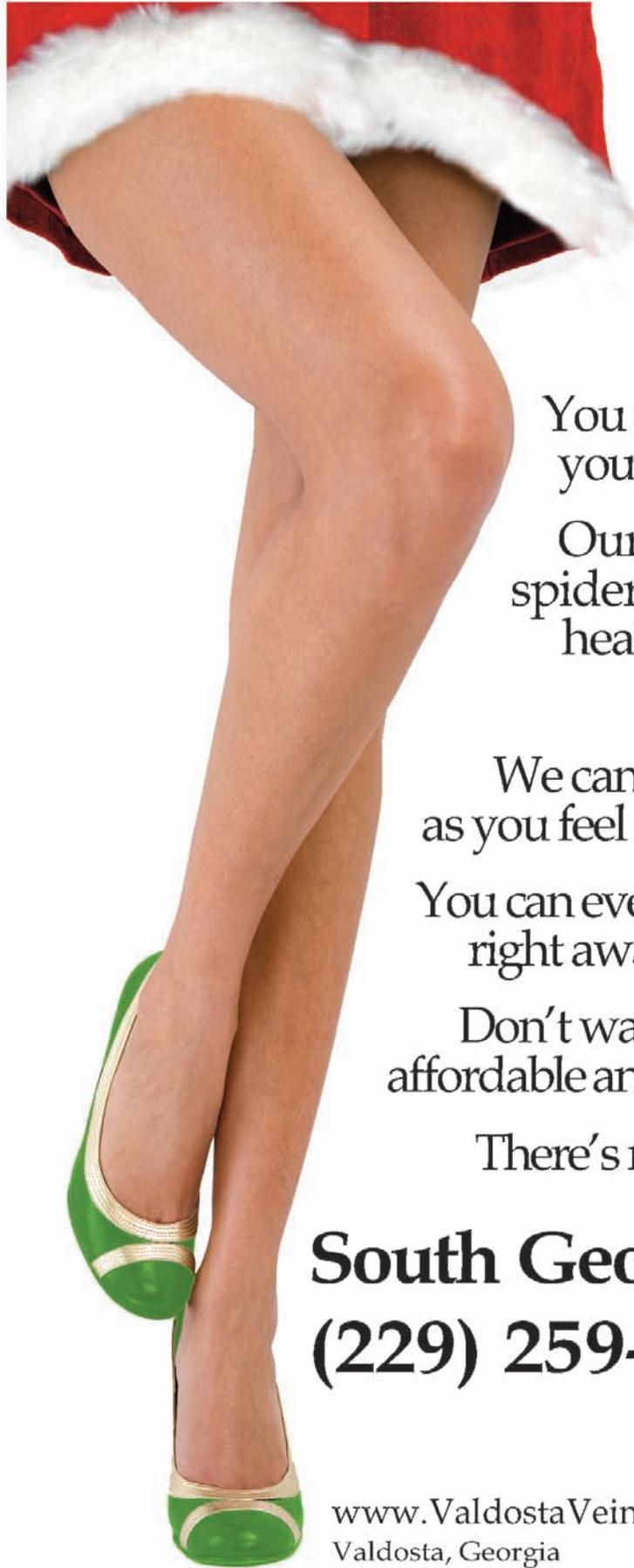
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