

Nicole Roddenberry Honored As District Teacher of the Year



Photo Courtesy of Orlando Burch, March 11, 2013

The School Board on Monday evening, March 11, honored Nicole Roddenberry as District Teacher of the Year. Roddenberry has been a first-grade teacher at Jefferson Elementary School (JES) for 10 years. She now goes on to compete at the state level. Pictured from left to right are School Superintendent Al Cooksey, Roddenberry, FMB representative Jerry Boatwright, JES Principal Dr. Gwen Coverson and JES Assistant Principal Nancy Whitty.

3 Rural Post Offices Looking At Reduced Operating Hours (Plan Is Part Of Overall Restructuring)

LAZARO ALEMAN
ECB Publishing
Senior Staff Writer

Customers of the Lloyd, Lamont and Wacissa post offices heard word from a U.S. Postal Service (USPS) representative on Tuesday, March 12, that the hours of services at these three rural facilities may be reduced to four hours per day in the near future.

Keith Purlie, a representative of the North Florida district, shared with residents of the affected areas the information, which reportedly represented the results of a survey mailed to the residents earlier.

The survey posed three options and asked respondents to choose which they preferred. The options, according to Monticello Postmaster Jim Bennett, were engaging a local establishment within the community to serve as a Village Post Office; maintaining the existing post office but at reduced hours of operation to match customers' needs; or merging the facility with another post office in the area and providing the service from the latter, effectively closing the former.

Bennett was not knowledgeable of the exact percentages of the respondents' choices on the survey. But according to the USPS, earlier surveys conducted in other areas showed 54 percent of respondents preferring reduced hours, 15 percent preferring mergers, 20 percent liking the idea of the Village Post Office, and 11 percent calling for expanded rural delivery — an option apparently not offered here.

The sense of many people at the various meetings on Tuesday appeared to be that the decision to reduce the operating hours had already been made and that the survey and meetings were merely window dressing.

"A lot of the citizens felt that they were not being heard and a lot called it a fixed meeting to announce a decision that had already been made," reported Gerald Bailey, one of more than 60 people who attended the Lamont meeting.

Not so, according to Stephen Seewoester, communi-



cations specialist with the USPS in Dallas, TX, the individual to whom Bennett referred this reporter for more specific answers on the issue.

Seewoester said by telephone that no decision had been reached at this point relative to the closing or reduction of hours of any of the named post offices. He said the survey and public meetings were part of the ongoing process to gather public input on the issue in preparation for a determination.

Subsequently, Seewoester emailed that he expected to hear a decision next week.

Did he mean a decision specific to the fate of the Lloyd, Lamont and Wacissa post offices?

"That is my expectation," was Seewoester's response via email, with the added comment that he would share the information as soon as he knew it.

What readily becomes apparent from a quick perusal of the USPS website is that the proposed reduction of hours at the three local post offices is but a small part of a massive cost-cutting effort by the agency to remedy its financial crisis.

Please See
POST OFFICE Page 3A

City Sets Workshop On Fire Protection



LAZARO ALEMAN
ECB Publishing
Senior Staff Writer

The Monticello City Council has scheduled a workshop for 6:30 p.m. Monday, March 18, to discuss a proposed water main extension project on U.S 19 North and fire protection vis-à-vis the county, as well as other operational functions and budget issues.

The meeting will be held at Monticello City Hall, 245 S. Mulberry Street.

The fire-protection portion of the proceeding will include a presentation from county officials

relative to the findings of a recent study and should prove an interesting topic of discussion, given the longstanding misunderstandings between the two government entities on the issue.

At stake is whether city residents will pay the annual fire assessment, the city will contract the service from the county for a fee, or the city will provide fire protection all on its own.

For more information on the workshop, contact City Clerk Emily Anderson at 342-0292 or eanderson@mymonticello.net.

Group Turns Down Idea Of Trophy Buck County



LAZARO ALEMAN
ECB Publishing
Senior Staff Writer

Paul Michael's proposal to have the county recognized as a trophy buck county as a way of attracting outside hunters and promoting economic development went nowhere fast.

Exactly one month after Michael presented his proposal to the Economic Development Council (EDC) and a committee was assigned the task of vetting the idea and determining its viability, the four-member committee reported to the board this week that it deemed the proposal not to be in the county's best interest.

Or in the words of one committee member, the issue wasn't "worth the political fallout."

Please See
TROPHY BUCK Page 3A

Man Seriously Injured In Crash



ECB Publishing photo by Fran Hunt, March 12, 2013

The driver of this 2004 Silverado apparently lost control of his vehicle on US-27, before slamming into a tree.

FRAN HUNT
ECB Publishing
Staff Writer

A man was seriously injured Tuesday afternoon in a single-vehicle crash.

Florida Highway Patrol (FHP) reported that on March 12 at 3:38 p.m., William Lamar Bolden, 51, of Perry, FL, was driving a 2004 Chevrolet Silverado, traveling eastbound on US-27, at Cody Church Road.

For an unknown reason, the vehicle traveled out of the paved portion of the roadway, and onto the center median. The vehicle then traveled southeast, across both eastbound lanes of US-27, and onto the south grassy shoulder, where the front of the vehicle collided with a tree.

The vehicle then rotated clockwise, and came to a rest facing west, in the ditch on the south shoulder of US-27.

Bolden was transported to Tallahassee Memorial Hospital for treatment of serious injuries.

FHP did not deem the crash to be alcohol related. Bolden was wearing his seatbelt.

The vehicle sustained \$5,000 damage.

Charges are pending.

The Jefferson County Sheriff's Office, Jefferson County Fire Rescue, and Jefferson County EMS assisted FHP Trooper Corey A. Burk on the scene.

Driver Blacks Out, Crashes Semi



ECB Publishing photo by Fran Hunt, March 12, 2013

After blacking out behind the wheel, Freddie Arnold crashed his 2005 Peterbilt into the trees off of CR-146 in Jefferson County.

FRAN HUNT
ECB Publishing
Staff Writer

A semi driver blacked out behind the wheel and crashed his semi Tuesday afternoon in Jefferson County.

Please See
SEMI Page 3A

Fish Fry Fundraiser

to benefit
Lily Ann
daughter of
Danielle & Eddie Matthews
(Formerly of the Capri)

March 16, 2013 at The Capri

Donations accepted to help Lily's family with expenses associated with her treatment

Lily Ann Matthews

Good Company • Good Entertainment
Good Food for a Good Cause

Starts at 6:00 P.M.

For more info call Billie at 850-997-1878

Index	2 Sections, 18 Pages	
	Jeff. Co	9
	School	10
	Classifieds	9
	Health Tab - B Section	

Local Weather	Fri 3/15	64/39	
	A mainly sunny sky. High 64F. Winds NNW at 5 to 10 mph.		
	Sat 3/16	75/50	
	Mainly sunny. Highs in the mid 70s and lows in the low 50s.		
Sun 3/17	80/53		
Mainly sunny. Highs in the low 80s and lows in the low 50s.			
Mon 3/18	80/56		
Mix of sun and clouds. Highs in the low 80s and lows in the mid 50s.			
Tue 3/19	83/61		
A few clouds. Highs in the low 80s and lows in the low 60s.			

Jefferson County Living



Letters To The Editor

Letters to the Editor are typed word for word, comma for comma, as sent to this newspaper - All submitted Letters must be 600 words or less -

Lamont Post Office In Peril

Dear Editor,

I wanted to share with the Monticello News about the recent Post Office meeting that was held in Lamont.

Over 60 people came to the meeting at 2 pm on Tuesday, March 12. The meeting was called because of a survey that was sent out concerning the reduction of hours at the Lamont Post Office.

The North Florida District has proposed to reduce the hours at the Lamont Post Office to four hours a day.

Keith Perlie from the North Florida District was the representative that was sent to announce the results of the survey. I'm sure Mr. Perlie was not prepared for the objections that he heard from the people.

The first objection was from one citizen who objected to the wording of the survey. There was no mention in the survey about leaving the post office a full time office. It was as if the decision had already been made to reduce the hours.

Another objection was that Lamont has been categorized with other small offices such as Shady Grove, Wacissa, and Lloyd. Lamont has over 150 miles of delivery responsibility. Lamont gets as much mail as much larger offices. The decision on reduction of hours was based solely on revenue of the office.

One citizen told Mr. Perlie that the elderly and poor were being overlooked and a lot of people go to the post

office to get help.

Another objection was that Lamont is on a busy highway and a lot of people stop in on their way to work. Large post offices open late and people can't get by the post office while at their work.

One citizen spoke about their constitutional right to get mail. The post office should be like schools. You have the right to a good education.

There was mention that only one percent of the total postal budget is for small rural post offices. Why weren't the higher levels of postal management being cut? Why were they picking on the small post office of rural America?

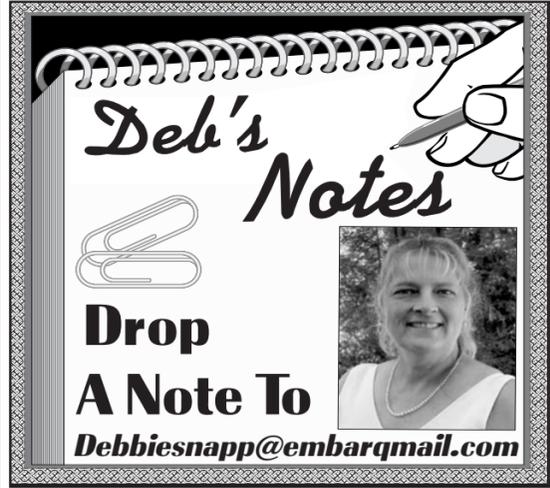
A lot of the citizens felt that they were not being heard and a lot called it a fixed meeting to announce a decision that had already been made.

One lady called for an informational picket with all news agencies being informed.

I left with a feeling that the Post Office is headed in a downhill spiral and some of the decisions were being made without proper Congressional approval.

If you believe that the Postal Service should be preserved, write your Congressman today and tell him that the Post Offices, especially in rural America, needs to be saved.

Gerald Bailey



Deb's Notes

Drop A Note To

Debbiesnapp@embarqmail.com

There is a lot going on in Monticello and the surrounding area this Saturday. So, plan to spend your Saturday shopping, eating, donating, browsing, and enjoying the sites around town!

The Founders Garden Circle members of the Monticello Garden Club are holding a Yard and Garden Sale beginning at 8 a.m. This all-day event will be held at the Wirick-Simmons House, in the gardens. Contact Suzanne Peary at 850-997-4043 for more information.

Girl Scout Week began this past Sunday and ends with Girl Scout Sabbath this Saturday. This week always included the Girl Scout Birthday on March 12; the day in 1912 when founder Juliette Gordon Low officially registered the organization's first 18 girl members in Savannah, Georgia. Her vision was to provide a girl-centered organization. She encouraged girls to not only prepare for traditional homemaking, but also for possible future roles as professional women in the arts, sciences and business and for active citizenship outside the home. The programs provided through the Girl Scout Leadership Experience are vital to continuing this vision and building the women leaders of tomorrow. Watch for Girl Scout cookie sales!

The Jefferson County Historical Association will host a tour of the 1827 City/Roseland Cemetery, the old county jailhouse, a few buildings, and several historic homes... all in beautiful Monticello and Jefferson County. Get your tickets now for the tour. Join with others to see inside these gracious and old buildings. And, talk with people buried in Roseland Cemetery... the same people who built those homes and buildings. This event will take place on Saturday, March 23, from 10 a.m. to 5 p.m. The cost is \$25 for adults and \$5 for children under 12 years of age. For ticket information, call 850-997-2465 or 850-997-5007.

The town of Boston, Georgia has new and wonderful street art designed to promote its upcoming Historic Tour and Quilt Show. The event will be held from 11 a.m. to 4 p.m. on Saturday, April 13. Fifteen area quilters worked for six weeks to create these beautiful works of art featuring quilt designs. The banners, made from kite material, glow like stain glass in the sunlight. 10 homes and buildings will be on the tour. Money raised from this tour will be used to preserve Boston's Old Town Hall, circa 1875. This old brick building currently

houses the police department, and is in urgent need of restoration. The cost is \$20 in advance and \$25 at the door. For more information contact Margot Brown at 229-498-4087.

The Jefferson County Community Coalition held its quarterly meeting on Tuesday morning, February 26, at the Jefferson County RJ Bailor Public Library. Its purpose is to recruit community agencies to work together for Jefferson County. More agency input is needed! The meetings begin with a welcome and introductions, and continue with a review of the previous meeting. Agency sharing follows, including a Whole Child Technical Forum. Guest Speaker Nicolette Castagna, with the Jefferson County Health Department presented the most recent program. To get more involved in the community, contact Healthy Start Coalition of Jefferson, Madison, & Taylor Counties Business Manager Cindy Hutto at cjhutto@healthystartjmt.org or call 850-948-2741

Tonya McClure, with the Tallahassee Lending Consortium, has announced her agency has expanded its service area and has partnered with Jefferson County government to provide free housing related services for residents. TLC is a non-profit, HUD approved housing counseling agency; all programs and services are provided free of charge to residents of the county. TLC helps low income people purchase their first home by providing pre-purchase counseling. TLC pulls an individual's credit report and helps develop a step-by-step action plan on how to improve the individual's credit and increase their credit scores. TLC also offers budget counseling by working with individual's to establish sound spending plans. TLC also provides homebuyer education so that clients become successful, longterm homeowners. TLC also helps families of any income group save their homes from foreclosure by providing 'delinquency' counseling by working as an advocate between the homeowner and their mortgage server to create a workout plan, the Florida Hardest Hit Fund program. TLC is an approved Advisor Agency for the Unemployment Mortgage Assistance Program, which provides up to 12 months of payments (with a cap of \$24,000) to the mortgage lender to assist unemployed or underemployed borrowers with their first mortgage until they can resume full payments on their own. In addition, up to \$18,000 can be paid up front to reinstate a delinquent first mortgage before UMAP payments commence, Mortgage Loan Reinstatement Payment Program which is used as a one-time payment to bring a delinquent mortgage current (up to \$25,000) for a homeowner who has recovered from underemployment. Counseling services are offered on Tuesday's in Jefferson County at Capital City Bank. Contact Tonya McClure at 850-510-6522 to make an appointment, or tmcclore@tallahasseeleaders.org.

Needing Public Input On This Important Issue

Next Thursday evening, the County Commission is holding a public hearing on the issue of whether or not to lift the current ban on selling alcohol on Sundays in Jefferson County. In addition to the hearing, the Commission will consider public input on this issue from a voter survey that can be taken at [JeffersonCountyVoice.com](http://www.jeffersoncountyvoice.com).

tyVoice.com.

We encourage registered voters to take advantage of this private and convenient way to give your input on this issue. You can vote anytime until the survey deadline of 12:00 p.m. on Thursday, March 21st. The anonymous results will be presented that evening at the public hearing.

To take the survey, go to <http://www.jeffersoncountyvoice.com/index.asp> or google "Jefferson County Voice."

Click on "Sale of Alcohol on Sundays" Log in entering your info like this:
Last Name (Smith)
House Address Number (123) ...Enter the number on your mailbox, not the street name
DOB (mm/dd/yyyy)
Then you will see 2 choices. Click your choice and hit "Submit"

You will get a confirmation that your vote was received, click on "Log me out now" at the bottom of that message.

If you have problems voting, you can leave feedback via the voting site or you can post a message on the Jefferson County Voice Facebook page.

Thanks for participating! We want to give everyone a shot at this, please spread the word!

Sincerely,

Kate Calvin & Tom Love

Calico Spring Arts & Crafts Show

March 16 & 17, 2013
Spence Field in Moultrie, GA

Saturday 9 a.m. - 5 p.m.
Sunday 10 a.m. - 4 p.m.

\$5.00 per person
Children 12 and under free with an Adult

Free Parking ~ No Pets Allowed

300 Booths of Handmade Arts & Crafts
Variety of Food Vendors on Site
Performances by Clogging Teams from throughout the South

For More Information
(229)985-1968 • info@calicocrafts.com • www.calicocrafts.com
Spence Field (site of Sunbelt Expo) is located 4 miles SE of Hwy 319 on Hwy 133

Ladies Auxiliary Holds Blood Drive, Fish Fry, Indoor Yard Sale

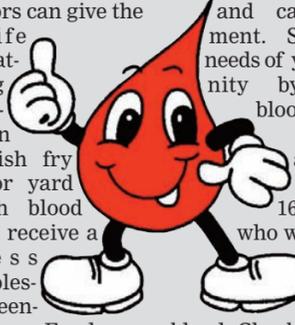
DEBBIE SNAPP
ECB Publishing Staff Writer

Jefferson County blood donors can give the gift-of-life while attending the American Legion Post 49 fish fry and indoor yard sale. Each blood donor will receive a wellness check, cholesterol screening, and a Fandango movie ticket voucher.

The Bloodmobile location is 1065 South Water Street in Monticello, on Saturday, March 16, from 8 a.m. to 2 p.m.

Blood donations go to our hospitals and could literally save the lives of patients who need transfusions for emergencies, traumas, surgeries, and cancer treatment. Support the needs of your community by donating blood.

Generally, healthy people age 16 or older who weigh at least 110 pounds can donate blood. Check the website at www.scbinfo.org or contact Betty Roberts at 850-572-4136, or betty.roberts@oneblood.org. For additional information call 850-877-7181, a division of OneBlood, Inc.



JEFFERSON COUNTY JOURNAL

Established 2007

A weekly newspaper [USPS 361-620] designed for the express reading pleasures of the people of its circulation area, be they past, present or future residents.

Published weekly by *ECB Publishing, Inc.*, 180 West Washington St. Monticello, FL 32344. Periodicals postage PAID at the Post Office in Monticello, Florida 32345.

POSTMASTER: Send address changes to: MONTICELLO NEWS, P.O. Box 428, Monticello, FL 32345.

This newspaper reserves the right to reject any advertisement, news matter, or subscriptions that, in the opinion of the management, will not be for the best interest of the county and/or the owners of this newspaper, and to investigate any advertisement submitted.

All photos given to *ECB Publishing, Inc.* for publication in this newspaper must be picked up no later than 6 months from the date they are dropped off. *ECB Publishing, Inc.* will not be responsible for photos beyond said deadline.

P.O. Box 428
180 West Washington Street
Monticello, Florida 32345
850-997-3568
Fax 850-997-3774
Email: monticellonews@embarqmail.com

Emerald Greene
Publisher/Owner

LAZARO ALEMAN
Senior Staff Writer



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 \$10⁰⁰ charge for Affidavits.

CIRCULATION DEPARTMENT
Subscription Rates:
Florida \$45 per year
Out-of-State \$52 per year

County Commissioners want YOUR INPUT

on the local sale of **alcohol on Sundays** in Jefferson County

TAKE THE SURVEY at Jefferson County Voice

www.jeffersoncountyvoice.com

Jefferson County Living

Sidewalk

continued from page 1A

Speaking for the committee, Clerk of Court Kirk Reams said that the property rights issue posed the biggest obstacle to the proposal. He said the majority of people who had contacted the committee members had expressed concern, if not outrage, at the idea of further government intrusion into, and erosion of, their property rights.

Based on the committee's recommendation, the EDC board decided on Monday morning, March 11, to drop the proposal. The group, however, determined that the Tourist Development Council (TDC) might be a better vehicle for Michael to pursue his idea, given that the latter organization had an interest in promoting the county's natural resources and assets as a way of attracting tourism.

Michael pitched his idea to the EDC on Feb. 11, offering that if Jefferson attained the status of a

trophy buck county, the designation could translate into economic development opportunities.

"Hunters will travel a long ways to hunt big bucks," Michael said.

And in the process of pursuing big bucks here, hunters would spend money on food, fuel and lodgings and enhance the local economy, he said.

Michael noted that the county already enjoyed a reputation for having big bucks, as indicated on the Florida Buck Registry, a program of the Florida Fish and Wildlife Conservation Commission (FWC) that identifies the biggest white-tailed deer taken each year statewide and at what locations.

He offered that if the county implemented a restriction that prevented the hunting of bucks until they attained a certain age and rack size, the county not only would acquire a unique distinction in the

state, but it would also make it a destination point for hunters.

Although sensitive to the property rights issue, Michael said he believed that the benefits of being a trophy buck county would outweigh any concerns.

He noted that the plantations and hunting clubs in the county already had such restrictions in place, which explained why the plantations and clubs had higher-quality deer harvests.

It was his argument that not only would the deer population improve in quality if such a restriction were imposed, but hunting leases and property values would rise. And additionally, local businesses would benefit from the increased activity.

"It would help the motels and hotels and restaurants," Michael said. "It would pull people into this county who want to hunt."

Semi

continued from page 1A

Florida Highway Patrol (FHP) reported that at approximately 3 p.m., Freddie Arnold, 64, of Greenville, was driving a 2005 Peterbilt semi pulling a flatbed trailer, traveling east on CR-146 (Ashville Highway), about two miles west of Fincrest.

For an unknown reason, Arnold blacked out behind the wheel and the vehicle veered to the right shoulder, across the ditch and into the tree

line, where it sheered off several smaller trees.

As the vehicle entered the tree line, the left side of the trailer nicked a utility pole.

The semi continued into the trees and the front collided with a large tree, and the vehicle came to a rest.

Arnold was wearing a seatbelt and was uninjured. He was transported to Archibold medical center as a precautionary measure, due

to the black out.

The Peterbilt sustained at least \$5,000 damage.

FHP did not deem the crash to be alcohol-related. No charges were filed.

The Jefferson County Sheriff's Office, Jefferson County Fire Rescue, Jefferson County EMS and the Ashville Area Volunteer Fire Department, assisted FHP Trooper Matt Boatwright on the scene.

Post Office

continued from page 1A

"Given that the Postal Service is currently projecting a \$14 billion net loss in Fiscal Year 2012, and continuing annual losses of this magnitude, we simply cannot justify maintaining our current mail processing footprint," Postmaster General and CEO Patrick R. Donahoe is quoted saying in May of last year.

Here are some quick facts gleaned from the USPS website: Customer retail visits to post offices between 2005 and 2011 dropped by 27 percent, which translates into 350 million fewer visits. On average, it costs the Postal Service \$114,000 annually to operate a typical rural post office, the bottom 4,500 of which earn about \$15,000 annually. Eighty eight percent of rural post offices, according to the USPS, are losing money.

At present, the agency maintains more than 31,000 post offices across the country, plus it provides online access to postal products and services via the Internet and through more than 70,000

alternate access locations. Nearly 40-percent of postal retail revenues, in fact, come from online purchases or through approved alternate postal providers such as Wal-Mart, Staples, Office Depot, Walgreens, Sam's Club and others.

The Postal Service receives no tax dollars from the federal government for operating expenses; it relies entirely on the sale of postage, products and services to fund its operations.

Thus far, out of 17,728 rural post offices that the agency has analyzed, it has determined to close more than 100 and has allowed 4,561 to continue operating eight hours daily. The agency is now in the process of reviewing another 13,000 or so post offices, but it clearly states that no rural post office will be closed if the community can't come up with a "strong alternative preference".

"The post offices in rural America will remain open unless a community has a strong preference for

one of the other options," Postal Service Chief Operating Officer Megan Brennan is quoted saying. "We will not close any rural post offices without having provided a viable solution."

The USPS expects to complete the evaluation process and implement the new cost-saving strategy by the fall of 2014, at which time it expects to begin realizing savings of about half billion dollars annually. The goal ultimately is to restore the agency to financial stability.

When fully implemented, the USPS expects its network consolidations will generate approximately \$2.1 billion in annual cost reductions and lead to total workforce reduction of up to 28,000 employees.

Seed Time Harvest Farms

CETTA BARNHART
Project Coordinator

For the first time since we started our services last year, Seed Time Harvest reached a break point. We were "whelmed" with the orders received and went way beyond our delivery completion time of 2 p.m. We apologize to those whose orders were delayed. At the same time, we are excited about how the business is growing.

May I share why we're excited? For every bag of groceries sold, you put money directly into the hands of farmers who would still have that produce growing in their yards and eventually dying in their fields. Yes, it takes a little effort to pick, pack, and deliver each bag but it's worth it when we know that we are bringing the freshest produce we can to the homes of families that really appreciate it. In addition, you are pushing us to where we may be ready to "hire" (YES hire!), a few folks to assist us with deliveries and packing on a regular basis. We will solicit volunteer help for some of the work, but what is really exciting is that in this economically challenging time, your purchases lead to employing folks.

So, here's our answer to being "whelmed" - BRING IT! Yes, we received more orders than usual last week by you sharing the word with your family and friends of the fresh produce and good customer service you receive from Seed Time Har-

vest Farms. Don't stop now. You are directly related to an entity that has the "American Dream" at heart. If you are willing to work (hard and smart), you can build a substantial life for yourself. No handouts here - just pure sweat and ingenuity. With your continued support, we will be able to branch out and provide more food through various outlets (farmers markets and other sources) that link directly to local farmers in your area. For this we say, thank you.

Here's the Grocery List for this week: strawberries, tangerines, finger carrots, small sweet onions, Russian red kale, new red potatoes, sweet potatoes, and beets with tops.

Chose one: collards or cabbage. If collards please specify if you want them cut, if not, they will be bunched.

Additional Items: eggs, strawberries, broccoli florets, and ruby red grapefruit, (only a few left. First come, first served. They aren't pretty on the outside, but tasty and juicy on the inside.)

How to order: Because some of you have had challenges with using the new form, if the link below doesn't work, send an email with the list of items you would like along with the place you would like them delivered. Please include a contact phone number with your email order. For those who can access the link, here it is: <https://docs.google.com/spr>

eadsheet/viewform?formkey=dFdyVmU2WnJqeno3V19VVC1TSlpWTnc6MQ#gid=0

For delivery this week, orders are to be placed by Wednesday by 5 p.m. Delivery occurs on Friday by 2 p.m., unless otherwise notified. Our staff will call 15-20 minutes prior to delivering to your designated location.

Pricing: The cost for the grocery bag is \$25. For seniors over 65 and single parent households the cost is \$20. Payment is preferred by PayPal; however, we will accept payment upon delivery. When paying by PayPal, notify us either via the online order form (using the check box) or by replying by email, and we will send you an invoice from which to pay. If this is your first time ordering, please feel free to call us at 850-251-0386 with any questions.

Thank you for your continued support. We appreciate your business and look forward to servicing you soon.

Special Note: There will be no delivery services the week of Spring Break (3/22/2013) so that we may spend time with our children. We will resume services the following week (3/29/2013.) Remember, you can always blanch and freeze your leafy greens if you eat them cooked.

Take care and Happy Eating!

(Seed Time Harvest Farms is looking for volunteers to help with packing and delivering.)

**LIONS CLUB
BINGO**

Raising Funds For Area Residents In Need
All Are Welcome To Come Have Fun, Play, Win!

***Every Monday Night**

Capitol City BP Travel Center
Big Bend Family Restaurant
2716 Gamble Road, Lloyd
(Interstate 10, Exit 217, Highway 59)
850-997-3538 for Directions

*Doors Open at 5:00 p.m.

*One-Free JACKPOT card for every eyeglass donation
*One-Free JACKPOT card for every nonperishable food donation

This Is A Non-Profit Organization

Contact Lion June Campbell at 850-997-1754
For more information



**Central
Church of Christ**

US 19 South at
Cooper's Pond Road
997-1166
Carl Desmartin, Minister

Sunday:
10 AM Bible School
11 AM Worship Hour
Wednesday:
7 PM Bible Study

Galatians 1:9-10
As we have said before, so now I say again: If anyone is preaching to you a gospel contrary to the one you received, let him be accursed. (10) For am I now seeking the approval of man, or of God? Or am I trying to please man? If I were still trying to please man, I would not be a servant of Christ.

Come and worship with us! (John 4:24)

Local Business Directory



**Septic Tank &
Land Clearing**

*Complete Septic • Service & Repair
Lot Preparing & Land Clearing*

Thomas B. Scott, Sr.

339 Alexander Rd., Lamont, FL. 32366
ph: 997-5536 cell: 933-3620

**Stewart Heating
& Cooling Inc**

Residential • Commercial
Service All Makes and Models
Sales • Service • Installation • Change-Outs
**Serving Monticello & Surrounding
Area Since 1999**

Financing Available! **Cell: 342-3294**

~ **Billy Simmon's** ~
SEPTIC TANK CONTRACTOR

**New Installation • Repair • Pumping
Backhoe & Hauling**

LAND CLEARING • DIG PONDS • FILL DIRT • DRIVE-
WAY & CULVERT INSTALLATION • ROAD BUILDING

850-997-0877 850-509-1465
FDOT CERTIFIED LICENSED AND INSURED

315 Waukeenah Hwy.
1/4 Mile Off US 19 South

**REGISTER'S
MINI-STORAGE**

850-997-2535



For Any of Your
Advertisement Needs

CALL

**Glenda or Bobbie at
850-997-3568**

**ECB
PUBLISHING INC.**
Monticello News



Jefferson County Living

COMMUNITY CALENDAR

debbiesnapp@embarqmail.com or 850-997-3568

March 16

The Avalon Plantation Relay For Life Team will hold a Trail Ride fundraising event on Saturday. Gates open at 8 a.m.; ride begins at 10 a.m. The Trail Ride will take about three hours, on the plantation. There will be snack breaks and lunch will be served at 1 p.m. The cost of early registration is a \$15 donation entry fee per person; the cost on the day of the ride is \$20. To register and for more information, contact Perry or Dana Lastinger at 850-508-2174, or 850-997-8714, or aucilla90210@aol.com or www.relayforlife.org/jeffersonfl. Come and enjoy the fellowship and support a great cause for cancer research.

March 16

The Jefferson County Humane Society will hold a Pet Pampering on Saturday, from 10 a.m. to 1 p.m. at the old Wag-the-Dog location, north of the Monticello Post Office. For a donation of \$7 get your dog bathed; for a \$12 donation the spa will include ears cleaned and toenails clipped. Contact Jeri Kimbrel at 850-997-4932 for more information, or to volunteer your help.

March 16

Founders Garden Circle of the Monticello Garden Club will hold a Yard and Garden Sale on Saturday, beginning at 8 a.m. The all-day event will be held at the Wirick-Simmons House, in the gardens. Circle members meet at noon on the second Thursday of the month. For more infor-

mation, contact Co-Chairman Suzanne Peary at 850-997-4043.

March 16

Pine Needle Basket Basketry class is offered at the Jefferson Arts Center from 12 to 2 p.m. on Saturday. The cost is \$10 and includes supplies and instruction. Contact Instructor Jane Davis at 850-997-4320 to register. Class size is limited.

March 16

Fish Fry/Yard Sale/Bake Sale/Pet Adoption/Blood Drive on Saturday at the American Legion Otto Walker Post 49, 1065 South Water Street, beginning at 8 a.m., hosted by the American Legion Post 49 and Ladies Auxiliary. The cost of a mullet dinner is just \$7 per meal. To purchase tickets in advance, contact any member, or call Auxiliary President Debbie Mitchell at 850-997-3860 or Post Commander Frank Kolb at 850-491-1262.

An indoor/outdoor yard sale will also be held. If you would like to setup a table, just rent one by calling Bruce Sandell at 850-997-2767. Table cost is \$10 for an inside table and \$5 for an outside table. Donations of yard sale items or money will also be accepted. Cub Scout Pack 628 will be in attendance selling their baked goods and other sweet treats. The Southeastern Community Blood Mobile will make itself available to donors beginning about 9 a.m. For more donor information about Florida Blood Services, go to sbcinfo.org.

Donors will be rewarded with a gift. Walk-ons will be welcomed. Also, adopt a new 'forever pet.' The Jefferson County Humane Society will have a Pet Adoption Booth set up for your convenience. So, plan to come on down, enjoy the day and donate some blood... it could and does save a life.

March 17

Pops At The Pond on Sunday, hosted by the Teal Magnolias at the Willow Pond Plantation, from 1 to 4 p.m. Plan to join with others for a fun-filled day, with something for everyone... music, food, children's activities, a silent auction... all for a worthwhile cause... helping to 'Break the Silence' about ovarian cancer. Advance tickets may be purchased for just \$25 per couple, \$15 for single, \$5 for children 12 to 18, and children under 12 are free. For additional information, or to get your questions answered, contact local coordinator Sandra Hood at shhood@yahoo.com.

March 18

Smoking Cessation Class at 5:30 p.m. on the third Monday of each month at the First United Methodist Church, in the Family Ministry Center. Call 850-997-5545 for more information.

March 18

Al-Anon meetings are held at 8 p.m. every Monday at the Anglican Church, 124 Jefferson Avenue in Thomasville. For more information go to www.al-anon.alateen.org.

March 18

AA meetings are held every Monday at 8 p.m. at the Christ Episcopal Church Annex, 425 North Cherry Street. For more information, call 850-997-2129 or 850-997-1955.

March 19

AA classes are held every Tuesday at 8 p.m. for those seeking help. The classes are held at the Harvest Christian Center, 1599 Springhollow Road. Contact Marvin Graham, pastor, at 850-212-7669 for more information.

March 19

Turf Management class is offered by interactive video at the Jefferson County UF/IFAS Extension Office from 7 to 9 p.m. on Tuesday evening. Contact the Extension Office to register at 275 North Mulberry Street, Monticello, or 850-342-0187, or covey.washington@ufl.edu.

March 19

Parent Involvement Committee meets at 6:30 p.m. every third Tuesday at the District Office on Water Street. Contact Vicki Boland vicki.boland@jeffersonschooldistrict.org.

March 19

Jefferson County Lions Club meets at 1 p.m. on the first and third Tuesday of every month at the Brick House Eatery, in the community room for a program and business meeting. For more information about this organization and its fundraising efforts, contact Lion Debbie at 850-997-0901

March 20

Monticello Kiwanis meet-

ing every Wednesday at 12 p.m. at the Jefferson Country Club on the Boston Highway with lunch, a program and a meeting. For more information, contact President Rocky Gavins at 850-997-2646.

March 20

Early Learning Coalition of the Big Bend Region will see customers at its 1145 East 2nd Street location every Wednesday from 1 to 6 p.m. Contact www.elcbigbend.org for additional information.

March 21

AA meetings are held weekly at 8 p.m. on Thursdays at the Christ Episcopal Church annex, 425 North Cherry Street. For more information call 850-997-2129 or 850-997-1955.

March 21

The Extension Office has partnered with the America Saves Campaign and the Jefferson County Bailar Public Library to host a series of events focused on building financial strength. On Thursday an online workshop will be held at 11:30 a.m., titled: Building A Strong Credit History. There will be a drawing for prizes. Join in at any time. For more information visit jefferson.ifas.ufl.edu or stop by the Library.

March 22

Rotary meets at 12 p.m. on Fridays at the First Presbyterian Church, in the fellowship hall, for lunch, a meeting, program, and speaker. For questions or comments, contact President Neill Wade at 850-545-4940.

Pet Pampering Saturday



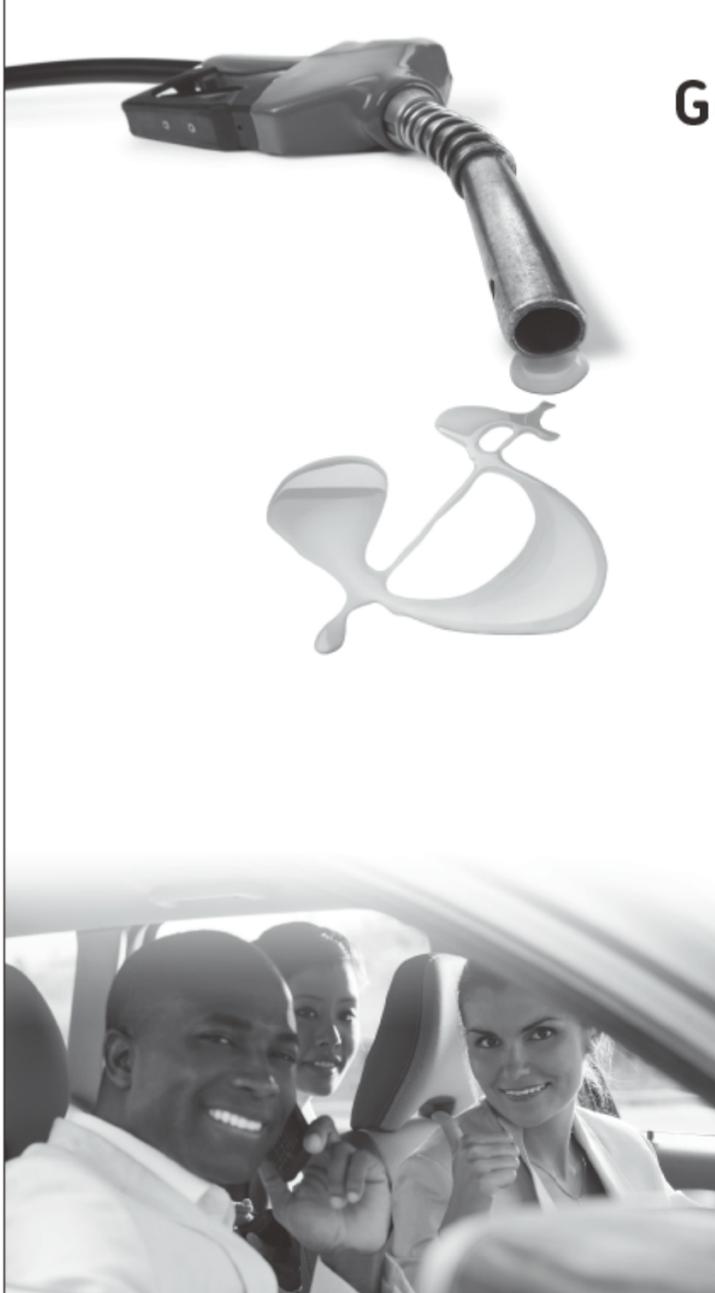
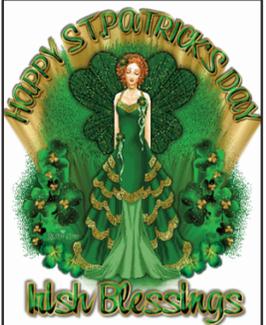
FRAN HUNT
ECB Publishing
Staff Writer

The Jefferson County Humane Society will be conducting a "Pet Pampering," Saturday, March 16, from 10 a.m. until 1 p.m. at the old Wag The Dog location, located just north of the Monticello Post Office at 315 North Jefferson Street.

It includes ear cleaning and toenail clipping for a donation of \$7 and back by popular demand, dog washing for a donation of \$7.

Pamper your pets and treat them to a Spa Day to include wash, ear clean and nail clipping for a \$12 donation.

Contact Jeri Kimbrel at 997-4932 for more information or to help out.



Get more Smiles per gallon.

Are high fuel prices and your daily commute wearing on your wallet? Save money and stress by sharing the ride. Carpooling and vanpooling can reduce your commuting costs by 50% or more. You'll also be contributing to cleaner air and reduced traffic congestion.

Commuter Services of North Florida can help you locate neighbors and co-workers with whom you can share the ride, and the service is FREE.

Visit www.commuterservices.org to request a free matchlist and to learn about other low-cost commuting options. You can also call us at 1-888-454-RIDE for personalized assistance.



COMMUTER SERVICES | of north florida
888-454-RIDE / www.commuterservices.org

Win an iPad!

"Like us" on Facebook during the month of March and become eligible to win an iPad courtesy of Commuter Services of North Florida. "Share" with your friends to earn extra entries.

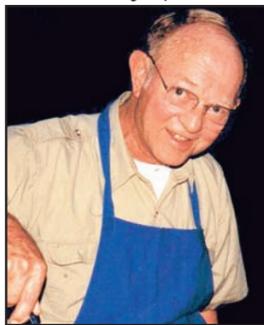
Visit www.commuterservices.org/giveaway for details or simply scan the QR code.



Jefferson County Living

†† Obituary ††

JACK SIMPSON
 May 1, 1932 – February 11, 2013



Jack Simpson, 80, of Nuttall Rise, Florida, avid reader, historian, expert diver, amateur archeologist, loving brother and friend, die-hard U of F Gator fan, and wise old character, has not passed away, except in body. He lives on in our hearts and memories.

Jack was born in Palatka, Florida on May 1, 1932 and moved to Monticello at an early age. He served as president of the 1950 senior class at the old Monticello High School. He attended the University of Florida in Gainesville, and was elected to serve as the commander of the Sigma Nu Fraternity there, where he made many friends with whom he kept in close contact for most of his life.

Following college, he served in the Army of the United States with the 101st airborne division at Fort Campbell, Kentucky. Upon leaving the Army, he returned to Monticello, where he was associated with Simpson Nursery Company for several years.

After purchasing and moving to his beloved "Fish Camp" at Nuttall Rise, he began work as the executive director with the United States Department of Agriculture in Perry, Florida, where he remained for 24 years. While working in Perry, he served as president of the Perry Kiwanis Club for two consecutive years.

Jack retired and lived at his home in Nuttall Rise, on the beautiful Aucilla River, where he remained for the next forty-five years. He was able to pursue his interest in the science of archeology when he approached the University of Florida Archeology Department with questions about his impressive collection of arrowheads and artifacts that were gathered over many years of diving in the Aucilla River with various friends.

After seeing Jack's collection, it was decided that a team of divers from the university would form a project to explore the river. He worked with the University of Florida team and helped guide their ten-year dig there. His advice and knowledge of the area were invaluable to the excavating team. Jack was able to apply and receive grants from the National Geographic Society and the Florida Museum of Natural History to help sponsor the project that became known as "The Aucilla River Prehistory Project." Spanning a twenty year period, from 1983-2003, this project would go on to put the Aucilla River and the Nuttall Rise Ladson property "on the map," so to speak. Eighteen nationally registered archeological sites were discovered on a two-mile stretch of the river by the crews working on this project. What began as a curiosity about the origin of his collected arrowheads and artifacts, eventually turned into a world renowned project which would go forth to tag the Aucilla River Basin as one of the most important archeological sites in the Northern Hemisphere, possibly the world. Thus, Jack can be credited with making a major impact on the studies and science of the early inhabitants of North America.

Jack is survived by his sisters Mary Simpson Orbe (Ernie) and Miranda Martinez; his nieces Kendall Schomberg (Aaron) and



Emily Orbe; his nephews Stuart Vernon and Buckley Vernon (Amy); his cousins Sunny and Bill Bippus; his favorite brother-in-law and old diving buddy Rusty Vernon (Carmel); his godson Mark Simpson Mosley; and his beloved dog RJ and cat Bunch Boi.

The family wishes to thank Big Bend Hospice (Erica and crew) in Perry, the staff (Tenu, Liz, and nurses) at the Margaret Z. Dozier Hospice House in Tallahassee, Florida, and Bethany Hospice (Jordana) in Valdosta, Georgia. Thanks also to Dr. Keith Beverly, Dr. Amanda May, and her PA, Bobbi Bentley, all of Thomasville, Georgia. And last, but most importantly, many thanks to the Golden Living Center staff in Thomasville, who lovingly and patiently provided remarkable care for Jack in his last days.

For the many friends who gave their support to Jack and his sister Mary in his final months, there are no words to convey the gratitude we feel. To Becky Lee, her husband Pat Tillman, and her whole family, to Eddie Green, Joe and Nancy Latvis, John and Sue Ladson, Betty Jean and Hoyt Horne, John and Don Horne, Mary and Melvin Vaughn, Sonny and Jamie Ellison, Leigh and Anne Perkins, Joann and Melvin Suggs, Jim Dunbar, Harry and Jackie Moses, Lisa Parrott, Suzanne Vereen, and many of his high school classmates, your love made all things bearable. The journey would have been much harder without you all. Jack was a lucky man to have gathered such a wide circle of friends. His love of solitude and his life of quiet existence on his beloved river formed the man we came to know and love. This passage surely represents him well:

"The answer is that when a man has been there and undergone the baptism of solitude, he can't help himself. Once he has been under the spell of the vast, luminous, silent country, no other place is quite strong enough for him, no other surroundings can provide the supremely satisfying sensation of existing in the midst of something that is absolute. He will go back, whatever the cost in comfort or money, for the absolute has no price." P. Bowles

At Jack's request, there will be no service. For anyone wishing to honor Jack's life, his wish would be to reach out to any person or animal needing a helping hand. Any donations to honor him should go to Big Bend Hospice or to the Margaret Z. Dozier Hospice House in Tallahassee, or to Bethany Hospice in Valdosta.

Tour Du Jour Monticello

The Monticello Area Historic Preservation Association conducted a "tour du jour," or a tour of the day for a group of 15 individuals from the Tallahassee area. The visitors toured the historic Simpson-Dam House on Pearl Street and the National Register of Historic Places listed Girardeau-Dunn House, which faces Dogwood Street.

After the tour of the homes by the owners, lunch was provided through Carrie Ann & Co. at the historic Mays House. Those in attendance were enthusiastic about the visit and looked forward to walking, browsing, and shopping in the downtown area before returning home as well as return visits to Monticello for lunch or to shop with other friends not in attendance during the tour.

The Monticello Area Historic Preservation Association focuses on increasing awareness, appreciation, and preservation of historic structures, buildings and sites in Monticello and surrounding Jefferson County. One of the ongoing activities of the organization is to offer a "tour du jour," or tour for the day to groups of 10 or more by advance scheduling. Lunch may or may not be included based on the wishes of the group. Through the tours of private residences, the Monticello Area Historic Preservation Association hopes to demonstrate the unique personalities and comfortable living possible in a properly preserved and maintained historic building.

Membership in the organization is currently free. Additional information about the tours or the organization may be obtained by calling 850-997-6552.



ECB Publishing Photos By Debbie Snapp, February 18, 2013. The Girardeau-Dunn House on Avenue of the Oaks was one of the homes on the Tour du Jour in February.



The Simpson-Dam House on Pearl Street was one of the homes on the Tour du Jour in February.



Tour du Jour organizers and Carrie Ann & Co personnel enjoy a luncheon meal at The Mays House after the morning event.



Tour du Jour guests enjoy a luncheon meal at The Mays House, prepared by Carrie Ann & Co. Catering, after the morning event.

PAPER BUNDLES \$2 EACH
MONTICELLO NEWS
 180 W. Washington St.
 850-997-3568

Our special **Bridal Tab** will be published on March 22!

If you are interested in advertising your business, contact us at (850) 997-3568. Great rates and deals, call now.

Heritage Manor Apartments
 1800 E. Texas Hill Road • Monticello, Florida 32344
 A Unique Community Designed for 62+ or Disabled

- Rental Assistance Available
- HUD Vouchers Welcome
- Foreclosures Welcome

Please Contact Apartment Manager
(850) 997-4727
 For further information stop by our leasing office Mon., Wed. or Fri. between 9 a.m. and 2 p.m.

Get Real auto insurance that comes with a real Agent

Get real answers about your auto insurance from a real, local agent. Call today for a free, no-obligation quote on your Auto, Home, and Life coverage.

850-997-2213 | www.floridafarmbureau.com
 105 W Anderson St. • Monticello

Freddy Pitts
 Agency Manager
 freddy.pitts@ffbic.com

Glen L. King
 Agent
 glen.king@ffbic.com

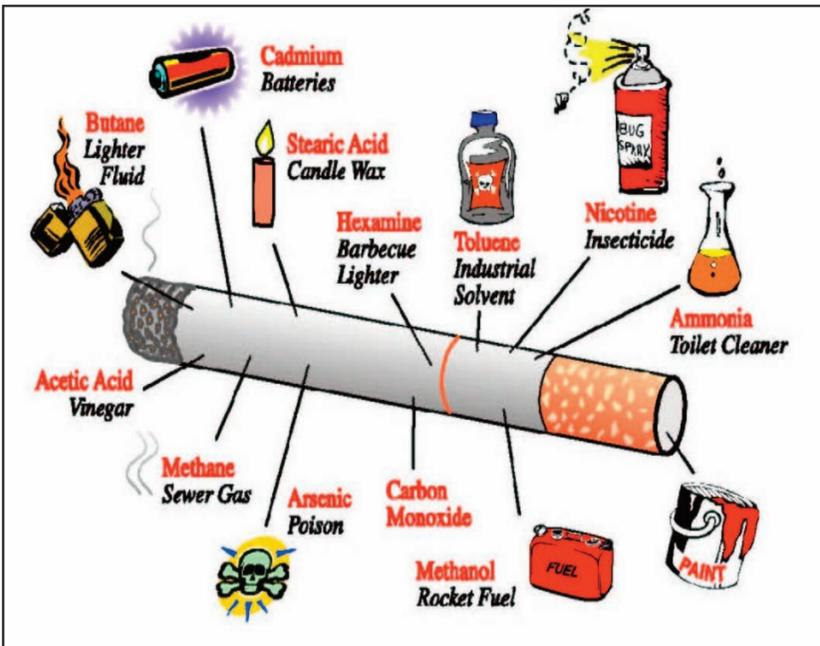
24/7 Claims Service
 Call 1-866-275-7322

FARM BUREAU INSURANCE
 Auto • Home • Life

*Florida Farm Bureau General Insurance Co.
 *Florida Farm Bureau Casualty Insurance Co.
 *Southern Farm Bureau Life Insurance Co., Jackson, MS

Jefferson County Living

New Smoking Cessation Class Tuesday



FRAN HUNT
ECB Publishing
Staff Writer

A new free smoking cessation class is being conducted in Monticello Tuesday night, March 19, starting at 5:30 p.m. at the County Health Department.

Florida Big Bend Area Health Education Centers (AHEC) Smoking Cessation Consultant Preston Mathews explained that the new class is called Tools To Quit (TTQ) and is a one-time two-hour program, as opposed to the usual once per week, six-week period classes.

"I cover the same material and provide patches,

gum or lozenges for attendees," said Mathews. "We have found this shortened version to be quite successful and attendees are always welcome to come back or to call me for more support."

The course is developed by ex-smokers for those who wish to become ex-smokers.

The course provides a plethora of informative information including how to identify the triggers of the smoking habit, how to deter from those triggers, and how to begin detoxifying the body prior to the actual quit date and beginning usage of free Nicotine Replacement

Therapy (NRT) which includes patches, Commit lozenges and nicotine gum for the first month.

The course NRTs are all funded by the state and was provided through a partnership of Florida Health Educators Centers (Florida AHEC), Florida Department of Health, Quit Smoking Now, and Quitline (1-877-822-6669).

Class participants also learn how to not fail by beating themselves up if a brief failure has resulted, how to avoid weight-gain after quitting, developing healthy eating and utilizing the habit of exercising, how to keep from reaching for the cigarettes through strictly force of habit, and so much more healthy beneficial information.

Mathews has participants talk about their goals, speaks of the medical problems caused in both men and women due to smoking, the many poisons contained within cigarette smoke and the effects of those we love around us who do not smoke as a result of the second hand smoke they breath every day due to our habit.

Each participant is also provided with a water bottle, stress ball, and learn of the importance of drinking a large amount of water to help purify and detoxify the system as they were preparing for the actual quit date.

To enroll in the class and for further information contact Preston Mathews at 224-1177 or email at pmathews@bigbendahec.org.

Church News Notes

debbiesnapp@embarqmail.com or 850-997-3568

March 15
Mt. Morilla will hold a Talent Night beginning at 7 p.m. on Friday. Got talent? Come show your skills... singing, praise dancing, poems... All ages are welcome. Mt. Morilla is located at 9091 South Salt Road. Call 850-491-8147 for more information.

March 15
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. Call 850-342-3541 for more information.

March 16
Philadelphia Missionary Baptist Church will hold a closet giveaway at the Monticello news parking lot from 10 a.m. to 2 p.m. on Saturday. Clothing, accessories, and refreshments will all be free to those attending. Drop by to shop for a new wardrobe.

March 17
Salem AME Church will hold its Church Choir Anniversary at 11 a.m. on Sunday at 5871 South Salt Road. Guest speaker will be Rev. Mazie Rohart, with music by the Mt. Morilla Youth Choir. Rev. Gilbert Connelly, pastor. Rev. Carlton Taylor, presiding elder. Sponsor is Loretha Young, 850-997-3644.

March 17
Mt. Ararat AME Church, located in Waukeelah, will celebrate its 147th Church Anniversary on Sunday, beginning at 3 p.m. As the fifth organized African Methodist Episcopal Church in Florida, the church family takes pride in the rich heritage and traditions of African Methodism. Guest speaker for this event will be Rev. Vicki Mays, pastor of the Mt. Nebo AME Church in Madison. Donations made by IGA.

March 17
Monticello Community Temple COGIC will host its annual Woman's Day Program at 5 p.m. on Sunday at the church location 630 East Harley Street.

March 17
Union Hill AME Church Missionaries will observe their annual Evening in White program at 3 p.m. on the third Sunday. Program speaker will be Pastor Louise Wallace, and the Mt. Morilla Missionary Baptist Church family will be in charge of the service. Rev. Joseph O. Love, pastor.

March 17
Salem AME Church, 5871 South Salt Road, will hold Morning Worship Service on the first and third Sun-

day of each month at 11 a.m. Sunday School is held at 10 a.m. and Bible Study is held at 7 p.m. on Monday nights. All are welcome. Rev. Giblet Connley, pastor.

March 20
First United Methodist Church Music Academy will hold a recital on Wednesday evening at 5:15 p.m. 50+ talented students will perform in the Family Ministry Center.

March 20
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 needed, 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.firstpresbyterian-monticello.org.

March 20
Heaven's Kitchen Noon Bible Study and Prayer every Wednesday at Memorial Missionary Baptist Church, by Rev. J. B. Duval and Rev. Semmeal Thomas. Come as you are; take your lunch break; for just one hour. Be spiritually filled as you study God's word. After Bible Study, Feed My Sheep Ministry will fill your physical body with a prepared meal. For more information, contact coordinators Sis. Mary Madison at 850-997-4504 or 850-210-7090, or Sis. Betty Russell at 850-997-4251.

March 20
Wacissa United Methodist Church will hold after-school classes every Wednesday through April 17 (except March 27) for children ages 5 to 15 from 3:30 to 5:30 p.m. The classes will be filled with activities for the children. Contact Kathy Walker at 850-997-4800, 850-997-2179, or 850-997-3019 for more information. Parents must send a permission slip to the child's school to allow the bus driver to drop them off at the church after school. Rev. James Gamble, pastor.

March 22, 23
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 on the fourth Saturday with distribution from 8 to 9 a.m. at the New

Bethel AME Church, located at 6496 Ashville Highway. Volunteers are also needed to come on the Friday evening before 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.

March 23
Transforming Life Church Men's Ministries, in conjunction with the Building Fund Committee, will hold a fundraising Pig Roast on Saturday, from 11 a.m. to 6 p.m. The charge is \$8 for adults, \$5 for children, and under 5-years of age is free. Proceeds will be divided between the Assemblies of God National Men's Ministries mission's program, Light for the Lost and the TLC Transforming Center building project. Tim Buchholtz, pastor.

March 23
StoryTime Ministry is held from 1 to 2 p.m. every other Saturday at the Jefferson County Bailer Public Library. For more information contact First United Methodist Church Ministry Chairman Barbara Hobbs at 850-523-1813.

March 23, 24
Union Branch AME Church will host a Gospel Extravaganza beginning at 6 p.m. on Saturday at the church location, 9961 Lake Road. All are welcome to attend Sunday Worship Service also, at 11 a.m. Rev. Clifford Hill, Sr., pastor.

March 24
Springfield AME Church will hold its annual Family & Friends Day program at 3 p.m. on Sunday. Rev. Willie J. Brown, and the St. Phillip AME Church Family of Tallahassee, will be in charge of the service. All family and friends of the Springfield AME Church Family are invited to come worship and praise the Lord together. For more information contact chairperson Rev. Lucille Graham at 850-264-1739 or 850-997-5400. Rev. Stefan McBride, pastor.

March 24
Memorial Missionary Baptist Church will celebrate its Missionary Anniversary at 3 p.m. on Sunday. Rev. Earnest Bruton, of the Philadelphia Missionary Baptist Church, on the Fulford Road, will be guest speaker for the annual service. The Memorial Missionary Baptist Church Male Chorus will render songs of praise. For more information about this program, contact Chairperson Rev. Joretha Sloan at 850-997-2705. Rev. Dr. Moderator JB Duval, pastor.

DUNHAM BODY SHOP

100% CUSTOMER SATISFACTION IS OUR GOAL

FOREIGN & DOMESTIC Body & Paint Work • Frame Straightening FREE ESTIMATES ~ INSURANCE WORK WELCOME

11615 US Hwy 319 N Thomasville, GA (Past Wal-Mart across the street from Stallings Dodge Chrysler Jeep) 229-226-2077

Direct Auto Exchange

Your Pre-Owned **CARFAX** Certified Dealer 850.574.8200 Making Auto Buying Easy and Hassle Free

VIEW OUR ENTIRE INVENTORY @ www.directautoexchange.com

Insuring What Matters Most

Auto • Home Business • Life Health • Annuities

Call today for coverage information. **Morrow Insurance Agency** 380 S. Jefferson St. Monticello, FL (850) 997-3912

Sorensen Tire Center, Inc.

From Wheelbarrow to 18-Wheeler We've got your tires!

1300 N. Jefferson St. Monticello, FL 850-997-4689

It's not a special offer, just plain everyday low rates.

- Convenient local office
- Money-saving discounts
- Low down payments
- Monthly payment plans
- 24-hour service and claims

GEICO Local Office

CALL FOR A FREE RATE QUOTE. 1700 N. Monroe St. Tallahassee, FL 850-385-6047

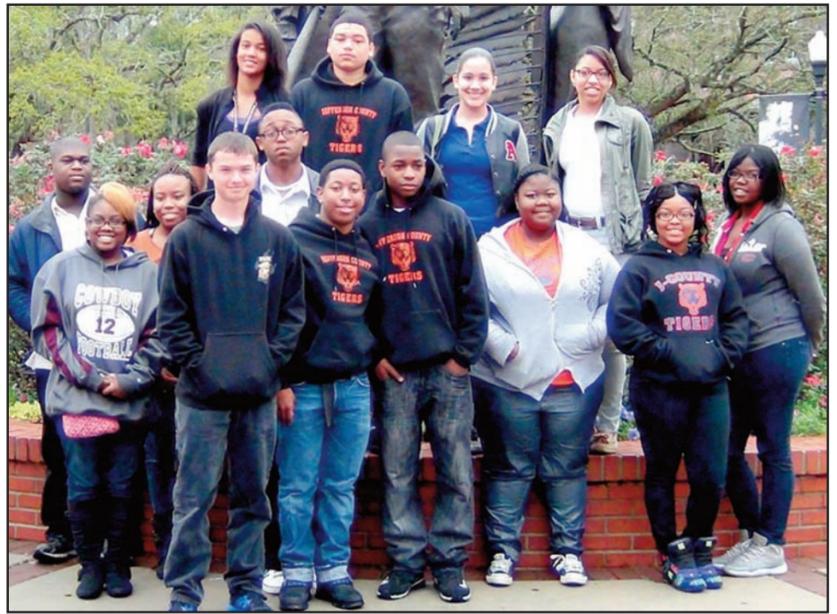
or in all GEICO companies, Government Employees Insurance Co. • GEICO General Insurance Co. • GEICO Indemnity Co. • GEICO Casualty Co. These companies are subsidiaries of Berkshire Hathaway Inc. GEICO, Washington, DC 20156. GEICO Logo Image © 1999-2008. © 2009

School

FloridaLearns STEM Scholars Travel To NFCC, FSU MAGNETIC FIELD LAB, & FSU CAMPUS



Attending the STEM Forum at the Mag Lab from L. to R.- Trey Brannan, Guadalupe Serna, Quabryss Crumitie, Quanshaydria Dunlap, Phidell Lewis, Alexcia Dean, Danella Potter, Stefan Roberts, Tiana Jarell, Ambrosia Branham, Dashawna Scott, Taylor Clemens, Nikolas Branham, and Roxie Bellamy.



Attending the STEM Forum at FSU from L. to R. Bottom- Phidell Lewis, Dashawna Scott, Lalexia Sloan, Zack Bell, Stefan Roberts, Nikolas Branham, Tyshun Thurman, Alexcia Dean, Quanshaydria Dunlap. L. To R. Top-Taylor Clemens, Trey Brannan, Tiana Jarrell, Elicia Brewster.

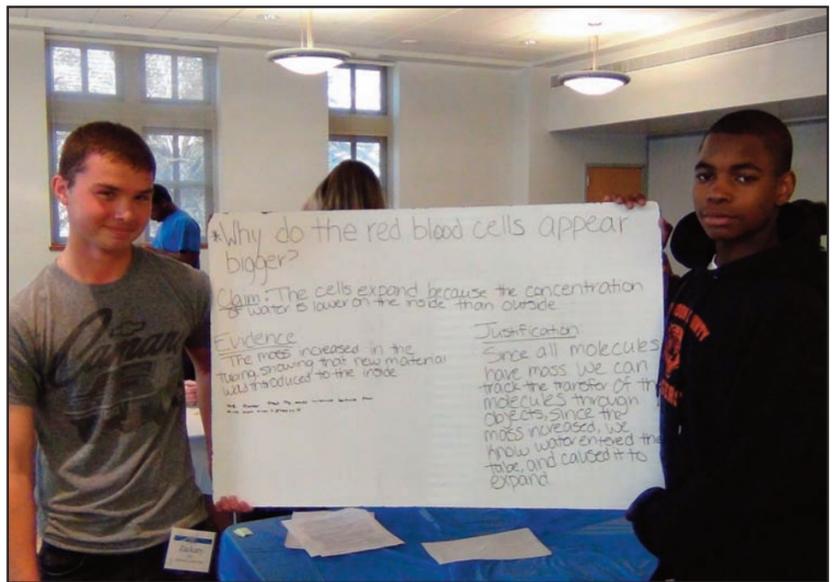
The STEM Scholars from Jefferson County recently attended Forums in Madison, Florida at North Florida Junior College(NFCC), FSU Magnetic Lab, and Florida State University(Tallahassee, Florida). These activities include topics such as DNA, Biological Science, Physics, Magnetics, Geogebra(Math), Engineering, Criminal Justice, Leadership and Public Health. Students were able to work in Science labs with actual college professors and college students. The students were able to interact with personnel from different companies and people that actually work in all areas as it relates to STEM. "This program allows this extremely talented group of students a chance to experience many

different aspects of the real world as it not only relates to STEM but life in general", stated Mr. Saffo. The STEM Scholars were required to write an essay about their experiences as a STEM Scholar and to elaborate on what this program means to them. "The essays I received were excellent and inspirational. I am so pleased about the positive impact this experience is having on the children", stated Mr. Saffo. We do have some very good things going on with our school and the school system. As teachers and staff, we want the very best for our children," he concluded.

The Mentor Teacher and Adviser for the program is Mr. W. Saffo, who is the Technology Instructor at Jef-

erson County Middle High School. Ms. A. Mitchell who has been a tremendous help is Co-Adviser with the program. There has been significance progress made to establish an IT(Information Technology)/STEM Academy at Jefferson County Middle High. This program will be fully operational by the beginning of the 2013-2014 school year.

Mr. Saffo has already taken the initiative to establish and implement a Middle School IT(Information Technology)/STEM Academy. Please contact Mr. Saffo or Ms. L. Holmes, principal at Jefferson County Middle High School with any concerns or questions. The phone number is (850)997-3555(JCMHS).



menus for **March 2013**
Jefferson School District

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

SPRING BREAK!
Break begins at the end of classes: **Friday, March 22**
Classes resume: **Monday, April 1**

Mon., March 18	Tues., March 19	Wed., March 20	Thurs., March 21	Fri., March 22
Hot Dog	Fajita Chicken	Pizza	Roast Turkey	Cheeseburger
Baked Beans	Fried Rice	Salad Choices	Creamed Potatoes	Celery Sticks With Dip
Fruit	Carrots & Peas	Fruit	Green Beans	Oven Fries
Milk	Fruit	Milk	Fruit	Fruit
	Hot Roll		Hot Roll	Milk
	Milk		Milk	

nocc TEALMAGNOLIAS PRESENTS

"Pops" At the Pond

Featuring Performances by Local Musicians
Country • Gospel • Pop • Folk

\$25 Couple | \$15 Single | \$5 Kids 12-18 | FREE Kids Under 12
Tickets Available in Advance or at the Event

Sunday, March 17, 2013
Willow Pond, Monticello, FL 1pm - 4pm
www.ovarian.org/big-bend

SELL IT FAST IN THE CLASSIFIEDS

DEADLINE FOR WEDNESDAY PAPER 3:00 P.M. ON MONDAYS DEADLINE FOR FRIDAY PAPER 3:00 P.M. ON WEDNESDAYS

For Sale

PONTOON BOAT 1992, with trailer, 40HP Johnson, new lowerend motor & prop. Asking \$3,500. Call 941-209-2052 for more info.

LAWN VACUUM - Brinkley LVS-33BHK PolyVac System with 9HP Briggs & Stratton Engine, and John Deere BM21513/10P Utility Cart REDUCED to \$500. Call 997-3505 and ask for Debbie. 2/13, tfn, nc.



HEATED WATER MASSAGE TABLE. Like new, paid \$2,300 for it, asking \$2,000. OBO. Call 850-210-5928 3/13-22.pd

31' 2007 TRAVEL TRAILER, "Adirondack" with 2 slide-outs \$20,000 Must Sell. Call 850-997-3392 Leave message. 3/13-22

1990 F-350 Ford Flat Bed with Hyd. Lift Gate, PTO, \$2,800 OBO. 997-1582 3/13 tfn,c

BABY CHICKS FOR SALE \$3.00 each mixed breed Call 997-5893 ask for Quin. 3/15,20,c

Help Wanted

FL DEPT OF HEALTH MADISON CO. HEALTH DEPARTMENT SENIOR LPN POSITION #64004513 GRANT FUNDED.
Annual salary starting at \$25,479.22 State Benefits. Licensure as a Practical Nurse in accordance with Chapter 464, FS. Applicants must apply via the People First Website Staffing Administration PO Box 44058 Jacksonville, FL 32231-4058 Contact People First @ 1-877-562-7287 or (850) 973-5000 Closes 03/15/2013 Fingerprinting Required EEO/AA/VP Employer 3/1-15,c

WRITER/REPORTER NEEDED. Must be a team player, able to handle multiple tasks, and be able to cover a variety of stories. Experience in writing/reporting preferred, computer experience required. Must have an excellent knowledge of English grammar and its proper usage. Apply in person only at the Monticello News newspaper office, located at 180 W. Washington St. Please..... if you're not sure how an alarm clock works, or you average more than two dramatic incidents in your life per week please do not apply. 3/6, tfn,c

ADVERTISING SALES REPRESENTATIVE (SALESMAN) NEEDED. Must be a team player, able to handle multiple tasks, and be able to get along with an entire office staff. Must have good personality, love to talk on the telephone, and a valid driver's license. Apply in person only at the Monticello News newspaper office, located at 180 West Washington St., in Monticello. 3/15

MADISON HEALTH AND REHABILITATION CENTER, EOE, F/M/D/V Certified Nursing Assistant with Long Term Care experience F/T 3-11, P/T 3-11 Cook/Dietary Aide, Experienced only, Full time weekdays and alternating weekends. Willing to train the right person. Benefits for full-time: health and dental insurance, life insurance and Paid Time Off (PTO). Apply in person at Madison Health and Rehabilitation Center 2481 West US 90 Madison, FL 32340 3/15-27,c

ADVERTISING SALES REPRESENTATIVE (SALESMAN) NEEDED. Must be a team player, able to handle multiple tasks, and be able to get along with an entire office staff. Must have good personality, love to talk on the telephone, and a valid driver's license. Apply in person only at the Monticello News newspaper office, located at 180 West Washington St., in Monticello. 3/15

MADISON HEALTH AND REHABILITATION CENTER, EOE, F/M/D/V Certified Nursing Assistant with Long Term Care experience F/T 3-11, P/T 3-11 Cook/Dietary Aide, Experienced only, Full time weekdays and alternating weekends. Willing to train the right person. Benefits for full-time: health and dental insurance, life insurance and Paid Time Off (PTO). Apply in person at Madison Health and Rehabilitation Center 2481 West US 90 Madison, FL 32340 3/15-27,c

All Realty Services Big-Bend - Florida
Lynette C. Sirmon - Broker
HUD Registered Florida Broker
850-933-6363

Ask For Benjamin T. Jones, Jessica Brawner Webb or Bruce DuPuis



Mobile Homes For Sale

100 FAMILIES NEEDED for Gov't Home Loan Program. Call Today (850) 576-2104

ZERO DOWN with Your LAND! Or USE Your Paid for TRADE IN Call Now (850) 576-2687.

4 BR 2 BA Granite Counter in Kitchen, Living Room & Den - Walk In Closets. Call Me (850) 576-2105.

3 BEDROOM 2 BATH - HUGE Kitchen, Beautiful Master Bath - Walk In Closets. Call Today (850) 576-2106

2 BR 1 BA - Used Mobile Home Clean as a Whistle - Won't Last!!! Call Me ASAP (850) 576-2687. 12/5, tfn, c

Real Estate

RESIDENTIAL LAND FOR SALE. Located 3 miles north of Monticello. Beautiful home sites. Owner will finance. 850-997-0301. 3/13-4/5/13

For Rent

1 BR AND 2 BR at Coopers Pond with W/D hook-up, attached carport, utility room. Quiet neighborhood. Call 997-5007 10/3, tfn,c

1 & 2 BEDROOM APARTMENTS AVAILABLE. Elderly, Disabled and Handicapped persons with or without children. Must meet income requirements. 850-997-5321. 11/23, tfn, c



OFFICE BUILDING For Rent in Madison on Shelby St. across the street from the Courthouse, (between Owens Propane and Burnette Plumbing) Newly Renovated, 1120 square feet. Call Emerald Greene at 850-973-4141 1/23, tfn

JEFFERSON PLACE APARTMENTS 1468 S. Waukeenah St. Office 300 Monticello 1BR \$452, 2BR \$490. available. HUD Vouchers accepted. (850) 997-6964 TTY711. This institution is an equal opportunity provider and employer. 1/25, tfn,c

4BR/ 2BA HOUSE in Nobles Subdivision, Monticello, \$850. month. Call Dennis at 770-312-5451 3/8-20.pd

TRAILER LOT FOR RENT \$150.00 month, county water access 3502 Aucilla Rd. or call 850-997-3404 3/13-22.pd

16 X 60' 2BR/2 FULL BATH M.HOME with 10 x 21' Front Porch located 1.5 mile S. of Lamont, Country Living. Call 850-997-6419 3/13,15.pd

2 BR/ 1BA MOBILE HOME on Ashville Hwy. \$450. month plus \$450. deposit. Call 850-997-5434 3/13-20.pd

Services

MR. STUMP STUMP GRINDING 850-509-8530 Quick Responses. 6/22, tfn.

HOUSE CLEANING - Senior discounts offered. Call Vonda for pricing. 850-997-3894 1/25, tfn

L.P. GOLF CART SERVICE AND SMALL ENGINE REPAIR. WILL PICK UP AND DELIVER. CALL 229-379-7538 3/15,20,C

ADVERTISING NETWORK OF FLORIDA

a subsidiary of the Florida Press Association
FLORIDA PRESS SERVICES, INC. STATEWIDE CLASSIFIED PROGRAM

STATEWIDE CLASSIFIED ADS FOR MONDAY 3/11/2013 THROUGH 3/17/2013

Adoption
A childless married couple seeks to adopt. Financial security. Homestudy approved! Let's help each other. Expenses paid. Carolyn & Ken. Call Sklar Law Firm 1-800-218-6311. Bar#0150789

Help Wanted
Driver - Qualify for any portion of \$.03/mile quarterly bonus: \$.01 Safety, \$.01 Production, \$.01 MPG. Two raises in 1st year. 3 months OTR experience. 800-414-9569 www.driveknight.com
Heavy Equipment Operator Career! 3 Week Hands On Training School.
Bulldozers, Backhoes, Excavators. National Certifications. Lifetime Job
Placement Assistance. VA Benefits Eligible! 1-866-362-6497

Auctions
Bankruptcy Auto Auction Online & Onsite - Everyone welcomed!
Friday, March 15 @ 10am
Preview: Day of Sale 9-10am
3613 N 29th Ave, Hollywood, FL 33020
Variety of vehicles including: Nissan, Volkswagen, Ford, Honda, Jeep, Dodge
Visit www.moeckerauctions.com for Details, Photos and Catalog
Moecker Auctions (800) 840-BIDS
10% -13% BP, \$100 ref. cash dep. Subj to confirm.
AB-1098 AU-3219, Eric Rubin

Public Auction
Onsite & Online
GLD Food Distributors d/b/a Phillips Meats & Seafood
Tues, March 19 @ 10am
Preview: 03/18 12-4pm
1220 Transmitter Rd, Panama City, FL 32401
Refrigerated Trucks, Processing Equip., Meat Grinders, Walk-in Freezers/Coolers, Forklifts, Commercial Appliances, Pallet Racking, Tools & more!
Visit www.moeckerauctions.com for Details, Photos and Catalog
Moecker Auctions (800) 840-BIDS
15% -18% BP, \$100 ref. cash dep. Subj to confirm.
AB-1098 AU-3219, Eric Rubin

Miscellaneous
AIRLINES ARE HIRING - Train for hands on Aviation Maintenance Career. FAA approved program. Financial aid if qualified - Housing available
CALL Aviation Institute of Maintenance 866-314-3769

AIRLINE CAREERS - Become an Aviation Maintenance Tech. FAA approved training. Financial aid if qualified - Housing available. Job placement assistance. CALL Aviation Institute of Maintenance 866-314-3769

MEDICAL CAREERS begin here - Train ONLINE for Allied Health and Medical Management. Job placement assistance. Financial Aid if qualified. SCHEV authorized. Call 888-203-3179 www.CenturaOnline.com

Education
MEDICAL BILLING TRAINEES NEEDED! Train to become a Medical Office Assistant. NO EXPERIENCE NEEDED! Online training gets you Job ready ASAP. HS Diploma/GED & PC/Internet needed! (888)374-7294

For Sale
LEATHER LIVING ROOM SET, In Original Plastic, Never Used , Org. \$3,000, sacrifice \$975.-- CHERRY BEDROOM SET, Solid Wood, new in factory boxes--\$895. Can Deliver. Bill (813)298-0221.

AM AIRLINES ARE HIRING
Train for hands on Aviation Career. FAA approved program. Financial aid if qualified - Housing available. CALL Aviation Institute of Maintenance 866-314-3769

Family Pool Fun 1-800-525-7710
We Treat You Like Family!
* Save Money on DIY Aboveground and Inground Pool Kits & Supplies
* Financing Available!
* A Great Way to Spend Time Together!
* Excellent Service. Fast Shipping! Family Owned & Operated Since 1990!
www.FamilyPoolFun.com

Legals

IN THE CIRCUIT COURT OF THE SECOND JUDICIAL CIRCUIT OF THE STATE OF FLORIDA, IN AND FOR JEFFERSON COUNTY CIVIL DIVISION
REGIONS BANK, D/B/A REGIONS MORTGAGE.
Plaintiff, -vs- Case No.: 11-000199-CA
MATT E. SCHLOSSMAN, A/K/A MATTHEW SCHLOSSMAN; THERESA SCHLOSSMAN; and MORTGAGE ELECTRONIC REGISTRATION SYSTEMS, INC., A DELAWARE CORPORATION AUTHORIZED TO DO BUSINESS IN THE STATE OF FLORIDA
Defendants. /

NOTICE OF SALE
Notice is hereby given that, pursuant to a Final Judgment of Foreclosure entered in the above-styled cause, in the Circuit Court of Jefferson County, Florida, I will sell the property situate in Jefferson County, Florida, described as:
SEE EXHIBIT "A" ATTACHED HERETO AND MADE A PART HEREOF FOR ALL PURPOSES.

at public sale, to the highest and best bidder, for cash, on the North steps of Jefferson County Courthouse, 1 Courthouse Circle, at Monticello, Florida, at 11:00 a.m. on March 28, 2013.
ANY PERSON CLAIMING AN INTEREST IN THE SURPLUS FUNDS FROM THIS 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 IN ACCORDANCE WITH SECTION 45.031(1)(a), FLORIDA STATUTES.
DATED this 26th day of February, 2013.

Kirk Reams
Clerk of Circuit Court
By: Sherry Sears
Deputy Clerk

If you are a person with a disability who needs any accommodation in order to participate in this proceeding, you are entitled, at no cost to you, to the provision of certain assistance. Please contact: Susan Wilson, ADA Coordinator, 301 S Monroe Street, Tallahassee, FL 32301, 850.577.4401, at least 7 days before your scheduled court appearance, or immediately upon receiving this notification if the time before the scheduled appearance is less than 7 day; if you are hearing or voice impaired, call 711.

EXHIBIT "A" LEGAL DESCRIPTION TO PROPERTY
COMMENCE AT THE INTERSECTION OF THE SOUTH RIGHT OF WAY OF INTERSTATE HIGHWAY 10 AND EAST BOUNDARY OF SECTION 15, TOWNSHIP ONE NORTH, RANGE 3 EAST JEFFERSON COUNTY, FLORIDA AND RUN SOUTH 89 DEGREES 17 MINUTES 28 SECONDS WEST 2001.38 FEET TO A POINT, THENCE RUN SOUTH 00 DEGREES 43 MINUTES 07 SECONDS EAST 1374.05 FEET TO A POINT, THENCE RUN SOUTH 89 DEGREES 20 MINUTES 29 SECONDS WEST 904.73 FEET FOR THE POINT OF BEGINNING, THENCE RUN SOUTH 00 DEGREES 40 MINUTES 10 SECONDS EAST 433.23 TO A POINT THENCE RUN SOUTH 89 DEGREES 20 MINUTES 29 SECONDS WEST 301.64 FEET TO A POINT, THENCE RUN NORTH 00 DEGREES 40 MINUTES 10 SECONDS WEST 433.23 FEET TO A POINT, THENCE RUN NORTH 89 DEGREES 20 MINUTES 29 SECONDS EAST 301.64 FEET TO THE POINT OF BEGINNING. 3/8,15/13,c

NOTICE UNDER FICTITIOUS NAME LAW
Pursuant to Section 865.09, Florida Statutes

NOTICE IS HEREBY GIVEN that the undersigned, desiring to engage in business under the fictitious name of "Clean Freak Soft Washing" located at 535 Tally Hills Ct. in the county of Jefferson in the city of Monticello, FL 32344, intends to register the said name with the Division of Corporations of the Florida Department of State, Tallahassee, Florida. Dated this 11th day of March, 2013. Signed by: Danny Reece 3/15/13

NOTICE OF ADVERTISEMENT
THE SCHOOL BOARD OF JEFFERSON COUNTY met in Regular Session and approved the following policy revisions for advertising: 1.102, School Board Meetings and Workshops; 1.205, Orientation and In-Service Training of Board Members; 1.214, School Improvement Plans; 2.102, School Calendar; 2.105, Emergency Closing of Schools; 2.107, Flag Display; 2.109, Chaperones for School Functions; 2.124, Prohibiting Discrimination; 2.130, Safe and Secure Schools; 3.103, Legal Services for Employees; 3.109, Grievance Procedures; 3.111, Promotion; 3.113, Outside Employment; 3.126, Family and Medical Leave; 3.124, Leave of Absence; 3.133, Donated Sick Leave; 3.134, Criminal Background and Employment; 3.140, Nursing Mothers. The policies are posted on the District website at www.edline.net/pages/jsb. Any questions may be directed to the district office at 850-342-0100 Monday thru Friday from 8:00 am to 5:00 pm. 3/15/13

ECB MONTICELLO NEWS & JEFFERSON JOURNAL
We're Now Online!
www.ecbpublishing.com
All your local news needs, just a CLICK AWAY!

RANDAL HARDBOWER
Industrial Electrician
Green Circle Bio Energy Inc.
JOB RESOURCES at EmployFlorida.com helped me find a new job I enjoy earning higher pay than I did before I was laid off.
You too can discover REAL RESULTS with Employ Florida.
HIRED.
EmployFlorida.com 1-866-352-2345
Employ Florida is an equal opportunity program. Auxiliary aids and services are available upon request to individuals with disabilities. The Employ Florida telephone number may be reached by persons using TTY/TTD equipment via the Florida Relay Service at 711. Disposable an Espagnol.

All Realty Services Big-Bend - Florida
Lynette C. Sirmon - Broker
HUD Registered Florida Broker
850-933-6363

Ask For Benjamin T. Jones, Jessica Brawner Webb or Bruce DuPuis

The acres is 5 acres. It is 1995 Destiny 3 BDRM/2BTH.
\$84,900

10.53 acres Mini Farm Fixer Upper House in bad shape, 4 BD/2BTH
\$69,000

Boston Highway 18 acres Pond, woods, brick home
\$154,900

Pristine Riverfront 11.42 acres Like new home, 3 BD/2BTH, extras
\$91,500

Convenience Store with Gas Extra office/shop included
\$600 per month

9.5 acres East of Aucilla River Fencing, porches, outbuildings
\$89,000

Outdoors

WARD GUNS, LLC

WE'RE INTO GUNS!

- Appraisals, one gun or entire collections
- Hunting/ Camping travel trailers Available
- School Certified Gunsmith
- Certified NRA Pistol Instructor
- Certified Dura-Coat Finisher
- Camo Patterns Available

Monticello, FL • Call Keith at 850-997-3129

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 March 15, 2013 through March 22, 2013
Major Feed Times are marked by an asterisk (*)

Friday, March 15 *2:50 AM 9:00 AM *3:10 PM 9:25 PM	Saturday, March 16 *3:40 AM 9:50 AM *4:10 PM 10:20 PM	Sunday, March 17 *4:30 AM 10:40 AM *4:55 PM 11:10 PM	Monday, March 18 *5:20 AM 11:30 AM *5:45 PM
Tuesday, March 19 12:00 AM *6:15 AM 12:25 PM *6:40 PM	Wednesday, March 20 12:55 AM *7:00 AM 1:10 PM *7:20 PM	Thursday, March 21 1:35 AM *7:45 PM 1:55 PM *8:10 PM	Friday, March 22 2:20 AM *8:30 AM 2:40 PM *8:50 PM

Grubbs Petroleum Sales and NAPA Auto Parts

735 East Pearl Street
Monticello, Florida
For parts: 997-2509
997-5632

We offer gas, road diesel and farm diesel at pumps 24 hours with any major credit card.

We also have oils, filters and make hydraulic hoses.

FWC Releases Female Panther Rescued As Kitten In 2011

Biologists with the Florida Fish and Wildlife Conservation Commission (FWC) released a female Florida panther Thursday night at the Picayune Strand State Forest in Collier County.

The panther and its brother had been raised at the White Oak Conservation Center in Yulee since they were 5 months old. The FWC rescued the two panthers as kittens in September 2011 near the Corkscrew Regional Ecosystem Watershed in northern Collier County after their mother was found dead.

"This panther is healthy and has grown to a size that should prepare her for life in the wild," said Darrell Land, FWC panther team leader. "The goal in any panther rescue is to be able to release the animal back into the wild to aid in the recovery of this endangered species."

The release was coordinated in consultation with partners from the U.S. Fish and Wildlife Service.

Five other kittens of similar ages – three females and two males – have been raised at White Oak and released in south Florida.

"We are grateful for the work the staff at White Oak has done to prepare this panther and others for release," said Land.



Biologists chose the Picayune Strand State Forest for the release of this panther after they evaluated the home ranges of other females in the region and found available space between them.

An estimated 100 to 160 adult and subadult panthers remain in south Florida.

Florida residents can support conservation efforts like the rescue and rehabilitation of this panther through the purchase of a panther license plate. Fees from license plate sales are the primary funding source for the FWC's research and management of Florida panthers.

To report dead or injured panthers, call the FWC's Wildlife Alert Hotline at 888-404-FWCC (3922) or #FWC or *FWC on a cell phone.

For more information on Florida panthers, go to www.floridapanther.net.

Lawn Watering: Two Days A Week Is Permissible, But Conserve As Much As Possible

Sunday, March 10 marked the beginning of Daylight Saving Time (DST) and with it came a change in the number of days lawn and landscape watering is allowed throughout the Suwannee River Water Management District (District).

The District's year-round water conservation measures allow watering two days per week during DST (spring and summer months) and residents may choose which days to water. Irrigation should not occur between 10 a.m. and 4 p.m. to minimize evaporation.

"As always, we are asking everyone to do his/her part to conserve water as much as possible," said District Executive Director Ann Shortelle. "We also strongly encourage the use of Florida Friendly Landscaping™ principles and skipping irrigation days when it rains near the time you plan to irrigate."

The limits on landscape irrigation are part of an ongoing effort to help address water needs within the District. The irrigation measures apply to residential landscaping, public or commercial recreation areas, and public and commercial businesses that aren't regulated by a District-issued permit. Farmers follow other conservation measures as part of their water use permits.

The irrigation measures apply to residents within the District's boundaries, which means all of Columbia, Dixie, Gilchrist, Hamilton, Lafayette, Madison, Suwannee, Taylor and Union counties, and portions of Alachua, Baker, Bradford, Jefferson, Levy and Putnam counties. Residents within the City of Alachua and the unincorporated areas of Alachua County also fall under a county ordinance which designates specific days residents are allowed to irrigate. Please call Alachua County at 352.264.6800 for more information.

For more information about the District's water conservation measures visit www.mysuwanneeriver.com. For information on Florida Friendly Landscaping™ visit www.floridayards.org.

FWC Invites Input On Draft Plans To Conserve 8 Species, Including Beach-Nesting Shorebirds

The snowy plover, American oystercatcher, black skimmer and least tern lay their eggs and hatch their young on Florida beaches, spoil islands and rooftops. Loss and degradation of habitat are major threats to the shorebirds' survival, with their colonies and nesting areas becoming fewer and more fragmented. Because of their declining numbers in Florida and habitat loss, these beach-nesting birds qualify for listing as state-threatened species.

The just-released draft action plan for imperiled beach-nesting birds is among the second group of draft species action plans covering 60 species that the Florida Fish and Wildlife Conservation Commission (FWC) is unveiling in 2013.

The alligator snapping



turtle, Florida bonneted bat, white-crowned pigeon and Florida tree snail also have newly drafted species action plans. The public is invited to review and comment on the plans at <http://share1.myfwc.com/ISMP/default.aspx> now through April 23, 2013. Earlier this year, the FWC released the first group of draft species action plans that included 23

species. The agency will roll out the remaining plans later this spring and summer. For a full list of species and to review all of the draft species action plans, visit our website at MyFWC.com/WildlifeHabitats and select Imperiled Species.

The draft action plan for imperiled beach-nesting birds spells out steps to conserve these four species with the ultimate goal that they no longer will be listed as threatened.

The FWC's draft plan outlines commonly shared conservation measures that will benefit the snowy plovers, American oystercatchers, black skimmers and least terns throughout our state. Successful conservation of beach-nesting birds will require action not only by the FWC but also the cooperation of the many different groups which use, own and care about Florida's coastal resources. They include local, state and federal government agencies, the public, private property owners, non-governmental organizations, businesses and researchers.

People enjoying Florida beaches during spring break need to be aware they should keep their distance from beach-nesting birds. For more tips, go to MyFWC.com/WildlifeHabitats and select "Share the Beach with Beach-nesting Birds."

The draft species action plans are a vital component of Florida's new conservation model, which first involved preparing Biological Status Reviews for 60 imperiled species and now requires developing plans to conserve each of them. Once the 49 plans covering 60 species are revised based on public input, FWC teams will look for common themes and actions to develop Integrated Conservation Strategies.

For more information and to see the species action plans, go to MyFWC.com/Imperiled.



HOPE – Our Reason to Relay

"You feel so helpless when cancer hits. The American Cancer Society Relay For Life allows you to fight back, gives you hope that we are going to make a difference, find a cure, save lives."

- Joanne from Massachusetts
American Cancer Society Relay For Life Volunteer

The American Cancer Society Relay For Life is a community gathering where everyone can join in the fight against cancer by walking overnight to raise much-needed funds for research, education, advocacy, and patient services. Form your team today.

May 3-4, 2013
Jefferson County Middle High School Track
625 S Water Street, Monticello, FL

For more information or sign up a team, visit our website www.relayforlife.org/jeffersonfl or call Dana Lastinger at (850) 508-2174
Find us on Facebook "2013 Jefferson County Relay for Life"

Hope. Progress. Answers.® / 1.800.ACS.2345 / www.cancer.org



MEDICAL CAREERS BEGIN HERE

Train ONLINE for Allied Health and Medical Management.
Job placement assistance. Financial Aid if qualified.
SCHEV authorized.

Call 888-203-3179
www.CenturaOnline.com

Centura
COLLEGE

Colon Cancer Screening

Saves Lives

Colon cancer is the **2nd** leading cause of cancer deaths in Florida.

7 out of **10** cancer deaths can be prevented through screening and lifestyle changes.

Colon cancer starts without symptoms so choose prevention and get screened.

If you're **50** or older, ask your doctor which colon cancer screening test is right for you.

Florida HEALTH coloncancerFL.org

Florida Department of Health • Funded by CDC Cooperative Agreement #5U58OP00070-01

Jefferson Journal
March 15, 2013

Health Focus



B SECTION

Why Indoor Tanning Won't Cure Seasonal Affective Disorder

The Skin Cancer Foundation Offers Alternative Treatments for SAD

Spring is almost upon us, but the lingering winter weather may leave some people feeling the winter blues. Knowing how to alleviate the symptoms of seasonal affective disorder (SAD) is key. Contrary to popular belief, indoor tanning does not cure SAD and only harms your health. Below, The Skin Cancer Foundation explains why and suggests healthy ways to treat the disorder.

Those looking to alleviate symptoms of seasonal affective disorder (SAD) should steer clear of indoor ultraviolet (UV) tanning, as it does not treat the disorder and is extremely harmful to health. Light therapy, an effective treatment for SAD, acts through the eyes and relies on visible light, whereas the dangerous UV radiation emitted by tanning beds is invisible light.

SAD is a form of depression believed to be caused by a hormonal imbalance that is commonly triggered during the shorter days of winter. Generally, levels of melatonin (a sleep-related hormone) in the body are higher at night and lower in the morning. For people with SAD, however, the cycle is often delayed, and melatonin levels remain elevated into the morning, causing them to oversleep or leaving them fatigued. Meanwhile, the brain's internal clock relies on early morning light to keep circadian rhythms in sync with local time, but the late sunrises of winter deny our bodies that essential signal. Depression can result when we have to keep waking up while it is still dark.

Research indicates that attempts to improve mood may motivate people to become habitual indoor tanners, and that this behavior can become addictive. In one study, 80 percent of frequent tanners reported symptoms of SAD, and investigators suspect that some tanners use UV-emitting tanning beds to try to alleviate symptoms.

"Using indoor UV tanning beds to alleviate SAD has been linked with tanning addiction and seriously increases skin cancer risk," said Perry Robins, MD, President of The Skin Cancer Foundation. "There are ways to ward off symptoms of SAD without compromising your health, such as receiving light therapy from a visible light box and adjusting aspects of your lifestyle, including your sleeping pattern, diet and physical activity."

The dangers of tanning are well-documented: one indoor tanning session increases users' chances of developing melanoma (the most dangerous form of skin cancer) by 20 percent. Regular tanners are 2.5 more likely to develop squamous cell carcinoma and 1.5 times more likely to develop basal cell carcinoma, the two most common skin cancers. To safely and effectively treat SAD, trade in trips to the tanning salon for these healthy alternatives:

Sit by a light box for 30 minutes each morning.

A light box is a portable, visible light source that provides up to 10,000 lux (a measure of light's intensity) and is up to 10 to 25 times as bright as ordinary lighting. A light box is equivalent to outdoor light about 40 minutes after sunrise, and is beneficial in providing the body with enough visible light to decrease feelings of lethargy and fatigue by lowering the level of melatonin in the body. Choose a light box with 10,000 lux of illumination, since those offering fewer lux are not as effective. It is also important to use a UV filter and look for soft, white lights when shopping for a light box in order to minimize both UV radiation and blue light (which can also harm the eyes). The light should project downward toward the eyes to minimize glare.

Make sleep a priority.

Adjust your schedule to fit in the Centers for Disease Control and Prevention's (CDC) recommended seven to nine hours of sleep each night, and wake up earlier to take advantage of natural light. Getting enough, but not too much, sleep is beneficial to both physical and mental health and helps stabilize mood and reduce anxiety. Finding ways to relax and recharge each night is key.

Maintain a balanced diet.

Eating a well-balanced diet full of fresh fruits, vegetables, whole grains and calcium-rich foods, while reducing your intake of foods high in fats, sodium and added sugars, can help improve your energy level and relieve stress.

Find time for fitness.

Exercise has also been linked to improved mood, and relieves feelings of



stress and anxiety, which are both symptoms of SAD. The CDC recommends 150 minutes of moderately intense aerobic activity every week. It is best to exercise outdoors before or after the hours between 10 AM and 4 PM (when the sun's rays are strongest). Always practice proper sun protection: this includes covering up with clothing, including a wide-brimmed hat and UV-blocking sunglasses, and applying a broad-spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher to the entire body.

If you are experiencing symptoms associated with SAD, consult your physician before making any decisions. Symptoms of the disorder include hopelessness, anxiety, increased appetite, weight gain, a heavy feeling in the arms or legs, and loss of interest in activities.

For more information about skin cancer prevention, visit SkinCancer.org.

About The Skin Cancer Foundation

The Skin Cancer Foundation is the only global organization solely devoted to the prevention, early detection and treat-

ment of skin cancer. The mission of the Foundation is to decrease the incidence of skin cancer through public and professional education and research. For more information, visit SkinCancer.org.



We're Different.



We Listen.

CAPITAL REGIONAL HEALTH CARE

CRAWFORDVILLE
Robert Frable, D.O.
Aida Torres, A.R.N.P.
Family Medicine
2382 Crawfordville Hwy
Crawfordville, FL 32326
850-926-6363

BRADFORDVILLE
Ramel Failma, M.D.
Family Medicine
6721 Thomasville Rd, Suite 207
Tallahassee, FL 32312
850-893-3182

CHATTAHOOCHEE
Abby Strickland, A.R.N.P.
Family Medicine
409 High St
Chattahoochee, FL 32324
850-663-4643

SOUTHWOOD
Christopher DeLisle, D.O.
Family Medicine
Mervin Wallace, M.D.
Geriatric & Family Medicine
1910 Hillbrook Trl, Suite 2
Tallahassee, FL 32311
850-878-2637



MEDICAL GROUP OF NORTH FLORIDA

2626 Care Drive, Suite 200 • Tallahassee, FL 32308
850-878-8235

INTERNAL MEDICINE
Rick Damron, M.D.
Andrea Randell, M.D.
Richard Thacker, D.O., F.A.C.O.I.
Leonard Waldenberger, M.D.

PODIATRY
Kevin M. Derickson, DPM

FAMILY PRACTICE
David E. Kaproth, M.D.
Michael Putland, M.D.

Pam Garcia, A.R.N.P.-C
John Griggs, A.R.N.P.
Erin Ayers, A.R.N.P.

**CAPITAL REGIONAL
HEALTH CARE**

www.capitalregionalhealthcare.com

Flesh-Eating Bacteria is Scary, But Actual Cases Are Rare

LYNETTE NORRIS

ECB Publishing, Inc.

Necrotizing fasciitis. The sound of it alone is intimidating. The colloquial term for it, “flesh-eating bacteria,” sounds like something out of a Stephen King novel, a terrifying “superbug” that invades the body and rapidly begins devouring flesh, proving fatal in a matter of hours. Even with treatment, the mortality rate averages one-fourth to one-third of those afflicted.

Technically, however, “flesh-eating” is a misnomer; the bacteria itself does not devour the flesh, although the term is an apt description for what it appears to do. What it actually does is multiply rapidly, secreting toxins that destroy surrounding tissue – skin, fat and muscle. As its growth rate explodes, it can enter the bloodstream and spread to other parts of the body, leaving masses of necrotic tissue in its wake.

Additionally, although it may behave in a manner people might expect of a “superbug,” the pathogens that cause NF are several different types of common, ordinary bacteria that are ubiquitous in the environment. Such is the case with the water-borne bacteria *Aeromonas hydrophila*, a pathogen that thrives in fresh or brackish water (water that contains some salt but is not saltwater) in warm climates. Other types of bacteria, like *Streptococcus pyogenes* (also known as Group A *Streptococcus*, the pathogen most commonly associated with necrotizing fasciitis, or NF) and *Staphylococcus aureus*, live on surfaces of objects, plants, animals, even the surface of human skin.

Some even live inside the human body, kept in check by the body’s immune system; such is the case with certain strains of *Staphylococcus aureus* living inside the nasal cavity, and the strains of Group A *Streptococcus* that occasionally flare up and cause strep throat or the skin disease impetigo. In these, more ordinary infections, the bacteria counts are small enough they can be beaten back by a healthy immune system; there are literally millions of cases of strep throat and/or impetigo infections reported each year; by contrast, there are only several hundred cases of NF.

Also, NF is not a new phenomenon, although it began receiving some media attention in the 1990s and has received substantial media attention in recent weeks. Hippocrates wrote about this disease some 3000 years ago, and there are thousands of reports of it during the American Civil War, when wounded soldiers were treated in tent hospitals sorely lacking in modern sanitary wound treatment and surgical practices; the “germ theory” of infection was around at the time, but had not yet been universally accepted in all medical circles.

At any rate, the trouble can start when there is an injury that breaks the skin, allow-

ing the bacteria into the bloodstream or into the deep tissue layers underneath the skin. Even something as minor as a paper cut is a potential open door for a trouble-causing microorganism.

However, not every injury will get that far; in fact, the vast majority won’t. Widespread first-aid knowledge about bacteria, along with the sterilization and bandaging of injuries, keeps most minor wounds minor, and most major wounds from getting any worse. The body’s own immune system comes into play as well, sending antibodies to do the rest.

In some very rare cases of NF, the skin does not even have to be broken.

Most of the time, a bruise is just a bruise, but blunt force trauma can also be a trigger for NF. A black-and-blue mark is basically what happens when a blow injures an area enough to allow it to bleed into surrounding tissues; when the bacteria come into contact with the blood, they attack it, multiply in the damaged tissue, enter the bloodstream and spread.

When NF does strike, it usually – not always, but usually – affects patients with compromised immune systems. Those with diabetes, or cancer patients undergoing chemo/radiation treatments come to mind, as do young children, the elderly, heavy smokers, alcoholics, drug abusers, people with a variety of autoimmune disorders, or those who have been exposed to environmental toxins that affect their health.

So when a young, healthy, athletic 24-year-old Georgia woman ends up in the hospital after a zip-line accident, fighting for her life with a raging NF infection, we sit up and take notice. What the heck happened here?

After the accident, Aimee Copeland did everything she was supposed to do, seeking immediate medical attention for the deep gash to her leg. Emergency room professionals treated the wound and closed it. She went home to rest and recover while her leg healed, but persistent pain brought her back to the hospital again and again, until she was diagnosed with NF three days after her injury.

When the zip-line broke, she had fallen into water containing *Aeromonas hydrophila*, the aforementioned warm-climate water-borne microorganism. The pathogen can also cause illness in fish and amphibians, but most people who encounter it will suffer no ill effects, while others might suffer a minor skin infection, or a “stomach bug” if they accidentally swallow infested water. So few people actually die from the bacteria that the true numbers of infection and fatality are unknown, according to the U.S. Food and Drug Administration.

“It’s usually not life-threatening,” said Dr. Jay Varkey, an epidemiologist in the Division of Infectious Diseases at the Emory University School of Medicine. “It requires a



perfect storm of bad circumstances. And when it happens in those rare cases, it can be dramatic.”

In the Copeland case, the deep wound, the high numbers of bacteria in the water, the fact that her subsequent infection was so rare it went unrecognized for three days, and the fact that it was initially hidden in deep tissue, with damage not readily apparent on the skin surface, appears to have been that “perfect storm.” The pathogen had been wreaking havoc in the deep tissue wound all that time, entering her bloodstream and spreading to other parts of her body. Days later, after multiple surgeries and amputations that took her injured leg, her other foot and both her hands in the race to stay ahead of the disease, she was still fighting to survive.

In an Atlanta hospital, another young woman gave birth to twins. The delivery was normal; mother and babies went home healthy. Four days later, Lana Kuykendall was back in the hospital, after noticing a rapidly spreading bruise on her thigh. She was diagnosed with NF, one of the rare cases triggered by blunt force trauma, and underwent some 20 surgical procedures to remove necrotic tissue. Although no amputations of limbs were necessary, she was being slowly weaned from the IV pain medication a month after her twins were born. She will have to undergo more surgical procedures for skin grafts, and faces a long road to recovery.

Another South Carolina woman, Louise Thompson, was hospitalized and diagnosed with NF after noticing a “pin-sticking” sensation in her leg. She lost a football-sized chunk of necrotic tissue from her leg, but still isn’t sure how she contracted the infection.

Georgia landscaper Bobby Vaughn also contracted NF after suffering a cut to his side.

He described a swelling that went from peanut-sized to grapefruit-sized in a matter of hours, and lost a couple of pounds of tissue to the infection. In his case, the trouble-causing bacteria were likely present on whatever caused the cut to his side, or may have entered the wound shortly thereafter.

Although these recent high profile cases have been mostly in the Southeast, NF is not confined to this region. A CNN iReport by Elizabeth Landau describes the case of Percy Von Lipinski of Vancouver, British Columbia, who was decorating his family Christmas tree in 2008. When he nearly lost his balance, he grabbed hold of a tree branch and pricked his hand on a pine needle, an injury he barely noticed at the time; but that night, he was in so much pain, he couldn’t sleep; the next morning, his wife, who was a doctor, realized the seriousness of the condition and made him go to the emergency room. Over the next few weeks, he lost tissue from his hand and nearly lost his hand as well. It took him a year to regain the use of it.

Also, the recent spate of media reports have many people wondering if there is an outbreak or epidemic of NF, but public officials have stated that this is not the case.

Dr. Paul Tynan, a medical epidemiologist with the South Carolina Department of Health has been quoted in www.14u.com news reports stating that, “We don’t have an outbreak in South Carolina. Statistically, we expect to see upwards of 10-15 cases a year (in the state).”

Dr. William Schaffner, chairman of the Department of Preventive Medicine at the Vanderbilt University Medical Center, and president of the National Foundation for In-

**Please See
Flesh Eating Bacteria Page 6B**

SHINE VOLUNTEERS NEEDED

Help seniors in your community:

- Answer Medicare Questions and Resolve Problems
- Make Informed Choices About Their Health Insurance
- Save Money on Their Prescription Medications
- Inform Them of Programs They May be Eligible

Spanish-speaking volunteers
are encouraged to call



**CALL THE ELDER
HELPLINE TODAY!**

**1-800-96-ELDER
(1-800-963-5337)**



Flesh Eating Bacteria

cont. from page 4B

fectious Diseases, told CNN that he estimates fewer than 250 cases occur annually. However, he conceded that it is impossible to say for sure; the law doesn't require reporting of such cases, and the cases are so seldom seen that researchers only recently began trying to collect such numbers.

Amy Horneman, M.S., chief of microbiology and molecular diagnostics at the Baltimore Medical Center of the Veterans Affairs Maryland Health Care System, is an international expert on pathogens and has made an intense study of the water-borne pathogen *Aeromonas hydrophila* her life's work. Although she did not treat Copeland and does not speak to the specifics of that case, she is on a mission to raise awareness of the pathogen, traveling all over the world to speak at medical conferences.

Since necrotizing fasciitis is most closely associated with Group A *Streptococcus*, the water-borne pathogen *Aeromonas hydrophila* can slip in under the radar, according to Horneman. In a May 15, 2012 L.A. Times story by Rene Lynch, Horneman refers to it as "the Rodney Dangerfield of pathogens, because doctors just don't think of it." It can be treated, but it responds to only certain antibiotics such as Ciprofloxacin, Bactrim and a few others.

Also, according to the National Necrotizing Fasciitis Foundation, the bacterium is adept at hiding from the body's immune system. Dr. William Schaffner adds that early diagnosis may be difficult, because the pathogen does its damage deep inside the soft tissues of the body and often isn't apparent on the skin's surface.

This being the case, "My goal is to educate the public and doctors to think about *Aeromonas hydrophila* whenever they have a water-related wound," said Horneman. "Like, if they cut their foot on a boat dock, or cut their foot on a shell."

If such an injury occurs, she stresses that there is no reason to panic, and not all injuries will result in NF, but they should still receive medical attention with *Aeromonas hydrophila* in mind.

While there is no reason to panic with any minor injury, there are steps people can take to minimize the risk of contracting NF, by immediately taking care of all minor cuts and wounds. The ordinary first aid that many people already use is fine.

- Wash the area in warm soapy water; antibacterial soap is good.

- Use a disinfectant such as iodine, hydrogen peroxide or rubbing alcohol.

- Keep the area clean and dry. If using a bandage, change it at least once a day.

- If the injury occurred in or near water, get medical attention.

In most cases, the wound heals without a problem. But when there is problem, medical attention as early as possible is vital, before the infection has time to get way ahead

of treatment. Many times, NF infections become life-threatening because they may have been ravaging tissues for a day or more before the patient has any idea something is wrong.

In particular, seek medical attention if any of the following symptoms show up within hours of a minor injury; their sudden, rapid onset may be one of the first clues to remember:

- A fever or other flu-like symptoms (nausea, vomiting, fatigue)

- Redness or swelling at the wound site; skin that feels hot to the touch, or fluid-filled blisters at the site (if the infection is deep-tissue, remember that these symptoms may not appear right away)

- Swelling, or a bruise that spreads rapidly, often to many times the original size, within a few hours

- Pain that is far out of proportion to the appearance of the injury. The surface may not look that bad, but there may be an infection deep inside the tissue. Many times, the pain involved is the worst pain the patient has ever felt.

Of course, if the injury is a major one, seek immediate medical attention with an eye toward averting possible deep-tissue infections.

Treatment for NF includes an initial "shotgun approach" of several powerful, broad-spectrum intravenous antibiotics that may be narrowed down later when the causative pathogen is identified. Any necrotic tissue will have to be surgically removed, up to and including amputations if necessary, and surgical sites will have to be rigorously monitored for signs of recurring infection. It is usually necessary for surgeons to go back multiple times and remove tissue to stay ahead of the infection. Intravenous pain medication will be administered, and where available, hyperbaric oxygen therapy may be used. Later, during the recovery phase, skin grafts may be necessary, and, depending on the severity of the case, physical therapy and rehabilitation.

Actual cases of NF, although they receive media attention because of their sudden and traumatic nature, are not common, but they can be life-threatening when they strike. People do not have to become germophobes, but taking good care of minor injuries, knowing what to look for, paying attention to sudden changes and not hesitating to seek immediate medical help when something suddenly begins hurting far more than it should, are vital.

For more information on necrotizing fasciitis, visit websites such as WebMD.com or www.CNN.com/health. Other good sources of information include the websites www.ncbi.nlm.gov/pubmedhealth, www.medicinenet.com/necrotizing_fasciitis/article and <http://medical-dictionary.thefreedictionary.com/Flesh-Eating+Disease>.

Capital Area Red Cross Hosts A Dinner And Silent Auction To Combat Measles

Funds raised will protect over a thousand at-risk children around the world.

On Thursday, March 28th, the American Red Cross Capital Area Chapter will be holding a dinner and silent auction in support of the Measles & Rubella Initiative – a partnership committed to reducing measles deaths globally.

The Measles & Rubella Initiative is a global partnership committed to ensuring no child dies from measles or is born with congenital rubella syndrome. Founded originally as the Measles Initiative in 2001, it's led by the American Red Cross, the United Nations 4 Foundation, the U.S. Centers for Disease Control and Prevention, UNICEF and the World Health Organization. Since 2001, the Initiative has supported 80 countries to deliver more than 1 billion doses of measles vaccine, helped to raise measles vaccination coverage to 85% globally, and reduced measles deaths by 74%.

While significant progress has been made thanks to the Measles & Rubella Initiative and its supporters, measles still kills an estimated 139,300 each year – mostly children less than five years of age. That means ap-

proximately 380 die from measles-related complications each day. Yet measles can be completely prevented with two doses of a safe, effective and inexpensive vaccine.

The American Red Cross encourages the entire community to take part in this fundraiser to help combat measles and rubella. There will be barbecue generously donated by the Tallahassee Lions Club, music, and a number of different silent auction items donated by various local businesses throughout the community.

WHO: Capital Area Chapter Red Cross

WHAT: Dinner and Silent Auction

WHERE: Capital Area Chapter Red Cross

1115 Easterwood Drive

Tallahassee, FL 32311

WHEN: 7 PM

COST: Adult: \$30 Couple: \$50

Student/Child: \$10

MEDIA CONTACT: Allison Kraemer: (352) 209-5024, Victoria Shornak: (304) 932-8674

For more information, please visit www.tallyredcross.org or www.measlesrubellainitiative.org.

Local Program Arms Families With Tools To Protect Senior Loved Ones from Scams

Local senior care experts are urging Leon, Gadsden, Jefferson and Wakulla County families to be alert for scammers who may be targeting their senior loved ones with a variety of clever cons that could jeopardize not only their life savings, but their independence.

"Scam artists are specifically targeting seniors, because they are the fastest-growing segment of the population, which has led to increased demands on law enforcement agencies," said Scott Harrell, owner of the Home Instead Senior Care® office in Tallahassee serving seniors in Christian Leon, Gadsden, Jefferson and Wakulla Counties, as well as the Panhandle.

As a result, the nonprofit National Association of Triads and the local Home Instead Senior Care office have launched a public information program to educate families and seniors about how to protect themselves.

The Protect Seniors from FraudSM program – developed with the expert assistance of the Triads – provides family caregivers with a number of important tools at ProtectSeniorsFromFraud.com. Included in the website's various resources is a Criminal Target Scale, which can help family caregivers assess how likely their senior is to be the potential target of a scam. A Senior Fraud Protection Kit also is available from the local franchise office.

According to experts, the top three crimes targeting seniors are identity theft, Medicaid/Medicare and medication fraud, and financial exploitation. The demograph-

ics of an aging population and the sophistication of scammers are adding up to big losses – both financially and emotionally – for older adults. The annual financial loss by victims of elder financial abuse is estimated to be at least \$2.9 billion, a 12 percent increase since 2008*.

"Our CAREGiversSM are always on the lookout for potential scams that target senior clients, helping them screen phone calls and deal with questionable pieces of mail." Harrell said.

What makes con artists difficult to capture is the lack of reporting of this crime, experts note. "A recent AARP study found that only 25 percent of victims over age 55 have reported to authorities that they've fallen for a scam," said Ed Hutchison, director of the National Association of Triads, Inc., who serves as expert source for this program.

"These seniors may be afraid to be seen as vulnerable by the law and those in a position to tell them that, perhaps, they are not fit to continue living by themselves. It's a perceived threat of a loss of independence that drives many to keep quiet," said Hutchison, whose 820 state Triads – part of the National Sheriffs' Association – work with local seniors, law enforcement and community volunteers to help keep seniors safe.

To obtain a free Senior Fraud Protection Kit, contact the Home Instead Senior Care office serving Christian Leon, Gadsden, Jefferson and Wakulla Counties, as well as the Panhandle, at 850-297-1897.

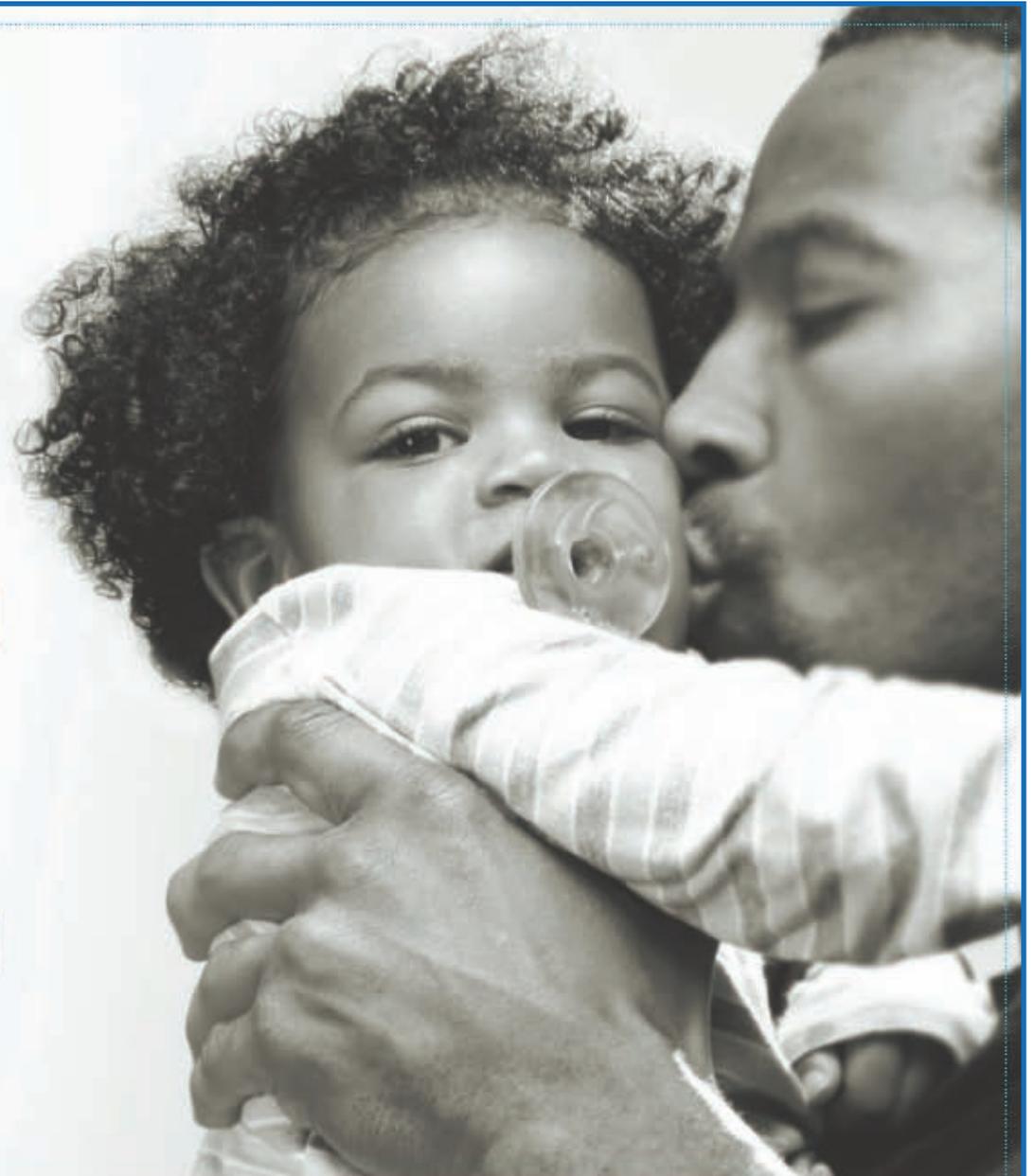
1549 Jefferson Street
Monticello, FL 32344

Call Today

Phone: (850) 997-0707

Fax: (850) 997-6833

Visit us online TMH.org



Complete Medical Care.
Here in Monticello.

Now Accepting New Patients

Our physicians have been providing comprehensive medical care for the families of Jefferson County **for over 17 years**. Treating the entire family through all stages of life, we provide the medical care that your family needs.

- Infant, child, adult and geriatric care
- Women's healthcare
- Minor surgical procedures
- X-Ray

 **SAME DAY** *Appointments Available for Urgent Needs*

 **TMH**
Physician Partners
MONTICELLO

We're both healthy and fit...

and we want to look that way, too!

Spider and varicose veins hurt, and they look awful. We decided our spider and varicose veins had to go...all our friends trust South Georgia Vein Center.

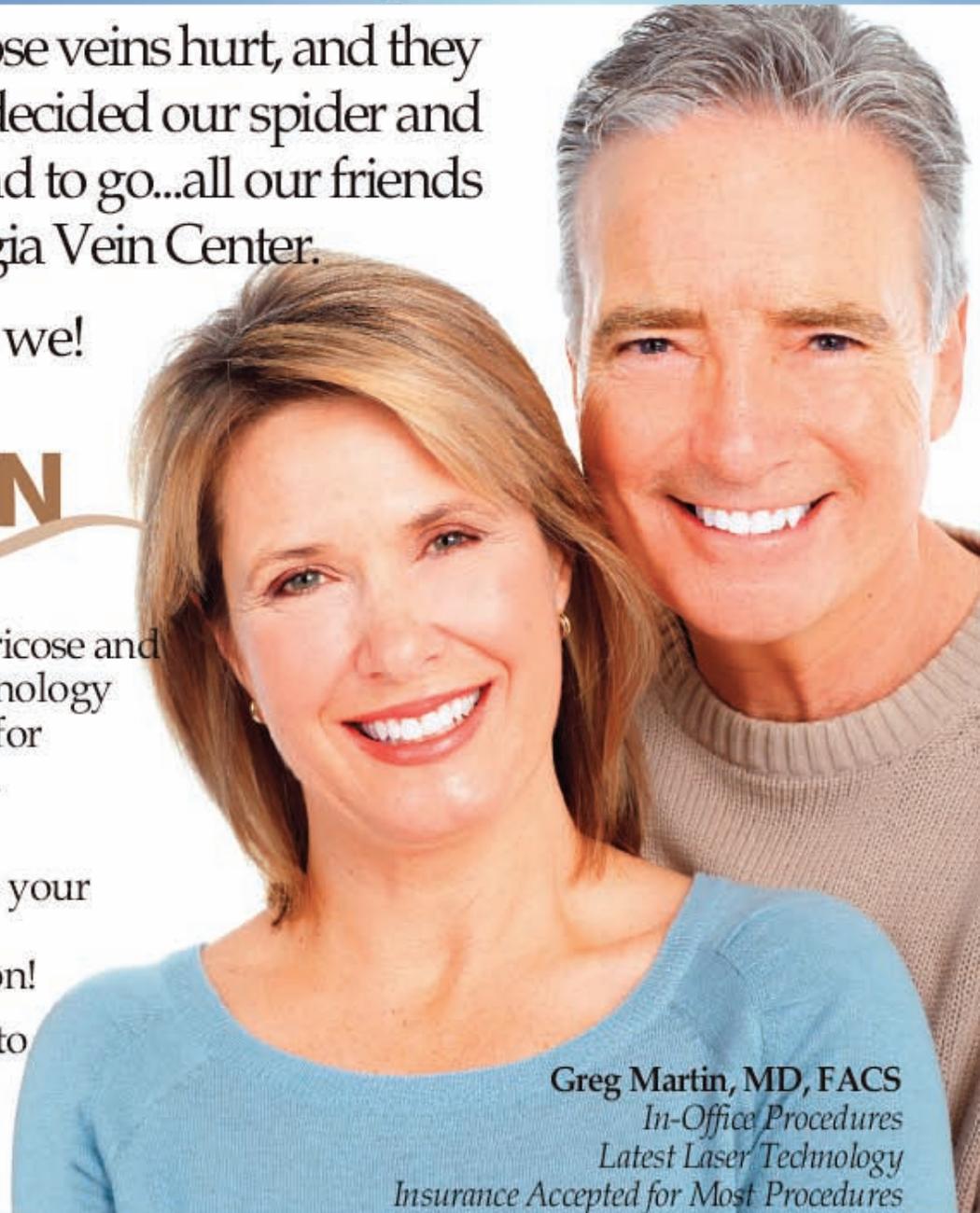
And now, so do we!

South Georgia
center **VEIN**

Our revolutionary varicose and spider vein laser technology is the modern choice for healthy, active adults. Like you.

You can even resume your active life right away, with no hospitalization!

Don't wait...call now to learn how affordable, safe and pain-free your legs can be.



Greg Martin, MD, FACS

In-Office Procedures

Latest Laser Technology

Insurance Accepted for Most Procedures

South Georgia Vein Center

(229) 259-9666

www.ValdostaVeins.net
Valdosta, Georgia