

Hundreds Attend Memorial Service For E. Wayne Dickey

DEBBIE SNAPP
ECB Publishing
Staff Writer

Hundreds of residents and state law enforcement personnel were in attendance at the memorial service for Ernest Wayne Dickey on Tuesday afternoon, April 16, 2013 at Christ Episcopal Church, in Monticello, FL. He passed away on Thursday, April 11, 2013 at Tallahassee Memorial Hospital, following cardiac surgery. He was 73.

Dickey was born on January 16, 1940 in Lake Wales, FL. to Raymond Ernest Dickey and Ruth Geneva. Following his graduation from Lake Wales High School, he spent his life protecting the public in various aspects of law enforcement.

He served as a military policeman in the United States Army from 1958 to 1962. He was also a police officer with Lake Wales Police Department and a clerk with the Federal Bureau of Investigations before beginning his career with the Florida Department of Law Enforcement.

Dickey was a pioneer within the FDLE intelligence community and a member of FDLE for 35+ years. He

started with FDLE as a duty officer in 1968 and through the years served the citizens of Florida as a Special Agent, Special Agent Supervisor, Assistant Special Agent in Charge, Bureau Chief and Chief of the Florida Intelligence Center. Although he retired in 2003, he continued his service as an FDLE Reserve Special Agent and as Intelligence Director for the Florida Intelligence Unit. He represented FDLE and the Florida intelligence community through his service to the Association of Law Enforcement Intelligence Units, Regional Organized Crime Information Center, Florida Intelligence Unit, and Interpol.

During his time at FDLE he was honored with a Distinguished Group Award and the Distinguished Supervisor Award. He received dozens of "thank you" letters from other law enforcement agencies and from citizens commending him on various investigations. He was a highly respected law enforcement officer.

Ernest Wayne Dickey is survived by his wife Mary Jane and children Ernest Wayne Dickey, Jr., John Dickey and wife Kathryn, and daughter Denise and husband.

Please See DICKKEY Page 2A



ECB Publishing Photos By Debbie Snapp, April 16, 2013.
Mary Jane Dickey was presented the American flag in honor and remembrance of her husband, Ernest Wayne Dickey. Inv. Doug Stribling, Capitol Police, is shown as he presented the flag to her, during funeral services on Tuesday, April 16, 2013.

City Holds Off On Proposed Law Regulating Noisy Cars

LAZARO ALEMAN
ECB Publishing
Senior Staff Writer

On the advice of City Attorney Bruce Leinback, the Monticello City Council has decided to put on hold a proposed ordinance that would take aim at excessively noisy vehicles.

Leinback advised the council on Tuesday, April 2, that state lawmakers were in the process of revising the 2005 noise abatement statute that the Florida Supreme Court declared unconstitutional in December.

The court's rationale for striking down the law was its alleged overbroad and discriminatory nature, as it applied only to vehicles and not to sound-making devices used for business or political purposes.

Leinback, in the ordinance that he drafted for the city, sought to sidestep the court's constitutional objections by incorporating into the local version those provisions of the state law not specifically invalidated by the court.

Additionally, he updated the ordinance to include more current mechanical and electronic sound devices not found in the state law.

The proposed ordinance, as drafted by Leinback, would prohibit operators or occupants of motor vehicles from amplifying the sounds produced by radios, tape players, CDs, MP3 players or other mechanical or electronic sound-making devices.

The prohibition would apply if the sound were plainly audible at a distance of 25 or more feet from the vehicle. It would likewise apply if the sound was louder than deemed necessary for the convenient hearing of the person inside the vehicle, or if a vehicle were in the vicinity of a church, school, hospital, residence or business.

Exempted from the prohibition were law enforcement and other emergency vehicles equipped with communications devices necessary for the performance of the personnel's duly assigned tasks.

Nor would the prohibition apply to noises made by

Please See NOISE Page 3A

BOSTON MARATHON BOMBING Local Runner Tells Of Boston Marathon Experience

FRAN HUNT
ECB Publishing
Staff Writer

On Monday afternoon, April 15, during the Boston Marathon, two bombs went off near the finish line, killing at least three people, and wounding approximately 180 others, which included both runners and spectators.

Jerry McDaniel, 59, of Monticello, was one of the 25,000+ participants in this year's Boston Marathon. McDaniel spoke to this reporter of his experience during this historic race.

McDaniel explained that this year was his fourth appearance in the Boston Marathon. "I ran it in 2004, 2005, and 2006," he said. "I really had no plans to run this year, but a friend of mine with the Gulf Winds Track Club, had never run in the Boston Marathon before, which is the big pinnacle for runners. So I went up there with him.

He explained that prior to the race, the runners are loaded onto buses and taken 26.2 miles away to the starting point in Hopkinton. "We wear extra clothing to keep us warm prior to the race, then just before, we get down to our running clothes and pack the other clothes we were wearing in bags in the bus. The buses then haul the bags back to the finish line.

After completing the race, runners locate the bus they were on, claim their bag and then go back to the hotel room, where members of his group had planned to meet after the race.

McDaniel finished the race in three hours and 31 minutes, but could not recall his finish number. (Local members of Gulf Winds reported that he finished at 141). He said that about 45-50 minutes after he crossed the finish line, he heard the first explosion.

"After I located my bag, I was nearly at the hotel, which was one block away from the finish line, when I heard a loud noise that sounded like an explosion. About 10 seconds later, the second blast went off," he recalled.

Please See RUNNER Page 3A



Benefit Trail Ride

DEBBIE SNAPP
ECB Publishing
Staff Writer

A benefit Trail Ride will be held on Saturday, April 27, with registration beginning at 9 a.m. at the corner of Gamble and Pinhook roads, on the Dude Settergren property, in Wacissa. The ride out will be at 10 a.m. and returning at 4 p.m.

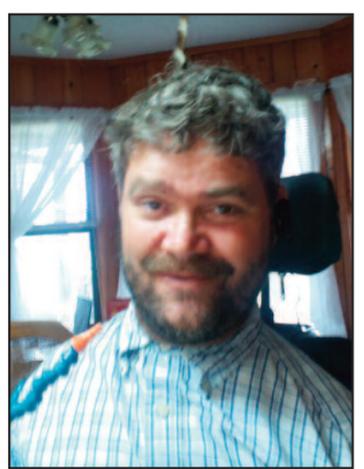
This fundraising effort will help to pay the excessive medical bills and medication for longtime Wacissa resident W. H. Dub Johnson. He is a quadriplegic. These bills are continuous because of the lack of insurance and Medicaid coverage.

The ride will feature: a ride to the Wacissa River, and on the property of Richard Williams, a luncheon at 12 p.m. with family and friends, swimming and games, a hay wagon will be available and vehicles will be permitted.

The lunch menu will include barbecue chicken, baked beans, cole slaw, potato salad, cabbage, cornbread, rolls, iced tea, water, and homemade desserts.

All ages are welcome to join the day of fun and festivities. The cost is \$15 per person and donations will be collected at the gate. Make checks payable to: Benefit Trail Ride c/o Richard Williams ~ 12206 Gamble Road ~ Monticello, FL. 32344

Your donations are greatly appreciated. For more information call 850-997-0631.



Jay Finlayson Named To FHSAA 2013 Academic All-State Team

FRAN HUNT
ECB Publishing
Staff Writer

Aucilla Christian Academy (ACA) senior "Jay" John McRae Finlayson, III, was named by the Florida High School Athletic Association (FHSAA) as one of 24 members of the 2013 Academic All-Star Team.

FHSAA reported, "For the 19th consecutive year, the FHSAA recognized 24 of the top student-athletes around Florida as members of the 2013 Academic All-State Team. The group features nine valedictorians, 12 three-sport athletes and four four-sport athletes among those who will be honored for extraordinary academic achievement and community service in addition to their athletic prowess.

"The FHSAA is proud to reward these outstanding students through the Academic All-State scholarship program for excelling in the classroom and yet still finding a way to impact their communities and succeed in the athletic arena," said FHSAA Executive Director Dr. Roger Dearing.

"This group of student-athletes truly personifies the FHSAA mission of building leaders through teamwork, sportsmanship and citizenship."

The 12 boys and 12 girls who merited inclusion on this prestigious team will be celebrated at the FHSAA Academic All-State Awards Banquet on Monday, June 10, at 7 p.m. at the Best Western Gateway Grand in Gainesville. Each of the 24 Academic All-State Team members will receive a \$1,000 scholarship from the FHSAA. Additionally, one male and one female student-athlete from the group will receive the FHSAA's most prestigious honor: Scholar-Athlete of the Year. Recipients of that honor will be announced during the banquet, and the two will receive additional \$3,000 scholarships and a special trophy.

To be eligible for selection to the Academic All-State Team, a student-athlete must be a graduating senior, have a cumulative unweighted grade point average of at least 3.5 on a 4.0 scale, and have earned a varsity letter in at least two different sports during each of his or her junior and senior years. The members were selected based on academic record, athletic participation, non-athletic activities, community service and an essay. The 24 members came from an applicant pool of more than 240 qualified candidates from the Association's 685 member high schools.

Finlayson has carried a solid 4.0 GPA throughout his entire high school career. He is active in the community through his youth group at First United Methodist Church of Monticello, and he sings in the choir. He has volunteered and helped during past community Thanksgiving Day dinners, and he has helped with Southern Music Rising in all it's



previous years.

He has been on two mission trips to North Carolina with his youth group where they get to go out to rural communities and help people. Thus far, they have laid mulch at a blueberry farm, and weeded at a local church for the past two years.

Jay has gone to two Fellowship of Christian Athletes (FCA) camps, where they learn being a servant, excellence, and integrity. He has also helped with the local FCA Fields of Faith event for the past two years.

Jay will going on a mission trip in June to Puerto Rico, with the Athletes In Action program, where he will be going to local communities during the daytime to hold basketball camps for the kids, and they will be playing local

teams at nighttime. "I'm quite excited about that," he said.

Jay earned four varsity letters in basketball and cross country, as well as one in football.

He was active in student government and participated in Beta Club, and Brain Bowl all four years of high school.

He has attended ACA since K-4, and he has competed in three different sports. He has been on the cross country team since the seventh grade. He has been on the varsity basketball team since he was in the ninth grade. "I went straight from middle school to varsity. That was quite a transition," he added. While on the basketball team he has played a little in every position, including forward, center, and point guard. On the football team, he played in the eighth grade and his senior year. A lot of kids had gotten hurt and the team needed help, so I went to practices and the first day in pads, was my first day in pads for four years. That's probably the most sore I will ever be in my life," he said. Actually, it was a pretty great experience. I had 10 tackles in my first game of the season. Unfortunately, it was against Bell and only one of our two losses during the season.

After learning that he was named to the FHSAA Academic All-Star Team, Jay said, "I was really excited. This is a great honor. I didn't really expect to get it though. They had a real strange

Please See FINLAYSON Page 3A

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 -

Thanks For A Great Cemetery Tour!

What a special and unique tour of the Old City Cemetery in Monticello on Saturday, April 13th!

With beautiful weather as a backdrop, many of us took a journey back in time to visit with former prominent, legendary and unfamiliar citizens of our town. To be escorted to their final resting place, and learn about their lives and

deaths brought history alive, and we could see some of their triumphs and struggles through the crisp dialogue.

Thanks to the participants, writers, and contributors for this captivating afternoon. Please schedule this again for all to enjoy!

Many thanks,
Alice J. Stadin

Dickey

continued from page 1

band Chris Slowick; grandchildren Jay, Skylar, Christopher, Jonmichael, and Ally; and niece Valorie and husband Carl DeWitt.

Ernest Wayne Dickey was instrumental in solving the break in and theft of drugs at Winn Dixie here in Monticello and subsequently solving a statewide drug ring operation. He worked closely with then Police Chief David Frisby and the now Chief Fred

Mosley in setting up a sting operation to catch the thieves and rid them from society.

Because of the tremendous outpouring of love and turnout of family and friends, his service was also viewed on big screen television at the church ministry center in Monticello and in Tallahassee at the FDLE building.

He will always be remembered for his kindness,

warm smile, and generosity. He was a friend to many and will be sadly missed by them all.

Ernest Wayne Dickey has been a member of the Christ Episcopal Church for 40+ years, and his cremation ashes were buried in the church Memorial Garden, after a military ceremony. The folded flag was then handed to his true love and wife of 52 years, Mary Jane.

A funeral service and burial was held on Tuesday, April 16, 2013 for the late Ernest Wayne Dickey, at the Christ Episcopal Church. Leaving to mourn his passing is his wife of 52 years, Mary Jane and his three children Ernest Dickey Jr, John Dickey, and Denise Slowick.



Local and state law enforcement personnel attended the funeral and burial of Ernest Wayne Dickey on Tuesday, April 16, 2013, in honor of their friend and coworker.

Turnout for the funeral and burial of the late Ernest Wayne Dickey was so overwhelming that many local and state law enforcement personnel had to wait outside the church and ministry center to pay their respects to their friend and comrade. Many worked beside Dickey during his law enforcement career and retirement.



A law enforcement funeral ceremony was held for the late Ernest Wayne Dickey on Tuesday, April 16, 2013. Capitol Police law enforcement officers offered their services to one of their own. Pictured from left to right are: Investigator Doug Stribling, Sergeant A. Moore, Officer C. Merritt, and Officer K. Barineau.

Capitol Police Officers fold the American Flag over the gravesite of the late Ernest Wayne Dickey on Tuesday afternoon in ceremony to their law enforcement friend.



Community Announcement

DR. VIVIAN "JUDY" HALL ROYSTER, PH.D.

"Be inspired, as yours truly has been for some time now, to help recapture, revitalize, and reinvigorate the spirit of the legacy of our neighborhood, our Eastside community, commonly known as "Roostertown," by making a passionate commitment to be inspired to join me at our Jefferson County Public Library on Saturday, April 20, 2013, from 11:00 a.m. to 3:00 p.m. for the purpose of strategic organization of the following community initiatives, that hopefully our children, and our town as a whole, will benefit from generation to generation, including, but not limited to:

- The EastSide Neighborhood Association (ESNA). A board of directors, along with standing committees, by-laws, and mission statement are being developed. Your service and leadership is essential and critical.

- Howard Academy Alumni Association (HAAA). A board of directors, along with standing committees, by-laws, and mission statement are being developed. Your service and leadership is essential and critical.

- Howard Academy Alumni Association Foundation (HAAF). A board of directors, along with standing committees, by-laws, and mission statement are being developed. Your service and leadership is essential and critical.

- The Monticello-Jefferson County Museum of African-American History and Culture. A board of directors, along with standing committees, by-laws, and mission statement are being developed. Your service and leadership is essential and critical.

If you are inspired to recapture the spirit of respect, pride, responsibility, and accountability, and integrity within our

neighborhood; if you believe in building upon the legacy of our parents, and our grandparents, the founders of this Eastside, of Roostertown, then you, too, will make room on your very busy weekend schedule, beginning Saturday, April 20, 2013, and roll up your sleeves to give back in a positive way to our community, as we endeavor to turn things around that have helped to deteriorate our community, our neighborhood, over the past 25 years – things that have helped our community emerge into a culture of apathy, self-serving agendas, low self-esteem, no respect for property or each other, a high social interest but low educational interest, hopelessness, despair, an out-of-control and poor and failing school system, and, unfortunately, a neighborhood without a positively embracing, engaging, empowering and enterprising spirit, where, instead, persons or residents would be and should be, proud to be a part of. After all, some of us have worked hard, and continue to work, to try to demonstrate everyday a spirit of respect, pride, responsibility, and accountability within our neighborhood, remembering and honoring the legacy of our parents, our grandparents, our African-American legacy, a legacy that is diverse in its history – a legacy that is defined only by our being determined to turn this 25-year deterioration around – only "...we, the people...", can define our destiny and determine our future of either being visionary, or, we, ourselves, will continue in the rut that we have allowed ourselves to embrace, which could be defined as modern day slavery to ourselves.

"...We, the people...", of Eastside, not politicians, though they are important to us, not persons or individuals who have self-serving agen-

das, and who may appear to have our best interest at heart with their entitlement syndrome, we have to take back our neighborhood by being at a community table to do just that. We have a choice. It is now 2013.

It is our Year of Jubilee. A special invitation, "...a charge to keep...", is extended to my faith-based brothers and sisters: Let us celebrate a new beginning, a fresh start, a fresh anointing, as we begin to pull ourselves up by our own bootstraps, each and every day; not just on Sunday mornings or Wednesday evenings as we come to together for our various praise and worship moments, to serve as role models, and bridge-builders, and mentors to our Millennials, our Hip-Hop Generation, our Generation X, and to our own families, as supposedly mature and responsible men and women, and parents and grandparents, as well as young men and women, boys and girls, who deserve to have a deserving and solid future, all of us, no matter our race, creed, nationality, gender, gender preference, ethnicity, economic or social status, or educational level, or spiritual or religious preference. We need your presence on April 20, and again on May 18, 2013.

Your leadership, your expertise, your gifts, your presence is needed. You, too, can make a difference. Be inspired. "Be inspired to empower."™. Thank you for your support. Should you have a need for further assistance or clarification, feel free to visit vivian.royster@yahoo.com. After all, "it takes a village." You can make a difference in these community and neighborhood initiatives where "...quality will be our measure..."

Inspired to recapture the spirit of the legacy and vision of community revitalization and neighborhood pride.

Backyard Poultry Production Workshop

DEBBIE SNAPP
ECB Publishing
Staff Writer

UF/IFAS and FAMU will host a 'Backyard Poultry Production' workshop on Saturday, April 20 from 10 a.m. to 12 p.m. at the Jefferson County Extension Office. The new address is 2729 West Washington Street.

This workshop is designed to provide information to those that currently raise chickens on a small-scale, and those that may be interested in raising their own eggs and meat.

The workshop will cover breed selection, food and housing, egg and meat production, predators and pests, dis-

eases, and various other topics involved in poultry production.

Registration for the workshop is just \$5, and will be collected at the door on the day of the event. Those planning to attend are encouraged to call and register by April 19. To register contact JoAnn Demott at 850-342-0187 or jdemott@ufl.edu or Covey Washington at covey.washington@gmail.com

Featured speaker will be Jennifer Jennings-Glover, with the Florida Department of Agriculture and Consumer Services. She is poultry program manager for the Division of Animal Industry. She can be reached at 850-251-1226 or Jennifer.Jennings-Glover@FreshFromFlorida.com.



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Emerald Greene
Publisher/Owner

LAZARO ALEMAN
Senior Staff Writer



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

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

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STINGERS

Owners, etc. should keep their property cleared. I have called for the past three (3) years about the mess near me and get nothing but promises. The mess is still there. Now the city wants to pass out punishment tickets....WOW! Make sure everyone that needs it, gets it!

*All Stingers are printed anonymously, however the News staff reserves the right to not print offensive material.

EMAIL YOUR
STINGERS TO:

MonticelloNews@embarqmail.com

Runner

McDaniel said his wife and a friend had been positioned near the finish line, across the street and diagonally from where the bombs went off, in order to watch him cross the finish line. He went on to say, "They stayed long enough to see me cross the finish line and a few of our friends, and then they left their positions at the guard rail and headed back to the hotel."

"When I got back to our room, I asked my wife if she heard a loud noise like an explosion, but she said she did not hear it. We figured that she must have been in the elevator on her way up to our room when they went off," he added.

"She was right ahead of me."

"We turned on the TV and it was all over the news that two bombs had gone off near the finish line," said McDaniel.

"Once the blasts occurred, it was fairly quickly that people started putting two and two together, that folks began getting hysterical. It's a chaotic first impulse to find your family and friends."

"After the explosions, police shut down a lot of streets and roads. Our hotel went into lock-down. Law enforcement didn't want anyone coming or going."

"The local police had

the cell phone networks shut down because a bomb can be detonated by cell phone. With the service down, it took approximately two hours to locate all of my friends from Gulf Winds and assure that they and their families were all okay. I didn't have much problem getting through, but if my friends were on different servers, I couldn't reach them. People were trying to call and text me to find out if my wife and I were okay."

"It was pretty scary. There was a lot of confusion, and general concern. The news media generally rendered the entire event, and it does have an affect

on you. It affected my wife. We've been to a lot of large marathons, and what happened during the Boston Marathon this year, leaves a bad taste in your mouth."

"My wife and I have high hopes that those who were injured heal well, and their friends and families heal from this event. It's really a very unhappy ending and a sad commentary of a national event," McDaniel concluded.

As of Wednesday afternoon, FBI investigators believe that the bombs may have been of the pressure cooker-type, filled with ball bearings and nails, due to the bomb remnants they had found at the scene.

continued from page 1

Noise

horns or other warning devices required or permitted by state law, or to sounds produced during the normal course of everyday activities, such as the hourly tolling of courthouse or church bells.

"We don't want to create a situation where people are being cited for ringing church bells on a Sunday," is the way Leinback phrased it to the council.

The ordinance would, however, allow officers to cite vehicles for vio-

lations if the sound were plainly audible from a distance of 25 or more feet and the vehicle was clearly in sight of the officer.

Officers need not be able to distinguish the words or phrases of songs nor be able to identify the artists to find violations. Per the ordinance, it's enough that officers be able to detect the reverberations or rhythmic bass sounds of the music, and provided they are not using mechanical devices to enhance their

hearing.

The ordinance would make violations civil infractions punishable by fines of up to \$500.

The Florida Supreme Court in late December ruled that section 316.3045 of Florida Statute, which previously preempted all local ordinances pertaining to noises from the operation of radios or other sound-making devices or instruments in vehicles, was "unconstitutionally overbroad."

continued from page 1

Support Refuge House On April 24

DEBBIE SNAPP
ECB Publishing
Staff Writer

Support Refuge House and National Sexual Assault Awareness Month by taking part in the nationwide 'Denim Day' on Wednesday, April 24.

Every two minutes, someone in the United States is sexually assaulted. Children under the age of 12 represent 15 percent of all victims. Ac-

cording to the U.S. Department of Justice, over half of rapes and sexual assaults go unreported. Why? The reasons are many, but victims commonly fear that they will not be believed or that they will be blamed for the assault.

You can help put an end to victim blaming through an awareness initiative during the month of April known as 'Denim Day.' Denim Day is an in-

ternational sexual assault prevention and education campaign that began in 1999. An Italian woman was raped by her driving instructor. The perpetrator was convicted of the crime and sentenced to prison. At an appeal hearing, however, the Italian Supreme Court overturned the conviction, reasoning that the victim's jeans were too tight, that she must have removed them herself, and found that the assault was no longer rape but consensual sex. The verdict motivated women and men throughout Italy, and eventually Europe and the United States, to dedicate this day to wear jeans and highlight the misconceptions surrounding sexual assault.

Jefferson County Refuge House Outreach Counselor Nan Baughman is launching a local Denim Day campaign. She is asking local dignitaries to join in the campaign by taking a picture of themselves in jeans, and choose one of the following statements that best represent their positive view on supporting survivors of sexual assault:

*I believe survivors because they have the right to be believed, not blamed.

*I stand with survivors.

*I believe survivors.

*When you believe a survivor, you help them to heal.

*When you believe a

survivor, you give them a voice.

*I believe survivors. Why wouldn't I?

*I believe survivors because they should not have to pay for the perpetrator's crime.

*I believe survivors because they deserve justice.

*I stand with survivors for the sake of their health.

*I stand with survivors because I want them to know they are not alone.

*I stand with survivors and put responsibility and blame with the perpetrator.

*I believe in YOU.

These pictures will be posted in the *Monticello News* through the month of April, to coincide with Sexual Assault Awareness Month, and will promote participation in the nationwide Denim Day on April 24.

"I would like to encourage our local businesses to allow their employees to wear jeans on Denim Day as well," she asks. "Survivors of sexual assault need people like you to help the community to better understand the need to support victims and reduce victim blaming." Send your photos to Nbaughman@refugehouse.com.

For more information about this event and Refuge House, contact Baughman at nbaughman@refugehouse.com or call 850-342-3518.

Finlayson

continued from page 1

prompt question for the essay; if you could be anything in the kitchen, what would you be and why?"

Jay's response to the question, "If I could be anything in the kitchen, I would be a dishwasher. Out of the many things in the kitchen to choose from, most are flashier or more glorious than the dishwasher. Yet, when it comes to importance, the dishwasher ranks at the top. While a dishwasher may often be taken for granted and forgotten, it performs the necessary task of providing clean china. Unless one plans to eat from dirty dishes, a dishwasher is essentially a necessity. I strive to be like a dishwasher in life by doing what needs to be done, and doing it without boasting or demanding recognition. Also, a dishwasher continues washing until the dishes are washed and clean. I do not give up on a task, game, problem, or project until it has been finished or resolved. The attitude of a dishwasher is such, and is one I choose to emulate. Whether it is in athletics, during group projects, working on the farm, or even just helping friends as needed, I try to keep the *dishwasher mindset*: to never give up, never give in, and to do my job without demanding recognition. While there are many flashier and more glorious objects in the kitchen, I select to be like the dishwasher."

Upon graduation, Jay will attend Covenant College in Lookout Mountain, GA, to study business. He explained that Covenant is a Division-3 school and did not have athletic scholarships, but he was able to compete for academic scholarships, and won a pretty good scholarship package. "I was also selected as an alternate for the main scholarship package. With the package I did receive and several smaller

scholarships, it will cover most of my four-year education.

After completing his degree, Jay plans to come back and manage the family farm, and hopefully manage a forestry business as well.

Speaking about the possibility of being the recipient of the FHSAA Scholar-Athlete of the Year scholarship as well, he said, "I really don't expect to get that." But then again, he didn't really expect to be named to the Academic All-Star Team either.

ACA Principal Richard Finlayson added, "To be one of only 12 boys in the state selected for this award, we are really proud of Jay, and very happy for him."

Jay is the son of Mac and Mary Beth Finlayson of Greenville.



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 1:6-8

I am astonished that you are so quickly deserting him who called you in the grace of Christ and are turning to a different gospel-- (7) not that there is another one, but there are some who trouble you and want to distort the gospel of Christ. (8) But even if we or an angel from heaven should preach to you a gospel contrary to the one we preached to you, let him be accursed.

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

IN LOVING MEMORY OF

Leo "T" Russell

Sunrise 3/29/1930
Sunset 4/20/2011

We thought of you with love today
But that is nothing new.
We thought of you yesterday
And days before that too.
We think of you in silence
We often speak your name.
Now all we have are memories
And your picture in a frame.
Your memory is our keepsake
With which we'll never part.
God has you in His keeping
We have you in our hearts.

This marks two years that you have been gone
and the pain lingers on.
Gone but not forgotten.

Love,
Carolyn, Netta, Jazz, Karisha, and Jalan



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Monticello News 997-3568

Jefferson County Living

Best Chili Ever!



True to his word, Clerk of Court Kirk Reams held up a sign honoring Property Appraiser Angela Gray for having the "best chili ever." Reams and Gray challenged each other during the annual Monticello/Jefferson County Chamber of Commerce 2013 Chili Challenge.

Nana's Little Green House



ECB Publishing photos by Fran Hunt, April 10, 2013

Mary Coen, owner of Nana's Little Green House, works in the cutting room, preparing young plants for planting.

FRAN HUNT
ECB Publishing
Staff Writer

There is a new little nursery in the county, known as Nana's Little Green House. The establishment is owned and operated by Mary Coen, with a little help from her family.

It has been open for one year in February.

"It took me a year to get started, growing the plants and getting them going," she said.

Coen worked for nursery businesses for over 34 years, but when she and her husband decided to adopt their two grandchildren, who are disabled, she had to make a choice.

She quit the nursery she was working at, and decided to go into business for herself at her home, so she could continually be with the children.

Even though her Native American blood entitled her to funds from the government for her new business, she chose rather to take out a loan from one of the local banking institutions. "I wanted to do this on my own two feet," she said.

"A friend donated the greenhouse, we moved it here, and I began building my stock and obtaining supplies. Our son was helping me run it, but then he got an excellent job offer up north, so now it's just me, with some help from my husband and the kids at times. I have to help out the family financially somehow," she said.

"I had always enjoyed working in the yard, and before I started working at my first job at a nursery, at the age of 15, working with plants was a hobby of mine," Coen added.

She starts all of her plants from seedlings, cuttings, and seed, and depending on how they are growing, she moves them

from one area to another as they progress.

She has a potting area, a seeding area, a cutting area, and areas outside of the greenhouse that the plants are moved to.

Nana's Little Green House has many different types of approximately 50 different varieties.

Coen offers tropicals, perennials, banana trees, day lilies, vegetables, herbs, house plants, container plants for patios and outdoors, small landscape plants, amaryllis, and many, many more varieties to choose from.

She also has mixed containers for sale, and she can customize your own planter if that is what you wish. "Just bring me the container, tell me what you want, and I will do it for you," she added.

Just a couple examples of her pricing, she has four-inch pots as low as \$2-\$3, and one-gallon pots as low as \$3-\$8, depending on

which plant you wish to purchase.

The mixed containers depend on how many of which types of plants you want in it. And best of all, her pricing already has the sales tax figured into the price.

"It's very financially hard for people out there today, and I know that people still appreciate and want to have nice plants," said Coen. "So I keep all of my plants very affordable."

As Nana's Little Greenhouse continues to grow, she hopes to be able to hire someone to help her take care of it.

So, for beautiful plants, all raised and arranged with lots of tender loving care, pay a visit to Nana's Little Greenhouse, located at 1761 Old Lloyd Road, about two miles from the US-90 west intersection.

For further information contact Mary Coen at 997-0746 or 242-8059.

MadCo Holding Auditions

DEBBIE SNAPP
ECB Publishing
Staff Writer

Monticello Acting & Dance Co. (MadCo) is holding auditions for the children's summer theater show, "High Tide, A Pirate's Tale ARGHHH!" on Sunday, April 21 at 3 p.m. and on Monday, April 22 at 6:30 p.m. at the Monticello Opera House.

Adults, teens, and children age eight and up are needed. Come prepared to sing, dance and act.

The stage performances of High Tide, A Pirate's Tale ARGHHH! will be held during the Watermelon Festival event and during the week after.

For more information, dates, and times contact Melanie Mays at 850-321-0036.



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Just a small glimpse of the many plants offered at Nana's Little Greenhouse.



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Jefferson County Living

++ Obituary ++

DOROTHY PAULINE LEWIS

Dorothy Pauline Lewis of Monticello, Florida, 86, departed this earth to be united with her Savior on April 16, 2013. Dorothy was born in Elkland, Missouri to Ranzy E. and Lessie Jones Richerson. She graduated high school in Elkland, attended secretarial school in St. Louis, Missouri, met and married Paul R. Lewis on Aug 30, 1944. Paul and Dorothy lived in Ft. Leonard Wood, Missouri, during WWII, before moving to Anchorage, Alaska. After 10 years in Alaska, they lived in Washington, DC for seven years, finally moving to Jefferson County, Florida, in August of 1964 to raise their three sons and farm the land they had bought in 1952. Dorothy and Paul raised cattle, corn, hay, peanuts, and timber together until Paul's death in 1983. Afterwards, Dorothy continued to manage and operate the family farm near Aucilla with the help of her sons, daughters-in-law and five-grandchildren.

Dorothy lived a full and active life having backpacked, camped, hunted and fished the Alaskan Wilderness before it was a state; ridden around Daytona Race-track in a racecar; flown in a helicopter over an erupting volcano in Hawaii; cruised to several foreign countries; rode horseback in the mountains; deep-sea fished in Alaska and the Gulf of Mexico; panned for gold; and cheered and clapped at countless ballgames, plays and debates for her grandchildren, whom she dearly loved.

Dorothy was a faithful member of Central Baptist Church in Aucilla. She was active in the Middle Florida Baptist Association and the Women's Missionary Union, where she lived to serve in any way she could. At Central Baptist she kept the nursery and served as church clerk/secretary for many, many years. She cleaned the church, weeded the flower beds, pinch hit playing the piano, taught VBS, and delighted in cooking for 5th Sunday and Wednesday night dinners.

Dorothy was a member of the Jefferson County Farm Bureau where she served on the Board of Directors, as past-president, and State Women's Officer. She also served on the Jefferson Soil and Water Conservation District (SWCD), as well as on the Healthyways Board. In 1989 Dorothy's family received the Jefferson County Farm Family of the Year award, and in 2011 Dorothy was inducted into the National Association of Conservation Districts (NACD) Hall-of-Fame.

She was preceded in death by her parents; her husband of 39 years, Paul Revere Lewis; her son Mark E. Lewis; a sister and brother-in-law Phyllis and Lowell Winsor; and brothers Vaughn, Eugene, and Quentin Richerson.

She is survived by sons John C. (Mary Alice) Lewis of Madison, Florida and David S. (Mona) Lewis of Monticello; grandchildren C. Taylor Lewis, MD, of Philadelphia, Pennsylvania; J. Elliott Lewis of Tallahassee, Florida; Jacob D. Lewis of Madison, Wisconsin; W. Wilson Lewis of Gainesville, Florida; and Abby S. Lewis of Memphis, Tennessee; brothers David (Mary Lou) Richerson of Elkland, Missouri and Kenneth (Shirley) Richerson of Marshfield, Missouri; sisters-in-law Gerri



Richerson of Fairgrove, Missouri; Leona Richerson of Springfield, Missouri; and Willa Richerson of Lodi, California; and dozens of

nieces, nephews, great-nieces and nephews, and great-great nieces and nephews.

Funeral arrangements are being handled by Beggs Funeral Home of Monticello, Florida. Calling hours will be from 5:00 PM to 8:00 PM on Friday, April 19, at Beggs Funeral Home. Funeral Service will be at 10:00 AM on Saturday, April 20, at Central Baptist Church, 625 Tindell Road, Monticello, Florida. In lieu of flowers, donations may be made to Central Baptist Church, P.O. Box 163, Monticello, Florida 32344.

Church News Notes

debbiesnapp@embarqmail.com or 850-997-3568

April 20

Greater Fellowship Missionary Baptist Church Soon Mission Joshua Lodge No 13 will hold its quarterly meeting on Saturday, beginning at 10 a.m. For more information contact Georgiana Barker at 850-342-4694.

April 20

Memorial Missionary Baptist Church Senior Choir will hold its annual Music Extravaganza at 7 p.m. on Saturday. Everyone is invited to attend. All choirs, musical groups, spiritual dance artists, and soloists are welcome to participate. Rev. JB Duval, pastor/moderator.

April 20

New Bethel AME Church will host a 'Going Green' Health fair from 9 to 11 a.m. on Saturday at 6496 Ashville Highway. Representatives from the Jefferson County departments of Health, Fire, Sheriff, and Police will be available to discuss epilepsy, prostate health, asthma, effects of smoking, high blood pressure, nutrition, diabetes, stress, stroke, healthy eating, AIDS/STD's, personal safety, and identity protection. For more information and directions call the church at 850-997-6929.

April 20

StoryTime Ministry will be held at 10 a.m. Saturday at the Monticello Opera House. For more information contact First United Methodist Church Ministry Chairman Barbara Hobbs at 850-523-1813.

April 21

Mt. Olive AME Church will hold its Steward & Stewardess Program at 3 p.m. on Sunday. All are welcome. Rev. Clifford Hill Sr., pastor.

April 21

Casa Bianca Missionary Baptist Church will celebrate its Deacons, Mothers, Deaconess, and Mission Anniversary at 3 p.m. on Sunday. Guests will be Pastor/Moderator James B. Duval and the Memorial Missionary Baptist Church family. If you cannot attend, pray that the program will be blessed. Rev. Tobbie Berrian III, pastor/teacher.

April 22

First United Methodist Church offers an Alzheimer's Project Support Group 11:30 a.m. to 1:00 p.m. on the fourth Monday in the Family Ministry Center. Alzheimer's Project, Inc., a non-profit organization that extends a warm supportive welcome to caregivers. Any questions or comments may be relayed to Rural Outreach Coordinator Recie Culpepper at Alzheimer's Project, Inc., 850-386-2778 and visit <http://www.alzheimerproject.org>. Rev. Wayne Cook, pastor.

April 24

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, or to make a contribution, contact coordinators Sis. Mary Madison at 850-997-4504 or 850-210-7090, or Sis. Betty Russell at 850-997-4251.

April 24

St. Phillip AME Church Mid-Week Praise & Worship Service at 7 p.m. on Wednesday. For more information and directions call the church 850-997-4226 or 850-291-6938. Rev. JW Tisdale, pastor.

April 25, 26, 28

Restored Glory Christian Center will celebrate its 6th Anniversary beginning on Thursday at 7 p.m. with Speaker Apostle Kenneth Barrington and the Ordination of Deacons and Deaconesses. This 3-day 'Pursue The Call' event will continue on Friday at 7 p.m. with Speaker Pastor William Alexander; and conclude on Sunday at 10 a.m. with Speaker Pastor Eddie Yon. All services will be held at RGCC ~ 1287 South Dixie plaza. For more information call 850-997-RGCC or restoredglory.org.

April 26

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.

April 26

Nazarene Church Family Skate Night is held from 6 to 8 p.m. on the last Friday evening of every month. Light snacks and soft drinks available.

April 26, 27

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.

COMMUNITY CALENDAR

debbiesnapp@embarqmail.com or 850-997-3568

April 20

Backyard Poultry Production Workshop hosted by the UF/IFAS and FAMU is designed to provide information to those that currently raise chickens on a small-scale and those that may be interested in raising their own eggs and meat. This workshop will be held from 10 a.m. to 12 p.m. on Saturday, at the Jefferson County Extension Office, 2729 West Washington Street. The workshop will cover breed selection, food and housing, egg and meat production, predators and pests, diseases, and various other topics involved in poultry production. Featured speaker will be Jennifer Glover with the Florida Department of Agriculture and Consumer Services. To register contact JoAnn Demott at 850-342-0187 or jdemott@ufl.edu or Covey Washington at covey.washington@gmail.com. Registration fee is \$5.

April 20-24

Jefferson Arts will host a solo exhibit by Dani Godreau in the Gallery; exploring female gender roles in Thai culture on both a personal and global level. The exhibit will continue from 10 a.m. to 2 p.m. on Wednesdays and Saturdays through the month at 575 West Washington Street for public viewing. For information about the Arts, artist's pages, monthly calendar, class schedules, and more, call 850-997-3311 or go to info@jeffersonartsgallery.com or www.jeffersonartsgallery.com. Monthly business meetings are held at 11 a.m. on the last Wednesday and a painting group meets from 10 a.m. to 12 p.m. on Wednesdays.

April 22

Al-Anon meeting at 8 p.m. on Monday at the Anglican Church, 124 Jefferson Avenue in Thomasville. For more information go to www.alanon.alateen.org.

April 22

AA will meet at 8 p.m. on Monday at the Christ Episcopal Church Annex, 425 North Cherry Street. For more information, call 850-997-2129 or 850-997-1955.

April 23

Relay For Life Committee Meeting 6 p.m. on Thursday at the Beau Turner Youth Conservation Center. Contact Coordinator Dana Lastinger at au-cilla90210@aol.com for more information.

April 23

Silver Dome Chapter of the American Business Women's Association will meet at 6 p.m. on the fourth Tuesday, at the Hilton Garden Inn, located at 1330 Blair Stone Road in Tallahassee. To reserve seating for this dinner and program meeting, contact Hospitality Chairwoman Ann Walker at 850-556-4729. For more information about ABWA contact Von Holmes at 850-212-7373. The membership will be happy to have you join for a wonderful time of fun, information and fellowship.

April 23

Triple L Club (LLL) will meet for a program and luncheon at 10:30 a.m. on the fourth Tuesday at First Baptist Church Monticello. A program,

potluck luncheon and good Christian fellowship will be provided. Contact Ethel Strickland at 850-509-9445 for more information.

April 24

Monticello Kiwanis will meet at 12 p.m. on Wednesday at the Jefferson Country Club for lunch, a program and a meeting. For more information, contact President Rocky Gavins at 850-997-2646.

April 24

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

April 24

Denim Day campaign on Wednesday and coordinated locally by Jefferson County Refuge House Outreach Counselor Nan Baughman. All local dignitaries are asked to join in the campaign by taking a picture of themselves in jeans in support of the survivors of sexual assault. Send your photos to Nbaughman@refugehouse.com. For more information about this event and Refuge House, contact Baughman at 850-342-3518.

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Monticello Woman's Club Annual Secretary's Luncheon
Serving Pork Loin, Au Gratin Potatoes, Fresh Snap Beans, Congealed Salad, Rolls, Iced Tea and Dessert
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Tickets: \$12.00 per person
Door Prizes will be awarded!

Please Contact: Ethel Strickland 997-3382 or Club Members

911

NATIONAL PUBLIC SAFETY TELECOMMUNICATORS WEEK

APRIL 14 - 20

This Week Is National Public Safety Telecommunicators Week

FRAN HUNT
Monticello News
Staff Writer

With this week, April 14-20, being National Public Safety Telecommunicators week, it is just one time of year to recognize those who serve our communities to the very best of their abilities, in law enforcement and saving lives, and doing so in a timely and professional manner. It takes a unique kind of individual to be a dispatcher, because of the high degree of responsibility and stress levels involved.

Serving in Jefferson County, there are a total of 15 dispatchers, eight at JCSO; Sgt. Kevin Huffmaster, Kasie Murphy, Sylvia Jones, Rhett Hoover, Rande Davis (who serves as the 911 coordinator, and part time as a dispatcher as needed), Sheri Hanners, Sam Powell, Sheila Massey, and Amanda Shiver; and at the Monticello Police Department, five full-timers; Betty Branch, Paula Pierce, Betty Abbott, Tony Nativio, Latonya Crumitie, and one part-timer, Telecta Armster.

Each year, the second full week of April is dedicated to the men and women who serve as Public Safety Telecommunicators (dispatchers). It was first conceived by Patricia Anderson of the Contra Costa County, CA Sheriff's Office in 1981, and was observed only at that agency for three years.

Members of the Virginia and North Carolina chapters of the Association of Public-Safety Communications Officials (APCO) became involved in the mid-1980s. By the early 1990s, the national APCO organization convinced Congress of the need for a formal proclamation. Rep. Edward J.

Markey (D-Mass.) introduced what became H.J. Res. 284, to create "National Public Safety Telecommunicators Week." According to Congressional procedure, it was introduced twice more in 1993 and 1994, and then became permanent, without the need for yearly introduction.

The official name of the week when originally introduced in Congress in 1991 was "National Public Safety Telecommunicators Week." In the intervening years, it has somehow become known by several other names, including "National Public-Safety Telecommunications Week" and "International Public Safety Telecommunicators Week." The Congressional resolution also stated there were more than "500,000 telecommunications specialists, although our estimate puts the number of dispatchers at just over 200,000. We expect the Congressional figure includes support personnel and perhaps even those in the commercial sector of public safety communications."

Walking through what is involved in the 911 daily shifts, the system at the Jefferson County Sheriff's Office (JCSO) begins with the 911 equipment; the brain of which is a SENTINEL by Cassidian Communications, a state-of-the-art system newly installed in March of 2012. The new SENTINEL was purchased with grants funds obtained through the efforts of Sheriff David Hobbs, for updating to a state of the art 911 system for Jefferson County. This system determines types of signals required to alert specific kinds of help, whether firefighters, EMS personnel, or deputies.



MPD Dispatcher Paula Pierce

The system can route calls to other agencies on different frequencies and it determines locations of calls coming in from both landlines and cell phones.

"We're the hub of the wheel," said JCSO Communications Sgt. Kevin Huffmaster. "Everything goes through us. Some can't handle the stress, the extreme responsibility and some we train, stay for a year and move on to agencies like FHP to make better pay," said Huffmaster. "It's a high multitasking job. The job requires being able to handle high stress levels and responsibility and not everyone can do it."

Dispatchers do not only take the 911 calls, of which the volume increased greatly. "We average 700-800 911 calls per month, which has about doubled since 2001," said Huffmaster. "Dispatchers have to answer the calls, determine what the problem is and where, prioritize multiple calls and then route the call accordingly to either Fire Rescue or deputies." He said that in reaction time and routing those calls the 911 dispatcher literally takes the lives of people into their hands.

"Such as when we get a call about a disturbance, but can gain no information. We don't know if we're sending those deputies into a deadly sit-

uation or what," said Huffmaster.

JCSO dispatchers also receive a lot of outside traffic from Madison and Leon counties, from their deputies attempting to reach that agency and they route the calls accordingly. Dispatchers have to know the law enforcement ten signals and signals for county firefighters. They answer incoming calls to the Sheriff's Department and operate as switchboard operators properly routing each.

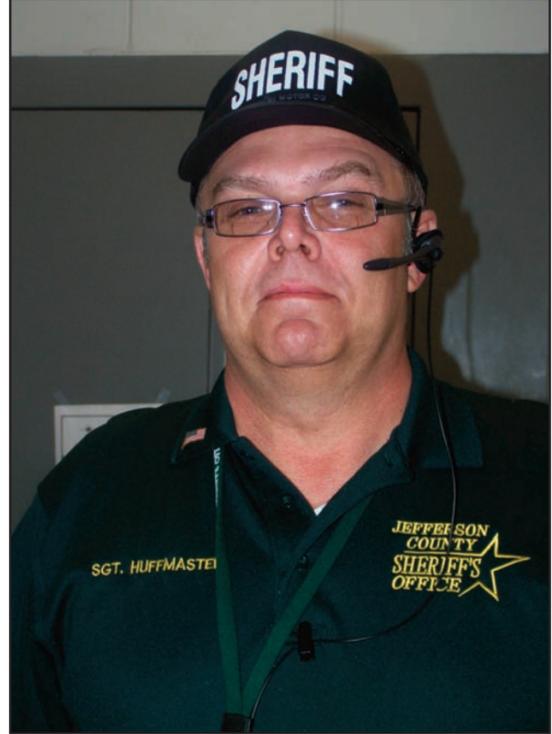
There are four phone lines at the Sheriff's Office and the dispatcher can be on the phone with two different people, one phone to each ear and transmitting over the radio at the same time. There are often times, such as after a 911 call hang up, in which the dispatcher has to call the caller back to assure that everything, is all right. Not only are the dispatchers responsible for all incoming calls, they also handle the entry and maintaining of all warrants, injunctions and protection orders. They also handle the entries of all warrants and forward them to other state and federal law enforcement agencies.

Also, they maintain a continual computer log, recording all incoming calls, contacts from deputies and calls put out. Each entry must involve a time of occurrence. They are also responsible for maintaining a log of when warrants are served or canceled, at which point, they are removed from the active warrants files. They also maintain a log of all stolen property.

Not only are the dispatchers handling all of the incoming calls, radio signals, computer and paper work and serving the public when they enter the Sheriff's Office, they also open all security doors making proper visual identifications. They also handle 911 calls, which are emotionally distressing to them in which someone they know or a family member is involved, as well as many non-emergency-related calls.

"We have gotten 911 calls from people wanting us to look up telephone numbers for them. We've gotten calls from people in drive-thru's who were upset about getting the wrong order or the way the employee treated them.

"I heard about a call in another county in which a woman called to



JCSO Sgt. Kevin Huffmaster

report a rattlesnake in her closet and she needed a deputy to remove it. When he got there, she didn't want him to shoot it, she wanted him to catch it while alive and carry it outside," said Huffmaster.

"We also get calls in which family and friends are involved," said Huffmaster. "I remember one night, our dispatcher was working a traffic crash and in the process, she learned that her daughter was involved. She had to be able to keep the logic ahead of the motherly instinct and do her job correctly because she was the only dispatcher on shift and we couldn't get a relief in for her. It can get personal really quick.

"Anyone who says that they don't get stressed from time to time isn't human. It does get to you, but it takes a very special person to be able to handle it and not take it home, and be able to help people," said Huffmaster. "There are a lot of times when we have to stay on the phone with a caller to try to calm him/her until help arrives on the scene. We see the best in people and the worst in people, callers being upset, family members hurt, or their house is on fire, and some may even get rude. Most are emotional to a degree. A dispatcher has to maintain a state of calmness and a calm voice level at all times."

He added that a new requirement for dispatchers is to become state certified under the Public Safety Telecommunicators Act. Going through the certification course takes 230-plus hours of training, after which, you must take, and pass the state exam.

"We have our own in-

house training program. We had to submit a training outline and get it approved for the on the job course. Our outline was approved and I teach the course. It was either that or go to one of the local academies such as Pat Thomas for two to three months," he added. He said that the state test is generalized and once certification is earned, a dispatcher has to become recertified every two years with an additional 20 hours of continual education.

Monticello Police Department (MPD) Dispatcher Paula Pierce added that MPD is also a training facility. She and Officer Ric Colson designed the training outline, had it approved, and will provide the training. "You have to be certified before you can be hired as a dispatcher," said Pierce. "If you have been employed as a dispatcher for three years (before April, 2012), you are grandfathered in and don't have to take the training. If you were hired after that date, then you have to take the training and the test. To qualify to be a dispatcher, you have to have a packet application, which must be approved by the state. You have to have the basic fundamentals, a criminal-free background, and be an upstanding citizen," she added. "That application packet must be approved before you can become a part of the class."

Of course, you don't need National Public Safety Telecommunicators Week to honor your public safety dispatchers for excellence! You can write them a letter, give them a call or a pat on the back and say, "Thank you, for all that you do."

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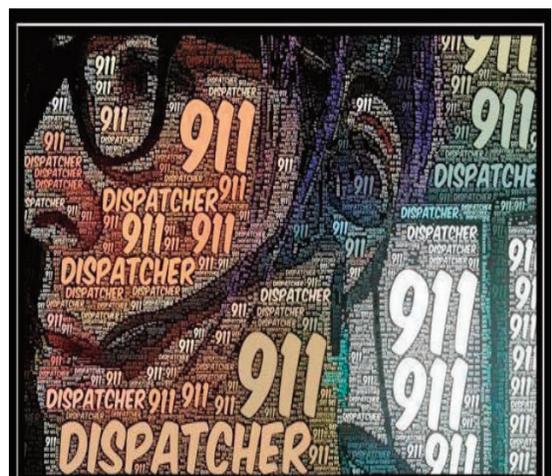
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School

Jefferson Elementary School A & AB Honor Roll Students for 3rd 9-weeks

A Honor Roll Students

1st Grade:

Michael Crawford, Julius Darity, Kira Davis, Ahmad Walker, Brandon Sizemore, Jeremy Freedman, Samantha Hall, Elizabeth Kessler, Matthew Kessler, Kamar Mays, Ariel Williams.

2nd Grade:

Jonathan Moore, Ruben Jaimes, Maria Rosas, Janaysia Jennings, Mason Craig, Ny'Asja Bundrage, Sahara Silas, Devin Singleton, Sandy Le, Jada Parker, Daniel Rosas, Errion Wade, Justice Walker.

3rd Grade:

Jakiya Robinson, Jordan Byrd, Logan Lamb, Sean Barrett, Wilber Gabriel, Jakayla Bellamy.

4th Grade:

Trinity Ryan

5th Grade:

Nyquena Alexander, Aaliyah Martin.

AB Honor Roll Students

1st Grade:

Travis Keaton, Alexis Miller, Leonardo Olivares,

Caleb Randle, Christina Walker, Ky'Mani Wesley, Chase Fountain, Anaisia Johnson, Zaimah Mitchell, Keoni Nelsonm, Tyler Walton, Kimirya Wilson, Christopher Crumity, Randi Frazier, Gwenith Rogers, Ja'Veon Crumity, Shaun Eades, Naila Hill, Jason Mosley, Zaniya Parrish, Albert Reams, Miranda Smith, Bianca Staffieri, Christian Venisee.

2nd Grade:

Shunius Bellamy, Caylee Boland, Jiyah Ghee, Alicia Meeks, Anthony Newbon, Kemya Thomas, E'Zhari Troutman, Haley Walker, Willeshia Walker, Rico Watkins, Alejandra Nogal, Sharneisa Mosley, Jailla Mitchell, Shamyra Harris, Tyuan Hamilton, Isala Burt-Scott, Fredrick Alexander, Shamyra Harris, Arleja Nealy, Evelia Perez, Eduardo Aviles, Wade Segó, Tykora Thompson, Demetrius Bellamy, J'lyan Gilbert,

3rd Grade:

Kymeriyonna Livingston, Tranecia Moore, Ryan Walker, Trayrion Brown, Kiyerra Henry, Jasmine Tovar, Alaina Massey, Javaris Jones, Rommel Ingram, Tyren Dasher, Dominic Butler, Isabella Gray, Courtney Smith.

4th Grade:

Jayden Burns, Kennedy McCoy, Elijah Bellamy, Quaneisha Beverly, Ryan Long.

5th Grade:

Allen Washington, Alex Salmons, Katelynn Jimenez, Tristan Craig, Ayianna Bradley, Elizabeth Crego, Tere'e'ona Dunlap, Matthew Weigel, Genesee Segó, Ariyanna Ellison, Brian Campbell, Damarius Alexander.

Kelvontae Gilley, Jemika McCray, Aliria Williams, Haven Francis, Jalexia Jones, Kirah Mays, Emma Moore, Joshua Moore, Taylor Shipp, Julia Weigel, Jaden Williams.

3rd Grade:

Kymeriyonna Livingston, Tranecia Moore, Ryan Walker, Trayrion Brown, Kiyerra Henry, Jasmine Tovar, Alaina Massey, Javaris Jones, Rommel Ingram, Tyren Dasher, Dominic Butler, Isabella Gray, Courtney Smith.

4th Grade:

Jayden Burns, Kennedy McCoy, Elijah Bellamy, Quaneisha Beverly, Ryan Long.

5th Grade:

Allen Washington, Alex Salmons, Katelynn Jimenez, Tristan Craig, Ayianna Bradley, Elizabeth Crego, Tere'e'ona Dunlap, Matthew Weigel, Genesee Segó, Ariyanna Ellison, Brian Campbell, Damarius Alexander.



Parent Involvement Matters

From the desk of Edna Henry, District Parent Involvement Coordinator

Staying Involved in Your Child's Education

The question has been asked many times, how can I stay involved in my child's education? Parent involvement in the middle and high school grades is just as important as it was in the elementary school. Being committed to your child's education from the beginning and continuing to stay involved is the key to helping your child become successful.

It appears that when a child enters the middle grades, parents tend to let up on Parental Involvement. For some reason, kids at this stage in life give parents a message of, "stay away from school" or "I can take care of myself". How can you as a parent play a role in your child's education when your child makes you feel this way? Listed below are a few tips:

- (1) Go to your child's school when invited.
- (2) Become a member of the Parent Teacher Organization (PTO).
- (3) Read Materials from School and visit the school's website.
- (4) Learn your child's teachers and always stay in touch.
- (5) Plan ahead as much as possible to spend time with your child.

Remember, school is your child's most important job. You must help them do their very best each and every day. Active involvement at home or in school brings great

rewards and has a significant impact on their lives.

ANNOUNCEMENTS:

(1) Spring Family Fun & Learn Night. Bring the entire family and join the District Parent Involvement Committee for an evening of sharing ideas and just having fun as a family on May 2, at 6 p.m. at Memorial M. B. Church located at 780 Second Street, Monticello.

(2) Parents who have seniors getting ready for graduation don't forget to check in with the guidance counselors at your school to apply for scholarships being offered by our Rotary & Kiwanis organizations. The last week of April is the latest you can apply.

NFCC Patient Care Technician Program Accepting Applications For Fall Term 2013

The Patient Care Technician (PCT) program at North Florida Community College announces the opening of its application period for Fall Term 2013. Now is the time to enroll and take care of application, testing and program entrance requirements. Classes begin Aug. 26 and the deadline to apply for admission is June 1.

In order to be considered for admission into NFCC's PCT program, individuals must have a high school diploma or GED and be at least 18-years-old. Students are required to complete the Test of Adult Basic Education (TABE) prior to making

application to enter the program. The TABE is given regularly at the NFCC campus and may be scheduled by calling (850) 973-9451.

Nursing and Allied Health staff and faculty are available to help prospective students through the enrollment process; contact Debbie Bass at (850) 973-1662 or bassd@nfcc.edu. More details about NFCC's Allied Health programs and entrance requirements are available at www.nfcc.edu/programs-of-study. Financial aid and scholarships may be available to qualified students.

Menus for April 2013
Jefferson School District

In accordance with Federal law (see U.S. Department of Agriculture), the following information is provided for the purpose of identifying the allergens present in the menu items. Allergen information is provided for the purpose of identifying the allergens present in the menu items. Allergen information is provided for the purpose of identifying the allergens present in the menu items. Allergen information is provided for the purpose of identifying the allergens present in the menu items.

<p>Fri., April 19</p> <p>Grilled Chick Burger Sweet Potato Tots Fruit Milk</p>	<p>Mon., April 22</p> <p>Corn Dog Baked Beans Fruit Milk</p>	<p>Tues., April 23</p> <p>BBQ on Bun Sweet Potato Tots Fruit Milk</p>
<p>Wed., April 24</p> <p>Cook's Choice</p> <p>Today's Special Selections chosen especially for you by our Cook!</p>	<p>Thurs., April 25</p> <p>Spaghetti with Meat Sauce Salad or Green Beans Fruit Breadsticks Milk</p>	<p>Fri., April 26</p> <p>Cheeseburger Celery Sticks With Dip Oven Fries Fruit Milk</p>

A Red Ribbon Week At Aucilla Christian



ECB Publishing Photos by Laz Aleman, April 5, 2013.

ACA students in the K-5 classes release red balloons as part of their pledge against drugs at the culmination of a drug awareness week called Red Ribbon Week.

LAZARO ALEMAN
ECB Publishing
Senior Staff Writer

At the count of three, a hundred or so elementary school students in the Aucilla Christian Academy (ACA) football field pledged to be drug free and released an equal number of red balloons carrying the drug-free message inside.

Many of these balloons popped on ascent as they came in contact with the sharp needles of the nearby pine trees, but the overwhelming majority floated above and beyond the trees and into the blue ether, carrying their message who knows how far.

The balloon-releasing ceremony capped an hour-long program on Friday afternoon, April 5, which itself marked the end of weeklong drug awareness campaign at the school known as Red Ribbon Week — a traditional school ritual in the ongoing war against drugs.

Sponsored by the ACA PTO and primarily aimed at K-5 classes, the week-long event included a Pajama Day, themed "Follow Dreams, Not Drugs"; a Crazy Hair and Sock Day, themed "Be Drug-Free Head To Toe"; and a Spirit

Day, themed "Team Up Against Drugs."

On Friday, or Red Day as the program identified it, the theme was "Be Drug Free", and it required students wearing some form of red to signify their stand against drugs.

And foremost among the day's planned activities was a drug-sniffing demonstration, compliments of Investigator Kevin Sears and Deputy Logan Wilcox of the Jefferson County Sheriff's Department, along with K-9 Ricky.

But first came words of caution and encouragement from Austin Bishop and Cole Schwab, ACA high school students and members of the Fellowship of Christian Athletes. The two youths exhorted the youngsters to be good Christians and stay away from drugs, as drug taking was not cool and could ruin their lives.

Following Bishop and Schwab's brief words, PTO President Michelle Green recognized the poster winners in each of the grade levels and awarded ribbons and prizes to each. Which made way for the main attraction — the K-9 demonstration.

This demonstration consisted of Sears and Logan concealing a drug sample in one of four boxes and having Ricky find it. Which the dog did correctly each time, thereafter squatting by the box in anticipation of the tossed ball that represented his reward.

After numerous demonstrations of Ricky's drug sniffing ability, the two officers entertained questions from the students. Mostly, the questions related to the age, training and smelling ability of the dog, but one boy wanted to know if the drugs used in the demonstration were real.

The question seemingly caught Sears by surprise. He hadn't expected that kind of question, he said. But yes, the drugs were real, he said.

Following the K-9 demonstration, the students proceeded to the football field, where some hundred or so red balloons were tied to the fence. The students were asked to untie the balloons and gather in a circle in the middle of the field.

At the count of three, the students shouted in unison, "Be drug free", and let go their balloons.



Winners of the anti-drug posters in the various elementary school grades show off their winning posters.



Personnel from the Jefferson County Sheriff's Department and its K-9 unit conducted a drug-sniffing demonstration for the children's benefit. Pictured from left to right are Investigator Kevin Sears and Deputy Logan Wilcox, with Ricky, K-9.

Sports

Lady Warriors Beat Rickards

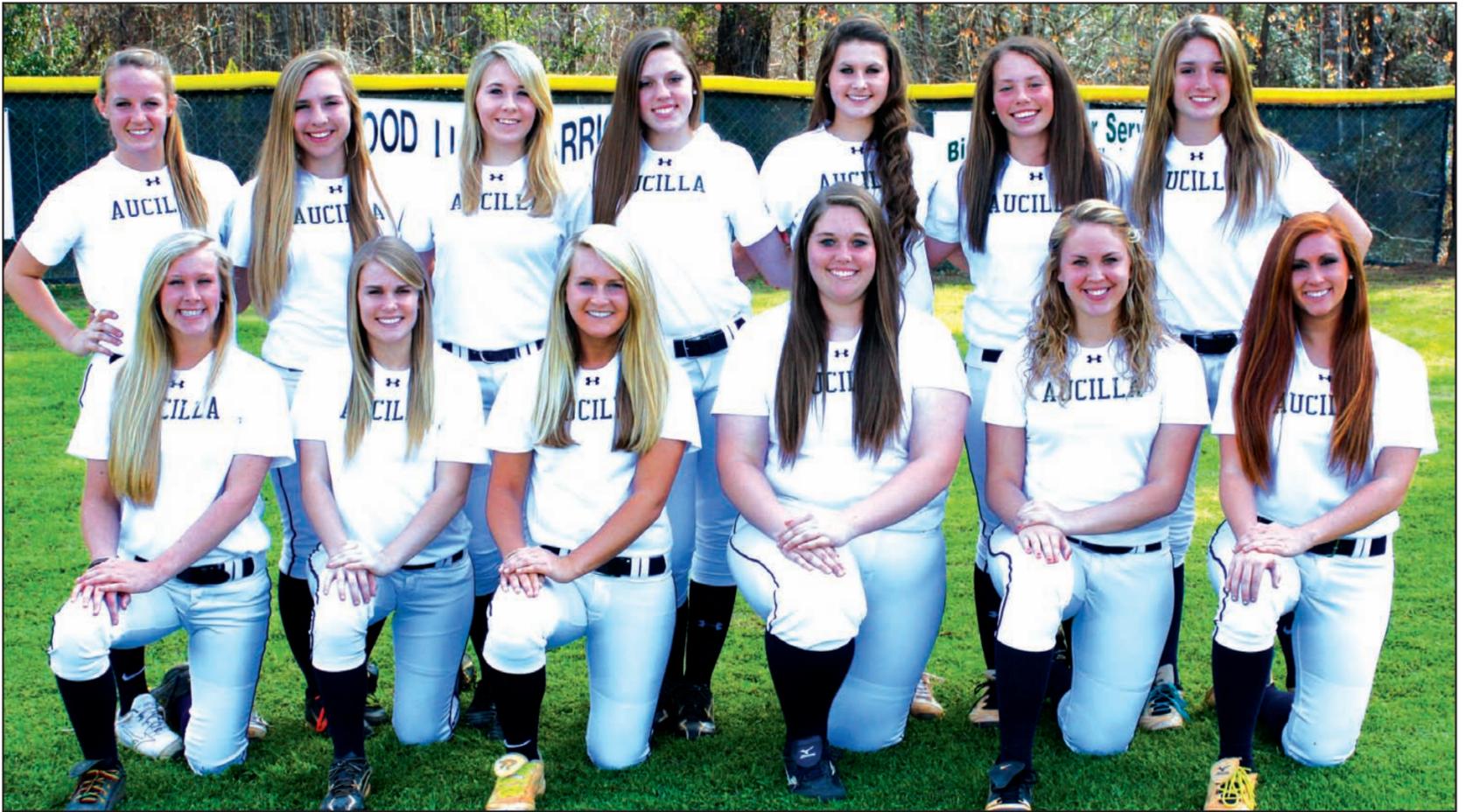


Photo courtesy of Cindy Watts

Back row from left to right: Taylor Copeland, Courtney Watts, Brooke Joiner, Lauren Demott, Whitney Stevens, Kelly Horne and Carly Joiner. Front row from left to right: Pamela Watt, Michaela Metcalfe, Ashley Schofill, Whitney McKnight, Brooke Kinsley and Hadley Revell.

FRAN HUNT
ECB Publishing
Staff Writer

The Aucilla Christian Academy varsity Lady Warriors hit the diamond on April 4, and the Lady Warriors beat Rickards for a 9-6 victory, to now stand 11-3 on the season.

As a team, at the plate, the Lady Warriors had 37 plate appearances, 32 at-bats, nine runs, 11 hits, nine RBI's, three walks, three strikeouts, one double, one triple, one sacrifice hit/bunt, one reach on error, two fielder's choice, one hit by pitch, two stolen bases, and one caught stealing.

Pamela Watt had five plate appearances, five at-bats, and one reach on error.

Michaela Metcalfe had four plate appearances, four at-bats, one hit, and one caught stealing.

Kelly Horne had four plate appearances, three at-bats, two runs, three hits, one walk, and one stolen base.

Ashley Schofill had four plate appearances, four at-bats, two runs, two hits, one RBI, one strikeout, and one triple.

Whitney McKnight had four plate appearances, three at-bats, one run, two hits, three RBI's, one strikeout, and one hit by pitch.

Whitney Stevens had four plate appearances, three

at-bats, and one walk.

Carly Joiner had four plate appearances, three at-bats, one sacrifice hit/bunt, and two fielder's choices.

Hadley Revell had four plate appearances, four at-bats, one run, three hits, three RBI's, one double, and one stolen base.

Taylor Copeland had four plate appearances, three at-bats, one RBI, and one walk.

Brooke Kinsley had one run.

On the field, the Lady Warriors had 29 total chances, nine assists, 18 putouts, two errors, one double play, and a fielding percentage of .931.

Horne had seven total chances, four assists, three putouts, and a fielding percentage of 1.000.

McKnight had seven total chances, five putouts, two errors, one double play, and a fielding percentage of .714.

Stevens had two total chances, one assist, one putout, and a fielding percentage of 1.000.

Watt had three total chances, two assists, one putout, and a fielding percentage of 1.000.

Metcalfe had seven total chances, one assist, six putouts, and a fielding percentage of 1.000.

Copeland had two total chances, two putouts, and a fielding percentage of 1.000.

Schofill had one total chance, one assist, and a fielding percentage of 1.000.

On the mound, Stevens pitched seven innings, with 21 outs, 31 batters faced, 64 total strikes, 41 total balls, eight hits, six runs, five of which were earned, three walks, four strikeouts, five groundouts, and seven fly outs, on 105 pitches.

Lady Warriors Fall To Florida High

FRAN HUNT
ECB Publishing
Staff Writer

The Aucilla Christian Academy varsity Lady Warriors faced off against Florida High on April 8, and the Lady Warriors fell for a 9-2 defeat, to now stand 11-4 on the season.

Aucilla had 29 plate appearances, 27 at-bats, two runs, seven hits, two RBI's, two walks, four strikeouts, one reach on error, one fielder's choice, four strikeouts, and one stolen base.

Pamela Watt had four plate appearances, three at-bats, one run, one walk, and one reach on error.

Michaela Metcalfe had four plate appearances, four at-bats, one hit, one strikeout, and one fielder's choice.

Kelly Horne had three plate appearances, three at-bats, and two hits.

Ashley Schofill had three plate appearances, three at-bats, one hit, and one RBI.

Whitney McKnight had three plate appearances, three at-bats, one hit, and one strikeout.

Whitney Stevens had three plate appearances, three at-bats, one run, and one hit.

Hadley Revell had three plate appearances, two at-bats, and one walk.

Carly Joiner had three plate appearances, three at-bats, one hit, and one RBI.

Taylor Copeland had three plate appearances, three at-bats, and two strikeouts.

Brooke Kinsley had one stolen base.

On the field, the Lady Warriors had 27 total chances, seven assists, 18 putouts, two errors, and a fielding percentage of .926.

Schofill had five total chances, four assists, one putout, and a fielding percentage of 1.000.

Joiner had two total chances, one putout, one error, and a fielding percentage of .500.

Watt had three total chances, one assist, two putouts, and a fielding percentage of 1.000.

Metcalfe had five total chances, five putouts, and a fielding percentage of 1.000.

Natalie Sorensen had one total chance, one putout, and a fielding percentage of 1.000.

Horne had three total chances, one assist, two putouts, and a fielding percentage of 1.000.

Copeland had one total chance, one error, and a fielding percentage of 0.

Stevens had one total chance, one assist, and a fielding percentage of 1.000.

McKnight had six total chances, six putouts, and a fielding percentage of 1.000.

On the mound, Stevens pitched six innings, had 18 outs, eight hits, nine runs, three of which were earned, two walks, four strikeouts, one homerun, 30 batters faced, 62 total strikes, 44 total balls, six groundouts, and seven fly outs, on 106 pitches.

Lady Warriors Slam Hamilton County

FRAN HUNT
ECB Publishing
Staff Writer

Coming back from their 9-2 loss to Florida High, the Aucilla Christian Academy varsity Lady Warriors hit the diamond against Hamilton County on April 9, and the Lady Warriors slammed Hamilton County for a 9-2 victory, to now stand 12-4 on the season.

As a team, at the plate, the Lady Warriors had 35 plate appearances, 30 at-bats, nine runs, nine hits, eight RBI's, three walks, two strikeouts, two doubles, one triple, one homerun, one grand slam, two sacrifice flies, five reach on errors, three fielder's choice, and three stolen bases.

Pamela Watt had four plate appearances, four at-bats, one run, one hit, one RBI, and one reach on error.

Michaela Metcalfe had four plate appearances, four at-bats, two runs, one reach on error, one fielder's choice, and one stolen base.

Kelly Horne had four plate appearances, four at-bats, one run, two hits, one reach on error, and one fielder's choice.

Ashley Schofill had four plate appearances, three at-bats, two runs, two hits, five RBI's, one homerun, one grand slam, one sacrifice fly, and one stolen base.

Whitney McKnight had four plate appearances, two at-bats, two walks, and one strikeout.

Whitney Stevens had four plate appearances, two at-bats, one run, one hit, one RBI, one walk, one double, one sacrifice fly, and one stolen base.

Hadley Revell had four plate appearances, four at-bats, and one strikeout.

Brooke Kinsley had four plate appearances, four at-bats, one run, one hit, and one reach on error.

Taylor Copeland had three plate appearances, three at-bats, one run, two hits, one RBI, one triple, and one reach on error.

On the field, the Lady Warriors had 25 total chances, six assists, 19 putouts, and a fielding percentage of 1.000.

Schofill had five total chances, two assists, three putouts, and a fielding percentage of 1.000.

McKnight had six total chances, six putouts, and a fielding percentage of 1.000.

Kinsley had two total chances, one assist, one putout, and a fielding percentage of 1.000.

Watt had four total chances, two assists, two putouts, and a fielding percentage of 1.000.

Metcalfe had four total chances, four putouts, and a fielding percentage of 1.000.

Stevens had one total chance, one putout, and a fielding percentage of 1.000.

Copeland had one total chance, one putout, and a fielding percentage of 1.000.

Horne had two total chances, one assist, one putout, and a fielding percentage of 1.000.

On the mound, Schofill had 21 outs, seven innings pitched, 35 batters faced, 78 total strikes, 52 total balls, nine hits, two runs, both of which were earned, six walks, and four strikeouts.



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The Jefferson Journal Fish & Game Feeding Chart

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

The Week of April 19, 2013 through April 26, 2013
Major Feed Times are marked by an asterisk (*)

Friday, April 19 2:10 AM *8:10 AM 2:20 PM *8:30 PM	Saturday, April 20 2:50 AM *8:50 AM 3:00 PM *9:20 PM	Sunday, April 21 3:30 AM *9:30 AM 3:45 PM *10:00 PM	Monday, April 22 4:20 AM *10:20 AM 4:30 PM *10:40 PM
Tuesday, April 23 4:55 AM *11:00 PM 5:10 PM *11:30 PM	Wednesday, April 24 5:45 AM *11:50 PM 6:00 PM	Thursday, April 25 *12:20 AM 6:30 PM *12:40 PM 6:50 PM	Friday, April 26 *1:10 AM 7:20 AM *1:40 PM 7:50 PM

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HOUSEKEEPER / COOK PART TIME. References required. Background check. Non-smoking. Fax response to 702-731-1023 or e-mail to DBL3717@gmail.com 4/17-26,pd

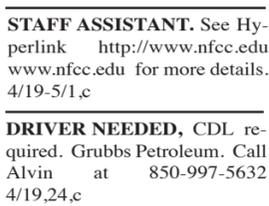
HOUSEKEEPER / COOK PART TIME. References required. Background check. Non-smoking. Fax response to 702-731-1023 or e-mail to DBL3717@gmail.com 4/17-26,pd

NOTICE OF JOB OPENING
 Jefferson County Board of County Commissioners is seeking applicants for a Part-Time Gate Attendant at the County Solid Waste Department. Job description and applications may be obtained at the Solid Waste Department located at 1591 S. Waukeena Street, Monticello, Florida.
 Hours and days of this position are: Friday - Monday 6:30 am - 10:30 am and 3:00 pm - 7:00 pm.
 Essential Job Functions are: Loads and unloads heavy material from trucks. Moves equipment and large bulky objects. Performs custodial duties. Maintains grounds. Rakes grass and waters plants. Weeds flower beds. Shapes hedges and trims trees. Cuts grass. Plants and fertilizes flowers. May operate tractor-mower in mowing grass on right-of-way. Picks up boxes and other materials left by residents. Needs to get along well with people and be able to direct and explain where the different types of materials are to be disposed of.
 Minimum qualifications are: Knowledge of operation, maintenance, capabilities, limitations and safety aspects of equipment. Ability to understand and comply with oral instructions. Ability to read street and traffic signs. Ability to perform manual labor. Skill in using hand tools. Education and experience needed:
 One (1) year experience in performing manual labor.
 Licenses, Certifications or registrations: Possess a valid Florida Drivers License and a valid Social Security Card.
 Applications will be accepted until 4:00 P.M., May 1, 2013 at the Solid Waste Department located at 1591 Waukeena Street. Equal Opportunity/Affirmative Action Employer. Drug Free Workplace. Drug testing is a required part of the pre-employment physical. Applicants with a disability should contact the above office for accommodations. For additional information please call 342-0184.

STAFF ASSISTANT. See Hyperlink <http://www.nfcc.edu> www.nfcc.edu for more details. 4/19-5/1,c

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Yard Sale
HUGE MULTI-FAMILY YARD SALE Fri. & Sat. Apr. 19-20 9am-2pm at 625 Morris Rd. Hunting supplies, Household items, books, clothes, microwave, furniture, antiques, etc. 4/17,19,pd

Lost

MALE BLACK LAB - lost April 15 - Name is Rondeau - had on a flea collar and is microchipped - last seen on Whitehouse Rd off of Hwy 59. Family is desperate to find him - please contact Pat Schuh at 850-264-5392 with any sightings or information. 4/19, 24,nc

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Yard Sale

HUGE MULTI-FAMILY YARD SALE Fri. & Sat. Apr. 19-20 9am-2pm at 625 Morris Rd. Hunting supplies, Household items, books, clothes, microwave, furniture, antiques, etc. 4/17,19,pd

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MALE BLACK LAB - lost April 15 - Name is Rondeau - had on a flea collar and is microchipped - last seen on Whitehouse Rd off of Hwy 59. Family is desperate to find him - please contact Pat Schuh at 850-264-5392 with any sightings or information. 4/19, 24,nc

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 "Tally Ho Farms" located at 131 Ehler Road 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 16th day of April, 2013. Signed by: Catherine Grider

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

IN RE: The Marriage of : **FAMILY DIVISION**
CATHERINE ANN MITCHEM, : **CASE NO: 2013 - 70- DR**
 Petitioner/Wife, :
 and :
JOHN BRYANT MITCHEM, :
 Respondent/Husband. :

NOTICE OF ACTION

To: John Bryant Mitchem
 Address unknown

YOU ARE NOTIFIED that an action for Dissolution of Marriage has been filed against you and you are required to serve a copy of your written defenses, if any, to it, on MICHAEL A. REICHMAN, Petitioner's attorney, whose address is P.O. Box 41, Monticello, FL 32345, on or before May 10, 2013, and file the original with the clerk of this said court either before service on petitioner's attorney or immediately thereafter, otherwise a default will be entered against you for the relief demanded in the Petition.

Dated on April 8, 2013
 KIRK REAMS
 As Clerk of the Court
 Deputy Clerk

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IN THE CIRCUIT COURT OF THE SECOND JUDICIAL CIRCUIT IN AND FOR JEFFERSON COUNTY, FLORIDA, CIVIL ACTION
 U.S. BANK NATIONAL ASSOCIATION, AS TRUSTEE FOR STRUCTURED ASSET SECURITIES CORPORATION, MORTGAGE PASS-THROUGH CERTIFICATES, SERIES 2006-BC2, Plaintiff
 vs.
 CASSANDRA J. BELYEA, et al. Defendant(s)

NOTICE OF SALE

Notice is hereby given that, pursuant to a Final Judgment of Foreclosure or Order dated March 14, 2013, entered in Civil Case Number 33-2012-CA-000115, in the Circuit Court for Jefferson County, Florida, wherein U.S. BANK NATIONAL ASSOCIATION, AS TRUSTEE FOR STRUCTURED ASSET SECURITIES CORPORATION, MORTGAGE PASS-THROUGH CERTIFICATES, SERIES 2006-BC2 is the Plaintiff, and CASSANDRA J. BELYEA, et al., are the Defendants, I will sell the property situated in Jefferson County, Florida, described as:
COMMENCE AT THE NORTHEAST CORNER OF THE WEST HALF OF THE NORTHWEST QUARTER OF THE NORTHEAST QUARTER OF SECTION 14, TOWNSHIP 1 SOUTH, RANGE 3 EAST, AND RUN SOUTH 0 DEGREES 05 MINUTES EAST 535.5 FEET TO THE POINT OF BEGINNING, THENCE CONTINUE SOUTH 0 DEGREES 05 MINUTES. EAST 210 FEET TO A POINT ON THE NORTH SIDE OF THE OLD ST. AUGUSTINE ROAD, THENCE NORTH 51 DEGREES 30 MINUTES WEST ALONG THE NORTH LINE OF SAID ROAD, 210 FEET TO A POINT, THENCE NORTH 0 DEGREES 05 MINUTES WEST 210 FEET TO A POINT, THENCE SOUTH 81 DEGREES 30 MINUTES EAST 210 FEET TO THE POINT OF BEGINNING, CONTAINING 1 ACRE, MORE OR LESS, AND BEING A PART OF THE WEST HALF OF THE NORTHWEST QUARTER OF THE NORTHEAST QUARTER OF SECTION 14, TOWNSHIP 1 SOUTH, RANGE 3 EAST, LYING NORTH OF THE OLD ST. AUGUSTINE ROAD.
 at public sale, to the highest and best bidder, for cash, at Room 10, Jefferson County Courthouse, Intersection US Highways 19 and 90, Monticello, FL 32344 at 11:00 AM, on the 2nd day of May, 2013. Any person claiming an interest in the surplus from the sale, if any, other than the property owner as of the date of the lis pendens must file a claim within 60 days after the sale.
 Dated: March 19, 2013.
 Jefferson County Clerk of Court
 CLERK OF THE CIRCUIT COURT

IN THE CIRCUIT COURT OF THE SECOND JUDICIAL CIRCUIT IN AND FOR JEFFERSON COUNTY, FLORIDA, CIVIL ACTION
 BANK OF AMERICA, N.A., PLAINTIFF,
 VS.
 TRAVIS W. SHIVER, ET AL. DEFENDANT(S)

NOTICE OF ACTION

To: Travis W. Shiver
 RESIDENCE: UNKNOWN
 LAST KNOWN ADDRESS: 465 Hatched Road, Lamont, FL 32336
 YOU ARE HEREBY NOTIFIED that an action to foreclose a mortgage on the following described property located in Jefferson County, Florida:

Commence at the Southwest corner of the Northeast Quarter of the Northwest Quarter of Section 6, Township 2 North, Range 3 East, Jefferson County, Florida and run South 00 degrees 07 minutes 13 seconds West 25.81 feet to the Point of Beginning, thence run North 77 degrees 42 minutes 40 seconds West 237.69 feet to a point, thence North 10 degrees 16 minutes 23 seconds East 242.35 feet to a point on the Southerly maintained right of way of county paved Barnes Road, thence South 84 degrees 53 minutes 11 seconds East along said maintained right of way a distance of 241.39 feet to a point, thence leaving said right of way run South 01 degrees 50 minutes 14 seconds West 275.80 feet to a point, thence North 77 degrees 42 minutes 40 seconds West 28.90 feet to the Point of Beginning, containing 1.39 acres, more or less.

has been filed against you, and you are required to serve a copy of your written defenses, if any, to this action, on Gladstone Law Group, P.A., attorneys for plaintiff, whose address is 1499 W. Palmetto Park Road, Suite 300, Boca Raton, FL 33486, and file the original with the Clerk of the Court, within 30 days after the first publication of this notice, either before, or immediately thereafter, otherwise a default may be entered against you for the relief demanded in the Complaint.
 This notice shall be published once a week, for two consecutive weeks in the Monticello News.
 DATED: 4/15/2013
 Clerk of the Circuit Court
 Deputy Clerk of the Court

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 at 850-577-4401, 301 South Monroe Street, Tallahassee, FL 32301 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 days; if you are hearing or voice impaired, call 711.

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The acres is 5 acres. It is 1995 Destiny 3 BDRM/2BTH.

\$84,900

Historical Home 4Bd/2Bth

\$221,600

Circa 1854 Landmark 5Bd/3Bth

\$259,000

Pristine Riverfront 11.42 acres Like new home, 3 BD/2BTH, extras

\$91,500

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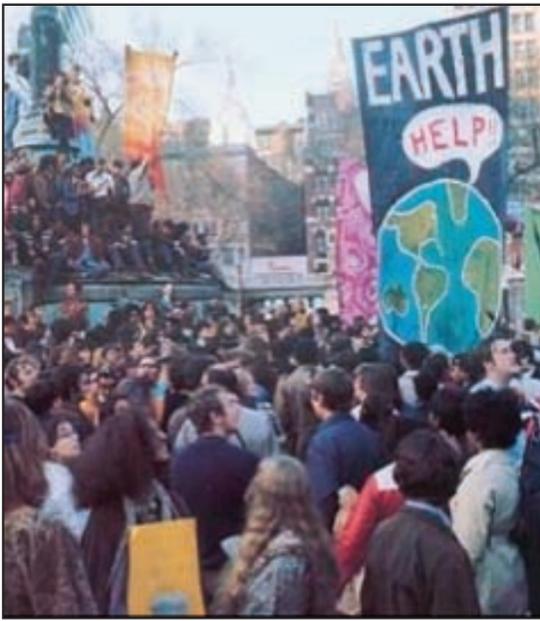
\$600 per month

9.5 acres East of Aucilla River Fencing, porches, outbuildings

\$89,000



The Theme Of Earth Day 2013 Is The Face Of Climate Change



Thousands gather in New York City for the first Earth Day, April 22, 1970

The global theme for Earth Day 2013 is “The Face of Climate Change,” Earth Day Network announced today. Earth Day Network, the group founded by the organizers of the first Earth Day to coordinate the annual day of action that builds and invigorates the environmental movement, said that this theme was chosen because of the need to highlight the mounting impact of climate change on individuals around the world.

Every year on April 22, more than one billion people take part in Earth Day. Across the globe, individuals, communities, organizations, and governments acknowledge the amazing planet we call home and take action to protect it.

Climate change has many faces.

A man in the Maldives worried about relocating his family as sea levels rise, a farmer in Kansas struggling to make ends meet as prolonged drought ravages the crops, a fisherman on the Niger River whose nets often come up empty, a child in New Jersey who lost her home to a super-storm, a woman in Bangladesh who can't get fresh water due to more frequent flooding and cyclones...

And they're not only human faces.

They're the polar bear in the melting arctic, the tiger in India's threatened mangrove forests, the right whale in plankton-poor parts of the warming

North Atlantic, the orangutan in Indonesian forests segmented by more frequent bushfires and droughts...

These faces of climate change are multiplying every day.

For many, climate change can often seem remote and hazy – a vague and complex problem far off in the distance that our grandchildren may have to solve. But that's only because they're still fortunate enough to be insulated from its mounting consequences. Climate change has very real effects on people, animals, and the ecosystems and natural resources on which we all depend. Left unchecked, they'll spread like wildfire.

Luckily, other faces of climate change are also multiplying every day.

Every person who does his or her part to fix the problem is also a Face of Climate Change: the entrepreneurs who see opportunity in creating the new green economy, the activists who organize community action and awareness campaigns, the engineers who design the clean technology of the future, the public servants who fight for climate change laws and for mitigation efforts, the ordinary people who commit to living sustainably...

“Many people think climate change is a remote problem, but the fact is that it's already impacting real people, animals, and beloved places all over the world, and these Faces of Climate Change are multiplying every day,” said Kathleen Rogers, president of Earth Day Network. “Fortunately, other Faces of Climate Change are also multiplying every day: those stepping up to do something about it. For Earth Day 2013, we'll bring our generation's biggest environmental challenge down to size – the size of an individual faced with the consequences.”

2012 was marked by many climate change milestones. Arctic sea-ice cover reached a record low in September, a new high-water mark in a long-term decline. The United States experienced its hottest year ever; this, after the World Meteorological Organization announced that the first decade of this century was the hottest on record for the entire planet. Public perception of extreme weather events as “the new normal” grew as unusual superstorms rocked the Caribbean, the Philippines and the northeastern United States; droughts plagued northern Brazil, Russia, China, and two-thirds of United States; exceptional floods inundated Nigeria, Pakistan, and parts of China; and more. Meanwhile, international climate change talks stagnated. But glimmers of hope for a political solution began appearing in recent months, perhaps most notably in U.S. President Barack Obama's high-profile promises to tackle climate change during his second term.

This is why organizers say that 2013 is ripe for a major push to confront climate change.

Each year, more than one billion people participate in Earth Day-related activities, making it the largest civic observance in the world. On and around April 22, communities across approximately 192 countries voice their concerns for the planet and take action to protect it.

On April 22, 2013, more than one billion people around the world will take part in the 43rd anniversary of Earth Day. From Beijing to Cairo, Melbourne to London, Rio to Johannesburg, New Delhi to New York, communities everywhere will voice their concerns for the planet, and take action to protect it. We'll harness that power to show the world The Face of Climate Change. And we'll call on our leaders to act boldly together, as we have, in this pivotal year.

Climate change can seem like a remote problem for our leaders, but the fact is that it's impacting real people, animals, & places everywhere. This Face of Climate Change is growing every day. Fortunately, a different Face of Climate Change is growing too: the people stepping up to do something about it. For Earth Day 2013, we'll tell the world both stories. We'll tell the world your stories. To do so, Earthday.org will collect and display images showing The Face of Climate Change.

On and around Earth Day (April 22), an interactive digital display of all the images will be shown at thousands of events around the world - from schools to parks to government buildings. The display at Earthday.org will also be made available online to anyone who wants to view or show it.

The Face of Climate Change seeks to personal-

ize the massive challenge that climate change presents, while uniting people around the globe into a powerful call to action. But we need your help!

How can I participate?

1. Upload your photos and stories onto the Earth Day 2013 website: www.earthday.org/2013. Post your photos to Twitter and Instagram, using the hashtag #Face of Climate. Post your photos onto the Earth Day Network Facebook page: www.facebook.com/earthdaynetwork.

2. Show the global display in a public place on Earth Day! And send a photo of the display in action.

What types of photos should I upload?

Impacts: How has climate change impacted your life and those around you? Perhaps you captured a photo of an animal whose habitat is threatened by climate change, or a photo of the devastating impacts of a drought or a hurricane in your region.

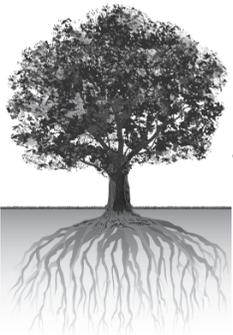
Solutions:

What are you and your peers doing to fight climate change? For example, you can upload a photo of a recycling drive, a tree planting event, an awareness campaign, or the ways you're reducing your carbon footprint at home. If possible, include a face in the picture and hold up a sign that says “The Face of Climate Change.”!

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B SECTION

Health Focus

*Jefferson Journal
April 19, 2013*

Big Bend Hospice Offers Community Resources Following National And Personal Tragedies

In the wake of tragedies, such as the Boston Marathon Bombing, and the Newtown shootings, our national focus is drawn to painful encounters with death, trauma, grief, and a heart wrenching emotional struggle to understand. We struggle to make sense of acts like these in within our own value systems – how can such terrible things happen to innocent people, including children?

What we may not focus on as often, are our own citizens right here in Jefferson and surrounding counties that have been touched by personal losses and tragedies. They too struggle each and every day, although we may not always notice. They might be our family members, colleagues, classmates of our children, friends, and neighbors. National events can re-trigger painful emotions for those who have experienced other losses in their lives. We are fortunate to have not only Big Bend Hospice but other local agencies and providers who are here to help. Call 2-1-1 Big Bend for a current listing of providers.

For your convenience we have listed those services provided free of charge by Big Bend Hospice, regardless of whether their loved one utilized hospice medical services. *Call Pam @ 878-5310 x 799 or pam@bigbendhospice.org for more information or to register. People grieving the death of loved ones have help available to them in their time of need.



For Youth

- Monthly Children's Nights: 4th Tuesdays of the month (concurrent parent/guardian support meeting) For children ages 5-12 that have experienced the death of a loved one.

- Monthly Teen Nights: 2nd Tuesdays of the month. For teens that have experienced the death of a loved one.

- Resources and referral: provide free materials and information for children and those that support them.

- Trauma, Grief, and Loss Coalition for Youth: List serve for professionals and lay helpers that provide support to youth touched by trauma, grief, loss, bereavement and suicide. Quarterly meetings. Next meeting Thursday,

April 13 at 10:00 am at Disc Village, 3333 Pensacola St. Tallahassee, 32304.

- Camp and Teen Woe-Be-Gone: Two annual bereavement camps hosted by Big Bend Hospice.

For Adults

- Six Week Support Groups: Next one runs May 16-June 27. Thursday evenings at 6:00 pm

- Grief Series: Educational sessions on different topics. Next session is May 6 and topic is "Grief 101" at 6:00 pm

- Suicide Loss Support Group: Meets 3rd Tuesdays of each month from 6:00-7:30 pm

- Annual Remembrance Services including Mother's and Father's Day, Veteran's Day, Feasts of Remembrance and Hope for Holidays



SIDS And Infant Mortality Programs Support New Safe To Sleep Initiative

The Association of SIDS and Infant Mortality Programs (ASIP) supports the recently announced National Institute of Child Health and Human Development's Safe to Sleep initiative which builds on the successes of the Back to Sleep Program and supports the 2011 recommendations of the American Academy of Pediatrics (AAP) which provided guidance to parents and others who care for infants to assist them in assuring a safe sleep environment. Placement of babies on their backs had

a significant role in reducing the

number of SIDS

cases, but as the infant

deaths

were studied, a safe sleep

environment was found to have a

critical role in a baby's survival

and significant room for improvement was established. According to the Center for Disease Control, each year more than 4500 infants die suddenly of no immediately obvious cause. Half are deaths due to Sudden Infant Death Syndrome, the leading cause of Sudden Unexpected Infant Deaths.

The campaign encourages us to expand our focus on sleep related deaths due to causes in addition to Sudden Infant Death Syndrome such as suffocation, entrapment and asphyxia, which have increased. The Safe to Sleep campaign does this by describing actions that parents and caregivers can take to reduce the risk of SIDS and sleep-related causes of infant death, such as suffocation, based on the AAP Task Force's 2011 recommendations.

The AAP Task Force recommendations stated that breastfeeding is recommended, as it is associated with a reduced risk of SIDS. Infants should be immunized as evidence suggests that immunization reduces the risk of SIDS by 50 percent. Bumper pads should not be used in cribs, as there is no evidence that bumper pads prevent injuries and there is a potential risk of suffocation, strangulation or entrapment. ASIP encourages all

providers of infant care, parents, grandparents, childcare and health care providers to learn and to integrate safe sleep practices into their care of infants. ASIP supports the expansion of outreach to other causes of sudden unexpected infant deaths. Over time our understanding of the issue has broadened and our intervention strategies need to be revised to meet the need.

Too many infant deaths involve unsafe sleep environments and locations.

There has been

an increase

in sleep

related

deaths

from

other

causes,

including

suffocation,

entrapment

and

asphyxia. We need

to re-energize

safe sleep

education efforts and do

better in our safe sleep

education efforts, especially

with families disproportionately affected by SIDS and sleep-related infant deaths.

"As a health care community, we need to do a better job translating the research 'best practices' into the day to day practice of caring for infants in both the home and hospital environment," said Rachel Moon, MD, FAAP, chair of the AAP SIDS task force.

ASIP was a collaborator in the original Back to Sleep Campaign; we were a supporter of the 2011 recommendations and are collaborators in the current Safe to Sleep initiative.

ASIP remains the only professional membership association dedicated exclusively to serving SUID and SIDS professionals. Since its inception in 1987, ASIP has provided leadership and support for state and local infant mortality programs, the professionals who staff them, and the families they serve.



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Tallahassee Walk To Defeat ALS Rescheduled For April 19th

The Walk to Defeat ALS will take place Friday, April 19th in downtown Tallahassee at Adams Street. This is Tallahassee's second year hosting the event and there is still time to register. Interested walkers should call 888-257-1717, ext. 115 or register online at www.WalktoDefeatALS.org.

For more information: Go to: www.WalktoDefeatALS.org, or call 888-257-1717, ext. 102.

ALS patients, including those in wheelchairs and their families and friends will make a 2-mile trek in The Walk to Defeat ALS™, hoping their steps will make a difference for ALS patients living in the Tallahassee area. Many who walk have a loved one who is still fighting the deadly disease. Others walk in memory of a loved one who has lost the battle. Many people, without any personal connection walk for those who are suffering with Lou Gehrig's disease.

With only two to five years to live, these patients have an urgent need, and the community is stepping in to fill it by walking for those who can't. The Walk to Defeat ALS™ is The ALS Association's signature event in which funds directly support cutting-edge research, programs and patient care. Last year, these events raised nearly \$1.2 million around the state of Florida.

The ALS Association Florida Chapter ofers care to ALS patients living in Florida and funds research to find the cause and cure for ALS. We are part of a nationwide network of local ALS Association chapters with the same vision – a world without ALS. Through care, advocacy, research, education and support, we work to empower those with ALS to live fuller lives. Every year, The ALS Association invests millions of dollars in research conducted by the best and brightest scientists in the world. As the only national not-for-profit health organization dedicated solely to the fight against ALS, we give help and hope to those facing a devastating disease.

What: Tallahassee Walk to Defeat ALS™

When: Friday, April 19, 2013

5:00 PM – Registration

6:30 PM – Walk Starts

Where: Downtown Tallahassee at Adams Street, by City Hall. Plan on staying for an "After Walk Party"! We will have a DJ with music.

Why: To raise funds and awareness for ALS, also known as Lou Gehrig's Disease, a progressive, fatal neurodegenerative disease. There is no known cause or cure for ALS. Proceeds raised will support patient care and comfort, as well as research for treatments and a cure.

Urgent Need for O Negative Blood Donations

Due to increased blood transfusions in area hospitals, the need for blood donations, especially O Negative, is extremely high. Your community blood center is issuing a critical appeal to help patients in need.

All first-time or dedicated donors are urged to call Southeastern Community Blood Center or visit www.sbcinfo.org to locate a convenient blood center or bloodmobile drive location to donate as soon as possible.

O Negative blood donors can answer the call for help as universal donors, meaning any patient can receive it regardless of the recipient's blood type. Trauma patients, premature babies and those undergoing emergency surgery rely on O Negative type blood and it is currently at a critical level as we enter this holiday weekend. Watch Video.

Call 850-877-7181 for more information or to make an appointment. Check the website at www.sbcinfo.org for more information including center and

bloodmobile locations.

If you don't know your blood type, the best way to find out is to donate blood!

Blood donations profoundly affect the lives of patients in our community. In many cases one donation could impact or even save the lives of three patients. Generally, healthy people age 16 or older who weigh at least 110 pounds can donate blood. Please call 850-877-7181 for additional eligibility questions.

**You don't have
to be a doctor
to save lives.**



Just Donate Blood.

It's safe. It's simple. And it saves lives.

County Health Rankings Underscores Community Partnerships

The Florida Department of Health in Jefferson County recognizes the value in measuring health outcomes and expresses appreciation to the University of Wisconsin and the Robert Wood Johnson Foundation for the fourth annual County Health Rankings & Roadmaps.

These rankings serve as a snapshot of the health of individuals across counties in each state. The report highlights that health is a combined work in progress across a variety of community partners. The Florida Department of Health (DOH), through its county health departments, works together to improve the health of all Floridians. The data used in these rankings are available in each state and include information related to physical environment, social and economic factors, health behaviors, education, crime rate/law enforcement and clinical care.

"The Florida Department of Health works every day to bring together community partners around shared goals to improve health," said Dr. John Armstrong, Surgeon General and Secretary of Health. "As we track our progress, we are reminded there is no finish line in our efforts for better health."

In Jefferson County, there are areas of progress and continuing opportunity. For example, the number of preventable hospital stays has significantly decreased over the past three years due in part to the Department's expansion of clinical services to include primary care as well as an after hours clinic. Challenges remain for the larger community as 34% percent of adults in Jefferson County are obese. This percentage has increased 4% over the past three years. The Department has partnered with local stakeholders to implement community health improvement activities which focus efforts to address living better by eating healthy and staying active.

"There are many factors that impact the health of our community and together

with the health department we are committed to maximizing resources and services to help our citizens choose a healthy lifestyle," said Donna Hagan, Executive Director of the Healthy Start Coalition of Jefferson, Madison and Taylor Counties, Inc.

"With the release of today's county rankings, we certainly recognize that promoting optimal health involves a wide continuum of partners in local government, education, business and civic organizations. By working together we can make Jefferson County a healthier place to live, work and play," said Kimberly Allbritton, Interim Administrator of the Florida Department of Health in Jefferson County.

The Rankings include a snapshot of each county in Florida with a color-coded map comparing each county's overall health ranking. There are also new county-level trend graphs detailing change over time for several of the measurements including children living in poverty, unemployment, and quality of care.

The Department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.



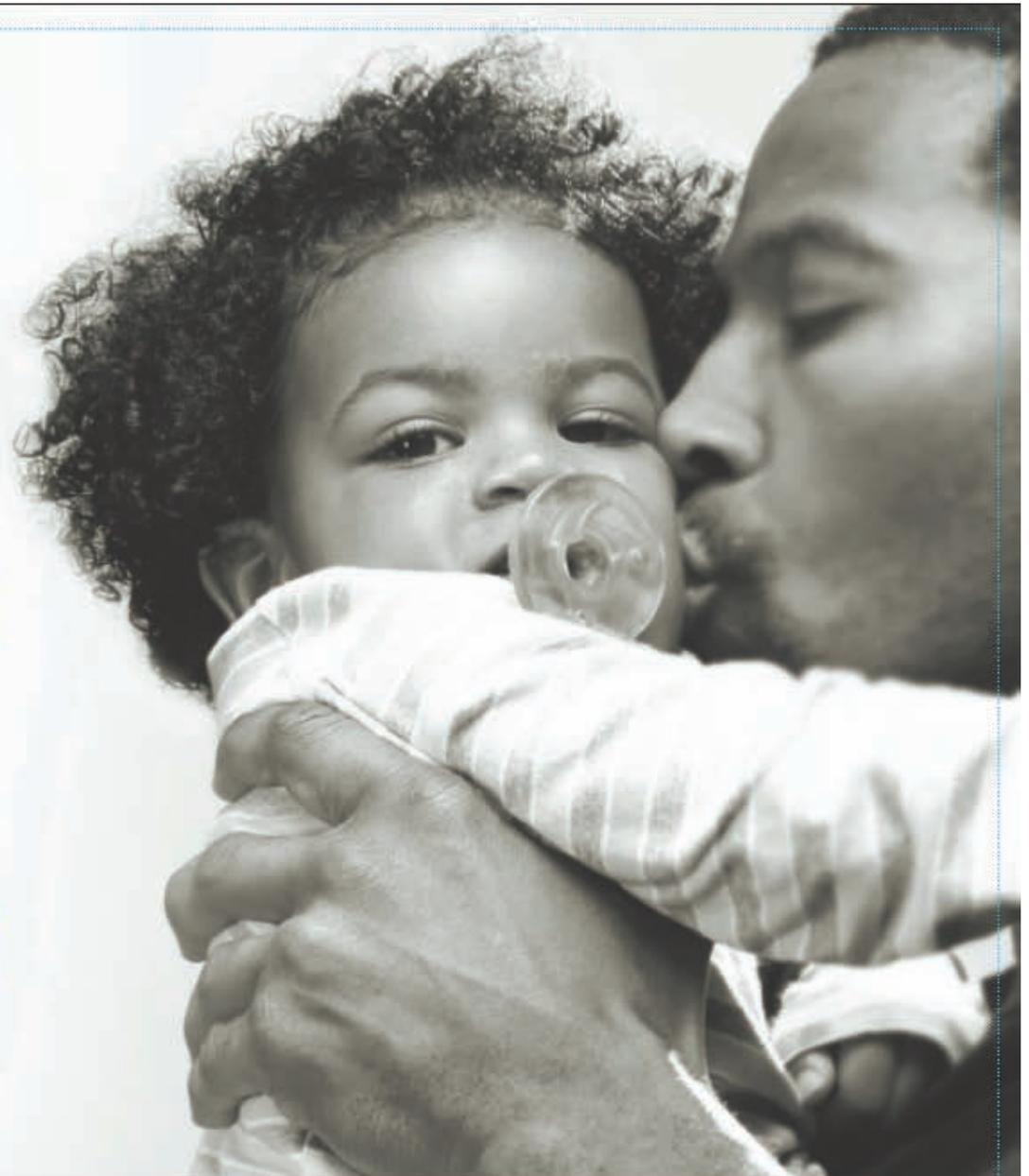
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We all know the feeling of being tired after a restless night when we haven't gotten enough sleep. Dragging through the day can feel like walking through wet cement when you are not well-rested. According to the Center for Disease Control and Prevention (CDC), more than 25% of the U.S. population report occasionally not getting enough sleep, and almost 10% suffer from chronic insomnia (the inability to obtain sufficient sleep, a difficulty falling asleep and/or staying asleep).

But, how much sleep do you need, and what causes you to not get enough? How does not having enough sleep affect your body? Are there consequences to your long-term health from not sleeping enough or having restful, quality sleep during the night? What can you do to get adequate, restful sleep that you need to stay healthy and prevent illness or injury? Generally speaking, adults require an average of 8 hours sleep per night, but some require as few as 6 hours while others may require as many as 10 hours of sleep to function at their peak the next day. With the busy schedules many adults keep, few get the required hours of sleep at night and function in a chronic, ongoing sleep-deficit.

Some of the issues that can affect one's sleep and/or prevent one from getting the needed hours of sleep include the stresses of every day life or a particularly stressful time of life (financial problems, work/job problems, issues with other family members, problems with your home or car, etc), hormonal changes (pregnancy, menopause, adolescence), any number of chronic illnesses including arthritis and depression or anxiety, as well as just simply getting older. And, according to the Center for Disease Control and Prevention (CDC), there are at least 19 documented sleep disorders. The four most common sleep disorders include insomnia, narcolepsy, restless leg syndrome (RLS), and sleep apnea.

Chronic sleep deprivation is associated with multiple chronic health conditions, and that sleep deprivation may be associated with the development and worsening of these conditions. Some of the conditions associated with chronic sleep deprivation include diabetes, cardiovascular disease and hypertension, obesity, stroke, depression, and decreased mental functioning. Another consequence to chronic sleepiness is "drowsy driving;" According to the National Sleep Foundation 2005 survey, 37% of Americans admit to falling asleep at the wheel while driving! The National Highway Traffic Safety Administration estimates that there are 1550 deaths annually due to



A Healthier You

by Sandra Walker Nichols
Nurse Practitioner

The Importance of a Good Night's Sleep to Your Health

Effects of Sleep deprivation

- Irritability
- Cognitive impairment
- Memory lapses or loss
- Impaired moral judgement
- Severe yawning
- Hallucinations
- Symptoms similar to ADHD
- Impaired immune system
- Risk of diabetes Type 2
- Increased heart rate variability
- Risk of heart disease
- Decreased reaction time and accuracy
- Tremors
- Aches

Other:

- Growth suppression
- Risk of obesity
- Decreased temperature

Complications of Insomnia

Psychological

- Lower performance
- Slowed reaction time
- Risk of depression
- Risk of anxiety disorder

Other:

- Overweight or obesity
- High blood pressure
- Risk of heart disease
- Risk of diabetes

driving while sleepy or falling asleep at the wheel while driving. Brain function decreases dramatically with sleep deprivation, and after more than 20 hours with sleep one functions at a level that would be equivalent to someone who is legally intoxicated (blood alcohol level of 0.08).

So how do you make sure that you get a good night sleep every night? What are good sleep habits to keep? Experts recommend going to bed at the same time each and every night and waking up at the same time each and every day. So, no more staying up late on the weekends and sleeping late on the weekends or days off; your body functions best on a consistent schedule of sleep. Also, sleep in a quiet, dark, relaxing environment without electronic devices in the room; do not watch television in your bedroom nor keep a computer in your bedroom. Rather, reserve that room for sleep only—and your body will come to associate being in that room with sleep. Do not eat a heavy meal just before going to bed—that prevents problems with digestion and acid reflux or heartburn from waking you during the night. Keep the temperature cool but not too cold or too warm when you are asleep. Most people sleep best with the temperature of the room about 70 degrees. You can also keep a sleep-journal where you record your sleep habits, including time you go to bed and time you wake up as well as the conditions affecting your sleep and you can share this with your primary care provider if you are still having difficulty getting a good night's sleep.

Finally, if you snore or have periods during your sleep that you "stop breathing," even for a second or two, consult your primary care provider. You may have a condition known as sleep apnea which can cause multiple serious consequences if not addressed. Do not drive or operate machinery if you are sleep-deprived, eliminating the risk of hurting yourself or others.

The information in this article is for informational purposes only and should not substitute for seeing your primary care provider, or any recommended specialist.



Nail Fungus Can Be A Problem for Warm Weather Feet

LYNETTE NORRIS

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Some of those gorgeous weeks of incredible mild weather back in February, and even January, may have had people thinking about summer, with its sandal and flip-flop weather. However, if someone has picked up a nail fungus over the winter, or has a nail fungus problem that has persisted for years, warm weather presents a problem. While others are breaking out the cute flip-flops and summery sandals, someone with a nail fungus infection may be more inclined to stick to sneakers and other closed-toe shoes, depending on the severity of the condition.

What is nail fungus, what causes it and how can people get rid of it?

Nail fungus, or onychomycosis (oni-ko-mi-KO-sis) is an infection of one or more nails, and is far more common in toenails than fingernails, because feet spend more time in dark, often damp environments where a fungus can thrive once it gets a toehold. Also, proper blood circulation can be more problematic in the feet than in the hands, making it hard for the body's immune system to detect an infection in the feet and boot it out.

The first indication of a fungal infection is often a white or yellow spot just under the tip of the nail. It later spreads deeper into the entire nail, causing it to thicken, turn yellow or otherwise discolor, and develop crumbling edges. In some cases, the person affected may notice a slightly foul odor coming from the nail. Severe conditions can be painful, even causing the nail to separate from the nail bed, but often it is the unsightliness of the nail and the persistence of the condition that is the most bothersome.

Because the condition can persist indefinitely if not treated, it is best to see a doctor at the first sign of fungal infection.

Typically, the fungus that causes nail infections belongs to a group of fungi known as "dermatophytes" (although certain yeasts and molds can also cause problems). If that word sounds familiar, you may have seen Digger the Dermatophyte in the television commercial for a popular prescription nail fungus remedy.

These fungi thrive in warm moist environment, including swimming pool areas and showers. They can invade the skin through tiny, even invisible cuts or other breeches, or through a small separation between your nail and its nail bed. Once in this warm, moist pocket, it grows and spreads from one spot to an entire



nail. Left untreated, it can even spread from one nail to another.

When it comes to who is most likely to pick up nail infections, men are more likely than women, but the single most common risk factor is age. The older a patient is, the more susceptible he or she is to getting an infection. The main reasons are diminished blood circulation to the extremities, and the slower growth rate of nails, along with natural thickening, that makes them more susceptible to fungi.

Other risk factors include those with a family history of nail infection, people who working in humid environments, people who perspire heavily, wearing socks and shoes that trap moisture next to the skin, going barefoot in damp public places (swimming pools, gyms and shower rooms), or having other medical conditions such as psoriasis, athlete's foot, or diabetes.

Treatment of nail fungus is important for more than just appearances. Left untreated for a long period of time, a fungus can result in permanent nail damage. If someone has other medical conditions, such as diabetes, or a suppressed immune system, the infection can spread to more than just the nail, affecting the feet as well and posing a serious health risk. Timely treatment of nail fungus can avoid such complications.

A patient might start out by making an appointment with his or her family doctor or a general practitioner, who may then refer the person to a dermatologist or podiatrist.

In order to make the most of the appointment, have the following informa-



Fungal infection of the toenails (distal subungual onychomycosis)

tion ready for your doctor:

- A list of all medications, vitamins and other supplements you are taking.
 - A list of all symptoms you are experiencing, even if they don't seem related to the infection
 - A list of any major stresses or lifestyle changes
 - Any family history of nail infections
- In order to diagnose the condition, a doctor may take some scrapings from under the affected nails and have these tested to determine what kind of fungi or other microorganism is causing the condition. Once that is determined, the best course of treatment may be an oral medication, a topical one, or a combination of both.
- The problem nail fungus is that it can be difficult to treat and take a long time to clear up. Recurrent infections are common. There are some over-the-counter medications, but these are usually not very effective. Some of the most effective treatments with many patients are the drugs terbinafine (Lamisil) and itraconazole (Sporanox).

There is also a prescription topical treatment, an anti-fungal nail lacquer known as ciclopirox (Penlac). It is painted on the infected nail and the surrounding skin once a day for seven days, then the buildup is removed with alcohol, and another week of daily application begins.

Very severe and painful cases may require surgical removal of the nail in addition to medications and creams to treat the nail bed. In cases like this, it may take up to a year for the new nail to grow back.

The key here is patience. With typical infections, you may have to take these

medications anywhere from six to twelve weeks and it may take as long as four months for any infection to be completely gone; furthermore, you won't see the end result until a new uninfected nail has had time to grow out and completely replace the old one. Even then, the infection can sometimes recur.

Sometimes, people use home remedies in addition to their medications, because standard treatment takes so long. Two remedies that have anecdotal recommendation, but have never been tested for effectiveness under controlled clinical conditions are vinegar and Vicks Vapo-Rub.

While a warm vinegar soak can't be proven to cure nail fungus, some studies have indicated that it can inhibit certain bacterial growth. As long as it doesn't irritate your skin, soak your feet daily for 15-20 minutes in a mixture of one part white vinegar to two parts warm water, then rinse your feet well and pat dry.

As for Vicks Vapo-Rub, there is no direct evidence other than folklore and anecdote. Consult your doctor about how often you can or should apply this product.

To prevent nail fungus or keep it from coming back, here are the most effective means:

- Keep all your nails short, dry and clean. Thoroughly dry hands and feet, especially between the toes, after bathing.
- Wear synthetic socks designed to wick away moisture. You can also wear synthetic socks under cotton or wool socks.
- Use antifungal spray or powder regularly, on feet and inside shoes.
- Never go barefoot in public places.
- Alternate open-toed and closed-toed shoes. Take off your shoe during the day - if you can - and let your feet air out.
- Choose a reputable manicure and pedicure salon that sterilizes its instruments.
- Give up nail polish and artificial nails. These can trap moisture and fungus.
- Always wash your hands thoroughly after touching an infected nail to keep the fungus from spreading nail to nail.

With summer just a few months away, now is the time to begin taking care of any feet and nail problems so that you'll be ready for flip-flop and sandal weather...and keep taking care of your feet year-round so that they stay healthy. Your feet will thank you.



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