

U.S. 19 Beautification Project Gets Go-Ahead (City, County Cooperation Noted)

LAZARO ALEMAN
ECB Publishing
Senior Staff Writer

Separate but mutually supportive actions by the Jefferson County Commission and the Monticello City Council on Tuesday, May 7, will result in a significantly enhanced entranceway into the south side of the city, in terms of a professionally landscaped U.S. 19.

On Tuesday morning, consultant engineer Alan Wise, of Preble-Rish Inc., presented county commissioners with several options that addressed their earlier expressed concern relative to the project.

That concern largely centered on a condition of the \$275,000 grant (originally identified as a \$260,000 grant) awarded the county for the project,



which condition stipulates that maintenance of the trees and plants -- once established -- is the responsibility of the local community.

Commissioner Benny Bishop in particular-- and County Coordinator Parrish Barwick to a degree -- expressed concern about further taxing the already over-stretched Road Department with the activity. That was, if the Road Department could even satisfactorily accomplish the task, according to Barwick.

As Barwick metaphorically put it, "A gorilla can grab and peel a banana, but it may not be the way you like it peeled."

Wise, in his presentation, proposed various scenarios for how the county could accomplish the maintenance of

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Issue of Martin Road Gets Resolved Via Negotiations

LAZARO ALEMAN
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Senior Staff Writer

A potentially contentious situation between the county and a developer got resolved quietly via negotiations -- seemingly to everyone's satisfaction.

Per the agreement that county officials negotiated with the owner of the company preparing the site for the new building that the Tractor Supply Store will occupy on U.S. 19 South, the developer will pay \$20,000 toward the repair of Martin Road.

In return, county officials agreed to write a letter essentially "holding the company harmless", in County Coordinator Parrish Barwick's phrasing. County officials also will refrain from criticism of the company in future.

The commission's actions are intended to counteract any negative publicity that may have arisen from a letter to the editor printed in the April 26 issue of the Jefferson Journal.

In the letter, Martin Road resident Anne Phillips took the developer to task for failing to repair the alleged damage that his trucks had done to the road while hauling fill dirt to the U.S. 19 construction site.

On Tuesday morning, May 7, officials praised the

developer for stepping up to the plate and working in good conscience with the county to resolve the situation and help restore the road to its previous condition.

Barwick and Commissioner Hines Boyd, two of the county's three negotiators -- the third was consultant engineer Alan Wise -- lauded the developer's for his cooperative spirit and willingness to work to resolve the issue.

"Let me be frank, this group got called on the carpet for some things that they weren't responsible for," Barwick said, offering that some of the road damage attributed to the company had possibly preexisted.

In a separate action, Boyd offered a motion to have Littlefield Construction Company repair and resurface Martin Road for a total of \$40,000, using the \$20,000 the developer was contributing and another \$20,000 from the road bond money.

"It's not a matter of patching the road," Boyd said. "It's a matter of resurfacing the road in full."

The reason for the urgency, Boyd said, was that Littlefield was presently in the county on another job and consequently the

Please See RESOLVED Page 3A

City Church Vandalized

FRAN HUNT
ECB Publishing
Staff Writer

A city church was broken into and vandalized this week, and the Monticello Police Department (MPD) already has a suspect.

MPD reported that on Tuesday, May 8, Officer Storm Demming and Lt. Mack Norton were dispatched to the First Presbyterian Church to investigate a burglary.

Upon arrival the church associates, who had discovered the rear window of the church busted in, and blood on the window remains, met with officers.

Lt. Norton summoned Captain Roger Murphy to assist with the processing of the crime scene.

After obtaining a key to the church and entering, officers discovered that someone had gone into almost every room of the church, strewn items about, destroyed property, and obviously, intentionally, had smeared blood throughout every room, both downstairs, and upstairs.

The perpetrator had discharged a fire extinguisher in the upstairs area, and the chemical covered the carpet, including the stairs.

There were clear bare footprint impressions made in the chemical on



the carpet.

The bare footprints appeared to be that of a female, from the shape of the impressions left behind.

MPD reported that the scene did not indicate a motive or a theft, nor did the church associates locate anything missing. However, it did appear that the motive was to cause damage and destruction.

In the sanctuary, officers discovered an open Bible at the pulpit, with large amounts of blood intentionally smeared onto the open pages.

There were two crosses attached to furniture that had been disassembled and thrown out into the area where the congregation seats are located.

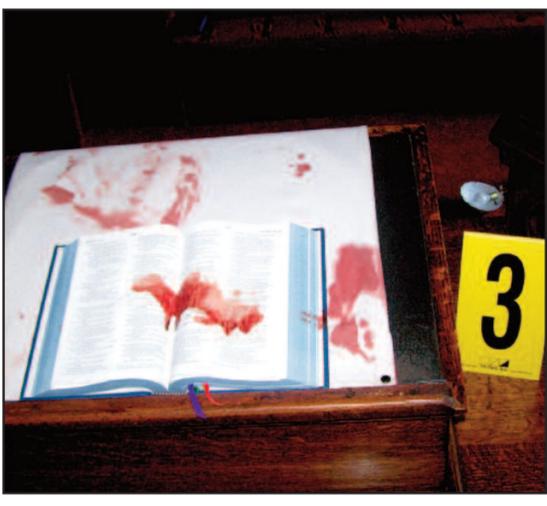
There were efforts to dig into the carpet and tear the fabric.

At both the piano and the organ, there were large amounts of blood intentionally smeared over the keys and adjacent benches.

Blood was intentionally smeared onto several windows.

MPD reported that the crime scene indicated that someone with intention to cause damage to the church, with as much shock effect as possible, and with an emphasis on destruction of religious symbols such as the Bible and crosses.

While it may be days or even weeks before the church determines the tally of the costs of repairs



and replacements, Captain Murphy estimates the damage to be in excess of \$10,000.

Church associates said they had been at the church Monday afternoon and nothing had been disturbed.

MPD reported that the information indicated that the crime occurred late Monday afternoon or early Tuesday afternoon.

Please See VANDALIZED Page 3A

Miss and Teen Miss Watermelon Queen Pageant Slated For June 1 • 7:00 p.m. Baby To Tween Pageant June 1 • 10:00 a.m.

The Jefferson County Chamber of Commerce is pleased to announce that the Watermelon Festival Pageants will be held on Saturday, June 1, at the old Jefferson County High School auditorium, located on South Water Street. This year's pageants will include age divisions from birth through 24 years old.

The Baby to Tween pageant will be held on June 1 at 10 a.m. The age divisions are: 0-11 months old (separate division for boys and girls); 12-23 months old (separate division for boys and girls); 2-3 years old (separate division for boys and girls); 4-6 years old; 7-9 years old; and 10-12 years old. Each girl/boy will compete in the "formal wear" competition only.

The Teen Miss Watermelon and Miss Watermelon pageant will be held at 7 p.m. on June 1.

The Teen Miss Watermelon division is for girls ages 13-15 years old. Each young lady will compete in sportswear and an evening gown competition.

The Miss Water-



melon Queen division is for girls ages 16-24. The Miss contestants will be judged during a private interview, a sportswear competition and an evening gown competition.

Each contestant must reside, work or go to school in Jefferson County in order to participate.

Every contestant will receive a trophy and the queens in each division will receive a crown, trophy and sash.

There is a \$50 entry fee to enter the pageant. The absolute deadline to enter the pageant is May 17. Applications may be picked up at the Monticello/Jefferson County Chamber of Commerce and the Monticello News Office.

For more information please contact the pageant chairman, Emerald Greene, at 997-3568, 973-4141, 973-3497 or 464-0865.

Saturday Is Designated Stamp Out Hunger Day (Leave Bag Of Non-Perishable Food By Mailbox)

On Saturday, May 11, Campbell Soup Company will team up with the National Association of Letter Carriers (NALC) to collect food donations in order to provide assistance to the millions of Americans who are struggling with hunger.

The Stamp Out Hunger food drive is a nationwide effort that provides food to local food banks and pantries that rely heavily on donations. With more than 50 million Americans living at risk of hunger, food banks across the country continue to ex-



perience record demand for emergency food assistance.

The nation's 175,000 letter carriers will collect food donations left at the mailboxes of generous Americans in more than 10,000 communities including Monticello and will deliver the donations to food banks and other hunger relief organizations such as pantries, soup kitchens and shelters.

Celebrating its 21st year, the Stamp Out Hunger food drive is the nation's largest single-

Please See FOOD DRIVE 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 -

Welcome Tractor Supply

I wrote a letter to the editor which appeared in the April 26th edition. I was extremely distraught by the damage to Martin Rd. caused by huge dump trucks hauling fill dirt to the Tractor Supply building site on Highway 19 So. Martin Rd. was designed and paved to handle light vehicle traffic and not heavy dump trucks filled to capacity.

When the county learned of the destruction to the road, it was temporarily closed until the developer, retained by Tractor Supply Company, offered a verbal agreement to repair the road when the hauling was over.

After the hauling stopped, we waited and waited and nothing was done and it began to seem

nothing would be done. With our road in shambles, I wrote in desperation hoping to appeal to Tractor Supply and their agents to address this obvious stalemate.

Tractor Supply became aware of my letter and responded immediately. The developer has now offered the county a generous sum of money to repair Martin Rd.

This is proof positive that Tractor Supply is the type of corporation we should welcome with open arms into our community.

I want to express my sincere appreciation to Tractor Supply and encourage our community to embrace this store and show our appreciation for their significant display of community goodwill and accountability.

Anne Phillips
A Martin Road Resident

The Patrol To Ticket Aggressive Cars And Trucks During Safety Campaign

~ Big trucks equal big blind spots, so pass safely ~

Next week, drivers in Florida will be the focus of a targeted education and enforcement campaign to increase awareness of the dangers related to aggressive driving.

Beginning May 6 and continuing through May 11, the Florida Highway Patrol will be conducting the third



phase of the Department of Highway Safety and Motor Vehicle's Ticketing Aggressive Cars and Trucks (TACT) campaign, designed to highlight how aggressive driving behaviors can put motorists on the highway at a serious disadvantage when involved in a crash with a larger vehicle.

Kiwanis' Learn The Most Important Hour Of Each Day

Katrina FitzSimmons with Katrina's Kitchens was special guest speaker for the May 1 meeting of the Monticello Kiwanis. She told the group that Katrina's Kitchens provides home delivered (or you can pick them up at the store) home cooked meals that are affordable, convenient, delicious, and healthy.

"By eliminating shopping, preparation, and some cooking time we can help make the most important hour of your day, the dinner hour, easier," she said. "With delicious pre-portioned meals, clients can save money, waste, and calories."

To demonstrate portions and packaging, she showed the group several typical take home meals, all of which were then purchased by members of the group at the end of her



Katrina FitzSimmons speaks with Kiwanis members about her pre-portioned meals.

presentation. Several Kiwanis members also agreed that last minute Katrina's Kitchens Gift Certificates are a great Mother's Day gift, so Mom can select from an extensive list of meals and have several assembled/pre-

pared meals at her fingertips.

Stop in at 140 West Washington Street, on the Courthouse Circle, to learn more, or call Katrina's Kitchens at 850-567-6451, or Katrina@katrinskitchens.com.



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 850-997-3568

Jackson Square Beautification



ECB Publishing Photos By Debbie Snapp, 2013.

Jackson Square on North Cherry Street, Monticello



The Jackson Square beautification project is well underway. Pictured from left to right are: Dan Schall, Anne Holt, Jack Carswell, and Bill Kirkpatrick.

DEBBIE SNAPP
ECB Publishing Staff Writer

Jackson Square, on North Cherry Street, received donations of tables and benches recently from the Jefferson County His-

torical Association and MainStreet Monticello Florida; purchased from Dennis Pitts and Dennis' Trading Post.

Presenting the donation and a brief walkabout were: Bill Kirkpatrick, Jack Carswell, Dan Schall, and Anne Holt. The beautification project has been underway since September 2012, with the landscaping of walkways and the planting of flowers and shrubbery.

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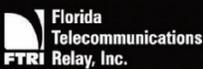
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Senior Staff Writer



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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.
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Helping with the beautification of Jackson Square. Pictured from left to right are: Bill Kirkpatrick, Dan Schall, Jack Carswell, and Anne Holt seated at one of the new tables.

Project

continued from page 1A

the trees and shrubs absent the Road Department's involvement. Under the best-case scenario that he offered, and the one he recommended, the city, which already maintains the rights-of-way of US 19 and 90 within its boundaries, could take on the job.

"The county would be responsible for the permitting and design of the project and the administration of the grant, and the city would be responsible for the maintenance," Wise said, adding that City Manager Steve Wingate, with whom he had discussed the idea, was amenable to the arrangement, but stressing all the while that it still required the City Council's approval.

Wingate, for his part, offered that he believed he could accomplish the task by using a prison inmate crew and doing the maintenance once a month.

The commission ultimately accepted Wise's recommendation, approving receipt of the \$275,000 grant from the Florida Department of Transportation (FDOT), contingent on the city accepting responsibility for the maintenance.

The Monticello City Council then on Tuesday evening accepted responsibility for the maintenance, based on Wingate's assurance that he could accomplish the task with a prison crew and a once-a-month activity.

The unusual degree of cooperation between the city and county on the project did not go unnoticed.

Parrish on Tuesday morning remarked that in his 14 years of public serv-

ice and involvement with three separate government entities, he had never seen the level of cooperation between a city and a county that he was presently seeing between Monticello and Jefferson County.

On Tuesday evening, Wingate likewise remarked on the level of cooperation between the city and county, noting that the county was undertaking the paving or resurfacing of three city streets. It also must be pointed out that Barwick and Wingate are a big part of the reason for the newly found cooperative spirit between the city and county.

The FDOT grant, as previously described by Wise and landscape architect Winston Lee, who will be working with Wise on the landscaping design and choice of foliage, will only allow the purchase and planting of trees and shrubs.

The county, in other words, is responsible for the costs associated with the design and permitting of the project, as well as the upkeep of the trees and shrubs after the first year. Wise put the design and permitting costs at \$6,800.

Again, the \$275,000, as Wise has explained it, will allow solely for the completion of phase one of the project, which he describes as a section of the roadway extending for about 2½ miles on U.S. 19 from just outside the city's southernmost boundary to the entrance road to the high school near Drifton.

Wise has identified the overall goal -- should later funding become available

and the commission is agreeable the idea -- as the landscaping of US 19 from I-10 on the south to the dog track or beyond on the north. The original request to the FDOT, per Wise, was for \$900,000 to \$1.5 million to landscape some eight miles of the road.

Wise further notes that the \$275,000 includes a year of maintenance by the contractor to ensure that the shrubs and trees get establish, after which period the responsibility for upkeep of the plants and shrubs transfers to the local authority.

Wise has assured commissioners that the placement and spacing of the trees and shrubs will meet all appropriate setback and other applicable highway safety requirements. He underscored his point by offering that the final plan will require review and vetting by eight divisions within the FDOT to assure the project's compliance with all traffic safety standards.

Lee, in his turn, has assured the commission that it's his plan to select trees and shrubs that are largely indigenous to the region and require little maintenance. But even if he were to select nonnative species, he would make sure that they required minimum maintenance, he said.

His goal, Lee has said, is to choose species that once established will allow the county essentially to walk away from them. The most maintenance they will require will be mowing around their bases, he has said.

Resolved

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equipment didn't have to be mobilized, which would otherwise add to the cost.

In the end the commission approved Boyd's proposal, with the stipulation that Barwick confirm the cost and monitor the project.

Phillips praised Boyd for his involvement in the negotiations.

"Thank you, Mr. Boyd. I will take you off my speed dial," Phillips said, conceding that she and other Martin Street residents had been persistent, to say the least, in their efforts to get the

road repaired.

The Tractor Supply Store is one of two new businesses moving into the county, the other being the Harrell Nut Company. When the store opens, it will be the 44th such location in Florida since 2000. The facility is expected to employ 12 to 17 full-and-part time employees and include a sales floor and a support service area.

The Tractor Supply Company describes itself as the largest farm and ranch supply store chain in the country, with reported annual revenues of about \$4 billion. Founded

in 1938 as a mail order catalog business and presently headquartered in Brentwood, TN, the company operates more than 1,150 retail stores in 45 states and employs more than 17,000 persons.

Tractor Supply Stores cater to their customers' rural lifestyle, with products that range from welders and generators to animal care products and men and women's work wear. The stores also stock pet supplies, animal feed, power tools, riding mowers, lawn and garden products, among other products.

Vandalized

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Captain Murphy recalled while en route to the scene, that officers had been in contact with a neighbor to the church, Ginny Marie Roberts, 39, twice the previous day.

The first call was during the day Monday, when Investigator Jennifer Jackson was summoned to the Roberts residence, which was literally just across the alley from the burglary entry point of the church. Roberts' landlord requested a welfare check on Roberts because they had not been able to get her to answer the door or the telephone. Investigator Jackson made contact with Roberts and determined that she was there. Later Monday evening, just after 8 p.m., Sgt. Ric Colson and off duty Officer Ryan Jacobsen responded to a call of a female walking in the roadway on US-19, near the courthouse, which is two blocks from the church, and going away from the crime scene.

The officers found Roberts in the roadway and observed a very large gash on her left forearm. She was transported to the hospital for treatment. She told the officers that she had accidentally cut her arm while working with glass. Officer Jacobsen reported that the wound was not consistent with Roberts' description of what had happened.

While investigating the burglary scene officers spoke with the church groundskeeper and other church associates. The groundskeeper reported that Roberts was often seen in the fenced area of the church's courtyard, and that he occasionally spoke with her. He also stated that he had seen Roberts with a juvenile female, who she introduced as her daughter.

Officers became concerned for the child since no one had reported seeing her during any of the recent contacts.

Officers walked over to her door and noticed blood on a stairwell near

the doorway. They knocked on the door, but there was no answer. Captain Murphy made contact with the owners of the building and asked them if they could come and open the door. The owners informed officers that Roberts had been served with an eviction order.

As officers opened the door, they observed blood on the doorframe. Upon entering, they discovered that blood was smeared all over the interior and there were bloody garmets on the floor.

Captain Murphy also observed bare footprints, which were similar to the bare footprints officers observed at the church.

After recording evidence, officers departed the building and returned to the department, where they made contact with Roberts' ex-husband and ex-mother-in-law. They were able to confirm that the child was safe, as the father had custody of the child, who only visits Roberts.

With the evidence collected at the church and Roberts' residence, MPD obtained an arrest warrant for Roberts.

Any one with informa-

tion on her whereabouts is asked to contact the MPD at 850-342-0150.



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

1 Corinthians 15:20-23
But in fact Christ has been raised from the dead, the firstfruits of those who have fallen asleep. (21) For as by a man has come also the resurrection of the dead. (22) For as in Adam all die, so also in Christ shall all be made alive. (23) But each in his own order: Christ the firstfruits, then at his coming those who belong to Christ.

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

Food Drive

continued from page 1A

day food drive, credited with having collected more than one billion pounds of food since its inception in 1993. In 2012 alone, generous Americans donated more than 70 million pounds of food, which marked the ninth consecutive year that at least 70 million pounds were collected.

For its part, Campbell Soup Company has pledged to kick off this year's food drive with a donation of one million pounds of food to Feeding America member food banks.

Of noteworthiness, despite the generosity of millions of Americans who

have supported the letter carriers' food drive in the past, the need for food assistance still exists for millions of families. According to the U.S. Department of Agriculture's annual study measuring food security in the United States, more than 50 million Americans, including nearly 17 million children, are food insecure, meaning they live at risk of hunger.

Helping Stamp Out Hunger, however, is as easy as checking your mailbox. **Just leave a bag of non-perishable food items by your mailbox on Saturday, May 11; your letter carrier will then pick up the food and**

deliver it to a local food bank.

Examples of non-perishable items that may be donated include: peanut butter, canned soup, canned meats and fish, canned vegetables, fruits and juices, boxed goods (such as cereal) and pasta and rice.

For more information about the annual Stamp Out Hunger food drive, ask your letter carrier, contact your local post office or visit either www.helpstampouthunger.com or www.facebook.com/StampOutHunger; and follow the drive at www.twitter.com/StampOutHunger.

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Church News Notes

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May 10
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.

May 11
Memorial Missionary Baptist Church Usher's Ministry will sponsor a Pre-Mother's Day Prayer Breakfast on Saturday, at 9 a.m. The theme is 'A Mother's Love.' Guest speaker will be Rev. Gloria Cox, of St. Phillip AME Church. Come celebrate with your Mother, or Mother figure. Tickets are \$5 and may be purchased by contacting Sis. Eunice Smith at 850-671-5158, or any usher ministry member. Rev. Dr. J.B. Duval, pastor.

May 12
Elizabeth Missionary Baptist Church, in the Dills Community, will hold a Mother's Day Celebration at 11 a.m. on Sunday. The Holy Ghost Revival Center will be in charge of the service and Pastor Reginald Bennett will bring the message. The program is sponsored by the Elizabeth MBC Men's Department. Rev. Willie Webster,

pastor. For more information and directions, contact Dea. George L. King at 850-997-8848.

May 12
Wacissa United Methodist Church will host the Trinity River Band at 11 a.m. on Sunday at 14492 Waukeenah Highway. The Morning Worship will be filled with joyous music for Mother's Day. A covered dish dinner will follow. Rev. Jim Gamble, pastor.

May 12
Memorial Missionary Baptist Church will observe its annual Mother's Day Program on Sunday at 11 a.m. Guest speaker for this special program will be Rev. Angelia Mitchell of Madison. Come help celebrate Mothers. For questions, contact Chairperson Dea. Minnie Mathews at 850-224-3484. Rev. Dr. J.B. Duval, pastor.

May 12
Transforming Life Church in Lloyd and former FSU Coach Bobby Bowden will hold a fundraising breakfast on Mother's Day, Sunday morning at 8:00 a.m. at the Tallahassee Automobile Museum, 6800 Mahan Drive in Tallahassee. Ticket cost is \$7, available at TransformingLife

Church.com.

May 14
Sons of Allen of the Union Bethel Circuit meets monthly on the second Tuesday at 7 p.m., rotating between the Elizabeth and Union Bethel AME churches; encouraging young men and older males to come be part of the meetings. If you have any questions, contact President Leman Ulee at 850-274-6268.

May 15
First Presbyterian Church will host EaglesWings, a ministry of outreach, serving the community on the first and third Wednesday of each month from 9 a.m. to 12 p.m. Volunteers are always needed, to distribute food items and to donate non-perishable food items. Call and leave a message for JoAnne Arnold at 850-997-2252, or go to eaglewingsmonticello@yahoo.com or www.firstpresbyterian-monticello.org.

May 15
Heaven's Kitchen Noon Bible Study and Prayer every Wednesday at Memorial Missionary Baptist Church, with speakers 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.

May 18
Mt. Zion AME Church Women's Ministry in Lloyd, will host its quarterly women's fellowship ministry at noon on Saturday. First Lady Sis. Pamela Scott will be speaker. The topic will be "Turning Your Wounds Into Wisdom." For more information, contact Sis. Thelma Campbell at 850-544-7818, or Sis. Marx Walker at 850-997-4424. Rev. Dr. Edward R. Scott, II, pastor.

Legion/Auxiliary Meeting Tuesday

DEBBIE SNAPP
ECB Publishing
Staff Writer

American Legion Post 49 and Ladies Auxiliary will meet on Tuesday, May 14 for dinner, a meeting, and a program. Dinner will begin at 6:30 p.m. with the meetings to follow. The Legion meeting will include Election of Officers for the new year. Unit 49 was also recognized for its 100 percent membership. The Ladies Auxiliary voted for a second term of the same board for the new year.

At the last meeting of the Ladies Auxiliary, President Debbie Mitchell presented Certificates of Appreciation to select members of the Auxiliary and the Legion for their help and dedication during the March 16 Fish Fry and Yard Sale. "Without the help of these members especially, this fundraising effort would not have been the success it was," claimed Mitchell. The event raised over \$1000 for Auxiliary programs and services.



ECB Publishing Photos By Debbie Snapp, April 9, 2013.

Auxiliary President Debbie Mitchell, on left, recognized member Jane Hand, on right, with a Certificate of Appreciation for her dedication to the American Legion Post 49 and Ladies Auxiliary. Legion Commander Frank Kolb, in center.

Anne Holt was guest speaker to the Legion/Auxiliary meeting. She spoke about the upcoming Smithsonian exhibit and training; and about other upcoming programs and projects that MainStreet Monticello Florida is working on for the Jefferson

County community.

The Auxiliary has been collecting for and shipping out packages for soldiers overseas. This is an ongoing project for the ladies. Collection sites are at the Post 49, on South Water Street and at the Monticello News office.

Relay For Life Friday And Saturday

As most of you know by now, the Jefferson County Relay For Life was cancelled last weekend due to the weather. So, Relay will be held this weekend, May 10 - 11. Bands entertaining throughout the night will be Houston Deese, Boyd & Wood, and Gavin Moyer. Also, there will be a 'Corn Hole' tournament on Friday evening at 7 p.m. Cost is \$20 per team, and there is a cash prize for first place winner. The Lumi-

aria Ceremony is at 9 p.m. and the 'Mr. Relay' pageant will be at 10 p.m. The 2013 theme is 'Carnival for a Cure' and teams have been encouraged to have carnival games, carnival foods, and carnival decorations. The campsites will be judged for 'Best Food' and 'Best Campsite.' Mike McCall from WCTV will be this year's 'Celebrity Judge.' On Saturday, the morning will begin with an Arts/Crafts/Yard/Sale Boganza from 9 a.m. to 2 p.m. There will be many vendors to shop from as well as great food. Anyone that has something to sell or promote, booths will be available for a monetary donation, made to this Relay event. The Relay ad-

dress is 625 South Water Street in Monticello, on Tiger Lane. There is plenty of room for sponsors and teams. Please join for a great cause. Contact Event Chair Dana Lastinger at 850-508-2174 for more information.

May is recognized as 'Motorcycle Safety Awareness Month. Motorists and motorcyclists alike are reminded to 'share the road' conscientiously and courteously to help prevent motorcycle crashes, which remain one of the most prevalent causes of death and injury.

Looking for safe, reliable transportation in Florida? Seniors can access over 700 transportation options at: www.safeandmobileseniors.org/findaride.htm. Florida has the largest population of older adults in the United States, many of them are unable to or choose not to drive. To address this issue, the University of Florida Senior Safety Resource Center created an easy-to-use database containing over 77 transportation options to help seniors remain mobile within their own communities.

The Jefferson County RJ Bailar Public Library will hold a 'Book Sale' Saturday, May 18 from 10 a.m. to 2 p.m. For more information call the Library at 850-342-0205.

Colon Cancer Screening

Saves Lives

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

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

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

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

Florida HEALTH coloncancerFL.org

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Jefferson County Health Department Salutes All Nurses

During National Nurses Week

Thank you for all of your compassion, hard work and dedication



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Monica Demott, RN



Krista McMullen, LPN



Melanie Key, ARNP



Cindy Brown, RN



Jackie Guyton, RN



Kehli Tuten, LPN



Tonya Ford, HST

Department of Health Jefferson County
1255 W. Washington Street
Monticello, Florida 32344
Phone: (850) 342-0170
Fax: (850) 342-0257

Thank You For Everything!



Murder Rides Again At The Opera House

DEBBIE SNAPP
ECB Publishing
Staff Writer

It's high time to make your reservations for the Opera House Stage Company's new interactive murder mystery dinner theater production of Murder Rides Again.

Show dates are May 10, 11, 17, 18, 24, and 25. Doors open at 6:30 p.m. and dinner and show start at 7:00 p.m.

This show has been aptly described as "a c r o s s between Gunsmoke and Blazing Saddles."

The menu at Miss Liddy's Saloon features coleslaw, shredded barbecue pork, baked beans, green beans, and Texas toast, with blueberry cobbler for dessert. Special dietary needs can be accommodated; just mention when making reservations.

Tickets for dinner and the show are \$35, member price is \$30. Reservations 48 hours in advance are required. Call the Monticello Opera House at 850-997-4242, or go to monticellooperahouse.org.

See you at Miss Liddy's!

Jefferson County Living

COMMUNITY CALENDAR

debbiesnapp@embarqmail.com or 850-997-3568

May 10-11
Relay For Life Jefferson County begins on Friday afternoon at the old JCHS track, on Tiger Lane. Come join this annual 18-Hour Walk and fundraising event for cancer research. The Survivor Ceremony begins at 6 p.m. on Friday. Contact Coordinator Dana Lastinger at 850-508-2174 or aucilla90210@aol.com.

May 10
Rotary will meet at 12 p.m. on Friday at the First Presbyterian Church, in the fellowship hall, for lunch, a meeting, program, and speaker. For questions or comments, contact President Neill Wade at 850-545-4940.

May 10
Monticello Jamboree Band will perform music for dancing at 7 p.m. on Friday at 625 South Water Street. There will be doorprizes, cold soft drinks, and snacks. Everyone is welcome to come dance, listen to some of the finest music, and just enjoy some fun and camaraderie with neighbors and friends. This is a nonprofit charitable event. For questions or concerns, contact Curtis Morgan at 850-933-8136 or Bobby Connell at 850-445-0049.

May 10, 11, 17, 18, 24, 25
'Murder Rides Again,' murder mystery dinner theater, will be performed by the Opera House Stage Company at the Monticello Opera House on Friday and Saturday. Doors open at 6:30 p.m., with dinner and the show starting at 7:00 p.m. Tickets, including dinner, are \$30 for Opera House members and \$35 for nonmembers. Reservations are needed 48 hours in advance. Call 850-997-4242 or go to www.monticellooperahouse.org. Carrie Ann & Co. will cater dinner. The Opera House Stage Company presents its 13th annual production murder mystery dinner theater 'Murder Rides Again' on Friday and Saturday evenings.

May 11
Aucilla Christian Academy Dancers will perform their annual dance recital on Saturday. 'Once Upon A Time' will start at 3:30 p.m. at the Monticello Opera House. Tickets will be available at the door. Cost is \$4; all students are welcome for free. Come enjoy an enchanted family outing of ballet, jazz, and hip-hop performed by students in grades K4 to 12th.

Senior Dancer Hadley Revell and Dance Instructor Jennifer Cooksey Drawdy.

May 11
Red Hats will gather this Saturday in the Winn Dixie parking lot between 11:15 to 11:30 a.m. to caravan promptly at 11:30 a.m. to the Beau Turner Youth Conservation Camp. Queen Mum Pat Muchowski will lead. The cost is \$11, in exact cash, for a box lunch. This is a Western themed program, with the ladies doing a bit of fishing! Who will catch the biggest fish? Reservations are required. Contact hostesses Fran Black at 850-997-1711, or Mary Cremeans at 850-997-3153. Scarlet O'Hatters meet at 11:30 a.m. on the second Saturday for lunch and a program at a location of their choice. For more information about the Red Hat Society, contact Queen Mum Pat Muchowski at 850-997-0688.

May 11
Martial Arts classes are held from 11:00 a.m. to 12:30 p.m. on Saturday in the Memorial Missionary Baptist Church fellowship hall. Contact Diane Hall at 850-264-1195 for more information.

May 11
Half-N-Half Four Band at the Dixie Community Center at 7 p.m. on Saturday for music and dance. Refreshments and good fellowship are available during intermission. For more information contact Kenneth Price at 1-229-263-7231. DCC is a nonprofit organization.

May 13
Al-Anon meetings are held at 8 p.m. on Mondays at the Anglican Church, 124 Jefferson Avenue in Thomasville. For more information go to www.al-anon.alateen.org.

May 13
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.

May 13
The Palmer Place Book Club will meet on Monday at 6 p.m. to discuss its most recent book. The meeting will begin with the discussion and selection of the next book, and then attendees will share their views about the book of the month 'Resistance,' by Anita Shreve; a novel about World War II in Belgium. Contact Abi Vander-vest at 850-997-4607 for more information. All are welcome to join for the discussion, to help select the next book, and to suggest authors.

May 13
Big Bend Horseman's As-

sociation will meet at 7 p.m. on the second Monday at Green Industries Institute for a brief program and meeting. This is an open horse club for all breeds. Everyone is welcome. Go to www.bigbend-horse.com for more information.

May 13
Fun Fitness Classes for all levels! Mondays and Thursdays: Golden Girls Revival 4:30 to 5:15 p.m. and Girls Revival with Core 5:30 to 6:30 p.m. For more information contact Doris Bishop at 850-591-0085 or go to www.GirlsRevivalFitness.com.

JuneBug'z Garden Unique Boutique & Gift Shop

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On Friday and Saturday
May 10th and 11th

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For those of you who still haven't figured out what to buy mom for Mother's Day, this is your perfect opportunity. We are making more room on the shelves for our new items and you are reaping the great rewards!

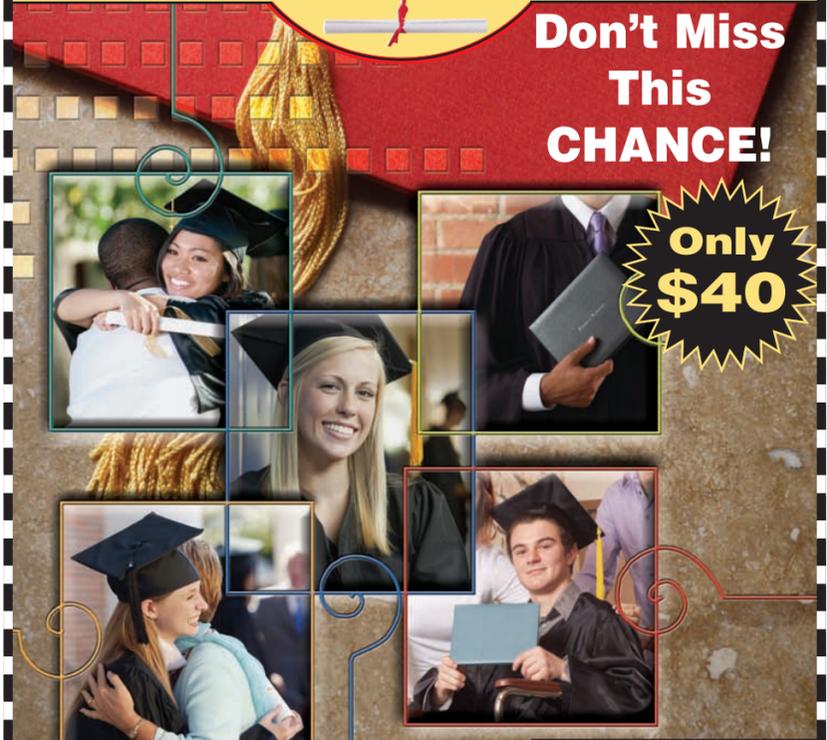
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How God Created Mother

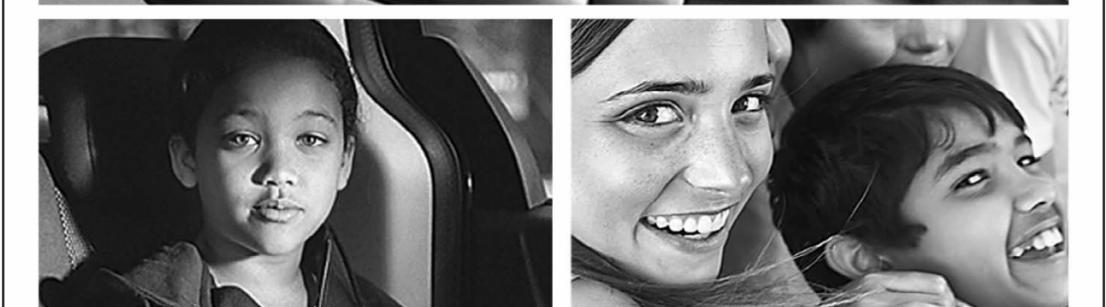
God took the fragrance of a flower,
 The majesty of a tree,
 The gentleness of morning dew,
 The calm of a quiet sea,
 The beauty of a twilight hour,
 The soul of a starry night,
 The laughter of the rippling brook,
 The grace of a bird in flight,
 Then God fashioned from these things
 A creation like no other,
 And when His masterpiece was through,
 He called it simply...MOTHER.



Happy Mother's Day
To A Loving Mother On Mother's Day

Heavenly father creator of all living things I found myself as I bow to your throne I pray for love joy peace and happiness to be present in my home whatever I do and that your holy spirit forever in my heart and in my mind please give me strength cause I feel a little weak sometimes I need help from you to see me through Heavenly father best of all do I give you glory down on my knees I fall I yearn for wisdom and understanding. Do you my praise I pray do you my god. I would know whose to blame I pray that your will be done and that the light shine with understanding let it shine down all the time cause you are with me in the final days all the time Heavenly father king of all kings. I pray for the sick and weak ones too. Yes I do and all of those who are strong and know their purpose let them be angels to you let them work for you and let your holy spirit come across the waters of my mind. I want to make you proud of what you have done so I talk to you through your son. Heavenly father and I thank you and I pray for all peace my prayer from above I pray for your indication for your holy name I pray for peace down on my knees I pray sometimes I walk around I pray for the children I ask for wisdom joy and happiness and I pray for your will to be done. I pray for my brothers, my sisters, my mother, my father, my uncle, my aunt, my cousins, my nieces, my son, my daughters, my enemies.
 From your loving son who would love forever and ever, bless you and god be with you,
 Bernard Huggins,

Let your voice be heard Jefferson County.



You're invited to Join us at our Tobacco Free Jefferson Partnership meeting on Tuesday, May 14, 2013 at 4:00 pm at the Jefferson County Health Department Annex Building 1175 W. Washington St., Monticello, Florida 32344.
 For more information please contact the Tobacco Prevention Specialist at 850-342-0170 X 2101.



Jefferson County Living

Be A Responsible Pet Owner

FRAN HUNT
ECB Publishing
Staff Writer

Jefferson County is the greatest place in the world today, to live, that is, if you're a human. It is a fantastic place for many domestic animals, but that isn't always the case. Every spring with the seasonal critter baby boom, some normally good residents for some reason, have a tendency to get cruel, go crazy, and dump unwanted litters.

Many animals today are abused, abandoned and dumped in rural areas in the community. It could be due to the economy, who knows. But nine times out of ten, these poor furry little souls die a slow and painful death. They die hungry, lonely, sick, afraid and infested with the misery of parasites sucking away at what is left of their little bodies.

Just because a batch of puppies or kittens is referred to as a "litter," does not warrant them being treated as such. Over the years as a newspaper reporter, I have covered many horrific stories of abandoned animals and the miracle of their survival and health due to the loving care they are given at the Humane Society, through good Samaritans and volunteers, and of course, through the local veterinarians offices.

For each one who lives and finds a forever home, there are many more who do not. As they suffer at the end of their short lives, they wonder what they did

wrong; what they did to deserve this kind of treatment. But it's not them; it's us!

Grow up people! It's time to become responsible pet owners!

If you're going to have a pet and let it have a tendency to roam, be responsible and spay or neuter. If you're not going to be a responsible pet owner, then don't get the pet!

Why do some so-called humans have no heart, no feeling? How could anyone do these unspeakable things to helpless little animals, which happen to be one of many of God's glorious gifts to man in the world? Do we not care; of course we do. But we have to watch for those who do not, and help those little ones who need it. Instead of turning your head to the person caught dumping an animal at a local dumpsite, take action and call the Sheriff to report the criminal. "Dumping of these animals is animal cruelty, and abandonment," said Sheriff Hobbs. "I encourage residents to be on the lookout, and watch for those dumping animals, and then report it."

Take down the license number, and possible a description of the vehicle and person who did the dumping. Then call the Sheriff's Office at 997-2523. Sheriff David Hobbs has vowed that offenders would be prosecuted to the fullest extent of the law.

Start a dialogue with your neighbors, family, and friends about how spaying and neutering

their pets can save thousands from dying needlessly.

With the coming of spring, and the yearly critter baby boom, cases of little "dumplings" gets much higher. But this year is really horrific. The stories you're about to read involve animals far too young to be taken from their mothers; animals which would have slowly starved to death, succumb to the heat or elements, or even be considered as rodents by predators.

On March 16, a good Samaritan went to the dumpsite on New Monticello Road. As she was pulling out, she caught a glimpse of something moving out of the corner of her eye. When she investigated, she found three male puppies next to the road. They were approximately 10-14 days old and their eyes were just starting to open. "It was getting dusk and I'm lucky to have seen them at all," she said.

She took the puppies home, and not having any experience with bottle-feeding the little ones, she happened to mention the incident to one of her friends at church the following day. Her friend, who happened to have much experience with bottle-feeding, offered to take the puppies and care for them until they were weaned and eating solid food.

The friend also had a female black lab, which had just gone through a false pregnancy. Though the dog could not provide milk to the puppies, she cared for them, cleaned them, and taught them what they needed to know as dogs. Three weeks later, the friend returned the puppies to the good Samaritan.

The puppies are now old enough to adopt. Humane Society volunteer Jeri Kimbrel has offered to coordinate the adoption of the puppies. To adopt, call 997-4932.

On Wednesday, April 3, an employee of the News stopped by Monticello Milling and was offered a young lactating female cat. So, she brought the cat to the News office. What became of her kittens, no one knows. News staffers named her Missy.

That same day, a local resident found a two-day old kitten in her yard, which still had the umbilical cord attached, and eyes unopened. She brought the little one to the Humane Society, who began hand feeding her.

On April 8, another co-worker of the News, stopped at the collection site in Aucilla, and near the tire sight, she heard some crying, and found two female calico kittens, approximately 7-10 days old.

Not wanting to leave them there, she brought them to the office in hopes that Missy was still lactating enough to feed them. Missy immediately took to the kittens and has been

taking care of, and teaching them since. In another week or so, they will be old enough for adoption.

The following day, a county employee found a female kitten, approximately 7-10 days old at the Aucilla collection site. He brought the kitten to the Humane Society, who is now hand feeding two very young kittens. The kitten's eyes were just beginning to open but they were badly mattered shut. She also had an upper respiratory problem.. She was too young to give medication for the respiratory problem, but volunteers began working on cleaning her up and removing the matter from her eyes. They reported that it was a challenge at first, to even get her to eat.

These little ones are some of the lucky ones, but for every one found, there are many more who are not, and they suffer, starve, become totally wild, or die.

All of these stories are needless if people would just be responsible pet owners and spay and neuter their animals. If you don't want a litter, spay and neuter!

Jeri Kimbrel recently lobbied the City Council to donate money for the purpose of spaying and neutering animals residing in the city. "They donated the money because they want to cut down on the amount of animals running the streets," she said.

The money donated went toward a low cost/no cost spay and neuter program, for city residents only. Call the shelter at 342-0244, leave your name and phone number and indicate that you are interested in the program.

Kimbrel added that she had also approached the County Commission, but they declined to donate.

Do these stories of the little "dumplings" anger you? Do you wish to assist these little furry ones who cannot help or speak for themselves? Spay and neuter your pets. Encourage others to spay and neuter their pets. Watch for and report all offenders dumping or abusing animals in the county. Volunteer at the shelter, who knows, one of these little victims may turn out to be the family member you have been searching for. Make a donation to the Humane Society, PO Box 954, Monticello FL 32345, toward their food and care. If you spot young animals with no mother in sight, leave them alone for a day or two.

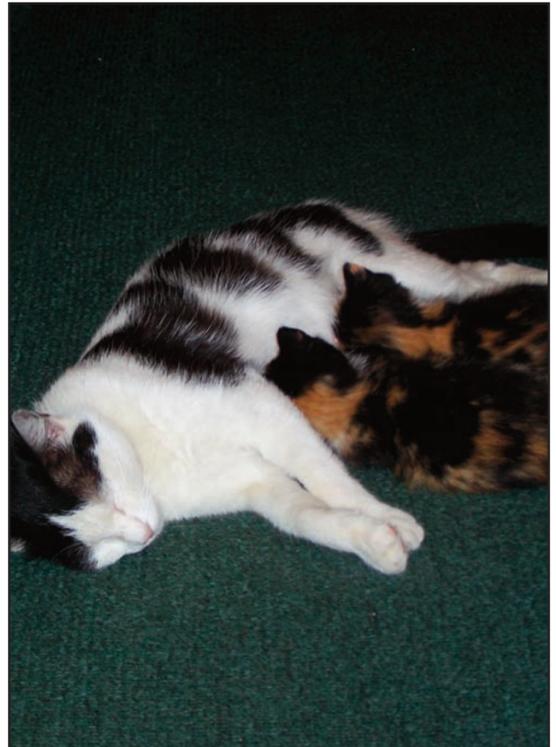
No mother would strand her babies; she will come back. Watch for a day or two and if there is still no mother, then bring the little ones to the shelter, but not until making sure that Mom isn't going to show for one reason or another. Any little thing you can do to assist those who cannot speak for themselves, is greatly appreciated by the Humane Society and of course, those furry little ones.



ECB Publishing photos by Fran Hunt
A local resident found this kitten when she was about two days old.



This kitten was found at the Aucilla dumpsite, when she was about 7-10 days old.



Missy was dumped when she was lactating, and these two kittens were found at the Aucilla dumpsite just few days later. Missy totally accepted them as her own.



These puppies were found at a county dumpsite when they were just days old.

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School

North Florida Community College Announces President's Honor Roll

Twenty-nine North Florida Community College students have been named to the President's Honor Roll at the conclusion of NFCC's Spring Term 2013. The President's Honor Roll recognizes outstanding academic achievement at the completion of each semester. Inclusion on the list is awarded to all full-time students who, during the term, have earned a grade point average of 3.8 to 4.0 on course work of at least 12 hours.

NFCC students recognized for academic achievement and named to the President's Honor Roll FROM Jefferson County for Spring Term 2013 are:

- | | |
|--------------------|------------|
| Mandy L. Holley | Lamont |
| Victoria M. Holley | Lamont |
| Ross M. Everett | Monticello |

Area Students Earn Degrees At Thomas University

A record number – 335 students – graduated from Thomas University during its 58th Commencement held Saturday, May 4, in the gymnasium on TU's West Campus. Local students who graduated include the following.



- Monticello**
- Tammy Earnest, Bachelor of Science in Nursing
 - Brittany Leigh Hobbs, Bachelor of Science in Nursing
- Midway**
- Tomiko Scott, Master of Science in Nursing
- Wacissa**
- LaKera Shnette Reddick, Master of Science in Rehabilitation Counseling

NFCC Announces Summer Hours For College And Colin P. Kelly Fitness Center

The North Florida Community College campus will be closed on Fridays during Summer 2013. Beginning May 6, summer hours are Monday through Thursday, 8 a.m.-4:30 p.m.; closed on Fridays. Regular Monday through Friday hours will resume beginning Monday, Aug. 19. NFCC information is available online at www.nfcc.edu and you can also connect with the College on facebook at www.facebook.com/nfcc.e



du for the latest updates and information.

NFCC's Colin P. Kelly Fitness Center will also have special summer hours. Fitness Center hours are Monday-Thursday, 6 a.m.-7 p.m. (May 6-Aug. 19). More information is available from the NFCC website at www.nfcc.edu/fitness-and-wellness-center or by visiting the NFCC Fitness Center on facebook at www.facebook.com/kelly-center-nfcc.

Dr. Charles B. Gillespie Visits NFCC EMS Program

North Florida Community College EMT students recently had an amazing opportunity to meet an early advocate for rural emergency medical services and the creator of the official "EMT Oath and Code of Ethics" – Dr. Charles B. Gillespie.

Back in the early 1970's, Charles Braselton Gillespie, M.D. F.A.C.S. was the Chairman of the Emergency Health Services Advisory Council. This Council set up all the original regulations for the EMS service in Georgia. His contributions starting EMS services in Rural Georgia are widely known.

During this time, he developed the "EMT Oath". This Oath was adopted by the National Association of EMTs in 1978, and the American Academy of Orthopedic Surgeons. The EMT Oath is found in every EMT textbook printed in the United States today.

"I was fortunate enough to meet Dr. Gillespie and ask him to bring his insights on the founding of early EMS system and his development of the EMT oath [to NFCC]," said Mac Leggett, Director of Fire and EMS Programs at NFCC.

For more information on NFCC EMS programs, contact Mac Leggett at (850) 973-1673 or email leggetta@nfcc.edu.



Dr. Charles B. Gillespie visits NFCC EMS Program.



Be it pledged as an Emergency Medical Technician, I will honor the physical and judicial laws of God and man. I will follow that regimen which, according to my ability and judgement, I consider for the benefit of my patients and abstain from whatever is deleterious and mischievous, nor shall I suggest any such counsel. Into whatever homes I enter, I will go into them for the benefit of only the sick and injured, never revealing what I see or hear in the lives of men.

I shall also share my medical knowledge with those who may benefit from what I have learned. I will serve unselfishly and continuously in order to help make a better world for all mankind.

While I continue to keep this oath unviolated, may it be granted to me to enjoy life, and the practice of the art, respected by all men, in all times. Should I trespass or violate this oath, may the reverse be my lot. So help me God.

— C. B. GILLESPIE, M.D., FACS
Albany, Georgia

NFCC Announces Jefferson County Graduates for Spring Term 2013

North Florida Community College awarded 96 students with degrees or certificates at the conclusion of its Spring Term 2013. Graduates were honored at NFCC's Spring 2013 Commencement Ceremony on May 2 at Van H. Priest Auditorium. Walter Boatright, Jr., Director of Career, Technical, and Adult Education and Principal of Suwannee-Hamilton Technical Center in Live Oak, was guest speaker at the commencement ceremony.

NFCC is proud to recognize its Spring 2013 graduates and applauds their accomplishments. NFCC's Spring 2013 Jefferson County graduates are:

Darryl Callier of Monticello.
Associate in Arts, CUM LAUDE

Garrett Dykes of Monticello.
Emergency Medical Technician / EMT-B (Certificate) HONORS

Cole Joiner of Monticello.
Emergency Medical Technician / EMT-B (Certificate) HIGHEST HONORS

Ieshia Jones of Monticello. Associate in Arts

Gail C. Turner of Monticello. Associate in Arts



Jefferson County Schools
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Fri., May 10	Mon., May 13	Tues., May 14
Hamburger on Bun	Pizza	Beef A Roni
Lettuce, Tomato & Pickle	Corn on Cob	Greens
Oven Fries	Fruit	Fruit
Fruit	Milk	Cornbread
Milk		Milk
Wed., May 15	Thurs., May 16	Fri., May 17
Hot Dog	Cook's Choice	Grilled Chick Burger
Baked Beans		Sweet Potato Tots
Cole Slaw	Today's Special Selections chosen especially for you by our Cook!	Fruit
Fruit		Milk
Milk		

Jefferson County School Board

PHIL BARKER



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Monticello, FL 32344
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SANDRA SAUNDERS



DISTRICT 2
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Monticello, FL 32344
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SHIRLEY A. WASHINGTON



DISTRICT 3
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Monticello, FL 32344
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LARRY HALSEY



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Monticello, FL 32344
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Monticello, FL 32344
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Thank You Teachers. Each one of you gave 100% this year. We are so proud of all of you!

Sports

ACA Honors Senior Baseball Players



Photo courtesy of Allison Bishop

FRAN HUNT
ECB Publishing
Staff Writer

Seniors on the Aucilla Christian Academy baseball team were recognized prior to the game against Brookwood on April 16.

One by one, each of the players, and his parents were introduced. The players each received a baseball, which had been signed by the entire team, and was encased in a nice display case.

The mother of each of the players was presented with a beautiful bouquet of flowers.

Warriors recognized during the ceremony included Tres Copeland, Russell Fraleigh, Bradley Holm, Jared Jackson, Hans Sorensen, Gus Smyrniotis, Joshua Wood, and Kaleb Wyche.

The ceremony began with a few words from ACA

Assistant Principal Kevin Harvin. "Today, ACA Baseball Boosters are honored to have a special recognition ceremony for our senior baseball players. We would like to thank these young men, along with their families, for the commitment and dedication they have shown to our athletic program. We are very proud of them. We wish them all of God's blessings for the future.

Tres Copeland is the son of Tom and Debbie Copeland of Greenville. Tres has been at ACA for eight years. This is Tres' sixth year playing baseball for the Warriors. Tres plans to eventually attend Florida State University to pursue a law degree. Tres would like to thank his parents for all of their support.

Russell Fraleigh is the son of Jay and Donna Fraleigh of Madison. Rus-

sell has attended ACA for eight years, and has played baseball for Aucilla for seven years. He plans to attend the University of North Florida and obtain a degree in nursing. Russell would like to thank all of the staff and faculty of ACA, but most of all, he would like to thank his parents for always pushing him to be his best, and always being there for him.

Bradley Holm is the son of Mike and Sandy Holm of Monticello. Bradley has attended ACA for nine years. Bradley had played on the junior varsity and the varsity baseball teams for the Warriors. He plans to attend North Florida Community College and participate in the law enforcement program. Bradley would like to thank his grandparents, his parents, and his coaches for all of their sup-

port.

Jared Jackson is the son of David and Cathy Jackson of Monticello. He has attended ACA for 14 years, and played baseball for the varsity Warriors for six years. He plans to attend a university and play football. He hopes to major in either engineering, business, or agriculture. Jared would like to thank his coaches, the staff and faculty at ACA, and his parents, for all of their support.

Hans Sorensen is the son of Eric and Patricia Sorensen of Monticello. He has attended ACA for 14 years, and played baseball for the varsity Warriors for four years. Hans plans to attend college and play baseball. He would like to thank Coach (Ray) Hughes and Coach (Drew) Sherrod for their time and dedication, his family for their

support, and Jesus.

Gus Smyrniotis is the son of Gus and Kristy Smyrniotis of Perry. Gus has attended ACA for two years, and played baseball for the Warriors for two years. He plans to attend Tallahassee Community College or North Florida Community College in the fall. He would like to thank Coach Drew, his parents, and God.

Joshua Wood is the son of John and Jana Barrs of Lee, and Henry Wood of Oxford, FL. Josh has attended ACA for four years and played baseball for the Warriors for four years. Josh plans to attend Liberty University in Lynchburg, VA, focusing on a degree in Worship Leadership. He would like to thank God for guiding him to Aucilla, Mr. (Richard) Finlayson for his guidance, his coaches, and especially

his mother, fathers, and all other "mothers" who have helped him along the way.

Kaleb Wyche is the son of Dub and Lynn Wyche of Madison. Kaleb has attended ACA for four years, and has played baseball for the Warriors for four years. He plans to attend North Florida Community College for two years, and receive an AA degree, and then transfer to the University of Central Florida, to pursue a degree in nursing. He would like to thank his parents for being good role models in his life.

After each senior was introduced, Harvin concluded the ceremony saying, "Let's give these seniors a huge round of applause for the years of hard work and dedication they have given to their families, community, and ACA. They will be greatly missed next season."

Ashley Schofill Signs With University of North Florida



ECB Publishing photo by Brooke Kinsley, April 19, 2013

Ashley Schofill is shown while signing her softball scholarship to the University of North Florida on April 19th. Pictured left to right are: Ansley Rogers, ACA assistant coach; Becky Lauth, ACA head coach; Ashley Schofill; Paulette Schofill and Billy Schofill.

FRAN HUNT
ECB Publishing
Staff Writer

Aucilla Christian Academy (ACA) senior Ashley Schofill, recently signed a National Letter of Intent to play softball for the University of North Florida. She received a four-year scholarship from the college.

Of her receiving the scholarship, ACA Principal Richard Finlayson said, "We here at Aucilla Chris-

tian Academy are very proud of her accomplishments; her accomplishments in softball, in the classroom, in her leadership, and her character. Ashley is a fine young lady, and she'll be an asset to UNF, both on and off the field. We are very pleased to have had the opportunity to impact her life. She has had a very positive impact on the school, as well. We know great things lay ahead for her."

University of North Florida Head Softball Coach Marcie Hickey spoke of Ashley's joining the UNF team. "We are excited to have Ashley join our program," said Hickey. "She is a versatile athlete that will add depth for us in the infield and provide us with another talented bat on offense. Her strong work ethic and desire to succeed both on and off the softball field, will mesh well with that of our program."

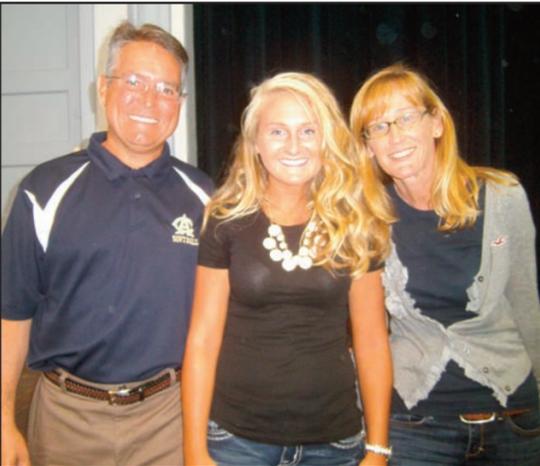
ACA Head Softball Coach Becky Lauth added, "Ashley is a great kid and was a great leader for our team. She is one of those that makes playing the game look easy. She was extremely strong both offensively and defensively. She had the highest batting average and number of RBI's for us this year. I predict that Ashley will do big and great things for UNF's softball program, and they will be just as blessed as we were to have her."

While at UNF, Ashley plans to study nursing. "I love helping people and have always wanted a career of helping people," she said. Ashley's goal is to one day work in an emergency room (ER), or a pediatric unit.

Though she does not yet know which position she will be playing for UNF, she says that it will more than likely be in the infield.

As ACA's team captain, Ashley was named the Class 2A District 1 Player of the Year.

She also played for Aucilla during her freshman and sophomore years, earning First-Team All-Big Bend twice. During her sophomore year, she helped the Lady Warriors advance to FHSAA 1A Final Four in



ECB Publishing photo by Brooke Kinsley, April 19, 2013

Ashley Schofill with her parents Billy and Paulette Schofill.

2011. She was named First-Team All-State and Aucilla's Offensive Player of the Year as a sophomore, and Ashley was tabbed Team MVP as a freshman.

For her junior season, Ashley attended Florida High School in Tallahassee. She helped Florida to a runner-up finish in the FHSAA State 4A Tournament in 2012. She was named the team's captain, and also earned Second-Team All-State and First-Team All-Big Bend honors.

So what does she credit her talent on the field to? "God, first and

foremost," she said. "My parents, for all of their support and for putting me in travel ball and softball. I also credit all of the coaches I have had over the years for teaching me."

Ashley has been playing softball since she was nine years old, and discovered that she had a natural knack for it.

During her high school career, Ashley was also a varsity cheerleader, and she played varsity basketball. She is a member of the Fellowship of Christian Athletes and the Beta Club.

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Size 7-8 child's - off white dress, worn as a flower girl dress, overlay of lace over entire dress, probably knee to calf length - \$25

Size 8 child's - white, long dress, lace around neck with decorative bodice - \$25

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Size 8 Teen Dress - Light baby blue dress with baby blue and black array of designs from the waist down. The top is a gathered bodice with black sequins crisscrossed across the front. Has a beautiful train. \$175

Size 8 Teen Dress - A fuchsia strapless gorgeous dress. The dress has gathers up the bodice and a sequined design down the left side and laces up half the back. There is also a train on this dress and a split up one leg. \$200

Size 6-8 Teen Dress - A turquoise dress that has sequined straps that criss cross across the back. The dress is also sequined in the stomach area and is made out of mesh material. Also has a beautiful long train in the back. \$75

Size 10 Teen Dress - A beautiful, elegant, flowing emerald green dress. Has eye-catching beaded straps that criss cross in the back along with a beaded design in the front of the dress. Beautiful flowing train. \$200

Size 14 (child's size 14 but dress is for a teen division approximately 13-15) - GORGEOUS lime green dress, strapless but with spaghetti straps that criss cross across the back, sequins spotted across the entire gown, built-in crinoline - absolutely gorgeous. - \$250

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NOTICE OF MONTICELLO CITY COUNCIL WORKSHOP

The Monticello City Council will conduct a workshop on Thursday, May 16, 2013 at 6:30 p.m. Items to be discussed include revenue updates, budget projections, and other operational issues.

The meeting will take place at Monticello City Hall, 245 S. Mulberry Street.

Persons with disabilities who need an accommodation to participate should contact City Clerk Emily Anderson at 342-0292 or eanderson@monticello.net. 5/10/13

SRWMD Governing Board Meetings

On Thursday, May 16, 2013, the Suwannee River Water Management District's Governing Board will meet at 9:00 a.m. at the Cedar Key Library, 460 2nd Street, Cedar Key, FL 32625.

The meeting is to consider District business and conduct public hearings on regulatory, real estate, and other various matters.

On Friday, May 17, 2013, at 8:30 a.m., the Governing Board members will attend a workshop at the Cedar Key Library.

A copy of the agenda may be obtained by contacting: Lisa Cheshire at 386-362-1001 or on the Districts website at www.mysuwanneeriver.com

All meetings, workshops, and hearings are open to the public. 5/10/13

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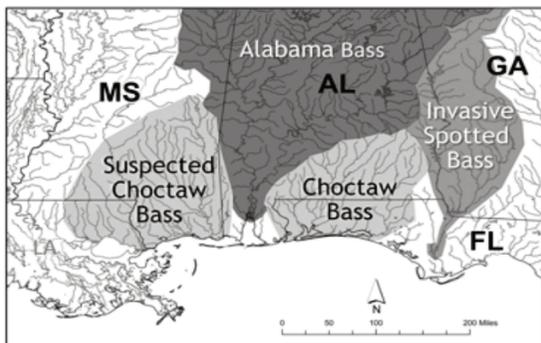


Sometimes organisms are so similar in appearance that members of two different species are considered to be the same species. This was the case for the newest member of the black basses – the Choctaw bass, *Micropterus haiaka*. For decades, biologists and anglers had not realized this bass, which inhabits coastal river systems in the western Florida Panhandle and Alabama, was actually distinct from one of its relatives, the spotted bass.

If not for a Fish and Wildlife Research Institute (FWRI) genetic study involving other basses of the genus *Micropterus*, Florida's newest native bass species might have eluded detection even longer. While testing specimens from northwest Florida's Chipola River in 2007, FWRI scientists encountered a DNA profile that did not belong to any known bass species. To locate its source, they began testing archived bass tissues collected from nearby rivers.

By early 2009, scientists had discovered the same genetic profile in bass populations inhabiting the Choctawhatchee, Yellow, Blackwater, Escambia, Conecuh and Perdido rivers. After reinterpreting work done in 1940 by taxonomists Carl Hubbs and Reeve Bailey, scientists believe Choctaw bass could also occur in extreme southwest Alabama and southeast Mississippi, just west of the Mobile River Basin. Since 2012, they have been working to confirm this.

The scientific criteria



Map of the known and suspected Choctaw bass ranges. Also shown are what researchers believe to be the ranges of two black basses that could pose a conservation threat if introduced into Choctaw bass habitats.

for recognizing a new species are rigorous. Fortunately, the genetic and morphological (regarding form and structure) evidence assembled by the FWRI research team leaves no doubt that fish with this new genetic profile constitute a valid species. Choctaw bass can usually be distinguished from other basses by counting scales, fin rays and gill rakers, which are comblike projections inside the gills that prevent particles from collecting on the gill filaments. Fool-proof identification, however, requires genetic testing.

The name given to this new species – Choctaw bass – reflects its geographic connection to the indigenous range of the Native American Choctaw tribe. The provisional scientific designation “*haiaka*” comes from the Choctaw language and means “revealed” or “manifest.” Researchers believe it is a fitting label as they did not set out to discover a new bass species.

Now that this native bass is known, scientists

want to ensure the population remains healthy by implementing the best possible conservation management practices. Ironically, the biggest conservation threat to the Choctaw bass may come from its cousins, spotted bass and Alabama bass. Typically, Choctaw bass have been found in the upper reaches of rivers and streams where sediment accumulates, avoiding stream headwaters and tidal zones found closer to the coast. As of late 2012, everywhere Choctaw bass had been collected, spotted bass and Alabama bass were absent. This is encouraging because these bass species are often introduced outside of their native range to expand fishing opportunities, which can displace native bass populations in other freshwater systems and, in some cases, allow introduced species to genetically overtake native basses through hybridization (interbreeding). Florida and Alabama now have regulations preventing fish introductions and relocations.

USDA Announces 45th General Sign-Up For The Conservation Reserve Program

Agriculture Secretary Tom Vilsack today announced at the National Pheasant Fest and Quail Classic that the U.S. Department of Agriculture (USDA) will conduct a four-week general sign-up for the Conservation Reserve Program (CRP), beginning May 20 and ending on June 14. CRP has a 27-year legacy of protecting the nation's natural resources through voluntary participation, while providing significant economic and environmental benefits to rural communities across the United States. Under Secretary Vilsack's leadership, USDA has enrolled 11.7 million acres in various CRP efforts.

"Since the 1980s, the CRP program has established itself as a benchmark in voluntary conservation efforts, providing American producers with assets to address our most critical resource issues," said Vilsack. "Last year, during one of the worst droughts in generations, the CRP proved vital in protecting our most environmentally sensitive lands from erosion. Emergency haying and grazing on CRP lands also supplied critical feed and forage for livestock producers due to the drought. And the program continues to bring substantial returns to rural areas, attracting recreation and tourism dollars into local economies while sustaining natural and wildlife habitat for future generations."

Additional sign-ups for continuous CRP programs such as Highly Erodible Land Initiative and Initiative to Restore Grasslands, Wetlands and Wildlife will be announced in spring 2013.

Currently, about 27 million acres are enrolled in CRP, which is a voluntary program available to agricultural producers to help them safeguard environmentally sensitive land. Producers enrolled in CRP plant long-term, resource-conserving covers to improve the quality of water, control soil erosion and en-

hance wildlife habitat. Contracts on 3.3 million acres of CRP are set to expire on Sept. 30, 2013. Producers with expiring contracts or producers with environmentally sensitive land are encouraged to evaluate their options under CRP.

Producers that are accepted in the sign-up can receive cost-share assistance to plant long-term, resource-conserving covers and receive an annual rental payment for the length of the contract (10-15 years). Producers also are encouraged to look into CRP's other enrollment opportunities offered on a continuous, non-competitive, sign-up basis and that often provide additional financial assistance. Continuous sign-up dates will be announced at a later date.

Over the past 27 years, farmers, ranchers, conservationists, hunters, fishermen and other outdoor enthusiasts have made CRP one of the largest and most important USDA efforts. CRP continues to make major contributions to national efforts to improve water and air quality, and to prevent soil erosion by protecting the most sensitive areas including those prone to flash flooding and runoff. CRP has also helped increase populations of pheasants, quail, ducks, and rare species, like the sage grouse, the lesser prairie chicken, and other grassland birds. Highlights of CRP include:

CRP has restored more than two million acres of wetlands and two million acres of riparian buffers;

Each year, CRP keeps more than 600 million pounds of nitrogen and more than 100 million pounds of phosphorous from flowing into our nation's streams, rivers, and lakes.

CRP provides \$1.8 billion annually to landowners-dollars that make their way into local economies, supporting small businesses and creating jobs; and CRP is the largest private lands carbon sequestration program in the

country. By placing vulnerable cropland into conservation, CRP sequesters carbon in plants and soil, and reduces both fuel and fertilizer usage. In 2012, CRP resulted in carbon sequestration equal to taking about nine million cars off the road.

The Obama Administration is leading a host of federal agencies in the America's Great Outdoors initiative to develop a 21st century conservation agenda and reconnect Americans to the outdoors. At the same time, USDA continues to enroll a record number of acres of private working lands in conservation programs, working with more than 500,000 farmers and ranchers to implement conservation practices that clean the air we breathe, filter the water we drink, and prevent soil erosion. Since 2009, USDA has enrolled more than 50 million acres into the Conservation Stewardship Program to incentivize the most productive, beneficial conservation practices. And USDA's work in the Chesapeake Bay watershed, the Mississippi River Basin, and Gulf of Mexico are among 19 initiatives applying the most effective conservation practices to increase agricultural and environmental returns. USDA science is also helping to focus work in areas to reduce problematic nutrients making it to rivers and streams by as much as 45 percent.

For more information on CRP and other FSA programs, visit a local FSA service center or www.fsa.usda.gov.

USDA is an equal opportunity provider and employer. To file a complaint of discrimination, write: USDA, Office of the Assistant Secretary for Civil Rights, Office of Adjudication, 1400 Independence Ave., SW, Washington, DC 20250-9410 or call (866) 632-9992 (Toll-free Customer Service), (800) 877-8339 (Local or Federal relay), (866) 377-8642 (Relay voice users).

Hunter Safety Course Offered In Jefferson County

The Florida Fish and Wildlife Conservation Commission (FWC) is offering a free hunter safety course in Jefferson County.

The course will be at the Beau Turner Youth Conservation Center, 9194 S. Jefferson Highway, Monticello. Instruction is from 8 a.m. to 5 p.m. May 18 and 1 to 5 p.m. May 19.

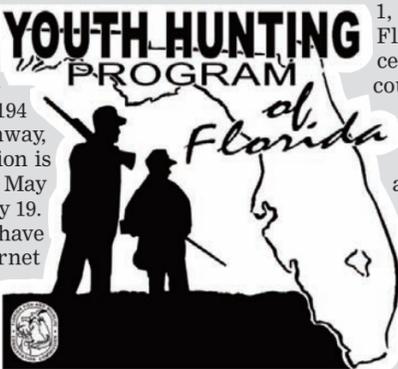
Students who have taken the Internet course and wish to complete the classroom portion must bring the online-completion report and attend only the May 19 session from 1 to 5 p.m.

An adult must accompany children under the age of 16 at all times. Students are encouraged to bring a pencil

and paper with them to take notes.

The hunter safety course is required for people born on or after June 1, 1975, to purchase a Florida hunting license. The FWC course satisfies hunter-safety training requirements for all other states and Canadian provinces.

People interested in attending this course can register online and obtain information about future hunter safety classes at www.MyFWC.com/Hunter-Safety or by calling Hunter Safety Coordinator George Warthen at the FWC's regional office in Panama City at 850-265-3676.



Forest Officials Alert Neighbors About Flash Flood Danger

National forest officials have issued a flash flood bulletin for communities and people who camp outdoors. A flash flood is a serious weather event for forest visitors because rising flood water is extremely dangerous—a sudden surge can claim victims quickly. Any intense, heavy rain that falls in a short amount of time can create flash flood conditions in a low-lying area, according to the National Weather Service, and it can happen at a moment's notice any time of the year.

It is important that you do not attempt to drive over a flooded road. The depth of water is not always obvious. The road bed may be washed out under the water, and you could be stranded or trapped.

During a flash flood, rapidly rising water can reach heights of 30 feet or more. The velocity of a flood surge can easily roll boulders and vehicles, tear out trees, destroy bridges and undermine roads. A low-lying area can become a death trap in a matter of minutes.

Weather experts say the best defense is to be weather-ready before a storm hits. Forest officials are asking neighbors to check the National Weather Service forecast before they leave home, and to be alert for changing weather conditions while visiting the forest. Devices like a weather radio, a terrestrial radio, a smartphone app or a cell phone mobile alert can help visitors stay tuned-in before

and during their outdoor activities.

Statistics show that most flash floods in the U.S. occur after dark, when campers are asleep.

According to the Forest Service, national forests are popular places to sleep under the stars. "People from nearby communities come camping all year," the Matthews said. "They need to be weather-ready every time they visit the forest. Outdoor safety isn't something to brush off or take lightly."

"When a flash flood strikes at night, it's nearly impossible to know how deep and fast the water is," Matthews explained. "It's noisy. It's dark. And it's disorienting to wake up suddenly during a storm. You have to act quickly."

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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 May 10, 2013 through May 17, 2013
Major Feed Times are marked by an asterisk (*)

Friday, May 10 *1:10 AM 7:20 AM *1:20 PM 7:30 PM	Saturday, May 11 *1:45 AM 8:00 AM *1:10 PM 8:20 PM	Sunday, May 12 *2:40 AM 8:50 AM *3:10 PM 9:20 PM	Monday, May 13 *3:30 AM 9:40 AM *3:55 PM 10:10 PM
Tuesday, May 14 *4:30 AM 10:30 PM *4:45 PM 11:00 PM	Wednesday, May 15 *5:20 AM 11:30 AM *5:50 PM 11:45 PM	Thursday, May 16 *6:10 AM 12:20 PM *6:30 PM	Friday, May 17 12:40 AM *6:50 AM 1:00 PM *7:20 PM

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B SECTION

Health Focus



Jefferson Journal
May 10, 2013

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 tool released today. This study uses traditional, established data, much of which was obtained from the Department and is available to the people of Florida at www.floridacharts.com.

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 re-

main 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.

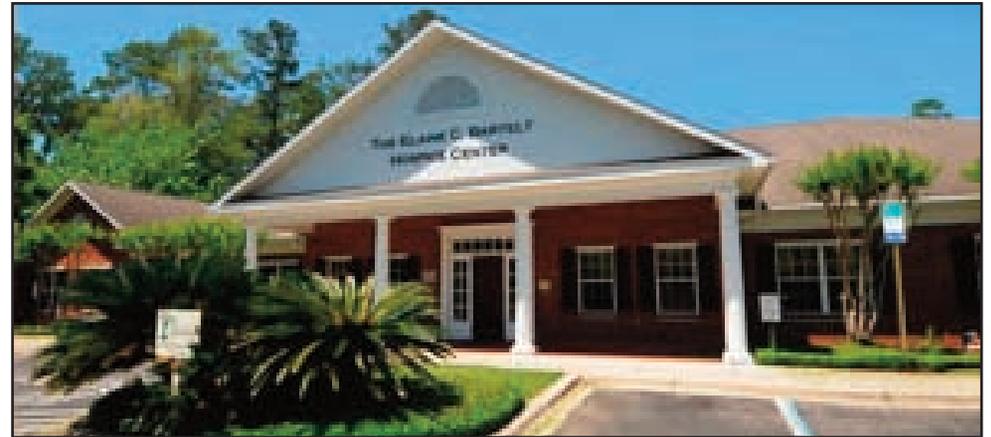
“There are many factors that impact the health of our community and together with the health department we are committed to maximizing resources and services to help our citizens choose a healthy lifestyle,” said Donna Hagan, Executive Director of the Healthy Start Coalition of Jefferson, Madison and 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.

Big Bend Hospice Introduces Program Encouraging Important Conversations



What does it mean to you to live well? This is one of the first questions a trained facilitator will discuss with you as a part of Big Bend Hospice’s new program PEACE. PEACE (Planning Early about Care at the End) is modeled after Respecting Choices™ a well-developed and proven systematic approach to help people articulate clearly and with those who matter most their wishes for end-of-life health care.

The PEACE program uses certified health care facilitators from Big Bend Hospice who have been trained in helping people have on-going discussions about important issues like what treatment a person would want if they are no longer able to speak for themselves to how would a person like to be remembered by those who matter most to them. These desires are captured on a document like Five Wishes and a reliable system is set in place to ensure the document is available as needed.

The goal is to initiate an ongoing discussion that focuses on a person’s motivation, knowledge and belief regarding health care at the end-of-life. The assessment helps to articulate preferences, values and goals. Building off of this understanding, people are better equipped to select a person who can speak for them in the event they cannot speak for themselves. Understanding the medical aspect of care for life-limiting illnesses, allows a person to make better

informed decisions of what they do or do not want and these decisions can be clearly articulated to their family, doctors, rabbi or minister, and other trusted persons.

Personal, cultural, and religious beliefs impact how we live and should be considered in how we die. Big Bend Hospice is proud to put in to place a program that will result in greater patient satisfaction as wishes are honored, better patient outcomes as patients receive the care they want and avoid the care they don’t want, and lower costs as unwanted tests and procedures are limited by planning early about care at the end.

Even if you have advance directives in place, you might find it helpful to review these plans with a facilitator skilled in evaluating the clarity of the values and wishes expressed.

If you would like to schedule a one-on-one meeting with a trained facilitator or have a PEACE representative come and speak with your Church or organization, call 850.878.5310. The service is free.

Big Bend Hospice has been serving this community since 1983 with compassionate end of life care along with grief and loss counselors available to provide information and support to anyone in Leon, Jefferson, Taylor, Madison, Gadsden, Liberty, Franklin or Wakulla county. If you would like additional information about services, please call 850-878-5310 or visit www.bigbendhospice.org.



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Florida Senate's Healthy Florida Proposal Questions and Answers

Senate Bill TBA would create Healthy Florida, a new health insurance program that would fill in the coverage gap between the traditional Medicaid safety net and private health insurance.

What is the Healthy Florida program?

Healthy Florida is a program that would extend access to real, quality health coverage to more than a million low-income Florida adults. Specifically, most uninsured adults under age 65 with family incomes less than 138% of the federal poverty level (and who do not qualify for Medicaid under Florida's current, strict eligibility criteria) would qualify for coverage starting January 2014.

The federal government would pay 100% of the cost of the Healthy Florida program through 2016 and no less than 90% after that. This funding would be available because Healthy Florida meets the requirements of the Affordable Care Act. However, under Senate Bill [TBA], if Congress ever reduced funding levels, the Healthy Florida program would end.

Who would qualify for Healthy Florida?

Eligibility category	Annual Income (2013 dollars)
Working parents	\$9,672 to \$26,951 (family of 3)
Unemployed parents	\$3,600 to \$26,951 (family of 3)
Disabled workers (who do not qualify for Medicare)	\$8,529 to \$15,856 (single individual)
Other non-elderly adults without children	\$0 to \$15,856 (single individual)

So is Healthy Florida an expansion of Florida Medicaid?

No. Healthy Florida would not be part of the Florida Medicaid program. It would be governed by different state laws, overseen by a different state entity, and provide different benefits. For one, Florida's Medicaid program is administered by the Agency for Health Care Administration, while Healthy Florida would be run by the Florida Healthy Kids Corporation (FHKC). FHKC currently administers coverage to children who are low-income but above the Medicaid income limit under the federal CHIP program.

So is Healthy Florida considered an "alternative" to Medicaid expansion?

Yes. However, many different alternatives to Medicaid expansion have been discussed in recent weeks. Healthy Florida is not Medicaid expansion, but this alternative would accomplish several important things that others do not, including providing real coverage to uninsured adults up to 138% of poverty and drawing down the 90 to 100% federal matching funds.

What would be covered under Healthy Florida?

The benefit package for Healthy Florida coverage would be different from traditional Medicaid coverage. Although the language in the bill is not completely clear, Healthy Florida would include coverage in 10 categories of "Essential Health Benefits", such as hospitalization, prescription drugs, and mental health and substance abuse treatment. The exact set of benefits and limitations cannot be determined yet.

Would Healthy Florida be private insurance coverage?

Private insurance companies would provide the health coverage and contract with private sector health care providers to deliver care. In addition, the benefit package for Healthy Florida would more closely resemble coverage that a worker might get through a job. However, federal funding would pay for most of the cost of coverage, and the state would oversee the program to protect patients and taxpayers.

How much would enrollees have to pay under Healthy Florida coverage?

Under the current proposal, Healthy Florida enrollees would be required to participate in paying for their care, although their contribution is limited in light of their low incomes, including many enrollees with monthly incomes of a few hundred dollars or less. As currently written, these and others within incomes below poverty could be charged \$4 co-payments for many services, while enrollees above the poverty line could be required to pay much more, up to 5% of their family income. This is one of the aspects of the bill about which advocates are most concerned (see below).

How does Healthy Florida differ from other potential alternatives to Medicaid expansion that have been discussed? Healthy Florida:

- Is not a limited benefits plan (sometimes called "mini-med") that fails to provide real protection and does not meet the definition of health coverage under the law.
- Is not a proposal to spend only state funds and reject federal funding, effectively throwing away 90 cents or more of every dollar that will instead go to benefit other states, while costing the state the same or nearly the same amount and failing to provide minimally decent coverage for the money.
- Is not related to the approach under discussion in Arkansas, and in particular would not provide enrollees vouchers ("premium assistance") that would be used to "buy" coverage in the Exchange.
- Is not an experiment that requires a federal waiver or other special federal approval that would take a long time to get off the ground.

How would Statewide Medicaid Managed Care affect Healthy Florida?

They are not directly related, but they may appear similar in some ways. Although as in Statewide Medicaid Managed Care, Healthy Florida enrollees would be required to enroll in managed care plans, SB TBA creates Healthy Florida as a program that is separate and distinct from Medicaid. Healthy Florida enrollees would therefore not be subject to Statewide Medicaid Managed Care, and the special permissions Florida would receive under the proposed Statewide Medicaid Managed Care program would not apply in Healthy Florida. However, other aspects of Medicaid managed care generally do not require a federal waiver, and so would be incorporated into Healthy Florida as well. One key accountability provision that would be common to both is the "medical loss ratio" requirement limiting managed care spending to a maximum of 15% of funds received on administration, overhead and profit.

Are there potential concerns with or drawbacks to the Healthy Florida proposal?

Yes. A number of aspects of the Healthy Florida proposal are of concern, including but not limited to: burdensome cost sharing requirements (see above), a politically appointed oversight board, uncertainty about the strength of patient and provider protections, fragmentation resulting from having two separate but similar programs operated by different state entities, and unanswered questions about the benefits package.



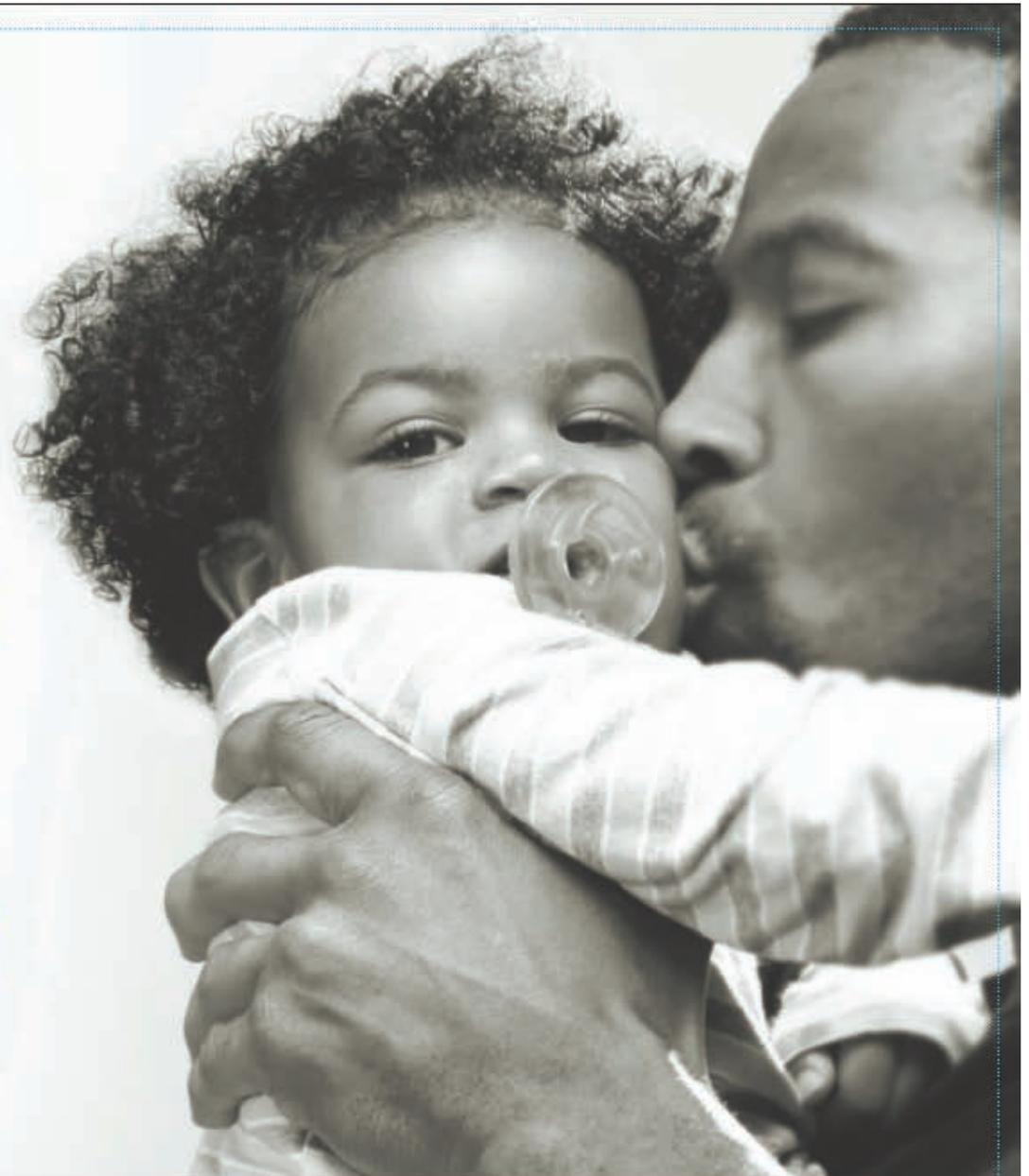
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Supporting Young Women with Eating Disorders: A Guide for Family Members & Close Friends

Eating disorders affect millions of young women. If you're reading this information article, you may be a family member or close friend of someone struggling with an eating disorder. It's normal to feel helpless and confused at times. The chronic nature of eating disorders can drain a parent of physical and emotional energy. Learning about eating disorders can help you provide proper support. Not all of these suggestions are appropriate for everyone. It's important to remain sensitive to the unique struggle of your family member or close friend with an eating disorder. This guide was created to offer ideas on how to help a young woman with an eating disorder. However, this guide does not replace recommended treatment or care from a physician, counselor, or nutritionist.

The Road to Recovery

Be Patient. There is no quick fix or cure for eating disorders. Changes in thinking and behavior happen slowly. As a family member or close friend, try to look at overall trends (e.g., in eating behaviors or weight) rather than focusing on the day-to-day "bumps". Avoid commenting directly on food choices and behavior at meals, physical appearance, or body shape.

Offering Support at Meals and Snack Time

Eat together. Meals and snack times are often the most difficult part of the day for young women with eating disorders. They may be very anxious at meal times and feel guilty for eating. Meal times often require support and supervision. If someone they trust eats with them, the experience of eating can be more comfortable. Try to model balanced meals and food as nourishment rather than something more complicated. Refrain from dieting or restricting your own intake.

Enjoy each other's company. Discuss neutral topics rather than focusing on food, calories, or weight during conversations. Avoid any urge to be a "food police." Try to talk about something fun, like your favorite sports teams, hobbies or music. Continue this conversation (or another activity) up to 30 minutes after the meal to distract from feelings of guilt or any impulse to purge after the meal. As difficult as it may be, try to keep mealtimes feeling natural, as similar as possible to before the eating disorder began.

Consider adopting a mealtime agreement. Agree in advance not to discuss topics such as portion size, calories, carbohydrate,

or fat content at meal times. Many young women with disordered eating have continuous negative thoughts about food. Mealtime agreements can reduce tension and stress associated with eating.

Plan ahead. As a family, agree on the structure of mealtimes (e.g. what time you will eat, what will be served at the meals, and who will be present at the meal). Strive to honor this plan, as this can reduce mealtime stress for your teen.

Grocery Shopping, New Foods & Cooking

Some young women recovering from eating disorders are able to participate in grocery shopping and cooking. Speak with your teen's health care provider or nutritionist to determine if she is ready for this step.

Grocery shop together. Explore your favorite grocery store or visit a different market. Check out new foods and set a goal to try one new food each week. Young women with disordered eating often have a small list of "safe foods" that they feel more comfortable eating. Usually, these foods are low in calories, or come from a food group that your teen or close friend does not see as "threatening", such as carbohydrates or fat. During recovery, it is important to expand food choices and reduce the number of foods that are considered "threatening". A nutritionist can be very helpful with realistic goal-setting and coaching a patient toward positive change.

Make sure that all foods that you will need for meals are available. This helps lessen worry at mealtime. Sometimes if a food item is not available at the designated eating time, it can lead to panic and restricted food intake in someone with an eating disorder.

Cook together and try new recipes. Many young women with eating disorders would prefer to cook with someone they trust. Learning how to cook provides another skill towards recovery. Trying new recipes also helps increase the "safe foods" list to promote more "normalized" eating.

Healthy Attitude

Encourage new interests. Suggest new activities such as art classes, volunteering or community service, clubs at school, music, or yoga. It is important to replace the unhealthy, disordered eating behaviors (excessive or ritualistic exercise patterns or restrictive dieting) with healthy interests, especially those allowing room for creativity. Teens and young women struggling with eat-



ing disorders often choose activities that are based on dieting, weight regulation, and exercise. It is difficult for young women to break away from these patterns. However, developing new interests can help reverse the disordered eating behaviors and over time improve self-esteem.

Plan a special event. Make an appointment for a new haircut, manicure, or massage. As young women recover from an eating disorder, their body shape, facial structure, hair texture, and overall appearance may change. They often feel they do not deserve special things. A special event can be a nice way of helping your teen adjust to (and appreciate) her new look. It also sends the message that they deserve to treat themselves to something fun—that they are worth it!

Shop for clothes. Because clothing sizes often fluctuate during recovery, it's best to buy a few new pieces of clothing at a time rather than an entire wardrobe. Some young women with eating disorders have a difficult time clothes shopping because of dressing room mirrors. It can also be difficult for a teen to buy a different size than she has become used to. Ask your teen if she would like to go shopping or if she would prefer that you pick up new items for her. Additionally, don't bring home "health" or fashion magazines home as these may show unrealistic body shapes and focus on appearance.

Talking with Teens

Avoid commenting directly on physical appearance or body shape. Statements or questions such as "You look great!" or "You look better", "You've gained weight" or

"You've lost weight—what's going on?" may make your teen feel extremely uncomfortable. During recovery, teens often look much healthier, brighter, and stronger. However, commenting on this is often interpreted negatively by the teen. A remark such as "You look so much better now that you're not all skin and bones!" may be interpreted as "I am fat!" by a young woman with an eating disorder.

Comment on health and energy level. Statements such as "You are full of energy!" or "You look well rested" are more appropriate and often make young women feel supported in their recovery. These types of comments show recognition of improved health status and do not focus on body shape or size. Even better, you may offer comments related to your teens personality or interests, such as "You are creative and thoughtful".

Smile! Happiness is contagious. A bright, cheerful, and consistently positive attitude works wonders. It is very difficult to watch someone you care about struggle with any illness. Worried looks or tears often make young women feel very guilty about their eating disorder and may lead the teen to feel more anxiety, self-loathing, or depression. It is very important to try to be positive. A simple smile can spread a message of hope and cheer to a teen with an eating disorder, and can soften an otherwise tense interaction or conversation topic.

Positive Thinking!

Sharing positive thoughts with a loved one who is struggling with an eating disorder and body image concerns is helpful. Check out nationaleatingdisorders.org (Information & Resources tab) for "Ten Steps to Positive Body Image" and other helpful suggestions to beat negative thinking.

Support for Yourself

If you feel overwhelmed with your child's illness, consider seeking professional support from a therapist or social worker. Just as it is important to teach your teen that she is worthy of special things, try not to overlook your own self-care. Finding time for a peaceful walk, a yoga class, or meeting a friend for coffee is more important now than ever. This also models positive behavior for your teen.

Written and reviewed by the CYWH Staff at Boston Children's Hospital. Read more: <http://www.youngwomenshealth.org/supportteens.html#ixzz2SiH6595A>

DRAIN and COVER

Stop mosquitoes from living and multiplying around your home or business. Protect yourself from mosquito's bites and the diseases they carry.

Drain standing water to stop mosquitoes from multiplying.

- **DISCARD:** Old tires, drums, bottles, cans, pots and pans, broken appliances and other items that aren't being used.

- **EMPTY and CLEAN:** Birdbaths and pet's water bowls at least once or twice a week.

- **PROTECT:** Boats and vehicles from rain with tarps that don't accumulate water.

- **MAINTAIN:** The water balance (pool chemistry) of swimming pools. Empty plastic swimming pools when not in use.

- Cover your skin with clothing and use mosquito repellent.

CLOTHING: If you must be outside when mosquitoes are active, cover up. Wear shoes, socks, long pants, and long sleeves

REPELLENT: Apply mosquito repellent to bare skin and clothing. Always use repellents according to the label. Repellents with DEET, picaridin, oil of lemon eucalyptus, and IR3535 are effective. Use mosquito netting to protect children younger than 2 months.

- Cover doors and windows with screens to keep mosquitoes out.

- Keep mosquitoes out of your house. Repair broken screens on windows, doors, porches, and patios.

West Nile Virus

West Nile Virus (WNV) is a mosquito-borne flavivirus that causes mild to severe illness. It was first introduced to the United States in 1999 in New York and reached Florida in 2001. Since its initial detection, human cases of WNV have been reported in all U.S. states with the exception of Alaska, Hawaii and Maine. The virus is now considered endemic in the U.S., with annual epidemics in some parts of the country, peaking in the late summer months. In Florida, WNV activity has been identified in all 67 counties and peaked in 2003. In recent years, there has been a decreased level of activity, possibly due to drought-like conditions throughout much of the state.

The natural cycle of WNV involves several species of Culex mosquitoes and wild birds. It can cause high rates of mortality in certain families of birds, especially crows and jays. Occasionally, an infected mosquito will bite a human or animal (particularly horses) and cause dis-



ease. The virus can also be transmitted to humans via contaminated blood transfusions and a few cases have also been reported involving intrauterine transmission. Since 2003, all blood donations are screened for the presence of WNV prior to transfusion.

Most West Nile Virus infections (approximately 80%) are asymptomatic. In those people that do develop symptoms, most experience a mild illness termed West Nile Fever (WNF) that is characterized by headache, fever, pain, and fatigue. Less than 1% of infected people develop the most severe form of disease, neuroinvasive WNV, which may involve meningitis and encephalitis and can cause irreversible neurological damage, paralysis, coma or death. Symptoms typically appear between 2 and 14 days after the bite of an infected mosquito. People over the age of 50 and individuals with weakened immune systems (especially transplant recipients and HIV infected individuals) seem to be at increased risk for severe disease.

There is no specific treatment for WNV, and most mild infections are typically overcome with little or no medical intervention within a matter of weeks. Treatment of symptoms is common though, and recent research has shown ef-



ficacy of retroviral drugs in treating severe neuroinvasive WNV patients. An effective vaccine has been developed for horses, however research for a human vaccine continues.

St. Louis Encephalitis

St. Louis encephalitis virus (SLEV) is a mosquito-borne flavivirus that is maintained in a cycle between Culex mosquitoes and birds. Prior to the introduction of West Nile Virus to the United States in 1999, SLE was the most common mosquito-transmitted pathogen in the U.S. Occasionally, an infected mosquito will bite a human, causing disease. Symptoms appear 4 to 21 days after the bite of an infected mosquito. Most infections are unapparent but when symptoms occur they can range from fever with headache to meningitis, encephalitis, and coma. People over the age of 50 seem to be at greater risk for severe disease.

Many SLE epidemics have been documented in North America. In 1990, there were 223 cases in Florida. Since the introduction of WNV, SLEV activity has decreased dramatically. Research has suggested that WNV infection may provide some immunity to SLEV.

For mosquito-borne disease prevention tips: <http://www.doh.state.fl.us/Environment/medicine/arboreal/Prevention.html>

For more information about SLE, see the Centers for Disease Control: <http://www.cdc.gov/ncidod/dvbid/sle/index.html>

Eastern Equine Encephalitis

Eastern equine encephalitis virus is a mosquito-borne alphavirus, first recognized in humans in 1938. It cycles between Culiseta melanura mosquitoes and birds in freshwater swampy areas. The virus is capable of infecting mammals, birds, amphibians and reptiles. The virus causes severe illness in humans and horses, although both are considered "dead-end" hosts for the virus, as the viral load is insufficient to be transmitted to mosquitoes, furthering the spread of disease. Aedes spp. or Coquillettidia spp. are the most likely mosquito vectors that pass the virus from birds to humans. The virus can be found in the eastern, Gulf and north-central areas of the United States. It is also in



regions of Central and South America and the Caribbean. Most activity occurs between May and August but it can be seen throughout the year in Florida.

Symptoms develop 3-10 days after the bite of an infected mosquito and begin with a sudden onset of fever, general muscle pains, and a headache of increasing severity. Symptoms can become more severe over 1-2 weeks and infected individuals will either recover or show onset of encephalitis characterized by seizures, vomiting and focal neurological deficits. Severe encephalitic cases often suffer from coma or death. Approximately one-third of people with encephalitis caused by EEEV will die from the disease, making it one of the most serious mosquito-borne diseases in the United States. Of those who recover, many will suffer lasting effects.

There is currently no therapeutic treatment for EEE. Current methods consist primarily of symptom treatment and supportive care. A vaccine has been developed and is in use for horses, as the case-fatality in equines is 80-90%. A human vaccine is currently under research.

People under the age of 15 or over 50 seem to be at greatest risk for severe disease. Typically one or two human cases are reported each year in Florida (range 0-5). The state averages over 70 reported cases of equine EEE each year. In years when conditions favor the spread of the EEE, the number of reported equine cases can exceed 200. EEEV is not believed to have the potential to cause a human epidemic in Florida.

For mosquito-borne disease prevention tips: <http://www.doh.state.fl.us/Environment/medicine/arboreal/Prevention.html>

For more information about EEE in horses see FDACS Animal Industry: <http://flanimalindustry.com/main/eee.shtml>



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