More POWER to you

PERSONAL TRAINER ATO DIA "POWER" CASROCK, front, leads students through a workout at the Lake Minneola waterfront pavilion in Clermont.

From test 185 pounds (and a dress size of 18) to 158 pounds, taking her weight from 228 pounds, Foy said of Casrock’s “EXtreme Fitness” classes. "It changed my life," she said. Since then, Foy has attended the classes. "It’s like Zumba on steroids, mixed with Tai Chi, but without that aching falling and burning of calories that many exercise routines provide, without really targeting anything," Casrock said of his classes. "It’s complete high energy and fun, with a twinkle of our. "She was greeted warmly and invited to join in on an exercise class in progress there."

As she got closer, she told how she was greeted warmly and invited to join in on an exercise class in progress there. "Little did she know that accepting the invitation that day was the beginning of a "transformation," Foy said of Casrock’s "EXtreme Fitness" classes. Since then, Foy has attended the class nearly every day, and has lost 70 pounds, taking her weight from 228 pounds (a dress size of 18) to 158 pounds (and a size 8). "It changed my life," she said. Others have similar stories since joining Casrock for daily classes at 9 a.m., and at 7 p.m. When her first began the class, Casrock said, be had a half dozen people participating.

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According to a police report, one suspect, wearing a black stocking mask, jumped over a counter and struck the 17-year-old employee in the head after refused to hand over money and said he couldn’t open the time-operated safe. A second man with a red goblin mask followed the first suspect into the store. Police released surveillance photos this week showing the robbers after they pulled off their masks after seeing a police officer pulling into the parking lot. One surveillance photo shows the left side of a suspect’s face from the front and part of the second suspect’s face from the front as they stood on opposite sides of the counter. A second photo shows both men from a distance, walking out and arms. In testimony, Clermont resident Kim Foy, 52, said that about six months ago, as she was walking her dog along the beach at Waterfront Park in downtown Clermont, she heard music and noticed a group of people凑ed together under an open-air pavilion overlooking the lake.

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SOUTH LAKE PRESS
Friday, March 30, 2012

What South Lake residents are saying about the...

ALLERGY SEASON
Spring's here, have your allergies been bothering you?

I think I'm allergic to Florida because ever since we moved here from Ohio, I've had allergies to everything, giving me horrible sinus pressure and all the other typical allergy symptoms.

HELLO CRUMMISH CLERMONT

No, I'm very fortunate to have no allergies.

JENNY TORRES CLERMONT

No, I'm allergic to the pollen and the grass. I used to be in tears because my eyes get red and I sneeze a lot.

FITNESS CONTINUED FROM PAGE A1

Some 25-40 now attend. All together, he's had 307 people take his classes; 100 of those need a tune-up in 2012.

"It feels great to be able to stay in shape," said Chantel Baptiste, 45, who's lost 20 pounds since starting, said Casrock Fitness, while Chantel Baptiste, 45, who's lost 20 pounds since starting, said Casrock said his one-on-one training has occurred.

In addition, Casrock offers "Torture QLEZ classes that are geared to fat loss the weight after the work which has occurred.

The QLEZ classes are one-on-one type sessions that are not great for the heart. Casrock said his one-on-one training classes start at $25 per hour.

"That's where I get my burn," he said. "It's all about the success stories I hear about themselves," Casrock said.

"It's all about the success stories I hear about themselves," Casrock said.

However, Homelius added that without a suspect, the FDLE is unable to run the DNA through its database to obtain a match.

The victim was hospitalized for injuries including a laceration and laceration to the left of his head. Homelius said the victim has returned home to his family "were in danger" when he pulled out his 20-gauge shotgun.

He shot Cook dead in the doorway. Cindy Homelius, contended he saw the shogun and has the pictures taken by Wire's wife during the confrontation to prove it.

"Of course, the law says he did not have to retreat, and Cook is a certified cop," said police Detective Cindy Homelius.

The suspects are described as 5-feet-10, with an unknown tat- too under his left eye.

The suspects stole $50 before a home to confront him about his wife taking their masks and flee. Cindy Homelius.

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Not all residents of South Lake are fans of the "stand your ground" laws, which has triggered "the Castle doctrine as a defense on murder charges." said Gross in testimony.

"We're trying to get the pictures out there in an effort to catch the suspects," said police Detective Cindy Homelius.

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Phony Realtor busted for burglary

Neighbors and watch volunteers are being credit- ed in the arrest of one of their residents who posed as a Realtor before burglarizing a neighbor’s home.

Clermont police said Alan Wright, 49, allegedly told the owner of the home for sale he was a Realtor when he was spotted with the front door’s lockbox in his hand that held keys to the residence.

Wright was charged Monday with burglary and placed in the Lake County jail in lieu of $5,000 bail.

According to police, residents of the home in the 400 block of West Osceola Street found Wright on March 18 in front of their home with the lock box in his hand, a device Relators use.

The owner of the home for sale he was a Realtor before burglarizing a neighbor’s home.

A 24-year-old Lakeland man who had been in the U.S. Marines, was sen- ced to nearly four years in prison this week for his involvement in a Clermont sex sting last June.

Christine Hamilton, 36, a former Re- lator, is accused of posing as 9- to 14-year-old girls to see if they could be convinced to trade sex for cash.

The men — some carry- ing scissors, Mideks, vodka, condoms and lubricants — were arrested when they showed up at the homes.

Burns-Rivera was one of 32 men arrested as part of oper- ation “Sum- mer Nights,” in which Lake County Sheriff’s Of- fice detectives posed as 8- to 14-year-old girls to see if they could be convinced to trade sex for cash.

In lieu of flowers, consider a gift to support Hospice care.
Residents fuming over septic stink

County leaders should provide the equipment for expense inspectors.

F orida lawmakers made the right decision recently when they repealed a mandatory septic tank inspection law. However, their action didn't go far enough.

The repeal doesn't apply to 19 Florida counties, which includes Lake. That means Lake remains under the earlier law's requirements.

The new legislation does provide a hitch: County commissions by a simple majority can opt out of the regulation.

We urge large commissions to put this item on their agenda and vote it out. This so-called environmental protection measure could bankrupt local households.

Florida has a 2.5 million septic tankReplacing one cost can up to $7,000.

The 2010 law has government overreach in the extreme.

A strong environmental lobby successfully dissuaded state senators last year from repealing the law. This year's legislation pre-serves a compromise.

The legislation sets parameters for a local inspection program and makes it mandatory for 19 counties with first magnitude septic tank problems that flow average more than 100 cubic feet of water per second. Lake fits that description with Alexander Springs.

The 2010 law required householders to have their septic tanks inspected once every five years. This month expired, regardless of whether there was a problem. These inspections are estimated at costing up to $300. Property owners in 2010 were told to provide proper protection to springs and other waterways from fertilizer and herbicides. Opponents said it would drive up costs for householders, especially those living in rural areas.

The cost figures to comply with the regulatios are exorbitant. Residents only provide a boon in business for septic tank inspectors, but the economic strain this would do to many Lake County households is staggering.

Commissioners, make this issue a priority. You can't afford to ignore this.
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E) Healing of gums to clean root surface occurs.
F) Bite trauma is adjusted.
G) Healing occurs.

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Friday, March 30, 2012
SOUTH LAKE PRESS

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The cost of watching TV, including over priced bundles that go up after the promotional price, have put a strain on many Florida residents. With gas prices and other basic cost of goods at an all time high everyone wants lower cable bills. If you are not happy with your Pay TV provider please call 1-888-851-7283 and start saving money now. This is the first time that a 2yr average price has been advertised. The prices below are the average monthly price for 2 years.

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COURTESY PHOTO

From left, Bruce Greer, Kathy Scherer and Ray Goodgame. A recent guest at the Clermont Kiwanis Club meeting was Bruce Greer, executive director of the Community Foundation of South Lake County.

COURTESY PHOTO

The school winner at the Groveland Elementary Spelling Bee was John-Victor Garcia; the runner-up was Alyssa Kamphaus. Classroom winners are Felix Marquez, Rifah Rahman, Justin Walker, Camryn Dykes, Justin Santiago, Michelle Santos, Alyssa Messmer, Amarylice Anderson, Devanand Adhin, Andrea Reyes-Rodriquez, Jasanna Hill, Courtney Watkins, Kyle Beener. The assistant principal is Dave Meyers. The curriculum resource teacher is Juliet Lamber.

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HAPPY DOCTORS’ DAY - MARCH 30, 2012

COURTESY PHOTO

Groveland Elementary Spelling Winners
December 1. South Lake Kiwanis Club Elves (from left) Linda Sheets, Robbie Ross, Diane Staszel, Lucy Hage (Linda, Diane and Lucy are also members of the Chamber) worked hard as Santa's elves during the 23rd Annual Light Up Clermont celebration held in historic Clermont, Friday and Saturday, December 2 and 3, 2011. Each year the group hosts Santa and his elves at the event to bring cheer to the community.

2. South Lake Kiwanis Club members (from left) Kathy Scherer and Kathy Martinez stopped by for a visit at the Chamber December Breakfast at Minneola City Hall to spread holiday cheer. During the breakfast the Chamber Ambassadors welcomed Horace Mann to the Chamber. The Chamber is pleased to have this local company on board to help build awareness of the Chamber and its services. Horace Mann offers a full line of financial services and is a member of the South Lake Chamber of Commerce.

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South Lake Chamber of Commerce

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South Lake Chamber of Commerce
Featured Business of the Month: Scates Realty - Homes for Heroes

Lake County
Homes for Heroes is a network of local real estate professionals who are committed to providing significant savings to Lake County heroes who buy, sell or refinance a home.

Visit our website to see how you can save up to thousands of dollars!
www.HomesForHeroesLakeCounty.com

- Property Management
- Relocation, Marketing Specialist
- Rebate & Discounts
- Buyers Agent
- Debt Management
- New Construction Consultant

This is our way to say
Thank you!

Ask about our 25% Rebate towards Closing costs and Discounts

Scates Realty - Your Local County Homes For Heroes Affiliate

Ballesteros Dental
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- New Patients Welcome
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- Insurance Accepted
- Experienced Staff
- Senior Discounts Available
- Ask Us About Interest Free Financing through Care Credit
- Smile Make Overs
- Crowns - Bridges
- Implant Restorations
- Lumineers
- Zoom Whitening
- Partials & Dentures

Bacchus Vino Etcetera
French Wine Sale
Save 10% to 25%

French Wine Tasting, March 31st, 5:00-9:00 p.m.
601 D West Montrose • Downtown Clermont
352-394-9005 • Tues - Sat 10-6, Sunday 9-2
bacchusvinoetc.com

Advertise Your Business Here!
Call the South Lake Press 352.394.2183

LOOKING FOR PARTS?
SEE JULIE

I have parts for all major appliances and air conditioning and authorized repair service too!
CALL ME OR COME SEE ME!

IT PAYS TO SHOP
Clermont Downtown Partnership
P.O. Box 120734
Clermont, FL 34712

For more information, contact Cheryl Fishel, 352.394.8618
Info@ClermontDowntownPartnership.org
Three police agencies cracked down on underage drinking in Lake County and issued citations to store clerks for selling alcohol to minors, officials said.

“The operation was a good example of inter-agency cooperation,” Lake County Sheriff Gary Borders said as the office’s Special Investigation Unit detectives were joined by Clermont Police Department and the Tavares Police Department to combat the illegal sale of alcohol to underage individuals.

Detectives visited 39 stores throughout the county last Saturday and found six clerks who sold alcohol to a minor. All six were issued citations with a mandatory court appearance.

“We feel it was very successful and we’re glad that the number of violators was as low as it was,” Borders said.

Debi MacIntyre, executive director of Safe Climate Coalition of Lake County Inc., praised the police agencies for their work.

“To all three of them,” she said. “We are so much applauding them and their efforts to crack down on underage drinking.”
NEW 2012 FIESTA
Starting at $9,500* or drive for $139* per month

NEW 2012 FOCUS
Starting at $11,300* or drive for $129* per month

NEW 2012 FUSION
Starting at $13,100* or drive for $149* per month

NEW 2011 F150
Starting at $14,500* or drive for $229* per month

NEW 2012 ESCAPE
Starting at $15,200* or drive for $159* per month

NEW 2012 MUSTANG
Starting at $16,200* or drive for $209* per month

NEW 2012 TAURUS
Starting at $19,900* or drive for $319* per month

NEW 2012 FLEX
Starting at $21,900* or drive for $339* per month

NEW 2012 EXPLORER
Starting at $22,600* or drive for $359* per month

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2001 MERCURY GRAND MARQUIS 158K MILES CERTIFIED 2.7L V6 $7,380
2000 FORD TAURUS 52K MILES CERTIFIED 2.5L I4 $7,980
1999 LINCOLN CONTINENTAL 76K MILES CERTIFIED 4.6L V8 $8,480
1997 CHEVROLET IMPALA 82K MILES CERTIFIED 3.8L V6 $8,410
2001 DODGE DAKOTA 71K MILES CERTIFIED 3.9L V6 $8,400
2004 JEEP LIBERTY 42K MILES CERTIFIED 3.7L V6 $8,710
2004 NISSAN ALTIMA 73K MILES CERTIFIED 3.5L V6 $9,620
2009 TOYOTA COROLLA 74K MILES CERTIFIED 1.8L 4-CYL $9,740
2010 HONDA ACCORD 62K MILES CERTIFIED 3.5L V6 $10,940
2006 NISSAN ALTIMA 74K MILES CERTIFIED 3.5L V6 $11,620
2008 CHEVROLET SILVERADO 71K MILES CERTIFIED 5.3L V8 $13,960
2010 FORD EDGE 109K MILES CERTIFIED 3.5L V6 $14,230
2009 NISSAN MAXIMA 108K MILES CERTIFIED 3.5L V6 $15,320
2008 NISSAN MAXIMA 95K MILES CERTIFIED 3.5L V6 $15,320
2008 NISSAN MAXIMA 97K MILES CERTIFIED 3.5L V6 $15,320
2006 NISSAN MAXIMA 93K MILES CERTIFIED 3.5L V6 $15,320

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MANAGERS SPECIALS
2011 FORD FIESTA SE $15,380
2010 FORD EDDO XLT $21,820
2011 FORD FLEX LIMITED $28,860
2011 FORD EXPEDITION $29,740

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2 YEARS FREE MAINTENANCE PLAN INCLUDED ON NEW VEHICLES* OR $500 OFF ANY USED VEHICLE** DURING THIS SPECIAL SALE WITH THIS COUPON See Dealer for details

TOLL FREE 800-313-9787
Jerusalem Marketplace returns
Trip through time offers visitors a unique educational experience

P eruco Drug Store invites South Lake residents to be on the lookout for ancient celebrities on Saturday morning at First United Methodist Church, located at 690 7th St. in downtown Clermont.

Some of the people they may see are townspeople from 29 A.D. Jerusalem dressed in era garb, soldiers, a tax collector and a blind beggar.

They may even notice the *"woman at the well,"* a riddle of a small synagogue school conducting lessons for the children of the community. All of it, however, will be in conjunction with the church’s community Easter egg hunt and third annual "Journey Through the Jerusalem Marketplace" event.

"People like it because it’s different than a traditional egg hunt for Easter," children’s coordinator Annamarie Schulz said. “It’s fun for children and families and also reenacts what Easter is really all about.

At the event, attendees will be escorted on journeys through the Jerusalem marketplace — spanning the First United Methodist Campus — that will run continuously from 9 to 11 a.m. Members of the congregation will be in costume all morning at stations throughout the event. This will allow children the chance to participate in activities such as games, and in turn, earn Easter eggs for their baskets.

Various stations will allow families to dabble in the art of weaving, jewelry making and pottery; learn about urban spaces; try their hands at carpentry; and visit the candy shop where they will be able to sample era confections such as 'date and nut candy,' "lime fudge" and "sweet treats" made from white bread, sugar, honey and butter.

In addition, attendees will be able to view a live re-enactment of "The Lord’s Supper," partake in communion complete with unleavened bread and grape juice, and listen to the story about the "woman at the well" performed by church member Kate Kindig.

Children will be able to sit in a lesson at makhteshim "synagogue school" to learn about Jewish history, and visit an on site petting zoo.

The sights and sounds, including the music, throughout the church campus will mimic what may have been seen and heard during the 29 A.D. era in Jerusalem.

"It’s so great, like you’ve been transported back in time for a little while," Schulz said.

According to Schulz, the event was started in 2009 but revised in 2011 into just an Easter egg hunt. Attendees, however, commented on how they missed the Jerusalem Marketplace theme, so this year, the church brought it back.

"It’s a great educational experience and very fun day," Schulz said.

For information, call 352-394-2312.

The Jerusalem Marketplace offers visitors a glimpse of Jerusalem circa 29 A.D., complete with church members dressed in period garb.

King of Kings College, a private college in Clermont, will host the event. In 2011, the event was held at First United Methodist Church in Clermont.

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For information, call 352-394-2312.
RELIVING HISTORY CONTINUED FROM PAGE B1

Minnie residents expressed anger over $552,000 in new taxes to pay for street improvements during a packed assessment hearing. Citizens raised complaints about the inequity of certain residents footing the bill for new roads that are used by the whole town. 40 YEARS AGO

Miss Deana Burton, daughter of Miss Deana Burton, was first runner-up and Miss Libby Boxer was second runner-up.

Michael A. Viscinti

What's something you've always wanted to do but haven't yet?

“Nobody else is doing it.” I'm still young, but if people ask me, I'll do it.

If you had to describe your accomplishments in two words, what would they be?

Ministry. My accomplishments are only possible if you allow me to help and if you believe in the work I do.

Are you a member of any political parties?

No, I'm a Christian. I belong to the International Church of the Foursquare Gospel.

Have you ever thought of running for any political office?

I've been thinking about running for mayor, but I'm not sure if I'll have the time.

If you could give one piece of advice to someone starting out in your line of work, what would it be?

Never lose sight of why you started doing this. Always be true to yourself and your faith.

Do you have any hobbies or interests outside of your job?

I enjoy reading, writing, and spending time with my family.

Are there any upcoming events or projects you're excited about?

I'm looking forward to our annual conference in May, where we'll have guest speakers and workshops on various topics related to our mission.

Please explain your role in the church and how you contribute to the community.

I'm a pastor and I work with the church's leadership team to plan and execute events that help bring people together and build community.

Have you ever faced any challenges in your work?

Yes, there have been times when I've had to deal with burnout and stress, but I've learned to take care of myself and ask for support when I need it.

How do you balance your personal life and your work?

I try to be intentional about setting boundaries and making time for things that are important to me, like family and friends.

Tell us about a recent trip you took.

I recently went on a mission trip to Guatemala, where we helped build homes and provided medical care to the local community.

What's the most rewarding part of your job?

Helping people find hope and healing in their lives.

What's one thing you wish you knew more about?

The inner workings of the human body and how it functions.

What's one thing you wish you could change about the world?

I wish everyone had access to basic necessities like food, water, and healthcare.

If you could have dinner with anyone from history, who would it be?

Jesus Christ. I believe he'd be a great role model and would offer valuable wisdom.

If you could have any superpower, what would it be?

I'd like to have the power to heal others.

What's one thing you've learned from your job that you didn't know before?

The importance of perseverance and the power of prayer.

If you could change one thing about yourself, what would it be?

I wish I was more confident in speaking to large groups.

What's one thing you're looking forward to in the future?

Continuing to grow and learn in my faith and in my role at the church.

Solution to puzzle on page B9.

No. 0318
From left, Rich Bell, Rick Matthews and Clermont Kiwanis Club President Kathy Scherer. Matthews was the guest speaker at a recent Clermont Kiwanis Club meeting. Matthews is the son of the late Jack Matthews, a fellow Kiwanian. After graduation from Clermont High School he went on to West Point, and was a member of a special forces unit. Matthews lives in Oviedo with his wife and son and works for government building simulations for training purposes for the military.

CLERMONT | WEST POINTERS TALKS TO KIWANIS

CALENDAR OF EVENTS
APRIL 2012

SUPPORT GROUPS

BETTER BREATHERS
APR 10, 10:00 AM - 3:00 PM
Support program for people with chronic lung and breathing problems. Free program. For more information call 352.241.7109.

BRST CANCER SUPPORT GROUP
APR 12, 7:00 PM - 9:00 PM
Free program. For more information call 352.429.9543.

JOINT REPLACEMENT EDUCATION
APR 14, 12:00 PM - 3:00 PM
Located at Hospital, 2nd Floor, Outpatient Entrance.
Program for patients scheduled for hip or knee replacement surgery at South Lake Hospital. Free program. For more information call 352.394.4071, ext. 6419.

LUPUS SUPPORT GROUP
APR 21, 12:00 PM
Free program. To confirm date and time, call 352.241.0844.

NOM'S MORNING OUT
Every Wednesday, 10:00 AM - 11:00 AM
Located at the Center for Women's Health, 2nd Floor, bring your mothers to six month-old and join our coach. Fun and supportive group as we discuss parenting issues and provide protocol and breastfeeding support. Free program. For more information call 352.241.7109.

MULTIPLE SCZEROSIS GROUP
APR 25, 10:00 AM - 12:00 PM
Free Program. For more information please call 352.242.2380.

MYOSIS SUPPORT GROUP
APR 7, 9:30 AM - 5:30 PM
Support group for people and their caregivers with all forms of myotis. For more information, call John or 354.314.8933.

NAMI FAMILY TO FAMILY SUPPORT GROUP
APR 19, 7:00 PM - 9:00 PM
Support group to help caregivers, family members, partners and significant others understand and support individuals with mental illness while maintaining their own well being. For more information call 352.317.5070 or 352.969.3601.

KID'S CLUB

The Marveous Wondertresses
Directed by CARL BARRY | Choreography by MYLES THURGOOD
Music by BAND OF MEN | Costume by PHILLIP KING

Adults $20 | Seniors $15 | 10% off for Students $10 | 312 | 313 | 314 | Groups $15
Thursday 7:30 - Friday & Saturday 8:00 - Sunday 2:00
150 U. State Street, Mount Dora • Box Office (352) 385-6616 • www.icesthroughhere.org

Friday, March 30, 2012
SOUTH LAKE PRESS
B3

Keep your kids active this summer!

The NTC Kids Sports & Activities Camps feature a week of games, sports and active play including swimming, soccer and track and field. Participants will be exposed to a variety of activities, learn new skills and create healthy fitness habits. All sessions run Monday - Friday, 9:00 AM - 1:00 PM.

Space is limited. For more information, please contact Carol Kneuter at 352.241.7144, ext. 4202 or by email, carol.kneuter@orlandohealth.com.

The Marvelous Wondertresses

Unjamed & Created by Krisan Schin

This summer, let The Marvelous Wondertresses lead your kids on a magical and musical journey! A variety of different shows that are sure to dazzle and delight kids of all ages. Check out our full line-up of kids shows and book your tickets today!

The NTC kids camps are sponsored by the community and the support of our Partners.

SOUTH LAKE HOSPITAL

The hospital that cares for the community.

Healthy Kids, Healthy Community.
DreamCatcher hosts EggStravaganza Sunday
DreamCatcher Horse Ranch and Rescue Center, 10639 Road, Clermont, will host an Eggstravanza and silent auction on Sunday.

The family-friendly event serves as an annual fundraiser for the horse farm, but also is a fun and unique spring carnival with events for everyone.

The Eggstravanza will be open from noon to 4 p.m. with the silent auction open from 11 a.m. to 3 p.m. Prizes will be awarded at 3 p.m.

There will be horse and pony rides, games, horse riding demonstrations, pet groomers, demonstrations and tours of the facilities. Food and drinks will be available.

For information, call 407-762-8332, or visit www.DreamCatcherHorses.com.

MINNEOLA
Kiwanis host Bark in the Park event on April 21
The Kiwanis Club of Minneola, the City of Minneola, and Lake Minneola High School Key Club present “Bark in the Park,” April 21.

“Bark in the Park” is a 5k walk/run event with a 1-kilometer dog dash, and a pet friendly day of fun at the Minneola Trailhead Park, offering food, games, pet groomers, demonstrations and more.

The event is a fundraiser for the Kiwanis Club, which raises proceeds to help provide for needy families and children throughout the year.

Registration is $20 per pet at http://owamail.edwardjones.com. For information call 352-394-0990.

GRIOVELAND
Wood burns 1-timer lifting South Lake to district
David Wood peeled a one hitter and South Lake got two hits apiece from Dalton Stadium and Matt Garner on Tuesday in a 5-0 win against Orlando Lake View.

The win earned South Lake the Class 6A District 5 title, the school’s first dis- trict championship in baseball in more than a decade.

South Lake High School soccer standout Alyssa Agnew, assorted from left, signs her national letter of intent on Wednesday with Florida Christian College during a ceremony in Kissimme. Watching, front row from left, are South Lake assistant coach Alan Leistikow, mother Mary Agnew and father Scott Agnew. Standing is FCC women’s soccer coach Doug Johnson.

South Lake High School soccer standout Alyssa Agnew, assorted from left, signs her national letter of intent on Wednesday with Florida Christian College during a ceremony in Kissimme. Watching, front row from left, are South Lake assistant coach Alan Leistikow, mother Mary Agnew and father Scott Agnew. Standing is FCC women’s soccer coach Doug Johnson.
Use your Internet time to earn cash and gift cards

Don’t it be great to add a little additional income each month to your checkbook without a lot of work? You usually with your coupons but you can actually take it a step farther and earn money by doing a few simple things online!

This simple procedure is also a great way to earn money for Christmas or to pad your savings account throughout the year. You will not get rich or make enough to live on but you can earn enough to supplement your income and/or to pay for holidays, Christmas and more with cash and prizes.

Here’s what you need to do:

SEARCH THE WEB AND EARN MONEY

Do you Google or Bing items online? If you do, then get paid to search

Swag Bucks is one of my favorite sites. You earn “Swag Bucks” by searching the web, printing coupons, playing games, taking short surveys, even Amazon or PayPal gift cards from Amazon, Barnes & Noble, and other

You can cash in the “Swag Bucks” you earn for cash and prizes. Many surveys pay an additional 70 “Swag Bucks” to earn a $5

you can cash in your points for prizes, giftcards, cash and more. My favorite survey sites are MyView, “Swag Bucks,” Memo Link, and SavvySavvy.com to name a few. I personally use the sites and have earned with all of them. I wouldn’t recommend the sites I didn’t personally use them.

You simply create an account, answer a few questions about your lifestyle and then qualify for surveys.

You may think that you do not have time in your day for this, and trust me when I say that I am super busy with three kids, in three different schools, sports, a full-time website and columns. It only takes about 10 to 15 minutes to do the surveys, and if you can do that a few times a week, you will start earning prizes very soon.

You can search my site for more survey opportunities when you get time.

With a little dedication and small effort you will be able to earn extra money online. If you do not have a computer, the survey panels may even pay for your computer.

Submit your local event photos to Vanessa@dailycommercial.com

Tanya Jansen

DUKE REAL DVA

MARCHSWAG and earn an additional 70 “Swag Bucks” on top of the 30 normally given for a new account.

It only takes 450 “Swag Bucks” to earn a $5 Amazon or PayPal gift card. Many surveys pay more than that.

Don’t forget that every coupon you print also earns “Swag Bucks” when redeemed at the grocery store.

For the last two weeks, we have done our entire Christmas for our three kids free by saving my points and cashing in the “Swag Bucks” in for gift cards from Amazon, Target and more. You can

You were spotted at Java & Jesus on March 9 for its “one-year anniversary” and “beginning of year two” celebration.

GROVELAND

Library hosts author of ‘Devil in the Grove’

Library hosts author of ‘Devil in the Grove’

Special to the South Lake Press

Author Gilbert King’s “Devil in the Grove” shines new light on a sensational 60-year-old rape case in Central Florida that saw four people murdered, and threatened the life of future U.S. Supreme Court Justice Thurgood Marshall, the lead defense attorney for the Groveland Boys.

King will appear at 6:30 p.m., Tuesday, in the Puryear Building, 234 South Lake Ave, Groveland, for a free to the public event hosted by the Marion Baysinger Memorial County Library.

King’s book, which is set in Lake County, is published by Harper- Collins.
The author takes readers behind-the-scenes of a case that made headlines around the world, but before he was to argue the landmark school segregation case Brown v. Board of Education before the U.S. Supreme Court, Marshall risked his life to defend the last of the “Groveland Four,” a quartet of black citrus pickers accused of raping a white girl.

Drawing on a wealth of never-before-published material, including the FBI’s unredacted Grove- land files, as well as unprecedented access to the NAACP’s Legal De- fence Fund case files, King weaves a rich and driving narrative that captures Marshall’s brill- iance, resolve, bravery, and humor in his epic struggle, to save the lives of four young men falsely accused of rape.

King is originally from Schenectady, N.Y. He has written about Supreme Court history for the New York Times and the Wash- ington Post.

For information call 352-426-5646, or go to www.myflalibrary.org.

You were spotted at Java & Jesus on March 9 for its “one-year anniversary” and “beginning of year two” celebration.
Lake Sumter Fall Jazz Gala Auction
Saturday, April 14th
6 P.M., at the Savannah Center, The Villages
Tickets are $25 per person or $300 per couple
Proudly Presented By
Erieemorris.com

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A Plus Printing
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The Villages

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If interested in a sponsorship, donating an item, or for more information please contact Kiwane Arnold, Executive Director
352-365-3548 or brandelbr@tcc.edu

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We Service All Makes and Models

WE FIX FORD DIESELS
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We employ MORE MASTER TECHNICIANS
THAN YOUR AVERAGE DEALERSHIP.

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Mon.-Fri. 8am-5:30pm

GRIFFIS AUTOMOTIVE CLINIC, INC
352-243-2277
www.griffisautomotiveclinic.com

1508A Max Hooks Rd. • Groveland • The Hunt Industrial Park
Family Owned & Operated David & Melanie Griffis Owners
### Directory of Services

#### 160 Schools/Institution

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<th>Service</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Clean Sweep</td>
<td>321-742-0014</td>
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#### 212 Ceiling Repair

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<tr>
<th>Service</th>
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<tbody>
<tr>
<td>P.S. Nursery</td>
<td>321-651-3848</td>
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#### 221 Personal Care Services

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<tr>
<th>Service</th>
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<tbody>
<tr>
<td>Quality Home Care</td>
<td>954-567-0987</td>
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#### 225 Construction Services

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<th>Service</th>
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<tr>
<td>Seacoast Builders, Inc</td>
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#### 230 Computer Services

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<th>Service</th>
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<tr>
<td>Stuckey’s Carpet Cleaning</td>
<td>321-365-9989</td>
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#### 233 Home Cleaning

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<th>Service</th>
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<tr>
<td>Karen’s Cleaning Service</td>
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#### 234 Maid Services

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<td>Cal King Cleaning Service</td>
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<td>Concrete For Less</td>
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#### 237 Telephone Repair

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<th>Service</th>
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<td>Premier Phone &amp; Data Service</td>
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#### 241 Electrical Services

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#### 246 Furniture Services

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#### 247 Flooring Services

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#### 249 Garage Door Services

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#### 252 Hauling Services

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<tbody>
<tr>
<td>Absolutely Free! Apartments</td>
<td>352-812-0765</td>
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261 Lawn Spraying Services
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CONTEST RULES

1. Any reader of any one of South Lake Press' circulation area newspapers. Participants must be 18 years of age or older. Employees of South Lake Press, their immediate family members, partners, and owners of South Lake Press are not eligible. Entries will be accepted through June 30, 2012. Entry forms must be received by Wednesday at noon following the Friday publication. South Lake Press reserves the right to publish the winner's name in all future editions of this newspaper.

2. Official rules from Limit one per person per network. Entries must be received and entered with the entry blank submitted in South Lake Press. All entries become property of South Lake Press.

3. Winners will be notified via phone the week following the drawing. If unable to reach winner, the prize will be forfeited and another winner will be chosen.

4. Claiming a prize. Winner must present proof of age with a driver’s license or birth certificate. Contest winners and their household members are not eligible to enter or win. Contest winners and their household members are not eligible to enter or win.

Last Weeks Winner: Emily A. Hardy

ENTRY FORM

Name:
Address:
Phone:

FREE SPACE

NEW GAME EVERY FRIDAY
Laminate flooring throughout this home, built-in cabinets and knockdown ceilings.

Lake and Sumter
Pennbrooke Fairways, Daytona model, 1570 square feet, 2 bedrooms and a den, dining room, kitchen, great room, breakfast nook, laundry room inside and a 2 car oversized garage with screened front, brick paver driveway to entrance. Open floor plan with screened entrance, and a 20 x 14 lanai with stamped concrete flooring and a bird cage. Laminate flooring throughout this home, built-in cabinets and knockdown ceilings. Kitchen has a slate stone sink with brushed nickel faucets, white cabinets, gas stove & pass through to Great room, breakfast nook has sliding glass door to Lanai, master 2 sinks, walk-in shower, large double Walk in closet, large double Walk in closet, 2nd bedroom and 2nd bathroom are in the front of the home separated by the living quarters for privacy. The den has a double doors. There is a 24 hour guard at the gate, a Library, Fitness center, Recreation center where they play cards, domino's, etc. A Craft Room, Billiards room, dart board, full kitchen for parties, shuffleboard, horse shoes, tennis courts, pool, a Grand Ball for dancing, bingo, stage entertainment, director of activities on site too. Call Kathleen O'Brien, Realtor, GRI, SRES, 352-504-2577.

New and natural throughout. Beautifully open and updated kitchen with new island cabinets, flat top range, new dishwasher, refrigerator, new travertine counter tops, new deep sink and new hickory laminate flooring. The dining room is bright with hickory laminate flooring. The master bedroom has new carpet, a large walk in California closet system, also a large guest bedroom with new carpeting and California closetsystem, living room is open to the kitchen, stainless steel sinks and granite countertops, shod with double doors and plenty of room to park your golf cart, car, car porter with extra space. New A/C, 2005, new roof 2005, washout/drive negotiable, gutters and downspouts, irrigation system with timer. Nicely priced in the 70' s! The Plantation at Leesburg is a resident owned active adult gated golf and tennis community with 2 manned gates, a 3rd is monitored plus a roving patrol. Our office is located in Plantation Plaza, PAL Realty, 25327 US Hwy 27, Suite 202, Leesburg, FL 34748 (352) 326-3626. See more pictures of #1317 on our web site www.PALREALTY.net

Enjoy entertaining in this open plan home in city

Privacy is a priority here

Room for horses and enjoyed country living is what you'll find on your own private ranch. Superior design in this 3/3.5 situated on just under 10 acres. Quality is found throughout home just under 5,000 sq. ft. Elegant foyer greets you upon entering home. Formal living room w/duals overlooking screened swimming pool. Formal Dining Room, 2 Office/Den (could be 4th & 5th bdrm). Large master suite with ensuite sitting area, oversized walk in closet and master bath features his/her vanities w/counter tops, garden tub, and walk-in shower with walk-in shower. Your own health club with exercise room (3rd bdrm). Laundry room, tile throughout main living areas. 4 car garage. Home is on the most wanted list.4 minutes from The Villages! Hooked on Country? Call Kim Ducharme 352-874-5906 at Morris Realty & Investments.

Lake Ridge Village

An exceptional neighborhood deserves exceptional service

If you are planning to move, or know someone planning to move, your experience exceptional service right in the neighborhood. Contact one of our mortgage loan officers today.
last week we began a discussion about the very sensitive issue of how resident behaviors and housekeeping impact the sales process. I pre- sented the first four items on my top ten worst offenders list. This week, we will cover items five through ten and some closing thoughts.

Allowing the front of your home to resemble the high school parking lot on evenings and weekends. Imagine your prospects not being able to find the address, the FOR SALE sign, or a parking spot. Yes, it’s great to know where the kids are but it’s better to let another house be the gathering place while yours is on the market.

ORLANDO — Ashton Woods Homes has started presales of 82 new town homes in the Orlando region, said the three-and-a-half baths and range in size from 1,523 square feet and are priced from $162,990. For information, visit www.ashtonwoods.com. Lonnie Peterson, chairman of Cuhaci & Peterson Architects Engineers Planners, based in Miami, is president and CEO of ERA Real Estate. “Indeed, Gus effected compelling growth for his firm, increasing transactions by 37 percent and sales volume by nearly 25 percent in a relatively flat market. As we celebrate this history of ERA Real Estate’s 45th anniversaries, it is clear that this award reflects our long-standing commitment to service excellence and serves to recognize true- brand ambassadors. *The award, named after ERA Real Estate co-founder Gene Fracix, is the highest honor given to an ERA company, and reflects qualities most respected throughout the global ERA system and the real estate industry. Known for his forward-thinking business acumen as well as his philanthropic spirit, Fracix has been an ERA leader to which all ERA companies aspire.*

For information, contact Steve Parker at 407-599-9994 for information. U.S. Group, the U.S. division of Canada’s Mattamy Homes U.S. Group has sold 169 homes since January 1, and Mattamy Homes sold 169 homes since January 1. Mattamy Homes U.S. Group has opened 11 new communities over the past 12 months. “Fleming’s professionalism turned out to be our busiest one ever,” Parker said. Call Contact Michael Heidrich at 407-475-9989 or e-mail to mheidrich@realvest.com. NAI Realvest.

Fleming joins Tolaris Homes as managing partner

Lake Forest — Lawyer Fleming, founder of Fleming, has become video game centers, leaving the garage open to display the family storage door, leaving the garage open to display the family storage door, leaving the garage open to display the family storage door, leaving the garage open to display the family storage door, leaving the garage open to display the family storage door...
Recently leveraged two key acquisitions to Reardon Realty in Jackson, Miss. who competing companies under one brand successfully and seamlessly integrated two Realty Group in Findley, Ohio, who suc-

Noakes, co-owners of ERA Geyer-Noakes beyond measure to earn this coveted award market position and leveraged impressive Florida, Grizzard maximized his company' s experience for consumers such as mort-

and recruiting new agents as well as franchise and home warranty helped fuel and recruiting efforts and effective inventory growth for the company.

The self-guided tour will introduce guests A listing of homes in this year' s parade is www.lakehba. com. For information, visit www.era.com.

The open floor plan features spacious dining and living rooms with a corner gas fireplace.

The new home you have been waiting for, this one has it all! Custom Langly II model plan features spacious dining and living rooms with a corner gas fireplace. The large spectacular pool

Outstanding location

The landlord of the 6,500 square

The new home is back on April 14-15 and April 21-22, 10 a.m. to 5 p.m.

For information, call 407-834-9560 for information.


two car oversized side-entry garage. There' s a two car attached garage with a half bath. The large in-ground pool has a full bath. Furniture is negotiable. It is located in the St. Palms Resort and Marina.

Negotiable. The home is located in Twin Palms Resort and Marina. The home is located in Twin Palms Resort and Marina. The pool has a screen enclosure. Furniture is negotiable. The home is located in Twin Palms Resort and Marina.

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Don Shelby was raised as a kid growing up in Muncie, Ind. “My mom would always tell us to shut the door when we left the room,” said the recently retired Minneapolis WCCO-TV news anchor. “And she cooked one big meal a week, and the rest of the week we ate leftovers.” His dad’s stamp and coin collections taught Shelby that objects had value no matter how old they were.

“My mom would always tell us to shut the door when we left the room,” said the recently retired Minneapolis WCCO-TV news anchor. “And she cooked one big meal a week, and the rest of the week we ate leftovers.” His dad’s stamp and coin collections taught Shelby that objects had value no matter how old they were.

Don Shelby was raised to be frugal as a kid growing up in Muncie, Ind. “My mom would always tell us to shut the door when we left the room,” he said. “I wanted my house is still making electricity, and I becoming a utility.”

Later, as a journalist, he covered environmental issues and launched WCCO’s Project Energy Series. “The more I reported on this breaking wave of technology, the more I became interested in incorporating it in my lifestyle,” he said. “I wanted to walk the talk.”

When it came time to build, the Shelbys decided to go green, incorporating the latest energy- and water-saving technologies, as well as recycled and repurposed materials.

The second floor houses a master suite and guest quarters for the Shelbys’ three grandchildren. Don’s gabled studio above the garage is where he displays some of the TV awards and other memorabilia he’s collected during more than four decades in broadcasting. “After 40 years of marriage, I’m now able to put up some saw cuts intact.

The crisp white “farmhouse” boasts the “photovoltaic solar panels are hidden on top of the garage,” he said, pointing to the roof, which is positioned for southern exposure. “When I’m not there, my house is still making electricity, and I becoming a utility.”

The Shelbys saved money for 10 years and hounded for land for five years before finally building in Excelsior, Minn. While looking for a place to build their green home, the Shelbys focused on Excelsior because they liked its small-town feel and older, character-rich homes.

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“We’ve always loved the country farmhouse and cottage styles,” said Shelby. “When it came time to build, the Shelbys were on the look-out for a place to build their green home.”

He walked over a big black storage shed on the property where he kept a 1,000-gallon water container. “In 195 percent of roof rainwater so it doesn’t flow into the lakes and streams and eventually the Mississippi River,” he said. He’ll spout the water on his lawn, garden and car. And what’s made of old tractor tires and reused. “The landfills are filled with old tires — so why not use them?” he asked.

Shelby loves to rattle off stats about his energy-efficient home. “The HERS score (Home Energy Rating System) is 15,” he said.

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Organic food gardening is and always will be about the soil. Natural soil is not just mineral grains and organic matter. It contains living microbes such as bacteria, algae, fungi and other organisms. Each one serves a purpose.

The most important to plant growth is a group of fungi known as mycorrhizae. The microscopic fungi actually grow into the plant itself, entering through tiny root hairs. Once inside, they remain for the entire life span of the plant. In fact, mycorrhizae establishes within your plants make them stronger, more productive and disease-resistant.

Long ago it was discovered that peas and other legumes gather nitrogen from the air and concentrate it into the soil. This process is called nitrogen fixation. This is achieved only with the help of certain mycorrhizae, which are present in most soils. Once the seed germinates, its roots seek out these microbes, which are sometimes few and far between. The sooner the pea plant root finds mycorrhizae, the sooner it carries on nitrogen fixation.

Ordinarily, it takes a long time for naturally occurring mycorrhizae in soil to thoroughly integrate with the plants. This takes longest in bagged soils where it had been absent altogether, or in first-year gardens where populations are low. Savvy gardeners know they can speed up this process to help their peas and beans connect with this microbe. Early microbe establishment ensures a more abundant nitrogen supply in the earliest part of their life cycle.

There’s a way you can fast-forward the process when planting peas. Most seed catalogs offer a product called inoculant, which is a canned powdered form of the specific strain of mycorrhizae living within legumes. You roll your pea and bean seed in this stuff just before you plant it into the soil. This puts high numbers of microbes in direct contact with the germinating root of the pea plant from the moment it hits the soil. That’s how to immediately start the process of nitrogen fixation.

There is another benefit to inoculating peas with mycorrhizae. Once the fixation process begins, the plant stores nitrogen in the root, stem and leaf. By the time the crop is in and plants have run their course, an inoculated pea plant will contain far more nitrogen than other peas left to fend for themselves.

That means more nitrogen was fixed into the soil around the roots of the pea. When the spent plant is tilled in or put into a compost pile at the end of the season, its tissues hold concentrated nitrogen. In fact, the place where that pea grew will produce outstanding leaf crops the following year due to this nitrogen concentration in the soil. Consider every spent inoculated pea plant a high-potency source of organic nitrogen.

Understanding how mycorrhizae integrate with food plants is essential to getting the most from your garden. Choose potting soil that contains mycorrhizae will make your plants grow better. Inoculate your pea and bean seeds to make sure they get off to a screaming start. Do this and you’re not just growing food, you’re cultivating an entire world of microbes. In the end, it is these tiny organisms you can’t see that may make the biggest difference in what you can.
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