

# On Top of the World NEWS

Where the News is Always Good

Belly dancing instructor Lorraine Kay leads the way. See story on Page 15.



Vol. 19, No. 2 • August 2005

## Community News & Update

By Kenneth Colen  
Publisher

Since jamming in a last minute update on flood prone areas in the July edition (Lynn Stock was way more than patient with me!), we have had not word from either the County or from the Southwest Florida Water Management District (SWFWMD) on the status of the analysis. We recognize that many residents are concerned over the flood prone status of this property. We have all good confidence that we will see basically no change in our status once the final word is in. We will keep you updated as we hear of new developments.

There remains some lingering confusion over that status of the audit of Association financial records. Simply stated, the vote taken at the Association's meeting held on February 22, 2005, authorized an audit to be performed for fiscal year 2006. This audit will be conducted by the certified public accounting firm, Christopher, Smith & Leonard, P.A. of Bradenton, Fla. The audit will be conducted for the current fiscal year ending February 28, 2006. Pursuant to Florida Statute 720.303(7), "The association shall prepare an annual financial report within 60 days after the close of the fiscal year." The Audited Financial Statement will be completed on or before April 29, 2006. We will include notice in the Association's annual report. The legislation did not impact the just expired fiscal year of 2005.

**CIRCLE SQUARE COMMONS UPDATE:** Work is progressing on Circle Square Commons and the first buildings are in permit review with the County. Based on current projections, we anticipate delivery of the Learning Center in August 2006, the Community Center/Auditorium in May 2006, the Sports and Family Entertainment Center in June 2006, and the Health Spa in July 2006. We will keep you updated with new developments as they happen.

The facilities at Circle Square Commons will be open to all On Top of the World Communities' residents and we certainly will encourage broad participation in many of the programs. The Live to Learn Programs that have been running so successfully will be expanded and moving to their new home at the Learning Center. We expect to have a fulltime director hired this fall to begin planning new courses, as well as working with the current programs.

Once again the rumor mill is

► Continued on Page 4



Photo by Larry Resnick

These bathing beauties, all residents of On Top of the World, spend time almost daily at the pool. They are, from left Paulette Orscher, Janice Picciurro, Chris Resnick, Sandy Yeakel and Marge Nuzzi.



Photo by Larry Resnick

Lil Taub and Martha Evans enjoy the Fourth of July celebration at the Health & Rec Ballroom.

## Freedom Rings at Festive Fourth Of July Celebration

By DEBBIE CLARK

On Top of the World residents enjoyed a day of festivities on Monday, July 4, to celebrate Independence Day.

The day started with 10 games of bingo with the final coverall game valued at \$180. Two lucky residents each won \$90. Prior to lunch, door prizes were given away which consisted of donations by various restaurants and businesses. After lunch, we were entertained by Diana and Mitch, "The Big Little Band," who were brought to us by Munroe Regional Medical Center, along with 50/50 drawings, additional door prize drawings and the grand prize donated by Lemieux Diamond Company, which was won by Joe Abate.

Catering Services were provided by Carmichael's Catering which provided a delicious lunch consisting of barbecue chicken, corn on the cob, baked beans, potato salad, garden salad, dessert, iced tea and lemonade.

The sponsorships by Munroe Regional Medical Center, Park Avenue Bank, and Lemieux Diamond Company contributed to the success of the program. Area businesses that contributed to our door prizes were Publix Supermarket—Steeplechase Plaza, Magic Touch Salon, Caddy Shack Embroidery, Winn-Dixie—Friendship Plaza, Friendship Barbers, Little Joey's Italian Restaurant, Bonefish Grill, The Mason Jar, Showtime Music, Chili's Bar and Grill, Cracker Barrel, Cingular and Satellite Depot, Red Lobster, Porter's Nursery, Sammy's Italian Restaurant, Bamboo Restaurant, Scoops, Artistic Flowers and Sam's St. John's Seafood.

Once again On Top of the World volunteers did an outstanding job. At this time I would like to thank the following people: Lolly Foss, Volunteer Coordinator and her husband Roy; Gladys and Ernie LaDuke, ballroom decorations and bingo; Mort Meretsky, bingo caller; Bunny Barba, Jim and Kay Chandler; Joanie and Wendell Crist; Helen DeLuca; Judy Dunn; Frank Jennings; Jay and Shirley Loper; Jeanne Nicholls; Gary and Lennie Rodoff; Charlie and Shirley Strauss; Jodi Szymanski; Larry Wilver (Sound and Lights), Dick and Maureen Wolfe; and Bev and Bob Woods.



# On Top of the World NEWS

Where the News is Always Good

The *World News* is a monthly publication of On Top of the World Communities in Marion County, Florida. This publication is written and prepared by On Top of the World residents for our neighbors and those interested in becoming a part of our community. The *World News* strives to publish only "good, informative news."

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## From the Pressroom

By Lynn Peithman Stock  
 Editor

Mea culpa. Lo sentimos mucho. Es tut uns leid. Nous sommes désolés. We're sorry. No matter what the language, we're sorry.

To those of you who did not receive a July *World News* delivered to your home, we are so sorry. Truly, we thought we were doing something really nifty for everyone.

But unfortunately, any new endeavor can have kinks, and boy did this one have them. Once again, the August *World News* should have been delivered to every On Top of the World resident, whether you already subscribe to the Ocala Star-Banner or not. You should have received a plastic bag on your driveway with the *World News*, the *Star-Banner* and the *Leader* inside it.

We also will deliver a limited number of *World News* to the newspaper racks at the postal areas, the Health & Recreation Building and the Arbor Club. We will have a few extras in the Pressroom.

However, if things don't go as planned, please give us a call at 854-0248 and we'll do our best to get you a copy. I may not get back to you until August 8, though, as I will be on vacation the first week of August (and I'll let you know in next month's paper where we ended up for my surprise 20th anniversary trip).

Last month, after I took some newspapers to Lisa and the Arbor Club, I noticed a huge squirrel-like animal in the grass in front of

the circular driveway. At first, I thought it must be a lemur (so I've seen "Madagascar" one too many times this summer). Upon closer inspection, this long, stocky gray animal with a bushy tail did resemble a squirrel. Its face was more rounded than a squirrel's, though.

When I returned to the office, I shot off an e-mail to our resident nature expert, Marion-Alice Burke. She said she suspects it was a fox squirrel, which is now not too common around On Top of the World. I also did a Google search on the animal, where I found photos that looked similar to the animal I saw. I just wish I had my camera!

Please indulge me while I show a bit more parental pride. The "Swimming Science" video that my son Michael produced with two friends won first place in the state Jim Harbin Media Festival.

And speaking of (grand)parental pride, Joseph Gagner shared accomplishments of his grandson recently. Joseph brought in photos of the grandson, who recently graduated from the U.S. Naval Academy and a few weeks later, got married to another Academy grad.

We sure wish we could include all the photos and happenings of grandkids, but alas space doesn't allow. So we'll try to mention as many as we can. Thanks for working with us.

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**From  
Debbie's Desk**  
Debbie Clark

We are well into those lazy hazy days of summer; I hope everyone had a safe and happy Fourth of July.

As promised here is an update on the Sterling Casino trip: 84 residents attended. We enjoyed a smooth bus ride to Port Canaveral and we arrived at the port at 10:30 a.m. We were allowed to go on the ship right away. Once on the ship there was food available on two different levels and there was entertainment in the upper deck lounge for our enjoyment while the ship was head-

ing out to sea. Once we reached the 3-mile limit, all of the slot machines and gaming tables were opened. During the course of the day you could try your hand with lady luck, enjoy the lunch buffet or just sit outside on the front deck and enjoy the beautiful weather that we had. All in all it was a great day and I would like to thank the residents that were on this trip who made it such a huge success.

I would also like to make a clarification to my last paragraph from my July article in regards to children driving the golf carts. If a minor has a learner's permit they may operate a golf cart when accompanied by an adult. If they have a valid driver's license then they would be fully covered to operate the vehicle (provided the owner of the vehicle consents). I hope this sheds better light as to who is allowed to drive a golf cart when the grandchildren are visiting.

Now on with the fun stuff, upcoming events for the month of August. First, on Thursday, August 18, the Lowry Park Zoo will be here in the Health & Recreation Ballroom at 11 a.m. to give a presentation on Native Florida. For those interested in attending, please see Theresa in the Activities Office to purchase your ticket. The cost for this presentation is \$1.50 per person.

Our themed Happy Hour for the month of August will be "Woodstock Revisited" on Friday, August 19. So come on out and do not be afraid to dress for the era. Go dig-

ging in closets and the boxes to find those tie-dyed T-shirts, bell bottom or hip hugger jeans, peace signs, and even love beads; this promises to be a fun filled evening with the music from this wonderful era of peace love and happiness. As always Happy Hour is from 5 to 8 p.m. with the bar opening at 4:30 p.m.

Also for those interested we are still offering our monthly trips to the Seminole Hard Rock Casino. This will be held on Monday, August 22. If you are interested in this bus trip, please see Theresa in the Activities Office.

Next on tap is the Ice Cream Social on Thursday, August 25, in the H&R Ballroom from 2 to 4 p.m. This always proves to be a sold-out event so get your tickets early. They are on sale in the Activities Office Monday through Friday from 8:30 a.m. to 4 p.m. Cost per person is \$3. We will be serving the usual favorites of chocolate and vanilla ice cream, along with sugar free vanilla; and let us not forget all of the sundae fixings. Our own Sunshine Singers will provide entertainment for the afternoon first, and then taking the stage will be Linda English Holland who has performed here previously for the Southern Club. I have it on good authority that she puts on a tremendous show.

Then getting on to the month of September a few dates to remember: On Tuesday, September 13, we will be taking a trip to

Tropicana Field once again to see the Devil Rays play the Yankees. This is a 7:15 game, so we will be leaving the H&R parking lot no later than 3:30 p.m. and returning two hours after the game is completed. Tickets for this event are on sale in the Activities Office Monday through Friday from 8:30 a.m. to 4 p.m. The cost is \$35 per person. Registration closes two weeks prior.

Also let's not forget the ever-popular Seminole Casino trip on Tuesday, September 20. You can sign up for this event with Theresa.

Last but not least we will be hosting our first resident photography exhibit at the Arbor Club, which will run from Monday, September 26, through Friday, September 30. If you are interested in signing up for this exhibit please see Lisa at the Arbor Club.

In regard to community news it has been brought to my attention that in the H&R Pool the maintenance crew has been finding pull-tabs from soda cans in the bottom of pool along with loose change. First off I must fall back on the rules of the pool that clearly state that there is no drinking allowed on the pool deck. I must express the importance of not throwing foreign objects into the pool especially the pull-tabs from cans. If these manage to work their way into the filter system these will tear up the filters. Other than that issue everything is running smoothly so let's all go out and have some fun. ☺

**Community News & Update**

By Kenneth Colen • Publisher

► Continued from Page 1

ginned-up and running into overdrive. It seems some of our residents have been concerned about rumors related to a "Gateway of Services" program that we plan to offer residents of our new neighborhoods Candler Hills and Indigo East.

Participation is optional and not all new residents who move into Candler Hills or Indigo East will choose to participate in the "Gateway" program. Those who do participate will pay an appropriate annual fee and will receive a gate pass along with a pass to use the facilities at the Arbor Club and the Health & Recreation Center. They also will be eligible to play the two private golf courses either at the pre-paid annual green fee rate or at the prevailing guest rate. They may also join the Arbor Tennis Club at an additional fee.

OK, so that is what On Top of the World will do for our newest neighborhoods. What will this program do for you as a current

resident of On Top of the World?

For one thing it will help us meet the common goal of keeping your costs down. Barring rampant inflation, the broader user base paying comparable fees should moderate the annual costs of operation to the benefit of all residents. Because we have adequate capacity in the current facilities and especially with the addition of Circle Square Commons, the facilities will not be over-burdened with use.

**WHAT'S UP WITH THE ENTRY SIGN (AGAIN)?** No, we haven't sold On Top of the World to the Japanese, Germans, Bosnians, or Pulte! The activity at the entry sign is all about keeping things updated and looking nice. When the State widened SR 200, they changed the grade in such a way that it actually put the sign base below the roadway grade. Given that, and the age of the plantings, it was time to do some renovation and renewal. There will be no major changes, just some painting, grade work, and new landscaping. The name stays the same! ☺

**Pathways for Seniors**

Toni Taylor

The Pathways Program is proud to announce its recent honor of being chosen to receive the "Florida Association of Community Colleges, Adult and Continuing Education Commission's Exemplary Program Award," which will be presented at their annual meeting in November.

This is a competitive award where there are several different categories to which a program may be submitted, and the award is presented to programs recognized as exemplary. The Pathways Program was chosen as an award recipient in the Adult and Continuing Education category.

"Colleges statewide submitted programs they felt should be recognized by this award," says Jerone Gamble, executive manager of Continuing Education at CFCC. "CFCC has a long history and commitment to serving the age 50 and better community and felt that Pathways was a program worth submitting."

Pathways is expanding its coaching ser-

vices. With the addition of several new coaches (three of whom are On Top of the World Communities residents) the emphasis is on assisting members by providing them with the skills, tools and training necessary to re-enter the workforce. This graduating class of the program's training session "Life Coaches" congratulates John and Jane Bauer, and Pepper Goslin upon their completion of the course.

More and more seniors today are considering returning to the workplace, whether it is for a full or part-time position. Pathways recently hosted a seminar called "Your Move Into the World of Work," which took place in the University Center at CFCC. The next seminar is planned for August 18. This seminar is specially designed to help prepare seniors for re-entering the workplace and covers topics such as creating resumes, filling out applications, and interviewing. The new Pathways Job Club will follow this, where an area "spotlight" employer will be present to speak with members.

One Stop Work Force, in sponsorship with the Pathways Program, will be hosting a Veterans Job Fair on August 3 in the Klein Conference Center at CFCC from 9 a.m. to noon. Although this job fair is targeted for veterans, anyone is welcome to attend. Sectioned into two areas, one area will be designated for the actual job fair, while the second will host representatives from various veteran services, providing direction to veterans who have questions or concerns in regard to veteran-related issues.

If you are interested in becoming a coach, or would like more information on the Pathways Program, call the Pathways Center at 291-4444. ☺

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### Meeting the Neighbors

BJ Leckbee

#### Cheryl Turnbow: from retirement to quilts to jewelry

When Cheryl Turnbow realized she'd have to retire earlier than planned due to health reasons, she looked on the bright side. Retirement would give her time to pursue her favorite hobby, quilting. She'd been drawn to this particular activity through her love of colors, and the challenge of putting together a set of fabrics and colors that would make each quilted item stand out from the rest. Then, too, during her 25 years as a flight attendant she'd been on her feet most of the time, and quilting is a more sedentary hobby. She'd already made numerous items, kept some, shared some with her family, and donated others to Hospice.

Her plan turned out to have a snag, however. After retirement Cheryl moved to Vero Beach into a townhouse that lacked the space required for quilting. What to do?

A friend reminded Cheryl that her knack for putting bold color combinations together and her manual dexterity could take another form, for example, working with beads. Without investing a lot of money, Cheryl began to teach herself how to work in this new medium. She studied a book on beading and began the work by wrapping glass pebbles with wire. At first she made only pendants. A friend soon stepped in and taught her how to make several types of clasps, which could be used for necklaces and bracelets. After learning several styles of closures, she chose to focus on the toggle clasp, which consists of a crossbar and a circle, and is relatively easy for the wearer to open and close.

Gaining confidence and with an eye toward actually selling her creations, she bought a book that taught her how to make earrings. She was now ready to make sets of jewelry. She decided to stay with basic methods, but to create original designs. "I have no formal training," Cheryl says, "but I learned to use color from quilting."

Although a relative newcomer to jewelry design, she has had success in marketing her creations. "I don't sell through retail channels," Cheryl notes. "I place my jewelry in museum gift shops and galleries." This involves being approved at each location as an artist. In Vero Beach she was excited to learn that one of her necklaces sold the first day it arrived at the Artist Guild Gallery. Getting it there in the first place meant having eight other artists review her items and agreeing that the work met the standards for display and sale there. The clientele apparently agreed with the decision.

Immediately after moving here, she took steps to place her jewelry locally. The All About Art gallery in Belleview required that her jewelry be approved by other artists whose



Photo by BJ Leckbee

#### Cheryl Turnbow models one of her unique jewelry creations.

work is represented there. When they agreed that her items met their standards she was allowed to offer her jewelry for sale alongside their works. A more extensive collection is available at All That Art in historic Ocala.

Jewelry making has turned into a part-time job for Cheryl, although, as she puts it, "I don't get paid much for my time." Additionally, as a cancer survivor, she donates 5 percent of each sale at the galleries to the American Cancer Society. Her prices range from \$15 to \$150, depending on the quality of the stones and her investment in the materials. "I get most of my supplies from craft stores and bead shows," Cheryl says, adding, "If I'd known I was going to do this, I'd have bought some stones during my travels while working for the airline."

The hobby/work also remains a challenge. She has begun making wearable art — that is, the piece can be hung on the wall as a decoration when not in use. She will redesign old pieces upon request and will break the mold so it can't be reused. She has made a few clay pieces that include Japanese calligraphy as part of the design. One of those pieces is stamped with "faith, hope, love," and she plans to add more calligraphy to other pieces.

One of her favorite stones is cinnabar, a striking red stone with an impressed design. "I'd like to know more about this stone," she states. "Maybe someone here can tell



#### Cheryl uses cut stones, beads and handmade clay pieces in her wearable art.

me more about it." She learned about another of her favorites, light-reflecting boro glass, from a supplier in Oregon.

Because the jewelry is custom-made, some requests cause her to scramble to meet the customer's requirements. A recent request was for a pendant with a Harley Davidson design. The woman apparently likes motorcycles. Another request was for an ankle bracelet to fit over a woman's boot. Cheryl is still struggling with this one.

She's now at home in On Top of the World near her father, Larry Wallach, who has lived in Americana for almost 18 years. "The threat of hurricanes caused me to leave Vero Beach, and there was no question as to where I would move," Cheryl says. "I used to visit my father a lot. I felt at home here immediately."

Moving here has also provided new opportunities. "I plan to join the Crafty Ladies in the fall," she reports. "There's so much to choose from here." ☺

## Welcome to On Top of the World

Albert Novotny, 9718 SW 97th Street  
Allen W. and Gail Hopkins,  
9040E SW 87th Ave.  
Anita J. Parese, 8426B SW 92nd Lane  
Anthony S. and Wanetta G. Jarvis,  
8749A SW 92nd Lane  
Carmen Miller, 8829A SW 94th Street  
Chris E. and Judith E. Jessen,  
8712G SW 96th Lane  
Collene F. Conrad and Geraldine L.  
Feeman, 9274A SW 97th Lane  
David D. and Paula Guildford,  
9036C SW 96th Lane  
Diane A. Knox, 9369 SW 90th Street  
Edmond F. Martin Jr. and Lisa Augustine,  
8840A SW 96th Street  
Edward C. and Cecilia K. Miller,  
8876A SW 95th Lane

Fred R. and Cathleen E. Packard,  
8722C SW 93rd Place  
Guy A. and Linda L. Bruno,  
9050C SW 82nd Terrace  
Harry L. and Mary Jane Lipps,  
9368D SW 82nd Terrace  
James Edsel and Mayme J. Brown,  
8708B SW 95th Lane  
James F. and Joan E. Fitro,  
9628 SW 90th Street  
John B. Jr. and Eileen S. Kreps,  
9035A SW 94th Street  
John C. and N. Frances Boardway,  
9295 SW 92nd Place Road  
John F. and Martha Malnati,  
9870 SW 97th Place  
Joseph and Joan Rappa,

9158 SW 93rd Circle  
Karl A. and Christl Dribusch,  
8630D SW 95th Street  
Lee Goodman,  
9662 SW 92nd Place Road  
Loraine D. Kormos,  
9660C SW 92nd Court  
Nancy C. France, 8449A SW 90th Place  
Richard L. Sr. and Joan S. Travis,  
9425 SW 96th Street  
Rita K. Janusick, 9030C SW 95th Terrace  
Robert B. and Phyllis M. Mawhiney,  
9196B SW 89th Terrace  
Robert E. and Jacqueline Randolph,  
9065 SW 96th Court Road  
Robert H. and Loretta I. Upson,  
8561D SW 90th Street

Roger Runkis,  
8747D SW 98th Street Road  
Shirley G. Durrance and Robert T. Hunt,  
9871F SW 88th Terrace  
Stephen and Angela Gravano,  
8962D SW 97th Street  
Suzanne Allaway, 8725B SW 95th Street  
Verene Ann Kelly,  
9520D SW 84th Terrace  
Walter R. and Janet L. Becker,  
8552F SW 93rd Place  
William F. Jr. and Rose McGarry,  
8552A SW 93rd Place  
William K. and Betty J. Eaton,  
8986A SW 97th Street



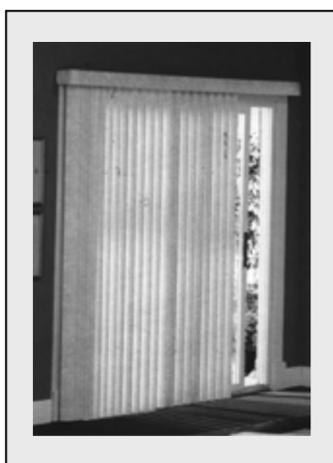
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**In the  
Spotlight**  
Pat Wellington

### Jim and Louise Everett

Before beginning their 17-year winter odyssey to the Bahamas aboard their 37-foot sailboat 'Bout Time' in 1979, Jim and Louise Everett say they were such green sailors they referred to halyards, sheets, anchor rods and dinghy painter as this rope and that rope and said left and right instead of port and starboard. Although they'd sailed recreationally in Long Island Sound, they dreamed of living aboard their boat in the warm Bahamian waters.

But breaking the news to their 10-year old daughter Susie was a challenge. After all, they would be tearing her from her home, school and friends, everything familiar to her and whisking her to exotic places she had never seen. To that end, Jim and Lou took her to her favorite fast-food restaurant and gently broke the news. She was receptive, though years later, writing about growing up on a sailboat; she did reveal some of her early apprehensions such as missing her 10-speed, her canopy bed, and her best friend Dana. She would write about gut-wrenching seasickness and imbalance until she got her sea legs. But she would also write about the allure of the Bahamas that had seduced her parents: "Crossing the Bahama Banks for the first time was



Jim and Louise Everett and their daughter Susie lived on their boat, 'Bout Time,' shown here without the sails, in the Bahamas for 17 years.

a memorable experience. The clear water was only 15 feet deep for many miles, and I spent most of this day on the pulpit staring into the crystal-clear water. Occasionally, I would spot a strange looking fish, and once we sailed right over a 5-foot shark!"

In fact, Susie's experience was so positive that she later married a Bahamian and raised seven of their eight children in the Bahamas. (She and her family now live in the Ocala area.) If life on the sailboat in those first years seems primitive to many of us — a three-burner alcohol stove, ice when available but no refrigeration, canned foods and minimal cabin lighting powered by only 12-volt batteries, that's not how the Everetts saw it.

"We lived by the sun and the tides," Jim says.

Of course, he does admit that the adventure worked only because Lou can do anything — dive, catch fish, clean them,

cook them, navigate, shop for and store provisions. At the end of his exhaustive list I had to admit she seemed indispensable. "But why didn't he at least clean the fish?" I asked. Lou laughed and said she watched him once and he left so much flesh on the bones it drove her crazy. The simple life of sun and sea suited the three of them — diving, fishing, exploring and learning from the Bahamians where the best anchorages and fish were and how to read the waters — but best of all — just enjoying the beauty around them. From Jim's written recollections comes this painterly picture of the waters en route to Warderick Wells: "Moving through that colorful channel was like being in a dream world. There was calmness, brilliant colors, powder beaches, rugged landmasses and stunted, gnarled, green foliage. It was nature's own and elegant handiwork — a collage beyond



Louise Everett spears a large lobster at Children's Bay Cay Cut in April 1994.

belief. We consider it to be the essence of our Bahamian adventure."

To visit the Everett home is to experience their adventures yourself. There are maps and photos, Lou's spear she used to "brain" her fish, Jim's ham radio that opened communication for them in the fifth year of their travels and so much more.

But in 1997 they called it quits and sold the boat. "Was it a painful decision?" I asked. Jim said that after 34 crossings with no serious incident they thought they might be pressing their luck.

Lou added, "The Bahamas had been discovered and yachts and amphibian planes swarmed the place. It was time to go." "Sort of like leaving the party while you're still having fun?" I asked. "Yes," they said.

(But they still occasionally enjoy the Bahamas on their daughter and son-in-law's boat.) ☺



**Is It Legal?**  
Gerald Colen

**Q.** Do you think that Congress is going to eliminate my ability to protect myself or my husband from being in a nursing home?

**A.** That's the way it looks, doesn't it? Congress apparently believes that Medicaid planning of any sort is abusive because it allows folks who are facing long-term nursing home issues to shield or otherwise protect their assets and get on Medicaid. There is no lobbying group of which I am aware that has tackled the matter and that also has sufficient clout to influence Congress (and state legislatures also) to study the issue seriously and comprehend that men and women are facing severe poverty if they cannot protect their assets from having to be spent down on nursing home and medical bills. AARP does not appear to be interested in this. Neither of the two major political parties seems interested either. The National Academy of Elder Law Attorneys ([www.Naela.org](http://www.Naela.org)) and the Elder Law Section

of the Florida Bar Association have made attempts to explain the importance of Medicaid planning to various politicians, and they have made some progress; but not enough, I fear, to prevent substantial changes in Medicaid laws which will, in the end, make it practically impossible to do much, if any, Medicaid planning. I don't really know what else to say because, unless there is a lot of serious lobbying and/or complaints to senators and representatives in Congress, the law is going to change and it probably won't be good for the folks who need protection the most.

**Q.** I am going to purchase a new home and want to know if you feel I should also buy title insurance.

**A.** Title insurance protects the homeowner from a number of possible title flaws, such as a fraudulent transfer sometime prior even to when the seller obtained title, prior liens or judgments against a previous owner, improperly executed prior deeds or satisfactions of mortgages. So, yes, I feel everyone should have title insurance when they purchase property—especially a home. But let me give you an even better reason: When lending institutions such as banks loan money for the purchase of real property such as a home, they require what is known as mortgage title insurance. Mortgage title insurance is, I feel, basically title insurance that ensures the validity of the mortgage that the lender is taking from the homeowner. So, if lending institutions require mortgage title insurance, I think that's a pretty good clue that you should have it as well. It's not all that expensive when you relate it to the cost of the home you are buying and it is a one-time-only charge.

**Q.** I recently read an article in my AARP newsletter in which they seem to be saying that folks over 65 should not purchase annuities. Do you agree?

**A.** Pretty much. I think there are occasions where it makes sense to purchase annuities, but those occasions are rather

limited in my view. Two situations where it makes sense to purchase annuities are (1) the purchase of an immediate pay annuity where it is necessary to obtain Medicaid benefits (and that assumes that annuities are still accepted for such purchases), and (2) where you want to leave some money to a child or other beneficiary but you want the funds distributed in installments, such as in monthly payments, and you don't want to give the job to some other relative because it would be too much of a burden on that person. By and large, though, as readers of this column know, I am not a fan of annuities for retirees.

*Gerald R. Colen is an attorney and member of the National Academy of Elder Law Attorneys and the Elder Law section of the Florida Bar Association. He concentrates his practice of law in the areas of elder law, wills, trusts, probate, real estate, asset protection planning, business law and simple and complex estate planning. This column is not intended to provide legal advice. You should always consult your own attorney for such advice. Mr. Colen is available for conferences at his law office at 7243 Bryan Dairy Road, Largo, Fla. 33777; (727) 545-8114. He also meets clients at On Top of the World, in Clearwater, Florida. In Ocala, Florida, Mr. Colen is available, by appointment, for legal conferences at the On Top of the World sales office. Visit his website at [www.gcolen.com](http://www.gcolen.com). Feel free to email him at [Jerry@gcolen.com](mailto:Jerry@gcolen.com)*

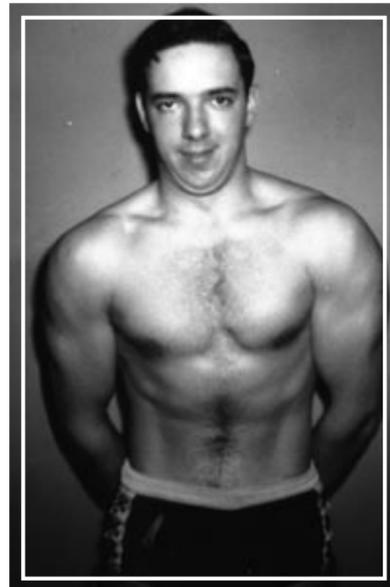
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**Who in  
the World!**  
By PAT WELLINGTON



Clue: this photo was published in a 1950 magazine, *Strength and Health*, citing this young man's progress as a teenager in Albany, N.Y., after three months of bodybuilding with a 410-pound York Olympic barbell set. Today, he lives in Providence with his wife, Phyllis. Answer on Page 20.

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**Democratic Club**  
Lee Wittmer

There will be no general meeting of the On Top of the World Democratic Club in August.

Since Bob and Jeanette Burditt are moving to South Carolina we wanted to take this opportunity to thank them for their constant efforts on behalf of the Democratic Party in general and our club in particular. Both Bob and Jeanette are loving, kind and considerate people. Everyone likes the Burditts. They are our friends. They will be missed.

You must act quickly if you want to be a part of the fun at "The Time of your Life" party sponsored by the Marion County Democratic Party to be held at the Ocala Shrine

Club, 4301 S.E. Maricamp Road, from 6 to 10 p.m. on July 30. It will be a fun-filled evening filled with socializing, dining, meeting and greeting candidates for office, and past and present office-holders. There will be entertainment, prize raffle, gift sale and auction. Wear your most lively, festive, creative outfits. For information call 402-9494.

The Villages of Marion Democrats Club is sponsoring "Creating Our Future Part II: Priorities and Plans." This is for all Democrats of Marion County who care about their country. It is an all-day exploration of issues and answers. The event will be at the New Century Building, Central Florida Community College from 9 a.m. to 5 p.m. on Saturday August 6. The cost is \$15 per person (Checks or cash to The Villages of Marion Democrats Club, c/o Roger Cooper, 9370 SE 171st, LeFlore Lane, The Villages, FL 32162.)

For more information please call Roger Cooper at (352) 259-8545.

Medicare's prescription drug program begins on January 1, 2006. This program, known as Medicare Part D, will provide limited financial assistance to people already enrolled under Medicare Part A or Part B. Private companies will provide these prescription drug plans; therefore, a person eligible for Medicare must enroll in a voluntary prescription drug coverage program under Medicare Part D.

It is extremely important that each person eligible for Part D examines any and all information available about the program to ascertain what is best for their individual prescription drug needs. ☎

the World telephone book).

The On Top of the World Republican Club was organized and founded in May, June and July of 1993. As a Republican chartered club, the founders were determined to bring together like-minded residents of On Top of the World to support Republican candidates and to discuss political issues. During the past 12 years we have given strong support to our candidates. Issues brought to the floor at meetings have always been discussed with dignity and respect for opposing opinions.

Much of the credit for the pleasant atmosphere at our meetings goes to you, the membership. In more than 120 meetings, I have never heard a cross word spoken nor has there been an argument developed. Our guests, sometimes controversial, have always been treated with respect. This is the one meeting each month that I really look forward to with anticipation of chatting with my friends and neighbors.

The 2006 primary election is only 16 months away. Potential candidates are starting to appear at all levels of government. For governor, the Republican candidates are Charlie Crist and Tom Gallagher. Republicans currently hold all local offices coming up for election in 2006. We will hear from them, and their primary challengers, if any, during the coming months.

For information on the candidates for governor go to [www.charliecrist06.org](http://www.charliecrist06.org) and [www.tomgallagher.org](http://www.tomgallagher.org).

Until next month, keep safe, avoid the floods and high winds, and enjoy the summer. ☎



**Republican Club**  
Tony Tortura

In the absence of the president, Ida Lee Chadick, the vice president, presided and conducted a very memorable meeting in 43 minutes in July. The guest speaker was Kurt Kelly, school board member, who gave a stirring presentation on why he is involved in the political process. There were about 80 members present to greet Kurt as well as guests Representative Larry Cretul and County Commissioner Charlie Stone.

The August meeting will be on the 19th, a week later than our normal meeting night. The club will host the Charlie Stone picnic on that night. Tickets are \$8 per person and are almost sold out. Call Jerry Cauda for info and tickets (number in the On Top of

## Community Patrol Spends Summer Days Out and About

By LARRY RESNICK

It is now mid-summer, which means extra duties and patrols for our On Top of the World Community Patrol. This is evidenced by the frequent sightings of its community patrol cruiser moving about our neighborhoods and common areas as well as in Friendship Shopping Center and Shalom Park. The patrol is very busy now because a lot of our neighbors are away on vacation and many of our seasonal residents are at their out-of-state summer residences. This creates temporary vacancies that our Community Patrol pays special attention to with their extra ride-bys to check if anything appears to be amiss.

Some of the duties of the Community Patrol include looking about the shopping center and common areas for abandoned packages or parcels that seem odd or out-of-place. One of the Community Patrol members, Jay Loper, received special recognition from the Marion County Sheriff's Department recently for his good work when he was patrolling one evening and came across an individual and recognized that something was wrong. A deputy sheriff was

called and the deputy called the Crisis Control Division of the sheriff's office who took care of the situation.

The On Top of the World Community Patrol meets in the Arbor Conference Center on the second Monday of each month, including July and August. These dedicated people know how important their volunteer efforts are and how much their neighbors appreciate these efforts. And besides, there is a whole bunch of information passed along at each monthly meeting.

For instance, Lt. Pogue of the Marion County Sheriff's Department addressed the patrol membership about conducting a golf cart safety clinic here in On Top of the World. At this clinic, speed of each cart could be checked, as 20 miles per hour is the legal speed. Did you know that? They would also perform checks on batteries and tire air pressure and all this would be done free of charge.

The Community Patrol members are usually made aware by the Sheriff's Department of nearby crimes, police activities and the law enforcement disposition rates of the various agencies. ☎



**View from the Library**  
Donna O'Neil

Meredith Stratton is a very successful businesswoman. She has two children, Catherine, age 25, and Jon, age 21, whom she truly loves and who truly love her. However, due to very strange and unique circumstances Meredith finds herself at age 44

deeply troubled by her lack of knowledge of her own birth and early years. This condition begins to manifest itself into physical problems for Meredith.

Once again Barbara Taylor Bradford has created a compelling story in her book, "Her Own Rules," 1996. The author's descriptions of persons, places and things are exceptionally vivid. The setting of this story switches from rural Connecticut and New York City to England and France.

At this time in her life Meredith is busy buying and restoring international inns for her most successful company, Havens Incorporated. She is busy planning her daughter's wedding. Meredith meets charming Luc de Montboucher to whom she is very attracted. And now comes this unexplained and troublesome illness. The details will keep you interested until the very end.

Barbara Taylor Bradford was born and raised in England. She moved to New York City 35 years ago when she married Robert Bradford, a film producer. She became an American citizen in 1992. She has sold 60 million books in 39 languages in 89 countries. Indeed, she is one of the world's most cherished storytellers. ☎

## Stephanie's Computer Tip for August

By STEPHANIE ROHDE



A well known use of the term AutoPlay is about what happens soon after you place a CD or DVD in the appropriate drive of your computer. If this feature does not currently work on your computer and you would like to have it work again, you can download a fix from Microsoft at the following link.

[www.microsoft.com/downloads/details.aspx?FamilyID=c680a7b6-e8fa-45c4-a171-1b889cfacdad&displaylang=en&Hash=YJWQJ5B](http://www.microsoft.com/downloads/details.aspx?FamilyID=c680a7b6-e8fa-45c4-a171-1b889cfacdad&displaylang=en&Hash=YJWQJ5B)

Download nothing unless you feel comfortable in doing so.

This tip brought to you by End The Clutter ETC  
[www.endtheclutter.com](http://www.endtheclutter.com) or call Steph at 873-2100



## OTOW Computer Classes

August — September

Course	Day & Time	Dates	Place	Instructor
Basic Computer	Tuesday 1-2:20 p.m.	8/9	Health & Recreation	Stephanie Rohde
Basic Computer II	Tuesday 1-2:20 p.m.	9/13	Health & Recreation	Stephanie Rohde
Basic Internet	Monday 1-2:20	8/8	Health & Recreation	Stephanie Rohde
Basic Word Processing	Thursday 1-2:20 p.m.	8/11	Health & Recreation	Stephanie Rohde
Computer Purchasing	Wednesday 1-2:20 p.m.	8/10	Health & Recreation	Stephanie Rohde
Computer Maintenance	Friday 1-2:20 p.m.	8/12	Health & Recreation	Stephanie Rohde
Outlook Express 1	Friday 1-2:20 p.m.	9/16	Health & Recreation	Stephanie Rohde
Outlook Express 2	TBA 1-2:20 p.m.	TBA	Health & Recreation	Stephanie Rohde
Outlook Express 3	TBA 1-2:20 p.m.	TBA	Health & Recreation	Stephanie Rohde

**BASIC COMPUTER** [For individuals new to computers and/or those considering the purchase of their first computer system] — introduces hardware, software, and Windows Operating System terminology. Learn to choose the best Internet Service Provider (ISP) for you. Learn to play Solitaire. If you have never used a computer mouse, this course is for you.

**BASIC COMPUTER II** — learn the difference between: CD-ROM, CD-R, CD-RW, DVD-ROM, DVD-R, DVD rewritable, discs and drives; Word Processing, Spreadsheets, and Databases and how they interact with each other.

**BASIC INTERNET** [For individuals who are already familiar with a computer and mouse] — learn: the difference between e-mail, instant messages (IM), chat rooms, newsgroups and Web surfing; the meaning of browsers, favorites, bookmarks, and search engines; how to explore various kinds of Web sites and how to make a safe on-line purchase; how "on-line banking" and "bill-paying on-line differ.

**BASIC WORD PROCESSING** — basic word processing via Microsoft Word. Opening, closing, "save" vs. "save-as," new, cut, copy, paste, shortcuts, views, page set-up, print preview, print, clipboard, headers and footers, fonts, page numbers, page break, symbols, bullets, numbered lists, tables, table of contents, and more.

**COMPUTER PURCHASING** [For individuals who are familiar with a computer and mouse] — Purchasing tips regarding what and why to buy, how and why to buy, and where and why to buy. Introduces the concept of connecting computers together (aka Networking).

**COMPUTER MAINTENANCE** [For individuals who are already familiar with a computer and mouse] — learn how to keep your computer working well for 5-6 years rather than only 2-3 by performing routine preventative maintenance. Learn daily, weekly, and monthly PC maintenance relative to the Windows Operating System you are using.

**OUTLOOK EXPRESS 1, 2, and 3** [For individuals who are already familiar with a computer and mouse] — is an E-mail management software program. This course is not for Juno, AOL, CompuServe, or Wal-Mart Connect users. Please take these classes in sequence for optimal learning of the Outlook Express program.

- OUTLOOK EXPRESS 1** Learn how to: keep your Outlook Express program up to date; customize your main screen view and toolbar; create e-mail accounts; create computer user identities; use the windows Address Book — enter & edit contacts, create groups, backing up, organizing, printing, electronic business cards.
- OUTLOOK EXPRESS 2** Learn how to: send respectful e-mail; customize your e-mail message screen view and toolbar; use the Drafts folder; use message priority; use plain and rich text; change fonts, styles, size, effects, and color; how to block, select, or highlight text; attachments & insertions.
- OUTLOOK EXPRESS 3** Learn how to: receive safe e-mail; create folders for e-mail organization; block senders; reply and forward respectful e-mail; open, save, and print attachments; understand e-mail message icons; use keyboard shortcuts.

The cost is \$25 per class per resident.

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**Fitness Happenings**  
Adela Anderson

You might recall the movie, "The Field of Dreams" and the saying: If you build it, they will come! On Top of the World has a beautiful softball field built, ready and waiting for you to fulfill your dreams. We now just need you, ladies and gentlemen, to join our players who have been practicing on Saturday mornings and form an incredible softball team of our own.

On Top of the World's softball season will open in October, with the first official practice to be held on Saturday, October 8, at 9 a.m. at the softball field. We will be having sign-up sheets for all of you interested, in the Arbor Club, Health & Recreation gym and H&R information desk. For information you can contact Nick La Gattuta at 854-9768 or Adela at 854-8707.

**PACE Classes**

Joint inflammation or arthritis affects almost all of us. For some, taking part in a regular exercise program is nearly impossible. We are introducing to On Top of the World two six-week special programs for people who have arthritis, bursitis, tendonitis, fibromyalgia or suffer from some type of rheumatic disease. They are a land-based "People with Arthritis Can Exercise" (PACE) and an aquatic program.

Both classes follow specific guidelines set by the Arthritis Foundation and are sponsored by the Northeastern chapter of the Arthritis Foundation. These programs are specifically designed to educate participants and help increase joint range of motion, flexibility and muscle strength. The PACE land-based program, which is being taught by Adela, is held at the Arbor Club exercise room on Tuesdays and Fridays at 2 p.m. The aquatic program, which is being taught by Pat Woodbury, is held at the Arbor Club walking pool on Tuesdays and Thursdays at 10:30 a.m.

Do you want to learn how to play racquetball or want to get your racquetball swing in order? We are fortunate to have Marty as an instructor to motivate, teach or practice with you this great sport.

Marty is extending a free invitation to you, ladies and gentlemen, to come to our On Top of the World racquetball courts at the Health & Recreation building, on Friday, August 19, at 10:30 a.m. Observers are welcome and, if you will be playing, please bring your racket and wear eye protection. Racquetball will get you in shape very quickly. Come on and try it!

**Care for the Caregiver**

One of three people who live in an adult community has to cope by being a caregiver to a parent, spouse or member of the family. Lyn Hill, an Emeriti Associate Professor of Occupational Therapy from Utica College and a resident of On Top of the World, will be helping us to deal with the stress of being a caregiver and to staying healthy.

Lyn is a caregiver herself and has been on many occasions in the past. She is cordially inviting all of you to her free lecture on Tuesday, September 20, in the Arbor Club Ballroom from 1:30 p.m. to 3 p.m. You never know when it will be your turn to take care of a loved one. Bring your friends, spouses and neighbors to this lecture, they might be under pressures and desperately need to learn to manage their stress. Lyn has written three books. In her latest book, "Some Days I Wish I Was a Turtle," she gives us a guide how to manage stress, pain and maintain a healthy lifestyle while being a

Time	Monday	Tuesday	Wednesday	Thursday	Friday
<b>7:15</b> 20 Min Aerobics Room	Oxycise Video	Oxycise Video	Oxycise Video	Oxycise Video	Oxycise Video
<b>8:00</b> 60 Min Aerobics Room	Cardio Burn & Firm Lorraine	Condition and Stretch Fusion Traci	Cardio Burn & Firm Lorraine	Condition and Stretch Fusion Traci	Cardio Burn & Firm Lorraine
<b>9:00</b> 60 Min Aerobics Room	Cardio Step & Sculpt Traci	Tai Chi* Shannon	Cardio Step & Sculpt Traci	Tai Chi* Shannon	Cardio Step & Sculpt Traci
<b>10:30</b> 40 Min Aerobics Room	Beginners Aerobics Lyn Intermediate Aerobics Kitti	Latin/Cardio* Traci	Beginners Aerobics Lyn Intermediate Aerobics Kitti	Latin/Cardio* Traci	Beginners Aerobics Lyn Intermediate Aerobics Kitti
<b>11:30</b> 35 Min Aerobics Room	Sit & Be Fit Kitti		Sit & Be Fit Kitti		Sit & Be Fit Kitti
<b>12:00</b> Gym	Cybox Orientation Travis				Cybox Orientation Lyn
<b>12:15</b> 20 Min Aerobics Room	Oxycise Video		Oxycise Video		Oxycise Video
<b>3:30</b> 3 <sup>rd</sup> Tues of Mth - H&R Pool		Aqua Yoga/Ai- Chi Adela/Lyn			
<b>6:15</b> 20 Min Aerobics Room	Oxycise Video		Oxycise Video		Oxycise Video

Saturday
12:15 Oxycise (60 Min) Aerobics Room
9:00 - 10:00 Yoga Class Sholom Gardens July 2, Aug 6, Sept 3 Adela

**Oxycise:** Deep breathing and stretches. Seated and floor exercises. Mat required.  
**Cardio, Burn & Firm:** Warm-up, low impact aerobics, strengthening and stretching exercises. Mat required.  
**Condition & Stretch Fusion:** Warm-up, strengthening and stretching exercises. Mat required.  
**Cardio, Step & Sculpt:** Warm-up, basic routines using step, strength training and abdominal work. Mat and step required.  
**Beginner Aerobics:** Warm-up, simple aerobic choreography, strength training and stretching. No floor work.  
**Intermediate Aerobics:** Warm-up, cardiovascular work with fun choreography, strength training and stretching. No floor work.  
**Tai-Chi:** A Chinese exercise form that involves fluid & relaxing movements that utilize the entire body.  
**Latin Cardio:** Is a mixture of aerobic dancing that includes Cha-cha-cha, Salsa, Merengue and Samba.  
**Aqua Yoga:** The flowing movements of yoga will help your balance, flexibility, strength and promote relaxation.  
**Ai-Chi:** Simple, fluid and relaxed movements using the arms, legs and torso. Ai-Chi is like a beautiful dance in the water.  
**Sit & Be Fit:** Seated cardio and strength training work using resistive bands and weights.  
**Cybox Gym Equip. Orientation:** Learn how to use and adjust the machines correctly.  
**One-on-One Personal Training:** Fee based instruction with certified instructor.  
**\*Asterisk denotes a fee based class. See instructor for information.**

caregiver. Lyn has spent more than 30 years researching, developing programs, teaching and writing about managing the stressors that interfere with lifestyle.

**Light the Night Walk**

The Light the Night walk is a yearly event that takes place in the downtown Ocala Square and is a fundraising event that goes toward the research and cure of blood cancers. The 2-mile evening walk features illuminated red and white balloons to commemorate and celebrate lives that have been touched by cancer.

This year we are creating one single team to represent On Top of the World. We know that with your support we can once again help the Leukemia and Lymphoma Society brighten the future of thousands and to fight for the cure of the number one disease killer of children and young adults under the age of 20.

Come and walk with us on Thursday, October 27. We will have a bus available at the Health & Recreation parking lot at 6 p.m. to transport you to the square. After the walk there will be free food and refreshments available for all the participants.

For more information, please call Diane at 854-8152.

**10,000 Steps Walking Program**

Our 10,000 steps walking program will continue on the second and fourth Monday of the month in the walking pool at the Arbor Club at 4 p.m.. Please mark August 8 and 22 in your calendars. Please bring your water shoes.

**Yoga at Sholom Park**

Yoga at Sholom Park will be on Saturday, August 6, at 9 a.m.

**Pickleball ... or ... Belly Dancing**

The evenings at On Top of the World do not have to be boring.

Come and enjoy a pickleball game on Wednesdays and Sundays at the Health & Recreation third and fourth tennis courts at 6 p.m.

Or, get your body in shape by participating in Lorraine's Belly Dancing class, which she leads at the Arbor Club ballroom at 6:30 p.m. on Tuesdays and Thursdays.

Let us transform the lazy nights of summer to active and fun nights of summer. ☺



**Diabetes Support Group**  
Lennie Rodoff

Our June meeting was sparsely attended, most likely due to confusion about the date of the meeting. My apologies to all who wished to attend and couldn't.

We basically talked about how we were handling our diabetes, and different issues that came up. Hopefully our next meeting will be better attended.

Our last meeting for the summer will be August 23. I might not be here, as we are supposed to visit relatives in California, but the dates of the trip aren't firmed up yet.

In September, we will be planning a field trip to Lombardo Shooz, to see how special order shoes are constructed, and how other adjustments are made. There will be an opportunity to try on various types of shoes, as he has quite a large selection of diabetic and regular shoes.

Enjoy the rest of the summer! ☺

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**On Top of the World NEWS**  
Where the News is Always Good

**Deadlines**  
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13th of the month  
Stories  
14th of the month



**Kitti's Corner**  
Kitti Surrette

Have you ever started an exercise program ... and then quit? You had all the good intentions of going to the gym but then you allowed yourself to become too busy to work out. You tell all your friends that you enjoy going to the Health & Recreation Center but somehow you just haven't gotten there lately. Last month I gave you nine strategies for turning your workout into a can't-live-without habit, this month I'm giving you tips. So read on....

#### 10 Tips for Exercising Success

Ten tips that will help you make your workout, which is a can't-live-without habit, into your new lifestyle.

**1.** Choose activities that are fun - it doesn't have to be exhausting or boring to be good for you!

**2.** Variety is the spice of life! Develop a repertoire of various kinds of exercise you enjoy doing.

**3.** Keep a record of your activities. Reward yourself at special milestones. Nothing motivates like success!

**4.** Make it a lifestyle! Diets and fitness kicks don't work, but lifestyle changes do work! Know that you deserve a healthy and happy life and determine that nothing is going to stand in the way of your new positive lifestyle! Make it not just something you do, make it the way you live!

**5.** Dress the part! Wear the appropriate clothing, generally comfortable, loose fitting clothing and the right shoes. There's footwear for almost every activity and a lot of it is expensive, but your feet will thank you and you'll enjoy exercise more if you have the right shoes on your feet.

**6.** Pick a time that's convenient. Try to make it a habit, but be flexible. If you miss an exercise opportunity, work activity into your day another way. Some studies suggest that people who exercise early in the morning are more likely to continue which may be because other studies suggest that exercising before breakfast burns more calories.

**7.** Find a good place to exercise. Of course where's a better place than right here at On Top Of The World. We have the Recreation Center and Arbor Club offering classes of every kind. Some examples: Ballet, Latin Cardio, Tai Chi, Aerobics, Yoga (especially at Sholom Park), Pilates and how about all the water classes. If you want a personal trainer, we have them too. You will also find orientations in the Recreation Center for the Cybex machines. Sounds like the best place to me.

**8.** Use music to keep yourself entertained. If you don't like the music at the center, bring your own personal CD player and crank it up as loud or soft as you like!



**Aqua Fitness**  
Lyn Laverty

#### Ai chi: 'Flowing Aquatic Energy'

Ai chi is a water exercise and relaxation program created by Jun Konno, a Japanese Olympic coach. He has been an advisor for the Aquatic Exercise Association since 1991.

Ai chi was created by combining tai chi concepts with Shiatsu and Watsu techniques. It is performed standing in shoulder-depth water using a combination of deep breathing and slow broad movements of the arms, legs and torso. The soft flowing movements feel effortless in the water as they calm the spirit.

I was introduced to ai chi at an Aquatic Therapy Institute conference in 1999. There

The faster the music, well, you know the faster you are going to move. On the other hand you may like working out to books on tape. Whatever helps keep you on the program.

**9.** Remember the nine strategies from last month? No. I was pick a buddy and surround yourself with supportive people. These people will encourage you and want to see you succeed. Share your activity with others. It may be a friend, family member (husband, wife) or neighbor. Have you found a work-out buddy? No time like today to start asking around for one. Just think, if you work out at the same time every week at the recreation center you'll find

other people who have the same schedule, and you can become the socialites of the work-out groove.

**10.** Slow and steady wins the race in fitness. Don't risk injury by overdoing it. Do low to moderate level activities if you are just beginning or coming back from being off from working out. Over time you can increase the duration and intensity of your activities as you become more fit. Eventually, work up to exercising three or four times per week for 30 to 60 minutes. YOU CAN DO IT!

Side note: exercise only gets easier and you'll be able to do more and more as time goes on. Focus more on how many times

were many lectures and classes to attend and although it was informative and exciting, I was becoming over-tired and stressed. Next on my agenda was "ai chi." I did not know anything about ai chi but I entered the water with an open mind, and in 20 minutes my mind was clear and I was totally relaxed. Everyone else seemed to have the same experience. I proceeded to learn all I could about ai chi and I love sharing what I have learned with others.

The benefits of ai chi are many. The flowing movement and placement in the water increases metabolism and blood circulation. According to research, simply breathing while submersed to the shoulders in water increases oxygen consumption. This in turn increases calorie consumption.

The naturalness of the ai chi movements increases chi, which calms the mind and decreases stress and insomnia. It increases mental alertness. It improves flexibility, mobility, strength and balance.

Ai chi begins with slow movements in shoulder-depth water starting from a wide stance in good natural alignment. It starts with breathing and coordination of the upper extremity. The movements are circular and flowing. They progress naturally involving the trunk, lower extremity and finally total coordinated body movements. Ai chi seems to be a simple series of flowing breathing exercises in the water. Actually, as I have mentioned, it is much, much more. I would recommend it to everyone. ☺

## ARBOR CLUB FITNESS & AQUATIC SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:15 a.m. Specialty Class* Indoor Pool		Aquacise* Shallow water Lyn		Aquacise* Shallow water Lyn	
8:30 a.m. Arbor Club Fitness Room	Aqua & Fitness Orientation Adela				
9:15 a.m. Specialty Class* Indoor Pool	Deep Water Aquacise* Lyn	Total Core & Body Strength* Traci	Deep Water Aquacise* Lyn	Total Core & Body Strength* Traci	Deep Water Aquacise* Lyn
10:15 a.m. Specialty Class* Fitness Room	Beginner Yoga* Adela		Beginner Mat Pilates* Adela		
10:30 a.m. Specialty Class* Fitness Room Outdoor Pool		Pace Aqua Class* Pat Yogacise* Adela		Pace Aqua Class* Pat Yogacise* Adela	
12:30 Specialty Class* Indoor Pool/Fitness Room		Ballet Barre* Lyn 90 minutes			
1:30-2:15 Specialty Class* Indoor Pool	Shallow Water Exercises* Lyn		Shallow Water Exercises* Lyn		Shallow Water Exercises* Lyn
2:00 Specialty Class* Fitness Room		PACE Class* Adela			PACE Class* Adela
4:00 Outdoor Pool	Water Walking 10,000 Steps Program Adela				
6:30 Arbor Club Ballroom		Belly Dancing* Lorraine Kay		Belly Dancing* Lorraine Kay	

Saturday	Sunday
Open Swim	Open Swim

**Shallow Water & Aquacise:** Warm-up, cardio, strength training using equipment and stretching.

**Deep Water Exercises:** Warm-up, no impact aerobics, strength training using equipment and stretching.

**Total Core & Body Strength:** Warm-up and total body resistance training using free weights and varied equipment.

**Yogacise:** "Hatha Yoga" postures combined with breathing will work on body's strength and flexibility. Mat required.

**Pilates:** Mat exercises using Joseph Pilates fundamentals. Will train the core and back muscles.

**Parkinson's & Movement Disorder:** The program includes water walking, balance, upper and lower body exercises. During cold or rainy weather, classes are held in the Arbor Exercise Room.

**Synchronized Swimming:** Basic water-ballet strokes, front crawl, back crawl and sculling. Swim to music for fun.

**Ballet-Barre:** Ballet based workout consisting of barre and center floor exercises. Conditioning of body while dancing.

**PACE Aqua Class:** Specialized aquatic class for individuals with arthritis. Exercises will increase joint range of motion and flexibility.

**PACE Class:** Specialized indoor class for individuals with arthritis. Exercises help individuals increase their joint flexibility and range of motion.

**Belly Dancing:** It is a fusion between aerobic exercises and movements of belly dance.

**Water Walking:** Part of the 10,000 Steps program. Learn how to use water resistance to make aquatic walking more effective.

**One-on-One Personal Training in the Water:** Fee based instruction with a certified trainer.

\*Asterisk denotes a fee-based class. See instructor for information.

you went to the recreation center during the first couple of weeks versus how much you're doing. For many people simply getting into the habit of exercising several times a week is harder than the exercise itself. Nike says "JUST DO IT!"

Just one more thought: exercise works more than your muscles; it works your brain as well! Lots of people say they do some of their best thinking while exercising. Furthermore, researchers have found that when people exercise in the morning they tend to be more alert and productive in the hours that follow. So, if you are thinking about not exercising any day, maybe it's time to think again. ☺

percent relative humidity or higher) are expected.

#### Heat Index

A number in degrees Fahrenheit that tells how hot it really feels with the heat and humidity. Exposure to full sunshine can increase the heat index by 15 degrees F.

#### Heat Cramps

Heat cramps are muscular pains and spasms due to heavy exertion. Usually cramps happen in the legs and abdominal muscles. The loss of salt and water from heavy sweating may cause the cramps.

#### Heat exhaustion

It usually occurs when people exercise heavily in a warm and humid place where body fluids are lost due to heavy sweating. With heat exhaustion, the sweat does not evaporate as it should; therefore, the body is not cooled properly.

Signs of heat exhaustion are: flushed, red, cool, moist and pale skin; headache; nausea or vomiting; heavy sweating; dizziness and exhaustion. The body temperature will remain normal.

#### Heat Stroke

Also known as sunstroke.

Heat stroke is a life-threatening situation. The temperature control system of the victim stops working. The body temperature can rise so high that brain damage and death may occur if the body is not cooled quickly.

Signs of heat stroke include: red, hot and dry skin; rapid, weak pulse; changes in consciousness; and shallow, rapid breathing. Body temperature can be very high, sometimes as high as 105 degrees F. At this stage, 911 should be called immediately.

Remember, when the warm weather calls you to put on a swimsuit or shorts and go outdoors to feel the warmth of the sun, keep your body cool and keep hydrating yourself regularly.

In the heat, take care of yourself and watch for the very young and old, who are at greater risk. ☺



**Heat-Related Illnesses**  
Adela Anderson

Warm weather brings fun activities under the sun but it also means you must be careful to not let a heat-related illness spoil your day. What can we do to prevent them?

• **DRESS APPROPRIATELY FOR THE HEAT.** Light colors will reflect away some of the energy of the sun. Wear lightweight and light colored clothing. It is also a great idea to wear a hat.

• **DRINK PLENTY OF WATER.** Even if you do not feel thirsty, carry your own water and drink continuously. Avoid drinking alcohol and caffeine, which will dehydrate your body.

• **SLOW DOWN.** Choose the coolest time of the day to work in the yard or exercise outdoors. Stay indoors during the hottest part of the day, if possible.

• **TAKE YOUR BREAKS.** When you are engaged in physical activity, take time to cool off. Have fun, but stay cool.

Do you know what the following heat-related terms mean?

#### Heat Wave

More than 48 hours of high heat (90 degrees F or higher) and high humidity (80

### On Top of the World Tennis Association H&R Center Courts Schedule

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**Italian  
American Club**  
Fran Kostnik

As the summer progresses, plans have been completed for the Columbus Day Dinner/Dance to be held on October 8 in the Ballroom. The food will be catered by the On Top of the World Hospitality Division and the menu consists of lemon chicken, string beans with pearl onions, honey glazed carrots, red bliss potatoes and bread and butter. Coffee and tea will be served after dinner with assorted desserts consisting of mini Italian pastries, layer cake, almond cream, and tiramisu. The Paul Luciano Band will provide music. The bar will be open for dinner and the dance until 9 p.m.

Once again, there will be a raffle of baskets filled with Italian goodies and wines. Anyone who wishes to contribute baskets, produce or wine is asked to please bring them to the first meeting in September or call Fran at 873-4104 to arrange a drop-off time.

The tickets will go on sale for members at the September 7 meeting. This affair is open to all On Top of the World residents and will go on sale Friday, September 9, and every Monday, Wednesday and Friday thereafter in the Ballroom from 8:30 to 10 a.m. Tickets will be \$17 per person.

The new slate of officers will take over the control of the club at the opening meeting of the new season. The roster consists of president Mike DeBari; first vice president, Dianne Rockford; second vice president, Frank Palotta; treasurer, David Knarich; and secretary, Gloria Aiello. The six board members are Joan Motchkowitz, Annette Van Tronk, Judy Dunn, Carole Berta, Fanny Baldacchini and Fran Kostnik.

The club will meet on Wednesday, September 7, at 3 p.m. in the Ballroom. Please remember to bring money to purchase tickets for the Columbus Day Dinner/Dance. Contributions of baskets, products and wine will also be taken at the meeting for the raffle, which has become a favorite with the crowd. Anyone of Italian heritage and his/her partner are welcome to join the club.

Any questions please call Fran at 873-4104. Ciao. ☺



**Women of the  
World**  
Betty Thayer

Wow, do we have a great line up for the 2005-06 year. Our September 2 meeting starts off with Griffiths home decorating group showing us how to decorate for the holidays. Our guest speakers for future months include Gerald Colen, attorney at law; local law enforcement; Master gardening, and much more. Your board of directors is working hard to put together a program based on your suggestions from last year.

Join us on the first Friday of each month beginning on September 2. Our meetings are held in the Arbor Conference Center beginning at 1 p.m. Dues are \$7 per year and with the good feeling you'll get from helping local charities will repay itself a dozen times over. ☺



**Irish  
American Club**  
Anna Rauscher

Today it is my pleasure to announce that our Irish Club will have a new publicist, C.M. Casey. The news came shortly after the previous article had been given to the editor.

The past six years have been very rewarding and fun as well. Past presidents Bob O'Neal and Dan Bub were great mentors and I was privileged to having attended officers meetings, where news "was made." I thank you, Bob and Dan, for all your generous help.

Now, it is time to pass the pen and notebook to C.M. Casey. Good Luck and may you enjoy your new undertaking. ☺



**Friendship  
Club**  
Wanda Simpson

The July 10 Friendship Club was "up and dancing" or was it "up and running" with the new officers at the helm. President Lolly introduced her crew, thanked past president Jay Loper and the other officers for their service to the Friendship Club.

All enjoyed an afternoon of refreshments, music and dancing, thanks to tal-

ented Roger Bourgault and his music of the 60s and 70s. Also thanks to Kay Chandler and her volunteers for the tea, coffee and ice cream bars, which were special for a hot Sunday afternoon.

There were 39 new members and 10 guests present, please keep coming back. The Friendship Club is open to the residents of all On Top of the World communities. Dues are \$7 per person for 12 months, from July 1, 2005, to June 30, 2006. The meetings are held the second Sunday of each month, except for Mother's Day, from 2:15 to 4 p.m.

Congratulations to the members celebrating their birthdays and anniversaries. This writer was impressed with the span of years these people shared, from 60 to 92.

Notify Mary Carol Geck, our sunshine lady, if you know of any member who is ill or has lost a loved one. Her phone is 854-8996. She will send a card from the club.

If you have any comments or questions you may call Wanda at 291-1074 or send an e-mail to cws45@cfl.rr.com.

An important PS, the Blood Bank bus will be in the Health & Recreation parking lot the first Monday in August. Our state has a dire need for blood. Please volunteer to give. ☺



**Lions Club**  
Dianne Lovely

On Top Of The World Lions Club honored one of its own at the age of 92: Herm Bennett was presented a plaque honoring him as a charter member of the On Top Of The World Lions Club.

A plaque was also presented to Al Hoffman for being our past president of the Lions Club.

John Richards, who is director for the Florida Center for the Blind, received a check for \$1,000. These funds were raised as we did mint days as well as white cane days.

The On Top Of The World Lions Club is endeavoring to send two kids to camp this year from the Hillcrest School in Ocala. This school is for physically challenged kids. It is a great program to send kids to camp to have fun.

I know it is too early to be thinking about October but the On Top Of The World Lions Tacky Tea is October 4. We had such great fun last year and hope to have a great turnout and fun this year.

The Lions Club meets every second and fourth Tuesday of the month. Contact Estelle Clark, membership chairman, for further information. ☺



**Irish  
American Club**  
C.M. Casey

It's hard to believe that it is almost August. I hope you all have been enjoying the summer with its frequent afternoon showers and high temperatures.

As a newcomer who is not used to humidity, you might say I have had a rather quick initiation into Florida's summer.

Our last event and meeting was in May and we will not be kicking off the 2005-2006 season until October. The short break gives our officers time to plan further upcoming activities. Please mark your calendar for the following dates:

**October 20**  
Irish Meeting and Party

**December 9**  
Gala Christmas Event

**March 9**  
St. Patrick's Event

**May 13**  
Irish Meeting and Party  
More about these days and events will be released in the upcoming issues.

Since we are a social club, we always welcome new members. All we require is that you have a twinkle in your eye, a smile on your face, and enjoy having a good time.

Until next time, May your troubles be few and your blessing be more. ☺

## Florida Blood Centers, Inc. asks for donations August 1

By EILEEN K. VANDERBOSCH

As you must have read in the papers recently, there is a continuing critical shortage of blood. The last article mentioned that they are "begging" for donations and elective surgery may have to be canceled.

The bloodmobile will be in the Health & Recreation parking lot on Monday, August 1, from 7:30 a.m. to 2 p.m.

The medical field is doing fantastic things, especially for us seniors to keep us healthy and active, so how about giving something back. Please take an hour's time to make a donation. You may be saving the life of a friend, relative or even yourself. We need you! ☺

## The Movie Club presents 'The Phantom of the Opera'

By MARY EHLE

The movie for August will be "The Phantom of the Opera." The date is August 14.

Please note that from now on the movie will be shown at 6 p.m. This will get you home in time to see your 9 p.m. TV show.

"The Phantom" is a wonderful musical. The songs of Andrew Lloyd Weber are very powerful and you have heard many of them played on the radio and at performances with artists giving their renditions.

The movie is shown in the ballroom. It is open to all residents of On Top of the World and their overnight houseguests. Non-members may pay \$2 at the door. Hope to see you there. ☺



### Upcoming Publication Dates

**September issue:** Thursday, September 1

**October issue:** Thursday, September 29

**November issue:** Thursday, October 27

**December issue:** Thursday, December 1

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Wendell Crist and Joannie Crist, On Top of the World residents, pose during a recent visit to Las Vegas with Ronnie Simone, a high school friend of Pat Schroeder's, next, with Herb Schroeder.

## What Happens In Vegas Stays In Vegas ... Sometimes!

By LARRY RESNICK

While visiting Las Vegas, Nev., last month, a foursome from On Top of the World met an old friend from high school days. I'm speaking about Herb and Pat Schroeder along with Wendell and Joanie Crist and their sojourn to that exciting city in the western desert we call Vegas.

The Chamber of Commerce ads say "what happens in Vegas, stays in Vegas," but this is not the case with this foursome. Pat couldn't wait to tell me all about her exciting trip west. She kept using words such as "extravagant," "impressive," "fabulous," "fascinating" and "wonderful."

Pat reports how she met with her old high school buddy named Ronnie Simone who pursued a musical/show business career in Las Vegas. Ronnie worked with stars such as Mickey Rooney, Judy Garland, Sammy Kaye, Tommy Dorsey, Duke Ellington, Liberace and many other superstars.

Ronnie is now semi-retired but still is president of the musicians' union in Las Vegas. He invited our On Top of the World foursome to his home for dinner and spent

all evening reminiscing about old times. The next evening the Schroeders and Crists were special invited guests of Ronnie's to a big band extravaganza that is held every other year only for specially invited guests. Pat told how her host Ronnie played the piano with the orchestra and how the music and the glamour were just tremendous. Pat told how she danced the night away, and knowing Pat, I'm not surprised at all.

Pat reports that she would never have imagined that back in high school when she was tap dancing to her friend Ronnie's tunes on the piano that she would be together with husband Herb and friends Joanie and Wendell and her long ago high school friend Ronnie Simone. Her closing remark to this reporter for this interview was "these are certainly what memories are made of."

I tried to find out from Herb and Wendell how much money they won in Las Vegas, and all I got out of them was that they can't brag about winning. So I guess it is true, "what happens in Vegas, stays in Vegas." ☺

## Travelin' Down the Suwannee River

By BOB WOODS

Perhaps one of America's most famous river locations is not known like other rivers such as the Great Mississippi or the Wide Missouri, or even the Colorado.

This river was first made famous by Stephen Foster back in 1851 when he wrote the song "Old Folks at Home" ... "Way down upon de Swannee River, far, far away." It was the most popular song published during that time, selling hundreds of thousands of copies all over the world and considered to be the first international "folk song" familiar to those in every culture.

The river is the Suwannee River, beginning in Georgia's Okefenokee Swamp, and flowing some 35 miles into Florida where it winds in every direction of the compass, meandering some 266 miles before reaching the Gulf of Mexico.

The mouth of the river on Florida's Gulf Coast is surrounded by the Lower Suwannee National Wildlife Refuge with all its small bays and inlets, reportedly used as rendezvous points by pirates back in the late 1700s. A small fishing village named after the river is located nearby.

The word Suwannee is thought to have been derived from the American Indian word meaning "black muddy water." Others believe the river was named after a Seminole Indian chief. The water in the river is black or the color of weak coffee. I have been told the water is very clean but the blackish color comes from tannic acid released from decaying and rotting vegetation starting in the Georgia swamp.

The river starts and ends in wildlife refuges and has six state parks, one in Georgia, along its banks plus many county parks and picnic areas.

The river is reported to be the prettiest river to traverse as very little community buildup is seen along its banks. The river has the only white water rapids in Florida and traveling slowly alligators can be seen

around most curves in the river. The banks are lined with cypress trees and other hardwood trees and tropical plants laden with Spanish moss and in some areas the banks have limestone formations and carvings created over centuries from the waters.

River enthusiasts say the most beautiful part of the river is the stretch from White Springs down to the Suwannee River State Park. Some 60 springs spewing cool clean water empty into the river. Some of these springs are large with names while some are small with no names. The most famous spring is White Springs, which was Florida's first tourist attraction.

Indians who discovered the spring's healing powers first used the spring and it was the Timucuan Indians who were the first to recognize the medicinal value of the spring's sulphur water. The spring was considered sacred and the sick from any tribe were permitted to frequent the springs undisturbed.

Today White Springs is the home to the Stephen Foster State Folk Culture Center. This Florida State Park is a must if traveling Interstates 75 and 10. The park is located on the shores of the Suwannee River approximately 3 miles from I-75 and 9 miles from Interstate 10 on U.S. Route 41. The museum has so much historical artifacts about Foster including the original hand-written song, "Old Folks at Home," and the desk Foster used to write this song and many others of his more than 200 creations.

The centerpiece of the park is the Stephen Foster Memorial Carillon which plays Foster's music daily and can be heard all over the park and into near-by White Springs. The carillon is the world's largest tubular bell instrument in the number of bells. There are 97 in all. The park offers many outdoors recreational activities and opportunities.

It was funny to find out that Foster had never been to Florida in his life. He wrote

"Old Folks at Home" using another river name but realized he needed a river with two syllables. His brother found the river name Suwannee while Foster composed the famous song in his Pittsburgh office. "Old Folks at Home" became Florida's state song in 1935.

White Springs is a unique community in itself. It was Florida's first tourist attraction with those seeking remedies and discovering they "felt better" while bathing in and drinking the spring's constant 72-degree mineral waters. The community grew having many hotels and boarding houses. During the Civil War many escaped the coastal areas seeking shelter in this small river town, which became known then as the "Rebels Refuge."

Since we were in the vicinity we decided to traverse north on U. S. 441 into the Okefenokee Swamp in Georgia, the headwaters of the Suwannee River. The swamp is a wildlife refuge and in this refuge is Georgia's Stephen C. Foster State Park. Believe me, this park is worth the trip if visiting the White Springs area. It's about one hour north of White Springs, taking Georgia Route 177 east from U.S. 441 about 18 miles north of the state lines.

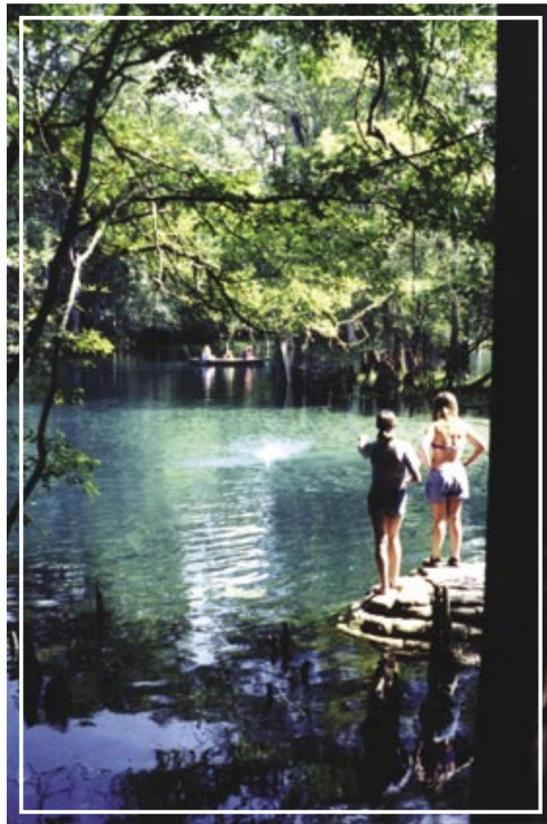


Photo by Bob Woods

Visitors watch snook jump and splash in the waters at Manatee Springs State Park located near Chief-land. The springs dump between 50 and 150 million gallons of rainfall into the Suwannee River.

The State Park is located on 80-acre Jones Island in the middle of the Okefenokee National Wildlife Refuge. It is one of only a few state parks located within a National Wildlife Refuge. ☺

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# Activities August

## Monday

7:00	Lap Swimming	AC
7:15	Oxycise	H&R
8:00	Mixed Tennis D	CTS
	Cardio Burn & Firm	H&R
8:30	Aqua & Fitness Orientation	AC
9:00	Cardio Step & Sculpt	H&R
	Computer Lab	H&R
	R.C. Flyers Club	Field
	Golden Slippers	BRS
	Woodworking	WW
	Bocce League	CTS
	Ceramics 9-2p.m.	Art
	Practice Bridge	CR
	No Bus on Mondays	
9:15	Deep Water Aquacise	AC
9:30	Shuffleboard	CTS
10:00	Tennis Doubles	CTS
	Ladies Billards	PLR
	I.D. Cards	AC
10:15	Beginner Yoga	AC
10:30	Beginner Aerobics	H&R
	Intermediate Aerobic	H&R
	Water Walk	AC
11:00	Water Walk	AC
	Boccee League	CTS
11:30	Sit & Be Fit	H&R
11:30	Tai Chi Practice	AC
	Lap Swimming	AC
12:00	Ladies Poker	MR3
	Beg C/W Line Dance	BR
	Cybex Orientation	GYM
12:15	Oxycise	H&R
12:30	Shuffleboard	CTS
	Bridge	CR
	Synchronized Swimming	AC
1:00	Bocce League	CTS
	Computer Lab	H&R
1:15	Int. C/W Line Dance	BR
1:30	Shallow Water Exercises	AC
	Rug/Latch Hooking	Art
	Rummicube	CC:F
2:15	Deep Water Aquacise	AC
3:00	H&R Exercisers	AC
3:15	Bible Class	MR3
5:30	Poker	MR3
6:15	Oxycise	H&R
6:30	Bridge	CR
7:00	Wood Shop	WW
	Sunshine Singers	BR

### 1st Week

7:30	Marion Blood Bank (All Even # Months Only)	PL
8:00	AARP Safe Driving	MR3
9:00	Life South Blood (All Odd # Months Only)	PL
1:30	D'Clowns	CC: B & C
2:30	Readers' Theatre	CC: D
3:30	Comp. Handicap	CC: H
6:30	Euchre	CC: H

### 2nd Week

10:00	Genealogical Society	MR3
2:30	Theatre Group	CC: D
6:30	International Club	Art

### 3rd Week

2:30	Readers' Theatre	CC: D
1:30	D'Clowns	CC: B&C
6:30	Euchre	CC: H

### 4th Week

7:45a.m.-5:30 p.m.	Seminole Hard Rock Casino Bus Trip	H&R
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## Tuesday

7:00	Lap Swimming	AC
7:15	Oxycise	H&R
7:45	Travel Reservations	BR
8:00	Condition & Stretch	H&R
	Men's Tennis	CTS
	Clogging	BR
8:15	Aquacise Shallow Water	AC
9:00	R.C. Flyers Club	Field
	Tai-Chi	H&R
	Computer Club	CC: B&C
	Hand & Foot Canasta	CR
	Stitch Witches	Art
	Harmonichords	AC
	Woodworking	WW
	Racquetball	CTS
	Arts & Crafts	BR
	Bocce League	CTS
	Bus Ocala Run	
9:15	Total Core & Body Strength	AC
9:30	Pinochle	MR3
10:30	Yogacise	AC
	Pace Aqua	AC

	Latin Cardio	AC
	Horseshoe League	CTS
11:00	Water Walk	AC
	Walleyball	CTS
	Bocce League	CTS
11:30	Lap Swimming	AC
11:45	Parkinson Exercise	AC
12:00	Lap Swimming	AC
	Men's Poker	MR3
12:15	Oxycise	H&R
12:30	Quilters/Stitch	ART
	Bridge	CR
	Ballet Barre	AC
1:00	Singin' Swingin	CC: D
	Mah Jongg	CC: A
	Badminton	H&R
	Shuffleboard	CTS
2:00	Pace	AC
5:30	Mah Jongg	CC: B
6:00	Pinochle	MR3
6:15	Oxycise	H&R
6:30	Duplicate Bridge	CR
	Mah Jongg	CC: G
	Pattern Dancing	BR
	Belly Dancing	AC
	Table Tennis	HR
7:00	Mixed Poker	CC: H

### 1st Week

8:00	AARP Safe Driving	MR3
3:00	Great Lakes Club	BR

### 2nd Week

8:00	Lions Club	Pub
9:00	Disaster Prep	CC: E,F,&G
1:30	Visually Impaired Support Group	CC: F
	Ham Radio Club	CC: F
2:30	Nutrition Discussion	CC: B&C
3:30	Alpha Investment	Art

### 3rd Week

1:30	Unique Birders	CC: H
2:30	NY/NJ Club	BR
7:00	Democratic Club	CC: E

### 4th Week

8:00	Lions Club	Pub
1:00	Scan/American	CC: E
3:30	Alpha Investment	Art
4:00	Diabetes Support Grp	CC: D

## Wednesday

7:00	Lap Swimming	AC
7:15	Oxycise	H&R
8:00	Cardio Burn & Firm	H&R
	Ladies Tennis	CTS
8:30	Taps on Top	BR
9:00	Cardio Step & Sculpt	H&R
	Men's 9 Hole	Golf
	Men's 18 Hole	Golf
	Computer Lab	H&R
	R.C. Flyers Club	Field
	Woodworking	WW
	Bus Ocala Run	
	Ceramics 9-2:30p.m.	Art
9:15	Deep Water Aquacise	AC
9:30	Pinochle	MR3
	Shuffleboard	CTS
	Crafty Ladies	CR
	Billiards 101	PI RM
10:15	Beginner Mat Pilates	AC
10:30	Beginner Aerobics	H&R
	Intermediate Aerobic	H&R
	Minature Golf	MGC
11:30	Sit & Be Fit	H&R
	Tai Chi Practice	AC
	Lap Swimming	AC
12:00	Ladies Poker	MR3
12:15	Oxycise	H&R
12:30	Bridge	CR
	Japanese Emb	CC: C
	H&R Exercisers	AC
	Mah Jongg	CC: A
1:00	Line Dance Class (except 1st)	BR
	Shuffleboard	CTS
	Bocce League	CTS
1:30	Shallow Water Exercises	AC
2:15	Deep Water Aquacise	AC
4:00	Softball Practice	SBF
5:00	Square Dancing	AC
6:15	Oxycise	H&R
6:30	Duplicate Bridge	CR
	Bingo	BR
	Pickleball	CTS
7:00	Table Tennis	H&R
	Poker	MR3
	Square Dancing	AC

### 1st Week

10:30	Travel Toppers	CC: A
1:30	Stamp Club	Bank
3:00	Italian/Amer Club	BR

### 2nd Week

1:30	Alzheimer's Support	CC: G
2:00	Native Plants	CC: H
3:00	Pennsylvania Club	CC: E
6:30	S.P.C.A.	CC: H

### 3rd Week

1:30	Stamp Club	Bank
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### 4th Week

1:30	Alzheimer's Support	CC: G
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## Thursday

7:00	Lap Swimming	AC
7:15	Oxycise	H&R
8:00	Condition & Stretch	H&R
	Men's Tennis	CTS
	Clogging	BR
8:15	Aquacise Shallow Water	AC
9:00	Woodcarving	Art-B
	Art League	Art-A
	Computer Club	CC: B&C
	R.C. Flyers Club	Field
	Racquetball	CTS
	Bocce League	CTS
	Round Dance Classes	CC: E&F
	Hand & Foot Canasta	CR
	Tai-Chi	HR
	Bus Ocala Run	
9:15	Total Core & Body Strength	AC
9:30	Shuffleboard	CTS
10:30	Yogacise	AC
	Water Walk	AC
	Pace Aqua	AC
	Latin Cardio	AC
11:00	Walleyball	CTS
	Bocce League	CTS
	Water Walk	AC
11:30	Lap Swimming	AC
11:45	Parkinson Exercise	AC
12:00	Lap Swimming	AC
12:15	Oxycise	H&R
12:30	Sewing Bees	Art
	Theatre Group	BR
	Bridge	CR
	Mah Jongg	CC: A
1:00	I Got It Card Game	MR3
	Bocce League	CTS
	Badminton	H&R
2:30	Jazz Club	CC: D
4:00	Bus Grocery Run	
5:30	Mah Jongg	CC: A
	Card Game	CC: B&C
6:00	Sequence Game	Art
6:15	Oxycise	H&R
6:30	Bridge	CR
	Belly Dancing	AC
7:00	Poker	MR3
	Mixed Poker	CC: H
	Shuffleboard	CTS

### 1st Week

1:00	Women of the World	CC: E
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### 2nd Week

9:00	RC Ladybirds	CC: A
2:00	New England Club	CC: E
7:00	Republican Club	CC: E,F,&G

### 3rd Week

2:00	Blackjack Poker	CC: E
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### 4th Week

12:00	High 12 Club	TBA
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8:00	Cardio Burn & Firm	H&R
	Ladies Tennis	CTS
8:10	Water Walk	AC
8:30	Happy Losers	AC BR
9:00	Cardio Step & Sculpt	H&R
	Computer Lab	H&R
	Woodworking	WW
	R.C. Flyers Club	Field
	Dominoes	MR3
	Bocce League	CTS
	Bus Ocala Run	

9:15	Deep Water Aquacise	AC
9:30	Shuffleboard	CTS
10:00	Decals	AC
10:30	Beginner Aerobics	H&R
	Intermediate Aerobic	H&R
	Water Walk	AC
11:00	Bocce League	CTS
	Water Walk	AC
11:30	Sit & Be Fit	H&R
	Tai Chi Practice	AC
	Lap Swimming	AC
12:00	Circle Square Dancers	H&R
	Ladies Poker	MR3
	CYBEX Orientation	GYM
	Circle Square	H&R

12:15	Oxycise	H&R
12:30	H&R Exercisers	AC
	Ballet for Adults	AC
	Mah Jongg	CC: A
1:00	Table Tennis	H&R
	Open Games	CR
1:30	Shallow Water Exercises	AC
	Shuffleboard	CTS
2:00	Pace	AC
2:15	Deep Water Aquacise	AC
	Square Dancing	H&R BR
5:00	Happy Hour	AC
6:00	Cribbage	Art
6:15	Oxycise	H&R
6:30	Advanced Bridge	CR
	Nickel Nickel	MR3
	Bible Study	CC: A
6:45	Euchre	H&R

### 1st Week

1:00	Women of the World	CC: E
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### 2nd Week

9:00	RC Ladybirds	CC: A
2:00	New England Club	CC: E
7:00	Republican Club	CC: E,F,&G

### 3rd Week

2:00	Blackjack Poker	CC: E
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### 4th Week

12:00	High 12 Club	TBA
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## Saturday

8:00	Mixed Tennis	CTS
8:30	Men's Softball	SBF
9:00	Computer Club	CC: B
	Art League	Art
10:00	Mixed Tennis	CTS
10:30	Tai Chi Practice	AC
12:15	Oxycise	H&R
1:00	Table Tennis	H&R
5:30	Open Mah Jongg	CC: A
5:45	Singles Pinochle	CR
6:30	Bridge	CR

### 1st Week

9:00	Yoga in The Park	Sholom
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### 2nd Week

12:15	Oxycise	H&R
6:30	Pickleball	CTS

### 3rd Week

2:30	Friendship Club	BR
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### 4th Week

2:00	American/Jewish	CC: E,F & G
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### 4th Week

1:30	Circle of Friends	CC: E,F,G, & H
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## Location Codes

AC	Arbor Club	H&R CTS	Tennis Courts
AC CTS	Arbor Tennis Courts	H&R	Health & Rec Bldg
ACIP	Arbor Indoor Pool	HRP	H&R Pool
ACOP	Arbor Outdoor Pool	MGC	Miniature Golf Course
Art	Art Studio	MR1	Meeting Room 1
BR	Ballroom	MR3	Meeting Room 3
BCTS	Bocce Courts	PL	H&R Parking Lot
CC	Arbor Conference	PLR	Poolroom
	Center	PR	Pressroom
CR	Card Room	SBF	Softball Field
FF	Flying Field	WS	Wood Shop
GC	Golf Course	3rd	Third Floor
HR	H&R Exercise Room		



**Native Plant Club**  
Ron Broman

A friend asked me the other day if I knew of a fairly low, flowering plant that was easy to take care of and that bloomed much of the growing season. I told her she'd come to the right place.

I was thinking specifically about Blanket Flower which we wrote about back in June 2004. Then I remembered Fleabane. Southern Fleabane, Daisy Fleabane or just plain Fleabane are members of what is "usually considered the largest family of flowering plants" (1), the Asteraceae or Aster family.

The flowers of Fleabane, Erigeron, are about ½ inch in diameter; so if you found one singly at the roadside or in the low pine-lands you might not even notice it. Planted in a flower bed, however, as an edging or clumped about, they are, to me at least, very attractive. Of course I like weeds and some folks consider them weeds. (Remember what we've said about weeds: Grass is a "weed" if it's growing where you want flow-



Photo by Ron Broman

**Field of Fleabane Faces: probably Erigeron Vernus, early white-top fleabane.**

ers and visa versa).

There are essentially three to five species of Fleabane native to north/central Florida, depending on which source you read. From a distance they all look about the same. They are small, white-rayed, daisy-like flowers with yellow centers. On closer inspection, however, you may notice that in some species the flowers have more rays than in others and the leaves have a different shape (2). No problem. They're still Fleabane.

They all prefer full sun and fairly moist conditions. Once established, however, the ones in our teaching garden have survived very well through the extended drought with our twice a week watering. Since the

drought and the change to our "more normal" weather pattern, they have continued to prosper. In the three-plus years that our Fleabane have been in the Garden of Weed-in' they have spread very little but continue to fill in the space with subtle color.

The name Fleabane suggests a tendency to repel fleas; but you know how that goes. We don't seem to have fleas in that part of the garden (or any part for that matter); but neither do we have elephants.

By the way, in doing the research for this article I discovered a new (to me) Internet site for native plants. It's sponsored by the Florida Wildflower Advisory Council (3). Many of the flowers listed grow here

in north/central Florida. I found the comments very informative and helpful.

Members of the On Top of the World Native Plant Club continue to maintain the Longleaf Pine Trail on the first and third Wednesday morning of every month beginning at 7:30 a.m. We meet in the parking lot of the Arbor Conference Center; then walk the trail observing changes, watching for what's in bloom, what's moving about, and making sure the trail remains in good shape. This usually takes about an hour and a half. Every time we visit the trail we learn something and we enjoy the company, so come join us.

Some of the members also continue to monitor the native plants in the circle of 94th St and 89th Court Road. Thanks for your positive comments and suggestions.

Once again we would like to congratulate those who are responsible for the wonderfully peaceful, provocative and informative Sholom Park. I feel it is a statement to the community that we can find ways to live peacefully and in harmony with the natural world. Thanks Sidney, Ken, Steve and all who work with you!

The next meeting of the Native Plant Club will be Wednesday, September 14, at 2 p.m. in Room H of the Arbor Conference Center. The program is still a surprise, even to me, but count on it, it will be worth it. Come join in the fellowship and learn how great it is to Grow Native!

(1) *A Flora of Tropical Florida*, by Robert W. Long and Olga Lakela, Banyon Books, Miami, Fla. 1978

(2) *Florida Wild Flowers and Roadside Plants*, by C. Richie Bell and Bryan J. Taylor, Laurel Hill Press, 1982

(3) *Florida Wildflower Advisory Council*, <http://Floridawildflowercouncil.org/species.informat.htm>



**Nature Around Us**  
Marion-Alice Burke

The contest continues that I started in the July issue. If during your walks or bike riding in our community you see a front and/or back garden that looks particularly outstanding to you, please write down the address and call me at 854-1896 or if my home line is busy, 239-1467, and tell me what you were particularly impressed about.

I will contact the homeowner and if the entire work was done by the homeowner and NOT a landscaper, I'll take photos to be submitted to this contest. As we are now limited in the space we use in our presentations to you, we won't be able to show pictures of any of these gardens in the *World News*. However, we hope to find a proper place to display them all somewhere in On Top of the World for everyone to view and enjoy.

In the November issue we'll announce the first, second and third place winners, who will be selected by a very knowledgeable group of judges and they will receive some great prizes.

Remember ... none of this garden work can

be done by a landscaper, just the homeowner him or herself! Remember this important fact: don't do anything in any way that would detract from the rules and regulations of On Top of the World management, without getting permission. Also, don't block the electric meters. If you have a neighbor who receives the Star-Banner, especially the issue containing *The Leader*, that arrives on the last Thursday of the month (the new *World News* delivery date) and you didn't get the July issue, please see the Pressroom to get further information, or call me. Let's give it a whirl, troops, and see what we come up with! It will live up the summer months, perhaps.

The Native Plant Club has been busy keeping up their plantings at the circle on 94th Street and 89th Court Road and it's absolutely beautiful! The firebush is in full bloom, the coral honeysuckle, which is climbing over the rock is in its glory and the yellow blooms from St. John's Wort are outstanding. Do yourself a favor and make a special trip to that corner, pull over out

of the way of traffic, and stop to look closely and enjoy what these dedicated volunteers have worked hard to present for your pleasure. They have another project in the planning stage for the fall, so keep watching.

Kathy Patterson, the guiding light of the Florida Yard and Neighborhood Group, will be giving another of her outstanding presentations for the Prestige 55 Organization at Timberridge soon. I expect to attend, and will be able to report on her presentation in the September issue. I know she'll have something new and interesting to tell us that will put new life and zip in our gardens. If you're not a member of Prestige 55, you might consider it as it's a very worthwhile organization and offers so much to everyone over 55 years of age.

Thank you all so much for your responses to the July article. I appreciate your thoughts very much. Keep cool, keep the birdbaths clean, the hummingbirds' feeders fresh, and be kind to each other. ☺

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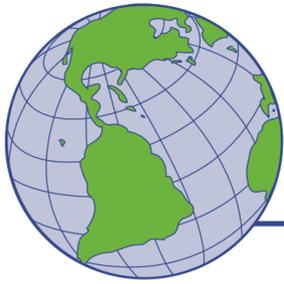
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# On Top of the World NEWS

Where the News is Always Good

Red Hat Ladies do not  
take the summer off.  
Catch up on their latest  
news, Page 20.



Section 2

Vol. 19, No. 2 • August 2005

## Have You Noticed?

By TONI TAYLOR

Most residents of On Top of the World Communities had probably noticed the absence of signage within the community in the past few weeks. Apologies to new residents or visitors if they have experienced a difficult time in finding their way around the community due to a lack of directional signage!

You may have already noticed that old signage that had been removed has now been replaced with new. This was so the signage appears a little more updated, as well as presenting a more consistent look throughout. You may also have noticed that the signs themselves have been repainted with newer colors. Although the color change is very subtle, it seems successful in providing a fresher and more uplifting appeal as you ride or walk through the community.

You may next be seeing a few landscaping changes within various common areas around the community. "For the most part, we will be using what foliage is already in existence. With the addition of newer foliage, we hope to enhance the look and feel of these areas within the community," says Phillip Hisey, Commercial Area Landscape Superintendent at On Top of the World Communities. "With all the newer developments taking shape, the decision was made to update the appearance of various common areas in order to give them an overall fresher, newer look to the community."

Enjoy your running, walking, bicycle or golf cart rides even more than you usually do as you make your way through the community. On Top of the World continues its endeavor to make your home and community a place you can be proud to call home! 🌟



Photo by Larry Resnick

Belly dancing instructor Lorraine Kay, in the blue shirt, leads Luz Leon (in white top and black pants) and other students in an orientation class in June.

## Residents Give Belly Dancing a Whirl

By BETTY THAYER

Belly dancing is an ancient art of expression and began as a way to celebrate life. This dance form can be linked back to the gypsies, and remained popular until the end of the 19th century.

In recent years more and more women have discovered the true elements of this feminine and self-affirming art form. Belly dancing has unlimited benefits. It promotes a positive body image and the dance movements are relaxing which relieves tension. It is also great exercise as you learn weight distribution, muscle isolation and correct body posture.

On June 23, 45 eager women joined Adela Anderson and instructor Lorraine Kay for a class preview. We did hip drops, hip rolls, arm movements and we moved from our necks to our toes. From all the laughter, this turned out to be more fun than expected with everyone encouraging each other in performing the movements. All the ladies were will-

ing to give it a try. (One gentleman who was on hand at the beginning disappeared when Lorraine spoke of the sensuous movements).

Bea Maxwell came because this dance offers a way to improve agility. Sandy Martin wanted another form of exercise. Sabina Hillian wanted to see what benefits belly dancing could provide. Beverly Woods and Barbara Roberts wanted to have fun. Lil Taub loves the "hootchy-kootchy" moves and with her love of music may have found her calling! Instructor Lorraine Kay promises all of the above in this class.

Belly dancing classes are held on Tuesday and Thursdays at 6:30 p.m. at the Arbor Club. The first class on July 5 was even better than the orientation. We really got down to learning all those sleek movements that are the foundation for belly dancing.

So if you are adventurous and want to have fun join this unique class and let the music move you. 🌟

Learn more about  
the history of belly  
dancing from the class  
instructor, Page 21.



Photo by Debbie Clark

Softball players from On Top of the World (in green) took on players from Oak Run (in different colored shirts) as part of the Fourth of July festivities.

## Renovated Softball Field Gets a Workout During July 4th Game

By DEBBIE CLARK

Our own On Top of the World softball players took to the newly renovated field down by the picnic pavilion the morning of July 4 to take on the residents from Oak Run. Unfortunately, I am sorry to report that On Top of the World lost. The final score was 10 to 2, but everyone had a good time.

This morning of softball was just the beginning of what we are hoping to accomplish, now that the softball ball field has

➤ Continued on Page 20

## See Europe In Your Own Car: From Factory To Hamburg

By HANK CLATERBOS

King Gustavus Adolphus established Gothenburg, on the west coast of Sweden, in 1621 with the assistance of Dutch engineers who were experts in swamp reclamation.

Today, 384 years later, the city has become Sweden's principal seaport and second largest metropolitan area. Located therein are many industries, including Volvo, which are world-famous for design and engineering excellence. Our first view of the city was the north-south runway of Landvetter Airport when the turboprop we were riding punched through the low hanging clouds. A missed connection in Copenhagen caused us to miss the Volvo greeter but only a slight delay ensued and a taxi was dispatched to our rescue for the half-hour trip to the Radisson SAS Scandinavian Hotel — four stars — on Volvo! A champagne celebration in our palatial room was in order immediately since our day of travel was Margitta's birthday. (Note: Any alcoholic beverage in Sweden is extremely pricey).

What were we doing in Gothenburg as guests of Volvo? A made-to-order 2005 Volvo XC90 SUV awaited us at the Factory Delivery Center. Our schedule called for us to pick up the car and have dinner the same evening, May 24, with Danish friends in Hillerød, a three-hour drive south into Denmark. Consequently, the next morning passed rapidly with a limo ride to the factory, followed by: "here is your car; here is how it works; have lunch on us; and take a left as you leave the parking lot." An added incentive for a speedy departure was a visit to the local home of friends from Inverness whose summer abode in Skummeslovsstrand is located about 100 miles south of Gothenburg or one half-hour north of the ferry from Helsingborg to Helsingør. What an introduction to our new "Ford" — the four-lane highway was a wonderful challenge to the exceptional handling of the XC90. Within an hour and a half we were standing on the beach enjoying the sea breeze off the Kattegat exchanging recent flight stories with our host.

After "Skumm" (I won't) ➤ Continued on Page 19



On Top of the World residents Margitta and Hank Claterbos admire their new car at the Volvo Delivery Center in Gothenburg, Sweden.



**Men's Golf Association**  
Paul Del Vacchio

When are we having the next Chicken Luncheon? When are we having the next Chicken Luncheon? That's the question I get asked the most. It seems that five people paid in advance for a Chicken Luncheon in July that wasn't listed in your book, that wasn't scheduled and didn't happen. It is time, golfers, to read the posted signs, our handbook and this article and you will know the answers.

The next Chicken Day is September 7. I have been asked to have a Chicken Day in the summer for the "permanent residents" or die-hard golfers who play all year. After discussing with the board of directors, it is too much work for a small participation; but we do have something for you die-hard golfers who show up every week. I guess you were surprised on July 6th when you didn't have to pay your \$3 fee? This was a gift for your participation all year from your board of directors. Thanks for playing.

Rules, rules, rules! We know the USGA rulebook was written by attorneys, because everybody has an opinion about the rules. I've gotten numerous questions on "free drop" and how do you perform this feat. Well here it is. Rule 24-2b. (i) "Through the Green: If the ball lies through the green the player must lift the ball and drop it without penalty within one club-length of and not

nearer the hole than the nearest point of relief. The nearest point of relief must not be in a hazard or on a putting green. When the ball is dropped within one club-length of the nearest point of relief, the ball must first strike a part of the course at a spot that avoids interference by an immovable obstruction and is not in a hazard and not on a putting green."

OK, wow, what did I just write? Well, in Paul Del Vacchio's terms, it means if you are on hole 15 on the Links and you put your ball in the ornamental area in front of the men's tee box you get a free drop. The procedure is one club-length from the edge of the ornamental area no closer to the hole. I know some of you guys don't like the one club length, but that's the rule so you have to hit something to get over the ornamental area. That's the penalty you get for hitting a bad shot!

While we're on the rules I was asked a question about hole 14 on the Links, the old Pro Shop. If you happen to hit the ball under here or it interferes with your swing you get a free drop. It is considered an immovable obstruction.

The person of the month is a guy who has such a positive attitude and is thankful for every day he is on the golf course no matter how he plays. I know there is more than one but he is the only one that I'm aware of that seems to be glad to be alive, glad to be playing golf, glad to be living in paradise. I have never heard a negative word come from this man since I've known him and it is just a joy to see his smiling face every Wednesday.

The man I would like myself and all of us to emulate is Bill Bervinkle. Thank you, Bill, for showing us the brighter side of retirement! The tournament chairmen have decided to change some of the games in August due to the heat. Please pay attention to the signs posted for the next week's event.

Words of Wisdom: "Golf has always been the game I love. The physical challenge. The mental challenge. The ability to summon a shot from the depths of my being when double bogey is staring me down. Golf is pure, and that's the way I play it." John Meyers.

See you around the golf course. ☺



**Golf Superintendent**  
Jimmy Murphy

Hello again. We hope everyone is doing well. It has been a tough transition from spring to summer. We had 18 inches of rain in June alone. July has taken off pretty wet as well. We just missed Hurricane Dennis. It seems like so far most of the storms have gone to the west of us. Thank goodness.

With all of this rain it has kept us busy with washouts, sink holes and downed debris. The rains have also washed off some of the loam on the greens. We will try and keep them top dressed, in order to keep the playing quality good.

The increased rains have also allowed the

grass to flourish with lots of new growth. We have been able to stay on top of it for the most part.

We have moved the morning starting time to 7 a.m. on off league days. We hope to keep a few golfers cooler. Please keep in mind that there may be times when we need to delay play due to maintenance. By starting earlier, this means the golf course staff will start earlier as well. We will try to keep most of the golf course equipment traffic on the main roads.

The No. 9 fairway on the Tortoise and Hare Golf Course is coming along well. We have not been able to grow it in like we wanted due to all the excess rain. We are trying our best to get it open as soon as possible. We apologize for any inconvenience during the storms or construction issues.

Hopefully this month we will see the start of the new comfort station between the eighth and ninth holes. We will also be improving the cart paths.

We would like to congratulate George Guiliano for a hole in one on the 6th hole of the Tortoise and Hare Golf Course on June 22. Great shot, George!

We would also like to congratulate Les Finney for shooting his age of 77 on June 16. Les is like fine wine, he is getting better and better with time.

Until next month stay dry, cool, and remember to always watch the weather. We also ask that you please keep an eye on your playing partner for signs of dehydration or heat stroke (drink lots of water). ☺

**MGA Results**

**18-Hole Team 3-Best Ball**  
June 22

**Links Course**  
**Team Net Scoring**

1-Don Guymon, Charles Senci, John O'Neil and Irvin Gackowski 190. 2-David Suver, Rocky Groomes, O.J. Wagner and Tony Capillo 192. 3-Johnny Gill, Alan Mudie, Frances Caprez and Ed Benz 194. 4-Warren Burnett, Glenn Pecor, Richard Hess and Phil Johnson

**9-Hole Team 3-Best Ball**  
June 22

**Tortoise & Hare Course**  
**Team Net Scoring**

1-Rick Benzing, Guy White, Sy Mencher and John Ricciardone 86.

**9-Hole Individual Stableford**  
June 29

**Tortoise & Hare Course**

Roland Smith, Gross 5, Net 20; John Gartung, 7, 19; Sy Mencher, 2, 19; Gordon Blanchard, 4, 18.

**18-Hole Individual Stableford**  
June 29

**Links Course**  
**Net**

**A Flight:** 1-Tom Paszek, 40; 2-Dick Gray 39; 3 (tie)-Charlie Stauss, Raymond Beloin, Art Buecher and Richard Beury, 38.

**B Flight:** 1-Paul Del Vacchio, 45; 2- (tie) Joe Cameron, Glenn Pecor, Bill Bervinkle and John Pachin 40; 6 (tie)-Vince Nucaso and Kas Kaske; 8 (tie)-Don Guymon, David Suver, Ronald Wilson and Bob Bell.

**C Flight:** 1-Richard Hess, 41; 2-Bud May, 40; 3 (tie)-Armando Pena and O.J. Wagner; 5 (tie)-Joe Chavka and William Flannery, 38; 7 (tie)-Barry Barringer and Jimmy Johnson, 37; 9-Rick Mallardi, 36.

**D Flight:** 1-Bob Selmon, 49; 2-Al Briguera, 45, 3-Mike Driver, 42; 4-James Kniss, 39; 5-Dave Knauss, 38; 6 (tie)-

Joe Morea, Gordon Phillips, Joe Sinsky and J.R. Roosa, 37.

**18-Hole Red, White & Blue Scramble**  
July 6

**Team Gross**

1-Roy Goszewski, Wally Schilf, Bud May and Hal Stewart; Johnny Gill, Don Hink, Bill Krusen and John Hodd, 66

2-Wes Dumeer, Kas Kaske, David Miller and Joe Morea; Paul Del Vacchio, Joe Rosinski, Jimmy Johnson and John Calella; Millard Sadler, Vince Nucaso, Paul Bell and Phillip Merchant; Dick Gray, John Pachin, Mark Leff and Ross MacDonald, 67

3-Charlie Stauss, Carl Arnold, Hira Roy and Jose Cura; Leslie Finney, Charles Mattingly, Rick Mallardi and Bob Selmon, 68.

**9-Hole Red, White & Blue Scramble**  
July 6

**Tortoise & Hare Course**  
**Team Gross Scoring**

1-John Gartung, Gordon Blanchard, Guy White and John Ricciardone, 37.

**Scotch Twosome by Flight**  
July 13

**Net by Flight**

**A Flight:** 1-Joe Rosinski and Charlie Strauss, 61; 2 (tie)-Merle Sutherland and Ronald Wilson; Paul Perrault and Guy Russell, 62; 4 (tie)-Bill Bervinkle and Wes Dumeer; Larry Chase and Ron Thompson; Raymond Beloin and Joe Cameron, 63.

**B Flight:** 1 (tie)-Mark Leff and John Newell; Al Briguera and Vince Nucaso, 61; 3-Tary Bole and Armando Pena, 62; 4-Phil Johnson and Lane Milde, 64.

**9-Hole Individual Net**  
July 13

**Tortoise & Hare Course**

1-Rick Benzing, 30; 2-Roland Smith, 31; 3-Fred Wallen, 34; 4-Guy White, 35; 5-John Ricciardone, 36. ☺



**Handicap Committee**  
Patricia Donnelly

Rain, rain, go away; come again another day. All the golfers want to play! We did have a small shower during the Flag Day Tournament, but not enough to ruin the day. Our tee times started at 7:30 a.m. and finished at 11 a.m. It was just a super morning for Paul and me. We got to meet some new golfers and to harass the ones we knew and had an overall good morning of fellowship.

Eighty-eight played, 53 were paid. That's pretty nice. Gretchen Normandin and Wes

Dumeer were the top finishers in the No. 2 fairway!

Bev Ovrebø, Bill Flannery and Mike Driver holed out on the No. 1 tee for second place. Bill and Linda Bervinkle, Dave Suver, John Hall, George Youmans and Mary Driver all made it to the No. 1 green and shared third place. Warren Burnett, Cliff Jones, Don Floeckher, Ed Klodzen and Dick Gray share fourth place; they were in the No. 1 fairway. Holing out on No. 18 green and sharing fifth place are Steve Gregely, Tom Smith, Jimmy Johnson and Larry Chase. Sixteen golfers tied for sixth place, all finishing on the 18th green: J. Rosinski, J. Apperson, D. Holman, B. Carter, D. Norris, L. Dumeer, A. Broman, F. Smith, A. Buecher, D. Beury, J. Gill, R. Goszewski, L. Suver, M. Lyon, C. Apperson and P. Johnson. Last but not least, 17 of us finished in the 18th fairway tying for seventh place: P. Del Vacchio, J. Page, M. Leff, B. Huckel, G. Huckel, G. Phillips, B. Howe, J. Pachin, A. Flannery, R. Normandin, H. Brower, C. Mattingly, R. Thompson, P. Jarskey, S. Chase, B. Buecher and yours truly.

August 6 we'll be playing 1-2-3. This is a team event. Everyone plays his or own ball, and the scoring is as follows: On par 5's you will take one best ball, on par 4's two best balls, and par 3's three best balls. Don't forget to sign up in the pro shop. Rally time is 8 a.m. and start time is 8:30 a.m. See you at the flags! ☺



**Bocce**  
Bob Woods

Attention all bocce players. The summer Monday morning bocce session is going great guns.

As I told you all last month, if you have an inkling of wanting to play in the summer

session, you better get there early. There was one Monday the games had started before 8:15 a.m. because there were 32 players present, the maximum players able to roll during a session. Marilyn and Don Cernearl are doing one great job organizing the summer Monday event.

Don't have too much to say this month except it is a perfect time for those who don't ordinarily play bocce to get up to the courts and practice.

Don't forget, roll the pallina (small white ball) down the court and try getting the other balls close to it.

A reminder: Watch the On Top of the World TV for bocce announcements. A general meeting will take place at the Arbor Conference Center, Rooms G and H, at 3 p.m. on Monday, September 26. The board meeting will be held same place, same time, on September 12. The fall bocce session will commence Monday, October 17.

Any questions call Bob Orr at 861-0053 or give me a call at 854-0702. See you on the bocce courts. ☺

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### Ladies 9-Hole Golf

BJ Leckbee

Here's a tip for scoring. Even though it may be confusing, it's important that scores be reported on the correct hole. For example, if your foursome starts play on the third hole, the score for that hole needs to be recorded for the third hole on the captain's card. Marking the card with a star at the starting hole number can be a reminder to not start with "1" unless your team really did start there. Our favorite computer guru assures us that this will help him post accurate scores on a Tuesday afternoon.

During this hot and humid weather, sunscreen, a hat and water (or a sports drink) are recommended for play. Also, if you have a physical condition that might cause you to be more sensitive to the weather than at other times, please tell your cart partner so she can be prepared to help you if necessary.

The construction at the ninth hole has caused more than one golf cart to get stuck in the mud. Although the rangers have been very conscientious about guiding us to the best route out of that area, they can't be at that spot all the time. So please be careful when choosing your exit route.

So far, this sounds way too serious for our fun league, so here's something to

lighten the mood. When Harvey Penick, renowned instructor and author of the "Little Red Book," was asked by a student to teach him how to get out of sand traps, he replied, "Not so fast. I can teach you how to get out of sand traps. But I'm not going to do it until I teach you how to avoid getting into them in the first place." Note to all players: If anyone has figured this out to perfection, please let the rest of us know!

#### June 14 Tortoise Low Gross

Chip-ins: Virginia Henry and Joan Irvine  
**A Flight:** Tie at 44—Virginia Blanchard and Marie Greco; 45—Grace Bock; 46—Carol White  
**B Flight:** Tie at 50—Virginia Keuvelaar and Dodie Phillips; Tie at 51—Betty Tully and Frances Mencher  
**C Flight:** Tie at 55—Sumiko Bridges and Marie Palombo; 58—Therese Bell; 59—Evelyn Stewart

#### June 21 Tortoise Low Net

**A Flight:** 30—Carol White; 32—Marie Greco; 33—Virginia Blanchard  
**B Flight:** 33—Millie Nucaso; Tie at 34—Violet Sica and Beryl Leckbee  
**C Flight:** 29—Dodie Phillips; 31—Marie Palombo; 33—Sumiko Bridges

#### June 28 Tortoise Low Gross

Chip-ins: Eleanor Ford, Virginia Henry, Dot Wagner  
**A Flight:** 47—Carol White; Tie at 49—Betty Tully, Mary Hart, BJ Leckbee  
**B Flight:** 52—Darlene Bole, Tie at 54—Helen Degraw, Marie Palombo, Sumiko Bridges  
 July 5 Tortoise Team Scramble  
 38—Grace Bock, Virginia Henry, Virginia Keuvelaar; 39—Ann Hetzel, BJ Leckbee, Lucille Quaranta, June Tassinary; 40—Pauline Beloin, Denise Dehart, Eleanor Ford, Dodie Phillips

#### July 12 Tortoise Low Gross

Birdie: Darlene Clark on 8; Chip-in: Betty Tully  
**A Flight:** 47—BJ Leckbee, tie at 49—Deni Dehart, Ellie Rapacz and Darlene Clark  
**B Flight:** tie at 50—Judith Kane and Pauline Beloin; 53—Donna Swiger  
**C Flight:** 52—Ann Hetzel; 53—Carol Bell; 55—Sumiko Bridges



### Billiards

George Tookmanian

tween races. The game of billiards and the poolroom became connected in the public's mind. Today, the two terms are used interchangeably.

The dome on Monticello, Thomas Jefferson's home, conceals a billiard room. In Jefferson's day, billiards was illegal in Virginia.

The term "scratch," as applied to the pocketing of the cue ball, was derived from the penalty assessed for such a foul. In pool's early days, the score was often kept on a chalkboard. When a player pocketed the cue ball, his opponent "scratched" a point off the shooters' score.

Billiards was the first sport to have a world championship that took place in 1873.

There were few, if any, women's tournaments in the early 1890's. Whatever titles there were, were local and self-proclaimed. Until, of course, Frances Anderson came along. The Indiana native merely proclaimed herself champion of the world and offered \$5,000 to any woman who could beat her at pocket billiards. Anderson toured the country, playing both men and women. Legend has it that she went undefeated for 25 years against her female competitors. She was paid handsomely for her appearances throughout the 1920's, taking on challengers and giving exhibitions in both America and Europe. She followed this up with a well-publicized announcement that shocked the pool playing world. Her real name was Oriette (from Kansas), not Frances, and she was actually a he!

At times, including during the Civil War, billiard results received wider coverage than war news. Players were so renowned that cigarette cards were issued featuring them.

So there you have these bits of trivia our daughter-in-law Georgette gathered up for me as we are on the road in Poplar Grove, Ill., visiting family members. I did not want to miss writing the column so chalk up your cue stick and practice, practice, practice!



### Pickleball

Betty Thayer

Rain, rain go away. Since we meet at 6 p.m. Sunday and Wednesdays, these late afternoon showers have disrupted play. Even with the rain we have managed to get in some games and our players are improving their skills. We do still hear those famous words, "Oh, pooh," when we whack the net instead of our opponents' court.

We've gotten some new players who are excited to play pickleball. Our orientation on July 7 brought out new and current players who either wanted to see what this sport is all about or wanted to hone some of their skills. Bill Daugherty, one of our resident players, was pleased with the turnout. If you missed orientation stay tuned, we'll have another one.

Until next month, remember, push the ball, don't flip it!



### Ladies 18-Hole Golf

Mary Sohler

I hope all of you had a great 4th of July holiday! I'm still in Minnesota, surrounded by packing boxes—some of them packed, most of them not — and no time to golf! I hear it's been pretty hot for golf at On Top of the World, but still there are some who persist in spite of the temperatures.

Here are the results of those efforts:

#### Florida Scramble June 14

73—Mary Lyon, Sophia Burnett, Norma Cleveringa, Sylvia Mark; 75—Bev Overbo, Velma Rose, Helen Bextermueller, Laura Teyral; (tie) 78—Linda Bervinkle, Glenna Swank, Dea Johnson, Florence Foley, Nancy Nicholas, Mary Driver, Fran Griswold, Catherine Becraft

#### Individual Points by Flights June 21

**Flight A • Gross**  
 Tie at 21—Gretchen Normandin and Jerry Gill; 16—Mary Lyon; tie at 13—Linda Bervinkle and Nancy Nicholas

#### Flight A • Net

36—Sandy Chase; tie at 35—Bev Overbo and Betty Gustafson; 34—Jo Apperson

#### Flight B • Gross

14—Laury Hall; 11—Rose Hoovler; 9—Marilyn Rose; 8—Doris Holman

**Flight B • Net**  
 37—Helen Bextermueller; tie at 33—Mary Driver and Sophia Burnett; 32—Deb Phillipson

#### Flight C • Gross

7—Marie Marquis; 6—Mary Skennion; 4—Ruth Border; 2—Laura Teyral

#### Flight C • Net

35—Florence Foley; 34—Jackie Page; 29—Peggy

Grady; 27—Helen Foskett  
 Chip-ins: Mary Lyon, Deb Phillipson, Laury Hall, Esther Lang, Helen Bextermueller, Mary Skennion, Florence Foley

#### Team Scramble

June 28

#### Low Net Teams

255—Linda Bervinkle, Phyllis Jarskey, Angelina Pena, Peggy Grady; 259—Karen Hendricks, Mary Driver, Sophia Burnett, (one blind score); 271—Linda Dumeer, Glenna Swank, Norma Cleveringa, Betty Crippen; 275—Betty Gustafson, Louise Suver, Dea Johnson, Carol Bell; 277—Beverly Ovrebø, Harriet Brower, Laura Teyral, (one blind score); 285—Laury Hall, Mary J. McAtee, Andy Flannery, Marlene Floeckher  
 Chip-ins: Sophia Burnett, Vel Rose, Deb Phillipson, Doris Holman, Phyllis Jarskey, Dea Johnson, Louise Suver, Glenna Swank, Linda Dumeer

#### Red, White, Blue

July 5

#### Flight A • Gross

92—Gretchen Normandin; 97—Jerry Gill; 100—Janet Juhlin; 102—Sandy Chase

#### Flight A • Net

78—Ginny Huckel; tie at 83—Linda Dumeer and Mary Lyon; 84—Betty Gustafson

#### Flight B • Gross

100—Margie Wade; 112—Laury Hall; 113—Sharon Leff; 119—Glenna Swank

#### Flight B • Net

81—Mary Driver; 89—Phyllis Jarskey; 91—Marilyn Rose; 95—Sophia Burnett

#### Flight C • Gross

110—Angelita Pena; 116—Dea Johnson; 119—Deb Phillipson; 122—Helen Bextermueller

#### Flight C • Net

83—Norma Cleveringa; 84—Helen Foskett; 86—Andy Flannery; 89—Virginia Broman

#### Team Scramble

July 12

#### Low Gross

73—Jan Juhlin, Hazel Benson, Georgette Perrault; 74—Val Smith, Marilyn Rose, Angelita Pena, Laura Teyral; tie at 78—Sharon Leff, Mary Driver, Dea Johnson, Florence Foley; 78—Linda Dumeer, Mary McAtee, Virginia Broman, Lena Sneed; 79—Margie Wade, Rose Hoover, Catherine Becraft; 80—Bev Overbo, Glenna Swank, Esther Lang, Peggy Grady

August birthdays: Jan Juhlin (2nd), Karen Hendricks (7th), Sharon Leff (9th), Sylvia Mark (11th), Mary McAtee and Janet Kingsley (17th), Marie Marquis (18th), Lou Borders (25th), Harriet Brower, Flo Emanuel and Mary Skennion (26th), Barb Buecher and Betty Gustafson (27th), Mary Sohler (29th). Happy birthday to all!

Till next month, stay cool!



### Mini Golf

Jack Doyle

#### Providence Putters

June 14

**Ladies:** 47 Dori McConville; 51 Emmy Ricciardone  
**Men:** 37 John Ricciardone; 41 Bob Maxwell; 43 Joe McConville; 53 Oliver Aube

June 21

**Ladies:** 51 Emmy Ricciardone; 52 Dori McConville – guest; 47 Erna Ostrowski  
**Men:** 36 Joe McConville; 45 John Ricciardone – guests Glenn Saxon 51 and Ben Resta 45

June 28

**Ladies:** 47 Dot Sprague; 50 Emmy Ricciardone; 58 Dori McConville  
**Men:** 40 Joe McConville; 41 John Ricciardone; 43 Oliver Aube

July 5

**Ladies:** 46 Dori McConville; 51 Dot Sprague; 56 Emmy Ricciardone

**Men:** 42 Joe McConville; 44 John Ricciardone; 56 Oliver Aube

July 12

**Lady:** 55 Emmy Ricciardone  
**Men:** 43 Bob Maxwell; 45 Oliver Aube; 47 John Ricciardone

#### Thursday Mini-Golf

June 16

Rained out

June 23

**Ladies:** 35 Dori McConville; 41 Marilyn Cernecarl; 43 Chris Resta; 45 Florence Soens; 48 Emmy Ricciardone  
**Men:** 40 Ben Resta; 44 Joe McConville; 46 Dick Soens; 48 John Ricciardone; 49 Don Cernecarl

June 30

Rained Out

July 7

**Ladies:** 48 Emmy Ricciardone; 50 Marilyn Cernecarl; 52 Florence Soens; 55 Chris Resta; 59 Eleanor Krowka; 62 Dori McConville  
**Men:** 39 Ben Resta; 42 Don Cernecarl; 45 (tie) John Ricciardone and Dick Soens; 48 Joe McConville; 50 Oliver Aube

#### Sunday Mini-Golf

June 19

Only played 9 holes A/C rain  
**Ladies:** 26 Chris Resta; 27 Emmy Ricciardone; 28 Dori McConville; 31 (tie) Maria France and Florence Soens  
**Men:** 19 Ben Resta; 21 (tie) John Ricciardone and Ray France; 27 Dick Soens; 29 Joe McConville

June 26

Rained Out

July 3

**Ladies:** 48 Marilyn Cernecarl; 56 Dori McConville; 60 Emmy Ricciardone  
**Men:** 43 Joe McConville; 44 John Ricciardone; 47 Don Cernecarl; 48 Oliver Aube

July 10

Rained Out

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**Arbor Club Tennis**  
Les Saunders

Let's all cheer our Arbor teams. Schedule of inter-community matches in August:

- August 4, 8 a.m., Ocala Palms, Don Firkins, liaison
  - August 16, 5 p.m., Oak Run +, Norma Higgins, liaison
  - August 25, 5 p.m., Oak Run, Lucy Davis, liaison
- (Weather, etc., may affect dates of matches; confirm at court No. 2 bulletin board)
- A seven-night Western Caribbean cruise, departing December 3, will be a memorable experience for those who enjoy a great cruise. Lucy Davis reports that there are only a limited number of cabins available. The cabins available are on deck two, but cabins with a balcony are on deck seven.

Ports of call will be George Town on Grand Cayman, Costa Maya, Mexico, Belize City, Belize, and Cozumel, Mexico. For information and registration, please call Ocala Travel at 732-7515, and ask for Alice. Be sure and bring your tennis racket and a can of balls.

We welcome Robert and Claire Richter to Arbor Tennis membership!

They have 20 years of experience; Robert had been rated at 4.5. It has been nearly a year since they picked up their rackets but we expect such nice folks will show us a thing or two about the game!

All Arbor Tennis members are welcome to participate in the round robin sessions on Monday and Wednesday mornings. Tuesday mornings are exclusively for women; Thursday mornings are for men. A group lesson for intermediate players, \$5, is held every Friday morning at 8:30 a.m.

If we find ourselves having a problem with volleys or too frequently hitting the ball into the net, we might want to make arrangements with Len Denerstein, director of tennis, for some private lessons. Len is good at spotting the cause of our faults and will drill us until we can do it correctly. Private lessons must be arranged with Len at least 48 hours in advance.

Don Shaner reported that Ocala Palms sent only three teams for the men's match of June 16. Two teams of Ocala Palms men won their matches. The third team quit after two sets.

Two of our five teams won their match against the Oak Run + teams on Tuesday, June 21.

Len Denerstein, who attends all matches, defined Maria Fried as the outstanding player of the match! Norma Higgins, liaison, reported that Maria Fried and Richard Marshall won 6-1, 6-2. Richard said, "Our opponents played well. We had some very long rallies and at least 12 deuces."

We welcomed Richard's return to the courts after surgery. He responded, "I am glad to be able to get back playing again after so much time off." Paula Magen and Bob Bartolotta won 6-3, 7-5. Bob acknowledged that their opponents played well, but he and Paula managed to play better. Bob reminds us that, "when we play matches we must try our best to win against the opponents and then shake hands with them when the games are over, regardless of who wins."

Norma Higgins and Chet Rickert lost 6-3, 6-1. Norma reported that she and Chet had very good opponents and she felt that she didn't play up to her usual game. Chet's favorite racket was broken and he was not yet used to the new one. Joyce Perkins and Jerry Dennis lost 6-2, 6-2. Irene Moran and Don Shaner lost 6-4, 6-2.

Two Arbor Tennis teams won in the match against Oak Run on June 23. Hal Stanley and Maria Fried won 6-3, 6-3. Hal said, "it was a fun match; the people we played were good sports and nice people. A good time was had by all." Lucy Davis reported that Joyce Perkins and Ray Brittingham won 6-3, 6-4. Betty Bussenger and Bob Bartolotta enjoyed their match. Bob reported that they won the first set, 7-6, lost the second set, 6-1, then lost the tiebreak. Lynn Pluto and Dale Paul lost their match 6-1, 6-1. Janet Abrahamson and Carol Scruggs lost 6-1, 6-

3. Janet reported that their opponents were "lob queens" and deserve the title.

Janet also observed that the Oak Run teams always play together on a regular basis in matches against the Arbor Tennis Club; they know how their partner plays and therefore play well together as a team. It is important for Arbor Tennis members to understand that the Oak Run group of players is smaller than the number of Arbor Club members who are interested in inter-community matches. Therefore, Oak Run can include everyone.

The Arbor Tennis Advisory Board selects Arbor tennis participants from a list of 50 of our 100 members who have expressed an interest in inter-community matches. Therefore, in the spirit of being an inclusive group rather than an exclusive group, every interested Arbor Tennis member is eventually given an opportunity to participate. If you have any questions about this process, please feel welcome to speak to any member of the advisory board.

Ocala Palms Mixed Doubles match was played on July 7. The winning teams were team Donna Infante and Don Firkins, 6-2, 4-6, 7-4, and team Gordy Phillips and Irene Moran, 6-2, 7-6.

Team Ralph Bromund and June Elting lost the first set 6-3, won the 2nd set 6-4, and lost the tiebreak, 10-6. Team Jerry Dennis and Kathy Mullen lost 6-4, 6-1. Team Rosemarie Heuber and Les Saunders lost 6-2, 6-1. Mark your calendar for the October 13 through 15 tournament. All resident tennis players of On Top of the World are welcome to participate. ☺



**Friendship Amateur Radio**  
Ed Brendle

The Friendship Amateur Radio Club held its monthly meeting on July 11 with Steve Wagner, KB4 MFO, presiding. Following the usual introductions and committee reports, several issues were discussed. The FARC Web site continues to show the club's newsletter, treasurer's report and secretary's meeting minutes. The FARC's Club Call is K4FRC.

We also discussed a change in the meeting place. It was decided that we should consider holding our meetings, at the same

time, at the Sheriff's auxiliary station on South SR 200. The meetings there will begin with the September meeting.

The next formal meeting is scheduled for August 8, at which time a question and answer meeting will take place.

Attempts will be made to try to have Dave Jones, AO4GR, who will discuss the role and functioning of repeaters at our September 12 meeting. John Wolter, KE4RRM, has a TenTec Radio station for sale. Anyone interested may call him at 854-3988.

The club is open to all members and guests. All members are urged to attend and to bring a guest.

The FARC is open to all "hams" and their families. If you are interested, and not currently licensed, the FARC has instructors who can assist in teaching both Morse Code and theory to help you earn your license.

The FARC meets the second Monday of every month at 1:30 p.m. on the second floor of the Park Avenue Bank in Friendship Plaza. We have members who offer their expertise in radio and computers.

The club newspaper and notices inform members of the club's many activities. In addition, the FARC has a 2-meter net that meets on Monday at 4 p.m. on 145.170 MHz (except for Monday of the monthly meeting), and a CW net on Tuesday at 7 p.m. on 21.145 MHz.

For more information, call Ed Brendle, KA1INC, at 873-4354. ☺



**Citizens Emergency Response Team**  
Caroline Scott

Because every day seems to bring a threat of new tropical storms and possible hurricanes, June became a very productive month for our members.

At our monthly meeting, we broke into two teams, half of which went into the Providence section armed with radios, damage assessment forms and different scenarios that may happen if a violent storm hits there. This team had to locate the addresses, survey the scene and decide how serious each scenario was, and how to treat each casualty. They then radioed their find-

ings back to the Incident Command Station (ICS).

The second team stayed back at the ICS and compiled the information to be forwarded to the Emergency Management Office in Ocala, who in turn would determine what type of help we would need, such as fire, ambulance etc.

When the first team was finished, the two teams changed places so that everyone would get the experience needed in each situation.

Afterward, we met and discussed any problems encountered and talked about how we would have treated any victims if it had been a real emergency. This drill was a great learning experience for all.

Next month we will have "victims" for all to practice their medical skills on.

Of course we hope that we will never have to use these skills, but on the other hand we are glad we have the confidence in our ability to help our families and neighbors.

Jane Davis, a CERT member, along with Carol Lacker, Eileen McGrath, Marilyn Brandt and Jean Paul, who are volunteer block captains, have canvassed their entire community of Crescent Ridge II as to the status of each home and its residents. This was a fantastic effort on their part and a valuable source of information during an emergency. They are to be congratulated for their commitment to their neighbors' safety.

If there are any other residents that want to follow this lead, even if it is just for one street, please contact me at 861-5569 and I will provide the information needed.

As always, you are invited to attend our meetings, which are on the second Tuesday of each month at the ACCC, 9 a.m. in Room E. ☺

**Fellowship Bible**  
Alice Geyer

Several participants have been able to continue with our studies during the summer. We come and go as our vacations allow.

Our present study is "The Holy Spirit" (Holy Ghost). Where in the Bible do we read about IT? Exactly what is it? What is the work of the Holy Spirit? Its purpose? Interesting ... to be continued.

We took a holiday on the Fourth of July. Meetings will continue until our next holiday, Labor Day. Otherwise, we meet each Monday from 3:30 until 4:30 p.m. in Room 3 in the Craft Building. It's so nice and "cool" in there.

For more information, call Mabel Johnson at 873-0642 or Alice Geyer at 237-3059. ☺

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**Taste Buds**  
Marcia Miller

Being in the middle of hurricane season, I thought I'd try to find some recipes that didn't involve cooking. Easier said than done. I went online and yes, I found many no cook recipes, but all needed refrigeration. So much for my idea. However, I did find a Web site that gave hints for hurricane preparations, especially relating to food. So I guess I will pass on a few of their suggestions as well as some of my own.

I went to a picnic the other day and someone brought chips and dip. The dip was simply softened cream cheese placed in the center of a shallow dish with jarred salsa poured over it. Talk about easy. You don't even have to mix anything together. Serve with your favorite chips and/or veggies.

It's not my favorite way to eat them, but friends of ours up in Indiana always served canned baked beans cold. I guess this would work if there were no power to heat them.

Stock up on canned meats that can be eaten cold and lots of crackers. Also have canned fruit on hand. Nice if they have those pull-tabs for openers. Easier than using a hand can opener.

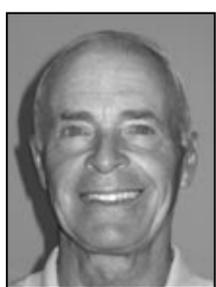
If you have an outdoor grill and the weather permits, use it, outside that is. We have one with a burner on it and I definitely put it to work during last year's power outages.

Don't open your refrigerator any more often than necessary. In preparation for a storm, freeze up blocks of ice — milk cartons work great for this. Then place in a cooler and transfer frequently needed items like cold drinks, sandwich meat, mayonnaise, etc. to the cooler. Refrigerators will keep cool if left closed for several hours. Also those blocks of ice that you froze thaw slowly and will help keep refrigerator/freezer items cold longer.

Also, plan ahead a little. With a major storm approaching, it is not the time to go out and stock up on a lot of perishable food items or ice cream. Do have paper plates and cups on hand, though.

Buy eggs and then hard-boil them ahead of time. They keep much better this way and sliced make good sandwiches. Have plenty of bread on hand. It's filling, nutritious, easy to eat cold and lots of things can be served on bread — sandwiches. Cooked meat will keep longer than raw meat. Perhaps a leftover roast could be sliced for sandwiches. Avoid using mayonnaise in anything. It does not keep well when warm. If power is off more than six hours, toss the mayonnaise. Catsup and mustard should still be OK.

Hopefully, we won't have to experience any long power outages this summer, but just in case — be prepared. And look at it this way, you won't have to cook and wash dishes for a day or two. So sit back, relax and pretend you are camping. ☺



**Favorite Recipes**  
Dinner Club  
Luke Mullen

What's for dinner? That was the question for the June meeting of the Favorite Recipes Dinner Club on June 25. It was a delightful meal. Hosts for this extraordinary culinary adventure were Sylvia Andrews and Oliver Aube. The dinner, held at their home, including themselves had 10 participants. This was significant and an example of above and beyond the call of duty for Sylvia and Oliver. The dinner club usually has eight participants.

The activities started with a cocktail hour. After the cocktail hour the Favorite Recipes began. The appetizer for the evening was stuffed mushrooms and a Parmesan flavored spread on party rye prepared by Barbara and Joel Haag. The next item on the menu was spinach salad served with a sweet-sour bacon dressing. The guests were given a choice of garnishes: crumbled bacon, finely chopped eggs and sliced mushrooms. This salad was a collaborative undertaking.

Aldona and Norbert Sachs brought the spinach salad and garnishes to the dinner. Aldona brought the bacon drippings to Sylvia's house on Saturday morning so that she could make the sweet-sour bacon dressing.

Sylvia and Oliver created the Favorite Recipe main dish. This main meal was steak shish kebab with Italian tomatoes, green peppers and sweet Vidalia onions marinated in a special sauce. This was also a collective teamwork endeavor. Jean and Joe Breslin brought tomatoes, green peppers and Vidalia onions to Sylvia on Friday. The shish kebabs were marinated and assembled before the dinner and Oliver basted and cooked them on the outdoor grille. Accompanying the shish kebab entrée was a second dish consisting of lemon flavored Jasmine rice with herbs and finely diced red pepper. Sylvia and Oliver prepared this dish. The combination of the appetizers, spinach salad, strip steak shish kebab with marinated vegetables and Jasmine rice made for a wonderful entrée.

Complementing the meal for dessert was Tiramisu cake made by Ceci and Bob Marsh.

This dinner again exemplified the dinner club philosophy, which was designed to allow all guests to contribute to a given meal, which was well executed at our second club dinner meeting. This also precludes the hosts from being overwhelmed with the extensive effort it would take to create the entire meal.

The Favorite Recipes Dinner Club meets on the last Saturday of each month. The host(s) for each month rotate so that all members have a chance to showcase their culinary skills.

If you would like to participate or more information, call Luke at 291-8625. ☺

## See Europe In Your Own Car

► Continued from Page 1

spell it again), we experienced our first Internet-arranged lodging disappointment — a shabby motel near our Danish friend's home. In contrast to the Web site, the innkeeper filled a niche role in the local travel world by providing clean but basic accommodations for truckers. The price was right, the beds were clean and comfortable but the ambiance was marginal. We slept soundly following reminiscing of past events during dinner with our friends in a local Chinese restaurant — it seems that Tuesday night was the "off" night in Hillerød.

Next morning it was "Germany here we come!" A highlight of the five-hour zoom to the southwest was one of the largest engineering projects in the history of Denmark, The Great Fixed Belt Link. The Link, over the south end of the Kattegat, comprises a four-mile long suspension bridge, a four-mile long combined rail and road bridge and a five-mile long underwater rail tunnel. The East Bridge's two towers, 825 feet above sea level, are the highest points in Denmark. Very impressive and far superior to the old slow ferries in use until June 1998 (We crossed the largest Danish engineering project upon our return to Sweden.)

We chose to leave the fast lanes of Autobahn 7 and wind our way west-southwest on the country roads across the flat terrain of North Friesland saturated with dairy farms and grain fields. The old customs and immigration buildings still stand at the German border, deserted and lonely since the advent of the European Union. Southward on Bundestrasse 5 (Federal high-

way 5) into Schleswig-Holstein we entered Suederluegum and the Landhotel Tetens Gasthof, which sported a three-star rating on a bronze tablet at the door. What an incredible improvement over our minus-three rating of the Motel Norden in Denmark!

In the evening we discovered a "border store" next door which profits from the major differences in taxes and item price between Denmark and Germany. The sales tax in Germany is 9 percent less and it is estimated that liquor prices are 35 percent lower. A Dane ahead of us in the checkout line spent almost \$3,000 on wine, liquor and soft drinks plus assorted foodstuff. Like many other cars from Denmark parked in the lot, his towed a trailer into which he stowed his purchases. We spent \$25 and happily returned to our Gasthof.

Thatched-roofed farmhouses, dairy cattle and fields of grain separated by drainage canals, bright yellow fields of rape oil seed (used in bio-diesel production) plus Danish and Dutch flags testified to the industry and heritage of the residents of Nord Friesland. From the North Sea dikes on the west, through the many small villages randomly scattered across the flatland, we wound our way east into and out of Flensburg to reach Kappeln/Kopperby to our lodging on the Schlei River. The next day two ferry crossings placed us south of the Elbe in Wischhafen for a traffic-filled finale on the Bundestrasse to our friend's home in Meckelfeld, a south side suburb of Hamburg. She promised us an excursion into the container port on Sunday — see it next month. ☺



**Travel Toppers**  
Eileen K. Vanderbosch

The response to our policy change to make all trips pre-registration has been received very well and we appreciate the cooperation. We have added a show since the paper came out. It is a farewell performance by Cathy Rigby of "Peter Pan" on Sunday, October 16. Coordinator is Rosemary Burk, 873-3230, so call her ASAP if you want to make reservations.

We have one space and need a waiting

list for the Sterling Casino Cruise, so call if you want to go. Also space is available for Mall of Millennia (Joan Connolly), "Best Little Whorehouse in Texas" (Esther Reichel), Sleuth Mystery Theater (Janet Fragapane), and Ellenton Mall (Audrey Mangan).

Another plus for us: Former residents Betty and Roy Parkton donated several paintings and wall hangings for a raffle to help our financial situation. We will have this raffle in the not too distant future, so watch for details. Volunteers will be needed to sell tickets for this so please call Audrey if you can help.

Ruth Goldstine wrote: "Travel Toppers had a real winner in the Arabian Nights trip. A busload of 59 residents enjoyed a fast paced one and a half hour show while dining on one of three delicious entrees, along with beer, wine or soft drinks. Over 20 horses were well groomed, beautifully trained, handled by expert riders who performed fantastic routines and aerobic stunts that had us oohing and aahing as they sped by in their many changes of costumes."

We are working very hard to continue our successful trips and hope for continued help and patience from the residents.

Keep traveling with Travel Toppers. ☺

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**Red Hat Society**  
Vivian Brown

I would like to extend a very warm welcome to our newest chapter here at On Top of the World: The Crimson Cue-Tees and their Queen Mother Shirley Impresa. This makes 16 chapters we now have. Fall is already becoming a very busy season so please mark your calendars for the following upcoming events:

The Red-iculous Fashion Show on Tuesday, October 25, at noon at the Arbor Club. QMs should contact Mary Curry at 237-5515.

The Light the Night Walk in Ocala on Thursday evening, October 27, for the Leukemia/Lymphoma Society. QMs should contact Adela at 854-8707 for more information.

I hope you all are enjoying what is left of summer, wherever you are or whatever you are doing. Remember to keep smiling and to pass those smiles along. Till next month, God bless. Vivian

**THE RAZZLE-DAZZLE RED HAT DAMES** had a wonderful luncheon at Harry's Tavern and Grill in Ocala. The food was delicious and the service great. Although we were fewer in number than usual, due to some of our ladies vacationing, we never-the-less turned many heads and received numerous compliments on our attire, which we all lapped up like honey. I can tell you RH Ladies are not shy in any way. We thank our hostess for the month, Jean Stanley, for a job well done. Jean also purchased a sinfully delicious chocolate dessert, which she shared with all of us. We welcomed a new member, Jackie Randolph, a delightful person, who enjoys having fun as much as the rest of us. We then all went shopping, what else! We will be going to Quiet Oaks next month and having lunch with the Red Hat Ladies there. Afterward we will try to entertain these terrific ladies. There were no June birthdays. Too bad we didn't get a chance to entertain the other patrons in the restaurant with our kazoo and singing. Hugs and happy Hating. ... *QM Vivian Brown*



**Janet Wahl, Dot Hinde, Carol Cecala, Mary Curry and Bea Maxwell of The Glitzy Gals and Charlotte Erickson of The Razzle Dazzle Red Hat Dames enjoy the Red Hat International Convention in Las Vegas, Nev.**

**THE RED SHADY LADIES** still have enough ladies here for the summer hot months to go out and enjoy themselves around lunch. Last month the Shady ladies attended Carmella's Italian Restaurant. We had our own private room and are not known to be a quiet group. The waitresses enjoyed the festivities as much as the members did. The food was delicious. We sang happy birthday to Florence Sickle just before we left. I think Florence thought we were going to let this go by, but of course we did no such thing. Our next luncheon will be at El Taxco Mexican Restaurant on Silver Springs Boulevard. ... *QM June Laurin*

**THE CRIMSON CUE-TEES** is the newest On Top of the World Red Hat Society chapter. We were officially registered on June 20, and are already looking forward to our first outing at the Bamboo Cafe III in the Friendship Center Plaza. Our chapter consists of five members at the present time, but are looking forward to growing. We invite all lady billiard players to join our unique chapter for fun and friendship. Founding members include Shirley Impresa, QM, Penny Wilson, VQM, Ruth Gretchen, Historian, Polly Farineau and Evelyn Wharen. Our members may be found in the Billiard Room every Monday from 9 to 11 a.m. Our chapter meets the first Tuesday of every month for outings and socializing. Call 873-8247 for further information. ... *QM Shirley Impresa*

**THE DIVINE DIVAS'** June lunch meeting at the Ivy House in Williston was truly wonderful. Hostesses were Chris Guidas and Roberta Knarich, who as usual did a superb job. This is a unique place with great gourmet food and a lovely gift shop with beautiful clothes. Many of the Divas stayed in Williston to tour the various antique shops. The ride to Williston takes you through some of the loveliest scenery in the area. June birthdays for Kay Chandler and Jill DeStafano were celebrated. Gladys LaDuke came with her beautiful daughter Robin Davis, who is as nice as she is pretty. Jill DeStafano will



**Pictured from left are the Crimson Cue-Tees founding members: Penny Wilson, Polly Farineau, Evelyn Wharen, Shirley Impresa and Ruth Gretchen.**

**Crimson Cue-Tees Form Newest Red Hat Group**

The Crimson Cue-Tees are On Top of the World's only Red Hat Society made up entirely of women billiard players. The chapter was founded on June 20. Members met to discuss chapter names and day/time of future meetings.

The chapter was officially registered three days later with the national society. This chapter was started because of a love for billiards. Its members invite all lady players to come and join in on the fun Mondays from 9 to 11 a.m.

For further information, call Shirley Impresa, Queen Mum, at 873-8247.

be the Hostess for this month's lunch at Candler Hills. On August 8, we are looking forward to a boat trip down the Rainbow River and early dinner at Carmella's Restaurant. ... *QM Gail LaRue*

**THE GLITZY GALS** enjoyed breakfast at the Cracker Barrel for our June outing and a few girls had to participate in the Red Hat Society sport of shopping while we were there. June birthdays were Sue Moody and Janet Wahl. Our July outing was to the Thai Ruby Restaurant. Plans continue to be made for our October 25 Red-iculous Fashion Show. The Door prize was won by Janet Wahl. Our members Carol Cecala, Mary Curry, Dot Hinde, Bea Maxwell, Janet Wahl and Charlotte Erickson of the Razzle-Dazzle Red Hat Dames have returned from the Red Hat Society Fourth Annual International Convention, The Big Deal in Las Vegas. The MGM Grand, and the New York, New York Hotels were hosts to more than 5,000 Red Hatters, so red hats and purple outfits were a show for many Las Vegas visitors. Good times, fantastic entertainment, delicious food and many new friendships were made. Make plans for the 2006 Red Hat Society International Convention, "The Big Easy Bash," in New Orleans from May 31 to June 4, 2006.

... *QM Mary Curry by Janet Wahl*

**THE COOL CATS IN RED HATS:** For the lovely month of June, Evy Stewart was in charge of the happening of The Cool Cats. Evy did a wonderful job and everyone enjoyed the outings. Our first stop was at Mallie Kyla's Cafe in Brooksville where we enjoyed great salads, sandwiches and platters of delicious food. Our eyes were always on the coconut mound cake that had to be at least seven inches high. Several of the Cats ordered the cake for dessert they would have later in the day. We went across the street to Rogers Christmas House Village and spent a delightful afternoon strolling through the five houses full of all sorts of things. It seemed everyone came home with a package from there. Those who ordered dessert went back to eat it after walking off lunch. Our next trip was to Mango's on Broadway by the square. After lunch we walked over to Brick City Center for the Arts to view the presentation of "Alive with Summer Spotlight IX." Some very talented artists participated in this public viewing. ... *QM Janet Fragapane*

Please send your chapters activities to Vivian Brown, e-mail: vivjcb@aol.com or phone 291-0246.

**Country/Western Dance Begins Season September 24**

By MARILYN ROSE

The Dance Committee proudly presents the Silver Star Band to begin the fall season in the Health & Recreation Ballroom on Saturday, September, 24. A Country/Western Ramble Dance, sponsored by the Dance Committee, will be from 7 to 10:30 p.m.

The price for tickets is \$5 per person and \$10 per couple. There will be a cash bar available, as well as a singles table.

We will have snacks and door prizes.

Tickets go on sale starting Monday, August 29, from 8 to 10 a.m. They will be sold each Monday, Wednesday and Friday until all tickets are gone.

Remember, this dance is for all residents of On Top of the World and their overnight house guests.

Put on your western wear, dancing boots and cowboy hats and join in on the fun. You can also come in casual dress.

For more information, call Gordy Phillips at 854-7981.

► Continued from Page 15

been renovated. Our own Adela Anderson is working with Nick Lagattuta to bring back to life the On Top of the World softball league. We will have numerous teams from the community established, who will play each other, and also play other teams from the various other communities around Marion County.

The season will officially begin in October, with the first practice scheduled for Saturday, October 8, at 9 a.m. Ladies and gentlemen are both invited. Sign up sheets are available in the Activities Office at the Information Desk, as well as in the gym. For more info, please contact Nick at 854-9768 or Adela at 854-8707.

**Participants for July 4th On Top of The World Softball**

- |                |               |
|----------------|---------------|
| Nick Lagattuta | Larry Masotti |
| Tony Marucci   | Tom Campbell  |
| Bill Leon      | Chuck Flack   |
| Jim Keegan     | Andy Zarrella |
| Ken Volk       | Dino Fiocchi  |
| Dave Slocum    | Norma Higgins |
| Leo Richard    | John Slemmons |
| Martin Turner  | Bob Mousies   |
| Bob Schuck     | Pete Pizzio   |
| Jose Ortiz     |               |

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Per Person

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**Breakfast**

**\$1.50 OFF**

Per Person

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**Lunch**

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Per Person

Minimum purchase of \$5.50 per person required with coupon. May be used for up to 2 people. Offer good from Fri. 8/19/05 – Thurs. 8/25/05.

**Dinner**

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Per Person

Minimum purchase of \$7.50 per person required with coupon. May be used for up to 2 people. Offer good from Fri. 8/19/05 – Thurs. 8/25/05.

**Breakfast**

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Minimum purchase of \$4.50 per person required with coupon. May be used for up to 2 people. Offer good from Fri. 8/26/05 – Wed. 9/1/05.

**Lunch**

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Per Person

Minimum purchase of \$5.50 per person required with coupon. May be used for up to 2 people. Offer good from Fri. 8/26/05 – Wed. 9/1/05.

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**On Top of the World Communities**

## Ocala Clown Express

Julia Brandt

Greetings again from the Ocala Clown Express ghost writer. Cricket, the clown who normally writes this article, is still on a well-deserved break, and hopefully she is enjoying a life of fun and frolic. We miss her and look forward to her return, but in the meantime, the ghost writer is on the loose.

As you may well know, it is our practice to slow down during the summer months because of the heat. I'm sure you can empathize with us when you see our wigs, make-up and wardrobe (some of our clowns even wear bloomers!). Think about that for a nice July or August afternoon in the Florida sun! In order to keep meeting requests and not let our "customers" down, our clowns are now thinking of ways to "summerize" themselves with funny straw hats, less makeup and shortsleeved shirts. We certainly hope the "clown police" understand the circumstances.

In spite of slowing down, we started the month off big with two gigs on a single Saturday. Early in the morning about six of our clowns met and greeted children at the Hospice Bereavement Camp. Although only there for a short time, the clowns were able to provide the children with tattoos, face painting and balloon sculptures.

Finishing at Hospice, the group of clowns loaded themselves up in the van and headed out to meet the rest of the clowns who

were setting up at the First Congregational Church of Christ on SR 200. There they assisted the church in hosting children from Sheltering Arms. Again, they spread cheer and laughter with their "meet and greet" antics as well as painting faces, tattooing and providing a variety of balloon critters.

The following Tuesday, three of our clowns attended the Star-Banner Boy Scout Camp where they gave demonstrations in balloon artistry and face painting. The scouts were given the opportunity to make their own pieces of balloon art and a couple of them spent the rest of the day with wildly painted faces.

Top on the list of places the clowns like to visit is Kenny's Place, a nursery that provides jobs and training for our friends with special needs. Always pleased to get an invitation, this month the clowns were invited to help celebrate some birthdays. It is always delightful and rewarding. (Also for Kenny's Place, since some of our clowns with green thumbs have now become regular customers!)

Finishing off the month, four of our clowns traveled about two hours to greet children at the Trinity Methodist Church in Seville. They reported that they were kept very busy because there must have been a gazillion children that showed up. (They must have done a terrific job last year and their following is growing!) We'll just have to send more clowns next time.

Speaking of which: There's always room for more clowns. If you would care to join us, please give Carol "Dotsy" White a call at 873-9223. During this slow time, we are using our time to prepare skits and upgrade skills, so it's a great time to join.



**D'Clowns**  
Paula Magen

D'Clowns had stretched their season for one more appearance in July to accommodate children in summer school at College Park Elementary School (pictured above). At the request of their teacher, who is an On Top of the World resident and an occasional clown, "Rascal," D'Clowns will be clowning around and having fun. Having just completed two children's shows in June, we were still in high gear. We planned to have singing and music, magic, clown crafts, tattoos and balloon sculpture.

Contrary to popular opinion, clowns are not just children's entertainment. While children are attracted the most, older people enjoy it, too. We know this from our appearances at assisted living residences and nursing homes. Clowns are more than just silly people who dress up in funny clothes and makeup. They are performing artists, combining the talent of both actors and co-

medians in combination with many other skills. Their purpose is to entertain and bring smiles and laughter to audiences of all ages. There have been times when after a show a child will come up to us, give hugs and say, "I love you!" What better reward could a clown receive?

The art of clowning, according to "Creative Clowning", is the culmination of thousands of years of evolutionary development. The first recorded reference to clowning dates from 2270 BC. Clowning in one form or another was found in almost every culture and every age. Did you know that the art is traced from the early Egyptians through the rise of Greek and later the Roman Empire? Employed by kings and queens of the Middle Ages and Renaissance, the court jesters were seen juggling or strumming a lute.

Ringling Brothers and Barnum and Bailey Circus: Contemporary clowns are a direct outgrowth of the circus. In 1884, five brothers from Wisconsin by the name of Runge-ling (Ringling Brothers Circus) went on the road. The youngest brother John became their first clown. After the deaths of Barnum and Bailey, the Ringling Brothers' biggest rival, the Ringling brothers purchased their primary competitor's circus and became the Ringling Brothers and Barnum and Bailey Circus ... and the rest is history.

D'Clowns will take a break in August and will resume activities in September. Our first meeting will be on September 19. We meet on the first and third Mondays at the Arbor Club in Rooms B and C at 1:30 p.m. We invite guests and prospective members to join us. Our meetings are fun and you will love clowning. Please call Paula Magen for additional information at 873-3433.



**Theater Group**  
Vivian Brown

Members of the Theater Group are hurrying, scurrying and determined to get it all done right for the 2005-06 season. We are having an open house at our Monday, September 12, meeting and all On Top of the World residents are welcome. Hope to see you all there. Remember our dues are \$5 for the year and collected in September.

Jean Muncy, our musical director, has really been working hard and doing a terrific job putting the Musical Tribute to Broadway Composers together with a complete cast including the songs and dances they will be performing. Each singer has received a cassette with the song they will be singing as well as a printed copy of the words. This way they can practice at home at their convenience. You know what they say: practice makes perfect.

Jim Miller, along with Paul Bender and Paul Muncy are working on making moveable backdrops for our stage. When they finish, our great artist, Barbara Mitola, will sketch scenes on them and then we will have a paint party. You are all invited and expected to show up. Remember: many

hands make light work.

Bessie Cecere is the chairperson of the Usherettes. These charming ladies will escort our theatergoers to their reserved seats. J. C. Brown will be the doorman.

Tryouts for the one-act play, "Selling the House will be No Problem," a comedy by Bob O'Neal and directed by Phyllis Huntington will be on Friday, September 2, at 1 p.m. in the Arbor Conference Center, Room D. Any Questions call Phyllis at 854-7655. Please mark your calendars. Our play and show will be on Friday and Saturday, November 18 and 19, at 7 p.m. in the Ballroom. Tickets will be sold Mondays, Wednesdays and Fridays in the Ballroom from 8:30 to 10 a.m. starting Monday, October 3, through Wednesday, November 16. Any questions please contact ticket chairman Harry Ettell at 237-4721.

We have a need for a wardrobe mistress, advertising director and photographer. These are not hard jobs and can be great fun. Like to try one? Please call me at 291-0246.

Join us or come see our shows. You'll be surprised. "Theater Tradition" is alive and well here at On Top of the World.

## Swingin' Singin' Seniors Launch Fifth Season

The Swingin' Singin' Seniors will hold the first rehearsal of their fifth season on Tuesday, September 6. We meet at the Arbor Conference Center every Tuesday from 1 to 3 p.m. in Room D. Our program this year consists of songs from Broadway, Cole Porter and other favorites.

Do you like to sing?  
Can you move around?  
Do you like to have fun?  
Join us. Call Dottie or Sandy at 861-2226.

## Belly Dancing Has Rich, Varied History

By LORRAINE KAY

Belly dancing has been around for thousand of years. It has been a woman's dance for the celebration of being a woman, the bearer of life.

Dancing is the oldest and most elementary form of spiritual expression. All indigenous peoples dance to celebrate, honor, ask for guidance and mourn.

The first temples built to honor the divine were dedicated to goddesses and served by priestesses. The priestesses danced for the goddesses and the energy was passed on to the temple's visitors.

Most energy we receive is through the seven chakras. The strongest energy formed in the body is sexual energy (the first chakra), which involves movements of circling, bouncing and vibrating motions of the hips and pelvis as well as contractions of the belly — all part of belly dancing.

The movement of the arms, legs, feet,



Photo by Larry Resnick

**Belly dancing instructor Lorriane Kay teaches the graceful dance.**

hands, eyes, head and chest all express the femininity within a woman and flow into a graceful, exciting dance.

Lorraine Kay teaches belly dancing at On Top of the World.

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Special group rates and fund-raising opportunities are also available.	<b>Junior Player Rate</b> 18 Holes - \$15*** after 2 p.m. 9 Holes - \$10*** after 2 p.m. <small>***adult must accompany and rent cart. no walking permitted.</small>

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**Association  
News**  
Janet Colacone

### Improvements To The Community's Gate Operations

Gate operations at On Top of the World Communities will be undergoing a few changes to better serve you.

When you purchased your home in On Top of the World, one of the features of the community was staffed guardhouses at each entrance to control traffic from the public. It has been previously requested that any resident expecting visitors after 6 p.m. call ahead to the main guardhouse to give their name and address and the name of their visitor. If a visitor happens to want

to stop in unannounced, and you are unaware of their visit, the guards have been instructed to ask your visitor to call you so you can then call the gate to allow them access. We appreciate your cooperation in this phase of the improvements. Many residents have called or written the Association to express their satisfaction that steps are being taken to better screen individuals seeking entrance into the community, especially during hours of darkness. We are in the process of taking these improvements a step further.

As you all know, when you closed on your home, the individuals appearing on the deed were issued a resident ID card and a vehicle decal (barcode scanner). If you have a third person residing in your home, not named on the deed, he/she does not have an ID card or a decal. It is not uncommon that sons or daughters living with their parents must have means to come and go through the gates.

It was long thought that an "On Top of the World" license plate serves as proof of residency, and that having one of these plates on a vehicle meant automatic access to the community. We have found that many residents have purchased more than a few of these license plates and have given them out to friends and acquaintances (non-residents) for anytime access through the gates. By the same token, the guards have been under the impression that if a vehicle bears an "On Top of the World" license plate, the driver is a resident ... NOT SO. These license plates were never meant

to be used as resident identification. They are basically great advertising for the community. Therefore, the guards will no longer consider and allow free access to a person driving a vehicle with only an "On Top of the World" license plate.

What of the third person residing in the home with no ID Card or Vehicle Decal, you ask?

Those individuals that live in the community without an ID card or a decal will be issued a "Gate Pass Card." You may visit Lisa at the Arbor Club, Tuesday through Thursday, from 9 a.m. to 3 p.m. to receive that card. We require you to bring proof of residence with you to obtain a gate pass card. Proof of residence would include a driver's license with your On Top of the World address, a bank statement or credit card bill addressed to you at your On Top of the World address.

Cards issued in 2005 will have a January 2006 expiration date. All cards renewed/received after January 2006 will be good for one year thereafter; in other words, gate pass cards must be renewed on a yearly basis. Fee for a gate pass card is \$10. Please assist us to serve you better by bringing in the exact change.

Gate pass cards are only for people who live full-time in the community, not on the deed, and therefore unable to possess a resident ID card or vehicle decal. Vacationing non-residents or short-term visitors would also go to the Arbor Club for a temporary guest pass to place on their dashboard in clear view for the gate operation personnel.

These guest passes would have an expiration date.

What does this mean for residents? You must use the resident lanes to enter the community and allow your vehicle decal scanner to lift the gate arm. If your decal does not work, you will need to purchase a replacement for a \$7 fee upon presentation of the non-functioning decal; otherwise a decal purchase is \$15. Please visit the Arbor Club any Friday from 10 a.m. to noon to get a replacement decal. If you do not purchase a replacement for an inoperable decal, you will need to show your resident ID card to gain access through the gate. Remember, On Top of the World license plates are no longer considered sole means of access to the community. PLEASE CARRY YOUR RESIDENT ID CARD AS A MEANS TO GAIN ENTRY INTO THE COMMUNITY IF YOUR DECAL IS NOT WORKING PROPERLY. Visit the Arbor Club for assistance with an inoperable decal.

We know that change or transition is difficult for some people, especially since being accustomed to doing things a certain way for so long. We would like to express our appreciation for your understanding and patience as we strive to better our gate operation procedures. We believe that the majority of residents would like to know that the gate personnel are working to screen and limit the amount of unauthorized vehicles and public traffic coming through the gates of the community. Thank you for making On Top of the World Communities one of the best in the county! 🌟

## Meet the Harmonichords

By BERNICE PALAZZO

The Harmonichords have many musical talents and interests in addition to playing harmonicas or accompanying them. They include singing, listening to all types of music and playing instruments such as the piano, accordion, organ, hand bells, saxophone, maracas, Jew's harp, keyboard, violin, bugle, Hawaiian guitar, banjo and slide trombone, plus dancing.

They perform in musical shows, on cruise talent shows, in their churches, for benefits, and for a variety of special occasions. The Harmonichords try to utilize these interests and talents in their performances, hopefully creating another pleasing dimension.

One of our four European-born Harmonichord members is Maria France. She was born in Germany on July 30, 1923. Maria and her brother, Heinz, lived with their grandmother on a small farm near the city of Breslau, Germany. When Maria was seven years old, her 12-year-old brother received a Marine band harmonica for Christmas. When Maria asked him if she could play his harmonica, he said, "No, you will spit in it." When her brother completed attending school, he left home—leaving his harmonica behind. Maria found and played it.

In 1941 Maria was sent to Lübeck, Germany, to work in an ammunition factory. There, her harmonica helped her get over her homesickness.

In December 1951 Maria immigrated to

"the best country in the world," the United States. Her mother and brother came to see her off, and, as a gift, her mother gave Maria an Echo Harp harmonica. In America, Maria went to live with Dr. Travis and his family in Hornell, N.Y. There Maria met her husband, Raymond France, who was born on July 31, 1934. They were married in Hornell on June 29, 1957, at St. Ann Church. They have one child.

Maria was a machine operator foot service — at Eastman Kodak. She enjoys singing, especially in large choirs. At about age 7 Maria began to play the harmonica and has often played at her church Christmas parties.

Ray was employed as a millwright. He also served in the U.S. Marines.

They moved to On Top of the World from Victor, N.Y., in 1997. Maria heard the Harmonichords play and joined them in 2002.

This special member of Harmonichords joined in February 1993 and has been the reporter for the group since April 1999. Back in March 1995, she selected an accessories design for the ladies of the Western Themed Concert plus she was vice president at the time.

This is our own Betty Barney. In the March 1996 concert she was one of the eight lovely Harmonettes who performed "I'm Forever Blowing Bubbles."

Betty was born in Enfield, England, on August 23 and came to the United States



**Maria France**



**Betty Barney**

with her parents to Stamford, Conn., as a child. Her parents lived to celebrate their 65th wedding anniversary.

Her mother passed away in 1984, and her father, Ernest J. Hircoe, lived to be 103 years old until March 12, 2003—long enough to see one great-great-grandchild, a hope of the Barney family being fulfilled.

Betty met her husband, Bill, in Stamford, Conn. They were married in 1941 in St. Mary's Church. The Barney family consists of three children, four grandchildren and two great-grandchildren. Bill is deceased.

Betty's occupation was in sales. She enjoys bridge, yoga and walking. Her harmonica playing did not begin until she joined the Harmonichords. Now Betty also plays for family parties. When she was in Connecticut for Thanksgiving in 2004, her great granddaughter, Skye Jannery Barney, was intrigued with Betty's harmonica, so Betty gave her one for Christmas.

Now there is a new generation of harmonica players in the Barney family. 🌟



**Harmonichords**  
**Betty Barney**

The summer is going by so quickly that we'll be back at practice before we know it.

Let us hope that we do not experience any hurricane involvement here at On Top of the World. A bit of rain now and then would be just fine but not the flooding, falling trees etc.

I will be in Connecticut with the family and looking at pictures and hearing all about my granddaughter Melissa Hass and her trip to Africa with Habitat for Humanity. They were working in Zambia. She had a wonderful time and they finished two houses and built up to the windows in a third one. There is no water or electricity in the village. They make the bricks to construct the house and it takes 2,500 bricks for each residence.

Keep checking Channel 19 for information on when we will be back to practicing. We invite all who play the harmonica or would like to learn to join us at that time.

Hope you all have a wonderful and safe summer. 🌟



**Frank  
Kraus,  
Provi-  
dence  
resi-  
dent.**

### 2005 On Top of the World Phone Book Still Available

Your free copy of the On Top of the World 2005 Telephone Directory has been available for pick-up at the Recreation Center office since January. If you have not picked up your copy as yet, please do so now or have someone do it for you. See Debbie for your copy.

Any changes in the directory should be noted in the blue pick-up sign off books.

If you have any changes that you forgot to note, please call Central Florida Directory Publications at 861-6368 between 9 a.m. and 4 p.m. Mondays through Fridays before October 1 in order to get your changes into the new 2006 Telephone Directory.

If you know of any snowbirds who need changes in their listings, please inform them of the need to update the information or you can call us with their information before the October 1 deadline. If your neighbor is a shut-in, please ask them if you can pick-up their directory for them. 🌟

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Photo by Andy Zarrella

The new officers of the New York/New Jersey Club, from left, are: Terry Zarrella, president; Glo Hutchings, vice president; Frank Palotta, first vice president; Gloria Aiello, secretary; and Carol Berta, treasurer.



**New York/  
New Jersey**  
Terry Zarrella

At our last meeting of the season our new officers were installed and will serve our club for the season of 2005-06. Please see picture of the officers and their respective positions. We held our "End of Year Party" which was a huge success. The party lasted well after 5 p.m. Everyone enjoyed the pizzas. We served a surprise cake for Phyllis Yulson. Today will start our "Member of the Month" and Phyllis is our member of the month



**Computer  
Club**  
Sherry Surdam

Computer classes are officially over until September, when we plan to have a few new classes as well as updated versions of our current classes. Computer technology changes so quickly that sometimes it's difficult to keep our presentations up-to-date.

In an effort to ensure that all club members have an opportunity to attend a class in which they are interested, the classes for the fall "semester" will be held on Saturdays. We have found that by rotating the classes each quarter, we are better able to accommodate everybody's schedule.

In June we had a class that took place after the *World News* deadline. Don Sommer's presentation on "Viruses" was a new one for us. Due to its last minute scheduling we decided to send e-mail to club members to announce it, and ended up with a standing room only crowd! Thanks to everyone who attended. It makes the effort worthwhile!

Along those same lines, something recently happened to me that was related to Don's presentation. As an officer of the club I am on several group e-mail lists. A couple of weeks ago I started receiving multiples of e-mails from other members on one of the lists. It occurred to me that the list had probably been hit with a virus or worm. After all, why would several people I don't know send me multiple copies of the same message! I did an immediate full scan of my computer for viruses and spyware to be sure it wasn't MY computer and my scans revealed no viruses, worms or spyware.

Along with those e-mails I also received what I can only describe as nasty e-mails from other members of the group, demanding (and I do mean demanding) that I remove them from my e-mail list immediately as they did not want multiple identical e-mails from me and how dare I assume that the information that I was sending them was of any interest to them! Since I was not guilty of sending out ANY e-mails, much less multiple identical e-mails, it was appar-

ent to me that my e-mail address was being used to spam everyone else on the list, something that was already happening to me via OTHER members of the list! (I found out later that the e-mail addresses of these same people who were blaming me for this problem were also being used to send out messages!) Anyway, this amounted to HUNDREDS of e-mails - maybe thousands - I don't know how many of the members' e-mail addresses were used to send these messages. Since several of these people saw fit to return the e-mails I was purportedly sending, I was able to determine WHICH of the lists had been hit. I immediately contacted the list manager, explained what I thought was going on and was told that yes, they were aware there was a problem and they were working to fix it. The problem has been corrected but the experience certainly left a bad taste in my mouth.

for August. For personal reasons Phyllis is leaving to live with her daughter in North Carolina. Phyllis held so many positions in our club and was a valued member for 15 years. She was president, wrote the column, headed our yearly trips to Tampa Downs, was in charge of membership renewals, entertainment, coordinated many of the parties for holidays ... the list goes on. We all wish Phyllis the best of health and a great retirement in North Carolina.

The entertainment at our last meeting included talented member Elaine Hersh, accompanied by Walter Koenig, Frank Palotta, Vivian Brown, Uri Upmanis, Dottie and Sandy Berkowitz and Terry Zarrella.

The party was a huge success. There wasn't one dandelion in the crowd (you know what a dandelion is ... it's a weed you grab, twist and yank and throw away because it spoils the looks of your lawn). We didn't have one dandelion at our party this year. Everyone had something nice to say about all the efforts of our volunteers and our talented members who entertained us.

We had four new members join in June and we look forward to September after a refreshing break for the summer. To all new residents from New York and New Jersey, you can call me for information I'm in the book. We look forward to meeting you. Happy summer! Stay well! ☺

Now, the purpose in my telling this is that I was stunned that people, supposedly somewhat computer literate, would immediately assume that I was doing this dirty deed but, more importantly, that they would write such spiteful notes regarding the problem. I understand their frustration (between the messages "yelling" at me and the spam messages, I received more than 500 e-mails!) but it seems to me that the first step would have been to INQUIRE if there was a problem, as I did with the list manager, and then, if they got no response, go on the attack.

So, if at some point you receive multiple e-mails from one person (known or unknown), try sending them a pleasant message that you THINK they or someone they know may have a problem and that you merely want to make them aware of it. Believe me, they will appreciate being informed of that possibility so they can check their computer for a virus or worm. If it's not their (or your) machine, it may not be possible to find out which person's list has been hit, but at least you'll know if it's YOUR machine. Don't assume they are knowingly spamming you! These worms and viruses are insidious and are designed to work in the background and be difficult to track. And none of us is immune. If you are on anyone's e-mail list, you are subject to being used as an unwitting "spammer."

Incidentally, I responded to the various people who sent me nasty e-mails, telling them I was not guilty and that there was a problem with the lists they were on.

Hope to see you at a club meeting! We are at the Arbor Conference Center, Rooms B and C at 9 a.m. any Tuesday, Thursday or Saturday. Please visit us at <http://www.cccocala.org> for a calendar of programs and events. You will also find copies of all class presentations on our web site. You will need Adobe Reader to see them and a link to obtain the FREE reader is provided on the web site if you don't already have it! ☺

## Golden Oldies Humor

by Stan Goldstein



"GET UP AND SEE WHY THE DOG ISN'T BARKING!!"



**R/C Flyers**  
Jim Lynam

The 4th of July brought 92 members, spouses and guests together for a patriotic picnic at the field. John and Laury Hall honored our country by raising the American flag that was donated last year by The Lady Birds. Bill Kennedy provided the invocation reminding us that in spite of our nation's troubled times, there is still much to be thankful for. Our outstanding cooks Bud Albert and Bob Trebilcock prepared the burgers and dogs. Perhaps On Top of the World should recruit them for a chef's position at Candler Hills. The wives and guests also prepared many wonderful dishes.

The regularly scheduled Thursday pilots' breakfast at the Pub has been cancelled for the summer and will resume in October. Further, the regular monthly meetings are suspended for the summer months. The next scheduled meeting is on October 6.

Some August humor in the air:

- The only time you have too much fuel is if you are on fire.

- When one engine fails on a twin-engine airplane you always have enough power left to get you to the scene of the crash.

- Never trade luck for skill.

- The two most common expressions (or famous last words) in aviation are: "Why is it doing that?" and "Where are we?"

- Weather forecasts are horoscopes with numbers.

- Airspeed, altitude and brains: two are always needed to successfully complete the flight.

- A smooth landing is mostly luck; two in a row is all luck; three in a row is prevarication.

- Mankind has a perfect record in aviation; we never left one up there!

- A pilot who doesn't have any fear probably isn't flying the plane to its maximum.

- Basic flying rule: Try to stay in the middle of the air. Do not go near the edges of it. The edges of the air can be recognized by the appearance of ground, buildings, sea, trees, interstellar space and fences. It is much more difficult to fly there.

All On Top of the World residents are always welcome to visit our new R/C Model Airport. The view is beautiful and it is just plain fun to watch our members fly model aircraft. The field is located past the Arbor Club at the end of SW 94th Street. A sign at the end of the pavement provides directions to the field. Learning to fly radio controlled model aircraft is easier with the help of our friendly club instructors. Club applications are available at the flying field or from any club officer.

As a safety reminder, in compliance with liability insurance, the club asks that all spectators and visitors to the field must remain behind the fence line, and are not allowed in the pit area. Remember: Safety is No Accident! ☺

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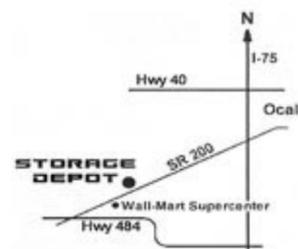
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# Card Clubs & Games

We have a friendly bridge game going on Monday afternoon and invite anybody who likes to play bridge to join us. For information call 237-0965

## Monday Afternoon Bridge

Lothar Lack

**June 13**

1. Edith & Bill Hunter. 2. Ruth & Lothar Lack. 3. Shirley Stolly & Jane Kaske. 4. Jane Chevalier & Mary Carol Geck.

**June 20**

1. Esther Lang & Shirley Stolly. 2. Betty Morris & Fran Griswold. 3. Sara Anderson & Gar Terheide. 4. Mazie Millward & Ellen Horman.

**June 27**

1. Ida Rosendahl & Carol Thompson. 2. Nel Bosschaart & Ruth Chrisman. 3. Ellen Horman & Mazie Millward. 4. Sara Anderson & Gar Terheide.

**July 4**

1. Betty Morris & Dori Swanson. 2. Geri Cassens & Eleanor Giardina. 3. Edith & Bill Hunter.

**July 11**

1. Betty Morris & Fran Griswold. 2. Dori Swanson & Marjorie Benton. 3 & 4 (tie) Ida Rosendahl & Carol Thomson, Edith & Bill Hunter.

**June 7**

1. Lee Sheffer & Marcie Guerein  
2. Eleanor Giardina & Gerri Cassens  
3. Ruth & Lothar Lack  
4. Ruth Christman & Ellen Horman

## Tuesday Afternoon Bridge

Agnes LaSala & Shirley Johnson

**June 14**

1. Gerri Cassens & Eleanor Giardina 2. Roy & Lynn Dietz 3. Dori Swanson & Betty Morris 4. Agnes LaSala & Lois Morton

**June 21**

1. Lynn & Ray Dietz 2. Shirley Johnson & Gar Terheide 3. Geri Cassens & Eleanor Giardina 4. Joan Lord & Elsie Helwig

**June 28**

1. Ruth & Lothar Lack 2. Geri Cassens & Eleanor Giardina 3. Lynn & Ray Dietz 4. Shirley Johnson & Gar Terheide

We welcome new duplicate bridge players to our game. For more information, or to find a partner, call 873-0073. Last month's winners are listed below.

## Tuesday Night Duplicate

Bill Raines

**June 14**

1. Betty & Bill Raines 2. Doris Keathley & Mary Carol Geck 3. Marjorie & Bruce Benton 4/5 (Tie) Ida & Bill Carlson and Margie & Don Hink

**June 21**

1. Doug Miller & Ernie Lord 2. Betty & Bill Raines 3. Betty Morris & Mary Carol Geck 4. Joni & Ted Jarvais

**June 28**

1. Ida & Bill Carlson 2. Jean Vaughn & Liz Milleson 3. Doug Miller & Ernie Lord 4. Joan Lord & Nel Bosschaart 5. Dorie Swanson & Ida Rosendahl

**July 5**

1. Marjorie & Bruce Benton 2. Doug Miller & Ernie Lord 3. Betty & Bill Raines 4. Jayne Kaske & Betty Morris 5. Ida & Bill Carlson

One delightful way to spend hot summer days is to hear from former residents of On Top of the World. Wilma Smith, now a resident

## Wednesday Afternoon Bridge

Fran Griswold

in Illinois, sends her good wishes to all of us. Another part-time Illinois resident, Carol Johnson, will be back this fall. We always look forward to news from all of our friends.

All On Top of the World residents are invited to our game. We meet each Wednesday at 12:30 p.m. Sometimes we start a little early. Bring your quarter and come early for a fun afternoon. Sometimes we are able to celebrate an anniversary as we recently did for Stinson and Betty Frantz.

**June 15**

1. Phyllis Bressler 3840 2. Shirley Stolly 3. Bill Mahoney  
Cons: Barbara Munderloh

**June 22**

1. Fran Griswold 4180 2. Carol Thompson 3. Ann Mahoney  
Cons: Connie Goss

**June 29**

1. Mary Culberson 3960 2. Carol Thompson  
Cons: Ann Mahoney

We welcome new duplicate bridge players to our game. For more information, or to find a partner, call 873-0073.

## Wednesday Night Duplicate

Bill Raines

**June 15**

1. Ida & Bill Carlson 2. Margie & Don Hink 3. Joni & Ted Jarvais 4. Doris Keathley & Ida Rosendahl 5. Joan & Ernie Lord

**June 22**

1/2 (Tie) Ida Rosendahl & Mary Carol Geck and Betty & Bill Raines 3. Marjorie Benton & Nel Bosschaart 4. Joan & Ernie Lord 5. Ida & Bill Carlson 6. Joni & Ted Jarvais

**June 29**

1. Edith & Bill Hunter 2. Betty & Bill Raines 3. Margie & Don Hink 4. Marjorie Benton & Nel Bosschaart 5/6 (Tie) Ida & Bill Carlson and Doris Keathley and Ida Rosendahl

**July 6**

1. Doris Keathley & Ida Rosendahl 2. Betty & Bill Raines 3. Joni & Ted Jarvais 4. Betty Morris & Mary Carol Geck 5. Marjorie Benton & Nel Bosschaart



## Thursday Afternoon Bridge

Elsie Helwig

**June 16**

1. Mazie Millward 2. Harvey Lehman 3. Ginnie Barrett

**June 23**

1. Betty Barney 2. Joan Lord 3. Ginnie Barrett

**June 30**

1. (tie) Marion Turbin, Mazie Millward 2. Dolores Conrad 3. Hope Shaughnessy

## Friday Advanced Bridge

Ernie & Joan Lord

own or call 873-7642 for help in finding partners. Or, if you wish, you may be added to our substitute list until you find partners.

**June 10**

1. Eleanor Giardina 2. Phil Merchant 3. Edith Hunter 4. Joan Lord 5. Georgia Steinwedel  
Cons: Dot Smith

**June 17**

1. Bill Raines 2. Phil Merchant 3. Doug Morick 4. Eisie Morick 5. Bill Hunter  
Cons: Joan Lord

**June 24**

1. Myra Butler 2. Eleanor Giardina 3. Jeannetta Calvert 4. Edith Hunter 5. Joan Lord  
Cons: Renee Cahill

**July 1**

1. Myra Butler 2. Eleanor Giardina 3. Don Hink 4. Betty Raines 5. Catherine Edwards  
Cons: Elsie Morick



## Tuesday Night Pinochle

Viola Horton

The last week of June will be in next month's column. Yours truly is going to Arizona for a vacation from my full time vacation here at On Top of the World. Elsie Helwig is going to take over for me while I am gone. Thank you, Elsie.

On June 7, a new person came and joined us—Charles Scholler.

It was great to see Terri Petrucci back on the 21st. She is still wearing the boot but her foot is coming along well. Pat is still looking for players for the single deck room. Call Pat Corden if you want to play single deck. It is a nice evening away from the boob tube. So come and join us at 6 p.m. in the Craft Building art room.

**June 7**

Single Deck Winner: Lois Uzzell & Clarence Lietzow  
Double/Triple Deck Winners: Table 1—Ruth Christman Table 2—Lucille Perry & Billy Swing Table 3—Harry Harrington

**June 14**

Single Deck Winner: Millie Ferrell & Clarence Lietzow  
Double/Triple Deck Winners: Table 1—Jean Breter, Ray Bock, Art Netto Table 2—Betty Ruf & Billy Swing Table 3—Marguerite Cox, Dick Beury & Don Richards

**June 21**

Single Deck Winners: 1st place: Lois & Vernon Uzzell, 2nd place: Terri Petrucci & Audrey Bartolotta  
Double/Triple Deck Winners: Table 1—Vi Horton, Table 2—Dick Beury



## Friday Night Euchre

Joe Askenase

Many thanks to Ray Bock for making new "Trump Cubes."

**June 17**

Four-Handed Game  
1. Dick Beury had a perfect Euchre score of "60" points 2. Diana Riegler 3. Bill Eberle 4. Paul Agarwal 5. Genny Brenner 6. Hank Kolb 7. Clarence Lietzow 8. Jerry Pinter 9. (tie) Shirley Coe, Helen Foskett 10. Carol Polanowski

**June 24**

Six-Handed Game  
1. Ray Bock 2. Virgil Taylor 3. (tie) Maria France, Viola Horton  
Four-Handed Game  
1. (tie) Dolores Barnett, Jerry Pinter 2. Pat Snable 3. Dot Findlay 4. (tie) Genny Brenner, Dick Beury 5. Zane Barnett 6. (tie) Bill Eberle, Richard Miles 7. Carol Polanowski

**Five-Handed Game**

1. Ray Bock 2. Viola Horton 3. Lee Morgan 4. Maria France

**July 15**

**Four Handed Game**

1. (tie) Hank Kolb, Jerry Pinter 2. (tie) Zane Barnett, Bob Bussenger 3. Dolores Barnett 4. Diana Riegler 5. (tie) Bill Eberle, Russ Riegler 6. Betty Bussenger 7. (tie) Marcy Askenase, Dick Beury, Helen Foskett 8. Richard Miles

**Five-Handed Game**

1. Pat Luis 2. (tie) Ray Bock, Lee Morgon 4. Virgil Taylor

**July 8**

**Four-Handed Game**

1. Dolores Barnett 2. Jay Hartz 3. Carol Polanowski 4. Clarence Lietzow 5. (tie) Mary Nichols, Russ Riegler 6. Diana Riegler

**Five Handed Game**

1. Maria France 2. Virgil Taylor 3. Lee Morgan 4. Pat Luis

**Six-Handed Game**

1. Marcy Askenase 2. Rita Pinter 3. Richard Miles 4. Bill Eberle 5. Helen Foskett



## Saturday Night Singles Pinochle

Elsie Helwig

We are looking for single deck players.

**June 11**

1. Betty Ruf 2. Joe Birnbryer 3. Ruth Christman

**June 18**

1. Anne Jagielski 2. Viola Horton 3. Lucille Perry

**June 25**

1. Viola Horton 2. Anne Jagielski 3. Elsie Helwig



## Cribbage

Dorothy Skillman

**June 17**

1. Elsie Helwig 2. Pauline Eremich 3. Ruth Earlewine 4. Paul Earlewine  
Cons: Sheila Howell

**June 24**

1. Dorothy Skillman 2. Ed Fullmer 3. Paul Earlewine 4. Ruth Earlewine  
Cons: Glenn Saxon

**July 15**

1. Anne Jagielski 2. Luke Mullen 3. Ed Fullmer 4. Sheila Howell 5. Paul Earlewine  
Cons: Glen Saxon

**July 8**

1. Alberta Sarris 2. Gar Terheide 3. Ruth Earlewine 4. Margie Saxon  
Cons: Glenn Saxon



## Mah Jongg

Mary Ehle

The classes are over and the students have been turned loose. I am sure that you are in for a treat when you play with them. Please remember to make them feel welcome when they come to play. Win or lose, please be your normal charming self.

➤ Continued on Page 25

## Magic Touch Salon

Lisa  
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Alice  
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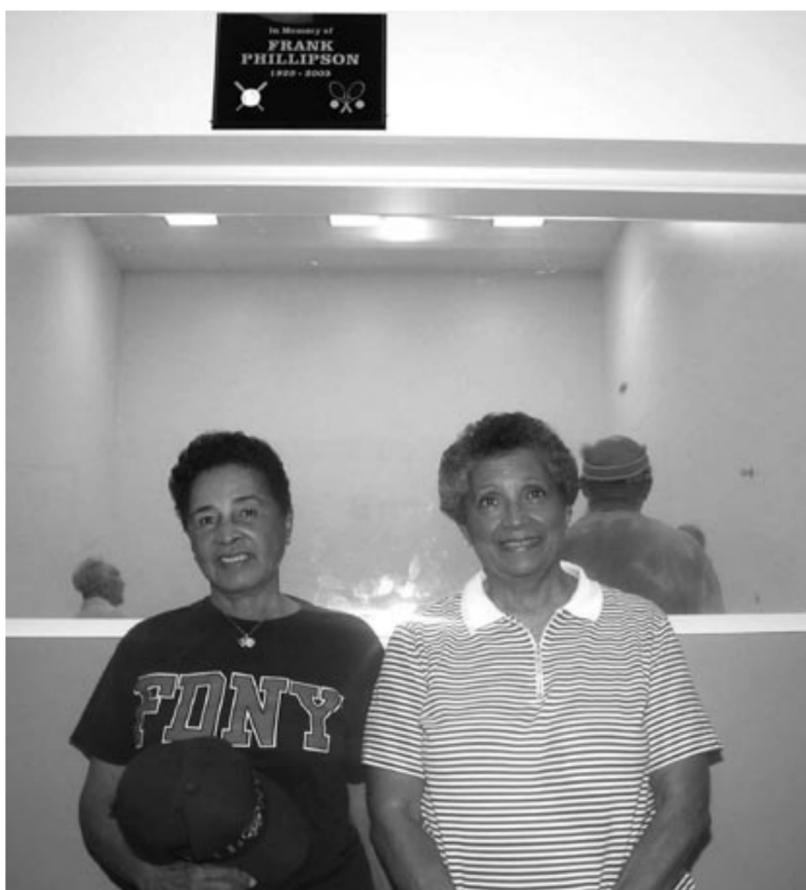


Photo by Larry Resnick

**Frank Phillipson's friends think often of him. As a remembrance, Frank gave much of his sports equipment to many of his teammates. Frank loved and excelled in all types of sports such as softball, bowling, racquetball and much more. Frank was past 80 years old and still kept up with his much younger teammates. Frank's friends got management to mount a plaque in his honor in the exercise room of the On Top of the World Health & Recreation Building directly over the window to the racquetball court that Frank loved so much. His friends remember him well. Pictured above are Frank's wife, Debbie Phillipson, left, and his niece, Gladys Butcher.**



**Bingo**  
Bunny Barba

This columnist, after extensive, exhausting, exacting and exasperating research, has discovered the following amazing absolutely, without doubt true fact: Are you ready? In the entire history of bingo at On Top of the World, the bingo games have never been cancelled due to a hurricane watch, warning or actual storm. Therefore after conferring endlessly with certified and certifiable meteorologists, we have arrived at the following conclusion: the way to prevent hurricanes from ever arriving here is to play bingo seven times per week.

Now for the news of the month: Attendance is improving as we slowly send our visitors back where they came from and the grandchildren get ready for school. We are averaging \$36 per game with the usual two coveralls of \$75 each unless you hit the final jackpot overall before certain amount of numbers are called.

This month we had a really big winner. Agnes Mulroy won two games on July 13, and in addition she also won the final jackpot overall in 57 numbers and collected a whopping \$160. Way to go Agnes.

Several people were very lucky the past four weeks, among them Jeanette Volk, Mary Sabatini, Jeanette MacDonald and the entire table of gorgeous gourmets (that's the first table near the back with all the food) who had six winning games at their table in one night. Sharon Bailey, our limo driver, also

➤ Continued from Page 24

That is what we all love about you.

One of the new students made mah jongg when the first tile was thrown. "Put that in your book," she told me. I wrote it down, Dee. Nice going.

Again I remind you about the tournament. The cost is \$20. You can send me your check and remember to put your food selection in the memo space. You can also give Margaret Orlando your money if you can't catch me. I will head north for a few weeks and she will be in charge.

Don't delay. This article will come out the end of July and then the end of August article will be your last reminder. Let's invite all the people we play with to join us and make it a super tournament. ☺



**100**  
**Grandparents**  
Barbara Greenwood

It's getting to be that time of year again. Soon the schools will be opened, and we the "grandparents" will have the opportunity to be back in the swing of things. Have to say I'm looking forward to it. Being with the young children of Romeo Elementary School gives us a way to contribute by volunteering as well as all of those good feelings that children can instill in you. We always receive a warm welcome, always enjoy our time of reading to the children, and always come home feeling good.

We travel once a month by school bus, and upon arrival we're greeted by the principal Janet Williams and assistant principal Kathy Hultman with open arms. Following their lead, we wind up in the Learning Center. There we sign in and enjoy coffee, tea, juice or water and scrumptious fruit, pastries and cake, always provided with a theme for the season.

When the announcement is made that "The grandparents have arrived," the children enter into the picture. Two from every classroom come in, greet us and take us to their individual class. Then the fun really begins. Sharing a good book with a child is rewarding in more ways than one. They listen intently and are comfortable sharing some of their experiences that might relate to the story.

The books we read are provided by the teacher with the exception of a few of our very creative "grandparents" who bring their own materials. The teacher stays in the room. The children either sit on the floor in a half circle in front of us or stay at their desks. We are in very pleasant surroundings.

Our first visit to Romeo will be September 22 for the Altrusa Read-in.

The dates for the rest of the school year are October 13, November 17, December 8, January 12, February 9, April 13 and May 11. We do not go out in March because of the FCAT testing.

Please mark these dates on your calendars. We are looking forward to another great school year.

The group meets at the Health and Recreation Center by the big tree. The bus arrives between 9:15 and 9:30 a.m. Plan on being there on time; we don't want to leave without you. Our return trip brings us back home at approximately noon.

To the residents of On Top of the World

Community who so generously take the time to clip labels and box tops and deliver them to the "Red School House" under the stairs in the H&R lobby, thank you.

For those of you who are not familiar with this practice, you clip the labels from all Campbell's soup products and General Mill's products. After they have been delivered to the "Red School House" we pick them up and take them to the school. Romeo receives 10 cents for each label. This money goes into a fund designated for the children only. Be sure when you clip the label to have the picture of the little "Campbell kid," the words "Labels for Education" or "Box Tops for Education" on it. Without that, the companies who make this offer will not accept the labels, and Romeo cannot receive the money.

For further information, please call Barbara at 873-2819. ☺

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**Pantages**  
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Beth has been a Physical Therapist for over 19 years. She is co-founder of this family owned business. Her experience includes Director of Rehabilitation at Doctor's Hospital in Plantation, FL, and Chief of Physical Therapy at North Ridge Hospital in Ft. Lauderdale. Beth has served as a clinical instructor for University of Miami, Nova Southeastern and Florida International Universities. She brings to the Ocala area extensive experience and post-graduate training in Cardiac, Stroke and Orthopaedic Rehabilitation. Mrs. Pantages is a popular speaker on Back Pain, Fall Prevention, Arthritis and Cardiac Rehabilitation.

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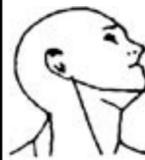
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## For Sale

**Clothing:** Boy's polyvinyl brown winter jacket, size 18-20, new condition, reasonable offer. 873-4289

**Computer:** Compaq Presario 1240 laptop w/Windows 98 and Word 2000, dialup and cable ready, operational, 5 years old with all hookups and case. \$220. 854-0320

**Furniture:** Dining room set, white wash, china cabinet, table and six chairs. 861-1470

**Furniture:** Sleeper sofa, queen size in very good condition, used very little. Medium beige color. Asking \$250. 854-7030

**Furniture:** Sofa and matching love seat, beige and rose, like new. Sofa \$200, love seat \$100. Sold as package \$250. 873-4462, leave name and number.

**Golf Cart:** 4-seater Club car with curtains and charger, good condition, must see. 854-2603

**Golf Cart:** 1993 Club car, 36 volt, head and tail enclosure, 2 sand buckets, recent maintenance. 291-4807

**Luggage:** Large 32" suitcase with wheels, expandable, soft sides, dark green. New, never used, \$35. 861-8844

**Misc. Items:** Baldwin Electronic Piano with accompaniment choices, \$450; Smith-Corona typewriter with spellcheck, \$20; Sony radio/cassette/5-disc player with CDs, \$50; bar stools, \$25. 854-0865

**Misc. Items:** 2 twin quilts, 2 pillow shams, never used, original package; 2 twin spreads, reasonable offer; Dexter bowling shoes, size 7-8 ladies, good condition, reasonable offer. 873-4289

**Misc. Items:** Golf clubs and bag, Logo golf balls, 2 bowling balls with 2-ball carrier on wheels. 854-5782

**Misc. Items:** Magnifying lamp, low heat, large lens with table clamp and long cord, half price. 873-7478

## Classified Section

**The Classified Section is a service to the On Top of the World Community. There is no charge to residents as long as it is not of a business nature. There is a \$500 limit on FOR SALE items. Items valued at more than \$500 (i.e. golf carts) may be listed, but price will not accompany the ad. Auto, apartment, home, timeshare and real estate ads WILL NOT be accepted.**

**SERVICE ads will be accepted from residents and non-residents. A three-line minimum rate is \$12. Each additional line is \$5. A six-month rate, paid in advance, is also available. Call 854-0248 or leave a message for more information. Payment must accompany each ad. Send ad and check to The World News, 8700 SW 99th St. Rd., Ocala, FL 34481.**

**DEADLINE: On Top of the World resident ads must be in the box next to the Press-room door (on east side of the Golf Pro Shop) no later than noon on the 13th of each month. Ads will appear once unless renewed in writing.**

**Misc. Items:** 2 chair-style bar stools, \$25 ea; 1 Litton microwave with oak grain storage cabinet base, \$50. 237-6915

**Moving Sale:** 8702E SW 93rd Lane, Friday August 12 and Saturday August 13, 9 a.m. to 2 p.m. Miscellaneous household items and furniture. 854-7976

**Moving Sale:** 8480C SW 92nd Place, Friday, August 5, 9 a.m. to noon. Bonus with first 20 sales over \$20.

**Tools:** Electric chain saw, used twice, \$30, McCullough electric string trimmer, \$30 or \$50 for both plus 50' electric cord. 873-4264

**Vacuum cleaner,** Kirby Heritage II. All attachments including shampoo attachments. \$75. 237-9378

**Wheelchair:** Invacare, finest quality, like new condition, cost \$465, sell \$175. 895-8093

## Services

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**Alterations** by appointment only. 50 years experience. A Pine Run resident. Call Betty at 237-9909

**Amway Products** come to you: Satisfaction guaranteed. Call your local Amway affiliated independent, Sandy, 528-6620.

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**Transportation:** Love to help with your traveling needs to airports, appointments, errands. References. Call Betty 861-1163

**Transportation:** Will drive you to airport, doctor's appt., etc. Available after August 17. 854-8708

**Transportation by Jan:** Let me fight the traffic: stores - doctors - hospitals - personal shopping. Jan. 854-0491

## Wanted

**Coin collector** wants to buy old coins, gold and proof sets. OTOW resident. Ted at 861-6964.

**Grandmatic Now Buying:** China, glassware, collectibles, small furniture and junque. Call Susan or John, 873-9796.

**Guns & Knives:** On Top of the World resident interested in buying guns & knives, any condition. Call 854-2555.

**Items for Pick-Up:** Any items of some value that you care to donate. They will be sold with proceeds going to charity. Call 873-0303.

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### Genealogical Society

Helen Grollmusz

It's always gratifying when a member contributes to our column with his or her personal experiences. Julia Hendrick was not even unpacked when she called me about attending a genealogy meeting. She had read our column in the *World News* and was interested in joining. We welcomed her to our next meeting. She is not a novice in researching her family history, as you will see when you read her story that follows. She and her husband Luis have also helped out when needed. Welcome to On Top of the World, Julia and Luis. And we are happy to have you in the Genealogical Society, Julia.

Her story follows: "Shortly after my father's only sister passed away, my father and I were in Michigan getting her house ready for the estate sale. My aunt Pauline Ottinger had been well known within the fami-

ly circle as the historian and genealogist. As a child I used to tramp through cemeteries with her, and camera in hand, photograph gravestones. When she would finish a research project or have a great "find," she would share with me. I was therefore kind of informed as to family names and basic history but never interested enough to do any independent projects related to genealogy.

"In the process of cleaning through my aunt's paperwork I came across a very small bound notebook that was hand labeled 'Herbert E. Cotes, New Woodstock Madison County, N.Y.' It was clearly the hand-written diary of a Civil War soldier but I was clueless as to who this person was and how my aunt might have obtained the book. In fact, I wasn't even sure what the man's name was. In the 1860's a hand-written lower case 's' looks much like today's lower case 'f'. I first thought his name might be Cortez or Cortef. Putting it to one side, I brought it and the rest of my aunt's genealogy materials back to Florida with me.

"A couple of years later I read through most of my family history as obtained by my aunt. The only problem was that her material needed organization and thus began my addiction to genealogy. After I had the basic material integrated into the Family Tree Maker computer program I again picked up that Civil War diary and started to read and wonder.

"By now I was quite aware of my father's family roots being in Cazenovia, NY, which is a small bedroom community near Syracuse. New Woodstock, NY, is an even smaller town near Cazenovia. One of the first things I had to learn as I began the diary transcription was the different style of handwriting.

Once I had that information, it was obvious this boy's name was probably Cotes.

"Dan Weiskotten (1960-2005) was once a town historian for the Town of Cazenovia and a Web site that he created continues to exist that has many treasures of local history on it. It was there that I found Herbert E. Cotes buried in the New Woodstock Cemetery. His gravestone reads the date of death as Sept. 24, 1862. He is buried next to Harvey Cotes who died in 1843 at the age of 30 years. I was very happy to have found the young man but I still didn't know who it was or why I had the diary.

"Another year will go by until I get another clue. I have a first cousin from my mother's side who is also a genealogy addict. All of my family lines have been residents of Central New York for at least 200 years. For Christmas that year my cousin sent me a book of 10,000 vital records of Central New York from 1813-1850. A book only a genealogist could love.

"Eureka! It was there in black and white. On August 13, 1846, guardianship records of Madison County, N.Y., showed that Herbert E. Cotes and his brother Franklin H. were placed under the guardianship of Stillman Perkins of Cazenovia, NY. Their mother, Cecelia Cotes, petitioned this action. Stillman Perkins was my third great grandfather. His oldest daughter was Cecelia, born in 1819. A few pages on, there is an obituary notice for Harvey Cotes, age 30, leaving behind an aged father, wife and two children. Things were starting to fall into place.

"I couldn't wait to thank my cousin for the wonderful gift she had given me by giving me that book. Now she was hooked into my mystery also. She went back to Dan's website and noticed what I had overlooked.

Also in the New Woodstock Cemetery was Cecelia Cotes Damon who died in 1880. She also went to the trouble of obtaining the marriage certificate of our soldier boy's brother, Franklin. Now there was something to work with.

"On Ancestry.com, I was able to find a Damon family genealogy which stated that Cecelia Cotes married Oran Putman Damon in 1849. A search of census records indicated that in 1850 both Cotes brothers were living in the Damon household along with a 3 1/2 month old half brother, Edwin Damon. In 1860, the Cotes/Damon family continues to live in New Woodstock, NY, although both Cotes brothers are listed with the surname Damon. In 1880, Oran and Cecelia Damon continued to live in New Woodstock with their son and daughter in law and grandson Frank Damon, age 6. My cousin was also able to find that both boys graduated from the Cazenovia Seminary School; Herbert in 1857 and Franklin in 1859. "Herbert E. Cotes (July 2, 1841-Sept 24, 1862) is no longer a mystery. He is my first cousin three times removed. His story is of the last year of his life. He was a kind and gentle soul. He knew flowers and trees and the condition of the earth and what would be likely to grow in that soil. He wasn't much of a soldier. He made mistakes and readily admitted to them. He loved God and country and I am so proud to have a piece of his life to share with generations of his cousins that are yet to come.

"Genealogy is fun. Try it sometime." Thanks again, Julia. For information about our club please e-mail me: Helen Grollmusz handlova2@aol.com. ☺



### Birders' Beat

Jane Callender

The Unique Birders do not meet in August. We will resume our meetings Tuesday, September 20. We meet at 1:30 p.m. in Room H at the Arbor Club Conference Center.

We are fortunate that many of our birds are not "snow birds." Nests were built and many people have reported young cardinals, chickadees, tufted titmice, Carolina wrens, doves, etc.!

An unusual sight (to me), and exciting, above 89th Court Road was a swallow-tail kite. A call to Chris Guidas confirmed my opinion and added this information: We have a pair that nests in the Friendship Village area!

The swallow-tail kite is a graceful bird of prey, with long pointed wings and deeply forked tail. Head and underparts are white, back wings and tail black.

It is 22 to 24 inches front to back, with a wing spread of 50 inches!

The swallow-tail kite has an unmistakable silhouette. The voice is shrill squeaks or whistles; also a soft twittering. The swallow-tail's flight as it rides air currents, or swoops rapidly after its prey, is graceful, buoyant and effortless. It spends most of daylight hours on the wing, rarely perching on a dead tree branch. It feeds extensively on lizards and snakes. Much of its food is eaten aloft, including dragonflies, which it snatches out of the air. Like a swallow it skims the water to drink and bathe.

The nest is made of sticks and lined with moss, and usually set in a high tree. Watch for it!

For information about our club call our president, Roberta Campbell, at 854-4814, or me, at 861-2983. ☺

## Neighbors Helping Neighbors: That's What It is All About

Do you enjoy helping your neighbors with errands or visiting with them while they are sick? If so, Hospice of Marion County can use your help. There are many opportunities for you to help your neighbor. Our Neighbors Helping Neighbors program provides these support services to the people of Marion County who have a life limiting illness.

The program provides free training to familiarize yourself with Hospice of Marion County Healthcare Alliance, the typical medical equipment that you might find in a home setting along with required licensure educational programs.

There are other rewarding volunteer opportunities within the Hospice of Marion County Healthcare Alliance. Hospice has three thrift stores with the net proceeds supporting unreimbursed patient care.

Our educational programs are offered at the Hospice Administration Building, located at 3231 S.W. 34th Avenue in the Padlock Medical Complex. Contact Volunteer Services at 873-7441 for information. ☺



### Stitch Witch Quilters

Ann Weldishofer

"Quilts Alive In 2005" ... Be watching! On October 22 at the Arbor Club we'll have our Quilt Show!

And that beautiful raffle quilt is almost ready! And, it is lovely. With soft mauves, greens and orchids, worked in both piece-work and appliqué, it is graceful, unique, and will be a gorgeous addition to anyone's decor! Be sure to buy lots of tickets when they come up for sale!

It was reported that we have a growing list of useful items for the Boutique, with more being made every day. These will range from decorations, aprons, Christmas items, wall hangings, bags ... an array of things that will be useful, as well as make great gift items.

On Tuesday, August 9, we will have a workshop at 9:30 a.m. to make Christmas stockings, or any item you may be working on. We have our directions for the stockings, and the list of supplies needed. Call if you need a copy.

The Stitch Witches meet all year, on Tuesdays. We usually meet early for projects, and our business is conducted at 1 p.m. Anyone interested in quilting is welcome to come. And, remember, "Quilts Alive in 2005!" ☺

### Rug & Latch Hook

Elaine Fitchpatrick

August will be another "lunch month." On August 1, we will go to Reno's on the Square in Ocala. If you have not been to a meeting recently, please call Carol Berta or Carole Toye, to let them know you will be coming with us. They will be making the reservations.

Like most frugal crafters, our members are always looking for ways to use the large amount of leftover yarn we have in our storage places. At a recent meeting two girls were accomplishing this task. Jackie Palotta was knitting a child's sweater with three different colors of yarn. The sweater was destined for a grandniece's daughter. Carol Berta is crocheting a baby afghan using many different kinds of leftover baby yarn. Each square used a different yarn, and a different crocheted pattern and each pattern had a biblical significance. The total effect was beautiful.

Carol Lopez recently finished a very large (30 by 46) red, white, and blue latch hook rug. This rug is now in use in Carol's grandson's room. She is presently working on a flowered circle rug. Carol is a really prolific "hooker." There was some discussion about members attending the Rug Hooking show at Central Florida Community College, but no definite plans were made.

During these hot days of summer, spend a cool Monday afternoon with us in the Craft Building. We are in the first room at 2 p.m. ☺

### Ceramics

Arlene Adams

Our ceramics class is growing and we are very pleased to see new faces joining us in our creative hobby.

We have had another former class member return, and Kay is in the process of refurbishing some of her nativity figurines. Dick is working on a large and very graceful swan planter. Mary finally finished her Easter egg (well, it will be ready for next Easter) and she is now working on a snowman.

Dottie just finished a very pretty Christmas season candle jar lampshade and is now working on a lighthouse candle lampshade. Toni just started a Christmas candle lampshade — she has made many of these items and we all agree that they make beautiful gifts. The lampshades are available in so many, many motifs.

Rachel is making an insert that goes on a ceramic box or basket in a playing card motif. Yours truly just completed my second snowman and some Christmas tree napkin rings. I really love all the holiday items — not only Christmas, but Easter and Halloween, too. You can see that our projects are varied, as there are many, many types of greenware to choose from.

The ceramics classes are open to all On Top of the World residents and we'd love to have you join us. We are in the Art Room in the Hobby Building on Mondays and Wednesdays from 10 a.m. until 2 p.m. Come and take a look at our work and let Wannetta (our certified instructor) show you around and explain the workings of ceramics. You just might find that you want to participate in this great hobby.

The coffee pot is on and you are welcome to come and meet our friendly, talented group. ☺



### Arts & Crafts

Loretta Troutman

We are working ahead to be back in the Health & Recreation Ballroom on Tuesday, September 6. As always, we'll set up our display tables showing the crafts we've completed. We'll have a beautiful assortment of items for your home decor and gift giving.

I've enjoyed searching for towels in new patterns and seasonal colors. Over the years, I've noted the favorite motifs and try to keep an assortment of those patterns on hand.

Come get acquainted. Starting September 6, we'll be in the Health & Recreation Ballroom from 9 a.m. to noon each Tuesday morning. If you are a crafter and would like to join our group, please call Rene Beck at 854-4918 for details. ☺

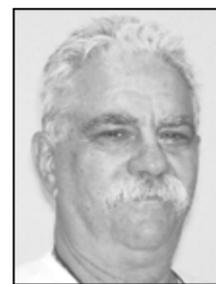


### Sewing Bees

Eileen Vanderbosch

The class of making beaded shirts was a success and several of the gals wore their beaded T-shirts at the last meeting to the delight of everyone. We continue our workshops since the requests keep coming in from different children's agencies for quilts, tote bags and stuffed animals. We appreciate another donation made by Diane and Russ Riegler and we should consider they are "Honorary Sewing Bees" they have given us so much help.

Looking ahead to the fall, we will be making a Christmas table runner, with felt, Christmas balls, and trim, a place mat bag, felt stockings which we will stuff, and various workshops. If you are interested in joining, call Marcy Askenase at 854-1181. Happy sewing! ☺



### Social Club

Mort Meretsky

Don't forget, you only have until August 5 to let Ann know if you're coming to our chicken luncheon. Ann and Marie are busy boiling potatoes for salad, and cutting up chickens to fry, so they have to know when to stop. The luncheon is on August 19 from 1:30 to 4:30 p.m. at the Arbor Conference Center. The price is \$2 (\$1 is for a 50/50 ticket) for club members and \$5 for non-club members.

Thanks to Yogi Carrano and Cheesecake Palombo for ironing out the dealers contract. We'll be back in business on September 16.

Get your calendars out and mark down December 23 through 26 for our annual Christmas in Biloxi trip. The price is \$159 per person, double occupancy and \$248 per person, single occupancy, at the Isle of Capri in Biloxi. There will be four other casino visits. I'll have more information for you in my next article. To make a reservation or for information contact Marie at 873-8525.

See y'all on the 19th. ☺

### Organ/Piano Club

Ed Miller, a new resident of On Top of the World, would like to form an organ and piano club. If you are interested, please call him at 854-8311.

# Meeting the changing health needs of the community.

Munroe Regional Medical Center is committed to the people of Marion County. We always have been. For 107 years, we've been your community-owned hospital, which means we're owned, operated, managed and led by people who live here. Through the years we've made significant community contributions, including:

- More than a century of high quality, compassionate care.
- Recognized as the community's preferred hospital as measured by image, market share and patient satisfaction - *The Jackson Organization*.
- Nationally recognized medical staff, committed to and concerned about the people of Marion County.
- Named among top two percent of community hospitals in the nation for patient safety.
- "Top 6% in Nursing Care" - *Press Ganey Patient Satisfaction*.

*Munroe Regional is led by Marion County residents Jim Schneider, Board Chairman; Dr. Ravi Chandra, Chief of Medical Staff; and Paul Clark, President and CEO.*

- "100 Top Cardiovascular Hospital Award" - 1999, 2000, 2001, 2002, 2003, 2004 - *Solucient*.
- "One of America's top hospitals" - *MONEY*® magazine.
- Employees contributed over \$325,000 in 2004 to the United Way, March of Dimes and other community charities.
- Employing more than 2,500 people, with an annual economic impact of over \$131,000,000 in salaries and benefits.
- Over 185,000 hours of service per year from our 1,200+ volunteers.
- In 2004, more than \$16,818,000 in uncompensated care at the hospital's cost.

Munroe Regional's mission and promise to you is that we're "committed to meeting the changing health needs of the community we serve through the delivery of compassionate care of the highest quality."

In living our mission, Munroe Regional will continue to set healthcare benchmarks for the benefit of our community.

We understand that your health is our bottom line.



[www.MunroeRegional.com](http://www.MunroeRegional.com)