

On Top of the World NEWS

Where the News is Always Good

The Bandstand Showcase announces 2006-07 season, Page 19.



Vol. 20, No. 3 • September 2006

Community News & Update

By Kenneth Colen, Publisher

LIVE TO LEARN: September completes our "Summer Season" of classes here at On Top of the World Communities ... and it's been a very successful enterprise. July and August had more than 600 enrollments! Please take some time to review September's fare.

We have free classes — a culinary presentation, Book Club, Why Stuff Happens, an introduction to the Appleton Museum, the Science of Bugs, Florida Lawns and Gardens and the Peaceful Paths of Shalom Park. These are high quality opportunities for you to experience the real joy of learning with friends and neighbors.

We also have outstanding tuition-based classes this month. Learn about Google and iTunes, explore the fascinating horse business here in Ocala (complete with field trip!), and help make our community safer by taking CPR and/or first aid courses.

We have also continued our partnership with the Ocala Civic Theatre — this time the lecture is on their production of "My Favorite Year" (of course tickets are included!).

September is full of choices to learn and grow — that's what our programs are all about! We have an Open Classroom scheduled on Sept. 13 at 2:30 p.m. in the Candler Hills Community Center. Join Dan Dowd and share your comments and suggestions.

FLOOD PRONE AREAS: The final FEMA maps are published and a review of the final maps leaves us more confused than before. Apparently the agencies draw these maps using a very broad crayon! Despite assurances that no homes are affected, the maps contain several areas that are a concern to us, largely because of the width of the drawn boundary line — it is hard to discern what is in and what is out. As expected, all storm water retention areas appear on the map and this is entirely consistent with their function of storing storm water runoff.

At this point On Top of the World will file an appeal of the map designations with supporting information (yet again) to assure that those few suspect areas are indeed above the flood stage as defined by FEMA and Marion County. We are beginning this process immediately. No boundaries or designations on the Flood Prone Area maps will be adopted as final until after the appeals are settled and formal adoption of the map is made by FEMA. That is unlikely to happen until late in 2007. Look for further updates as we progress with the appeal.

My purpose in including this in my article is to inform the community of matters as they evolve. Undoubtedly, some people will have concerns that may not be addressed in this article. If that is the case, please drop a note or e-mail at otoworldservice@otoworld.com.

THE MOST CURRENT COMMUNITY UPDATES: Presently, the Web site www.OnTopoftheWorldINFO.com is the go-to place to find out what is happening within the communities of Candler Hills, Indigo East and all neighborhoods in On Top of the World. There are times that we would all like to be able to turn around responses to queries that may be of general interest to our residents. To that end, we wish to put together a weekly e-mail update that can be sent to all interested residents.

If you wish to begin receiving these weekly updates, please log-on to www.ontopoftheworldinfo.com/stayinformed. We hope to begin this service in mid-September.

You Too Can Grow Orchids



Photo by Bob Woods

Hildegard Soucek displays some of her 150-plus orchids she has in her lanai at On Top of the World.



By Bob Woods

"You Too Can Grow Orchids," is the name of a new club being formed here at On Top of the World to help folks in every way to not only understand orchids but also how to grow and care for them.

There is a resident now residing here in On Top of the World who has extensive knowledge of every aspect of orchids and is willing to share her experiences and knowledge along with years of accumulated information on how to grow orchids along with potting the gorgeous flower to dividing the orchid plant when needed.

This lady is Hildegard Soucek and when I visited her home I was amazed that she, along with her husband "Doc," had to have constructed a large lanai along with specially built racks to hold more than 150 orchid plants.

She told me she wants to form a group of orchid growers, those interested in growing these beautiful flowering plants in the future and those growing them now. She hopes others in the community love and have some knowledge of orchids as she does and that they would be willing to share their information also. It doesn't matter if you only have one orchid plant or many. As Hildegard stated, "If you can grow house plants or outdoor plants, you can grow orchids."

Everyone reading this article has seen and some have purchased orchid plants when visiting Porters, our neighborhood grocery stores, Wal-Mart or even the home im-

provement centers such as Home Depot and Lowe's.

There are some 25,000 to 30,000 species of orchids with more than 100,000 hybrids. Believe it or not, orchids are the largest flowering plant family. Orchids grow everywhere and can be found in tropical rain forests to the seashore and from the cold northern tundra regions to semi-deserts. The first hybrid orchid flowered in England during 1856. Orchids bloom in every color of the rainbow. They do not bloom in black as many believe. Orchids come in all shapes and sizes smelling from sweet aromas to something extremely foul.

Hopefully, attending Hildegard's classes you might get some questions answered. Starting in September, meetings will be held on the third Thursday of the month. The first meeting will be Sept. 21 at 1:30 p.m. in Arbor Conference Center, Suite G.

Add color to your house, add orchids. They are fun to grow and the end results from your minimal efforts are rewarding. Attending Hildegard's classes at the newly formed orchid club you won't just look at the orchids in the stores, but just might change your mind becoming an orchid enthusiast.

For additional information concerning the orchid club please call Hildegard at 390-3368.

See you all at the first meeting, bring your questions, and if you wish, bring your orchids.

Get your hands dirty, get some orchids. ☺

Meet the New Director of The Ranch Fitness Center & Spa

By LYNN PEITHMAN STOCK
EDITOR, WORLD NEWS

Meet Sheryl O'Brien, the new director of The Ranch Fitness Center and Spa that will open at Circle Square Commons in late 2006. Sheryl sat down with us in mid-August to tell us more about the new center.

What will the fitness center offer?

The fitness center and indoor therapy pool will allow us to offer complete total body rejuvenation. The indoor pool will allow for classes such as water aerobics, water stretching, Ai Chi water classes and water massage in addition to the opportunity to partner with local physical therapists to offer more traditional therapy work. Meditation, yoga, tai chi and pilates will allow our members and guests to find their inner balance. More traditional aerobic classes (i.e. aerobic, step aerobic, body sculpting, cardio burn, to name a few) will round out the group fitness class offerings.

The fitness center itself will house state of the art cardiovascular and strength training equipment. Skilled personal fitness coaches will guide all members and guests through a safe and educational orientation process. We will offer free to all members a personal Wellness Journey individualized to meet their specific needs and goals. This personal Wellness Journey will include a fitness assessment as well as a fitness prescription design. Based on the results of their assessment each member will then be provided with recommendations of their own personal Wellness Journey which will either fall into the Renew, Rejuvenate, or Revive journey. Members will have follow-up calls from their very own personal fitness coach. At The Ranch Fitness Center each member will receive personalized attention and will be well catered to.

Who will manage the fitness center and spa?

WTS International, one of the world's leading spa, fitness and recreation consulting and management firms. WTS's corporate office is based in Rockville, Md.

What will the hours be?

The hours are subject to the demands of you, are customers, but currently we are planning to be open 6 a.m.



to 9 p.m. Mondays through Thursdays, 6 a.m. to 8 p.m. Fridays, 8 a.m. to 5 p.m. Saturdays, and 8 a.m. to 4 p.m. Sundays.

Tell us about the spa.

The spa will allow you to escape the hassles of everyday life into the ultimate spa experience. I am so excited to say that this will be the only true day spa in Ocala — from the calming and tranquil atmosphere, to the luxurious locker rooms. When you arrive at the spa reception area, you will be escorted by a spa attendant to our indoor "whisper" lounge where you will relax in a cozy spa robe and slippers while enjoying tonic and tea at the beverage bar while waiting for your relaxing treatment.

What kind of services will the spa offer?

A menu of services includes advanced skin care therapies, body treatments and wraps which will provide exfoliating, nourishing and detoxifying services. Massages will include Swedish massages, deep tissue and river stone massage for therapeutic work, reflexology, equestrian athlete massage, and water massage just to mention a few.

What kind of services will the salon offer?

The openness of the salon will allow for both individuals and groups to enjoy a day of beauty. The nail center will offer traditional manicure and spa pedicures services. Hair services will include men's, women's and children's

hair cuts, as well as shampoo, blow dry's, highlights, coloring, deep conditioning treatments and bridal updo's.

Who can use the fitness center and spa?

Both the fitness center and spa will be open to On Top of the World residents and the public. On Top Of the World residents will receive special discounts on memberships, which will be \$40 a month and all initiation fees will be waived until December 2006. We will be offering flexible monthly memberships.

Members will also receive a 10 percent discount towards all spa and salon services as well as towards all retail products. You will be able to use the spa and salon without being a member of the fitness center.

What is your background?

I moved here from Naples in August of this year and I grew up in southern New Jersey. I have a bachelors of science degree in exercise physiology from the College of New Jersey (formerly Trenton State College). I have been working in the fitness and spa industry for 16 years. While in New Jersey, I was the director of fitness for the Cherry Hill Jewish Community Center for seven years. I also worked at Rutgers University as assistant director of fitness. Spending the last eight years in Naples, Fla., I most recently worked at The Players Club and Spa at Lely Resorts. This career has been so much more to me than just a job. It has brought me so much joy by allowing me the chance to touch people's lives through health and wellness and I truly look forward to this beautiful new facility and having the opportunity to meet each and every one of you.

How can residents get more information?

I may be reached at 861-8180 Monday through Friday, 8:30 a.m. to 5 p.m. and will be happy to assist you. ☺



Sheryl O'Brien



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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Golden Oldies Humor

by Stan Goldstein



"Gladys's idea of a balanced diet is a cookie in each hand."



Computer Club
Sherry Surdam

Hello, everyone, and welcome back to those of you who were gone for the summer. We are looking forward to an interesting year, as the new operating system from Microsoft, Vista, is due to be released in early 2007. There will be much to learn and I, for one, am looking forward to it! We will not, however, abandon our classes for XP as many of you will wait to see what's what before rushing out to get a new computer (or upgrade your current one to Vista!)

If you have visited our Web site recently, you will notice that we have now put a password on several sections of the site. There are still areas open to the public, but the education portions have been restricted to club members only. An e-mail was sent to all club members to notify them of the password, but, unfortunately, quite a few of them were returned for various reasons. If you did not receive an e-mail with the password, please e-mail us at OTOWCCC@cfl.rr.com to correct the problem.

Note: If you are a member of the club and you

are not receiving our e-mails, your Internet Service Provider may well be one of those who allows only e-mail addresses that are in your approved folder to send you e-mail, most notably AOL and Earthlink. If you are not receiving e-mails from the club, please be sure to put the club e-mail address, OTOWCCC@cfl.rr.com, on your approved list. Some providers flag e-mails that are sent to multiple addresses (which is what we do to send members e-mails) as spam and will delete it or place it in a spam folder on your computer.

Anyone who is interested in seeing what benefits there are to joining the club, please feel free to come up to a meeting and ask questions. You are always welcome!

Our schedule of classes for September is as follows: on Saturday, Sept. 2, Don Sommer will present Backup or Die!; Sept. 9, will be Instant Messaging with Bob Gale; Sept. 16 is Getting to Know Windows; Sept. 23, Mysteries of the Control Panel I; and Sept. 30, Mysteries of the Control Panel II. And our monthly session devoted to digital pho-

tography will start up again on Sept. 7. That session takes place the first Thursday of each month. Of course, we will be happy to address questions on any subject on any meeting day!

If you have a topic you wish addressed in this column, please send an e-mail to the address given above and we will attempt to tackle it for you. Some topics may be too lengthy to handle in one column but we will do our best to accommodate you! All suggestions are welcome.

All club meetings and presentations are held from 9 to 10 a.m. each Tuesday, Thursday and Saturday in Suites B and C of the Arbor Conference Center. All members and their guests are welcome and encouraged to attend. If you have questions, there is always someone there with an answer!

Be sure to check the calendar on our Web site at www.cccocala.org frequently for the dates of our presentations and for any scheduling changes that are inevitable. Until next time, Happy Computing! ☺

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The Final Touches are going on Circle Square Commons!

On Top of the World Communities will soon be opening the doors on the first stage of the new Circle Square Commons, Town Center.

Take a tour in your mind as we travel west from 80th Avenue on to 80th Street...the first building on your right will be The Ranch Fitness Center and Spa. This building will include a group exercise room, completely equipped fitness center, therapeutic aquacize pool, beauty salon and the area's first true day spa. The Ranch will be open to residents and the general public.

The next building is the Circle Square Cultural Center that will be able to hold 600 for a sit down dinner and up to 1,000 theater style. We plan to include a full calendar of activities for the delight of our residents and neighbors with events such as symphony, civic theater performances, top name entertainers, dinner theater and all manner of entertainment.

As we continue along, the next open area will become home to the Town Square or Entertainment Center. Here we envision a restaurant, ice cream shop, meals to go outlet, unique retail shops and an open-air town square with a gazebo that will be home to many performing groups for live entertainment. More info on that in the months to come.

The next building with the red brick front is a new venue for Master the Possibilities education classes. The educational offerings over the past year have exploded with greatly renewed interest by you, our residents. This facility will become a hub of activity for everyone, as it includes Sid's Coffee Shop, a shop that will serve a variety of coffees, teas, lattes, cappuccinos, muffins, cookies, smoothies, frozen coffees and other goodies. What a great place to visit with friends, take a class nearby and have something good to eat and drink!

Certainly last, but not least, is the building where our new Sales Center will be brimming with activity. In the very near future, all of our customers will be directed to this new location. Sales Counselors will escort customers from there to the exciting new Model Park.

Our new Model Park, located directly west of Candler Hills Golf Club, will have 17 beautifully furnished homes! Once a customer has chosen a floor plan, they will then visit the new, state of the art Design Center (located behind the new Sales Center) where they will be able to select exterior colors, carpets, tiles, wood flooring, cabinets, lighting fixtures and the list goes on.

Located adjacent to the Model Park will be 16 new, beautifully furnished Guest Visitation Villas. As you may know, when a potential buyer is really interested in checking out On Top of the World, they may come and stay in one of our Guest Villas for 2 nights and 3 days*. These customers tour with a Sales Counselor, get a "behind the scenes" look with our Resident Guest Hosts, play golf, have lunch and generally decide that On Top of the World is *the* best place to live!



On Top of the World Design Studio (open in September)



On Top of the World Sales Center (open in September)



Sid's Coffee Shop (open in September)



Education Center (open in September)



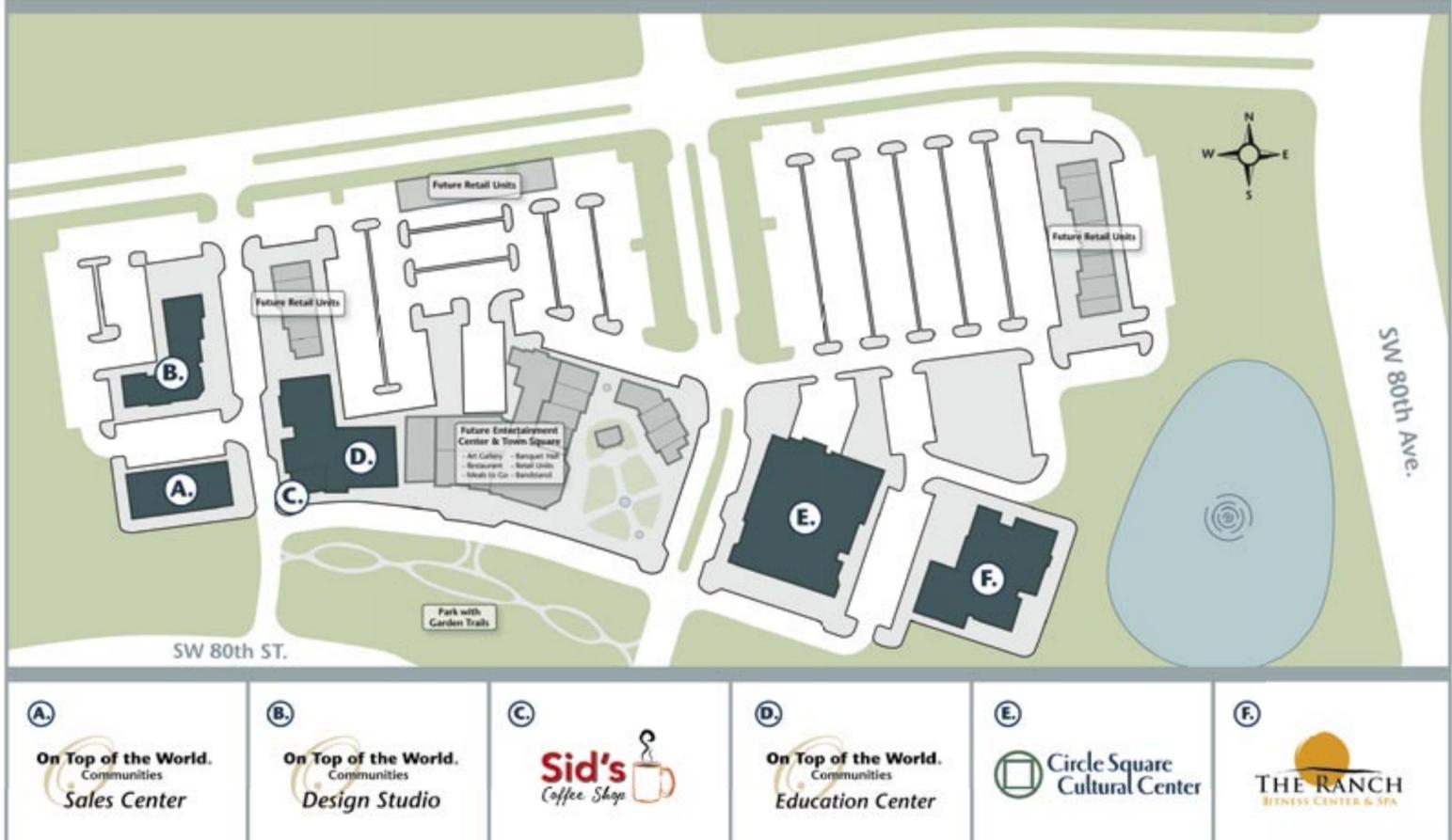
Circle Square Cultural Center (open in November)



The Ranch Fitness Center & Spa (open in November)

Look for continuing updates!

* Certain conditions apply.





From Debbie's Desk Debbie Clark

Well, I hope everyone has survived the heat of August. I know it has been really hot, but it is nice to see all of you still come and work out in the gym and enjoy the pools.

The month of August was sort of quiet; just a few activities taking place as we are gearing up for the fall season.

The first activity that was enjoyed by 50 residents was the Devil Rays vs. the Red Sox. Unfortunately to the dismay of all of us Red Sox fans the Devil Rays won with a score of 8 to 5. The crowd was rowdy as we were all chanting "Let's Go Red Sox" and stomping our feet and even clapping and cheering as David Ortiz hit a homerun ball. One thing we all were able to witness is that when the Devil Rays win they light the dome of Tropicana Field orange.

There are still plenty of seats available for the Devil Rays vs. the New York Yankees I am working on filling a second bus. This game takes place on Monday, Sept. 25, and this is an evening game. The cost per person is \$35 and this includes round-trip transportation and your ticket into the game. We do not stop anywhere to eat dinner as there is plenty of variety at Tropicana Field and the prices are reasonable.

Whoops — I need to back pedal a little. On Sunday, July 30, we had the quintet from the Central Florida Symphony here to perform in the Health & Recreation Ballroom. Along with the quintet was Alan Clark, the 14-year-old pianist who won this year's Young Artist Competition. Thank you to all of you who attended. There was not an empty seat in the house.

On to the month of September. First

off, on Tuesday, Sept. 12, I will be taking a group of you to the Sterling Casino out of Port Canaveral. This trip cost is \$14 per person and this includes your round-trip transportation and entry onto the ship. I have also arranged for us to have our own little hospitality room, which has a couple of couches and chairs. In this room there will also be deli meats, cheese and crackers and a few other items. So if you are interested in attending please come to the Health & Recreation Office, Monday through Friday, 8 a.m. to 4 p.m. to register, during our normal business hours.

We will resume the High Teas this month:

· Tuesday, Sept. 19: On Top of the World

· Wednesday, Sept. 20: Indigo

· Thursday, Sept. 21: Candler

The cost per person is \$5; you may sign up at the Health & Recreation office during normal business hours.

Just to get you thinking about October a little bit there are two items I would like to bring to your attention.

Once again, Maxim Health Care Services will be providing the residents of On Top of the World Communities with flu and pneumonia vaccines.

The cost is \$25 for the flu vaccine if you do not have Medicare Part B. The cost of the pneumonia vaccine is \$35. This will take place on Tuesday, Oct. 3, and you may register at the Health & Recreation office during normal business hours. For those of you who cannot make the October date there will be two others: on Wednesday, Nov. 1, and Tuesday, Dec. 5.

Also in the month of October there will be a spinal screening clinic and this will be taking place on Thursday, Oct. 12, from 9 to 11 a.m.

And last but not least please mark your calendars for the fourth annual On Top of the World Craft Fair being held on Saturday, Oct. 14, at the Arbor Conference Center from 10 a.m. to 2 p.m.. There will be free shuttle service from the Sales Office. This always proves to be an enjoyable event where you can come out and get a jump on your Christmas shopping or just shop for yourself.

And don't forget that Artistic Crafts and Gifts will be back in the H&R Ballroom every Tuesday from 9 a.m. to noon beginning on Sept. 5.

OK, now that I have filled your calendars, let's all get out there and have some fun!



On Top of the World Central Lynette Vermillion

The Bay Laurel Community Development District is offering direct debit beginning in September for payment of your monthly utility charges. You may go to www.ontopoftheworldinfo.com/water for the form or you may also stop by Customer Service at Friendship Commons for a copy. You will need to bring or mail the signed form with a voided check or deposit slip to On Top of the World Communities, Customer Service, 9850 S.W. 84th Court, Suite 200, Ocala, Fla. 34481.

We will be adding a second day for vehicle decals — Wednesdays from 7:30 to 9:30 a.m. You may also stop by for decals on our regular day, Fridays from 10 a.m. to noon. ID badges are issued on Mondays between 10 a.m. and noon.

Due to the heat, please make sure you are running your sprinklers two times per week. The Marion County Water Restrictions state that even addresses are to run on Thursdays and Sundays and odd addresses are to run on Wednesdays and Saturdays between the hours of 4 p.m. and 10 a.m. The drip irrigation zone, which is zone one, should run for no less than one hour and all of the spray zones should run for 20 to 30 minutes twice weekly.

On Top of the World Communities, Inc. has been working diligently to receive approval from the Florida Yards and Neighborhoods Program for Florida Friendly Landscaping, and we have been approved. Florida Yards and Neighborhoods is a program developed by the University of Florida and the Southwest Florida Water Management District designed to recognize individuals and communities that strive for Florida Friendly Landscapes. The program is available at the Marion County Extension Office and can be viewed at www.floridayards.org. Our new models will be decorated with the Florida Yards and Neighborhoods logo to identify them as Florida Friendly Landscapes.

Our first Community Development District (CDD) Class was held at the Candler Hills Community Center. We will be offering another class in the future. The purpose of these classes is to provide information to new residents on the CDD, its purpose and operation, as well as to answer questions.

We have had a number of questions regarding the opening of the Avalon post office location and the assignment of post office boxes. The United States Postal Service

has the responsibility of assigning boxes to residents. Our goal is to have the location opened for use no later than the end of September.

We encourage our residents moving into the community to recycle their cardboard moving boxes. Recycle centers are located at the following locations: 90th Street post office; 96th Avenue in Crescent Ridge; and 96th Lane in Friendship Village. The grounds maintenance company will provide one courtesy curbside pick-up for new residents moving into On Top of the World Communities. Boxes must be flattened and stacked into one or more of your cardboard moving boxes. You may e-mail otowservice@otowfl.com or stop by Customer Service to schedule your one-time courtesy pick-up.

Please properly dispose of trash and recycle items, and please do not set items in front of the compactor. As a reminder, a fenced area by the recycling boxes has been provided at the 90th Street Post Office location to drop items not appropriate for the trash compactor or recycling boxes. The location will be open for use only on Tuesday and Thursday mornings from 7:30 a.m. until noon. Please hold these type items until that time.

Golf cart registration continues at Customer Service in Friendship Commons. We have registered well over 700 carts to date. Please remember to bring proof of liability limits in the amount of \$100,000/\$300,000 and your cart when you come to register. You may want to review your policy to make sure you are covered when driving throughout the community in addition to just to and from the course. The liability insurance protects you. Those residents desiring a handicap sticker for the cart will be required to comply with Section 320.0848, Florida Statutes. You may refer to the following Web site for more information or drop by customer service for a copy of the information: www.hsmv.state.fl.us/forms/handiform.html. We are requiring the Marion County Clerks Office receipt or your license plate receipt noting handicap sticker approved. The cart rules are a revision of the previous rules updated to keep pace with the increased ownership and use of alternative vehicles and to ensure that residents are familiar with safe operation requirements. Please keep in mind that no one under the age of 16 should be operating a cart within our community.

Remember to watch for events on www.ontopoftheworldinfo.com. Here you will find information helpful to you concerning our community. We are creating updates for residents to provide information between the monthly newspapers. If you wish to begin receiving these weekly updates, please log-on to www.ontopoftheworldinfo.com/stayinformed. We hope to begin this service in mid-September.

Welcome to On Top of the World

Gene Hershberger and Doris Hershberger,
8556-F S.W. 90th Lane, Friendship Colony
Helen P. Shuber,
8672-A S.W. 96th Lane, Friendship Village
Walter S. and Betty J. Thorpe,
8563-E S.W. 93rd Lane, Friendship Colony
Donald and Arlene Adams, 9330-C S.W. 97th
Street, Crescent Ridge
Bill F. and Darlene Harp,
8166 S.W. 80th Terrace, Indigo East
Frank and Patricia Ann Massaro,
8021 S.W. 81st Loop, Indigo East
Anne C. Johansson,
9041 S.W. 91st Circle East, Williamsburg
Concetta Stone,
9580-B S.W. 85th Ave., Friendship Village
David B. Gauss Jr.,
8848-B S.W. 96th Lane, Friendship Village

Ralph S. and Elizabeth B. Costa,
9890 S.W. 97th Lane, Crescent Ridge II
Daniel H. and Audrey L. Baylor,
9137 S.W. 91st Circle, Williamsburg
John R. Barclay Sr. and Elizabeth A. Barclay,
9315-A S.W. 97th Lane, Crescent Ridge
Elizabeth Ruf, 9143-C S.W. 83rd Avenue,
Friendship Colony
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8529-A S.W. 91st Place, Friendship Colony
Alexander and Florence Taleff,
8440-A S.W. 92nd Place, Friendship
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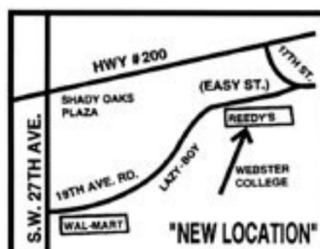
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Ben Chauvin
Birthday



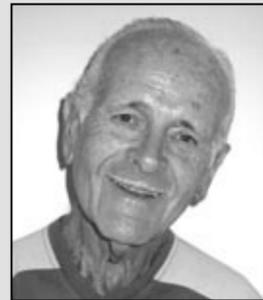
Marie Dare
90th Birthday



Martha Evans
Birthday



Jacquie Page
Birthday



Larry Resnick
Birthday



Food & Beverage
Denise Fuqua

The fall season is almost upon us and there are many activities scheduled for your enjoyment.

The opening luncheons for most of our golf groups are right around the corner and if you haven't already done so, I suggest that you contact the Hospitality Division very soon to plan your next event. Wanda McDougall stands awaiting your phone call to assist you with your party plans for the 2006-07 season.

Friendship Catering

I am pleased to announce our newest catering employee, Chef Chris Cole. Chef Chris took over the catering department in August and we are very pleased to have Chris on board with us. Chris and Wanda have been busy this past month coordinating many new ideas for our catering department. Chris has been in the business since he was 14 years old, attending The Pennsylvania Institute of Culinary Arts in Pittsburgh, Penn. Additionally, Chris worked for Disney in Orlando and also worked various positions at Gaylord Palms for approximately two years. He then came to work for us at Candler Hills Restaurant before he was promoted to the Catering Chef for Friendship Catering. Chris comes to us with a wealth of knowledge and we are very excited to have him overseeing our catering department. On your next visit to The Pub, please stop by and introduce yourself to Chef Chris.

Also, please look for details regarding our New Year's Eve Gala Event that we will be hosting on Dec. 31. Seating for this event will be limited and since we will be hosting this event at Candler Community Center, Candler residents will have first preference to sign up before we open this event to the community. Look for further details in next month's edition or on one of the bulletin boards throughout the community.

The Pub

Many changes have taken place since my last column and to keep you up to speed on the latest, please join me in welcoming Debbie Knapp as The Pub's dining room manager. Debbie also oversees Candler Hills Restaurant but has also resumed the responsibility for the front of the house staff at The Pub. Debbie will be working very close with Chef Chris Cole to maintain the consistency of the food served at The Pub and will also oversee the staff who will be serving these meals. If you are planning any lunch gathering at The Pub, please call 854-0761 to make advance reservations and allow Debbie and her staff ample time to coordinate your next event.

The hours of operation for The Pub for the fall season will be as follows:

- Monday through Saturday, 11 a.m. to 3 p.m.
- Wednesdays: Open until 5:30 p.m. with a light menu with two-for-one drinks.
- Tuesdays and Thursdays: Happy Hour from 3 to 5 p.m. with a light appetizer menu available.

If you should need to reach Debbie for any reason and she is not available at The Pub, you are welcome to drop her an e-mail at debbie_knapp@otowfl.com and she would be happy to assist you with any of your requests, within reason.

Candler Hills

For many of you that have traveled during the summer months, we would like to welcome you back to the community and invite you to join us at Candler Hills Restaurant to experience our newest menu selec-

tions. Chef Wes has been busy all summer preparing for this upcoming season and we have revised a few minor details relative to our serving times. Please note the hours of operation for this season are as follows:

- Mondays to Saturdays: 8 a.m. to 8 p.m.
- Sundays: 8 a.m. to 5 p.m.

We will be serving the early bird specials Sunday through Thursday, each week, from 3 to 6 p.m. and Friday and Saturday evenings we will be serving the Prime Rib Dinner for just \$13.99. Of course, Happy Hour, two-for-one drink specials will be served Monday through Friday, from 3 to 6 p.m. each week. Look for additional items to be added in the near future such as a soup and salad bar that will be served during the Lunch hours throughout the week. Further details will be posted on the bulletin board just outside of the main entrance as we finalize the menu.

Again, we would like to thank you for the support you have given us throughout the summer months and we look forward to serving you and your guests at any one of our locations. In closing, don't forget to keep an eye on the Circle Square Commons development as many of these buildings are beginning to take shape and the newest addition to the Hospitality Department will be Sid's Coffee Shop. Sid's will be open seven days a week, serving from 7 a.m. to 3 p.m. Join us for your morning coffee, relax and read the paper while sipping on Sid's House Blend Coffee or try one of our specialty beverages. And you won't want to miss our wonderful line of pastries we will offer, including fresh baked cookies — every day! ☺

Magic Touch Salon

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Teresa
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Beverly
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Patsy
Nancy
Suzie
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On Top of the World.
Communities

Fertilizing

Parkway Maintenance will fertilize the week of September 11 through 22.

If you would not like your yard to be fertilized, please come to the Customer Service Department by September 7. Customer Service is in Friendship Commons, Suite 200, and is open from 8 a.m. to 4 p.m. Monday through Friday.

Peyton Bush

HYSLOP

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Candler Hills • Indigo East • Candler Hills • Indigo East



Photo by Larry Resnick

Dan and Dianne Ryan, Larry and Barbara Kratz (new residents) and John Gysen enjoy the first Indigo East Summer Fling.

Indigo East Residents Gather for Summer Fling

By DEBBIE CLARK
ACTIVITIES DIRECTOR

The first Indigo Summer Fling was a success with more than 60 residents attending this July event.

Everyone had a good time and had a chance to meet their neighbors and enjoy an evening of food and entertainment.

DJ Larry Ryder, who is Memories in Music, provided the entertainment and he did a fantastic job bringing us the wonderful sounds of the 50's and 60's. Unfortunately there is no dance floor at the Indigo East Community Building; otherwise, I do believe we would have had some residents out there doing the jitterbug and twist.

Once again our own Friendship Catering provided the food for this evening. We enjoyed such items as carved ham with honey mustard, scallops wrapped in bacon, chicken wings and many assorted trays of vegetable, cheeses and fruit. The dessert for the evening was a scrumptious pound cake with strawberries and whipped cream.

I would like to thank all of the Indigo residents who attended this event and hopefully some time in the near future I will be bringing you more entertainment on these lines. Please stay tuned to my column and the bulletin board for more information. Also I will post on Channel 19 for those of you who still have cable. ☺



Candler Hills

Mary Pat Giffin

Mah jongg, book discussions, a travel group, beginners' yoga, a crochet and knitting circle ... these are just some of the ideas that Diane Podkomorski and a few of her neighbors are tossing around for Candler Hills residents.

"Several of us got together and arbitrarily chose some activities that we thought would be fun to do," said Diane, who is also spearheading a potluck supper for Candler Hills residents, who have closed on their homes.

JoAnn Nyren has offered to head the mah jongg group. She's been playing for two years and emphasized that "beginners learn quickly. They are welcome." She describes the game as a "combination of chess and bridge because of the strategy involved." If you're interested in learning and playing this popular game using tiles to form various sequences, call JoAnn at 873-3043.

Depending on the response, Diane hopes to see the "seeds" for these activities flourish into formal gatherings of people with common interests.

If you would like to participate in any of the above-mentioned activities or have ideas of your own, please contact Diane at 873-3869.

Other activities, like the book discussion group and local travel group, are open to suggestions on books to read and places to go within a day or one night stay.

If you would like to help with the potluck supper scheduled for Saturday, September 9, please give Diane a call to help out. It will be from 4 to 9 p.m. She and her husband, John, have invented a game, which they plan to introduce as an icebreaker to keep the party interesting. And, the swimming pool will be available, so bring or wear your swimsuit. It sounds like great fun so plan to attend and bring your favorite dish.

This column is written for and about Candler Hills residents. Your comments and suggestions are welcome. Please e-mail me at bryantmarypat@bellsouth.net or give me a call at 465-6593. If you're in the Health & Recreation building, I can be found in the aerobics room on Monday, Wednesday and Friday mornings. Look forward to hearing from you. ☺

LifeSouth Bloodmobile To Visit Indigo East

By ALLIE GORE

Donating blood has always been a relatively easy and quick process. Starting in September it will be even more convenient for us. Mr. Colen has approved a second date, time and location for the LifeSouth Bloodmobile to visit our community.

The first Monday of every odd numbered month, LifeSouth brings its bloodmobile to the Health & Recreation parking lot for our neighbors to donate blood. Starting Tuesday, Sept. 5, the LifeSouth Bloodmobile will be at the Indigo East Community Center from 9 a.m. to 1 p.m. Call Allie 861-4564 or e-mail indigo8062@earthlink.net for an appointment. ☺



Candler Hills & Indigo East

Lynette Vermillion

Great news for our DCM Cable users — DCM is working on digital to the home, high density and premium channels with pay-per-view TV. By my next column, we will have a more definitive date of activation. Stay tuned!

By popular demand, beginning in October you will be able to make your monthly cable TV payment automatically by direct debit from your checking account or savings account. You may go online to www.ontopoftheworldinfo.com/cable for the necessary form or drop by Customer Service in Friendship Commons.

Speaking of direct debit, the Bay Laurel Community Development District is offering direct debit beginning in September for payment of your monthly utility charges. You may go to www.ontopoftheworldinfo.com/water for the form or you may also stop by Customer Service for a copy of the form. You will need to bring or mail the signed form with a voided check or deposit slip to On Top of the World Communities, Customer Service, 9850 S.W. 84th Court, Suite 200, Ocala, Fla. 34481.

We will be adding a second day for vehicle decals — Wednesdays from 7:30 to 9:30 a.m. You may also stop by for decals on our

regular day, Fridays, from 10 a.m. to noon. ID badges are issued on Mondays between 10 a.m. and noon.

Our Candler residents have noticed a fence going in between the golf course and residences. This is intended to be a minimum visual barrier marking out of bounds to the golf course and a barrier to golfers from entering the backyard of the residences along the course. In other communities, we have had the unfortunate experience of residents extending their landscape planting beyond their lot boundary and encroaching on the golf course. Likewise, we have had complaints of golfers crossing into an owner's private space.

Due to the heat, please make sure you are running your sprinklers two times per week. The Marion County Water Restrictions state that even addresses are to run on Thursdays and Sundays and odd addresses are to run on Wednesdays and Saturdays between the hours of 4 p.m. and 10 a.m. The drip irrigation zone, which is zone one, should run for no less than one hour and all of the spray zones should run for 20 to 30 minutes twice weekly.

On Top of the World Communities, Inc. has been working diligently to receive approval from the Florida Yards and Neighborhoods Program for Florida Friendly Landscaping, and we have been approved. Florida Yards and Neighborhoods is a program developed by the University of Florida and the Southwest Florida Water Management District designed to recognize individuals and communities that strive for Florida Friendly Landscapes. The program is available at the Marion County Extension Office and can be viewed at www.floridayards.org. Our new models will be decorated with the Florida Yards and Neighborhoods logo to identify them as Florida Friendly Landscapes.

Our first Community Development District (CDD) Class was held at the Candler Hills Community Center. We will be offering another class in the future. The purpose of these classes is to provide information to new residents on the CDD, its purpose and operation, as well as to answer any questions.

July 18 found 70 of our neighbors enjoying a Summer Fling at our community center. This event, hosted by On Top of the World, was fun and all we had to do was show up! Thanks to Debbie Clark and to Phil and the hospitality team for making it a special evening. A special thanks to Lynette Vermillion who stopped in to meet and greet!

On July 23, we kept the fun going at our first annual Ice Cream Social. A great team lead by Cookie Caposello made this a memorable event, which we all want to repeat. We ate, we chatted, we laughed, we listened to music, we ate some more and chatted some more and we laughed a lot. One of the highlights of the evening was meeting 14 new (or soon to be new) residents of our community. I have said this before and I will repeat myself. We have such nice folks moving into our community. Welcome all! It really is exciting.

Now I suggest you check your calendar and schedule the following events. This is very important. Please mark Sept. 5 with a big red star. Sept. 5, from 9 a.m. to 1 p.m., is when the LifeSouth Bloodmobile will be at the Indigo East Community Center to collect the all important gift, which only human beings can make and give to another ... blood.

The bloodmobile will also be at the Health & Recreation Building on Monday, Sept. 4, as usual. Residents of all On Top of the World communities can give on Monday, Sept. 4, when the bloodmobile will be at H&R as usual or if you cannot make it to donate on Monday, please come to Indigo East Community Center on Tuesday, Sept. 5. Just donate!

The bloodmobile will be at the Indigo East Community Center the first Tuesday of

We encourage our residents moving into the community to recycle their cardboard moving boxes. A recycle center is located at the 90th Street post office. The grounds maintenance company will provide one courtesy curbside pick-up for new residents moving into Candler Hills or Indigo East. Boxes must be flattened and stacked into one or more of your cardboard moving boxes. You may e-mail otowservice@otowfl.com or stop by Customer Service to schedule your one-time courtesy pick-up.

Golf cart registration continues at Customer Service in Friendship Commons. We have registered well over 700 carts to date. Please remember to bring proof of liability limits in the amount of \$100,000/\$300,000 and your cart when you come to register. You may want to review your policy to make sure you are covered when driving throughout the community in addition to just to and from the course. The liability insurance protects you. Those residents desiring a handicap sticker for the cart will be required to comply with Section 320.0848, Florida Statutes. You may refer to the following Web site for more information or drop by customer service for a copy of the information: www.hsmv.state.fl.us/forms/handiform.html. We are requiring the Marion County Clerks Office receipt or your license plate receipt noting handicap sticker approved. The cart rules are a revision of the previous rules updated to keep pace with the increased ownership and use of alternative vehicles and to ensure that residents are familiar with safe operation requirements. Please keep in mind that no one under the age of 16 should be operating a cart within our community.

Remember to watch for events on www.ontopoftheworldinfo.com. Here you will find information helpful to you concerning our community. We are creating informational updates for residents to provide information between the monthly newspapers. If you wish to begin receiving these weekly updates, please log-on to www.ontopoftheworldinfo.com/stayinformed. We hope to begin this service in mid-September. ☺

every odd numbered month. Make donating a habit. Thank you.

Our Fall Fest (with Oktoberfest theme) is Sept. 24 at 5 p.m. at our community center. This will be a great event but we have to know if you are coming so we can plan. There will be handmade sausage (no, we are not making it ourselves); sauerkraut (yes, we are making this ourselves); rolls, bread, soft pretzels and potato salad, and the cost is \$7. There will also be liquid refreshment of the German kind. RSVP to me at 861-4564 or indigo8062@earthlink.net. Look for an e-mail with final details.

YOUR HOLIDAY EVENT: Our neighborhood party is Dec. 3 from 6:30 to 9 p.m. at our community center. Cocktails will be followed by a sit down dinner (menu selections chicken piccata, pork tenderloin, blackened or grilled mahi mahi) followed by dancing. The cost is \$25 per person (estimated at this point). Semi-formal attire. Music provided by DJ Larry Ryder. Larry has more than 10,000 tunes so you can request your favorite and be fairly certain he will have it. Join us for a special holiday evening with friends. In planning to proceed we must know if you will be coming.

Please RSVP to Dianne Ryan at 854-8643, diannery2@hotmail.com. Look for e-mails closer to the event with details.

While we are busy at enjoying life, please remember to participate in community by getting informed and vote!

Please let me hear from you if you have suggestions or feedback of any kind.

Have you noticed we are coming into the fall of 2006? Sooner than we think we will be greeting another year. Time moves on, are you having fun yet?

Until next time, remember to enjoy life. This is not a dress rehearsal. ☺



Indigo East

Allie Gore

Voices could be heard coming from every direction. It was clear that everyone wanted to express his or her feelings about it. What is "it," you ask? The heat, of course. The high temperatures, not only in Florida but also across the country, have been the focus of lots of discussion.

These hot Florida days made it an easy choice to make time for inside activities like mah jongg. Several Indigo East ladies are meeting every Wednesday at 2 p.m. in our community center to play this challenging game. If you are interested in playing you are welcome to join us. Just drop in any Wednesday. Mary Ehle is the Mah Jongg Guru who taught some of us this challenging game and we are trying to pass on what we learned to new ladies. The real mah jongg classes, taught by Mary, start Oct. 4. Look for her column in this paper and sign up to learn a great game and incidentally you will meet some very nice ladies.



Democratic Club
Lee Wittmer

The general meeting of the Democratic Club will be held on Tuesday, Sept. 19, in Suites E and F of the Arbor Conference Center. The meeting will commence at 7 p.m. with refreshments at 6:30. Our speaker will be Amy Velez, health educator and planner for the Marion County Health Department. Ms. Velez has conducted numerous edu-

cation programs regarding the West Nile virus, smallpox, seasonal influenza, disaster preparedness and presently Asian flu. She is writing the Pandemic Influenza Response Annex for the Marion County Comprehensive Emergency Management Plan.

Tickets for the barbecue to be held on Tuesday, Oct. 17, will be available. Be sure you pick up some for your friends.

The Democratic Party has been called the Party of the People. From its inception the party has maintained the same commitment to social and economic justice. We have the power to dismiss those in our government that do not do the work of the people.

Abraham Lincoln, writing near the end of the Civil War, cautioned: "As a result of the war, corporations have been enthroned and an era of corruption will follow, and the money power of the country will endeavor to prolong its reign by working upon the prejudices of the people until all wealth is aggregated in a few hands and the Republic is destroyed."

Earlier, Thomas Jefferson had similar concerns: "We must crush in its birth the aristocracy of the moneyed corporations, which dare already to bid defiance to the laws of the country."

Proud to be a Democrat! ☺



Republican Club
Tony Tortora

The August party was a success with several candidates present. Now that you have had an opportunity to meet and talk to some of the candidates, you should be able to decide how to cast your vote. Republicans who have not had that experience can still review the candidate mail-outs or call their campaign offices for information.

At this time, Charlie Crist is far out in front of the other candidates for governor. Crist is a long time fiscal conservative with a record of accomplishing his goals. This is beginning to look like a no-contest race.

In the race for chief financial officer, Tom Lee has released a telephone campaign featuring Governor Jeb Bush's endorsement. Since the governor is compelled to endorse one of three Republicans in a race, certainly we can all make our choices public. Tom Lee is well qualified for the job.

In other races, school board members Sue Mosley and Ron Crawford are being challenged by Republicans. They have both been doing a fine job of setting and enforcing the school district policies.

The judicial races opened in the last day of filing to include 14 candidates for various positions. Scott Wynn in the circuit group 7 and Michael Takac in circuit group 30 are two familiar names to our club who have run in years past.

The race that is getting too much media attention is that of the U.S. Senate. Katherine Harris, representative to the U.S. Congress, former Florida secretary of state and several other state elected jobs, is probably the most recognized name in this race. Congresswoman Harris follows the rule of law and her tenacity to do so gave proof to the results of the presidential election. While she is a strong fiscal conservative and has served the Republican party well, she is also an independent thinker who would not support party decisions that she considered erroneous. Wrestling the Senate seat away from the Democrat incumbent is a formidable task to be sure. It can only be done by a united Republican party supporting the winning primary candidate.

There are several other races that will be decided in the general election in November. Republican incumbents state representative Larry Cretul and county commissioners Randy Harris and Jim Payton are being challenged by the other party but have no primary challenge. School board member Kurt Kelly had no challengers for the non-partisan primary and will serve another four-year term.

Come to the meeting on Sept. 8 to learn more about the candidates who will be in the general election. ☺

Sound & Light Crew
Mary Ehle

The sound and light crew would like to thank the decorating committee for their recent presentation of three lapel mikes. ☺

The decorating committee sponsors a variety show in the spring and they use the money to purchase items from which the entire On Top of the World community can benefit. It is only because the residents support the various attempts that the clubs are able to care out all their works.

Thank you all for your faithful support. ☺

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Why wait? Call TODAY. Ask for Steve: 347-9198



Lions Club
Dianne Lovely

The Lions' Summer Conference went well this year as it was held at the Hilton Hotel here in Ocala. Several of our Lions enjoyed a three-day conference of meetings and food.

Our own On Top of the World Lions Club was asked to perform. Estelle Clark, Diana Rocafort, Diane Melnick, Bonnie Mills and George Engle all performed "I'm Proud To Be An American."

Bob and Diane Melnick just got back from the International Convention held in

Boston this year. Although Bob and Diane forgot to bring me some good seafood, they did say they enjoyed themselves. There were lots of Lions Club votings, pin tradings from around the other states and quite a few speakers from other Lions Clubs. To top it all off, legendary performer Anne Margaret opened the main show they had that Saturday night.

You will see several of us wearing bands around our wrists. These are Paws For Patriots bands. This is a non-profit organization run by the Southeastern Guide Dogs. They place dogs with the 30 or more identified American soldiers who have been blinded during services in Iraq or Afghanistan. The program also offers therapy and companion dog placement to returning and injured soldiers through Southeastern Canine Programs. We have already supplied two dogs this year and hope to do more next year.

Please don't forget to put your old ink jet cartridges, cell phones and eyeglasses in the boxes downstairs in the Health & Recreation Building, in Winn-Dixie and several places here at On Top Of The World. With what we have already collected we have been about to send Kids to Camp this year.

If you are new or old to the community and still do not have an emergency light switch it is time to have one. We even install it for you. Your life or your loved one may depend on it. Just call Jim Miles at 873-1954 and he will be happy to fix you right up with one. Congratulations to Estelle Clark for winning the International Presidents Certificate Of Appreciation Award. This award was given to Estelle by the governor of the Lions Club, Rocky Fowler.

As always if you would like to join the Lions Club, please call Estelle Clark, membership chairman. ☺

German-American Club
Ruth Felschow

This is a reminder that our next meeting will be Sept. 12 at the Arbor Conference Center, Suite G, at 6:30 p.m.

Please be prepared to suggest activities for future meetings. We also will be forming an election committee at that date. We are counting on your help to make this a successful and entertaining year.

The German American Club is open to all interested residents of On Top of the World.

For further information, call Ernie Lieberman at 854-5679. ☺

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Photo by Dave Litke

A village located in the Troodos Mountains in South Cyprus.

International Club
Bill Shampine

Larnaca, Cyprus, has been in the news a lot in recent weeks because many of the people leaving Lebanon during the fighting in the Middle East have gone or been taken to Larnaca, Cyprus. Having spent a lot of time on Cyprus, this author thought you might be interested in learning a bit about this island and its people. Cyprus is a beautiful island with some of the most wonderful and generous people in the world living there; but they are handicapped with a very complex and difficult governing system that has been in place since 1974, and made more confusing in 2004.

Cyprus is the third largest island in the Mediterranean and has a population of about 835,000 (2005). With an area of 3,571 square miles it is about 56 miles wide and 136 miles long at its maximum points. It is located in the eastern part of the Mediterranean Sea with the eastern edge of the island only 47 miles from Turkey and Beirut only 125 miles southwest of Larnaca. The strategic location of Cyprus and the incredibly rich copper deposits have ensured that Cyprus has been a popular place for powerful civilizations throughout history. Occupation can be traced to the Stone Age, and has included the Mycenaens, Greeks, Phoenicians, Egyptians (twice), Persians, Alexander the Great (356 B.C.), Romans (58 B.C.), English (1191), and the Ottoman Empire (1571), that ceded Cyprus to Britain in 1878 in return for British support of the Ottoman Empire in the Russian-Turkish War. Cyprus



Square Dancing
Nancy Clerke

September is upon us and hopefully a little rain and cooler air to go along with it. Whatever the weather, you'll find it pleasant and friendly on the dance floor.

On Top of the World's Square Dancers have continued to kick up their heels throughout the summer months, keeping friendships solid and dance skills exercised. We have a whole plate of activities scheduled for the coming season and invite you to join us for the feast.

Have you danced before? It doesn't matter. Are you curious about what it's like? Well, have you ever watched a drill team performing and thought it might be fun to do that? Square dancing could be compared to a drill team set to music, only more fun and much more relaxed.

This is the only time of year you can come in as an inexperienced dancer and gain the skills to dance with us so take advantage of the opportunity. We're having a free night of square dancing for beginners on Wednesday, Oct. 4, from 6 to 8 p.m. at

finally became independent in 1960 with a complicated joint governance between the majority Greek Cypriots and the minority Turkish Cypriots. In 1974 there was an attempted coup by the Greek Cypriot military resulting in an invasion by Turkey ostensibly to protect the 18 percent Turkish Cypriot minority population. The war resulted in the establishment of the "Green Line," a 60-mile, UN monitored, buffer zone that cuts the island into North Cyprus, about one-third of the land that is populated by Turkish Cypriots, and South Cyprus, about two-thirds of the land that is populated by Greek Cypriots. The Green Line is a pair of barbed wire fences that crosses Cyprus from one end to the other (Morfou to Famagusta). The Green Line bisects the capitol city of Nicosia, the only divided capitol in the world. The Green Line has only one gate, located in Nicosia, where people can go from one community to the other!

Whereas the Republic of Cyprus (Greek Cypriot government in South Cyprus) has been recognized by most of the world community, the Turkish Republic of Northern Cyprus (TRNC) has only been recognized by Turkey. Except for trade with Turkey, the TRNC has suffered under a total embargo from the global community. Cyprus was accepted into the European Union as a full member in May 2004; however, the Acquis communautaire (membership document) applies only to those areas under the control of the Republic of Cyprus (South Cyprus). Prior to 2004, communication and commerce between the north and south were almost non-existent. There were, for example, only four telephone lines between the two communities! Now, there are more telephone lines, and travel between the two communities is possible although rarely does a local from one community overnight in the other community. Tourists, however, travel back and forth relatively freely, although almost certainly you will have to suffer a lecture from the Greek Cypriot Customs staff as you pass through the gate in Nicosia.

In spite of its complex government system, Cyprus is well worth visiting. The people are wonderful, it has magnificent beaches, gorgeous mountains, and abundant, well-preserved historical sites for the history buffs among us. One can even visit the place where Aphrodite, the ancient goddess of beauty and love, was born! Aphro-

dite's Rock is located along the southwestern coast near the town of Paphos. It looks something like the rocky coast of northern California. South Cyprus is more developed in the sense of having more and larger Western-style hotels and shops, but North Cyprus has more Old World charm. North Cyprus in particular still is relatively inexpensive, which is another plus for the weary traveler. A traveler should not have a major problem with language as English is widely spoken; however English is more common in the South than in the North. Of course, if you speak Greek, Turkish, or Arabic, you are in good shape (depending upon where your feet are planted)!

Typically Mediterranean in climate, Cyprus gets very hot in the summer and fairly cool in the winter, but spring and fall are perfect times to visit. Actually there is a ski resort in the South Cyprus portion of the Troodos Mountains, but the snow is thin and unreliable — interesting trivia, but there are much better places to go if you want to ski. Cyprus is culturally rich and has a number of items of potential interest to the traveler. The most famous Cypriot

crafts include handmade Lefkara lace and silver jewelry. The craftsmanship of both is outstanding. As you would expect, food basically is Greek in the South and Turkish/Arab in the North. Paired with local Keo beer in the South or Efis beer in the North or Cypriot wine from either side, you are assured of a fine meal. You also are likely to hear wonderful, uplifting music along with your meal, and if you are so inclined to get up and dance, you may well be joined by other similarly inclined patrons. The people of Cyprus truly love life. In this author's experience, the Cypriots are extraordinarily friendly, kind and generous. Cyprus should go onto your list of places to visit.

The next scheduled meeting of the International Club is Sept. 11. The featured speaker is Sumiko Bridges, who will talk to us about Japan. Sumiko was born and raised in Japan, and she and Richard (her husband) regularly visit her many family members who still live there. You do not have to be a member to attend the meetings, so please join us. Wouldn't you like to learn something about Japan?

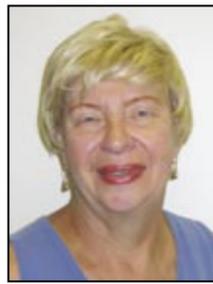
Have a good summer. ☺

contact the coordinator, Toni Lagatutto, at 854-9768. There has been a change of coordinator for the Sept. 9 trip to see "Mame" at the Show Palace Theater in Hudson. The new coordinator is Vi Mahannes. For reservations and information please contact her at 873-3893. We are also continuing to take reservations for the Cypress Gardens tour on Sept. 28 and the Oct. 19 shopping trip to the St. Augustine Outlet Malls. For the Cypress Gardens tour call Pat Hood at 237-8533. The coordinator for the St. Augustine shopping trip is Irene Plow, 873-6274. There is also another trip to see "Menopause, the Musical" on Sept. 8. Contact Audrey Mangan at 854-7074 for information. For those of you who are planning ahead for next year there are still some spaces left on the Bermuda cruise scheduled for April 15 to April 22. Contact Audrey Mangan at 854-7074 for further information. After the summer hiatus, we will welcome back all our members at our first regular meeting of the 2006-07 season. It will be held Sept. 6 at 10:30 a.m. at the Arbor Club. We hope to see all members there. Until then, happy travels. ☺

Save the date and come to see what it's all about. It really helps to bring a partner, but singles often join and some find partners in the class. We tend to be a little short of gentlemen so don't be held back if you're an interested guy. We'll have simple fun instructions to get you dancing that night and serve refreshments to you too. How can you go wrong? Lessons will begin the following Wednesday evening and continue throughout the coming year. Most of you know we now have a dynamite team teaching, calling and cueing for us — the Hanhursts, Don on squares and his wife Loretta on rounds. The club has shown a surge in attendance and strength since they joined our ranks. Our instruction offerings include not only the beginner square dance lessons prior to our weekly club dance Wednesday nights at the Arbor Club, but Phase 3 Round Dance lessons on Fridays, noon to 1:30 p.m., followed on the same day by beginner round dance lessons from 2 to 3:30 p.m., both in the Health & Recreation Ballroom. We will have Intro to Phase 3 Rounds at the Arbor Conference Center, Suites E and F, on Thursdays from 10 a.m. to noon. On Thursday, Sept. 7, Don is resuming his "Dance by Definition" classes for strong Plus Level Square Dancers at the Arbor Conference Center, Suites E and F, from 1 to 3 p.m. In addition to the opportunities above, we've planned a series of very special dances including a first time ever "Beginner's Ball" for our new students, giving them the chance to enjoy an entire evening of dancing geared just to them and called to their expertise level. That dance is scheduled on Dec. 13. There will be at least 10 other special theme affairs for our club dancers between October 2006 and September of 2007, so this will be an exciting season for us. Keep your eyes on this column for further updates. "Yellow Rocks" again. (You have to ask a dancer what that means.) ☺



Photo by Bruce Campbell

The harbor at Kyrenia, Cyprus, located in North Cyprus.

Travel Toppers
Jo Swing

Travel Toppers has an exciting lineup of events for the fall.

Starting Sept. 11, reservations will be taken for the Oct. 31 Halloween trip to Sleuth Mystery Theater in Orlando. The coordinator for the trip is Rose Bambino. She can be reached at 237-1432. On Thanksgiving Day, Nov. 23, Travel Toppers will host a trip to Arabian Nights in Orlando. We will start taking reservations on Sept. 19. Please

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**Using Your Imagination
Overcome Exercise Barriers**

We're going to talk about some imaginative planning for overcoming barriers. Regular physical activity gives you enormous health benefits. But to develop these health benefits, you must take action in almost daily physical activity for the rest of your life.

Does that sound unbelievable? Here's good news: the rest of your life comes one day at a time. Each day brings you opportunities for some kind of physical exercise. Now here's the secret, we need to find or create these opportunities. Sometimes we let our life get in the way of our exercise program. This article will show you how a little creativity on your part will help you turn your exercise desire into healthful physical activity.

Good Intentions

Is your road to health paved with good intentions? We all know that our good intentions are not enough when it comes to our exercise. We need to transform them into daily physical activity. We usually have a good plan when we start and we do follow it for a while. Then obligations compete for the same time, and before long, weeks have elapsed, and it's difficult to get back into the habit of daily exercise. So, renew your plan to your good health. Vision yourself exercising, this will enable you to harness the power of your imagination to help solve the obligations that get in the way of your exercise schedule and to manage the stress in your day.

Focus on the Process

Most of us have very active imaginations. Let's put yours to good use: pick a time during the day when you can spend a few minutes relaxing. Many find that the first thing in the morning is best. Others prefer the end of the day, or some other quiet time. Take a few deep breaths and bring your awareness to the present moment, undistracted by your daily list of "things to do." Focus on your breathing and feel your muscles relax.

Imagine yourself getting to your exercise class, going for a walk, or whatever you have planned for physical activity that day. What will you be doing before exercise time? How will you leave that activity? Try to make the scene as vivid as possible. As you begin to imagine you starting into your activity, try to see problems that may arise. Take a moment to think about these. How can you

ARBOR CLUB FITNESS & AQUATIC SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 a.m. Arbor Club Fitness Room	Aqua & Fitness Orientation Adela Please Call for Appt. 854-8707				
9:15 a.m. Specialty Class* Indoor Pool	Deep Water Aquacise* Adela	Total Core & Body Strength* Adela	Deep Water Aquacise* Adela	Total Core & Body Strength* Adela	Deep Water Aquacise* Adela
10:15 a.m. 2 nd Thurs. of Month A.C Ballroom				Latin Cardio Kitti	
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		Hatha Yoga* Adela		Hatha Yoga* Adela	
11:45 a.m. Arbor Club Walking Pool		Arthritis Aquatic* Class Adela		Arthritis Aquatic* Class Adela	
1:30-2:15 p.m. Specialty Class* Indoor Pool	Shallow Water Exercises* Adela		Shallow Water Exercises* Adela		Shallow Water Exercises* Adela
4:00 p.m. Arbor Club Walking Pool 2 nd & 4 th Mondays of the Month	10,000 Steps (Free)				

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.
"Hatha Yoga" Consists of Yoga postures combined with breathing. This class will increase strength and flexibility. Mat required.
Pilates: Mat exercises using Joseph Pilates fundamentals. This class will train the core and back muscles.
Arthritis Aquatic Class: Specialized aquatic class for individuals with arthritis. Exercises will increase joint range of motion and flexibility. May - September
Arthritis Class: Specialized indoor class for individuals with arthritis. Exercises help individuals increase their joint flexibility and range of motion. September - May
Water Walking: Part of the 10,000 Steps program. Learn how to use the water resistance to make aquatic walking more effective. May - September
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.**

resolve them? Can't go on with your original plan, what are your alternatives? If you were going to an exercise class, ask yourself is there another class available? If walking is your plan, can you walk either earlier or later? Use your imagination to come up with some creative solutions for anything that might arise. If you miss your exercise session that day, plan for your return the next day, or as soon as possible.

How are you feeling when you imagine these scenes? Now you are using your imagination to help you cope with maybe some negative feelings that might weaken your goal to exercise. A part of life is to recognize these feelings and in so doing exercise can help you reduce feelings of anger, frustration and fatigue.

Physical exercise has rewards. Think of these and the reasons you started exercis-

ing in the first place. How about the good feeling you have after exercising. Our health should be a priority because without it, other good commitments will suffer. Once you practice this visual exercise a few times, it may take as little as 10 minutes a day.

Not to worry

OK, don't start worrying or getting stressed out about this visual exercise. This is just a suggestion. Try it and see if it works for you.

Miriam Nelson says, "If exercise were a pill, it would be the best-selling medication the world." She's the director of Tufts University Center for Physical Activity and Nutrition. Twice weekly 45-minute sessions of strength training, she says, can reverse or prevent age-related muscle loss. In six weeks, grocery bags feel lighter, and in six

weeks, arthritis pain may lessen. Women in Nelson's weight-training studies usually drop a dress size or two and gain the confidence to adopt a more active lifestyle.

The big news in aging gracefully doesn't involve drugs or surgery; studies show that an active body and robust social life are the best medicine for seniors. These new insights into the aging process hold out the hope not only of extending life, but also of improving the quality of life for those who survive into old age.

Check the Possibilities activities and try something new. In September the Latin Cardio class will be Latin dances. Give it a try, you won't believe you're exercising and having fun at the same time. Ask someone who has taken the class!

Imagine yourself in Latin Cardio class and I'll see you there! ☺



**Arbor Club
Tennis**
Jorge Privat

Although this has been an unusually hot summer, many of our Arbor Club members have been quite active, participating in our Monday and Wednesday round robins, inter-community matches, USTA league play, team practices, ladies tennis day, and tennis clinics. I commend you all for striving to stay fit and enjoy the sport of tennis at the same time.

We will continue with all these activities, and we are adding a couple more. In October, we will start a men's round robin and a women's round robin, on Tuesdays and Thursdays. Sign-up sheets will be available at the Arbor Club, where you can sign up two weeks in advance. The deadline to sign up for all round robins will be the day before, until 4 p.m. For more information, call the Arbor Club at 854-9753.

Also, in order to bring the cost of tennis instruction more in line with other clubs in the area, the fees, starting Oct. 1. will be as follows:

- One-hour private or semi-private lesson for members: \$30; for non-members: \$36
- Half-hour private or semi-private lesson members: \$17; non-members: \$20
- 1.5 hours tennis clinic (minimum two players), members: \$8; non-members: \$10
- USTA team practices (minimum four

players), per player: \$7

On another subject: with the help of the On Top of the World fitness trainers, we are designing a fitness session for tennis players. This will take place in October at The Arbor Club.

More information on this will be made available soon.

I would like to report that in the last two USTA league meetings between On Top of the World and Citrus Hills we did very well. On Aug. 6, the On Top of the World team won three of the three matches played. And, on Aug. 13, the On Top of the World team won two of the three matches played. Congratulations to all the team members for their effort.

On July 27, our On Top of the World teams represented by Lucy Davis and Pam Haig, Norma Higgins and Rosemarie Hueber, Irene Moran and Bernie Goldhill, and Jerry Dennis and Roger Crittenden, split the honors with our neighbors from Oak Run. We won two matches and lost two. But, we always welcome the friendly competition.

Tennis Tip Of The Month

Since most of the time we play doubles rather than singles, as our age marches on, I will take this opportunity to talk about doubles strategy, particularly for players over 50. Because of limited stamina, astigmatism, reduced coordination, many birthdays and other limitations, playing competitive tennis requires different strategies, in order to keep the game enjoyable.

Using a common sense approach I will begin with:

COURT POSITIONING DURING PLAY: Your partner is serving. Where should you position yourself? Our experience indicates your position should be about two to three feet in front of the service line. This way, to a great degree, you eliminate a successful lob over your head since only a couple of steps back would put you in a good position to reach the ball and make a good return. Just one or two steps forward would place you in excellent volleying position in case a drive is directed at you. Also, this position provides you an additional second to either move to the sideline to cover a down the line shot, or to prepare yourself for a

drive coming directly at you.

Your partner has served. What does he do next? He could follow his serve to the net, but, our experience indicates he should hold his position at the baseline to evaluate the other team's return. If they lob over you successfully, he is still there to cover it, in which case, immediately at the same time, you cross over and retreat to the baseline to prevent another lob over your head. However, if the opponent drives the return to your partner (server), he should drive the ball back and follow it to net, but if their return was too strong, he can wait until a shorter return offers him the opportunity to advance.

The server is good, and his serves are strong and accurate. The server's partner takes advantage of this by poaching.

Your partner is receiving serve. Where should you stand? Experience has shown that a position about five feet in front of the baseline can afford you an extra second to retrieve the ball, in case the opposing net person makes a poach. If you were at the service line or closer, your chances are nil. However, if the poacher decides not to poach, as soon as your partner returns the serve, you advance to the service line or just in front of it and you are in position to cover the net and handle the volley.

Now, let's forget the person at the net as a potential poacher. The server makes an excellent serve, which your partner just manages to return. The other team comes in to blast the easy putaway. By being back you are in a position to get at the attempted putaway. No guarantee, but the odds are more in your favor. Bear in mind that it only takes two or three steps to move in to reach an excellent net position, once the point starts. This is new and strange to most players. If you watch club players on defense, you will see how the partner not receiving serve, almost automatically stands on the service line waiting the start of the point. If asked why, most would not have a reasonable explanation.

There is the question of who should play the forehand side (deuce court) and who should play the backhand side (ad court). Since the center of the court gets most

**Tennis
Association**

**H&R Center Courts
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Saturday & Monday
8-noon: Mixed Doubles

Tuesday & Thursday
8 a.m.-noon: Men's Doubles

Wednesday & Friday
8 a.m.-noon: Ladies' Doubles

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Players Welcome.**

of the action, the player with the stronger backhand should play the deuce court (if right handed). This gives the team the strongest strokes down the middle.

I previously mentioned that when a partner is receiving serve, the other player should stand four or five feet in front of the baseline. If the partner is receiving serve in the deuce court, then, the position in front of the baseline is more toward the left sideline so that a return down the middle can be handled by a forehand. However, if the player is receiving serve in the ad court, the other player's position is more towards the center, this way a return from the opposing players would be to the forehand. Of course, all this assumes that the stronger, more dominant stroke is the forehand. Those with dominant backhands or equally strong strokes on either side, should adjust so as to be able to take the ball on their strongest side.

In the next issue, I will talk about the different strokes, again, from the strategic point of view. Until next time, and enjoy the warm Florida weather. ☺



Photo by Larry Resnick

Adela Anderson, On Top of the World Fitness Director, leads a water exercise class at the outdoor pool at the Arbor Club in August.

Aqua Fitness Offers Exercise Alternative

By ADELA ANDERSON

As we know, strength training is part of a well-rounded fitness program. The American College of Sports and Medicine recommends to strength train two to three days per week. Even though we are retired, our lifestyles can become very busy, therefore, we need to engage in a strength training program that is efficient and effective so we can fit it in our busy schedules. We can turn to free weights, go to the gym or get Howie as your personal trainer, who can help you individualize an effective program for you.

For many, due to physical limitations, it is difficult to engage in traditional land-based strength training programs. For other individuals who want to exercise daily, cross-training is a choice. Aqua fitness is known as one of the best alternatives to strength and cross-train. The water provides a safe environment, reduces compression and supports joints without impact forces on the skeleton.

The water is one of the most versatile and safest resistance equipment you will ever find. You can use your own body against the natural resistance of the water or, you can use numerous kinds of resistance equipment to provide you with a more challenging workout. The basic types of equipment are weighted (traditional dumbbells or ankle weights), drag (own body resistance, fins or webbed gloves), elastic resistance (elastic bands or tubing) and buoyancy (foam-bells). We will discuss the different types of equipment and how they can affect your training session. We will be using the example of a traditional biceps curl (elbow flexion and extension) to help you analyze and understand how the different equipment works. A traditional biceps curl done with weights in the gym will work the biceps muscles concentrically when you bend the elbow and will work the biceps muscles eccentrically when you extend the elbow. A concentric contraction occurs when the muscle shortens and an eccentric contraction occurs when the muscle lengthens. It is interesting to learn that when working in the water, the contractions will change depending on the type of equipment you use:

- **WEIGHTED EQUIPMENT:** You can add weights in the water, similar to lifting on land. Using weights in the water is easier on the joints. The weight equivalent will vary in the water due to buoyancy factors, but due to the water resistance, you will work harder. In a biceps curl, lowering the weight toward the bottom of the pool will be an eccentric contraction of the biceps and when you bend the elbow to move the weight toward the surface of the water, it will be a concentric contraction. Weighted equipment will work just as it would on land.

- **DRAG WITHOUT EQUIPMENT:** If you decide to use your arms and hands, by cupping your hands and by opening or closing the fingers, you can vary the levels of drag

without adding equipment. This is a simple and effective way to train. In a biceps curl, when the arm is lengthened, the triceps will work concentrically, and when the elbow is bent, the biceps will work concentrically.

- **DRAG USING EQUIPMENT:** Drag equipment will cause a greater water flow around the surface of an object. You can use a water fin fastened around the wrist, or webbed gloves. When performing a biceps curl, it will actually work the triceps concentrically when the arm is lengthened at the elbow and the biceps concentrically, when bending the elbow to bring two levers closer together.

- **ELASTIC EQUIPMENT:** You can use rubber bands or tubes. Using this type of equipment will challenge you in the same manner that it would in a strength training class. As the elastic band is stretched, the resistance increases. If you perform the biceps curl anchoring the elastic band under the foot, the biceps will contract concentrically as the elbow flexes and will work eccentrically as the arm lengthens.

- **BUOYANCY EQUIPMENT:** Styrofoam (floatation) dumbbells are considered buoyancy equipment. This type of equipment will change the workload of the opposing muscles. In a biceps curl exercise, using buoyancy equipment you will be working the triceps and not the biceps muscles. If you start with the dumbbells at the surface of the water and pull the bells toward the bottom of the pool, you will be working the triceps muscle concentrically. When you bring the dumbbell to the surface of the water, you will be resisting the buoyancy and working the triceps eccentrically to bring the buoy to the surface.

It is always a good idea to consult an aquatic fitness professional and seek advice when using equipment on your own. Here are some safety issues:

- Make sure you are not gripping the equipment too tight.
- Use proper form, alignment and technique.

- Emphasize to exhale on the exertion.
- Work at your own level, progress when basic exercises can be performed correctly.
- The forces are different in the water. Proper speed should be adapted to prevent unsafe range of motion or hyperextension.

Introduce and add new challenges to your fitness program! Move out of your comfort zone! Come and try one of our shallow or deep water classes! If you need advice on how to properly use equipment in the water or learn more about water programs, please contact Adela at 854-8707. ☎

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Rug & Latch Hook
Yvonne Bednar

Our rug and latch hook group — also known as the “happy hookers” — have gathered throughout the summer to work on our projects for ourselves or to donate. The group has grown over the last several months and there are 18 to 22 who come out on Mondays from 2 to 3 p.m. in the Ceramics Room. It is not a group that quietly sits and counts stitches. We have a lot of laughs and most of the time 20 conversations are going on at the same time.

At present, Carol Toye, Rosalie Grubowski and Vicky Seitz are making beautifully colored lap blankets for the patients at TimberRidge Rehabilitation Center. Most of

the yard used is donated from you, our On Top of the World residents, who have found yarn stuffed away in your homes which you no longer want and have generously given it to the “happy hookers.” Thank you so much. It doesn’t go to waste.

Mary Lou Welsh has finished a prayer shawl in the colors of pink, white and aqua, and this will be donated. Maureen Wolfe has learned to crochet in the past few months and is “on a roll” in making scarves for almost everyone she knows in Rhode Island.

Carol Berta is always making a challenging item. This time it is a Christmas tree apron, which she is crocheting. Ruth Rassmussen loves needlepoint pictures and at present is making an adorable kitty cat picture, which will turn out purrr-fect.

Carol Lopez usually is latch hooking, but has decided to embroider for a change of pace. She is putting the finishing touches on a dresser scarf. Hilda Woodcock has completed a multi-colored baby afghan, as did Kathy Oaks, except hers is a baby blue color for some lucky baby boy.

I have picked up my retired knitting needles of 31 years to make a couple of baby blankets along with booties and newborn caps to match for my first grandbaby. I amaze myself with every knit and purl.

This just gives you an idea of what we do. If you are new or not so new to On Top of the World and would like to see what we are all about, come and visit us on Mondays from 2 to 3 p.m. in the Ceramics Studio, or call Pat Utiss at 861-2831.

Till next month, knit one, purl two. ☎



Southern Club
Jeanne Stanley

My name is Jeanne Stanley. I am president of the Southern Club. There are several ways to become a member:

- Native of any state south of the Mason Dixon Line.
- Lived 15 years in any of the above states.

- Marry a Southerner.
- If all of the above fail, tell a little white lie.

Our first meeting will be the first Thursday of September, Sept. 7. Bring a covered dish and try to get there soon after 5 p.m. You see, we eat our dessert first.

Membership for the year is \$8 per person. No long business meeting, just good southern food, new and old friends to meet, and a little entertainment.

The September entertainment will be great! It is live music Ray Cirino, Jazz Big Band. Anyone wishing to come to hear the live music is welcome. Get to the Health & Recreation Ballroom a little before 7 p.m. We hope to see you at the Southern Club.

If you have any questions, feel free to call 873-3225. ☎



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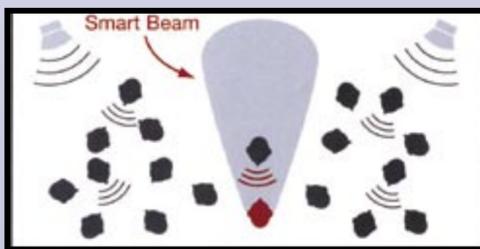
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Fitness Happenings Adela Anderson

The summer months can be long and can be very hot outdoors; however, we are very lucky to have air-conditioned rooms and wonderful outdoor and indoor pool facilities where you can exercise and continue your regular fitness programs. This is a great time of the year to stay active and keep your weight off.

Experience an aerobic class with Mary Pat or Kitti, cool off and stay fit by going to our water yoga or aquatic fitness classes or work on your balance and coordination by participating in Shannon's tai chi classes. Exercise is a way of life and you have many choices to pick and choose from.

Labor Day, Monday, September 4

The gym will be open from 9 a.m. to 6 p.m. All fitness classes will be cancelled.

Your gym

Have you been to the gym lately? Have you found something different about your fitness center? Have you noticed that some of the Cybex machines have been moved around? We asked Howie, our personal trainer, and this is what he had to say: "Yes, some of the machines have moved around. We have moved the machines to give those members who follow the circuit a more efficient and safer exercise routine. There is a method to the madness. Larger muscle groups are exercised first (legs, back, chest) and then the smaller muscle groups (shoulders, biceps and triceps). The shoulder joints must also be properly warmed up before using the pectoral fly machine. Take advantage of using the upgraded circuit to improve your routine." It is important to keep finding better ways to make workouts safer and to reduce injuries. The new arrangement of the Cybex machines makes great sense!

10,000 steps program

The 10,000 steps program is an easy way to manage your weight.

Join us in the Arbor Club walking pool on Mondays, Sept. 11 and 25, at 4 p.m.

We started a 10,000 steps walking program a few years ago at Shalom Park. In December 2001, the U.S. Surgeon General, Dr. David Satcher, issued "The Surgeon General's call to action to Prevent and Decrease Overweight and Obesity." The surgeon general's recommendation for physical activity is to add 30 minutes to each day on top of your regular daily activities. In the normal course of daily events, a person takes from 900 to 3,000 steps a day. For weight management, the ideal is to walk 10,000 steps a day (4 1/2 to 5 miles, depending on your stride). By using a pedometer, clipping it firmly to your hip, you can make it work properly and track the steps or miles you walk during the day. Your goal should be 10,000 steps. If you chose another activity than walking, you can still count the steps.

Many have asked questions about the number of steps per minute for selected activities. Here are some of the most popular:

- Aerobic dance: 197 steps per minute
- Step aerobics: 273
- Badminton: 136
- Bicycling, leisurely: 116
- Bicycling, fast: 364
- Bicycling, stationary (moderate effort): 212
- Bicycling, stationary (vigorous effort): 318
- Ballroom dancing, slow: 91
- Ballroom dancing, fast: 167
- Walking, 3 mph: 100
- Walking 3.5 miles per hour: 115
- Gardening: 121
- Golf: 136
- Walking, 4 miles per hour: 152
- Walking, 5 miles per hour: 242
- House cleaning: 91
- Racquetball: 212
- Shopping: 70
- Square dancing: 136
- Water jogging: 242
- Weight lifting, (moderate effort): 121
- Weight lifting, (vigorous effort): 182

Fitness Testing

Do you want to know what is your body composition, upper body strength, hip to waist ratio, aerobic fitness, blood pressure, heart rate and how flexible you are? Would you like to find out and have a fitness assessment test for free? Then, join us for this very informative lecture: Fitness Testing Lecture by Howie, Tuesday, September 26, 2 p.m., Arbor Club Ballroom.

As of September, fitness testing will be available for anyone that wants to.

Personal Training Sessions

Take 15 percent off in September. As of September, a fitness testing assessment will be included in a 10-session personal training package. Call Howie at 854-8707 and ask him about fitness testing or about individualized fitness programs.

RECREATION CENTER FITNESS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:15 20 Min Aerobics Room	Oxycise Video	Oxycise Video	Oxycise Video	Oxycise Video	Oxycise Video
8:00 60 Min Aerobics Room	Cardio Burn & Firm Mary Pat	Condition and Stretch Fusion Adela	Cardio Burn & Firm Mary Pat	Condition and Stretch Fusion Adela	Cardio Burn & Firm Mary Pat
9:00 60 Min Aerobics Room	Cardio Step & Sculpt Mary Pat	Advanced Tai-Chi* Shannon	Cardio Step & Sculpt Mary Pat	Advanced Tai-Chi* Shannon	Cardio Step & Sculpt Mary Pat
10:15 Aerobics Room		Beginners Tai-Chi* Shannon		Beginners Tai-Chi* Shannon	
10:30 40 Min Ballroom	Power Aerobics Kitti		Power Aerobics Kitti		Power Aerobics Kitti
10:30 40 Min Aerobics Room	Beginners Aerobics Mary Pat		Beginners Aerobics Mary Pat		Beginners Aerobics Mary Pat
11:30 35 Min Aerobics Room	Sit & Be Fit Kitti		Sit & Be Fit Kitti		Sit & Be Fit Kitti
12:00 Gym	Cybex Orientation Howie				Cybex Orientation Howie
12:15 20 Min. Aerobics Room	Oxycise Video	Oxycise Video	Oxycise Video	Oxycise Video	Oxycise Video
4:00 3 rd Tuesday of Month		Aqua Yoga/ Adela			
6:15 20 Min Aerobics Room	Oxycise Video	Oxycise Video	Oxycise Video	Oxycise Video	Oxycise Video

Saturday
12:15 Oxycise (20 Min.) Aerobics Room
10,000 Steps at Sholom Park 2 nd & 4 th Mon. Dec., Jan., Feb., March 4 p.m.

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.

Aqua Yoga: The flowing movements of yoga will help your balance, flexibility, strength and promote Relaxation. (Spring & Summer Months)

Sit & Be Fit: Seated cardio and strength training work using resistive bands and weights.

Cybex 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.

Sunday
12:15 Oxycise
(20 Min.)
Aerobics Room

Light The Night Walk In October

It is that time of the year again! The Leukemia and Lymphoma Society is gearing up for their Light The Night Walk, which will be held in the Ocala Square on Thursday, Oct. 26. The registration will begin at 5:30 p.m. and the walk will start at 7:30 p.m. This is a two-mile evening walk. The walkers carry illuminated balloons to celebrate and commemorate lives touched by blood cancers. Red balloons represent a personal connection to the cause, while white balloons, which will be carried by survivors and patients, symbolize hope.

Last year On Top of the World was well represented at this fundraising event. Join us this year! Let us brighten the future of thousands touched by these dreadful diseases and walk for this worthwhile cause. Meet us at 5 p.m. at the Health & Recreation parking lot. We will be carpooling to the Ocala Square. For more information, please call Adela at 854-8707.

Aqua Yoga

Tuesday, Sept. 19, at 4 p.m. at the H&R outdoor pool.

Yoga At Sholom

It was a beautiful Saturday morning in August. We put down our yoga mats under great shady trees. The sun was shining and its rays were peeking through the thick branches. As we did our asanas, we could hear a choir of birds as we felt a soft breeze brushing our bodies. The music selection was soothing and had sounds of wind chimes and waterfalls. As we practiced postures and breathing, we could see two baby birds contently singing and feeling secure in their nest. We felt as a small part of nature and part of the birds' world. It was a marvelous experience. Take time to focus on the stillness of the moment, hear the birds sing, see the butterflies fly, smell, taste and enjoy the beauty of nature. Join us at Sholom on Saturday, Sept. 2, at 9 a.m.

Healthy Care For Your Back

Eighty percent of the population will have a back problem sometime in their life.

Learn how to strengthen your back, improve your posture, increase flexibility and decrease back problems. Join us by attending:

Healthy Care For Your Back lecture and exercises for the back, Tuesday, Sept. 12, H&R Exercise Room, 3 to 4 p.m. Howie is the instructor.

Incident Reports

If during the weekend, you are at a function or meeting in the Ballroom at the H&R Building and a mishap or an accident should happen, please be so kind to let the gym attendant on duty know so she/he can write an incident/accident report. If the accident happens during hours when the gym is closed, please make sure to notify the H&R office or the gym attendant on duty as soon as you can. Thank you for your cooperation.

Indigo East

- Yoga: Thursdays at 2:30 p.m.
- Water Aerobics: Thursdays at 3:30 p.m.

If you are a new resident and would like some information on our exercise programs or need help to choose the appropriate program that suits your needs, please call Adela at 854-8707. ☎

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K.L.

"I now have confidence! Since coming to Town & Country Physical Therapy, I am steadier on my feet than I have been in years."

M.H.



Ask the Trainer Howie Williams

Fitness Testing and Benefits to You

Fitness testing and assessment has been implemented here, at On Top of the World, for you. There are many benefits of fitness testing. The major use is to establish strengths and weaknesses of an individual and see the areas which need improvement. Testing aids in the design and development of individualized fitness programs. This produces more efficient workouts and quicker results.

Fitness testing also provides a baseline to measure your results and consequent improvements in your health. This is especially important if you are beginning or want to embark on a new training phase. Testing also measures and demonstrates personal progress, which provides a psychological boost and reinforces the client's motivation to stick with an exercise lifestyle. It is extremely motivational to see changes in your body along with measured progress and tends to continue the cycle of improvement and wellness.

The fitness test consists of measures of aerobic fitness, body composition, hip to waist ratio, muscular strength and endurance, flexibility of hamstrings, lower back, and hip flexors, balance testing, resting heart rate and blood pressure.

Now just what does all this tell us? The aerobic fitness test provides information

on how well the heart and lungs are functioning. This is a good indicator of the risk of heart and lung disease and the ability to function in activities, which require movement. Improvement in this area will improve your quality of life, lower your risk of disease, and maybe result in more rounds of golf.

Body composition: How much fat do you have? How much lean body mass do you have? What is your ideal weight? Are you gaining muscle in your training program and losing fat but staying the same weight? These questions can all be answered by having your body composition tested. Your body composition can be tested for free at the lecture on fitness testing Sept. 26 at 2 p.m. at the Arbor Club.

The muscular strength and endurance test gives you an idea if you have lost strength or need to work on that area. Strength training can reverse bone loss and muscle weakness in seniors. As we age we lose lean body mass and it's very important to reverse that process to improve our quality of life. Strength training has also been shown to reduce the pain associated with arthritis.

Hip to waist ratio measures show risk levels for coronary artery disease, diabetes, and hypertension. These measures can be improved by losing fat around the waist.

Flexibility tests measure the range of motion in the major joints. Low flexibility can increase lower back pain and symptoms as well as arthritis. Increased flexibility through a stretching program can improve these problems.

Resting heart rate: This is another in-

dicator of cardiovascular fitness. Resting heart rate can be lowered by aerobic activities such as walking, biking, group classes and swimming. A lower resting heart rate means the heart doesn't have to work as hard to keep the body supplied with oxygen.

Resting blood pressure: This is an indicator on how hard the heart is working and the pressure on the blood vessels. Blood pressure can be lowered by cardiovascular fitness, which serves to reduce the risk of heart attack and stroke. The lowering of blood pressure can also reduce the amount of medication taken and can sometimes eliminate the need for medication.

Balance testing: Balance is the ability to maintain the body's center of mass over its base of support against the forces of gravity and acceleration. How many of you have fallen down? Falls in the elderly (65 and older) account for 40 percent of hospital admissions (Stevens, 1999). Those that have experienced falling, whether injured or not, have an increased fear of future falls and a reduced activity level. Balance training can reduce the risk of falling, increase confidence, fitness levels and quality of life.

The information provided by the fitness test allows you to prioritize your fitness program. It also serves as a baseline to measure future improvement and is a wonderful motivational tool to employ in your fitness program. For more information, call Howie Williams at 854-8707 and attend the fitness testing lecture.

Healthy Back Lecture

Meet Adela and me at the H&R exercise room at 3 p.m. on Tuesday, Sept. 12, for

a lecture and demonstration on how to keep a healthy back. Flexibility tests will be done and everyone will be shown how to strengthen and stretch that stubborn area that can cause grief for anyone. This will be done on an individual basis, based on your back's function and needs.

Fitness Testing Lecture

Come have your body fat and flexibility tested and get some good information to boot. We will go over the fitness testing process, the benefits to you, and any questions you might have. Again, this lecture will be Sept. 26, 2 p.m., at the Arbor Club.

Fitness Trivia of the Month

What exercise burns the most fat from the abdominal area?

- A) Chest press
- B) Treadmill
- C) Abdominal machine
- D) Crunches on the floor

The first three people who get the correct answer to me, by e-mail or in person, will receive a free fitness assessment or personal training session. Your choice!

I would like to thank all the residents for making me feel welcome here at On Top of the World. You have really made it a pleasure to be here. Thank you.

Please feel free to ask any questions regarding wellness and I will quickly answer to the best of my ability. If your question is featured next month, a free personal training session will be awarded. Send questions to E-mail: entertrainer24@yahoo.com

That's it for this month. Keep on moving!

Howie Williams is available for personal training/fitness assessments at 854-8707.



Is It Legal? Gerald Colen

Q. I am 85 years old, in good health and I live alone. My husband died several years ago and we do not have any children. I have some cousins that I wish to leave the bulk of my estate but not everything. My main concern is that I want to make sure that whatever assets I have are used for my complete care so long as I am alive. I even want to avoid being on Medicaid unless all my assets are used up first. Any suggestions?

A. You need to have a good will or maybe even a trust. The will or trust should set forth how you want your assets distributed but should also state in very precise language that you want the assets of your estate used for your comfort and care and

that you do not wish to preserve any for any heirs so long as you are alive. Then, you should also have a well-drafted durable power of attorney that includes similar language in regard to your wishes. It goes without saying, but I am saying it anyway, that you should also have a well-drafted living will and health surrogate designation. You need to decide who you want to be your personal representative, and also the attorney in fact on your durable power of attorney and also your health surrogate designee. These are very important decisions for you to make and you should discuss them with your attorney and seek his or her advice on what may be best for you.

Q. I live in (it's a Northeastern state) and am only a "snow-bird." I have several relatives and quite a few friends to whom I wish to leave something in my will. One of those persons is my attorney who is also a close friend. She has informed me that in (the Northeastern state) I cannot leave her anything because she is my attorney. What are your thoughts on that?

A. I believe your attorney is correct. In most states — maybe all states but I haven't checked — and certainly in Florida, it is not appropriate for an attorney who drafts a will to name herself/himself as a beneficiary. I think you could go to another attorney to draw the will or maybe you could open up a CD and name the attorney as a pay on death beneficiary. BUT ... before you do anything like that, you ought to speak to your attorney and see what she thinks. I'm betting she will thank you for your kind thoughts but will suggest that you don't need to do that at all.

Q. Can a living trust be used by me to protect my assets from creditors or protect them in the event of my divorce?

A. Probably not. I doubt that a living trust provides very much asset protection in the event you get sued. I also don't think it would make much of an impression on a judge in a divorce case. See the next question in this column.

Q. What's the best way to secure my assets in the event I should get a divorce?

A. One way is with a pre-nuptial agreement. A second way is with a post-nuptial agreement. Best way? Well, I'm reminded of some lines from the old Eddie Cantor song: "Makin' Whoopee." "You'd better keep her. You'll find it's cheaper. ..."

Q. I know you are an estate planning or elder law attorney, but what would be

wrong with me just going on the Internet and buying a CD that has estate planning or living trust forms?

A. Well, you know, this is an interesting question and I've actually been expecting it for quite some time. Not only have I been expecting this type of question, but I've looked into some of the printed trust forms and some of the CDs you can buy at local stores or through Internet sales companies. So, for what it's worth, I'll give you my opinion. I think I'm a reasonably intelligent guy. I go to legal seminars on estate planning and I read books about it. I am on two Internet listservs; one with the National Academy of Elder Law Attorneys and one with Academy of Florida Elder Law Attorneys. I get hundreds of e-mails from them and I try to read most every day — that's every day. I am constantly updating the information I have because the law is constantly changing, sometimes it changes for the worst. It costs me a lot of dough to keep myself current — maybe four or five or even six thousand dollars a year, although I really haven't been able to calculate the total cost to me in out of pocket money plus time spent. Now, if I could get all that information for about 20 bucks by purchasing a CD with forms on it, I'd surely consider it. I surely would. And you can take that to the bank! But every single form book I've looked at; and every single CD I looked at (and I bought a few and I would let you have them for free, except that I threw them in the dumper after I studied them) lacks too much as far as my opinion is concerned. I try to look at estate planning as serious business. I think that the size of one's estate is the wrong criterion for deciding whether one should have an attorney prepare an estate plan. I think that everyone should think through what he/she/they want and need and determine for themselves what their specific goals are. Then they should sit down with an experienced elder law or estate planning attorney and get their "house" in order. And by the way, an "experienced" estate planning or elder law attorney does not have to be someone who's been practicing law for many years. It could just as easily be an attorney who's been in practice for a short time; but who's taken the time to get himself or herself educated on estate planning and elder law issues.

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, title insurance, and simple and complex estate planning. This column does not, nor is it intended to, provide legal advice. You should always consult your own attorney for legal advice. Mr. Colen's law office is at 7243 Bryan Dairy Road, Largo, Fla. 33777; (727) 545-8114.



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**Sunday Worship
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Citizens Emergency Response Team
Caroline Scott

A great big thank you to all the residents who attended, and supported, our fund raising dance that was held on July 23. The Health & Recreation Ballroom was nearly full!

Our door prize was a lovely crystal necklace, donated by Lemieux Diamonds, and our 50/50 drawing was seven \$10 prizes.

The music and singing by Roger Bourgault was perfect for this occasion. He sang songs that we all could relate to and dance to.

Again our special thanks to Margaret Orlando, Lolly Foos and Mary Ehle, those hard working women who made this all possible. We certainly couldn't have done this without them.

The "powers that be" keep changing the forecasts for our present hurricane season. Even though they have lowered their estimates of storms, hurricanes and major hurricanes, it certainly doesn't mean that we should ignore the fact that there will be some storms, and some will affect our

area. So to keep it very simple the following should be done by every resident:

- Prepare yourselves
- Prepare your home
- Prepare your vehicle
- Prepare your finances
- Prepare your documents
- Prepare for your pets

Bob Toye, who is one of our very active team members, brought to my attention a column written on April 8 by Jane Brody entitled "Disaster Can Take Only a Second."

It was about guns in the home. She stated "for every child who dies from a gunshot wound, three others are injured, and a quarter of those injuries bring on permanent disabilities."

As grandparents, we may forget how inquisitive young children can be. They can find things in "secret" places where you may have a gun hidden, thinking that they would never find the gun there. But they can and they do.

Some of our residents may have been, or still are, hunters, maybe you are a gun collector or maybe you have brought back a gun from a stint in the service of our country.

No matter the reason for having a gun in your home, please take every precaution you can by locking them in a case or cabinet, or up in your attic, or even have your neighbor store them for you so that any visiting grandchildren are safe. These children are all so very precious to us, and the loss of one would be devastating.

Our next meeting will be Sept. 12 at 9 a.m. in Suites E, F and G of the Arbor Conference Center.

You are all invited to hear Norman Scott, who is an instructor with the Emergency Management Division of the Marion County Sheriff's Department. He will be talking about terrorism, how to recognize terrorist acts and ways to protect yourselves. All residents invited. ☺

a patient within 72 hours.

The next drive is set for Oct. 2. Please mark your calendars now!

Those who registered for the drive in August: John Ashenfelter, Charles Baker, Paul Bakker, Loretta Conroy, Sharon Dean, Michael Driver, John Elfring, Rosalie Fridell, Clayton Hargrove, Billy Jones, Oscar Joseph, Edward Kloozmen, Thomas Lacinski, Beatrice Maxwell, Lorraine McSweeney, Jeanne Nicholls, Donald Pixley, Joyce Pixley, Carole Rao, Joan Rappa, Robert Reed, Margaret Ryerson, Alvin Savage, Patsy Ann Schuck, Ralph Sickler, Florence Soens (10-gallon donor), Kathy Stokes and Jodi Szymanski. ☺

Give Blood on Labor Day

On Top Of The World will have the LifeSouth bloodmobile in the Health & Recreation parking lot on Labor Day, Monday, Sept. 4, from 8 a.m. to 4 p.m. for all the communities of On Top of the World and Indigo East.

More good news: Indigo East will have the LifeSouth bloodmobile at their community center the following day, Sept. 5, Tuesday from 9 a.m. to 1 p.m.

If Monday is not convenient for you, you can donate in Indigo East on Tuesday. If necessary, Indigo East residents can donate at On Top of the World on Monday.

We're working together to support the needs of our community. Remember to bring your photo ID, and you will have your cholesterol screened. If you have any questions visit www.lifesouth.org or call LifeSouth 622-3544. ☺



Bloodmobile
Don Pixley

In August, we had only 22 pints; 28 good citizens volunteered. It is understood many cannot give for health or other reasons, but 60 percent of the nation's population can donate without any difficulty.

Blood Facts

- There is no substitute for blood; it cannot be manufactured.
- Every three seconds an American needs a pint of blood.
- Your one donation can save the lives of up to three of your neighbors
- Only 5 percent of the population donates blood but 60 percent of us will need blood.
- Donating blood is truly about life. It is the most generous gift one can give.
- Your donation is usually transfused to



100 Grandparents
Barbara Greenwood

We have reached that time of year when the children have returned to school. This is happy news for us because that means we too get to return to Romeo Elementary School in Dunnellon. The dates for our visits this school year are: Sept. 21, Oct. 12, Nov. 9, Dec. 14, Jan. 11, Feb. 8, April 12 and May 10. Please mark your calendars.

We will meet at the big tree in the parking lot of the Health & Recreation Center. Be there at 9:15 a.m. As soon as the bus arrives, we will be on our way.

Our ongoing project, "Food 4 Kids" will continue. The food items collected will go to Romeo or Dunnellon schools. There are approximately 500 children in these schools that do not have food to eat on the weekend. Presently, Project Backpack Food 4 Kids is able to provide food for 88 chil-

dren. Our goal is to increase that number and see that more children will benefit. We will be collecting the food at the bus before we board. For residents of On Top of the World community, if you would like to contribute to this very worthwhile project, you may deliver the food to Elliott and Marlyn Barbour's home, 8680-H S.W. 94th St. There will be a tote on their front porch where you may place it.

Suggested food items are breakfast bars and squares, individual sized cereal boxes, Rice Krispie treats, Pop Tarts, cups or cans of pudding*, cups or cans of fruit*, apple sauce, tuna*, ravioli*, SpaghettiO's*, soups*, Vienna Sausage*, Mac & Cheese (boxes), P'Nut Butter crackers or Cheese & Cracker packs, Granola bars, cookie packs, P'Nut Butter+, Jelly+, Non-Perishable Milk or juice boxes. *Pull-top cans (easier to open). + Plastic jars if possible (safer)

If it would be more convenient for someone to pick up your contribution from your home, please call Barbara, 873-2819.

Thank you to all of you who have been clipping the labels from Campbell soup products and General Mills products. If it says "Labels for Education" or "Box Tops for Education" on a can or box you are opening, please clip that label, and when you happen to be going to the H&R building, take the labels with you. In the lobby, under the stairs, there is a replica of a "Red School House" where you may place them.

Through your thoughtfulness in taking the time to do this, you have provided 10 cents per label to the children of Romeo Elementary School. The monies received is placed in a separate fund and used to purchase personal items for students in need.

See you Sept. 21. ☺



View from the Library
Donna O'Neil

Mary Lee finds out that her father has willed her all of his possessions, including the motor court. The will also requests that Mary Lee take care of her mother.

The challenges that face Mary Lee are overwhelming but somehow she finds the strength and courage to change the deplorable situation at the motor court. Her mother, who has taken up with some unsavory people, is very difficult to deal with, to say the least. Mary Lee finds help when Eli, a 13 year old drifter comes along and agrees to stay and work for his room and board. Eli becomes very devoted to Mary Lee.

A long-time friend, Trudy, also comes to her aid. And then there is tall, lean, good looking Jake Ramero who in the beginning seems vaguely familiar to Mary Lee. He has been renting a cabin in the motor court. Jake, who once as a young boy was befriended by Mary Lee's father, now enters her life and becomes a most important part of it. The story has a lot of other interesting characters who add a lot of color and action to it.

As the story continues there are other developments that come into play because Mary Lee's unborn child is due to inherit a large ranch from her deceased husband's father. Someone doesn't want Mary Lee or her child to inherit the ranch.

Mary Lee is very much in danger but from whom? The ending has a very surprising twist to it.

Dorothy Oarlock started her writing career as a newspaper columnist/reporter. She is a national bestselling and award-winning author. She has written more than 38 books. I think you would enjoy any of her books. ☺

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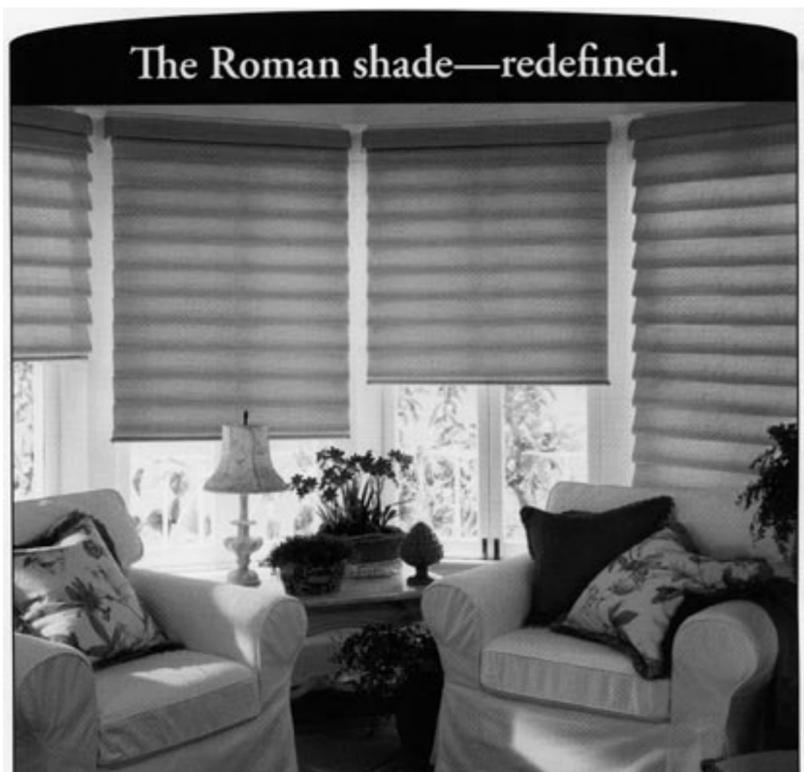
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Activities September

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	BCTS
	Ceramics 9-2p.m.	Art
	Practice Bridge	CR
	No Bus on Mondays	
	Ladies Billiards	PLR
	Dancing Toppers	H&R
9:15	Deep Water Aquacise	AC
9:30	Shuffleboard	CTS
10:00	Tennis Doubles	CTS
	Ladies Billiards	PLR
	I.D. Cards	AC
10:15	Beginner Yoga	AC
10:30	Beginner Aerobics	H&R
	Power Aerobics	H&R
	Water Walk	AC
11:00	Water Walk	AC
	Boccee League	BCTS
	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
	Cybox Orientation	GYM
	Mah Jongg	CC:A
	Mens Golf Group	CR
12:15	Oxycise	H&R
12:30	Bridge	CR
	Northern Lights Mah Jongg	CC:G
	H&R Exercisers	AC
1:00	Bocce League	BCTS
	Computer Lab	H&R
1:15	Int. C/W Line Dance	BR
1:30	Shallow Water	AC
	Shuffleboard	CTS
2:00	Rug/Latch Hooking	Art
	Rummicube	CC:E&F
2:45	Beg. C-W Line Dance	BR
3:15	Bible Class	MR3
5:30	Mah Jongg	CC:A
6:00	Poker	MR3
6:15	Oxycise	H&R
6:30	Bridge	CR
6:30	Euchre II	CC:H
7:00	Wood Shop	WW

1st Week

7:30	Marion Blood Bank (All Even # Months Only)	PL
9:00	Life South Blood (All Odd # Months Only)	PL
	RC Flyers Club	CC: B&C
1:30	D'Clowns	CC: B & C
2:00	Bocce	CC: H
2:30	Readers' Theatre	CC: D
3:30	Comp. Handicap	CC: H
7:00	Sunshine Singers	BR

2nd Week

10:00	Genealogical Society	MR3
2:30	Theatre Group	CC: D
4:00	10,000 Steps (Water Walk)	AC
6:30	International Club	Art

3rd Week

2:30	Readers' Theatre	CC: D
1:30	D'Clowns	CC: B&C
4:00	Billiards Club	Art
7:00	Sunshine Singers	BR

4th Week

10:00	Williamsburg Social Club	ACC-H
3:00	Community Patrol Prog.	CC: B&C
*3:00	Yankees Baseball Game 9/25	TBA
4:00	10,000 Steps (Water Walk)	AC

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
8:30	Women's 18-Hole	GC
	Raquetball	HR CTS
9:00	R.C. Flyers Club	Field
	Tai-Chi (Advanced)	H&R
	Computer Club	CC: B&C
	Hand & Foot Canasta	CR
	Stitch Witches	Art
	Harmonichords	AC
	Woodworking	WW
	Arts & Crafts	BR
	Bus Ocala Run	
	Women's 9-Hole	GC
	Horse Shoe League	CTS
	Miniature Golf	MGC
9:15	Total Core & Body Strength	AC
9:30	Pinochle	MR3
10:15	Tai-Chi Fitness (Beginners)	H&R
10:30	Hatha Yoga	AC
	Horseshoe League	CTS
11:00	Water Walk	AC
	Walleyball	CTS
11:30	Lap Swimming	AC

11:45	Arthritis Aquatic Class	AC
12:00	Lap Swimming	AC
	Men's Poker	MR3
	Mah Jongg	CC:A
12:15	Oxycise	H&R
12:30	Bridge	CR
1:00	Singin' Swingin	CC: D
	Mah Jongg	CC: A
	Badminton (Racquetball Cts)	H&R
	Shuffleboard	CTS
1:30	The New Pretenders	HR
5:30	Mah Jongg	CC:A
	Miniature Golf	MGC
5:45	Mah Jongg	CC: B
6:00	Pinochle	MR3 & Art
6:15	Oxycise	H&R
6:30	Duplicate Bridge	CR
	Mah Jongg	CC: G
	Pattern Dancing	BR
	Table Tennis	HR
7:00	Mixed Poker	CC: H
	Pattern Dancing	BR

1st Week

8:00	Men's 9 Hole Golf	PR.
*1:00	Getting the Information You Want Google It 9/5	CLC
1:30	Culinary: Vegetables 9/5	BR
3:00	Great Lakes Club	BR

2nd Week

8:00	Lions Club	Pub
9:00	Citizens Emer.	CC: E,F&G
	Response Team	
12:00	Ham Radio Club	CC: F
*1:00	I-Tunes: Managing Your Music 9/12	CLC
1:30	Visually Impaired Support Group	CC: H
2:00	Book Club: "Marker" 9/12	CCC
3:00	Nutrition Discussion	CC: B&C
3:30	Alpha Investment	Art
6:30	German Club	CC: E,F&G

3rd Week

1:30	Unique Birders	CC: H
3:00	NY/NJ Club	BR
4:00	Aqua Yoga	HRP
7:00	Democratic Club	CC: E&F

4th Week

8:00	Lions Club	Pub
*8:00	Hard Rock Casino Trip 9/26	TBA
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
	Men's 18 Hole	Golf
9:00	Cardio Step & Sculpt	H&R
	Computer Lab	H&R
	R.C. Flyers Club	Field
	Pan Club	CC: D
	Woodworking	WW
	Bus Ocala Run	
	Ceramics 9-2:30p.m.	Art
9:15	Deep Water Aquacise	AC
9:30	Pinochle	MR3
	Crafty Ladies	CR
	Billiards 101	PI RM

10:15	Mat Pilates	AC
10:30	Beginner Aerobics	H&R
	Power Aerobic	H&R
11:30	Sit & Be Fit	H&R
	Tai Chi Practice	AC
	Lap Swimming	AC
	Ladies Poker	MR3
12:00	Oxycise	H&R
12:15	Mah Jongg	CC:A
12:30	Bridge	CR
	Japanese Emb	CC: C
	H&R Exercisers	AC
	Mah Jongg	CC: A
1:00	Shuffleboard	CTS
	Bocce League	BCTS
1:30	Shallow Water Exercises	AC
3:00	Dance Committee	CC: B&C
4:00	Softball Practice	SBF
5:30	Square Dance Class	AC
	Bingo	BR
6:00	Poker	MR3
6:15	Oxycise	H&R
6:30	Duplicate Bridge	CR
	Pickleball	CTS
7:00	Poker	MR3
	Square Dancing	AC

1st Week

10:30	Travel Toppers	CC: A
1:30	Stamp Club	Bank PAB
3:00	Italian/Amer Club	BR
*1:00	CPR 9/6	CC: G
*6:30	Swarovski Crystal Bracelet 9/6	CC: D

2nd Week

1:00	Why Stuff Happens 9/13	CC: G
2:00	Native Plants	CC: H
2:30	Open Classroom	CCC
*2:30	Open Classroom 9/13	CCC
3:00	Pennsylvania Club	CC: E

3rd Week

1:30	Stamp Club	Bank PAB
*3:00	A Horse Course 9/20	CC-B&C
6:00	Fla. Lawn & Gardens 9/20	CC-B&C

Thursday

7:00	Lap Swimming	AC
7:15	Oxycise	H&R
8:00	Condition & Stretch	H&R
	Men's Tennis	CTS
	Clogging	BR
8:30	Racquetball	HR CTS
9:00	Woodcarving	Art-B
	Art League	Art-A
	Computer Club	CC: B&C
	R.C. Flyers Club	Field
	Round Dance Classes	CC: E&F
	Hand & Foot Canasta	CR
	Tai-Chi (Advanced)	HR
	Bus Ocala Run	
	Miniature Golf	MGC
9:15	Total Core & Body Strength	AC
9:30	Shuffleboard	CTS
10:00	Round Dance Class	CC: E&F
10:15	Tai-Chi Fitness (Beginners)	H&R
10:30	Hatha Yoga	AC
	Water Walk	AC
11:00	Walleyball	CTS
	Water Walk	AC
11:30	Lap Swimming	AC
11:45	Arthritis Aquatic	AC
12:00	Lap Swimming	AC
	Advanced Square Dancers	CC: E&F
	Mah Jongg	CC: A
	Oxycise	H&R
12:15	Sewing Bees	Art
12:30	Theatre Group	BR
	Mah Jongg	CC: A
12:45	Bridge	CR
1:00	I Got It Card Game	MR3
	Bocce League	BCTS
	Ten Pen	CTS
	Square Dancing DBD	CC: E&F
2:30	Jazz Club	CC: D
3:00	The New Pretenders	HR
4:00	Bus Grocery Run	
5:30	Mah Jongg	CC: A
	Card Game	CC: B
	Miniature Golf	MGC
6:00	Sequence Game	Art
	Poker	MR3
6:15	Oxycise	H&R
6:30	Bridge	CR
7:00	Pickleball	CTS
	Poker	MR3
	Mixed Poker	CC: H

1st Week

10:00	NY/NJ Board Meeting	CC-H
12:30	Rubber Stamping Cards	CC-D
1:00	Bunko Dice Game	MR3
	Opera Appreciation	CC-C
5:30	Southern Club	BR
*1:00	First Aid 9/7	CC: G

2nd Week

11:00	Entomology - The Science of Bugs	CC: G
1:00	Introduction to the Appleton Museum 9/14	CCC
1:30	Singles Club	CC: G&H
2:00	NARFE Chapter 2279	CH
7:00	Karaoke Night	CC: E,F&G

3rd Week

9:00	Hand & Foot Canasta	CR
9:30	The Peaceful Paths of Shalom Park 9/21	ICC
12:30	Rubber Stamping Card	CC-D
1:00	Bunka Dice Game	MR3
	S.P.C.A.	CC-H
1:30	Orchid Club	CC: G

Friday

7:00	Lap Swimming	AC
7:15	Oxycise	H&R
8:00	Cardio Burn & Firm	H&R
	Ladies Tennis	CTS
8:10	Water Walk	AC
8:30	Dancing Toppers	H&R
9:00	Cardio Step & Sculpt	H&R
	Computer Lab	H&R
	Woodworking	WW
	R.C. Flyers Club	Field
	Dominoes	MR3

	Bocce League	BCTS
	Bus Ocala Run	
9:15	Deep Water Aquacise	AC
9:30	Shuffleboard	CTS
10:00	Decals	AC
	Racquetball	H&R CTS
10:30	Beginner Aerobics	H&R
	Power Aerobic	H&R
	Water Walk	AC
11:00	Bocce League	BCTS
	Water Walk	AC
11:30	Sit & Be Fit	H&R
	Tai Chi Practice	AC
	Lap Swimming	AC
12:00	Round Dance Class	H&R
	Ladies Poker	MR3
	CYBEX Orientation	GYM
	Circle Square	H&R
	Mah Jongg	CC:A
	Mens Golf Group	CR
12:15	Oxycise	H&R
12:30	H&R Exercisers	AC
	Mah Jongg	CC: A
1:00	Table Tennis	H&R
	Canasta the Old Fashioned Way	CR
1:30	Shallow Water Exercises	AC
2:00	Fun In The Water	AC
2:15	Square Dancing	H&R BR
5:00	Happy Hour	AC
6:00	Cribbage	Art
6:15	Oxycise	H&R
	Nickel Nickel	MR3
6:30	Advanced Bridge	CR
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

*8:00	Hard Rock Casino Trip 9/15	TBA
2:00	Blackjack Poker	CC: E

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&C
	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
	China Painters	Art
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

7:00	Northern Lights	CC: B&C
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3rd Week

2:00	Pickleball	CTS
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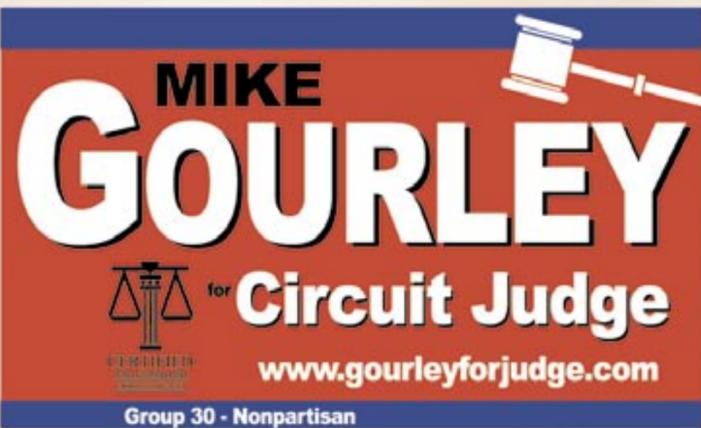
Sunday

9:00	Racquetball	HR CTS
	Miniature Golf	MGC
12:00	Mah Jongg	CC:A
12:15	Oxycise	H&R
1:00	China Painters	Art
5:30	Mah Jongg	CC:A
	Miniature Golf	MGC
6:30	Pickleball	CTS
7:00	Mixed Poker	CC: H

1st Week



Mike Gourley is the one!



What distinguishes Mike Gourley from his opponent is experience and qualifications. He graduated from The University of Florida, one of the top 20 public law schools in the country; he has considerably more courtroom experience than any other candidate for Circuit Judge in this Circuit; and he is certified by the Florida Bar in Criminal Trial Law. Certification in an area of law by The Florida Bar is the highest level of recognition of the competency and experience in the area of law approved for certification by the Supreme Court of Florida. Of the 983 current judges in Florida (including the Supreme Court of Florida and the Appellate Courts) only nine are Board Certified in Criminal Trial Law.

Political Advertisement paid for and approved by the Campaign to elect Mike Gourley for Circuit Court Judge, Group 30. Non-Partisan.

Legal Experience:

Attorney 18+ years
 Board certified in Criminal Trial Law since 1995
 1988-2001 Public Defender's Office
 2001-2006 Ferro & Gourley, P.A.
 Admitted to the Florida Bar — 1988
 Member: Marion County Association of Criminal Defense Lawyers

Civic Involvement:

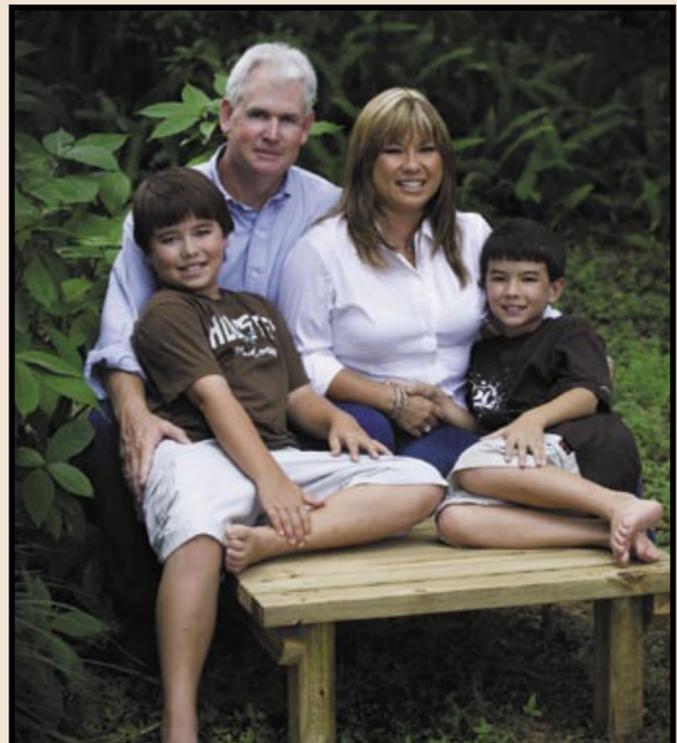
Marion Dunn Mason
 Ocala Shrine Club
 Volunteer Altrusa — Read-In
 Volunteer Project Graduation
 Volunteer Leadership Ocala
 Volunteer Ocala Shrine Club Rodeo
 Volunteer Red & White Charity Auction
 Youth Basketball Coach — Blessed Trinity
 Multiple Kingfish Tournament Winner

Education:

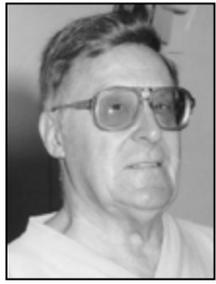
University of Florida, BA Degree — 1994
 University of Florida, Law Degree — 1987

Personal:

Married to Chrissy 12 years, 2 children: Joshua Michael (11), Sean Joseph (8)



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Friendship Amateur Radio
Ed Brendle

The Friendship Amateur Radio Club held its monthly meeting on Aug. 14 with Ken Simpson, W8EK, presiding.

An antennae construction project took place. In the prior month, all 2M and several models were constructed within groups. These were tested for continuity and resonance with metering equipment. This is considered a "tuning" procedure. This antennae will provide the necessary transmission and reception during any disaster, which may require vital communications.

Glen Lucas, W1GFX, assumed the treasurer's position, which was held by Jim Hatfield, W3FJF, since the club's inception. Thanks was given to Jim for his long and loyal service.

The next meeting is scheduled for Sept. 11. 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 at the West State Road 200 Sheriff's Auxiliary Station the second Monday of each month. 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.

The FARC's Club Call is N4FRC. For more information, call Ed Brendle, KA1INC, at 873-4354.



Genealogical Society
Helen Grollmusz

We find that the members of On Top of the World Genealogical Society have many interests. When Carol Kameswaran recently told me about this new club, I wrote to the president, Norma Hoehndorf.

Mrs. Hoehndorf was kind enough to send me the following information:

The Timucua Chapter was chartered in January 2006 (we're brand new!) with 22 members and I am the president. Membership eligibility states that: "Any American woman, ... 18 years of age or over, is eligible for membership, provided she has been invited by the society and is the lineal descendant of an ancestor who lived and served prior to 1701 in one of the original colonies in the geographic area of the present United States of America."

I want you to have as much information as possible; therefore, here are the objects of the society, quoted:

- To aid in the preservation of the records and of the historic sites of our country;
- To foster interest in historical colonial research;
- To aid in the education of the youth of our country;
- To commemorate the noble and heroic deeds of our ancestors, the founders of our great republic;
- To maintain, zealously, those high principles of virtue, courage and patriotism which led to the independence of the colonies and the foundations and establishment of the United States of America;
- To maintain a Library of Heraldry and preserve the lineage and Coat-of-Arms of our Armorial ancestors;
- To develop a library specializing in the 17th century American colonial data.

I have personally found it to be a very interesting organization. So far we have three committees doing research and these are the Heraldry Committee, the Historic Site Marking Committee and the Veterans Service Committee. The Historic Site Marking Committee has researched our immediate area and has tentatively selected the 1880s Train Depot Station in Lady Lake as the first item to be marked.

With the addition of new members from outside our area, we'll have a really bigger source from which to choose and that's pretty exciting.

The Veterans Service Committee has started a new project that has not been done before by any other Colonial Dames chapter in Florida or any other state as the National Chairman (from Florida) has told me. And, that is to collect the names of World War II veterans for the "Registry of Remembrance" which is affiliated with the World War II Memorial in Washington, D.C., and can be accessed via any computer.

Most names come from the obits in The Villages' daily paper and the Orlando paper. Also, everyone is asked for their relatives' names to add to the registry as it's not just for those who have died. This is something you could initiate at On Top of the World if you wanted to because around 1,000 vets each day pass away and I feel it's important that each of them, if possible, should be on this permanent list. All one has to do is go to www.wwiimemorial.com to get started.

I could go on and on about this lovely organization but I really must stop. Oh, one more thing of interest. The national president of the National Society Colonial Dames XVII Century is from Brooksville, Fla., and her name is Ruth Hemmingway. The following is interesting but of a different nature.

On Top of the World recently published "Served With Honor," with memories of our residents sharing their experiences in service in World War II. Further information not limited to On Top of the World veterans will be gained by going to the above wwiimemorial Web site.

On the third Saturday of each month, the Computer Club has a SIG (Special Interest Group) program.

On Top of the World Genealogical Society usually has a Family Tree Maker program at this time.

However in September we will have a presentation by Heritage Makers. To view their Web site, go to www.HardboundHeritage.com and take a look at their "Browse Project Gallery" to see some examples of books that others have done. You can actually compose the book online. This is not limited to genealogy.

Since this is new to me too, I'm looking forward to this presentation.

Please e-mail me, Helen Grollmusz, at handlova2@aol.com. Thank you.



D'Clowns
Paula Magen

Can you believe it ... it's September already. Hopefully we'll welcome more rain

and more comfortable weather. Happily, the kids are back in school.

D'Clowns continue to enjoy the folks at Summerville assisted living residence where you can find us the first Wednesday of every month. Our hour-long show of songs, skits, magic, jokes and antics are very much appreciated and we love being there. Getting participation from the memory support unit residents has increased making us happy.

We still continue to appear at Timber-Ridge Nursing Home's exercise class and follow the routine while adding our own funny antics. This brings smiles and laughter. Then we visit the room of each patient who is unable to leave his or her bed.

At the end of August we were invited to the Appleton Museum to celebrate the Homecoming of the Elephants. These sculptures were in the water ponds in front of the museum and had been removed for renovation. Now they are back. D'Clowns will be making elephant balloons and doing

elephant stamping and face painting. We anticipate many children.

In September, D'Clowns will be at family day for the military police. We have patriotic tattoos for just such an occasion. There will also be face painting. We are happy to be involved with this group who will be deployed in the near future.

Welcome back to clowns Linda and Jerry Chase. We hope they will be joining our group as soon as they have had a much-needed rest. Some other of our clowns are still away. Another is off to Michigan anticipating the arrival of a grandbaby. Stan and I visited our young grandsons in North Carolina and celebrated Tyler's fourth birthday in August.

We are a fun group who welcome you to our meetings. Join us on the first and third Monday of each month in Suites B and C in the Arbor Conference Center at 1:30 p.m. We'll be happy to teach you all about clowning and you'll be hooked! Questions? Paula 873-3433.



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Top-It



Native Plant Club
Ron Broman

Remember the story of Beauty and the Beast? One of these days you may hear about the beast; but right now it's Beauty time.

Hibiscus comes in nearly 250 species worldwide. Most, but not all, occur in Asia, Africa and the Americas in the tropical belt around the earth's midsection.

According to one source, there are 13 species of hibiscus in Florida.

We may think of Florida as tropical, especially in these hot muggy days; but even South Florida is considered sub-tropical. (As the earth warms that may indeed change).

Scarlet Hibiscus, *Hibiscus coccineus*, one of the 13 thriving along river banks, swamps and marshes of southeastern U.S., is native to our area. Scarlet Rose Mallow, as it is sometimes is called, or "the Great Red Hibiscus," is a perennial, reaching up to six to eight feet tall.

I am wont to wander in my research, as you may have guessed, following tributaries when others stick to the main stream, so ...

According to Ann Leighton, author of the classic *American Gardens in the 18th Century*, "For Use or For Delight," *Hibiscus coccineus* (Crimson Mallow as it was then called) is "hardy" as far north as Philadelphia. She stated that it was cultivated by George Washington at Mount Vernon. As a result of this notoriety it "was adopted as an ornamental in American gardens by the end of the century ..."

At that time growing ornamental flowers was considered "most suitable for the health and exercise of the retired, the teaching of neatness, order and the values of labor to the young, and the cultivation of neatness, mildness, virtuousness, and correct taste in young ladies."

Most of the flowering plants of that day, however, were "grown in pots and tubs rather than in open gardens, fostering a preference for small, short-stemmed flowers ..."



Photo by Ron Broman

'Big Red' entices a ruby-throated hummingbird in Ron's garden (but the bird was too fast to get a clear picture of it).

Enter Robert Buist. And who, you may ask, was Robert Buist? (Thought you'd never ask). He and Thomas Hibbert co-authored one of the earliest American floriculture books, *The American Flower Garden Dictionary*, in 1832.

Buist recommended the Great Red Hibiscus, perhaps reversing the trend toward growing small plants. By the way, Buist also deserves the credit for renaming the Mexican plant (discovered by Joel Roberts Poinsett), (you guessed it), the poinsettia; and popularizing it throughout America. "The Buist Seed Company became the most successful in America during the 1840's and '50s largely because of the poinsettia."

Now back to the Scarlet Hibiscus, which, by the way, looks a lot like the poinsettia, but even more like the hollyhock.

Each blossom lasts only a day, but new ones continue to open through the summer and fall. Full sun and moist, neutral soil is the "preferred" habitat. Since it occurs naturally in swamps, marshes and ditches, tolerating flooding is no problem. In dry areas and in periods of drought "Great Red" needs to be watered in order to bloom.

Growing hibiscus *coccineus* by seed can be very rewarding. When the pods that form after the blossoms drop are turning brown and dry and beginning to break open, collect the seeds. Puncture the seeds with a needle or scrape them with a file to scarify. Wait until the last frost has passed. Put them in soil as deep as they are wide, preferably in pots. Keep them moist and stand back!

After they have reached a foot or so tall transplant them into the garden in groups of three or five or more. (I like odd numbers). They won't blossom the first year and will die back during the winter. But watch out next year!

If you haven't had butterflies or hummingbirds in your garden before, you're in for a treat! It's Beauty time.

As I've been saying the last two months, a brand new Native Plant Club year begins Wednesday, Sept. 13, at 1:45 p.m. in the Arbor Conference Center.

Guda and Dave Taylor of Taylor Gardens Nursery will share the wonders of growing native in North/Central Florida. We'll have a plant raffle and find out how sweet it is to Grow Native! 🌱



Birders' Beat
Jane Callender

It's meeting time again! The Unique Birders will meet Tuesday, Sept. 19, at 1:30 p.m. in Suite H of the Arbor Club Conference Center.

The short program will be "Birders' Idiosyncrasies," followed by a discussion of "What We Did All Summer." Plans will also be announced concerning our Sept. 28 field trip.

Interested in birds — or want to learn more about our Florida birds? Please join us on the 19th. For further information please call Roberta Campbell at 854-4814, or me, at 861-2983. 🐦



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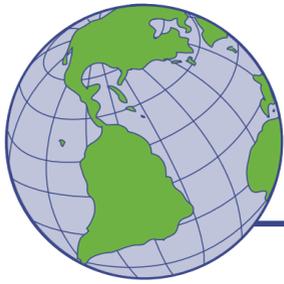
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Section 2

Vol. 20, No. 3 • September 2006



Photo by Robert Krames

Shannon Prince leads a tai chi class in the aerobics room of the Health & Recreation Building. She teaches a beginners tai chi class at 10:15 a.m. Tuesdays.

Tai Chi Benefits Body and Mind

By MARY PAT GIFFIN

"I have too much energy. It's too slow. It doesn't look like they're doing much of anything. I need more vigorous exercise." These are common misconceptions of people who have only tried tai chi a couple of times or simply watched practitioners, perform the slow deliberate movements and breathing patterns.

Tai chi is designed to exercise body, mind and spirit. In China, it has been practiced for more than 600 years. As participants move through tai chi postures, they are gently working muscles, focusing concentration, and according to Chinese philosophy, improving the flow of "qi," the vital energy that sustains health and calms the mind. (Qi is pronounced "chee" and is often spelled "chi.")

Shannon Prince, who has been teaching tai chi for more than nine years, teaches an advanced and beginners' class at On Top of the World. She admits that, "it looks easy but there are many elements and components to this moving meditation. It's difficult. You see where your balance and coordination is off but you can mend it."

Improved balance and coordination are just two of the many benefits of practicing tai chi. Shannon finds it relieves stress, helps her sleep, as well as enhances her concentration and focus.

"I cut my blood pressure pill in half, even with all the stress in my life," said Linda Hein, who also credits tai chi for sleeping better at night.

Verna Wilson does it for relaxation. She finds it tones her body, helps with balance and taught her to breathe properly. She ap-

plauds Shannon's patience and thoroughness in fine-tuning the parts.

Proper breathing is a tricky technique. Try it. As you inhale, your stomach expands like a balloon. "You're supposed to see a Buddha belly," said Barbara McArdle, who practices in the mirror nude.

While it may not look like much, says Verna, "the body is movement at all times."

"I go to a physical therapist for my spine and I've become more flexible since taking tai chi," said Tonette Stabbs, who finds it a beautiful, serene experience.

Although Shannon encourages her class to practice these moves at home, only a few do. Bob Ferguson and his neighbor Carol Smith are two of them.

"We mirror one another. The slower you move the better you get because your muscles are always tight," said Bob, whose wife noticed that his posture has improved since taking tai chi.

Shannon knows people who have quit using their asthma inhaler, reduced their insulin and stopped taking Xanax (an anti-depressant) because tai chi "puts the ease back into your body, taking the disease out."

These are testimonials from On Top of the World participants, but authorities support their claims. Spine-Health.com, for example, recognizes tai chi as a way to relieve and manage back and neck pain. Arthritis Today wrote that it's therapy, a preventive measure and a remedy for almost every ailment, including arthritis. And, British scientists found that of 126 heart attack patients tested, those who practiced tai chi significantly reduced blood pressure.

Vocalist and Comedian Open Entertainment Group Show Series

The Entertainment Group opens its 2006-07 Show Series on Saturday, Sept. 30, at 7:30 p.m. featuring a twin-bill.

Opening the show is the very talented vocalist Jeanne Alexis. Like so many of the real pros in the business you may have seen her on a Carnival Cruise ship or on the Norwegian lines.

The second half of this twin-bill is comedian David Glickman. With a portable 23-inch keyboard slung over his shoulders, Glickman presents a comedy show the audience will not soon forget. Combining comedy with music, his show is unlike any show presented at On Top of the World.

Tickets go on sale Monday, Sept. 4, in the Health & Recreation Ballroom from 8:30 to 10 a.m. and every Monday, Wednesday and Friday thereafter. Ticket prices are \$5 general admission and \$7 reserved.

As usual, four tickets per purchase and they are for On Top of the World residents and their house guests. A reminder: no tickets will be sold at the door the night of the show.

Of note, this is the most expensive Show Series the group has contracted for and without a doubt the most varied entertainment to appear on the On Top of the World stage.



Photo by Larry Resnick

Woodstock Revisited

Two residents go back in time during the Woodstock Revisited Happy Hour at the Arbor Club on August 18.



J.B. Scott's Swingin' All Stars



Bill Allred's Classic Jazz Band



The Kingdom of the Sun Concert Band

Photo by Dennis Phillips

Big Band, Dixie and Country Join Bandstand Showcase 2006-07 Lineup

Your schedule for good music during the upcoming 2006-07 season has the potential of being one of the best ever. We have contracted with six very exciting groups, and we will have some interesting new sound combinations that you will be delighted to hear. Before I get into the details, I need to update you on the results of the audience survey we took last April.

One might think that sorting out the votes would be difficult when everyone was asked to pick their first, second and third choices among various music styles, and we did get a few surprises.

Predictably, however, "Big Band" came out with about twice as many votes as any other category. "Traditional Jazz," "Dixieland" and "Country" all shared second place about equally.

I weighted the choices several different ways, but came out nearly the same regardless of the method used! The big surprise was of course the "Country Music" preference, since we had never before scheduled a country band. That will change this season as you will note below.

Here are the dates: Oct. 15, Nov. 19, Dec. 17, Jan. 20, March 4 and April 15. The Saturday, Jan. 20, concert will begin at 7:30 p.m. All the other concerts will be on Sunday afternoons at 2:30 p.m.

Here's the lineup:

Oct. 15 will bring us Johnny Varro and his "Swing Seven" orchestra with vocalist Micky Carrol. Johnny is a very accomplished pianist who has played and recorded in New

York, Los Angeles, Miami and many other places worldwide. He is in great demand for jazz festivals and tours throughout the U.S. and Europe. He came here two years ago with his Dixieland band and impressed us all. This time he will feature his big band format.

Tickets for the Oct. 15 concert are \$5 general admission and \$7 for reserved seating, and will be available to On Top of the World residents and their guests on Mondays, Wednesdays and Fridays from 8:30 to 10 a.m. beginning Sept. 18 in the H&R Ballroom.

On Nov. 19, we will break into the country music scene with The Silver Star Country Western Band. Many of you have heard this group play at dances here and may have heard their concerts at The Villages. They are excellent musicians and very entertaining. (As always, dancing in the aisles will be encouraged ... and I think we may get a few more takers this time.)

Dec. 17 will be a Christmas concert by The Kingdom of the Sun Concert Band with Les Muncaster conducting. This will be our "community-based" concert and will be free to all residents.

On Jan. 20, a Saturday night, you will hear more big band music presented by Bill Allred's Classic Jazz Band. I think a Saturday concert is a first for Bandstand Showcase, but it was literally the only open date we could get with this highly popular group.

J.B. Scott's Swingin' All Stars will be here on the 4th of March, featuring Lisa Kelly doing vocals and J.B. Scott

on trumpet and vocals, along with the fabulous trombone playing of Dave Steinmeyer. You heard some of them last year at our very successful "Sophisticated Swing" orchestra concert. They are equally entertaining in their Dixieland style.

Wrapping it up on April 15, you will hear the ever popular clarinetist Allan Vaché with his quintet playing traditional jazz. Davey Jones will be featured on trumpet and Jeff Phillips on piano.

That's it! Did you notice that the distribution of musical styles is right in line with the survey results?

Please watch for this column during the season as I provide you details about each event. Periodic reminders will also appear in the *South Marion Citizen*. We hope to see you at the concerts.

Dean Gilchrist is chairman of Bandstand Showcase and can be reached by e-mail at deanotow1@earthlink.net or by phone at 854-1440.



Bandstand Showcase Dean Gilchrist



**Director
of Golf**
Jeff McDonald

On Top of the World

I hope that it cools down soon! It has been a long hot summer it seems. Please drink lots of fluids and avoid over heating.

Finally, we can see the golf shop coming together. Nick has done a great job and has been a big help. I also thank all you for not giving up on us.

Andy and his staff have been fighting the ba-hey-ya grass all summer. Andy and I have agreed that from the middle of the fairway out 40 yards to each side we want the grass manageable. We need a couple of pieces of equipment that will afford the

staff to mow a hole and return to the hole in a more timely fashion. We do know how frustrated you have been this summer and we intend to solve our problem before we get here next summer.

I am now hoping that when you read this column that the driving range is almost ready for you to hit balls and practice your short game. Sally, Nick and myself are looking forward to teaching at On Top of the World soon. We are going to have only one ball machine now. So everyone will get tokens in the golf shop. We will also have new range balls. The back of the tee will now have a row of mats for your convenience. When the grass is exalted we will hit off the mats while the grass is allowed to fill back in. The chipping area and bunker have been redone and should become popular quickly. If you have any questions concerning the range please call the golf shop or ask Nick or myself.

To all of you who have been away all summer welcome home. Before others get you all upset concerning the cart permits, I will try my story on you. So here goes.

First, the cart permits were supposed to be a year registration in the past. This permit is NOT just a golf related item. All residents of On Top of the World who own a private golf cart and wishes to drive it around the community must get a cart permit. So now that we have things in order we finally picked a date and got started. Because we got started so late in 2006 this registration will be good through 2007.

You will need to go to Customer Service to get your cart looked over and receive your permit. There is a list of items that need to be in good working order to receive your permit. Please inquire about this list before you make a trip over and become upset should something not work. You also need certain coverage limits of insurance and will need to take a copy of your policy with you to be verified.

This is not being done so that we can aggravate you but in order to make all of you safer. We had one of the insurance companies call and commend us for getting this issue in order and also for having the limits that we have; because at another large community just like ours there have been some accidents and the people did not have enough coverage, and well, it was not pretty.

I would like to thank all of you who without question complied and understands that it is for the benefit of everyone.

The winter rates will be out by the end of September and will take effect Nov. 1.

Candler Hills Golf Club

First, for anyone that may not know, Bob Hughes has left us to return home. I will miss Bob and wish him a great future.

A young man has agreed to come on board as the head golf professional on Sept. 6. Dan Benedetti has been the assistant golf professional at Glen Lakes for the last three years. Dan is now a PGA member and I know you will enjoy him and can be proud to have

him as your golf professional. Please stop to meet Dan and make him feel welcome.

The new counter should be ready soon and the golf shop will look much bigger. Ladies, new Sport Haley clothes will be in by the time you read this so get in to pick out your new shirts, shorts or skirts. The ladies' clothes will not have a logo. Only a selected group of ladies basic shirts will have logos or the LGA's uniforms when we start that.

It has become necessary to change a few things concerning the practice facility.

On Wednesday nights once the range is closed please do not hit balls out onto the range, because Andy's staff mows the range first thing on Thursday and balls are being cut in half. Someone has been saving tokens and coming up after we close and getting balls out of the machine. So please be aware that on Wednesday night my staff will be emptying the machine so that this cannot happen.

Also with the arrival of Sally, all of staff is giving more lessons, therefore it is a must that we ask everyone to use the front tee to practice and leave the back tee for lessons and clinics. Thank you! The bunker in the back is open for everyone as is the chipping and pitching area.

The winter rates will be out by the end of September and will go into effect Nov. 1.

Get ready for a great winter and I look forward to playing golf with as many of you as I can this season. Ask me to play and I will try to schedule a round with you as soon as possible. ☺



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

We're looking for a few good men!

The makeup of the MGA Board of Directors consists of eight 18-hole members and one member from the 9-hole group. The term for each member is three years and we elect three members each year. At this writing I know that one of our board of directors is not going to run for another term so we are looking for at least one good man to fill this spot. In September we will post a sign in our new quarters for whoever would like to run for election on the Board of Directors. The election will be held the first week in October at our Chicken Luncheon. FYI, as a member of the board of direc-

tors you will be asked to attend a board meeting the first Tuesday of the month; chair a committee of your choosing; elect the officers, i.e. president, vice president, secretary, treasurer from the board of directors; play in as many Wednesday events as possible and be willing to listen to the membership if they need to speak with a board member so you can pass on information to the board of directors.

I'm sure like myself you're all looking forward to watching the progress on our new 17th hole on the Links. I can't wait to see the new changes that are coming to the Tortoise and Hare; the playing of a par 72 course again. It's a great time to be here at On Top of the World because like life our golf courses are in change and it will be exciting to see how they turn out. A positive attitude is contagious.

Just a reminder, in order to participate in our Sept. 6 Chicken Day Luncheon you must put your \$5 in the envelope and drop it in the MGA box in our new quarters and also sign up on the computer.

Notice to all members: If you feel uncomfortable keeping score or you are unable to apply the rules of golf please ask the next team member on your scorecard to be the captain. Remember, golf is a game of integrity and though we all want to shoot lower scores we are our own judge.

Words of wisdom: "Thank God that this wonderful game exists, and that you have the ability to play it!" Mark and Chrissy Donnelly

See you around the course. ☺



**Ladies 18-Hole
Golf**
Mary Lyon

Welcome to our new member, Andrea Fratarangelo.

There is some confusion about Rule 28, the unplayable lie rule. If you decide that your ball is unplayable, the penalty is only one stroke. You may go back and play from the original spot; or drop the ball within two club-lengths of the spot where the ball lays, no closer to the hole; or go as far back as you want but you must stay in line with the flag and the unplayable lie spot. If you are in the woods, the third option usually just takes you farther into the woods.

There have been some complaints about players teeing off on par three holes before the players are off the green. If you know you can't hit the green, the player putting doesn't know that when she hears the club strike the ball. It is hard to duck and putt at the same time. Also, it only closes the distance between the two foursomes allowing those who were so eager to tee off to wait on the next hole, and the next hole, etc., etc. We all hate to wait, but we also hate to be pushed.

And now congratulations to the winners:

Team Shamble July 18

258—Joan D'Adio, Louise Suver, Helen Bextermueller, Helen Foskett; 268—Sandy Chase, Glenna Swank, Mary Alice Narwold, Lena Sneed; 275—Nancy Nicholas, Mary Jane McAtee, Angelita Pena, Euny Moore; tie at 277, Blind D—Pat MacMurray, Margie Wade, Deb Phillipson, Carolyn Cummings; and Linda Bervinkle, Diane Hamments, Phyllis Carty.

Chip-ins: Virginia Broman, Carolyn Cummings,

Nancy Nicholas, Velma Rose, Glenna Swank.

Low Gross/Low Net by Flight July 25

Flight A Gross: 84—Nancy Zielinski; 88—Mary Lyon; 92—Linda Bervinkle.
Net: 71—Nancy Nicholas; 72—Carol Joseph; 75—Sandy Chase.

Flight B Gross: 92—Velma Rose; 98—Margie Wade; 99—Linda Dumeer.
Net: Tie at 73—Pat MacMurray and Louise Suver; 75—Glenna Swank.

Flight C Gross: 98—Angelita Pena; 104—Lou Borders; 108—Georgette Perrault.
Net: Tie at 71—Dea Johnson and Jo Apperson; 84—Harriet Brower.

Flight D Gross: 109—Helen Bextermueller; 116—Ruth Border; 118—Carolyn Cummings.
Net: Tie at 77—Euny Moore and Helen Foskett; 95—Deb Phillipson.

Chip-ins: Catherine Becraft, Euny Moore, Deb Phillipson, Glenna Swank.

Team/Two Best Balls Net Aug. 1

122—Beverly Ovrebø, Velma Rose, Angelita Pena, Helen Foskett; 126—Linda Bervinkle, Mary Jane McAtee, Blind "C"; 126—Carolyn Cummings; 128—Valerie Smith, Mary Driver, Blind "C"; Euny Moore; 132—Sandy Chase, Georgette Perrault, Lou Borders, Blind "D."

Chip-in: Mary Lyon

Low Gross/Low Net Aug. 8

Flight A Gross: 81—Jerry Gill; 89—Gretchen Narmandin; 98—Mary Lyon.

Net: Tie at 72—Nancy Zielinski and Beverly Ovrebø; 79—Carol Joseph.

Flight B Gross: 89—Velma Rose; 98—Mary Jane McAtee.

Net: 69—Louise Suver; 72—Diane Hamments; tie at 78—Linda Dumeer, Pat MacMurray and Margie Wade.

Flight C Gross: 102—Angelita Pena; 105—Harriet Brower; 108—Agnes Lindley.

Net: 72—Shirley Smagner; 78—Helen Bextermueller; 80—Lou Borders.

Flight D Gross: 112—Euny Moore; 118—Helen Foskett; 125—Ruth Border.

Net: 78—Mary Skennion; 85—Carolyn Cummings; 91—Esther Lang. ☺

MGA Results

Team Two Best Balls Net Links July 19

114—Wes Dumeer, Don Scott, Jim Blandina and Joe Morea; tie at 117—Jay Borden, George Palmer, Richard Hess and Tony Capillo; Charles Senci, Bob Cowie, Bob Moran and Dan Bellefontaine; 118—Dick Griswold, Bev Seal, Bob Hoehn and Fred Rodriguez.

9-Hole Team Best Ball Net • Tortoise & Hare Aug. 2

36—Mike Sica and Gordon Blanchard.

Team Best Ball Net

Tortoise & Hare

Aug. 2

53—Wes Dumeer, Charles Mattingly, Rick Mallardi and Joe Morea; 54—Dick Griswold, Clifford Jones, Bob Hoehn and Tom Fasanello; 55—Ed Noe, Ken Gilmore, Freddie Moody and John Hodd. Tie at 55—Tom Fragapane, Mike Driver, Dick Fields and Ray Messer; Dick Norris, Doug Graham, Irvin Gackowski and Lee Goss; and Roy Goszewski, Ron Clevering, C Blind and Joe Groomes.

Team Best Ball Net • Links Aug. 2

52—Paul Stone, Don Scott, Fred Rodriguez and Peter M. Peterson; 53—Dan Carty, Bob Cates, Roy Hira and Bernie Randolph; 54—Raymond Beloin, Ronald Wilson, Bud Borders and John Calella; tie

at 57—Jack Ashenfelter, Calvin Apperson, Bob Selmon and Tony Capillo; Charlie Strauss, Joe Cameron, Barry Barringer and Richard Rohde.

9-Hole Individual Net by Flight Aug. 9

33—Rick Benzing; 36—Albert Novotny; tie at 40—Gordon Blanchard and John Ricciardone.

Individual Net by Flight Links Aug. 9

Flight A: tie at 68—Wes Dumeer and Frank Smith; tie at 70—Johnny Gill and Paul Del Vacchio; tie at 71—Rick D'Addio, Leslie Finney and Garry Gerlach; tie at 72—Ed Noe and Ed Klodzen.

Flight B: 67—Ronald Wilson; tie at 69—Calvin Apperson, George Blankenship, Bob Bell, Art Buecher and Beale Kinsey; tie at 70—Guy Russell, Bill Carlson and Bill Howe.

Flight C: 65—Bill Krusen; 66—Bob Cates; tie at 67—Paul Bell, Tom Deegan, John Bauer and Bob Cowie; 68—David Miller; 69—Frances Caprez; tie at 70—Clifford Jones, Doug Graham, Charles Mattingly and Roland Schwab.

Flight D: 64—Tony Magri; 65—Irvin Gackowski; tie at 66—Dick Fields and Jimmy Johnson; 67—Bud Borders; 68—Dan Bellefontaine; 69—Armando Pena; 71—Fred Rodriguez; 72—Richard Hess.

Flight E: 67—Frank Palotta; 68—Archie Pollard; 69—Bernie Randolph; tie at 70—Joe Morea and Harry Brower; tie at 71—Dick Dzik and Joe Sinsky; 72—Jack Border; 77—John Calella. ☺

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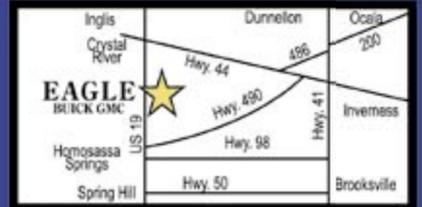
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On Top of the World Golf News Nick Montanaro

As I sit here on Aug. 10, I ponder the idea with exuberant optimism, of how wonderful the golfing form of On Top of the World is.

There are many beautification projects

going on such as "The Lounge," "The Golf Shop," various new curbing, cart parking lot adjacent to the pool, the rocks between #1 and #18 on the Links, state of the art practice area — new teeing ground, complete with astroturf, and chipping area, and finally the creation of a new modern golf hole, #17 on the Links.

Also, in the latter part of September, Andy will be leveling tee boxes and providing cart paths.

I have communicated your sentiments and frustrations concerning the height of the rough. In no way, shape or form do we intentionally try to reduce your level of enjoyment with the playing conditions at On Top of the World. Every effort is being made to enhance your playing experience.

Andy Jorgensen is committed to bringing On Top of the World Golf to superb condition, and I apologize for any issues that detract from your overall experience, while golfing at On Top of the World.

Accomplishment Acknowledgements
· Paul Del Vacchio, Eagles on 3 and 11 on the Links.

Congratulations! 🌟



Handicap Committee Patricia K. Del Vacchio

Saturday, Aug. 5, was another hot Florida day. Fifty-nine players braved the dew of the early morning and played in the straight scramble.

Gross 68 saw two teams coming in first: R. D'Addio, M. Driver, R. Hess and M. Yarski; J. Borden, P. MacMurray and J. Johnson.

Three teams tied with a gross 69: P. Perault, C. Arnold, I. Gackowski and T. Randolph; E. Noe, R. Groomes, D. Hamments, E. Lang and L. Bervinkle, C. Apperson, G. Perault and J. Hodd. Four teams had a gross

70: R. Goszewski, D. Desmarest, A. Pena and R. Border; E. Klodzen, C. Rosinski, P. Peterson, and J. Mahoney; M. Hamments, C. Mattingly, L. Suver and F. Lang and J. D'Addio, P. Shirley, B. Randolph and J. Smagner. Kudos to all the winners and my personal applause to all who braved the heat.

Through the grapevine I heard there was a bit of a tie up on the course during the scramble. I know sometimes we lose balls and seem to spend an inordinate amount of time hunting, we may have a SLOW player, or we're having so much fun we're chit chatting away and forget to keep moving. We want everyone to have a good time at the Saturday Scrambles but we also want you to remember your golf manners. If someone in your group seems to be continually slow, gently remind the person that others are waiting behind us; you do have five minutes to search for a lost ball, then move on; definitely socialize but not while someone is hitting or someone is waiting. Just take a minute to be aware of groups behind you. This works in our regular golf playing also.

Sept. 2 our scramble is a Shamble. This means everyone drives, then pick the best ball and everyone hits their second shot from that point and continues to play his/her own ball through the hole, posting their own score. Gordon and Dodie Phillips will be our hosts for this event. Be sure to sign up in the pro shop.

See you at the flags. 🌟

Fellowship Bible Study Alice Geyer

Join us as we seek all the knowledge we can get about our eternal home.

We resume our new semester on Monday, Sept. 11, at 3:30 p.m. for one hour in Room 3 of the Crafts Building and weekly thereafter. Please gather at 3:15 p.m. as the study will begin promptly at 3:30 p.m.

New people are always welcome. If you have any questions please call Alice Geyer at 237-3059. 🌟



Diabetes Support Group Lennie Rodoff

After a long, hot summer, it's time to be thinking about the coming fall and winter holidays. Hopefully we've been able to keep ourselves under control over the summer, and are ready to face the challenge of the upcoming festivities.

Please join us for our first meeting of the fall season on Tuesday, Sept. 26, at 4 p.m., in Suite D of the Arbor Conference Center. We'll have a general discussion, and meet our new members.

If you have any questions, please call me at 291-7508. 🌟



Start with the Basics Sally Collins

When many golfers are struggling with their golf games, they immediately try to fix in-swing issues rather than looking at the pre-swing principles. A check-up of the hand position and set-up posture may be the ticket to lower golf scores. One concept to remember is that what you do preparing for the shot determines what you are able to do during the swing. This month we will discuss hand position.

Paying attention to the way you hold the club will influence several factors. Hand position greatly dictates the direction the ball will travel. Often times topping the ball is caused by an improper hold as well. To check for the proper hand position, look to see if the club is in the fingers of the lower hand — too many players grab the club like a baseball bat — too much in the palms. The more the club is in the palm of the lower hand, the more we tend to hook the ball and, often times, hit the ball low. However, even with a strong hand position, a slice is possible if the pressure level is extreme.

Check to see where the V's formed by the thumb and index finger on each hand are pointing. The V's should both point to the rear shoulder (that's the right shoulder for right handed golfers and left shoulder for left handed players.) If the V's don't point to the same shoulder, it is difficult for the hands to work as a unit. The V's pointed to the wrong shoulder usually mean a slice, while the V's pointed below the rear shoulder will produce a hook.

Proper hand pressure is important to the success of the golf shot. Too tight of a hold will lead to topped shots or many slices. Hold the club like you would hold a peeled banana or an opened tube of toothpaste: you don't want fingerprints on the banana and you don't want the toothpaste to be squeezed out of the tube. Most golfers hold the club much tighter than necessary.

One word you have not seen mentioned above is the word "grip." The word grip in itself has a very tight, over-controlling connotation. By using the terms hold or hand position, you will automatically create a more relaxed environment for your hands on the golf club.

Practice the proper hold for the next few weeks. Next month we will discuss set-up.

Just Us Girls Scrambles

The "Just Us Girls" golf and dinner events at Candler Hills Golf Club continue to be fun-filled golf outings. More than 50 women have participated in each of the past months' scrambles.

With only several weeks before daylight savings time ends, the Ladies Only 9-Hole Scramble and Dinners have been scheduled for Wednesday, Sept. 20, and Wednesday, Oct. 18. Registration is limited to the first 64 players. Sign up opens the evening of the previous month's outing. Cost is only \$25 for golf, cart, prizes and dinner.

The Pro Shop will make the pairings for the foursomes. 🌟



Mini Golf Jack Coyle

Providence Putters July 18

Ladies: 43—Emmy Ricciardone. 48—Sandra Enslley.

Men: 41—Doug Ensley. 43—Bob Maxwell. 44—Oliver Aube. 48—John Ricciardone.

July 25

Ladies: 45—Inge Vogt. 46—Emmy Ricciardone. Men: 35—Kurt Vogt. 44—John Ricciardone. 49—Oliver Aube.

Aug. 1

Ladies: 50—Inge Vogt. 52—Emmy Ricciardone. Men: 36—Kurt Vogt. 49—Oliver Aube.

Aug. 8

Ladies: 46—Inge Vogt. 48—Emmy Ricciardone. Men: 40—Kurt Vogt. 43—Bob Maxwell. 47—John Ricciardone. 50—Oliver Aube.

Thursday Mini-Golf July 20

Ladies: 41—Florence Soens. 43—Emmy Ric-

ciardone. 49—Chris Resta. 53—Eleanor Krowka. Men: 36—Ben Resta. 39—Dick Soens. 40—John Ricciardone. 44—Oliver Aube.

July 27

Ladies: 39—Chris Resta. 44—Emmy Ricciardone. Men: 33—Ben Resta. 43—John Ricciardone. 53—Oliver Aube.

Aug. 3

Ladies: 40—Emmy Ricciardone. 44—Chris Resta. 49—Eleanor Krowka.

Men: 40—Ben Resta. 44—Oliver Aube. 45—John Ricciardone.

Aug. 10

Ladies: 38—Eleanor Krowka. 40—Florence Soens. 50—Emmy Ricciardone.

Men: 39—Ben Resta. 40—Oliver Aube. 42—John Ricciardone. 49—Dick Soens

Sunday Mini-Golf

July 16

Ladies: 41—Florence Soens. 47—Emmy Ricciardone. 50—Eleanor Krowka. 58—Chris Resta. Men: 38—Bob Maxwell. 43—Ben Resta. 46—Oliver Aube. 49—Dick Soens.

July 23

Ladies: 42—Chris Resta. 44—Florence Soens. Tie at 46—Emmy Ricciardone and Marilyn Cernecarl. 48—Eleanor Krowka. 52—Marge Saxon
Men: Three-way tie at 40—Dick Soens, Bob Maxwell and Ben Resta. 41—Glenn Saxon. 43—Oliver Aube. 44—John Ricciardone. 55—Don Cernecarl

July 30

Ladies: 46—Chris Resta. 48—Eleanor Krowka. Man: 36—Ben Resta.

Aug. 6

Ladies: Three-way tie at 47—Emmy Ricciardone, Chris Resta and Dori McConville.

Men: 34—Ben Resta. 40—John Ricciardone. 47—Oliver Aube. 54—Joe McConville. 🌟

**CULINARY
PRESENTATION**
Vegetables
September 5th
See page 15 for details.



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Ladies 9-Hole Golf
BJ Leckbee

Tournament invitations have been received from several other clubs (already) for the upcoming season. These tournaments provide our members with the opportunity to play on different courses, meet other golf enthusiasts and hopefully take home a few prizes.

Dates and places are: Oct. 9 at Ocala Palms, Oct. 26 at Spruce Creek Country Club, Nov. 9 at Royal Oaks, and Nov. 16 at Continental Country Club. Donna Swiger will be posting sign-up sheets at the appropriate time. Invitations are usually limited to a handful of players from each participating club, so check the bulletin board regularly if you're interested.

The first business meeting for the fall and winter season will be held after golf on Tuesday, Oct. 3. Blue shirts, ladies!

July 18
Low Gross

Flight A: 47—Mary Hart, 53—Grace Bock, Marie Norwood
Flight B: 47—Jan Moon, Betty Tully
Flight C: 55—Fran Mencher, 56—Helen Degraw, Dot Wagner, Olive Eick
Flight D: 59—Pat Black, 61—Ginny Hawk

July 25
Low Net

Chip-ins: Mary Hart and Millie Nucaso
Flight A: 33—Mary Hart, 34—BJ Leckbee
Flight B: 34—Millie Nucaso and Jan Moon
Flight C: 40—Olive Eick and Fran Mencher
Flight D: 37—Linda Heenan, 38—Therese Bell and Pat Black

Aug. 1
Scramble

39—Deni Dehart, Ruth Koch, Carole White, Elaine Parker
40—Marlene Floeckher, Jan Moon, Helen Degraw, Theresa Randolph
41—Tie—Agnes Tetti, Millie Nucaso, Virginia Hawk; and Pat Kizer, Vi Sica, Pat Black, Laura Jean Teyral

Aug. 8
Low Gross

Chip-in: Millie Nucaso
Flight A: 46—Deni Dehart, 53—Agnes Tetti and BJ Leckbee
Flight B: 53—Millie Nucaso and Jan Moon
Flight C: 59—Marie Palombo, 61—Virginia Keuvelaar
Flight D: 65—Theresa Randolph and Linda Heenan. ☺



Nature Around Us
Marion-Alice Burke

Some of my regular readers know by now that I'm a "spider protector" and I hope, have become kinder and gentler to those fascinating arachnid species we see around the garden, eaves of our house, windows, etc.

Actually, spiders really are super heroes and are more important to the proper functioning of the planet than we are. Without them, the insects that spiders constantly keep in check would devour and destroy plants and animals worldwide. Can you picture defoliated trees, decimated crops, diseased livestock ... that would be life without spiders.

Now that I have your attention, I do agree that they are venomous, but the venom isn't for us. Spiders are not aggressive to people. The first thing they want to do when they see you is to run, not fight, and that's because they're afraid of you! They are another form of nature's neat and clean insecticide making them important for a balanced ecosystem, as well as being a very important food for baby birds. Some birds, hummingbirds for example, use spider webs to piece together a hanging silken nest of lichen, leaves and animal fur. In the medical world, spider venom is still being researched for use in treating victims of strokes and heart attacks. Even when you see a black widow spider, leave it alone, unless you have grandchildren or pets that would disturb them. I admit to having killed a black widow a while ago, and still feel bad about it. Use common sense and be on the lookout so that you don't startle them.

A long time ago, I was weeding a cactus garden when I lived in the woods at Lake Panasoffkee and realized that I had just been bitten by something, but didn't worry about it, for about ten minutes. Then all of a sudden I began to feel dizzy, hot and had trouble breathing. My husband and my uncle looked and immediately saw two brown recluse spiders, and sadly killed both. They were identified at the vocational school in Inverness and at the hospital.

We don't really have them much around this area of Florida, but you should be on the lookout where there are a lot of weeds and piled leaves, not only for spiders, but also for pygmy rattle snakes. We appear to

have a few in this area. When you see some webs, take a moment to see how many gnats, mosquitoes, flies, etc. are caught there, and be grateful for all the good lawn keeping they do for us.

I've been interested for quite some time in using as many foods that are "natural" as possible. This means, food that has been grown without pesticides or poisons of any kind. Yes, it IS possible. The prices of these items are generally a tad more expensive than other fruits and veggies and also animal products like chicken, turkey, meat and so forth. All of these pesticides and poisons I suppose perform services in some form or other, but the excesses that run off into the soil then into the aquifer, pollutes our drinking water.

Do you grow and cook with herbs? They have many benefits. Try to learn about these very important subjects, try new types of meats and poultry, fruits and vegetables. When you find something that really impresses you with flavor, texture or color, please let me know and let your family and friends know also.

Speaking about harmful chemicals, guess what I found! A dry cleaning process that does not use that harmful chemical called perchloroethylene (trade name perc). Perc's impact on the environment and humans as well as its yucky odor has been around too long. I've never been able to wear slacks or blouses that have been dry cleaned. I've just washed them and brought them to the cleaners for pressing. There is a new cleaner in the Oakridge plaza down near 484 that uses today's newer "Wetcleaning" system. In the 1990's it began to gain popularity because it is odorless, cleans beautifully and safely and is earth friendly. I learned that the Oakridge Cleaners are Ocala's first environmentally friendly cleaners. I had three pair of slacks Wetcleaned there, and had absolutely no skin irritation and there was no bad smell. If you have a problem with wearing dry cleaned items, you can research the solutions at www.fabritec.com, click on fabritec, then Wetcleaning products. This isn't a paid plug for the business, other than to spread the good news that many of us would appreciate knowing. Give it a try and please let me know what you think of it!

Please keep your hummingbird feeders out of direct sun as it can spoil the sugar water solution in just a few hours, and then the hummers will not come back. You don't need to fill the feeder more than half-full, as you will be cleaning and changing the feeder more frequently in this very hot weather. Thank you nice folks that called me to ask about my favorite birds and comment about my last article. Those pretty little birds will probably be leaving around the middle of September, so be sure they can "tank-up" before they leave for that long trip to the Cancun peninsula by supplying them with clean fresh sugar water. (One cup of sugar to four cups of water, bring to boil and cool.) I've had some little birds leave around the end of October, but they were the youngsters that were showing off, I guess. The hurricanes in their flight path can do much harm to them, so we worry about how many of them return the next February.

If there is any particular bit of information you need about the environment or birds and animals, or even plants/flowers/herbs, please don't hesitate to call me here at home or email me at nutmeg02226@msn.com, entering Nature Around Us in the subject section. I'll be happy to try to help you.

Someone said, "Each morning I wake up and say to myself, you have two choices today. You can choose to be in a good mood or you can choose to be in a bad mood. Then, choose to be in a good mood." Let's give it a try! ☺

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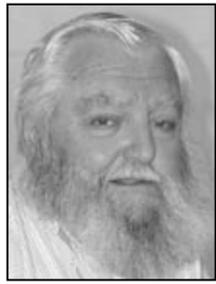
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Bocce
Bob Woods

As you read this month's column I would like to say that the summer bocce sessions have been completed and I would like to personally thank Don and Marilyn Cernecarl for ram-rodging the Monday morning session and my wife, Bev, for assisting me in the Wednesday session. A special thanks to all those who battled the hot weather temperatures to come out particularly starting so early in the morning trying to beat the day's heat.

I offer apologies right now as in last month's article I said I would try to be at the start of every league play during the first week. Well, I will have to renege on that statement as I neglected to first check with my calendar, which states I will be in Massachusetts that entire weekend getting ready for and attending our granddaughter's wedding. I will try to have one of the club's officers present, if feasible.

I want all to know that most of the league representatives have been contacted by me and asked to start getting their league rosters completed. I realize that some of the team's players are on vacation and also some are snowbirds.

To date, some of the league reps have completed this task early and I would personally like to thank them for their efforts as well. I know Chris Guidas, who is organizing the roster, also thanks them.

I hope that it will all be completed by the September board meeting which by the way will be held Sept. 11 at 2 p.m. in the Arbor Conference Center, Suite H. The board meeting for the rest of the year will be on the first Monday of the month, same time and same place.

American Jewish Club
Erwin Fluss

"Welcome to September" — the start of another club season which will be very active.

The club committee has been very busy planning this year's events, which should prove exciting and stimulating.

First on the agenda will be a "pre-holiday social buffet." This will be a catered buffet in the Arbor Club Ballroom on Sept. 17 at 1 p.m. The cost is \$10 per person. A flyer as well as e-mails have already been sent out to past members. For new potential members and those who may have missed the notice please make arrangements with Sandy Wolf by calling her at 861-5674. The cutoff date is Sept. 5.

Our regular meetings will be as always on the third Sunday starting Oct. 15 in the Arbor Conference Center. From now on, we will have a new member hospitality table so

Each league must have a league rep and a total of 16 players, four each on four teams. If this criteria is not met then there is no league. There are a couple of time slots in which leagues have fallen apart so if these team captains can get together maybe a league could be formed.

Of course, I realize some people's schedules might have to be changed. Chris can help out in this department as to what leagues are not complete and she also has a list of new people who would like to play during the fall, winter and spring leagues. Match play time slots must also have a representative at all board meetings.

I would also like to mention that if any player can't make a scheduled match, he or she must get their own substitute and notify their team captain. League reps and team captains are not responsible for obtaining subs; individual players are the responsible party.

I have been asked many times during the summer season concerning a rule. The problem is that both team balls are the exact distance from the pallina. What happens in this case is the team will rotate turns until one of them gets their ball closer to the pallina.

Now if there is a tie at the end of that frame, no points will be awarded either team. I have seen tied balls during a frame but there has always been someone rolling closer to the pallina. But if it is the last two balls that this amorality occurs, no points.

On the subject of substitutes: please, if you can't be there for scheduled play regardless of the reason, please get your own substitutes. I also would like to see if a game is cancelled for any reason that the game is made up instead of forfeiting it and preferably during the same week. This keeps Doug Graham happy as he is our statistician. He keeps track of what teams have won or lost.

I would also like to bring to the attention of all bocce players that the games we play here at On Top of the World are for the enjoyment of being together with our neighbors and especially to have fun, so let's keep our experiences of playing bocce as a fun game or sport.

See all the board members at the next meeting and I hope to make the rounds of every league within the first couple of weeks to meet and greet you all and hopefully answering any questions that might arise.

Until then, let's keep those bocce balls rolling. ☺

we can meet and greet prospective members and make them feel more welcome.

Planned also will be a monthly lunch brunch to allow us to get together at a different restaurant monthly and socialize. The first will be at the Ocala Hilton, so mark your calendars for Oct. 11. We also are continuing the discussion group. Ruth Barnash has graciously offered her house for this on Oct. 24 at 7 p.m. She promises coffee and cake. The topic will be "Our Roots." Come and help make it lively.

As always the American Jewish Club welcomes all members of the Jewish community and their spouses. For those not attending the dinner, see you in October.

Our sunshine and information lady, Dorothy Bresky, will be available for questions after 4 p.m.

Enjoy On Top of the World. ☺



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Shuffleboard
Claude Servais

Initially, I did not intend to write an article this month as it is the last month of the summer vacation period.

However a controversy has come up and should be addressed. The question is: Should we play league shuffleboard Thursday afternoon or should we reserve that day for Ten Pin volunteer players?

The question obviously needs to be addressed.

President Joe Veres, as many other players, has expressed the opinion that we should expand the membership of the organization. That is a very natural goal, as the goal of every leader is to ascertain success of his organization.

However, unlike the St. Petersburg Shuffleboard Club of 1965, where 105 courts could be found, we have only eight courts. This means that a maximum of 32 players can play at a given time.

If we allow teams to be composed of 40 to 50 players each, the problem arises when more than 32 players show up.

The Constitution in Article II, Team Organization, Section III reads: "The number of players in an organized team shall be limited to 32 members, or at the discretion of the captain."

Obviously, the preferred number of players is 32. Understandably, the majority of the time not everyone on a team shows up.

But if we recruit new players, and they happen to be in the first group of players showing up on a given day, someone is going to be left out.

Ask yourselves how many times you would like to be told that you can't play because you are the 33rd player to show up. Wouldn't that be discouraging?

Having said that, we should also think of the "Ten Pin" players. Their needs should also be addressed. What day and time should be allotted to them? This also should be clarified.

A good opportunity to do so is coming up, the general meeting on Sept. 14.

Those interested in this subject should contact their captain to have them discuss this at the executive board meeting, which is held on Sept. 5.

At that time, a request to have the subject included on the agenda of the general meeting could be made.

Let's not forget the intent of this league. The constitution words it perfectly in the following article and the first subsections:

Article II: Purpose And Objectives:
Section I: To promote the game of shuffleboard within the On Top of the World community. Section II: To create a wholesome and congenial atmosphere in which all residents can enjoy the game. Section III: To encourage fellowship within the "club."

One last note regarding the dues to be collected for the coming year, it is important that the Article I: Dues, Section I of the constitution, be adhered to as much as possible. This section reads: "Annual membership dues (payable by check only) shall be collected by the captain and co-captain of each team at the beginning of the team play season (the first full week of September) or whenever a player starts to play each year." Checks should be made to On Top of the World Shuffleboard Club.

I wish to all players a great year of camaraderie and success on the courts. ☺

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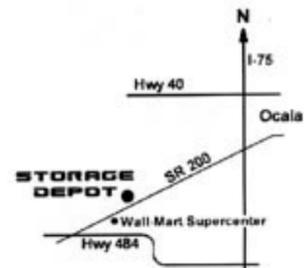
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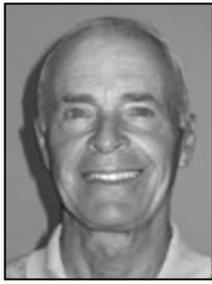
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Pickleball
Luke Mullen

Pickleball has been fun so far this summer. Recently though we have encountered a minor run of many people traveling or on vacation and our typical Florida rainy season in the afternoon and evenings. We definitely need the rain but many times it comes at or around the 6 to 6:30 p.m. time frame and diminishes our ability to play when it is storming at that time.

Recently, our own On Top of the World United States of America Pickleball Association (USAPA) ambassador, Bill Daugherty, received a copy of the recommendation changes to various service rules on pickleball. These were sent to Bill, as our ambassador, from the USAPA Rules Committee to solicit input and comment from pickleball players prior to implantation of these rules. Many of these are refinements and clarifications of the rules currently in existence.

One such rule was how the pickleball



Bill, left, explains both the underhand serve and proper position for offensive play to beginning player Nancy Burchill and veteran player Doc Soucek.

serve is to be made. Another proposed change is where the server must stand when serving. One of the nice things about having our own ambassador/resident expert is that instead of everyone having to read through the eight pages of proposed changes we have Bill right here at On Top of the World to show and demonstrate to us

what they mean.

Bill, as you may know and have seen in the July-September 2006 edition of Master the Possibilities in Education & Wellness, offers free beginner pickleball lessons on the third Saturday of the month.

Starting in September we plan on having a pickleball beginners players playing together night. The idea for this is to provide a way for new players to be able to play together with other new players. The purpose is to let the new players learn at their own speed. In order to increase the number of pickleball players at the On Top of the World we have come up with a three-step program to encourage new participants. This is because new players, who may never have played a

racket sport, need time to play with other new players. When we first started playing pickleball in On Top of the World in January 2005 no one had played before. After about 18 months many of those beginning players have become very proficient. New players may feel somewhat uncomfortable or intimidated and lose interest in this fun activity.

Our new plan calls for three steps for new pickleball players. Simply stated they can be described as Watch, indoctrination/lessons and beginners play.

If you would like to find out what pickleball is all about, come down to courts 3 and 4 of the Health and Recreation Tennis Courts on Sunday, Wednesday or Thursdays at 6:30 p.m. Those are our current scheduled playing times. The best thing to do is to go on to the courts and sit and watch us play. That way you can decide whether this is a game you think you would enjoy playing. Do this first. The next step would be for the indoctrination/lessons. We currently have paddles and balls available, at no cost, for any residents to borrow so that you would be able to try their hand at this fun game. Also, you will be shown how to use the equipment and get an introduction to the rules and the method of play. The use of equipment and lessons are free.

The third item we are initiating is that of beginners play. Starting in September on the first Thursday of the month at 6:30 p.m. a member of our pickleball group will be available to work with and support all beginners on one of the four courts available. This person will also show you how to actually play pickleball with players at the same level. The intent is for you to learn in a relaxed environment until such time you may want a more competitive play.

If this type of experience sounds like something you might enjoy trying, or if you have any questions about pickleball, please call Luke at 291-8625. Come and join in the fun of playing pickleball, which is becoming one of America's fastest growing sports. This is especially true in senior communities in the United States. 🌐

Angelina Limlingan, M.D.

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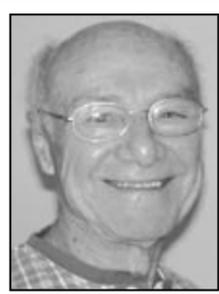
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Billiards
George Tookmanian

The pizza party held at our July 17 "meeting" turned out very well with 37 members attending. Each member paid eight bucks to attend and they enjoyed delicious salads and a variation of pizza toppings that they all ate with relish. Then, would you believe a selection of desserts was offered that was truly astounding, with beverages of one's choice.

All in all, Cathy and I were quite satisfied and delighted with the afternoon spent with fellow members, eating to our fill and socializing. The "meeting" ended with a 50-50 drawing. Then the few pizzas leftover were drawn for, so some folks had pizza the next day. All in all, a few bucks were added to the treasury, and we had a good "meeting." Looking forward to the next one; hope you'll be there.

A reminder for all who read this: Please be aware of the sale of all sorts of "stuff" that will be held Saturday, Sept. 9, in Suites E and F of the Arbor Conference Center.

Note: no clothing will be available for sale. There will be refreshments and cookies/pastries for sale also. I believe the sale will begin at 10 a.m., and please, to be fair to all, we request "early birds" to sleep a little later and show up at 10 a.m. Thank you for your cooperation.

I know it is early, but as the old cliché goes, "time marches on," and before you know it, we will be looking at tournament time where we compete with other retired groups in 8-ball and 9-ball. I think the "A" team is all set with a roster of seven or so. However the "B" team has to regroup. A sign-up sheet will be posted in the poolroom for club members who wish to participate, and then we will have a meeting to decide on who will be on the team. There are some proposals out there that should be considered, and we will discuss and vote on them.

The sign-up sheet will be up on Sept. 5, and the meeting will be on Sept. 14 in the Ceramics Room at 11 a.m. There is much to do and discuss to make this an enjoyable venture.

This much I do know, the "A" team is loaded, not from imbibing too much spirits, I mean talent! Last season's champs are poised to repeat, unless, you know, upsets happen.

I would like to recommend a good book for those of you aspiring to improve your skills. I think you could improve your game by studying the publication "The 99 Critical Shots In Pool."

It is easy to understand and with the old advice to practice, practice, practice, one has to bring his game up a notch or two, maybe three. The authors are Ray "Cool Cat" Martin and Rosser Reeves. Keep strokin', nice and smooth, eye on the object ball, planning how much force to deliver with your cue stick. This is a critical part of gaining position. 🌐

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Red Hat Society
Vivian Brown

Ladies, in spite of the extremely hot weather, our busy fall season is upon us, so get your pencil and mark the calendars for our Red Hat Witches Convention on Oct. 29. All Red Hat Chapters here at On Top of the World will participate.

It will be from 5 to 9 p.m. at the Health & Recreation Ballroom. Queens will meet at 3 p.m. to set up and prepare for the fun.

All attendees must come in the Red Hat colors — purple (or red if birthday month) and a red witch's hat (they can be painted or decorated — use your imagination) but we will be in our colors.

We will have some contests: costume contest for the scariest, funniest and original outfit. We will also have pumpkin decorating.

We will have games, such as pin the hat on the Red Hat and doughnut eating. We will have music — bring your CD's. We will have food such as hot dogs, chips, apple cider and caramel apples. We will have prizes.

We will have a blast!
Each Red Hat group will bring their own table set ups: plates, cups, napkins, forks, tablecloths and if apple cider is not your cup bring what you want to drink (non-alcoholic).

To help decorate each group will bring their decorated pumpkin to be used as their centerpiece and be judged as the most creative winning a prize.

There will be a \$5 per person fee, which will be used to buy the food.

Each Red Hat attending will bring a bag of non-perishable food, which we will donate, to Salvation Army.

Each Red Hat group will make a proclamation of fun and put it in the smoldering cauldron (we hope it smolders). This is on the idea of a spell for fun being made.

Now we do have chores as Queens and they were divided up amongst those at the meeting and some were handed out even if you were not there.

- Shopping for food: Mary and Betty
- Stringing doughnuts: Vivian and Sue

- Making the treats (prizes): Lois Powers
- Creating the pin the hat on the Red Hat: Gail LaRue and Judy Labeledz

- Clean up: Martha, Ann and Connie
- Getting boxes for donations: Gail Tirpak

- Bringing the roasting pans: Judy Labeledz and Sue
- Bringing the boom box: Sue Moody
- Bringing CD's: Vivian, Betty, Sue and any one else

If you want to help with the chores give any of the above a call.

All RSVP's for attendance and money (\$5) must be turned in at the Oct. 16 Queens meeting. From this count we will then go shopping and prepare for the feast.

So start discussing with your ladies so

calendars can be noted and the planning of Red Hat costumes can begin, not to mention designing that Red Hat Witches hat (a lot of hats).

Other upcoming dates to mark:

- Dec. 6: The Golf Cart Parade, more info at Queens Oct. 16 meeting.
- Jan. 21: The Pajama Party. Start planning your entertainment.
- March 25: Red Hat Mardi Gras in the Health and Recreation Ballroom.
- April 25: National Red Hat Day.

Here's to the greatest group of ladies who are ready, willing and able to have the liveliest, funniest, wonderful, laughable and spectacular time as we continue to live life to the fullest. Go, girls, go, go!

As I always say "We're Not Getting Older, We're Getting Better Every Day In Every Way." God bless! Vivian

THE RAZZLE-DAZZLE RED HAT DAMES, all 16 of us, descended on the Posh 27 Restaurant, thanks to our hostess Helen DeLuca, who did such a great job. The food was good and plentiful but could have been hotter. The atmosphere was elegant but different. Our August Birthday gals are Joanie Bolling, Celia Coletta, Eve Giglio, Diana Rocafort. We serenaded them on our kazoo's with "Happy Birthday." We welcomed two new members, Marguerite Berg and Eydie Blackwell, who will take their oaths next month. Hugs and Happy Hatting ... *QM Vivian Brown*

THE 8 DIAMONDS IN THE ROUGH went to a new little restaurant over in the city for lunch in July. It is called the Primary Oven and it is at 306 S.W. Broadway St. They have a limited menu but there is also a large desert selection. There are tables downstairs and also up. You give your order, pay your money and someone will deliver your food to you. It is right beside a police sub-station and that makes it extra easy to find. Our hostess for July was Joan Cummings and it was a great choice. Also in July with Pat Utiss as our hostess we went to the Cracker Barrel for breakfast. This time we didn't wear our pajamas, but if we had all the customers would have thought it was great (maybe next time. We ate out twice in July because so many were away in August. ... *QM Lois Powers*

THE BODACIOUS CRIMSON LADIES are a chapter of ladies who are mostly still in the work force. We are an active, fun loving, and busy Red Hat Chapter. Our functions are mostly in the evenings or on weekends once a month. Most frequent fun times include: a shopping spree at The Mall at Millenia and a stop at the Cheesecake factory in March; a trip to the Holy Land Experience in Orlando with a delicious meal at Mimi's Cafe in April; a Bunco Bash and Spaghetti Dinner hosted by one of our gals at her home in Ocklawaha in May; a swim party and cookout again hosted by a member at her home in Ocala in June; an additional plus, in June was the Red Hat Masquerade Mystery Dinner Theater at the Hilton in Ocala (what an incredible room full of red hats); a trip to Gainesville to the Museum of Natural History and the Butterfly Rainbow Forest in July; and a movie and dinner at Cody's in August. We are planning a picnic at Rainbow Springs in September and look forward to the Red Hat Witch's Coven at On Top of the World in October. We have lots of fun and enjoy each other as well as finding new experiences each month as we gather together for our Red Hattitude Play ... *QM Gail Tirpak*

THE SCARLET FOXES took some time off but August found them back together having fun. Our August hostesses, BJ Leckbee and Betty Thayer, took us to Scrambles Café for a delightful lunch. We kazoo'd our birthday girls, Vi Dubai, and Marie Kearney with gusto. Deni Dehart won our lunch game and it almost paid for her lunch. Once lunch

was over we hit the bowling alley for a lot of fun and laughs. Those who couldn't bowl were our cheerleaders. BJ and Vi had turkeys, and Alice had the ugliest split. Most strikes went to Vi and BJ (five each). Most spares went to our Queen Betty with eight followed by Janet with six. Most improved went to Alice. A lot of laughter was heard all over the alleys as we cheered each other on. Fun is what Red Hatting is all about! Till next month ... *Queen Betty Thayer*

THE CRESCENT RIDGE RED HATTERS enjoyed lunch at Logan's Roadhouse in June. After lunch some of us went shopping and others were wicked at the Marble Slab Creamery. In July, our Queen Mum treated us to another luncheon at her home to celebrate our fourth birthday. Lots of food, chatter and laughter. After lunch we had our annual disorganized meeting. Here we talk about all the wonderful things we want to do for the coming year and made the decision to just keep on having fun! Of course, all that heavy discussion required dessert which was a delicious birthday cake decorated with red and purple roses. We blew out the candles and loudly sang Happy Birthday to ourselves. ... *QM Anne Seales*

THE HAPPY ATTITUDES have had to do some reorganization due to the fact our QM Arlene has decided to move back to New York. We shall miss her, but we wish her the very best on her move back to the cold climate. June Otto is our new Queen, with Mary Black as assistant. Before Queen Arlene left she took us to the Ocala Elk's Club for a lovely luncheon, at which time we presented her with a farewell gift from our group. We then adjourned to Scoops for our dessert. We just welcomed a new member, Frances Warren, who has just returned from five weeks in Alaska, visiting children

and grandchildren. She is anxious to participate in all of our activities. ... *QM June Otto by Mary Black*

THE GLITZY GALS traveled to the Ivy House in Williston for our July outing with Dottie Sprague our hostess. Each room in the Ivy House is beautifully decorated and of course we were seated in the red room. The food was delicious and many of us indulged in our favorite sport of shopping in the upstairs gift shop. An evening in early July we had a get together at Queen Mother Mary's home. Talk, laughter and plans for future events made this a special evening. Our entry in the Crazy Lampshade Hat Contest at the wild and crazy Mad Hatters Tea Party was designed by Marie Johnson and modeled by Betty Tesmer. Betty won a prize for the most de-light-full. The ladies who attended the Red Hat Society International convention in St. Louis were treated to live performances of three songs from the upcoming musical "Hats." This musical about a lady who is 49.999 and unhappy that she will be turning the Big Five-Oh, until she meets several remarkable Red Hat Ladies who teach her about fun and friendship after 50 through stories and song. One of the most important things about the Red Hat Society is the friendships and the sisterhood between ladies with a red hat and purple dress. ... *QM Mary Curry by Janet Wahl*

Please send your chapter's activities to Vivian Brown via e-mail at vivjcb@cfl.rr.com or call 291-0246.

If by chance your chapter's activities did not get in this month, please call me and let me know. I have a new computer and new e-mail address, so I want to apologize and hope you will understand. ☺

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**Ocala
Clown Express**
Julia Brandt

Who would believe that summer vacation is over? The calendar tells us it's time to quit vacationing and get back to clowning around, but would someone please tell the thermometer! Ocala Clown Express has had a nice break, we've recharged our batteries and we're ready to get back to "funny business."

What a fun year for us and our new clowns. Yes, we've been very fortunate to add some new talents to our membership and we welcome them with the equal amount of enthusiasm that they bring with them. It's really good that we have them, because our fall calendar is really filling up. We're clowning around all over town and for

**Arthritis Support Group
to Meet on Sept. 12**

What is an Arthritis Support and Education Group? It is a group in which people share a common concern and meet together in order to help themselves and each other. It is a group that meets in an environment that sets the stage for mutual encouragement, support, comfort and positive feedback. It becomes educational as accurate information is reported and shared.

A support group can be all these things if the members work together to facilitate the personal growth of the group. Studies have shown that support groups are beneficial to many people living with chronic illnesses.

If you would like to participate in such a group, please contact Pat at 861-6155. Meetings would begin Tuesday, Sept. 12, at 2 p.m. in Suite H of the Arbor Conference Center. ☎

all kinds of organizations and benefits. We pride ourselves on being an "all purpose" clown group — a really diversified bunch of folks. Some of our folks specialize in clown ministry while others like to do parades and benefits. And we have some clowns that like to do it all! Luckily for us, there is no pressure to do what we don't want to do, so we can just let our clown characters be who they want to be.

In addition to our various gigs, Ocala Clown Express will continue this year to support the Munroe Regional Medical Center's Pediatric Orientation Program. Once a week for the entire school year we get to meet Marion County first graders when their schools bring them to the hospital for orientation. MRMC volunteers teach them about the hospital and the clowns teach them about safety. It's lots of fun, very rewarding and requires quite a commitment from all the volunteers. (When I acknowledged the core group of clowns last year who kept the program running, I failed to mention Rosey Nosey. Am I ever sorry that I did, because she not only commits to every week at the hospital, she supports just about everything the club does! Hats off to Rosey Nosey for all her hard work!)

Well, I've got to run. It's off to clown club to work on the updated program for the hospital. Yes, it requires preparation, practice and (the most fun part of it all) performance. We're looking forward to a busy year ahead and hope to see you along the way. Again, if you are interested in joining us, we have regular on-going training for new and wannabe clowns. Please contact Carol "Dotsy" White at 873-9223. ☎



**Artistic Crafts
& Gifts**
Loretta Troutman

Once again, we'll be back in the Health & Recreation Ballroom every Tuesday morning from 9 until noon with our handcrafted items, starting Sept. 5.

Over the summer, we've all worked to complete new items in our individual crafts. Each of us will set up our display of an assortment of whimsical, beautiful or practical items for your household or gift giving. Come get acquainted. If you are a crafter and would like to join our group, please call Rene Beck at 854-4918. We'll be looking for you. ☎



R/C Flyers
Jim Lynam

Labor Day ... the oxymoron of living in a retirement community such as On Top of the World! Labor Day is just another day here in the community. Isn't it awesome that the only "labor" that has to be performed each day is walking out to the driveway to get the paper or going to the post office to get the mail? Yes, let's celebrate Labor Day every day!

September not only signals the end to a long hot and humid summer, but also begins the annual return of the vacationers and the traditional "snow birds." Many of the clubs and sponsored activities return to their normal schedules. The On Top of the World R/C Flyers will hold the next general membership meeting on Monday, Oct. 2, at 9 a.m. in Suites B and C of the Arbor Conference Center. The monthly breakfasts should also return in October.

The On Top of the World R/C Flyers would like to welcome Gale Perry and Bob Perry (wife and husband), Leon FreeHauf and Gerald Quinlan as our newest Model Residents at On Top Of The World. The club wishes the best of Lifestyle with Altitude to Gale, Bob, Leon and Gerald. These newest additions bring our club roster to 116 mem-

bers, which places the On Top of the World R/C Flyers as one of the largest clubs in On Top of the World!

All On Top of the World residents are always welcome to visit our 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 just past the Arbor Club at the end of Southwest 94th Street. A sign at the end of the pavement provides directions to the field. Each one of our members would gladly explain how these aircraft operate and discuss the possibility of new persons entering the hobby. 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!

The following information is included courtesy of the AMA National Newsletter.

How To Make Your Own Decals
Have you ever wanted to place a graphic or numbers on your model but find cutting them out of MonoKote is just too much effort? Try tracing paper available at craft or office supply stores.

Here's how to do it with a computer and scanner:

- Scan the artwork and save it.
- Print it on thin tracing paper.
- Spray the back of the tracing paper with adhesive available from any craft store. Cut out the artwork and place it on the plane.
- Fuel-proof and waterproof the finished product by spraying it with clear spray paint.

Unlike a commercial decal with a totally clear background, the tracing paper will be barely visible, but it's not that noticeable. ☎



**Friendship
Social Club**
Wanda Simpson

The Friendship Social Club met on Aug. 13, and a large crowd enjoyed Judy Furfaro and her "oldies but goodies" songs along with many country western favorites. We appreciate Judy's style and hope to hear her again in the future.

Thanks to Kay Chandler and her crew for the refreshments.

Our next meeting will be held Sept. 11 in the Health & Recreation Ballroom. BART will entertain us with his songs of the '50s and '60s, so wear your dancing shoes.

The Friendship Social Club meets the second Sunday of each month, except May then it is on the first Sunday of the month due to Mother's Day. The dues are now payable, \$7 per person annually, from July 1 to June 30. Membership is open to the residents of all On Top Of The World communities.

Come early and visit with your friends. Bring your guests; they are welcome. Refreshments are served at 2:30 p.m., Lolly will hold a short business meeting at 3, and the entertainment will last until 4.

Mary Carol Geck is our Sunshine Lady. Call her at 854-8996 if you know of a member who is ill or has lost a loved one, she will send a card from the club.

You may call me at 291-1074, or send an e-mail cws45@cfl.rr.com if you have any questions or comments. Thank you. ☎



**Pennsylvania
Club**
Pat Utiss

It will soon be time for the autumn club season to begin at On Top of the World. We hope everyone had a great summer.

The Pennsylvania Club will resume meeting on Wednesday, Sept. 9. We will meet at the Arbor Conference Center in Suite E. The meeting begins at 3 p.m., but come a little early. We always have a nice assortment of goodies and drinks and this is the time to renew old friendships and meet new people.

Following the meeting, we will be playing Bunco. Don't be alarmed if you do not know how to play. It is an easy game and also a lot of fun. We will play for prizes and even novices will be able to win. Hope to see you there. ☎

**Tacky Tea Luncheon
Fashion Show Oct. 12**

By ESTELLE CLARK

The Lions Club will present a Tacky Tea and Luncheon Fashion Show at noon on Oct. 12 in the Health & Recreation Ballroom.

Tickets are \$8 per person and are on sale in the H&R Ballroom from 8:30 to 10 a.m. through Oct. 6.

Second Chance Consignment will present fashions. Clothing and jewelry items will be for sale. There will also be door prizes and a 50/50 drawing.

The money from this will go to our Southeastern Guide Dogs "Paws for Patriots" program. This program helps raise and train guide dogs for those service people coming back from Iran and Afghanistan who have lost their sight. It takes approximately \$40,000 to raise and train one dog. We hope you will join us for this fun afternoon. ☎

A Note of Thanks

Our library is a very important part of our community. Many people have donated books to create our library and to keep it well stocked. Thanks to your generosity we have thousands of books, magazines, etc. to be shared by all. *The Library Staff*

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Singles Club
Mary Carol Geck

It's me again. I am still helping out Garda, who is in cool Canada.

Our first meeting will be on Thursday, Sept. 14, at 2 p.m. in Suites G and H at the Arbor Conference Center. Our new president, Diane Kiro, will open with a business meeting, and then our new refreshment chairperson, Linda Clifford, will have some goodies and beverages for us. Entertainment for this meeting is a talk from Golden

Friends. I heard them speak once before and found them very interesting.

Coming Events

Tickets will be on sale at our September meeting for our October birthday luncheon. Price, location and menu will be available.

Mid-Month Activities

Larry Hills, our new male vice-president, is in charge of finding interesting activities for us and he has come up with some really special ones, especially geared to interest you single men.

On Tuesday, Sept. 19, we are going on a bus trip to the Mission Inn and Lakeridge Winery with lunch at the inn, then a tasting tour of the winery. All of this for \$39. The bus leaves West Marion Hospital parking lot at 9:15 a.m. and returns at 4 p.m. If you would like to go, and tickets are scarce, call Diane Kiro at 854-8152 or Larry Hills at 237-9691, ASAP.

Larry also has arranged for some other interesting activities in the coming months, such as a thoroughbred horse auction, a horse jumping demonstration, and a dinner theatre in Lecanto.

To keep abreast of all the coming Singles Club activities watch Channels 17 and 19.

Keep well, keep safe and be happy. ☺



Ballet Club
Genie Martin

famous ballets, including "The Nutcracker," "Swan Lake" and "Sleeping Beauty." These are counted among the most popular ballets in the world and a lot of the music is very well known. In class, some of us are not very experienced dancers, but it is fun to dance to this beautiful music after we stretch and tone at the barre.

When I was young, I really wanted to study ballet, but never had the opportunity. In my middle years, a studio opened in my New York City neighborhood, and I was dragged to class by a friend. By that time, I thought I was too old to start ballet, but it turned out that I wasn't. Attending ballet class really changed my life. I could exercise and dance to pretty music and be a "ballerina." I was ecstatic!

In our club, we have differing stories and levels of experience, but we can all find something to enjoy as we work out and dance together. Our class is held every Tuesday from 1 to 2 p.m. in the exercise studio next to the inside pool at the Arbor Club. To join us, all you need is a comfortable outfit and socks for your feet. If you get there early, you'll find us carrying the barres into the studio. We can always use an extra hand! ☺

When our group started a few months ago, we had four members and were forced to use the backs of folding chairs as our "ballet barre." Now, we are lucky to be joined by several new budding ballerinas and have two ballet barres to use during our class. Cheryl Sloan provides one barre and I bring the other.

We also have some great new music from



Stitch Witch Quilters
Ann Weldishofer

We have made numerous comfort quilts, and many have been distributed to our children's charities. Tekla Krause is doing a great job leading our monthly workshops.

We use fabrics from all sources; much of it is donated to us, and we buy more to coordinate colors. Jan Johnson got a donation of some lovely oriental prints from Brian Cox of Timeless Treasures. Thank you, Brian and Jan. We also got a box of die-cut shapes from Judy Shuster, who lives here.

We have planned a bus trip on Friday, Sept. 22, to Jacksonville for the big quilt show they hold every year. We will leave around 8:30 a.m. and spend the day at this nationally recognized show. Any quilters here are welcome, even if you can't attend our meetings. The only limit is the number of seats available on the bus. Call Ann at 237-9926 to see if there is any space left.

We gather every Tuesday around 12:30, but most times there are stitchers there by 9:30 or so working on projects. Bring your own pieces-in-progress. We meet in the Art Room of the Crafts Building, and anyone interested in the fine old craft of quilting is more than welcome. ☺

The On Top of the World quilters have been busy all summer, despite the fact that we have no official business meetings in June, July and August. The first business meeting of the fall will be on Sept. 5.

Sunshine Singers

Dick Rohde

Well, summer is almost gone. After a long summer off, the Sunshine Singers are getting ready to gear up for our fourth season. Our first rehearsal of the season will be held on Sept. 4 at 7 p.m. in the Health & Recreation Ballroom.

Potential singers and listeners are welcome at all rehearsals. Our singers are not required to read music, just to be able to carry a tune and enjoy it. We have a repertoire of about 170 sing-a-long songs of old. They are sung in the a cappella style. We perform twice a month at local nursing and assisted living homes plus we entertain during club functions. Last season we performed about 20 "sing outs."

We pay no dues and consist of 26 men and women members. We have openings for about four new members. So come on over to our rehearsals and give us a try.

For further information contact, Dick Rohde at 861-1104. ☺



Wood Shop
Ray Utiss

This month I have two e-mails from President Gordon to deliver. Gordon tries to keep all members informed about the Wood Shop. He sends e-mails to all members that he has an e-mail address for. If you are not receiving his e-mails give Gordon your e-mail address.

Here are two recent e-mails. "Our Wood Shop is intended for use by residents who are paid up members. The machines are designed for wood working only. The shop should not be used by contractors who are doing work for residents. If contractors don't have the proper tools, you probably don't want them working on your home. For \$12 a year we cannot provide tools for contractors, nor can we be replacing wood working tools that were used on metal of any kind.

"I would like to commend everyone for the great job that is being done keeping the Wood Shop clean. Everyone cleaning up their areas after they complete their project, makes weekly clean up a lot easier. I will be at the Wood Shop Monday evenings at 7 to give members an indoctrination to the shop. This includes safety measures, such as the emergency phone, use of the vacuum system and what to do if it does not work, the reasons for any signs that are posted, and an introduction to specialty tools. I will also do my best to answer any questions you may have about the use of the shop. The last thing requested, do not cut any plastic at the Wood Shop. It is a Wood Shop and it is to be used for that purpose."

Happy woodworking. ☺



USPO Advisory Council
Ray Utiss

We have a new manager, at the Paddock Branch Post Office. His name is Kevin Atkinson. I met with him and he is interested in correcting any problems that are presented to him. His phone number is 861-8188. He has four incoming lines and it may take some time to get through.

It has come to my attention are getting many businesses are receiving misdirected first class mail. This means just because a check or payment was sent to your doctor, they may have not received it. This has the potential of causing problems later on.

If you have any mail concerns, document the problem and send it to me. Do not try to correct any problem with your mail carrier. This is not the way the post office wants to correct problems.

You can reach me at Ray Utiss, 9274-C S.W. 97 Lane, Ocala, Fla. 34481. ☺

Swingin' Singin' Seniors

Dottie Berkowitz

Hi, ladies, have I got songs for you! Our program for 2006-07 is chock full of show tunes, old tunes, parodies and in fact, something for everyone.

Our first rehearsal is at 1 p.m. on Tuesday, Sept. 5, in Suite D of the Arbor Conference Center.

New members are welcome to join us. If you can sing and move, you're in. Any questions? Call Sandy or Dottie at 861-2226.

Movie Club Shows 'Failure to Launch'

By MARY EHLE

The movie for Sept. 10 is "Failure to Launch."

This stars Sarah Jessica Parker and Matthew McConaughey. It is about an overgrown mama's boy who doesn't want to give up living at home and his parents have an idea about how to get him to move out. The parents are looking for a little time for

themselves. It is something that a lot of us can understand.

It will be held in the Health & Recreation Ballroom on Sunday, Sept. 10. Please note that all the movies start at 6 p.m.

This show is open to all residents and their houseguests. The cost for non-members is \$2 payable at the door. Come and join us. ☺

Help Make Our Community Even Safer!

CPR Course

September 6, 2006
1:00 pm - 3:00 pm

Arbor Conference Center
Suite G
\$15 Per Person

First Aid Course

September 7, 2006
1:00 pm - 4:00 pm

Arbor Conference Center
Suite G
\$15 Per Person

Class size is limited to 8 for individualized instruction.

Call 854-8707 to register.

While Your Friends Are Away, Enhance Your Play!

This summer, take advantage of the new Ping™ club fitting center and quality golf lessons at Candler Hills Golf Club.

Now's the perfect time to upgrade your equipment and brush up on your game.

Candler Hills
Golf Club

Contact the Golf Shop for Information: 352-861-9712



Photo by Andy Zarrella

What crime is Rabbi Levine accusing Fanny and Tess of doing? Why is Johnny so amused? From left are: Dick Phillips as Rabbi Jeffrey Levine, Glo Hutchings as Fanny Sapperstein, Terry Zarrella as Tess LaRuffa and Bill Shampine as Johnny Paolucci.



Theater Group
Terry Zarrella

Have I peaked your interest for our upcoming play with all the cryptic questions? I hope so! "The Bermuda Avenue Triangle," a two-act play to be featured Friday, Nov. 10, and Saturday, Nov. 11, should be marked on your calendars. This comedy is not to be missed.

Glo Hutchings will be playing Fanny Sapperstein and Terry Zarrella will be playing Tess LaRuffa. Their friendship in the play will keep you in stitches. Bill Shampine as Johnny Paolucci and Dick Phillips, who are new to the Theatre Group, are doing a fantastic job with their parts and you don't want to miss their acting debut on our stage

at On Top of the World. They are well qualified as they have worked in theater before moving to On Top of the World. There are still two more actors who will be featured in next month's column.

To all our new residents who have recently moved to our wonderful community here at On Top of the World, please note that we hold our meetings on the second Monday of the month up at the Arbor Conference Center in Suite D at 2:30 p.m. You are all invited to attend and perhaps join our group. There are so many positions that are needed to be filled. If you are apprehensive at this point about acting on stage, start as I did as a prompter, props, stage assistant, stage design and painting, ticket sales and make-up person. There are a myriad types of positions that need adequate help. Perhaps after a season you will see that, yes indeed, you too want to appear on stage.

Marcia Miller has been doing an excellent job getting our actors ready for our play, "The Bermuda Avenue Triangle." Next month I will tell you the times and cost.

If anyone has any questions regarding the Theatre Group, please do not hesitate to contact me by phone. I am in the On Top of the World phone book.

We look forward to all our regular members and especially any new residents that have recently moved to On Top of the World to come to our first meeting of the season on Sept. 11 at 2:30 p.m., up at the Arbor Center, Suite D. ☺

We value your opinion!

On Top of the World Residents, in selecting the restaurant or food venues that would be most appealing to you. Please take a few moments to provide your input by completing the following selections:

I would like to see a restaurant that...
Provides...
Breakfast ___ Lunch ___ Dinner ___
With prices of approximatley...
Breakfast \$3.99 – \$5.99
Lunch entrees \$5.99 – \$7.99
Dinner entrees \$7.99 – \$13.99

Restaurant types: All suggestions are welcomed. Circle Square Commons has the opportunity to offer a casual dining restaurant venue and/or fast food outlets.

Casual Dining (with full service bar) Yes ___ No ___
(If you responded yes, please check the following types. This provides an indication of a restaurant example, not specifically promises a particular brand name.)

- ___ Bennigan's, Fridays, Applebees, Cody's, Chilis, etc.
- ___ Olive Garden, Red Lobster, Outback, Carrabbas, Maccaroni Grill, etc.
- ___ Other, please list _____

Fast Food Yes ___ No ___
(If you responded yes, please check the following types.

- ___ Hamburgers, etc. (Steak 'n Shake, Johnny Rockets, Beef O'Brady's)
- ___ Sub Shop (Subways, Quiznos, Sobiks)
- ___ Pizza Shop (Pizza Hut, Papa Johns, Dominos, Hungry Howie's)
- ___ Ice Cream Shop (Marble Slab, Baskin Robbins, Ben & Jerry's, Cold Stone Creamery)
- ___ Small privately owned food outlets (Cuban, Italian, Greek, Bagels, Bakery, Deli)
- ___ Others? Please list _____

Food type: Check all that apply.

- ___ Italian
- ___ Seafood
- ___ Steaks
- ___ BBQ
- ___ Variety of Seafood, Chicken, Beef, Salads
- ___ Ethnic (Please specify) _____
- ___ Other (Please list) _____

Thank you! Your input will provide valuable insight into selecting the best food opportunities for Circle Square Commons!

For your response to this survey to be included, please submit your answers by September 15, 2006. Please fax your responses to 854-9491 or drop them off at the Customer Service Office, located in the Friendship Commons, Suite 200.

RON CRAWFORD
FOR DISTRICT FIVE **SCHOOL BOARD**

POLITICAL ADVERTISEMENT PAID FOR AND APPROVED BY RON CRAWFORD, WOPHETISAN, FOR MARION COUNTY SCHOOL BOARD DISTRICT 5



As a candidate for the School Board I promised you that I would try to provide a safe and quality education for all the children in our school system at a cost that the taxpayers could afford. As a member of your School Board I have worked hard to keep that promise with the following results:

- ✓ Our test scores in reading, writing and math are up.
- ✓ 84% of our schools are rated an **A** or **B** school with Marion County being rated as an **A** county by the Department of Education.
- ✓ I fought for new vocational and technical education opportunities and helped create MTI - Marion Technical Institute to meet that need.
- ✓ I have worked to build new schools and added classrooms to existing schools to meet student growth and the requirements of the class size amendment at a cost below the statewide average. I also had the privilege to vote to name our newest elementary school in honor of Medal of Honor recipient Hammett Bowen, Jr.
- ✓ As the only School Board Member in the state on the Commissioners of Education's statewide K-20 Education Safety Partnership, I lead the fight to use new safe school designs for the construction of schools to protect our children.

It has been a privilege and honor to serve you on the Marion County School Board. I would appreciate the opportunity to continue my service.

Please vote for Ron Crawford for School Board District 5

Education & Experience
Bachelor of Arts Degree, University of South Florida
Associate of Arts Degree, Miami-Dade Community College
Over 30 years of business experience • 2 terms as Chairman of the Marion County School Board

Member
Dunnellon & Ocala/Marion County Chamber of Commerce • The Florida Cattleman's Association
McIntosh Historical Preservation Trust • Marion County Health Department Pandemic Influenza Planning Committee

Ron Crawford

RON CRAWFORD
FOR DISTRICT FIVE **SCHOOL BOARD**



Irish American Club
C.M. Casey

I hope you all have been enjoying summer with its hot balmy weather and frequent afternoon showers.

As you know, the Irish American club meets four times a year and our next social event is scheduled Oct. 14 with world renowned entertainer, Michael Funge.

Michael, for those who are not familiar with him, is well known for his unique Irish

humor and songs, and has played all over the United States and abroad as well. The evening will be one you will enjoy.

Tickets for this event go on sale for members at the Health & Recreation Ballroom from 8:30 to 10:30 a.m. on Oct. 2. General admission tickets for all residents will go on sale at the H&R Ballroom on Oct. 4 and 6 from 8:30 to 10:30 a.m.

Buy a ticket and come out and join us for a fun filled evening.

While discussing events please keep Dec. 14 open on your calendar. This will be our gala Christmas social and plans are underway to make this event one you will remember. More about this event will be announced at a later date.

For those who like to surf the Web, Ernie McLaughlin recommended an excellent site: www.fiona'splace.net. This Web site is jammed packed with information on Ireland, trips, catalogs, songs and just about anything you would want to know about Ireland is available. Enjoy!

We are always looking for members and I would like to extend an invitation to all our friends at Candler Hills, Avalon and Indigo East to come to our social events. We would love to have you.

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



Women of the World
Charlotte Hancock

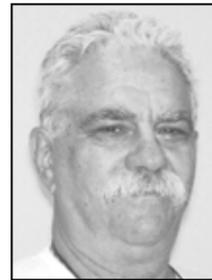
Welcome back to all the ladies of the Women of the World. Are you ready to start a new year? The Women of the World board has met and we will be having some new speakers and charities.

The new officers are Betty Thayer, president; Bobby Roeder, first vice president; Nancy Grabowsky, second vice president; Charlotte Hancock, secretary; and Charlotte Erickson, treasurer.

We would like to invite all the ladies who reside in any of the On Top of the World communities to come visit and join us. We are a friendly group very devoted to charitable organizations. The first meeting is Sept. 1 at 1 p.m. in Suites F, G and H of the Arbor Club Conference Center.

Carol Clark from the Fire Department will be the guest speaker for this month regarding safety in the home. Many times accidents happen in our own homes that could have been prevented if we were more aware of our surroundings.

Come join us now and help us plan for an elementary school's Roundup for Halloween. ☺



Social Club
Mort Meretsky

Although this is being written before our "picnic" I'm sure it was a success. Margaret Orlando should be given a big hand for doing all the cooking. She must have spent hours in the kitchen frying all that chicken.

Our club's trip to Branson, Mo., is scheduled to leave On Top of the World on Nov. 14. The trip is for seven nights and includes eight tours and shows, seven breakfasts and seven dinners. The cost is \$689 per person (double occupancy). Insurance is available. For reservations or further information, contact Joe or Anne at 237-7185.

Thanks to the fine union/management negotiators, Carmine "Cheesecake" Palombo and Vince "Yogi" Carrano, the dealers strike has ended. We will be having our poker/blackjack at the Arbor Conference Center on Sept. 15 at 2 p.m.

See y'all on the 15th. ☺

Download a PDF of the World News at www.OnTopoftheWorldInfo.com



New York/ New Jersey
Terry Zarrella

Did you all enjoy your summer? Welcome back to our new season at the New York/New Jersey Club. Last year we ended our season with almost 200 members and we hope to surpass that number this year. With all the new residents arriving to our wonderful community I'm sure there are several from New York and New Jersey. We invite you to join us, our loyal members will greet you with open arms.

Our meetings are always held on the third Tuesday of the month at 2:45 p.m. at the Health & Recreation Building in the Ballroom. The first meeting is renewal time for all past members and new members. The fee is \$10 per person and covers refreshments and entertainment. So don't forget to bring your check (made out to New York/New Jersey Club) or cash will do also. Try to make it early that day. It will give you time

to renew old acquaintances and make new friends while enjoying a cup of coffee, tea, lemonade and a dessert.

We start off our new season with a "member of the month" you all know and love ... Danny Collora. Danny started out visiting his mother Rose Rossomando in 1991 and has lived here permanently for the past three years. Danny is a very active member for our club. He is in total charge of our refreshments and is helped on occasion by other members of the club. He enjoys playing cards, shoots pool, bocce, horseshoes and is also a member of the Italian American Club. He is meticulous in preparing our club's festive parties and volunteers his time without complaint. He is the first one to tell you there's so much to do here at On Top of the World so get up, go out and enjoy!

Mark your calendars as the entertainment has already been planned for the coming year. Some of your favorites and many new shows are in the works for the coming season. Remember tickets will be sold at the October meeting for our Tampa Bay Downs trip which is scheduled in February. The tickets go fast and it's first come, first served. Tickets will be sold to members first then to all On Top of the World residents. In November tickets go on sale for the Christmas party.

If you are new to our community or even a long-standing member and have any questions regarding our club, do not hesitate to call me I'm in the On Top of the World phone book.

This month's motto is credited to Benjamin Franklin: "A man wrapped up in himself makes a very small bundle."

Until next month ... stay well, be safe, be happy. ☺

Stephanie's Computer Tip for September

By STEPHANIE ROHDE

SNAGIT

Many are familiar with the "Print Screen" key command and the benefit of holding the ALT key down while pressing the PRT SC key; the former copies your entire computer screen to the clipboard, and the latter copies only the "active window" to the clipboard. Once data is on the clipboard, you can then paste it into your program of choice.

SNAGIT takes the above concept of screen capture exponentially further. Using SNAGIT, you can capture *anything* on your screen, add text, arrows and effects; then save your capture to a file or share it immediately by e-mail or instant messenger. You may download and use the program free for 30 days - after that if you wish to continue the cost is \$39.95.

For additional information please visit: www.techsmith.com/snagit.asp Enjoy!

This tip brought to you by End The Clutter ETC www.endtheclutter.com or www.lulu.com/endtheclutter



S.P.C.A.
Genevieve Mallardi

Mark your calendars! The dog whisperer is coming to On Top of the World on Thursday, Oct. 19, at 7 p.m. in Suites E and F of the Arbor Conference Center. He has had 45 years of experience with canine behavior, is past assistant director of several dog clubs; and was the director of the Humane Society in 1994. There will be a registration at the Health & Recreation Building behind the information desk starting Sept. 1.

A home was found for Lucky and he is

now happy and contented. Another stray was returned to his owner as fortunately he had a chip implant.

We continue, on a semi-monthly basis, to feed our Companion Pets. They now number 47 dogs and 20 cats. Keep those donations coming.

We are looking for a good home for a beautiful Welsh Corgi, about seven years old, house trained and sweet as sugar. We must find a good home for her. She has been groomed and is going for a visit to the vet. If anyone has been thinking of getting a pet, think about her. She surely is precious.

We will meet again on the third Thursday in September at 1 p.m. in Suite H of the Arbor Conference Center. Mark your calendar for Sept. 21 and come visit with us. ☺

OTOW Computer Classes

September 2006

Course	Day & Time	Dates	Place	Instructor
Google It! NEW (\$25)	Tuesday 1-2:20 p.m.	Sept. 5	Health & Rec	Stephanie Rohde
iTunes NEW (\$25)	Tuesday 1-2:20 p.m.	Sept. 12	Health & Rec	Stephanie Rohde
Why Stuff Happens NEW (Free)	Wednesday 1-2 p.m.	Sept. 13	Arbor Conference Center, Suite G	Stephanie Rohde

GOOGLE IT! — When you want to get information on the internet, you want it done correctly and efficiently. Learn how this works, what a search engine is and what it can do for you. Discover how you can narrow your search with a few keystrokes and get what you want — fast! This "how to" approach will save you time and cut down on frustration. E-Z Registration \$25 per person.

ITUNES — You will learn how to download the free ITUNES software in order to organize your audio files. In this way, your selections are at your fingertips and available for your listening pleasure! Bring one favorite CD to class and you'll learn how to transfer those files to the ITUNES software. You'll be able to set preferences, understand play lists, smart play lists, and learn how the ITUNES Music Store works, and what an iPod is and can do. A great opportunity to begin to master a technology that will enhance your life! E-Z Registration \$25 per person.

WHY STUFF HAPPENS — Ever wonder why some people are successful, others not? Why some have wealth, while others struggle to make ends meet? Are issues of health and wellness, and loving and caring relationships important to you? Consider coming to this unique introduction to "physics wave theory," developed by Stephanie Rohde. Her insights into life and living will allow you to ponder ... "why stuff happens." E-Z Registration - FREE!

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Italian-American Club
Jerome E. Cauda

In the absence of a regular correspondent, here are the club activities for the month of September.

The monthly meeting will be held in the Health & Recreation Ballroom at 3 p.m. on Sept. 6. Refreshments will be served from 2:30 p.m. through the start of the meeting at 3 p.m.

The club officers will give a summary report of some of the plans of what we can expect for the coming year.

Tickets will be available for the Columbus Day Dinner Dance, which will be Saturday, Oct. 7. Dinner will be at 6 p.m. and dancing starts at 7 p.m. The cost is \$17. Tickets go on sale for the general community on Sept. 11. ☺

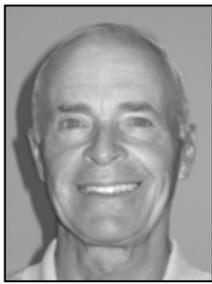
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**Favorite Recipes
Dinner Club
Luke Mullen**

This month, as was discussed last month, I will attempt to answer some frequently asked questions about our club. Probably the most frequently asked question is, "What kind of a meal is expected by club participants if I decide to join?"

The answer first is that this is not a gourmet cooking club. The idea is for participants to prepare whatever is one of their favorite recipes. This recipe could be an appetizer, a salad, a vegetable, entrée or dessert. When we want to celebrate or commemorate a special event such as an anniversary, birthday or graduation and choose to do it in our homes, we will most likely choose a meal that everyone enjoys. This will more than likely be one of our favorite recipes. The meal that is prepared for such an occasion is probably just like the type members of our club prepare and enjoy.

Also, if you are a participant of our club, you don't have to prepare the whole meal, only part of it! When we watch tele-

vision cooking shows, the celebrity chefs all have the ingredients readily available to add when needed. We, on the other hand, as retirees, do not have multiple prep chefs working in the background preparing ingredients to be combined with other ingredients for the meal.

Last month we discussed some of the details about joining our club. After you have joined, I send out an e-mail (or snail mail) to let all club members know you have joined.

The next step for me, when planning a monthly dinner, is to first establish who in the club is going to be available to attend that dinner on the last Saturday of the month. When all club members who will be able to participate are known, I then make out the schedule for those dinner(s).

If you are a new member I will "assign" you as a guest diner at one of the dinners. You will know who your host and fellow dinner participants are approximately two weeks prior to the date of the dinner. The host of the dinner party that you will be attending will contact you to let you know what type of dish you would be requested to bring. You are then off and running to the dinner for hopefully an evening of an enjoyable meal and a fun night.

How do I decide who are going to be host(s) for upcoming dinners? I have developed a chart called "Favorite Recipes Hosting Matrix History." This chart allows me to keep track of who has hosted, the number of times they hosted and who they hosted.

When you join, you will be assigned a two-digit number and added to the Favorite Recipes Hosting Matrix History chart. After you have attended at least one dinner as a guest you will be eligible to be a host for one of the monthly dinners. I normally try to keep the hosting assignments in some type of chronological order so that everyone goes in turn. This usually happens, but occasionally some type of unforeseen event occurs where the next logical host is not able to host when they should and would be rescheduled. It is important to make sure everyone does their part in hosting. After the above described procedure is completed the schedule will let you know who will be attending your dinner. You will, as part of your hosting responsibilities, contact your guests and ask if there is/are foods they might be allergic to and also let them know what type of dish they should prepare to accompany your main entrée. It is important to emphasize that you are only responsible for part of the meal and that guests will contribute other dishes to it. After those details are discussed and finalized you are off to create your own fun evening! Next month I will describe how guests are selected for each dinner.

If you would like more information about our club, please contact any of your participating neighbors or Luke at 291-8625. ☺

**Illinois Club
Marlene Kaiser**

Our dance on Aug. 6 went very well. Everyone enjoyed it. Thanks Don Bruce and Bob Simon from WRZN Sunny 720 radio for doing such a great job with all the dance music and giveaways. It was lots of fun. We met new Illinois friends and some of us went out to dinner afterwards at Bob Evans.

Sunday, Sept. 11, will be our next get together at the home of Judy and Don Labeledz. It will be a potluck dinner starting at 5 p.m. We welcome anyone who has lived in Illinois to join our fun group. We have couples and singles. We welcome you to come join us for a great social get together. Please call Judy at 873-1448.

The Oktoberfest bus trip to beautiful Helen, Ga., will be Oct. 9 through 11 and includes round-trip bus transportation, two nights motel, two breakfasts, two dinners, a guide and tour, shopping, festival and free time. The cost is \$250 per person. This is very beautiful and very scenic country. This trip is open to everyone. Please join us; you won't be sorry.

Please call Marlene Kaiser at 369-3341 for reservations and information. Look forward to seeing all of you. ☺



**Dish & That
Recipes
Jean Breslin**

Hi everyone, I do realize that weeks go by quickly; however, since I started writing this column, the months are now flying by also. I look forward to hearing from you and receiving your recipes. Thanks.

Here's a potato dish that is a favorite with my whole family.

Monterey Potato Casserole
Serves 4

- 2 tablespoons olive oil
- 1 onion, minced
- 3/4 pound potatoes, peeled and cut into 3/4 inch dice
- 1 teaspoon dill
- 1/8 teaspoon pepper
- 1/2 teaspoon salt (optional)
- 3/4 cup chicken stock
- 3/4 cup heavy cream

1/4 pound Monterey Jack cheese, shredded
Preheat oven to temperature 350° F. Heat oil in a heavy saucepan over medium heat, and sauté onion 3 minutes or until translucent. Add next four ingredients. Continue to sauté 2 to 3 minutes. Stir in stock and cream. Bring mixture to a boil. Transfer mixture to an ovenproof casserole dish. Sprinkle with cheese. Bake uncovered 35 to 40 minutes, or until potatoes are tender and sauce is bubbly. Everyone will enjoy this.

Grilled Beef Tri-tip with Colorful Vegetables

Marlys Bielunski sent me this very delicious recipe.
Serves 4

- 2 red and yellow bell peppers, trimmed and quartered
- 1/4 cup olive oil
- 2 tablespoons balsamic vinegar
- 1 tablespoons chopped fresh rosemary
- 2 cloves garlic, pressed
- Garlic-Pepper Seasoning
- 1 beef tri-tip roast (1 1/2 to 2 pounds)

Combine olive oil, balsamic vinegar, rosemary and garlic. Brush surfaces of peppers with oil mixture and set aside. Preheat gas grill on medium. Meanwhile, press garlic-pepper into surface of beef. Place beef and vegetables on grid and grill, covered, 25 minutes, turning occasionally. Beef will be at medium-rare doneness. Let beef rest for 10 minutes before carving across the grain into thin slices.

Enjoy!
You may e-mail me at JeanDishRecipes@aol.com or you can mail recipes to me at 9024-C S.W. 96th Lane, Ocala, Fla. 34481. ☺

**Great Lakes
Club
Pauline Sinsky**

The Great Lakes Club held its board meeting at president Mary Jo Hammond's home in July to prepare for the coming year. Since this was the first time I've ever done anything like this, I found it very interesting but also I'm very appreciative of all the hard work the other women did and hope you are too.

The Great Lakes include the bordering states of Ohio, Indiana, Pennsylvania, New York, Wisconsin, Michigan, Illinois, Minnesota and the province of Ontario, Canada. We will meet the first Tuesday of every month, unless otherwise stated, at 3 p.m. in the Ballroom beginning Sept. 5, when dues of \$7 will be collected. There will be snacks, speakers, entertainment and time to visit with old friends and hopefully make friends with a lot of new people.

Pat Gabriel of the State Road 200 Coalition will speak to us about all the happenings present and future, on the 200 corridor. It should be very informative.

We hope you will come and join us for a friendly afternoon. ☺



**Ceramics
Terry Zarrella**

This month's featured ceramic piece is the ever lovely peaceful looking swan. Many of Wannetta Clouse's clients have completed this piece and everyone is always pleased with the finished product. The swan featured has been filled with dried flowers; however, you may use live plants if you so desire.

To all residents of On Top of the World and all the new families moving to our lovely community, stop by Wannetta's studio located behind the baseball field. Every Monday and Wednesday between the hours of 9 a.m. and 1 p.m. you will meet your neighbors busy working on their projects.

If you have never worked at ceramics come on by and see how easy it is to learn a new skill. Wannetta's patience and large inventory will surprise you and you will also be surprised that you, too, can be an accomplished craftsman.

We have met a few new ladies who have recently moved to On Top of the World and are making outdoor figures to distinguish their home from their neighbors. I, for one, have eight ducks around my front tree amidst the caladiums and if I ever removed them visitors would miss my house!

Oh ... and by the way ... men are invited to participate and enjoy the wonderful world of ceramics. ☺



**Crafty Ladies
Dot Tripp**

Things were pretty quiet during our August meetings, but activities will be picking up soon with the return of the snowbirds. Many of our members went north to beat the Florida heat but, much to their surprise, Florida was cooler many days than the northern states.

After the death of his wife a few months ago, a gentleman donated her craft supplies to our Crafty Ladies group. Last month he found more items, which he also gave to us. We thank this On Top of the World resident from the bottom of our hearts for thinking of us. The fabric donations for the Lions Club were delivered to Estelle, who will make certain that the Center for the Blind receives them.

Summer is almost over and it is time to think of fall and winter activities. While you're reviewing your schedule for the upcoming months and find that you need something to do Wednesday mornings, think of attending Crafty Ladies meetings. We meet every Wednesday morning from 9:30 to 11 in the Large Card Room in the Crafts Building (that's the building across the street from the water tower). If you'd like to hear more about us, call Dot at 854-4913.

'Til next month, do your best to keep cool, happy, healthy and "crafty." ☺

**Town & Country
PHYSICAL THERAPY**



**Beth
Pantages
PT
Clinical
Director**

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.

- ◆ Aquatic Therapy
- ◆ Orthopedic Conditions
- ◆ Stroke Rehabilitation
- ◆ Balance & Fall Prevention
- ◆ Back & Neck Pain
- ◆ Fibromyalgia
- ◆ Sports Injuries
- ◆ Motor Vehicle Accidents
- ◆ Joint Pain & Stiffness

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Card Clubs & Games



Monday Afternoon Bridge

Gar Terheide & Sara Anderson

June 19

1: Shirley Stolly and Esther Lang; 2: Eleanor Giardina and Mildred Lane; 3: Ann and Bill Mahoney tied Joan Lord and Mary Carol Geck.

June 26

1: Betty Morris and Fran Griswold; 2: Ester Lang and Shirley Stolly; 3: Carol Thompson and Phyllis Bressler; 4: Gar Terheide and Sara Anderson.

July 3

1: Myra Butler and Carol Thompson; 2: Geri Cassens and Eleanor Giardina; 3: Maizie Millward and Elsie Helwig.

July 10

1: Myra Butler and Carol Thompson; 2: Fran Griswold and Betty Morris; 3: Bill and Ann Mahoney.

July 17

1: Ruth Christman and Shirley Stolly; 2: Fran Griswold and Betty Morris; 3: Geri Cassens and Eleanor Giardina.

July 24

1: Fran Griswold and Betty Morris; Sara Anderson and Gar Terheide; 3: Maizie Millward and Ray Dietz.

July 31

1: Mary Carol Geck and Joan Lord; 2: Shirley Stolly and Ruth Chistman; 3: Ida Rosendahl and Carol Thompson.

Aug. 7

1: Carol Thompson and Ida Rosendahl; 2: Sara Anderson and Gar Terheide; 3: Esther Lang and Jan Kaske; Cons Bill and Ann Mahoney.

Monday Night Bridge

Shirley Johnson

June 19

1: Mildred Lane; 2: Kay Wood; 3: Ron McNeilly; 4: Carol Thompson; Cons Jan Moon.

June 26

1: Gar Terheide; 2: Phyllis Bressler; 3: Betty Burney; Cons. Flo Penn.

July 3

1: Carol Thompson; 2: Eleanor Giardina; 3: Helen DeGraw; 4: Mary Culberson; Cons. Dot Findlay.

July 10

1: Fran Griswold; 2: Jack Kyle; 3: Myra Butler; Cons. Carol Thompson.

July 17

1: Carol Thompson; 2: Eleanor Giardina; 3: Ida Rosendahl; Cons. Paul Agarwal.

July 24

1: Jim Mahoney; 2: Mildred Lane; 3: Fran Griswold; 4: Jack Kyle; Cons. Jim Smith.

July 31

1: Eleanor Giardina; 2: Ray Deitz; 3: Myra Butler; 4: Nel Bosschaart; Cons. Gail Tirpak.

Aug. 7

1: Phyllis Bressler; 2: Ida Rosendahl; 3: Dick Mansfield; 4: Eleanor Giardina; Cons. Dot Findlay.

Tuesday Afternoon Bridge

Agnes LaSala & Shirley Johnson

July 4

1: Agnes LaSala and Ruth Christman; 2: Sara Anderson and Ray Dietz; 3: Geri Cassens and Eleanor Giardina.

July 11

1: Shirley Johnson and Mildred Lane; 2: Betty Morris and Shirley Stolly; 3: Agnes LaSala and Carl Woodbury.

July 18

1: Betty Morris and Shirley Stolly; 2: Betty Barney and Myra Butler; 3: Geri Cassens and Eleanor Giardina.

July 25

1: Betty Morris and Ida Carlson; 2: Shirley Johnson and Gar Terheide.

Tuesday Night Duplicate

Bill Raines

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.

July 18

1: Doug Miller and Ernie Lord 2: Ida and Bill Carlson 3: Joni and Ted Jarvis 4: Marjorie and Bruce Benton

July 25

1: Marjorie and Bruce Benton 2: Joni and Ted Jarvis 3: Ida and Bill Carlson 4: Betty and Bill Raines 5: Ida Rosendahl and Dick Mansfield

Aug. 1

1/2 (Tie) Ida and Bill Carlson and Jewel Hafer and

Betty Raines 3: Joan Lord and Nel Bosschaart 4: Doris Keathley and Mary Carol Geck

Aug. 8

1: Joan Lord and Nell Bosschaart 2: Betty and Bill Raines 3: Marjorie and Bruce Benton 4: Doug Miller and Ernie Lord 5: Helen Eshbach and Liz Milleson.

Wednesday Afternoon Bridge

Fran Griswold

With a reminder and help from Virginia Blanchard, Helen Eshbach, Helen DeGraw and other members of our group, we were able to make some sizable donations to the program of "Stuff The Bus" for the school children of Ocala. Some of the members would like to adopt Virginia Blanchard as the official Brownie Maker! Her brownies are only surpassed by her loving heart and concern for others. All On Top of the World residents are cordially invited to join our group every Wednesday afternoon at 12:30.

July 12

1: Marie White; 2: Esther Lang; 3: Betty Morris; Cons Ginnie Barrett.

July 19

1: Betty Morris; 2: Pat Goltart; Cons Marlene Floeckher.

July 26

1: Dick Mansfield; 2: Ann Mahoney; 3: Mildred Lane; Cons Helen Eshbach.

Aug. 2

1: Dick Mansfield; 2: Stinson Frantz; 3: Fran Griswold; Cons Betty Frantz.

Aug. 9

1: Esther Lang; 2: Dick Mansfield; 3: Ida Rosendahl; 4: Pat Goltart; Cons. Fran Griswold.



Thursday Afternoon Bridge

Arline Duggan

July 6

1: Ruth Christman; 2: Betty Legg; 3: Ginnie Barrett; 4: Arline Duggan.

July 13

1: Arline Duggan; 2: Mazie Millward; 3: Ruth Christman.

July 20

1: Cleona Redman; 2: Joan Lord; 3: Betty Legg.

July 27

1: Mazie Millward; 2: Nancy Shaner.

Thursday Night Bridge

Helen DeGraw & Jan Moon

June 15

1: Eleanor Giardina; 2: Mildred Lane; 3: Jim Mahoney; 4: Lee Sheffer; Cons. Kay Wood.

June 22

1: Bill Hunter; 2: Lee Sheffer; 3: Phyllis Bressler; 4: Carol Thompson; Cons. Natalie Fluss.

June 29

1: Marci Guerrein; 2: Eleanor Giardina; 3: Agnes Weber; 4: Mary Culberson; 5: Fran Griswold; Cons. Miriam McNeilly.

July 6

1: Gar Terheide; 2: Kay Wood; 3: Lee Sheffer; 4: Mary Culberson; Cons. Agnes Weber.

July 13

1: Paul Agarwal; 2: Carol Thompson; 3: Ray Deitz; 4: Eleanor Giardina; Cons. Gitte Agarwal.

July 20

1: Eleanor Giardina; 2: Paul Agarwal; 3: Helen DeGraw; 4: Jewel Hafer; Cons. Gitte Agarwal.

July 27

1: Paul Agarwal; 2: Lee Sheffer; 3: Betty Morris; 4: Fran Griswold; Cons. Helen DeGraw.

Aug. 3

1: Fran Griswold; 2: Jack Martin; 3: Gar Terheide; 4: Dick Dakin; Cons. Mildred Lane.

Aug. 10

1: Myra Butler; 2: Eleanor Giardina; 3: Lee Sheffer; 4: Fran Griswold; Cons. Ray Wilson.

Friday Advanced Bridge

Ernie & Joan Lord

Foursomes are required for this delightful evening of Rubber Bridge. You may bring your 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.

July 7

1: Betty Raines; 2: Bill Raines; 3: Mickey Martin; 4: Marge Hink; Grand Slam: Betty Raines and Bill Raines (7C).

July 14

1: Marjorie Benton; 2: Eleanor Giardina; 3: Myra Butle; 4: Fay Rumens.

July 21

1: Geri Cassens; 2: Joan Lord; 3: Betty Raines; 4: Myra Butler; 5: Natalie Fluss; Grand Slam: Myra Butler and Joan Lord (7NT).

July 28

1: Eleanor Giardina; 2: Myra Butler; 3: Natalie Fluss; 4: Ernie Lord; 5: Bill Hunter; Grand Slam: Natalie Fluss and Myra Butler (7NT).



Tuesday Night Pinochle

Viola Horton

Welcome to Norma Yonke and Jules Schechter who joined us this month. Norma is in the double deck game and Jules in the single deck game. We welcome anyone who plays pinochle. So come up and try us out on Tuesdays at 6 p.m. in the Art Room of the Craft Building.

July 4

Double/Triple Deck Winners

Table 1: Greg Skillman; 2: Jo Swing.

July 11

Single Deck Winners

1: Vernon Uzzell; 2: Betty Legg.

Double/Triple Deck Winners

Table 1: Joe Sciarino; 2: Lucille Perry, Jo Swing and Ray Bock; 3: Elsie Helwig and Al Novotny.

July 18

Single Deck Winners

1: Joe Lacker; 2: Millie Ferrell.

Double/Triple Deck Winners

Table 1: Alberta Sarris, Margaret Sciarino and James Nottingham; 2: Lucille Perry and Jo and Billy Swing; 3: Norma Yonke and Virgil Taylor.

July 25

Single Deck Winners

1: Greg Skillman; 2: Vernon Uzzell.

Double/Triple Deck Winners

Table 1: Margaret Sciarino, Alberta Sarris and James Nottingham; 2: Lucille Perry and Ray Bock; 3: Virgil Taylor.



Saturday Night Singles Pinochle

Elsie Helwig

July 15

1: Millie Ferrell; 2: Irene Pisani; Jo Swing.

July 22

1: Harry Harrington; 2: Albert Novotny; 3: Ruth Christman.

July 29

1: Albert Novotny; 2: Ruth Christman; 3: Viola Horton.

Aug. 5

1: Greg Skillman; 2: Betty Legg; 3: Mildred Ferrell.

Aug. 12

1: Irene Pisani; 2: Viola Horton; 3: Lucille Perry.



Friday Night Euchre

Joe Askenase

July 14

Four-Handed Game

1: Bill Eberle; 2: Genny Brenner; tie at 3: Paul Agarwal, Rich Miles; 4: Marie Marquis; 5: Irene Pisani; tie at 6: Joan Sigafous, Hank Kolb; 7: Dolores Barnett; tie at 8: Edith Kolb, Pat Snable, Jo Swing; 9: Russ Riegler.

Six-Handed Game

1: Ray Bock; 2: Viola Horton; 3: Virgil Taylor; 4: Lee Morgan.

July 21

Four-Handed Game

1: Paul Agarwal; 2: Hank Kolb; 3: Zane Barnett; tie at 4: Marie Marquis, Jo Swing, Dolores Barnett, Nancy Kowsky, Russ Riegler; 5: Joann Shea; 6: Rich Miles; tie at 7: Edith Kolb, Joan Sigafous; tie at 8: Bill Eberle, Billy Swing; 9: Irene Pisani.

Six-Handed Game

1: Virgil Taylor; 2: Ray Bock; 3: Viola Horton; 4: Marcy Askenase; 5: Lee Morgan.

July 28

Four-Handed Game

1: Zane Barnett; tie at 2: Marcy Askenase, Genny Brenner; 3: Irene Pisani; 4: Helen Foskett; 5: Clarence Lietzow; 6: Joan Sigafous; 7: Joann Shea; 8: Carol Palanowski; tie at 9: Rich Miles, Virgil Taylor.

Five-Handed Game

1: Maria France; 2: Pat Luis; 3: Ray Bock; 4: Vi Horton.

Aug. 4

Four-Handed Game

1: David Engelhardt; 2: Diana Riegler; tie at 3: Genny Brenner, Helen Foskett, Rich Miles; tie at 4: Clarence Lietzow, Zane Barnett; 5: Betty Legg; tie at 6: Irene Pisani, Betty Scivo, Dick Torzewski; 7: Gitte Agarwal; 8: Russ Riegler; 9: Joann Shea; tie at 10: Joe Scivo, Carol Polanowski.

Six-Handed Game

1: Vi Horton; 2: Virgil Taylor; 3: Marcy Askenase; 4: Maria France; 5: Bill Eberle.

Aug. 11

Four-Handed Game

1: Billy Swing; tie at 2: Edith Kolb, Zane Barnett; 3: Nancy Kowsky; 4: Hank Kolb; tie at 5: Genny Brenner, David Barnett; 6: Irene Pisani; 7: Dolores Barnett; 8: Dick Torzewski.

Six-Handed Game

1: Marcy Askenase; 2: Viola Horton; tie at 3: Maria France, Joann Shea; 4: Bill Eberle; tie at 5: Joan Sigafous, Rich Miles, Virgil Taylor, Lee Morgan.



Cribbage

Dorothy Skillman

July 14

1: Rusty Underwood; 2: Ed Fullmer; 3: Glenn Saxon; 4: Dorothy Skillman; Cons. Greg Skillman.

July 21

1: Margie Saxon; 2: Ruth Earlewine; 3: Rusty Underwood; Cons. Dorothy Skillman.

July 28

1: Ruth Earlewine; 2: Gar Terheide; 3: Richard Beisler; 4: Sheila Howell; Cons. Doris Terheide.

Aug. 4

1: Luke Mullen; 2: Richard Beisler; 3: Wade Underwood; 4: Ruth Earlewine; Cons. Dorothy Skillman.

Aug. 11

1: Wade Underwood; 2: Anne Jagielski; 3: Luke Mullen; 4: Norma Yonke; Cons. Gar Terheide.



Submit Articles by E-mail
to otownews@otowfl.com



Bingo
Bunny Barba

It really is happening! It's September and the snowbirds will soon be coming back. However, we were just wondering if maybe they should stay away a little longer. The attendance at Bingo continues to grow and grow without those who desert us in the summer.

Group leader for August was Joan Woodbury assisted by Grace Mullroy and Judy Dunn. Runners for the month were Joan Newell, Carol Bell, Edie Dieckman and Mary Rongetti. Don't forget Lolly Foos and Mort Meretsky who make Bingo possible for all of us to enjoy and all the rest of the volunteers who set up and clean up week after week.

A big hand for our callers who manage to do a great job in spite of the noise and hecklers.

Just a reminder about the importance of bringing your identification cards to the game. No bingo cards will be sold to anyone without an ID card. Residents of Indigo East must bring their Gateway of Services pass. Overnight guests are permitted to

play but you must sign your guest in at the desk and remain with them for the evening. Each player has to buy their own cards. (Example: do not buy three cards for yourself and three cards for your spouse or friend.) Under Florida state law, no minors are permitted to play Bingo. These rules are necessary as we are licensed by the state. Gatecrashers from other communities are not welcome.

If you are handicapped in any way and cannot get up to buy your own cards please contact Lolly Foos, Mort Meretsky or the group leader and your cards will be obtained for you.

Now a word of caution: When the evening is over please, please be careful leaving the premises. Walk on the sidewalk, not in the middle of the road. Drivers, there is no hurry, so please drive slowly and watch out for your neighbors and those in golf carts.

Due to the large crowd every week we ask that you keep the noise down while the runners are verifying the winning numbers. Thank you in advance for your cooperation.

Enough serious stuff. Super Bingo Will be here in November. Watch this column and Channels 17 and 19 for the exact date.

Jimmy Johnson baked the other night (little Pecan Tarts) but I was home and never got any.

After rereading the above I have decided it is probably the duller most boring column I have ever written. Oh well! No one ever said life is easy.

May the wizards of bingo bring you good luck always in all ways. Thank you to those who have taken the trouble to tell me they like my column only not this one.

If you have any money you want to donate to me, or feel you need to criticize (don't dare) or comment on the column, my e-mail is Thebunster29@aol.com.



Mah Jongg
Mary Ehle

Alert, alert! This about the last warning that I can give you for the fall tournament. When the paper comes out the next time it will almost be the day.

Get your checks to me now so that you will be playing on Saturday, Oct. 7. If you have never participated, now is the hour. You will have a great day and you might even win some money. The cost is \$20. I will take cash or a check made out to me. Be sure you tell me what you want to eat. The choices are tuna salad, chicken salad, turkey or ham. Also remember to bring with you, when you come, a wrapped gift worth \$5. Only those who bring a gift will be given one. You do not have to bring a gift. You simply will not get one. Some suggestions are candy, a gift card, lottery tickets and any other thing that you can think of.

The tournament is open to any resident

who can play four games in an hour. Please call me and I will be happy to go into more detail. Now I know that all the girls who played in the mini tournament will be signing up so come on some of the rest of you who have never played in a tournament. I would love to have you join us. You won't be sorry.

I will again be teaching class in mah jongg. The classes start on Oct. 4. Call me at 873-7507 for all the details.

I have had numerous calls about when you can use jokers. You may use a joker as a substitute for any tile in a 3, 4 or 5 grouping. You do not have to have any of the tiles that you are replacing. Example: 2222 3333 JJJJJ would be an OK hand as would 2j22 3333 FFFJJ. If you are lucky enough to have them you may use them. Jokers can never be used as a pair or in NEWS or 2006. Each of those are individual numbers so jokers are no allowed. I hope I have made this clear. If you still have a question please feel free to call me. You know I love to talk.

Another place where there seems to be some confusion is FF 2222 8888 DDDD and FF 1111 9999 DDDD. These hands can be all the same suit or played as three different suits. I know that there is no parenthesis after the hand but that is because it can't be any other way. As always feel free to call. I don't mind.

I am hearing a lot of good things that are happening with the girls that play in their homes. I am very happy that you are enjoying this game. Even though I have been known to say, "I hate this game!" it is only when I hold rotten tiles and can't get anything. Till next time Jokers to you.

Newcomers Invited to Monday Line Dance on September 9

Newcomers to Monday Line Dance are invited to an information meeting on Saturday, Sept. 9, from 4:30 to 5:30 p.m. in the Ballroom of the Health & Recreation Building. Classes resume on Monday, Sept. 11.

Beginner dances are taught from noon to 1 p.m. and again from 2:45 to 3:45 p.m. In-

termediate dances are taught from 1:15 to 2:15 p.m.

A newcomer help session is available from 4 to 5 p.m. All one-hour classes are held in the H&R Ballroom. No partner is required. Classes are free. For information, phone Sherry and Jack at 873-9440.



Sewing Bees
Rita Miller

group. Our main activity is to provide "comfort kits" to agencies that serve displaced, abused and homeless children. Each kit includes a simple quilt, a stuffed animal and a tote bag ... all of which we make. There's always room for more "sewers," "cutter-outers" and "stuffers." You can be part of our assembly line doing whatever you prefer. Sewing machines and fabrics are provided.

Since January, we have donated 145 kits. Our sister club, the Stitch Witches, made and supplied us with approximately half of the quilts. Our program would not be nearly as successful without their help.

From time to time, we take a break from the children's projects to do fun projects for ourselves.

Our meetings are held each Thursday from 12:30 to 3 p.m. in the Art Room (the building above and to the left of the miniature golf course). The last meeting of each month is our business meeting and social. We'd love to have you stop by and see what we do. If you have any questions, call Marcy at 854-1181 or Rita at 237-6660.

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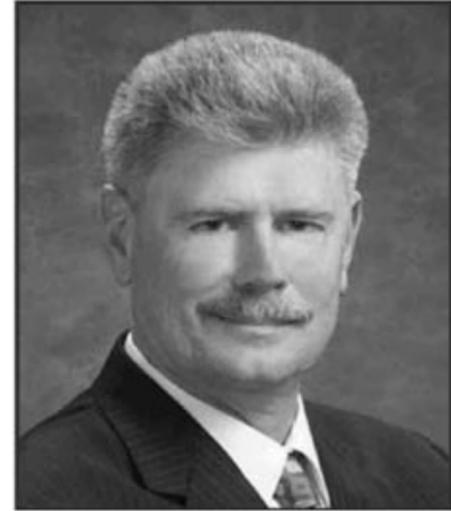
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Re- Elect

Sue Mosley

Parent • Businesswoman • School Board • District 4



Sue Mosley takes tough stands on hard issues, appeared on Dr. Phil on discipline issues.

- ✓ She is the only candidate who has been working to improving our schools!
- ✓ Sue's business experience has provided sound decisions for students and taxpaying citizens of Marion County.
- ✓ She is uniquely experienced in construction and growth management, always working to get cost effective, efficient ways to handle school renovation and new school construction.
- ✓ Her strong stand on student discipline issues has resulted in better behavior and fewer class room disruptions, and a safer learning environment.
- ✓ Her leadership is proven: her colleagues chose her Chair for two consecutive terms.
- ✓ She brings both business experience and the unique experience of having had three children educated in the our public school system school system -- she serves as a School Board member from the experience of public school problems!

Sue Mosley has taken your issues and concerns and stood up for students and taxpayers and fought to get the best education, provided as effectively and efficiently as possible.

*You have a strong voice
for parents and taxpayers . . .*



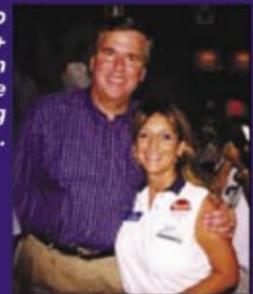
She has been involved in our schools for many years, raising three children in the Marion County public schools

Re- Elect

Sue Mosley

Parent • Businesswoman • School Board • District 4

She worked to implement the A+ Education Plan mandated by the state, raising test scores.



For Sale

Blue Club Car: Electric with charger. Very good condition. Lights, seat belts, rain curtains. 873-6272

Books: 2007 Moon Sign Book, 2007 Sun Sign Books, 2007 Daily Planetary Guide. 867-0771

Club Car Golf Cart: 1989. 854-7380

Dishwasher: Whirlpool, almost new. Instruction booklet included. \$100. 854-9297

Electric cart: Seldom used four-wheel electric cart, \$200 or make offer. Not a golf cart. Can be used indoors or on the street. 854-8822

Estate Liquidation: 8 a.m.-2 p.m. Saturday, Sept. 9, 8814-C S.W. 93rd Lane. Entire contents. Linens, furniture, etc. Balistreri estate.

Estate Sale: Furniture, home décor, exercise bike, misc. Sept. 8 and 9, 8 a.m. to 1 p.m., 8750-B SW 90th Lane. 615-9450

Furniture: Two counter chairs, \$50; beige and white traditional loveseat, excellent condition, \$200. 291-0744

Golf cart: 854-7858

Golf clubs: Men's complete set of left-hand woods, irons, putter and bag. \$250. 854-5781

Golf clubs: Ladies complete set of woods, iron, putter and bag. All have graphite shafts. \$250. 854-5781

Misc. Items: New travel steamer for clothes, \$20; new iron, \$10; Lexmark printer, \$30; like new typewriter, \$30. OBO. 237-9551

Misc. Items: Gas-powered leaf blower, \$50; entertainment center and 25-inch TV, \$300; glass bookcase, \$30, 8-foot stepladder, \$30. 732-3282

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, 9850 S.W. 84th Court, Suite 300, Ocala, FL 34481.

DEADLINE: On Top of the World resident ads must be in the box next to the Press-room door (in Friendship Commons next to Customer Service) no later than noon on the 13th of each month. Ads will appear once unless renewed in writing.

Misc. Items: Entertainment center, full hide-a-bed, walnut coffee table, corner computer desk, three chairs and lounge, golf bag and clubs. 873-1428

Misc. Items: New bowling ball carrier for two balls, two pairs golf shoes size 9 1/2, 3 dozen logo golf balls, golf bag and clubs. 873-1235

Misc. Items: Club Car golf cart cover, new, used once; paid \$122, asking \$65. Six-drawer cassette holder and cassettes. 854-9356

Misc. Items: Honda lawnmower, electric starter, self-propelled, bagger, \$290; new Whirlpool dehumidifier, \$90; Showtime rotisserie, \$125. 854-2256

Organ: Roland Atelier AT 60S with padded bench, double keyboard, 6 months old, like new. 861-2730

Penta purified drinking water delivered to your door. Liter case (12 pk) \$37 each, .5-liter case (24 pk) \$39 each. Minimum order 4 cases. 873-2100

Piano: Yamaha Clavinova Digital Model 950M with bench. Like new. 861-8673

Sale by S&R: A little of everything sale. Friday, Sept. 8, 9 a.m.-2 p.m.; Saturday, Sept. 9, 9 a.m.-1 p.m. 9800-D S.W. 85th Terrace, Americana Village.

Sale by S&R: This and That. Friday, Sept. 29, 9 a.m.-2 p.m.; Saturday, Sept. 30, 9 a.m.-1 p.m. 8655-D S.W. 98th Street Road, Americana Village.

Sleeper sofa: Lane, queen size, blue. Like new, never slept on. \$375. 237-6631

Sliding door: White, six foot with all parts included. Like new. \$75. 237-2311

Wheelbarrow: True Temper, brand new. Sacrifice, \$25. 237-0803

Wheelchair: Seldom used, excellent condition. Make offer. 854-8822

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Caring Home Health Aide Available for doctor visits, errands. Full or part-time. On Top of the World resident. Call Anna, 873-4761

Caregiver: CNA/HHA desires part-time quality personal care errands to doctor, etc. Call Wanda, 854-1664.

Cat Boarding & Sitting provided by loving experienced Cat Nanny. On Top of the World resident. Call 854-8589

Computer Instruction in your home in front of your computer(s) - customized for your needs. Call End The Clutter ETC at 873-2100 or www.endtheclutter.com

Computer Setup & Training: At home service. Senior rates, \$25 per hour! Have fun & learn! Call Kathy at 861-7719

Computer Solutions by Phillip: Repairs—upgrades—sales. PC and MAC. Data recovery. Microsoft Certified Systems Engineer and Apple Certified Technician. Licensed and insured. VISA/MC, ON-SITE SERVICE. Mobile: 804-8713

Free Appraisals on musical instruments, vintage and current — guitars, banjos, mandolins, amps, etc. 40 years experience. On Top of the World resident. 237-8072

Handyman: Call Al, 291-7670.

House Cleaning by Evelyn Lee: I do windows, deep cleaning and move outs. Licensed & insured. 629-0855

Jan's Housekeeping: Weekly or biweekly. Call 804-9426. Local references, dependable and reasonable.

Jewelry Repair: Cheryl Turnbow, OTOW resident, offers jewelry repair, redesign of your older jewelry, classes. 861-8014 or e-mail: ctreiki@yahoo.com

Jo Jo's Mop and Go: Cleaning, meals, transportation, etc. Excellent OTOW references and insured. Free estimates. 278-5592 or 572-3732

Painting by Frank the Painter: Quality service at affordable prices; free estimates; On Top of the World resident. 30 years experience. 237-5855

Paint'n the Town: Candler Hills husband and wife team. Professional interior painting, custom color assistance. Consistently exceeding customers' expectations. Licensed and insured. 209-3504

Professional photographs taken at your anniversary party or other social event. Call Mike Roppel, On Top of the World resident, at 861-6985

Seniors: Need Help? Able to provide medical, personal and respite services. Call 861-8804.

Sewing Machine Service & Repair: Reasonable, 40 years experience, On Top of the World resident. Call Ed, 854-5572

Steve's Repairs: Fans, lights, doors, shelving, general carpentry. On Top of the World resident. Call Steve at 854-4927

Stop gaining body weight with true food, pure water and basic physics. One-on-one private consults. 873-2100

Transportation: Call Bill, On Top of the World resident, for transportation to doctors, hospitals, shopping. Dependable, safe driver. 854-7516

Transportation: Personalized door-to-door transportation to airports, cruise ports, doctor appointments, shopping. Call Betty, 861-1163

Window Fashions: Swags, pillows, valances, etc. Professional workmanship. On Top of the World resident. Call Dix's, 854-5572

Wanted

Coin collector wants to buy old coins, gold and proof sets. On Top of the World resident. Ted at 861-6964

Moving in or moving out? Grandmattic will purchase one piece or entire estate: jewelry, silver, china, glassware, collectibles, dolls, small furniture and junkie. Susan or John, 873-9796

On Top of the World resident interested in buying guns, new, old, any condition. 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. 873-0303

Pet Sitter: For paper-trained small dog. No walking required. Must stay at our house at night. Four to six times a year, usually 7- to 10-day stay. Joni, 861-6964

Gators Barber & Style Shop

- Flat Tops
- Regular
- Styles

Hours: 8:30 to 5:00
861-3000
Carriage Plaza
6855 W. Hwy. 40

House Cleaning • Spring Cleaning
Move Out Cleanings
Windows, Inside & Out
Tracks Cleaned
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Residential
Cleaning Service
489-9592

To On Top of the World Residents Only
A local business for 18 years
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References of Request

10% discount on first time cleaning to new customers. Call for a free estimate and schedule your first cleaning. Please show this card upon receiving your estimate.

Grandpa Wilson Wished He Could Hear Little Billy's Dreams...



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Regional 
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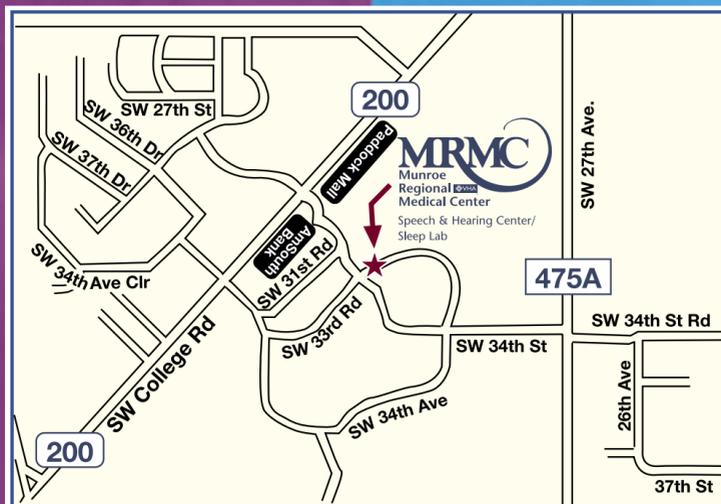
Did you know that over 25 million people in America have hearing loss?

Hearing loss usually occurs gradually, so most people don't even realize when they have a hearing problem.

If you think you or someone you know may be suffering from hearing loss the professionals at Munroe Regional Medical Center's Speech and Hearing Center would like to help.

What makes our care so different?

- Most important - We use professional audiologists, not commissioned sales people.
- We dispense hearing aids from a number of manufacturers, not just one. The choice is yours, based on your lifestyle and budget.
- You may choose from the most up-to-date, state-of-the-art hearing instruments, and we have less expensive options for the value-minded.
- You have free in-office followup for the lifetime of the hearing aids.



- A 100% money-back guarantee within the first 30 days.
- We provide free hearing screens and free informational hearing aid consultations.
- There are no "hard sells" ... just ask our patients.

"Excellent service and totally honest,"
D. Brant, retired teacher.

"You do everything right," – V. Sica, receptionist.

"After going to six other providers, only Munroe's Speech & Hearing gave me satisfactory results,"
F. Howard, retired Navy pilot.

"I couldn't be happier,"
Dr. C.J. Stechschulte.

Please call Munroe's
Speech & Hearing at
(352) 732-4900
to schedule a free
hearing test.