

On Top of the World NEWS

Where the News is Always Good

Guess who
dropped by one
of our neighbors?
See Page 8.



Vol. 21, No. 2 • August 2007

Community News & Update

By Kenneth Colen, Publisher

INSURANCE UPDATE: August is a good time to check in with your insurance agent and make sure you have adequate coverage on your home and contents.

In the On Top of the World Owners' Association, residential properties are insured under a master policy in the name of the Association. The per event deductible remains the same as 2006, at \$10,000 per occurrence for any event other than wind/hail related damage. Wind, hail, and named storm events carry a separate deductible of 5 percent of the total of values at the time of loss at each location involved in the loss, subject to a minimum deductible of \$250,000 for any one occurrence regarding a named storm. With respect to all other losses all loss, damage, and/or expense arising out of any one (storm) occurrence shall be adjusted as one loss, and from an amount of each such adjusted loss there is a \$100,000 deductible.

This is actually a vast improvement over last year. The lowest deductible that could be obtained was \$1,000,000 for wind/hail and named storm related losses. Take this as a measure of how much the insurance market has loosened up in the past year.

Should the community experience wind related losses, the deductible is spread over all members of the Association. In other words, the individual share of the deductible would be approximately \$71.45 per dwelling were it necessary to assess for the named storm deductible.

There may be a possibility that your carrier will offer a product called "extended protection" that in effect offers another layer to loss assessment coverage. It was pointed out to me by a local insurance agent that all the insurance company may require is a letter from the Association stating that there are "no losses, unreported losses, and ongoing repairs" currently pending. We have drafted such a generic letter and posted it to www.otowinfo.com (click on Insurance Info). You may print this letter and provide it to your local agent.

MASTER THE POSSIBILITIES: We're now into the heart of our summer season at the Master the Possibilities Education Center. Classes continue to be well attended and August has close to 40 opportunities to learn, grow and have fun! Take some time to revisit the catalog. I'm always amazed at the quality and diversity of our curriculum. All of these classes are brought to life by very well qualified faculty who love to teach ... as much as you love to learn. The Education Center is a cool place anytime of the year — but especially so this summer. See you in class, you're most welcome!

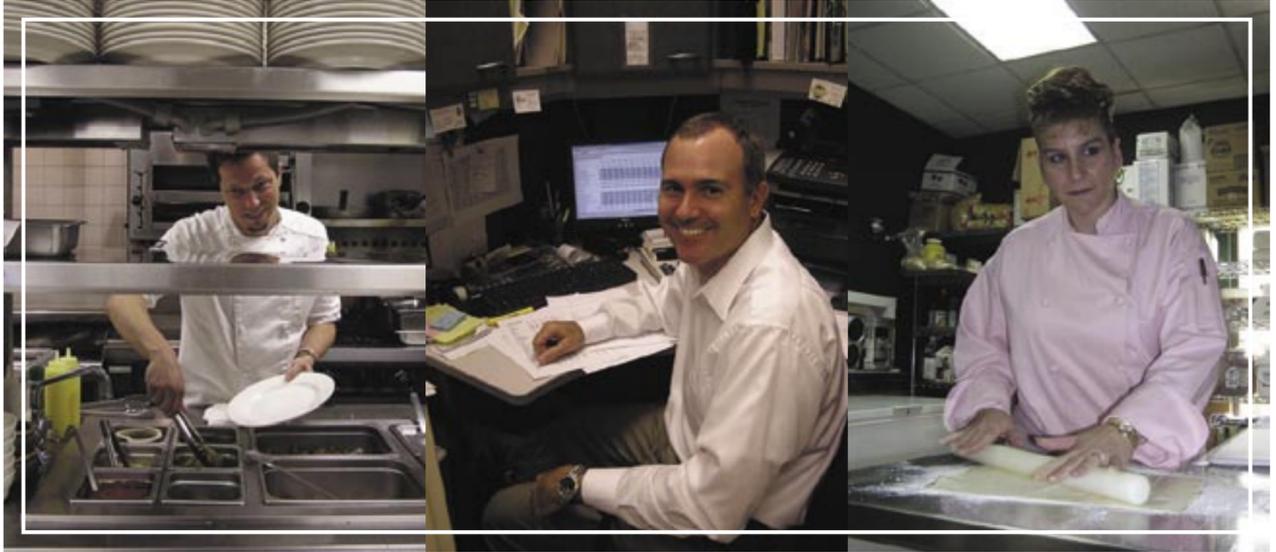
SCAM UPDATE: August and September seem to be the start of phone scam season, historically. I have no idea why that is, but we tend to get an uptick in inquiries from residents regarding solicitation of services.

No representative of On Top of the World Communities, Inc., CSW Management Company, or the Bay Laurel Center Community Development District, involved in delivery of home improvement services or water testing services, will ever call you for marketing or sales purposes.

If you are contacted by telemarketers purporting to represent any company affiliated with or doing business with On Top of the World Communities, please report it promptly to our Customer Service representatives. If you can, obtain the company name and number and a contact person.

Before you make any appointment for a sales call, make sure you thoroughly investigate the company. A quick name search through the Secretary of State, Division of Corporations, can be done at www.My-Florida.com to verify the company's existence. If you get no verification of the company's legitimate existence, you may wish to contact the Marion County Sheriff Office at the non-emergency number and report the event as a possible fraud.

Even if the company checks out, that is no guarantee that you will be dealt with honestly and fairly. Before you make any commitment, ask for a list of customers who have purchased similar items or services and call them. Remember, once the check or charge has cleared, it is too late to call it back. ☺



Photos by Bob Woods

Chef Dave Bland

Todd Parkhouse

Chef Kathleen Mills

Candler Hills Restaurant Reopens with New Menu, Chefs, Look

By LYNN PEITHMAN STOCK
EDITOR

Changes are coming to the Candler Hills Restaurant, and they're not all cosmetic.

The restaurant will be closed Monday, July 30, and will reopen on Saturday, Aug. 4. Inside, visitors will find new carpet, fresh wall colors and artwork — and a new menu, designed by Chef Dave Bland, former personal chef to John Travolta and his family.

Chef Dave

Executive Chef Dave Bland is originally from St. Augustine. After attending culinary school, his work experience included 10 years at Disney World. He was executive chef at the Portobello Yacht Club at Disney and was named a top 20 chef in central Florida.

From Orlando, he worked for a year and a half as the private chef for John Travolta, his wife Kelly Preston and their children. But the time away from Chef Dave's own family became a bit much. Dave has two children, ages 9 and 12.

Dave has been with On Top of the World for a few months. "We really love Ocala. It's a nice place to have a family," he said. "I think Ocala has a lot of potential."

Part of that potential he is fulfilling at Candler Hills Restaurant. The new menu will debut on Saturday, Aug. 4. The appearance of the menu itself will change — it will be a single sheet. "That will allow me to change it every few months as I see fit," he said.

He will use fresh vegetables and seasonal items — "so it's kept fresh and exciting." Some of the items he will introduce include panini sandwiches and quiche for both breakfast and dinner. He will also offer smaller portion desserts, including gourmet cupcakes, crème brûlée, chocolate crème brûlée and sugar-free offerings.

Once introduced, the new menu will not stay the same. Chef Dave expects to make changes with the seasons, as different fresh foods come to market.

Chef Dave calls the selections "new American cuisine." "I use a little bit of influence from everywhere."

He would like customers to know "that the chef will make accommodations for dietary needs."

Renovations

Candler Hills Restaurant will get new carpeting and new gold tones for the walls during the week-long renovation.

Also, dividers will be added between the booths to offer more privacy. Beautiful golf views of the Candler Hills course will adorn the upper part of the walls above the windows. The patio has received new furniture, matching the patio furniture at Circle Square Cultural Center.

"It's a total refreshing," said Jo Salyers, Marketing Director for On Top of the World.

Todd Parkhouse

Todd Parkhouse is the new restaurant manager for Candler Hills and Sid's Coffee Shop, where he is responsible for the "front of the house" operations. He and his wife, have 10-year-old twins boys, a six-year-old boy and a four-year-old girl. They have moved to Ocala from Vero Beach, where Todd managed a golf specialty store. He graduated from the University of Central Florida.

"We want to take Candler Hills Restaurant to the next level and do an outstanding job with customer service," he said.

Chef Kathleen

Chef Kathleen Mills has joined The Pub and Sid's Coffee Shop as pastry chef and catering chef. She comes here from Silverthorn Country Club in Brooksville, where she was the pastry chef and executive chef.

At Sid's, Chef Kathleen has introduced such temptations as fresh Danishes, rum cakes, blueberry turnovers, Italian cookies, tiramisu and fresh croissants. But if nothing meets your fancy, let her know.

"I'd like to know what people are looking for and be as accommodating as possible," she said.

At Friendship Catering, Kathleen wants to take the food to a higher level — "fresh, hot, perfect and a great presentation," she said.

"I'm looking forward to meeting a lot more residents every day," Kathleen said. "Visit Sid's and try the pastries." ☺

Residents Celebrate July 4th in Style

By BOB WOODS
WORLD NEWS WRITER

Thanks to On Top of the World for coming out to celebrate our nation's 231st birthday. I am referring to the July 4th celebration and events that took place in the Health & Recreation Ballroom that lasted most of the day with plenty of food, bingo and some pretty nice listening and dancing music.

Yes, it has been 231 years since our forefathers signed that particular piece of paper, the Declaration of Independence, giving us the freedoms and liberties that we enjoy today. Our military veterans have defended this country and it showed by the outpouring of enthusiasm at this celebration. Thank you for attending and thanks to those who organized the day-long event along with Ernie and Gladys LaDuke for the decorations in the traditional red, white and blue.

The day's event started out with hundreds of our residents standing in line waiting to be admitted following the setup of the Ballroom. The first item on the agenda was bingo. Everyone entering the hall was given a reusable bingo card for

Seven games. Bingo was free as the cost of the games and cash prizes was taken out of the purchase price of the tickets. I want to say that the event was sold out with 300 of our residents, plus 27 volunteers and other workers attending.

After bingo came what most of the celebrants were waiting for — the food. Pulled barbecue chicken was served on hamburger buns with colelaw and beans to complement the chicken plus other tasty fixings. The meal was served to those attending by the volunteers speeding up the process of feeding so many in such a short period. Topping off the meal was none other than cold watermelon. What would the 4th of July be without a cookout being topped off with juicy, sweet watermelon? Our own Friendship Catering supplied the meal.

After the meal, the Tortuga Bay band entertained the crowd. They played great listening music as well as enjoyable dancing tunes. Many folks spun their partners around the dance floor while others just sat back relaxing after their meal. There were many door prizes and other drawings taking place at different intervals.

Some of the items being won by residents were many gift certificates from such places at the Red Lobster Restaurant, Chili's and Pizza Hut. The grand prize, numbering a total of three, was from J&J Jewelers, which was won by Mary Ciavattini.

Two of the grand prizes were for a two-night, three-day stay at the Bahamas House won by Roy Foos and the same length of stay at the Aku Tiki Inn, won by Margeret Berg. Both are located on Daytona Beach.

The holiday's events in the Ballroom concluded well after 3 p.m. with the Tortuga Bay group, which hails all the way from Cape Coral, playing a salute to our armed forces and the entire gang joining circles for the singing of "Glad to be an American."

For those who did not attend, you missed a great day, not only cel-



Photo by Bob Woods

Lois Rider and Dottie Tuohy attend the July 4th Celebration.

brating the Fourth, but conversing with your neighbors, playing bingo and either listening or dancing to the music provided. I know some folks wished they could have attended but were too late in purchasing their tickets. Other residents were enjoying the holiday by visiting with friends and having a cookout. Throughout all the On Top of the World neighborhoods the smell of barbecues rising with the aroma of hamburgers or chicken could be smelled as one passed through any of the communities.

I hope everyone had a very blissful and happy Fourth of July, enjoying our independence provided by our forefathers and defended by members of our armed forces.

The Fourth is a good day to reflect by saying "God bless America." ☺



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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Is It Legal?
Gerald Colen

NOTE: In my last column I mentioned this scam called vishing, which is where you get an e-mail or a letter that appears to be from a credit card company or your bank or whatever. You are then asked to call a certain number that appears to be "official" and you are given some buttons to push or whatever and during the process you are asked to provide an account number or a social security number. DO NOT EVER, EVER, EVER, EVER, EVER do this. If you get a call or e-mail or letter from your bank asking you to provide information, GO TO THAT BANK AND INQUIRE ABOUT THE MATTER. DON'T GIVE INFORMATION OVER THE TELEPHONE OR BY RETURN MAIL OR BY E-MAIL. The same applies if you get a letter from your credit card company. The only difference since you can't go and make a visit, is that you SHOULD CALL THE NUMBER ON THE BACK OF YOUR CREDIT CARD AND INQUIRE ABOUT THE MATTER.

Q. What do you do if you made a mistake and gave out your Social Security number over the telephone or you gave out a bank account number?

A. Contact the Social Security Administra-

tion and start there. Then contact your credit card companies and request new cards. Then go to your bank(s) and inform them of what happened and you should probably even have a new bank account opened so that no one can remove funds from your accounts.

Q. Why is it important to have my banking accounts listed in my and my wife's names as "tenants by the entireties"?

A. A tenancy by the entireties, which is frequently called the "husband and wife" estate, is an asset protection mechanism in and of itself. With the exception of the Internal Revenue Service, a claim by a creditor against one spouse cannot be the basis for a claim against property held in the name of the husband and wife as tenants by the entireties. This is not the same when it's property held as tenants in common or joint tenants with right of survivorship.

Q. If I buy my home directly from the contractor who built it, why should I have to buy title insurance since I can always sue my contractor?

A. And wind up in protracted litigation? And discover that the claim is not one that obligates the contractor to pay off? Nah! The wisest thing to do, when you purchase a home — be it a new home from the contractor who built it or a re-sale — is to have title insurance

Golden Oldies Humor

by Stan Goldstein



'My wild oats have turned into prunes and All Bran!'

that protects your interest. I've said this before but it bears repeating: When you borrow money from a bank, they will require that they receive a form of title insurance that protects their interests. Well, if a bank that is in the business of protecting itself, requires mortgagee title insurance, should that not give you an indication of what you need? I think so.

Q. Can you explain Florida's Intangibles Tax in a few short words so that we can understand it?

A. The Intangibles Tax is gone.

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, business law and simple and complex estate planning. This column is not intended to provide legal advice. You should always consult your own attorney for such advice. Mr. Colen is available for conferences at his law office at 7243 Bryan Dairy Road, Largo, Fla. 33777; (727) 545-8114 or at *On Top of the World*, in Clearwater. In Ocala, Mr. Colen is available, by appointment, for legal conferences at the new *On Top of the World* sales office annex which is near Sid's Coffee Shop. He responds to e-mail at gcolen@tampabay.rr.com or through his Web site: www.gcolen.com.

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Food Needed for Homeless Children

There are more than 1,100 homeless, hungry children in the Marion County school system. We need your help now — just one family-size food item a week (we will take more, too) would make a big difference. Hunger hurts.

Please drop off your donations (soup, cereal, pasta, complete meals in a box, stews, juice, etc.) at the Plow residence, 8650-A S.W. 92nd Place. Leave on porch.

Monetary donations are tax-free.
Thanks for your help. ☺



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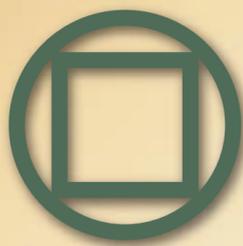
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Pete Peterkin

(A Tribute to Ray Charles and Bonus Tribute to Motown)

Saturday, August 11, 2007

Cookout & Pre-Show Entertainment: 4-6pm

Doors Open: 6pm — Show Begins: 7pm

Gold \$13 Silver \$11 Bronze \$9

Come Early and Enjoy the Cookout \$10

Cookout Menu: Grilled Hamburgers, Hotdogs, Potato Salad, Baked Beans, Chips, Cookies, Watermelon, and Iced Tea or Water. *Soft drinks, beer & wine available for purchase. Purchase Cookout Tickets at the Event. Cookout 4-6 pm.*



Leanne Williams

(Patsy Cline Tribute)

Saturday, September 1, 2007

Pre-Show Entertainment: 5:30pm

Doors Open: 6pm — Show Begins: 7pm

Residents — Gold \$13 Silver \$11 Bronze \$9



A Tribute to the King

(Elvis® Performers)

Saturday, September 29, 2007

Pre-Show Entertainment: 5:30pm

Doors Open: 6pm - Show Begins: 7pm

Residents — Gold \$18 Silver \$16 Bronze \$14



The Legends of Doo Wop

Saturday, October 13, 2007

Pre-Show Entertainment: 5:30pm

Doors Open: 6pm - Show Begins: 7pm

Residents — Gold \$16 Silver \$14 Bronze \$12



On Top of the World Craft Fair

Saturday, October 20, 2007 10am - 2pm
FREE



Stage Door Theatre Presents...

Come Blow Your Horn

Dinner Theatre

Friday, October 26, 2007 6:00 pm

Saturday, October 27, 2007 6:00 pm

Sunday, October 28, 2007 1:00 pm

Residents — \$35 (Includes Dinner)



Danny & The Juniors

Friday, November 9, 2007

Pre-Show Entertainment: 5:30pm

Doors Open: 6pm - Show Begins: 7pm

Residents — Gold \$16 Silver \$14 Bronze \$12



The Diamonds

Saturday, November 17, 2007

Pre-Show Entertainment: 5:30pm

Doors Open: 6pm - Show Begins: 7pm

Residents — Gold \$17 Silver \$15 Bronze \$13



Chris Denem

(Tribute to Neil Diamond)

Saturday, December 1, 2007

Pre-Show Entertainment: 5:30pm

Doors Open: 6pm - Show Begins: 7pm

Residents — Gold \$16 Silver \$14 Bronze \$12



Craig Turley & Orchestra

(dinner & dance)

Saturday, December 15, 2007

Pre-Show Entertainment: 5:30pm

Doors Open: 6pm - Show Begins: 7pm

Residents — \$35 (Includes Dinner)



Ticket Office Hours:

Monday - Saturday, 11:00 am - 2:00 pm, Tuesday, 11:00 am - 7:00 pm • Day of Show: 11:00 am - Showtime

8395 SW 80th Street • Ocala, FL 34481 • (352) 854-3670

Ticket prices vary by event and are sold on a first come, first served basis. Ticket prices include sales tax. Refreshments available for purchase at events. Schedule and prices subject to change without notice. Reduced ticket prices for residents of On Top of the World Communities. (Use resident discount coupon code for online purchasing and resident ID required for purchasing at ticket office). *Online tickets subject to a convenience fee.



On Top of the World Central Lynette Vermillion

August is National Eye Exam Month, which is a great reminder to take care of one of our most important senses. It was founded by Sears Optical in 1989 to raise awareness of the importance of regular eye exams.

For all of you golfers, happy National Golf Month! If you have not been on our courses in a while, you may want to plan an outing with a group of friends to take advantage of our summer rates and summer shop specials.

Lawn and Irrigation Maintenance

We are right in the middle of the hottest time of the year. But the good news is that we are receiving some rainfall. Residents should monitor their irrigation systems more closely to help save water. Remember one-half to three-quarters of an inch of irrigation per week is all that is needed to sustain the turf. With the summer rains, residents may be able to curve their water consumption by not irrigating during weeks that we see these rainfall amounts.

Fungus and other diseases thrive in humid, muggy conditions so keeping excess water from forming on your lawns is critical in controlling these pests. Over fertilization is another driving force with fungal pests and should only be done after checking with the management company to avoid duplication.

Chinch bugs are opportunistic insects that will seek out stressed or dying St. Augustine turf so it is important that the irrigation system is operating properly.

Monthly irrigation checks need to be done to ensure the lawn is receiving proper coverage and that there are no broken lines or heads.

Many controllers have been affected by the summer lightning storms this year, so we advise all residents to check their controllers after each storm. Lightning storms can surge power into the controllers affecting program scheduling thus causing controller malfunctions which may prevent the system from operating correctly.

Rain sensors should be checked to see that they are operating properly too; if you are not sure how this is done you might consider contacting an irrigation company to help you.

Mowing

The summer rains have brought a greater increase in the growth of grass. Rains bring the much needed water relief; however, they do negatively impact our mowing schedule. With the county's unemployment rate at 3.4 percent, we are continually challenged by a shortage of labor. With the use of additional equipment, modern techniques and dedicated crews, we are working hard to keep the community well groomed with limited personnel.

Storage Units and RV Parking

Storage units are now available for rent. Un-air-conditioned 10-foot by 14-foot and air-conditioned 5-foot by 5.5-foot and 10-foot by

16-foot units are available to meet your needs. If you are interested in renting a unit, please drop by Customer Service at Friendship Commons.

The gate to the RV parking area will be changed this month to its correct entrance. RVs will follow the paved area between storage units to the RV parking entrance. The secured gate will be reinstalled at the RV parking area and only those renting space will have access to that area.

Modification Fees

We will begin charging fees for modifications as outlined in the community standards effective Sept. 1. You will find a list of these fees on the last page of the community standards located on www.otowinfo.com.

Routine Air Conditioner Maintenance

There are some things in addition to bi-annual tune-ups of your air-conditioning systems that you can do to help ensure a high level of comfort and proper system operation. First, buy good filters and change them according to the manufacturer's specifications. Next, keep bushes trimmed and other materials away from the outside unit of your air conditioner. Repairing cracked windows and making sure no air is escaping to the outside will also reduce costs of cooling your home.

Water Conservation

Water is one of our most precious resources. When we waste water, we are pouring water and money down the drain. Leaks are the biggest water waster. Even a small faucet leak can waste 300 or more gallons of water per month. Leaks inside your toilet can waste up to 100 gallons per day. If your toilet is leaking, you may want to try to adjust the water level in the tank. It should be about one inch below the top of the overflow tube in the middle of the tank. If water will not shut off at all, you may want to check the float, chain or flapper located in the tank to make sure they are working properly.

You can check your residence to find out if you have a leak by taking these three easy steps. 1) Turn off all faucets and water-using appliances. 2) Go to your water meter and look for leak indicator. It is the small red, triangle or silver star located on the face of the meter. 3) Observe the leak indicator (triangle or star) to see if you see any movement. If no movement is observed, you do not have a leak.

Golf Cart Registration

Golf cart permitting for 2008 will begin Monday, Oct. 1, 2007. Permitting will continue through Dec. 31 to ensure all residents have a chance to register before yearend. We will be setting up a program to deal with the initial volume the first month. More detailed information on this subject will be included in September's column and on www.otowinfo.com.

Cart rules will be provided to each cart owner when the cart is registered and a cart permit applied to the cart. Residents will be asked to bring proof of insurance and any resident who plans to drive the cart will be asked to sign a release to operate the cart within the community. 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.

All of our golf cart drivers are asked to obey the Florida driving handbook rules. Your safety is of the utmost importance.

I think everyone will agree that the "dog days of summer" are here. For those of you who have not heard this expression, the "dog days of summer" usually occur during the hottest and muggiest part of the year — the period between early July and early September when the hot, sultry weather becomes almost unbearable at times. ☹



From Debbie's Desk Debbie Clark

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

Speaking of the Fourth, first off a very big THANK YOU to Ernie and Gladys LaDuke for the wonderful job decorating the Health & Recreation Ballroom. As always, the room looked fabulous. Also, I would like to thank Lolly and all the volunteers who helped out on the July 4th Celebration in the H&R Ballroom. Great job, everyone. Last, but not least, thanks to the Friendship Catering staff for supplying us with a great meal. The food was awesome.

I am jumping a little bit ahead of myself on this scheduled trip, but I would like to make mention that I have purchased 50 more tickets to the Tampa Bay Devil Rays vs. Boston Red Sox game for Friday, Sept. 21. I have already sold 32 tickets. This is a night game and we will be leaving On Top of the World at 3:30 p.m. to return, I would say, two hours after the end of the game. The cost per person is \$35, and this includes your round-trip transportation and your ticket into the game.

Friday Night Happy Hours

Onto the month of August, the schedule for the Friday Night Happy Hours is as follows:

- Aug. 3: The Bontempos
- Aug. 10: Barry & Nancy
- Aug. 17: Motown Happy Hour with Johnny Alston
- Aug. 24: Tomaura
- Aug. 31: Ray & Kay

Here are the trips to the Hard Rock Hotel & Casino for this month: Tuesday, Aug. 7, and Thursday, Aug. 23. The cost per person is \$20. I would suggest, if you have not signed up for either one of these trips and are thinking about going, you need to speak with Theresa as soon as possible since all the trips are filling up fast. You can sign up at the Health & Recreation office Monday through Friday from 8 a.m. to 4 p.m. Also, in regard to these trips please keep in mind that we now have

assigned seating on the bus and the only way you may pick your seat out is when you pay for your trip. If you are in pending status we will hold a seat for you, but you cannot physically pick out your seat until your payment is received.

Regarding the ice cream social for the month of August I have moved it to the end of the month. It will be on Thursday, Aug. 30, from 1 to 3 p.m. Come out and enjoy your favorite sundae and listen to some wonderful entertainment. This is a good way to stay cool for a couple of hours. You may purchase your tickets at the Health & Recreation Office, Monday through Friday from 8 a.m. to 4 p.m. At the time of writing this article I did not have a price per person, so please feel free to call 854-8707 for further information.

Highlights for the month of September include The Roaring '20s Happy Hour on Friday, Sept. 14, a Psychic Fair on Saturday, Sept. 15, which will be held at the Arbor Conference Center in Suites E through H.

A High Tea for all ladies will be at the Arbor Club on Thursday, Sept. 20, from 3 to 5 p.m. The cost per person is \$7.50 and you may call the Health & Recreation office at 854-8707 to reserve your seat. Payment is due one week prior to the tea.

Hard Rock Hotel & Casino Trips will be on Thursday, Sept. 6, and Tuesday, Sept. 25.

For community awareness news I must make mention of a couple of items regarding the H&R pool. The official time that the pool opens is 9 a.m. Myself and maintenance would really appreciate it if you could adhere to this time so that they may take care of the daily pool cleaning in a timely manner. It is very hard to take care of everything they have to do with people swimming in the pool.

The second item I must bring up again is UNDER NO CIRCUMSTANCES ARE YOU ALLOWED TO BRING ALCOHOLIC BEVERAGES TO THE H&R POOL. You may purchase alcoholic beverages from the Pub but these beverages must be enjoyed on the veranda. Food or drinks are not allowed around the pool. The only type of beverage that is allowed on the pool deck is bottled water and it must be in a plastic container.

That is all for this month. As always, be safe and have fun. ☺



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**Candler Hills &
Indigo East**
Lynette Vermillion

August is National Eye Exam Month, which is a great reminder to take care of one of our most important senses. It was founded by Sears Optical in 1989 to raise awareness of the importance of regular eye exams.

For all of you golfers, happy National Golf Month! If you have not been on our courses in a while, you may want to plan an outing with a group of friends to take advantage of our summer rates and summer shop specials.

Lawn and Irrigation Maintenance

We are right in the middle of the hottest time of the year. But the good news is that we are receiving some rainfall. Residents should monitor their irrigation systems more closely to help save water. Remember one-half to three-quarters of an inch of irrigation per week is all that is needed to sustain the turf. With the summer rains, residents may be able to curve their water consumption by not irri-

gating during weeks that we see these rainfall amounts.

Fungus and other diseases thrive in humid, muggy conditions so keeping excess water from forming on your lawns is critical in controlling these pests. Over fertilization is another driving force with fungal pests. If fertilizing your lawn, consider using slow release fertilizers and only applying them at a rate of 1 pound of nitrogen per 1,000 square feet.

Chinch bugs are opportunistic insects that will seek out stressed or dying St. Augustine turf so it is important that the irrigation system is operating properly.

Monthly irrigation checks need to be done to ensure the lawn is receiving proper coverage and that there are no broken lines or heads.

Many controllers have been affected by the summer lightning storms this year, so we advise all residents to check their controllers after each storm. Lightning storms can surge power into the controllers affecting program scheduling thus causing controller malfunctions which may prevent the system from operating correctly.

Rain sensors should be checked to see that they are operating properly too; if you are not sure how this is done you might consider contacting an irrigation company to help you.

Storage Units and RV Parking

Storage units are now available for rent. Un-air-conditioned 10-foot by 14-foot and air-conditioned 5-foot by 5.5-foot and 10-foot by 16-foot units are available to meet your needs. If you are interested in renting a unit, please drop by Customer Service at Friendship Commons.

The gate to the RV parking area will be changed this month to its correct entrance. RVs will follow the paved area between storage units to the RV parking entrance. The secured gate will be reinstalled at the RV Parking area

and only those renting space will have access to that area.

Modification Fees

We will begin charging fees for modifications as outlined in the community standards effective Sept. 1. You will find a list of the fees on the last page of the community standards located on www.otowin.com.

Community Enforcement

As our community liaisons travel through the community, a reoccurring violation found is poorly maintained lawns. They have found weeds in the lawn, flowerbeds and pavers. If you hire a lawn service to maintain your yard, please make sure that your contract includes weeding, landscaped beds and pavers.

Routine Air Conditioner Maintenance

There are some things in addition to bi-annual tune-ups of your air-conditioning systems that you can do to help ensure a high level of comfort and proper system operation. First, buy good filters and change them according to the manufacturer's specifications. Next, keep bushes trimmed and other materials away from the outside unit of your air conditioner. Repairing cracked windows and making sure no air is escaping to the outside will also reduce costs of cooling your home.

Water Conservation

Water is one of our most precious resources. When we waste water, we are pouring water and money down the drain. Leaks are the biggest water waster. Even a small faucet leak can waste 300 or more gallons of water per month. Leaks inside your toilet can waste up to 100 gallons per day. If your toilet is leaking, you may want to try to adjust the water level in the tank. It should be about one inch below the top of the overflow tube in the middle of the tank. If water will not shut off at all, you may want to check the float, chain or flap-

per located in the tank to make sure they are working properly.

You can check your residence to find out if you have a leak by taking these three easy steps. 1) Turn off all faucets and water-using appliances. 2) Go to your water meter and look for leak indicator. It is the small red, triangle or silver star located on the face of the meter. 3) Observe the leak indicator (triangle or star) to see if you see any movement. If no movement is observed, you do not have a leak.

Golf Cart Registration

Golf cart permitting for 2008 will begin Monday, Oct. 1, 2007. Permitting will continue through Dec. 31 to ensure all residents have a chance to register before yearend. We will be setting up a program to deal with the initial volume the first month. More detailed information on this subject will be included in September's column and on www.otowin.com.

Cart rules will be provided to each cart owner when the cart is registered and a cart permit applied to the cart. Residents will be asked to bring proof of insurance and any resident who plans to drive the cart will be asked to sign a release to operate the cart within the community. 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 information or drop by Customer Service: www.hsmv.state.fl.us/forms/handiform.html.

All of our golf cart drivers are asked to obey the Florida driving handbook rules. Your safety is of the utmost importance.

I think everyone will agree that the "dog days of summer" are here. For those of you who have not heard this expression, the "dog days of summer" usually occur during the hottest and muggiest part of the year — the period between early July and early September when the hot, sultry weather becomes almost unbearable at times. ☺



Indigo East
Allie Gore

Thanks to neighbors who helped increase blood supplies in Marion County by donating the gift of life July 2 and 3. Drumroll please! Betty Horsham won the drawing for tickets to the Live Bait concert. Joyce Petherwick won the drawing for the book "Served With Honor" written by On Top of the World military retirees. Everyone was a winner thanks to The Ranch who gave each donor a one-week free membership. Mark your calendar for our next blood drive Sept. 3 and 4.

Hurricane season is once again upon us. It has been suggested that in the event of severe storm damage it could be a minimum of three days before we could count on public assistance. This is, in part, because our homes are built to withstand high winds. Many homes in Ocala are not built to this standard and could sustain more severe damage and could require more immediate assistance. While no one knows if we will experience severe weather, we are wise to anticipate the possibility and take precautions. How much better to be prepared and get through the season unscathed than to be caught unprepared and suffer the consequences. Prepare for the unexpected now!

There are many sources that provide information as to what we should have on hand. At a minimum we need to have bottled water (three gallons water per person), non-perishable food items to last a minimum of three days and, of course, your prescription medications. If you use oxygen be certain you have made arrangements for back up tanks or liquid oxygen. Be certain the flashlight you are counting on has fresh batteries. How will you cook if there is no power? A storm radio could come in handy. Identify the location in your home that would be your safe room/area. This is the room or area where you would be most protected from storm damage. Identify a family member or friend, out of state, who you can contact and who will then contact other family and friends for you. This frees up phone lines.

Could you direct someone to your home, in the event of an emergency, if the street

signs were blown down or twisted so that they no longer provided accurate direction? Write down directions to your home from both gates. Specify the number of right and left turns rather than street names. Place this near your phone or another location, you will remember, if upset or scared.

Indigo East's Citizen Emergency Response Team members are neighbors who have participated in training with the goal of being as prepared as possible should we have severe weather resulting in damage and injury. The training is free. If you would like to become a CERT member contact Bev Case 369-9547 or billbev1@hotmail.com.

Our high temperatures make indoor activities inviting. Join in! Contact these neighbors if you are interested in any of the following. Marie Deshommes, 484-0987, invites you to join her in doing crafts. Joyce Deikman is leading a monthly book club, mtnhiker2@hotmail.com or 817-1364. Betty Chadwell, 286-5081, teaches crocheting. Water exercise every Monday at 9 a.m., Wednesday at 10:30 a.m., Friday at 10:30 a.m., Line Dancing Monday at 1 p.m. at the community center. Game Night second Tuesday and fourth Thursday at 6:30 p.m. at the community center. First Friday gathering the first Friday of each month at 6 p.m. at the community center. Bring a finger food to share and your personal beverage.

The Second Annual Ice Cream Social will be Aug. 5 from 6 to 8 p.m. at our community center, hosted by Barbara Kratz and Sue Siegle. The cost is \$2 per person. Place exact change in envelope and drop off at 8017 S.W. 83rd Place or 8318 S.W. 79th Circle. Ladies Luncheon hosted by Debbie Partin, Aug. 10, 11:30 a.m. at our community center. Cost \$5, place in envelope with name, address and phone on outside and drop off at Debbie's, 8298 S.W. 79th Circle. Until next month, remember to enjoy life, this is not a dress rehearsal! ☺



Candler Hills
Mary Pat Giffin

As a regular at Candler Hills Restaurant, I'm looking forward to Chef Dave rolling out his new menu this month. JC and Elaine VanBloom were lucky enough to sample the new cuisine and gave it a good report. They said the food is "fresh, tasty and very well presented." In the mean time, a lot of us habitually enjoy Wednesday Steak Night and lunch after a round of golf.

On Thursday, Aug. 21, the Excursion Club is visiting the Austin Carriage Museum, which features the largest, most comprehensive collection of carriages. In addition to the museum, the Austin Park features more than 400 acres with an education center and horse park.

The day consists of a one-hour guided tour, followed by lunch and another guided tour. Cost per person is \$32, which includes both admission and lunch. Payment is due by Aug. 13 to Stephen or Beverly McCarthy, 8726 S.W. 83rd Circle. The group is meeting at the RV Parking Lot at 9:30 a.m., where a bus will pro-

vide the group's transportation. Bus space is limited to 31 people but others are welcome to meet there and follow the bus.

Heddy Racinowski and girlfriends had such a blast on last year's Women's Only Cruise that she's planning another one, Feb. 25 through March 1, 2008.

"Last winter we only spent four nights so this time, we're going for five nights," said Heddy, who has been in the travel business for 20 years. This time these girlfriends are cruising to the Western Caribbean and will stop in Cozumel and Grand Cayman to snorkel, parasail, shop and swim with the stingrays.

Ask a girlfriend and get away without your husband for rest, relaxation and some fun. Give Heddy Racinowski a call at 861-6120 or e-mail her at heddyr@yahoo.com. Fifteen cabins have been reserved to date and she needs 17 cabins to fill the bus.

Mark your calendars now for Candler Hills second annual Holiday Party on Dec. 8. Watch for details. Tickets go on sale in October.

The Candler Ladies Golf Association joined the Ladies on the Hill for 18 holes of golf and lunch. Although it was hot and steamy with a short weather delay, the women had a great time making new friends.

It's summer time and many of the activities are on hold till September so it's relatively quiet in the neighborhoods. Watch for a burst of festivities when the Candler Women's Club, Dinner for Six and other groups announce their calendar of events.

Your comments and suggestions are welcome. Let me know what's going on in your neighborhood that would interest other Candler residents. Give me a call at 854-8545 or e-mail me at marypatgiffin@yahoo.com. ☺

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Jerry & Sharon Dean
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Rosalie & Donald Fridell
Same Birthdays



Rae Magaraci
Birthday

Hospitality Division

Linda Tiffany

Please join us in welcoming Donna Little to the staff at Sid's Coffee Shop. Most of you know Donna from her long service at Candler Hills Restaurant and Friendship Catering. She will ably oversee daily operations, as she brings a wealth of experience to the position.

Sid's features wonderful homemade pastries, lattes, specialty teas, fruit, Sid's own blend of coffee, and more. (Sid's is presently open seven days a week, 7 a.m. to 5 p.m.), but look for new hours coming soon. Sid's will continue to be open later when there are certain Master the Possibilities classes and Cultural Center activities.

Friendship Catering, our own on-premise

caterer, has been busy booking holiday parties for many resident groups. Now is the time to book yours, as dates are filling up quickly. We will work with you to design a menu for your special anniversaries, birthdays, etc. Call 861-9130 for more information.

We invite you to visit The Pub, which is located poolside in the Health & Recreation Building.

Breakfast is served from 7 a.m. to 11 a.m. Monday through Saturday. Every Wednesday, a prime rib sandwich is featured at lunch for \$6.95, and a prime rib dinner is featured from 3 to 6 p.m. for \$8.99. A Happy Hour Dinner Special will be featured each Friday from 3 to 6 p.m. The Pub is closed on Sunday.

Candler Hills Restaurant now features petite specials from 3 to 5 p.m., Monday through Friday. Menu items are Grilled Flat Iron Steak, Chicken Parmigiana, Shrimp Scampi, Baked Ziti and Grouper Alforno. All five items are available each day.

To savor the best steaks in town, visit us

for Wednesday Night Steak Out. The hours are 5 to 8 p.m. Features are Petite Filet, New York Strip, Rib Eye, Mahi Mahi, Salmon, and Pork Ribs. Steaks are charcoal grilled outside, and seating is available on the patio or in the restaurant.

Candler Hills Restaurant will be closed for refurbishing from Monday, July 30, to Friday, Aug. 3, and will re-open on Saturday, Aug. 4. Please mark these dates on your calendar.

Please clip and save this schedule of hours of operation for the Restaurant, the Pub, and Sid's Coffee Shop.

Candler Hills Restaurant is open Monday through Saturday 8 a.m. to 8 p.m., and Sunday 8 a.m. to 5 p.m. Petite Specials are served Monday through Friday from 3 to 5 p.m. The restaurant will remain open later for certain Cultural Center functions. The telephone number is 861-9720.

The Pub is open Monday through Friday seven a.m. to 6 p.m. and Saturday from 7 a.m. to 3 p.m. It is closed on Sunday. Happy Hour is held Monday through Friday from 3 to 6 p.m. The telephone number is 854-0761.

Sid's Coffee Shop is open seven days a week from 7 a.m. to 5 p.m. It will be open later when there are Master the Possibilities and Cultural Center activities. The telephone number is 861-9873.

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- Doris Muto, 8368 S.W. 84th Loop
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- Charles & Marguerite Piotrowski, 8434 S.W. 84th Loop
- Norman & Judith Holden, 8530-A S.W. 90th St.
- Daniel & Susan Metzger, 9102 S.W. 102nd Circle
- Roger & Elizabeth Werner, 8471 S.W. 84th Loop
- David & Nancy Frank, 8560-G S.W. 93rd Lane
- Elizabeth Massey, 8475-D S.W. 91st Place
- Allen & Janet Sorensen, 8479-A S.W. 92nd Lane
- Thomas & Bradis Eure, 9348-C S.W. 82nd Terr.
- Ronald & Carol Mayer, 9257-B S.W. 82nd Terr.
- Florence & Ronald Bittles, 8707-D S.W. 88th Ct Road
- Barbara Anderson, 9000-A S.W. 92nd St.
- Audley & Beverly McLean, 8830-F S.W. 94th St.
- Richard & Margaret Vogel, 8655-D S.W. 98th St. Road
- Barbara Milord, 9024-B S.W. 96th Lane
- Robert & Georgette Redden, 8697-D S.W. 97th Lane Road
- Florence Devlin, 8998-E S.W. 94th St.
- Ronald & Marion Jobin, 9460-D S.W. 84th Terr.
- Sarah Lawrence, 8686-K S.W. 97th Lane Road
- Edward Rieflin, 9315-C S.W. 97th Lane
- Eugene & Rosemary Duranseau, 8420-D S.W. 93rd Lane
- Ken Morey & Mary Dawley, 9053-C S.W. 83rd Ave
- James & Annie Griffith, 9196-A S.W. 89th Terr.
- Marilyn Bettinger, 9758 S.W. 92nd Place Road
- William & Joanne Stockmaster, 9812 S.W. 97th St.
- Donald & Betty Shearer, 9619 S.W. 92nd Court
- Lorraine Staby, 9722 S.W. 96th St.
- Thomas & Joyce White, 8636 S.W. 83rd Court
- Dennis & Kathleen Mullen, 9815-A S.W. 89th Terr.
- Thomas Dunbar & Ann Mullins, 9150 S.W. 102nd Circle
- Jerry Broadbent, 9314-B S.W. 97th Lane
- Helen Thomas, 8872-E S.W. 92nd Place
- George & Ruth Gowdey, 9464-D S.W. 97th Lane
- Felix & Ellen Bartolomei, 9535 S.W. 92nd St. Road
- Richard Krumm & Victoria Olson, 8969-A S.W. 95th St.
- Harvey Howd & Patricia Hayes, 9168 S.W. 91st Circle
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- Sonia Davis, 9870-A S.W. 85th Terr.
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- Sandra Lundborn, 8426-E S.W. 92nd Lane
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- Robert & Nancy Keyser, 9155-C S.W. 83rd Ct
- C. & Judith Curtis, 8615 S.W. 82nd Terr.
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- Arthur Novak, 9587-D S.W. 84th Terr.
- Cherie & Brette Blanton, 9257-D S.W. 82nd Terr.
- Geraldine Prejean, 9089 S.W. 91st Circle
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100 Grandparents
Barbara Greenwood

A new school year will soon begin, and you know what that means? We'll be returning to Romeo Elementary School fulfilling the role of "grandparents" to 800-plus children. Now that number might sound alarming, but those of us who have been blessed to be a part in this venture in the past years are looking forward to it.

Our goal is to bring children around to the idea that reading is fun ... to interact with them, let their imaginations work out an outcome to a story, to get their ideas on the meaning of the more difficult or less used words in our English language, and to laugh and enjoy each other's company.

The atmosphere is always relaxed. The children are always excited and well behaved. The "grandparents" are anxious to get into the classroom and get involved with the class. The teachers are warm and welcoming. The principal, Kathy Hultman, the assistant principal, Lisa Coy, the dean, Victoria Thomas, and Patsy Lakin, who wears many hats, are always there to warmly greet us when our bus arrives. All other personnel in Romeo go above and beyond to see to the needs of our group. That is why the "100 Grandparents" is one very happy organization.

The tentative dates for our 2007-08 visits are as follows: Sept. 20, Oct. 11, Nov. 8, Dec.



Photo by Barbara Greenwood

When cutting out labels for Boxtops for Education or Campbell's Soup, please include labels as shown above.

13, Jan. 10, Feb. 14, April 3 and May 8.

As always, we will be picked up by a yellow school bus. We ask all of our "grandparents" to meet at the parking lot of the Health & Recreation Center at 9 a.m.

Romeo is located in Dunnellon, approximately a 40-minute bus ride. Upon arrival, we go to the media center where the call goes out that the "grandparents" have arrived. Two children come from each classroom to escort us to their classroom.

The time in the classroom always seems to just fly by. The children are wonderfully well behaved and mannerly. They have no idea how much joy they bring to us with their genuine smiles and loving dispositions. For all of us who have grandchildren in other parts of our country, this opportunity to be with the students is a highlight in our lives.

We truly appreciate the participation and

thoughtfulness of all of our residents who clip the labels for education. There has been some confusion as to what part of the label we need, especially with the Campbell products which require the UPC label attached, so included in this article is a picture of what we need in order for Romeo to receive the 10-cent value of the label. The easiest way to deal with this is to give us the entire label. We will still be collecting the labels from General Mills products and many other product labels that say Box Tops for Education or Labels for Education. The drop site for the labels is the "Red School House" under the stairs of the Health & Rec Center in the lobby. Thank you so much for your contribution of labels.

We will also be continuing our participation in the Food-4-Kids backpack program. Your donations are greatly appreciated by those who otherwise would not have adequate breakfasts and lunches on weekends.

You may deliver your single-serving food items such as juices, cereals, snack bars, pop-top canned goods, crackers, canned or plastic containers of fruit, etc. to the front porch of Elliott and Marlyn Barbour where a tote will be placed. Their address is: 8680-H S.W. 94th St.

If you have any questions about the labels, the Food-4-Kids backpack program, or the 100 Volunteer Grandparent organization, please call Barbara, 861-2539.

Now, let's get back into the swing of the new season and beginnings of our clubs and groups of the On Top of the World Communities and have some fun. ☺



Photo by Margitta Claterbos

Sandhill crane.



Birders' Beat
Jane Callender

The Unique Birders do not meet in August. The season begins again Sept. 18. We meet at 1:30 p.m. in Suite H of the Arbor Conference Center. For information please call our president, Roberta Campbell, at 854-4814, or me at 861-2983.

This month's bird is the Sandhill Crane: 40 to 48 inches tall with a seven-foot wingspan. This is an elegant gray bird with long legs and neck. It has a scarlet cap and red eyes. The plumage often appears rusty brown because of staining from mud during preening.

For their spectacular mating dance the performers face each other, bow and jump into the air while uttering a loud cackling sound and flapping wings. They are often heard before seen.

It breeds in the Arctic tundra, and also in remote marshes farther south, building a large mound of vegetation on which it lays two buffy-olive eggs with red-brown spots. Both parents incubate the eggs for about a month. The chicks leave the nest soon after hatching and fly at 10 weeks, but they remain with the parents until the next spring.

Their foods are insects, fruit, worms, plants and amphibians. ☺

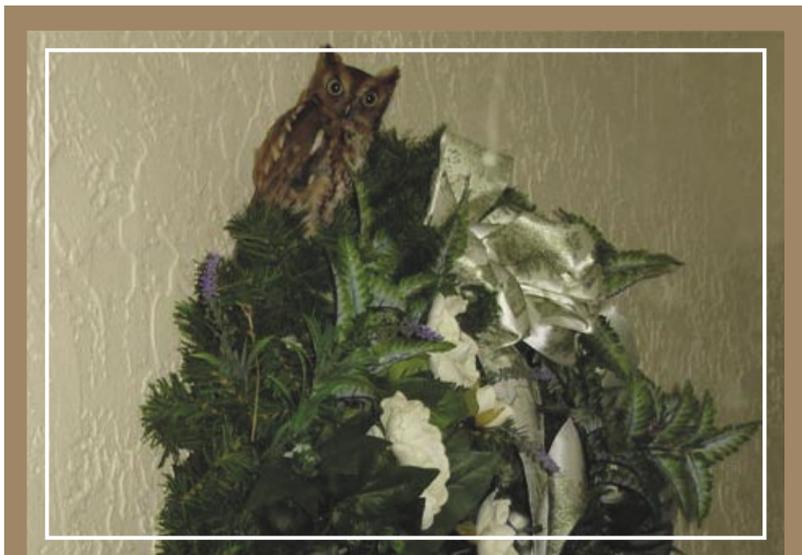


Photo by Edith Owens

This small owl was found on the front porch of John and Edith Owens on Southwest 93rd Lane on July 2. It rested most of the day on the floor and then flew up to the wreath where other birds build nests and raise their young. They have had doves and small finches and several others use the wreath as home. It was quite a novelty to observe it until about 9:30 p.m. when it moved to the other side and flew away.

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Introduction by Dr. Pat Wellington

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Fitness Happenings
Cammy Dennis

Would you like to improve your balance and posture, increase your stamina, lower your golf score or strengthen your tennis game?

Try "Functional Fitness" training. It is quite the buzz in many gyms these days, and for very good reason. Training for functional fitness means your workouts are designed to improve your ability to perform activities of daily living. Essentially you are engaging in fitness activities that support real life.

I often joke with my group exercise students, and I will ask them, "What are you training for?" I usually get a room full of quizzical expressions, but the response I'm hoping for is a resounding, "We are training for life!"

Functional fitness training can improve the things you do every day from increasing your energy and ability to perform daily chores to improving your golf game. One of the priorities of an exercise prescription should be to improve the quality of your life!

Traditional weight machines do not train the body in a functional manner. Typical weight machines isolate a muscle group and train it independent of other muscles. Functional fitness recruits several muscles groups simultaneously and trains the body to work as a whole unit.

Think of the body as a chain; we can train each link in the chain independently of the others, or teach all the links to work together. This is not to say that there is no value in using traditional weight machines to strength train. The isolated muscle will get stronger which is very important, but it is also important for the body to learn how to integrate the strength of multiple muscles at the same time. These are the types of movements we do everyday outside of the gym!

We perform numerous functional training exercises in many of our classes here at Health & Rec. For example, in a recent Strength and Condition Fusion class, we used hand weights and stability balls to simulate picking items up off the floor, putting things on a shelf, starting a lawn mower and even carrying a laundry basket! Here are some key things to remember when engaging in functional fitness training:

- Use good form. Concentrate on perfect posture.
 - Slow down. Take your time and be meaningful with your movements.
 - Make sure the quality of the movement is good. It's not how many repetitions you do... it's how well you do them!
 - Focus on balance and stability while performing exercises.
- It is important to note that you might not be good at everything the first time. Be patient with yourself and remember that fitness is more of a journey than a destination.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:15 Aerobics Room	Oxycise Video	Oxycise Video	Oxycise Video	Oxycise Video	Oxycise Video
8:00 Aerobics Room	Cardio Burn & Firm Mary Pat	Condition & Stretch Fusion Cammy	Cardio Burn & Firm Mary Pat	Condition & Stretch Fusion Cammy	Cardio Burn & Firm Mary Pat
9:00 Aerobics Room	Interval Training Mary Pat	Multi - Level Tai-Chi* Shannon	Interval Training Mary Pat	Multi - Level Tai-Chi* Shannon	Interval Training Mary Pat
10:15 Aerobics Room		Beginners Tai-Chi* Fitness Shannon		Beginners Tai-Chi* Fitness Shannon	
10:30 Ballroom	Power Aerobics Kitti		Power Aerobics Kitti		Power Aerobics Kitti
10:30 Aerobics Room	Light Aerobics Mary Pat		Light Aerobics Mary Pat		Light Aerobics Mary Pat
11:30 Aerobics Room	Balanced Body Mary Pat		Balanced Body Mary Pat		
12:00 Gym		Cybox Orientation Howie			
12:15 Aerobics Room	Oxycise Video	Oxycise Video	Oxycise Video	Oxycise Video	Oxycise Video
3:00 Aerobics Room	Your New Power* Howie	Serious Strength* Cammy	Your New Power* Howie		
Saturday					
12:15 Oxycise (20 Min.) Aerobics Room					
Sunday					
12:15 Oxycise (20 Min.) Aerobics Room					

Oxycise: Deep breathing and stretches. Seated and Floor exercises. Mat required.
Cardio, Burn & Firm: A low impact cardiovascular workout complimented by strength and flexibility training.
Condition and Stretch Fusion: Muscle conditioning & flexibility training to improve posture and increase joint stability and mobility. This class uses stability balls, resistance bands and hand weights.
Interval Training: A dynamic class that fuses segments of aerobic conditioning with strength training.
Tai Chi: This ancient form of Chinese exercise involves fluid and relaxing movements that promotes balance and provides wellness through functional fitness.
Light Aerobics: Simple aerobic choreography that welcomes all fitness levels and capabilities! Get a cardiovascular workout, some basic strength training, then finish with stretching.
Power Aerobics: A challenging cardiovascular workout that "moves and grooves"! The aerobic choreography is followed by strength training and stretching.
Balanced Body: Specialized equipment and exercises designed to challenge your stability. This class provides a workout to improve your balance and quality of life!
Your New Power: A dynamic circuit class that challenges and improves muscular strength, core stability & balance.
Serious Strength: A challenging resistance training class designed to improve muscular strength and endurance. Body bars and hand weights are used.
Cybox Equipment Orientation: It is highly recommended that you join this free orientation, which demonstrates the correct way to use the Cybox equipment in the Fitness Center. Learn how to make your workouts safe & effective.
Personal Training: Personal training provides the optimum way to meet your health & fitness goals! Our personal trainer designs a workout specific to your needs & ensures that you perform all exercises safely & effectively

Here are some opportunities to improve your quality of life through functional fitness training here at the Health & Recreation Center:

- Strength and Condition Fusion
- Balanced Body
- Get Fit While You Sit
- Yoga Light
- Yoga

- Pilates
- Arthritis Water Classes
- Personal Training sessions that incorporate functional fitness

There are many physical benefits derived from functional fitness training. I highly recommend that you engage in this very important type of exercise. Please come by and see us if you need some assistance or guidance. We are here to help you train for real life!

LifeSouth Blood Drive

LifeSouth's "In Their Honor" blood drive was a great success. In fact it set a record for donors at the On Top of the World communities.

Winners of the book "Served With Honors" written by retired veterans of On Top of the World were Joyce Petherwick and Bill Champagne.

Winners of the tickets to the Jimmy Buffet show "Live Bait" at the Circle Square Cultural Center were Ellie Schauss and Betty Horsham.

Each donor was a winner as they received a week's membership to The Ranch as well as being entered in the LifeSouth System's drawing for a donated '08 Chevrolet. Let's hope the winner will be a resident of the On Top of the World communities.

Thanks go out to all the donors and we would be remiss if we failed to thank the Cultural Center, The Ranch, Hospitality folks for the delicious snacks, Dad's Car Wash for their gift certificates and of course Ken Colen for On Top of the World's support given the "In Your Honor" blood drive.

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Softball
Bill Leon

June was a decent month for our On Top of the World softball team as we are beginning to meld together. The hitting has improved along with the fielding and we are beginning to know what the hitters on the other teams are capable of.

During June we won five games and lost four for an overall record of nine wins and 11 losses. We have had some close games and also some blow away games. Teams have been interested in coming to play us at our field but due to the condition, we have to turn them away.

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"I am able to do my everyday chores at home that were nearly impossible before coming to Town & Country Physical Therapy." 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.

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Photos by Bob Woods

A recent Line Dancing class.

Line Dancing Resumes in September

By BOB WOODS
WORLD NEWS WRITER

Here I thought line dancing was not for me, but boy, was I ever wrong. There are many men taking line dancing and they all state that this form of dancing is good exercise, but mostly it is a lot of fun. Granted, there are more ladies taking line dancing than men but this should not deter any male from taking this activity.

As I said, my thoughts were that line dancing is not for me and I could not have been more mistaken. There have been times I have left the floor soaking wet from sweat after the instructors have taken the others and me through their paces. I told both Jack and Sherry when I started that I have two left feet and when I turn around, I have two right feet. Now I have found out there is a difference.

Jack and Sherry Ashenfelter have been instructing line dancing here at On Top of the World for the past nine years and some of their early students are still taking the dance routines. Jack and Sherry donate their time teaching the many classes and all the different steps along with hundreds of routines.

The students give to them a little donation at the end of the season but Jack and Sherry put the little extra cash to good use, purchasing new music along with updating their music equipment used during their lessons at the Health & Recreation Ballroom.

The line dancing season starts the first Monday after Labor Day. Sherry told me she and Jack utilize the nine weeks off from teaching getting new music and going over new steps so that their Monday dance sessions do not become boring with the same material being taught over and over.

Their next season will be their milestone, the 10th season. Two lessons for Beginners II will be at noon and 2:34 p.m. At 1:15 p.m. will be the intermediate class and at 4 p.m. will be for Beginners I. The later class is for those just starting out in the line dancing activity.

Line dancing classes are open to all On Top of the World residents holding a resident pass.

The main reason for extra classes is that there are more people living in On Top of the World who want to partake in the line dancing activity and the Ballroom can just hold so many dancers.

As I mentioned, line dancing will start the first Monday after Labor Day and finish the last Monday in June. If you would like some additional information on line dancing, call Jack or Sherry at 873-9440.

See you all on the dance floor come Sept. 10. And guys, please don't think line dancing is for the ladies only. It is great exercise and besides you will have a lot of fun. That is what line dancing is all about. ☺



Sherry Ashenfelter (on stage) leads the line dancing class at the Health & Recreation Ballroom on Mondays. The next session starts Sept. 10.

Wanted: A Balanced Body

New Balanced Body Class Focuses on Stability

By MARY PAT GIFFIN
WORLD NEWS WRITER

Our new Balanced Body Class has started and if you haven't attended it yet, you should consider the benefits and check it out. Our goal is to present a set of exercise progressions for you that improve your balance and mobility. The activity program is designed to help reduce physical frailty and reduce incidents of falls. We also have a good time laughing at ourselves and singing along to music from the 1950s and '60s.

Stability balls, chairs, balance discs and agility spots are used as well as some timed activities to measure your progress.

Please, don't let the stability balls intimidate you because some participants begin the exercise progression while seated in a chair. More advanced residents are able to sit on the ball and cross their arms. From here, participants progress to raising one arm to a vertical position and holding for three slow counts.

It sounds simple to some of you but that's not all there is to it. If you attend any of my classes, you know how much I enjoy using the ball and how far many of you have advanced, from simply sitting on the ball to lifting and lowering alternate legs to rolling down on the ball to perform strength training exercises.

One of the activities that's a lot of fun on the ball is "Hot Potato." This is tricky as you pass the ball around the circle as quickly as possible. This game challenges your postural control system. We also increase the cognitive demands associated with the activity by periodically calling out commands to change passing direction. We haven't added a second ball to the mix yet but as we progress we'll throw that second ball around to further increase the various physical and cognitive demands.

Another integral part of this class is balancing on discs designed to test your equilibrium. My circuit class has a great time balancing on these discs and trying to remain upright while squatting. Participants hold hands or use the

railing for support. As they become more steady, we'll take these crutches away.

If you do not have a medical diagnosis indicating your somatosensory system is permanently or progressively impaired, you should derive considerable benefits from engaging in balance activities that force you to select somatosensory inputs. This sounds very sophisticated but it simply means that we compromise our vision. Four simple ways to do that are:

- Lower the lights in the room or wear dark glasses during an activity.
- Turn off all the lights in the room or have participants close their eyes.
- Engage vision by reading aloud or reach for an object while performing activities.
- Distract vision.

In Balanced Body, for example, you may be asked to walk across the room while throwing and catching an object with a partner. The activities are endless and a lot of fun.

Another goal of this exciting new class is

to enhance your gait pattern. Unfortunately, even healthy older adults slow down their gait speed. The activities in this component of the program are designed to build on the balance activities already described and help achieve a gait pattern that is efficient, flexible, and adaptable to changing task and environmental demands.

For example, we require you to start and stop quickly; walk with longer, shorter, or wider stride patterns; and turn in different directions, which require you to vary the spatial and temporal characteristics of the gait pattern. For some of these activities, we mark the floor with agility spots to create different gait patterns.

If you regularly attend our Balance Body class, you'll reduce your risk of falling. This doesn't mean you fall but our goals are to improve your mobility and balance. Check it out on Monday and Wednesday from 11:30 a.m. to noon in the Aerobics room at H&R. Be prepared to laugh and sing along to the oldies. ☺

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World Traveler
Bill Shampine

Last month when I mentioned that we would be traveling to Botswana in August, some of my neighbors thought I was nuts. That may well be true, but going to southern Africa is symptomatic of an adventurous soul, not mental illness. I do confess, however, to having little interest in exploring Africa until several years ago when my job sent me to Gaborone, Botswana (pronounced Ha-bo-row'-knee) for a few weeks.

Africa — wild animals roaming freely across vast expanses of grassland. Mud or stick huts and natives living in abject poverty. These all are images that quickly come to mind when one thinks about Africa. Actually, they are true images, but they certainly are not the whole story.

But first, let's learn a bit about the history of the Republic of Botswana. The earliest inhabitants in southern Africa were the Bushman (San) and Hottentot (Khoeh) peoples. These tribesmen still live in the region, where they live in a lifestyle that is almost unchanged since the Middle Stone Age.

Over time, the numbers of the indigenous people continued to grow and to break apart into many tribal subgroups. In the 1700s the slave and ivory trades pitted one tribe against another and led to devastating tribal wars. By 1816, however, King Shaka seized control of the Zulu chieftdom and became "the biggest gorilla in the valley." As a strong leader he was able to control the tribal bickering and warfare and to bring some level of stability to the region.

Political stability in the region then led to the influx of missionaries, including Dr. David Livingstone in 1841. In the late 1800s the European community was at its peak in trying to exploit the vast natural resources of Africa, and met in Berlin in 1884 to divide up the continent among themselves. The Africans, of course, had no say in this division of their land. As a product of the Berlin Conference the British established the area then known as Bechuanaland, as a protectorate in 1885. From the 1930s, however, there was an increasing demand for self-determination, and in 1965 Bechuanaland attained self-government status. The following year (1966) it became the independent Republic of Botswana.

Botswana, slightly smaller than Texas, is located just north of South Africa, with Namibia to the west, Zambia to the north, and Zimbabwe to the northeast. It is one of Africa's true success stories. Not only has Botswana been blessed with excellent public-minded and honest presidents, but they were fortunate to discover three of the world's richest diamond mines in 1967.

The sale of diamonds has given the government the fiscal resources needed to provide the people with stable governance, a good education system and high economic standards. However, the Botswana society is threatened with destruction because more than 38 percent of the population is infected with HIV, which is the highest rate in the world! Many

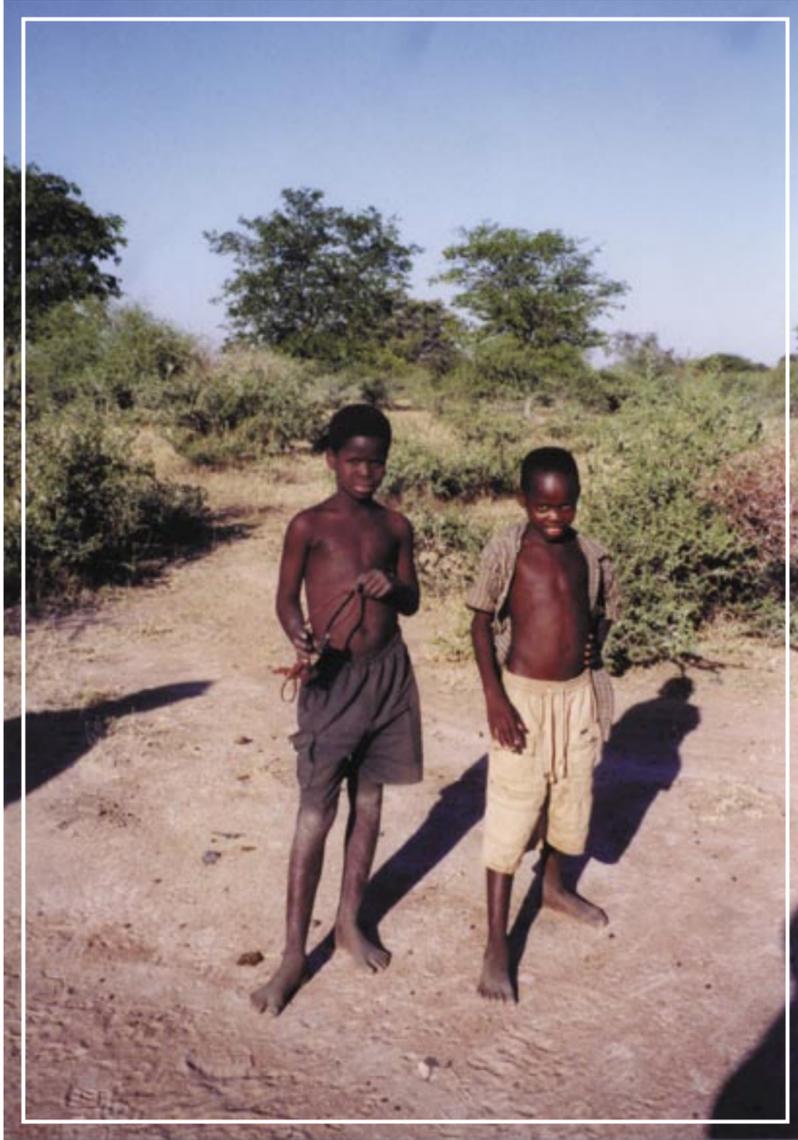


Photo by Bill Shampine

Two children in the bush country northeast of Gaborone, Botswana. (How they can walk barefoot in this thorn-covered area boggles the mind of this photographer.)

international donors, including the United States, are working with the government to try to resolve this decimating health issue.

Geographically, Botswana is dominated by the Kalahari Desert, which covers about 70 percent of the land surface. The Okavango Delta in the northwest is the world's largest inland delta and one of the richest ecosystems in the world. The Makgadikgadi Pan is a large salt pan located in the north (think of the Bonneville Salt Flats in the United States). The rest of the country tends to be hilly with vast expanses of grassland and savannah. Gaborone, the capital, is a big, modern city with a population about the same as that of Orlando. It is located in the southeast part of the country on the Limpopo River, which forms the border with South Africa.

The major attraction on a visit to Botswana is the viewing of wildlife. More than 17 percent of Botswana's land area has been set aside as national parks and game reserves. From the lush green of the Moremi Game Reserve in the Okavango Delta in the north, the vast expanses of the savannah grasslands of the Chobe National Park in the northeast, to the red desert dunes of the Kgalagadi Transfrontier National Park in the southwest, the visitor can

experience nature at its very best. The wildlife available includes lions, elephants, buffalo, hippopotamus, crocodiles, hyenas, cheetahs, leopards and antelope, just to name a few. (Unfortunately, if you go to any of these areas you do need to take your malaria pills.)

If nothing else in Botswana, you should visit the Okavango Delta. This is one of the premier tourist destinations in Africa, and has been described in the National Geographic magazine many times. The incredible variety of wildlife and prolific birdlife to be seen there offer us a glimpse of the "old" Africa as it was before Man stirred the ecological pot in our constant search for material riches.

When going to Botswana we must remember that it is south of the equator, so the seasons there are the reverse of those in Florida. It really only has two seasons — summer (November through March) and winter (May through August). Summers, particularly from December through February, can become exceptionally hot and should be avoided. They also have a monsoonal rain system, which occurs from January to March, so there likely would be local flooding and difficulty getting around during this period. Sorting through weather issues and factoring in the animal migration patterns, the best time to visit Botswana probably would be in April or May, followed by November as a second choice.

Your experience as a tourist obviously is strongly affected by the people of the country being visited. I must say that I was very impressed with the people of Botswana. They all were friendly, hospitable and warm-hearted. Life seemed low-keyed, and everyone seemed happy and possessed of a positive outlook on life.

We left Belgrade having traveled 11,598 miles. To get to Gaborone you need to make a connection in Johannesburg, South Africa (5,063 miles). A visit to the game parks in the north will add about 1,500 miles to give us a grand total of 18,161 miles logged in as we ready ourselves to leave Gaborone for our next destination. Since we are in the neighborhood, next month let's go to India to visit one of the newly elected Seven Wonders of the New World — the Taj Mahal! ☺



Travel Toppers
Jo Swing

Got the summertime blues? Have the dog days of August got you chasing your tail? Travel Toppers has got the answer for you. There are plenty of trips coming up to shake those summertime blues loose.

Shopping Trip

There will be a shopping trip to the Florida Mall in Orlando on Aug. 9. Call the coordinator, Joan Connolly, at 854-8697 between 9 a.m. and 7 p.m. for information. The cost is \$19 per person and covers transportation and tip for the driver.

Dixie Stampede

The trip to see Dolly Parton's Dixie Stampede has proved very popular. A wait list is wanted for this trip. Please call Toni LaGatuta, 854-9768, to be put on the list.

Rivership Romance

The Rivership Romance trip in September has also appealed to people. As we go to print there is room on this trip. Contact Kathy Peterson at 873-2929 between 9 a.m. and 7 p.m. to check about availability.

Kennedy Space Center

On Tuesday, Sept. 18, there will be a trip to the Kennedy Space Center. This trip is educational and informative and at the same time a lot of fun. The cost is \$55 paid by check only. The coordinator is Mike Connolly at 854-8697 between 9 a.m. and 7 p.m. only.

Sea World

Pre-registration will start Aug. 9 for the Thursday, Oct. 4, trip to Sea World in Orlando. The cost will be \$74 per person and includes admission to park, transportation and tip for driver. Payment for this trip will be due Sept. 4. The coordinator is Glo Hutchings, 873-2747, between 9 a.m. and 7 p.m. only.

Dinner Theater

Pre-registration to see the show "South Pacific" at the Show Palace Dinner Theater on Saturday, Oct. 27, will begin on Aug. 13, with payment due Sept. 18. Kathy Brouillard is the coordinator. She can be reached at 291-1892 between 9 a.m. and 7 p.m.

Thanksgiving Day Trip

Due to circumstances beyond our control, there has been a change in the venue for the Thanksgiving Day trip. We will be going to the Sleuth Mystery Theater to see a mystery place, "Squires Inn." A traditional Thanksgiving dinner will be served with all the trimmings and unlimited beer, wine, soda, coffee or tea is included. The price will be \$53 per person. Reserve on Sept. 10 for this Thanksgiving treat by calling Joan Connolly, the coordinator, at 854-8697 between 9 a.m. and 7 p.m.

In the interest of saving time and gas, Travel Toppers is requesting that after you have made a reservation for one of our trips, that you mail the check for the trip to the coordinator. Please make sure you mail it early so that we can check two days before the due date listed in the brochure. The check should have your phone number on it and the name of the trip listed in the memo field. If the check covers another with a different last name please put that on the check also.

Fort Myers

Time is getting short for those of you who have been thinking about the Ft. Myers Get-away Oct. 17 and 18. This overnight trip includes four meals, two lunches, one breakfast and dinner on the Seminole Gulf Railway. The dinner in the diner comes with a murder mystery to be solved while you are traveling on the train. There will also be tours of the Edison and Ford winter homes in Ft. Myers. Please call Audrey Mangan about this exciting trip as soon as possible. She can be reached at 854-7074 between 9 a.m. and 7 p.m.

There will be no meeting this month due to the summer break. The next meeting will be Wednesday, Sept. 5, at 10:30 a.m. in Suite A at the Arbor Conference Center. New members are always welcome. Until then, enjoy your summer and happy travels to all. ☺

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**Ask
the Trainer**
Howard Williams

Summer is in full swing and one of the most important things to talk about is hydration, especially here in Florida. When you sweat with working out, gardening or just walking outside the door here in Ocala, you work up a thirst. Why? It's the body's way of telling you to replace those fluids lost in sweat. Unfortunately, the thirst mechanism is like that little red warning light that goes off in your car — it indicates a problem only after it has already developed.

"Even when fluids are readily available, most people only replace one-half to two-thirds of their sweat losses," explains Bob Murray, Ph.D. of the Gatorade Exercise Physiology Laboratory. "People don't drink enough because they rely on thirst to tell them how much to drink. However, thirst is not an accurate measure of your fluid needs. By the time people become thirsty, they are already slightly dehydrated. It is best to drink until thirst is quenched and then several more gulps."

Hydration Tips

- Drink on a schedule, not just when thirsty.
- When you feel thirsty, you've already lost some water and may be dehydrated.
- Drink two cups of water before, during and after exercise.
- Check your hydration status: dark urine means you're dehydrated, clear light urine means you're well hydrated.

Flattening the Belly

Having studied human anatomy, nothing disgusts me more than those ridiculous infomercials selling a machine or product that promises a flat stomach. One thousand crunches a day will not give you a flat stomach, a lying abdominal machine will not give you a flat stomach nor will a seated abdominal machine give you a flat stomach.

It's not my opinion. It's based on human anatomy. Crunches and other abdominal work are important for lower back stability, core strength and overall functionality of everyday life. But traditional abdominal exercises will not give you a flat stomach.

The Rectus Abdominis is the infamous, but improperly named "six pack" but is actually an eight pack. It can help the much-desired ripples with proper nutrition and abdominal work, but it cannot create a flat stomach. The thin muscle runs down the body from the breastbone from the fifth, sixth, and seventh ribs to the top of the pubic bone. The muscle fibers simply run the wrong way for this muscle to help flatten the stomach.

Transversus Abdominis: Now we are talking flattening the belly. The transversus muscle holds your gut tight and flat. It's a thin sheet muscle running across the stomach, joining into the rear area of the abs and wrapping around the sides of the body. It attaches along the rib cage and into the back muscles. It's your body's natural corset! This is the only muscle that can help create a flat midsection.

Exercises for Flattening the Stomach

· Abdominal vacuum on all fours: Position the heel of your hands under your shoulders

ARBOR CLUB FITNESS & AQUATIC SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 a.m. Specialty class*					Pilates* Terry
9:15 a.m. Specialty Class* Indoor Pool	Deep Water Aquacise* Cammy		Deep Water Aquacise* Joan		Deep Water Aquacise* Joan
10:00 a.m. Outdoor Pool*		Arthritis Water Class* Pat		Arthritis Water Class* Pat	
10:30 a.m.				Latin Cardio* Kitti 2 nd Thurs. of Month A.C. Ballroom	
10:15 a.m. Specialty Class* Fitness Room	Light Yoga* Claudia		Light Yoga* Claudia		
10:45 a.m. Specialty Class* Fitness Room		Yoga* Ronnese		Yoga* Ronnese	
11:45 a.m. Arbor Club Exercise Room	Get Fit While You Sit Kitti		Get Fit While You Sit Kitti		Get Fit While You Sit Kitti
1:30-2:15 p.m. Specialty Class* Indoor Pool	Shallow Water Aquacise* Mary Pat		Shallow Water Aquacise* Mary Pat		Shallow Water Aquacise* Mary Pat

Saturday	Sunday
Open Swim	Open Swim

***Shallow Water Aquacise:** A 45-minute workout in shallow water that improves cardiovascular fitness, muscular strength and joint mobility.

***Deep Water Aquacise:** A challenging 45-minute suspended workout in deep water that improves cardiovascular fitness, muscular strength and core stabilization. This class requires a flotation belt.

***Yoga:** Engage your body and mind through yoga postures that build strength and improve flexibility and balance. Yoga mat is recommended.

***Light Yoga:** A simplified form of traditional yoga postures that provide all of the same fitness benefits. This class welcomes all fitness levels, and incorporates a chair to facilitate modifications of the yoga movements. Yoga mat is recommended.

***Pilates:** An exercise class based on the principles of Joseph Pilates. This workout focuses on the abdominal and back muscles, building core strength and stabilization.

***Get Fit While You Sit:** A cardio and strength training workout from a seated position. This class incorporates hand weights, resistance bands and balls. Get Fit While You Sit welcomes all fitness levels and capabilities.

***Arthritis Class:** This specialized class welcomes anyone struggling with joint stiffness and limited mobility. Work on increasing range of motion and improving daily functional movements.

and the knees directly under your hips. Keep your spine in a neutral position and maintain this position throughout the contraction.

Start by exhaling all the air from the lungs. Then relax your abdomen and let it hang like a loose sling, but don't increase the arch in your lower back. Next pull the belly button up and in toward the spine, without motion at the rib cage or pelvis.

· Abdominal Vacuum: This is a lot like the exercise above, but you're just sitting up straight. In a seated position, watching TV, at the movies, at your computer or wherever, exhale all the air from your lungs. After completely exhaling, pull the abdomen inward and hold for 20 to 30 seconds. Continue to breathe lightly through the nostrils, but make sure you are pulling your abs in as if you are attempting to make your abs and back touch. Due to positioning you may find this exercise a little easier and convenient than the first.

Your New Power Class

Mondays and Wednesday at 3 p.m.
Come have a ball, and some bands, some gliders, boxing gloves, body bars, dumbbells, good abdominal work, stretching and a good time. These classes concentrate on all phases of strength, balance, core work, stretching and increasing your confidence and quality of life. Come try it out. They are for all fitness levels.

Orientations for our fitness center are Tuesdays at noon and they are free and a great way to get introduced to our equipment. You may also come again if you have before to get a refresher.

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For further info contact Howie Williams at 854-8707 or e-mail at entertrainer24@yahoo.com.

That's it for now. Have a happy, healthy summer! ☺

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Arbor Club Tennis
Jorge Privat

As you all know several snowbirds have flown north, so we had to drop one group out of the ladder, and because the heat and humidity can be pretty intense even in the morning I would like to emphasize the need to bring plenty of fluids when you come to play during the summer.

This month we are going to hold a mixed doubles tournament for A's and B's. By now, you probably have the format at the sign-up book, the bulletin board and by e-mail. I encourage you all to sign up for it. And in September, we will restart our mutual tennis visits with our friends from Spruce Creek.

On June 19, we had a meet with our neighbors from Oak Run. Norma Higgins teams competed very well. On Top of the World won two of the five matches played. Norma Higgins and Bill McManus, and Rosemarie Hueber and Marty Walchak were the winners. And two of the three losses came on tiebreaks.

On June 26, the On Top of the World teams captained by Betty Bussenger visited Oak Run where we split honors with our hosts. The winners from On Top of the World at this meet were Peter Paige and Irene Moran, and Dale Paul and Rosemarie Hueber. Congratulations to all the participants in these friendly meets. It is very good for tennis and especially for friendships.

Tennis Tip of the Month

The Drop Shot

As I explained before, finishing points effectively may require the use of a specialty shot such as the drop shot. Remember that it is not enough to work your opponent from side to side to create open-court opportunities.

**Tennis Association
H&R Center Courts
Schedule**

Saturday & Monday, 8 a.m.-noon:
Mixed Doubles

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

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

**All Resident Tennis Players
Welcome.**

Learning to work with deep and short combinations can add another dimension to your game. An effective drop shot should cross the net between two and three feet above it. This gives you a good margin for error.

Power players are good at moving their opponents from right to left, keeping them positioned deep in the back of the court. Touch players use deep slices and chip shots to create opportunities and manipulate their opponents.

Having touch and power allows you to keep your opponents guessing. Many players use the drop shot at the wrong time. The key is to set up a combination.

How to Disguise the Drop Shot

The whole concept of disguise rests in making your opponents think they are seeing one thing, while you are delivering something else. For instance, after you hit a couple of deep slice shots, your opponent begins to lean back expecting a third one, but by the time the ball crosses the net, your opponent realizes that you have hit a drop shot. By that time, it is too late for him or her to react.

You first set up the shot by showing your opponent that you can hit a deep and a short slice from the same preparation, and by using the deep slice regularly, you establish disguise for the drop shot.

It is important to learn to take your back swing exactly the same way for the drop shot, as you do for the deep slice. Only, at the last second, a slight adjustment in the angle of the racquet and the speed of your swing will deliver what first appeared to be a deep slice, now, effectively a drop shot.

To learn this shot (and others), come to one of my clinics, and then practice with the ball machine or with a tennis partner.



Kitti's Corner
Kitti Surette

How Are Your Feet?

Foot Facts

- Three out of four Americans experience serious foot problems in their lifetime.

- The foot contains 26 bones, 33 joints, 107 ligaments and 19 muscles.

- One-fourth of all the bones in the human body are down in your feet. When these bones are out of alignment, so is the rest of the body.

- Only a small percentage of the population is born with foot problems.

- It is neglect and a lack of awareness of proper care — including ill-fitting shoes — that bring on problems.

- Women have about four times as many foot problems as men. High heels are partly to blame.

- Walking is the best exercise for your feet. It also contributes to your general health by improving circulation, contributing to weight control, and promoting all-around well-being.

- Your feet mirror your general health. Conditions such as arthritis, diabetes, nerve and circulatory disorders can show their initial symptoms in the feet — so foot ailments can be your first sign of more serious medical problems.

- Arthritis is the No. one cause of disability in America. It limits everyday dressing, climbing stairs, getting in and out of bed or walking — for about 7 million Americans.

- About 60 percent to 70 percent of people with diabetes have mild to severe forms of diabetic nerve damage, which in severe forms can lead to lower limb amputations. Approximately 56,000 people a year lose their foot or leg to diabetes.

- There are 250,000 sweat glands in a pair of feet. Sweat glands in the feet excrete as much as a half-pint of moisture a day.

- Walking barefoot can cause plantar warts. The virus enters through a cut.

- The two feet may be different sizes. Buy shoes for the larger one.

- About 5 percent of Americans have toenail problems in a given year.

- The average person takes 8,000 to 10,000 steps a day, which adds up to about 115,000 miles over a lifetime. That's enough to go around the circumference of the earth four times.

- There are currently more Web sites on the Internet having to do with foot fetishes than with foot health.

Be Kind to Your Feet: Six Steps

Aching feet occur more often as we age because the layer of fat that cushions the ball of the foot begins to thin. Feet become flatter (that was news to me) and corns and calluses become more common. The skin also cracks more easily and heals more slowly, encouraging infection. In older adults a simple cut on the toe could become a debilitating condition, says Clifton Scaggs, D.P.M., a podiatrist in Scarsdale, N.Y.

Next you will find some simple at-home steps that can prevent or fix many common foot complaints:

- Keep your shoes on. Wearing shoes indoors helps protect the foot — especially the heel and toe — and prevent falls. Choose rubber heels and soles, which absorb shock best, and wide, round toes (sorry ladies no pointed end shoes for us), which prevent the rubbing

that encourages calluses and corns. If you prefer slippers, get a pair with a firm toe box and supportive heel. I now wear slippers inside the house to protect my feet so I can put class members through their class exercises.

- Consider orthotics. Over-the-counter orthotic shoe insoles or inserts (\$15 to \$25) can help relieve discomfort from corns, flat feet, heel pain, loss of padding, and other causes. For chronic or severe pain, or if generic inserts don't help, custom orthotics (usually \$200 to \$800) may be needed.

- Give them a bath. Soak tired feet for 20 minutes in warm (not hot) water with mild soap, preferably containing moisturizers; otherwise apply moisturizer afterward. If you have diabetes or peripheral artery disease, check water temperature with your hand or a thermometer to prevent burns.

- Dry well. Moisture can encourage fungal infections, characterized by scaly, itchy feet or thick, yellowed toe nails. Dry feet thoroughly after bathing, particularly between the toes. When you can't reach them, try this; use a blow dryer on low heat. Avoid socks or stockings that make your feet sweat; use foot powder to absorb moisture if needed.

- Work them out. Write the alphabet with your foot each day, using your big toe as the pointer. Or scatter 20 small objects (marbles, hard candy), on the floor, then use your toes to pick them up and drop them in a bowl. Hard candy pickup anyone? Walking strengthens the foot in general and helps keep blood circulating, so why not join the group walking 10,000 steps in the water with Mary Pat on the second and fourth Monday at 4 p.m.

- Give them a checkup. Inspect your feet regularly for signs of irritation, using a mirror if necessary for the soles. Abnormalities in the feet could indicate a serious systemic condition. People with diabetes should inspect feet daily. If foot pain or irritation persists or becomes severe, consult either an orthopedist (bone doctor) who concentrates on feet and ankles, or a podiatrist (foot specialist). People who have diabetes should visit a podiatrist regularly — ideally every six to 12 months.

What is a great pedicure?

- Before appointment. Skip shaving your legs (women only of course) before and after your visit. Shaving creates tiny cuts in the skin and this can allow bacteria to enter. If you have any infected areas on your feet or heels allow them to heal. Consider bringing your own pedicure utensils.

- Professional shop. Look for the technician's license that is given by the state. Does the technician follow proper health protocol, like washing their hands before your pedicure and applying a sanitizer to minimize spreading infections? Find out how they sterilize tools between appointments. Metal tools should receive 15 minutes of either autoclaving or soaking in an EPA-approved disinfectant. Wooden sticks, cotton balls and other disposable items should be tossed after every client. Footbaths should be drained and cleansed with bleach and antiseptic between each client. Last but not least, never place your valuable feet in a basin that's already filled and waiting for you, advises Alexander Fish, M.D., a podiatrist and foot surgeon.

- Pedicure includes: Cleansing, exfoliating and moisturizing the entire foot as well as trimming, shaping and polishing the toenails. Very important: Calluses should be exfoliated with a pumice stone or foot file but never shaved with a razor blade. This leads to "increase risk of infection and creates a thicker callus," according to Dr. Fish. Nails should be clipped straight across to prevent them from becoming ingrown. Cuticles should be gently pushed back, but never cut, in order to avoid infections.

- Pedicure essential: A foot massage, which improves circulation and makes your tired feet feel sublime. OK, finally it's time for the color! A base coat, two coats of polish, topcoat and at least 20 minutes drying time should give one at least three weeks of chip-free color. For the gents reading this, a nice buff with a buffer is a good finishing touch.

The benefit of happy, healthy feet ... fun exercise whether it's tennis, golf, aerobics, water, pickleball, and of course dancing at Happy Hour on Friday nights! See you in class.

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Women of the World
Marsha Vieu

It's that time of year again: time for our first meeting of Women of the World, which will be Sept. 7 at the Arbor Conference Center. We welcome back all of our current members and friends. We invite all new residents from any of the On Top of the World communities to come and join us.

Women of the World, celebrating its 25th year, is one of the oldest clubs at On Top of the World and has more than 200 members.

Even though we are basically a charitable organization, we are also a social fun club. All of our members remain old friends and we hope to make new friends through new members. The officers for this year are Betty Thayer, president; Bobbie Roeder, first vice president; Nancy Grabowski, second vice president; Bonnie Heinlein, treasurer; and our new secretary is Marsha Vieu. We wish to extend our thanks to Charlotte Hancock, our outgoing secretary, for a job well done and hope to continue to see her at regular meetings.

We have a Sunshine Committee that strives to send out special "hugs" (in the form of cards) to members who are ill, have suffered a loss or are in need of a friendly greeting. If you know someone who needs such a hug, please send her name and address to Nancy Grabowski at Nnutss456@aol.com or call her at 873-4315. This committee functions year-round; we don't want to forget any of our members when they need us the most.

We have an exciting year scheduled for our members. We start off our new year with a speaker from the Marion County Sheriff's Department pertaining to personal safety. This should be very interesting as well as beneficial to all of us. In addition to this speaker, we will also have a speaker who will speak about self-defense for women and give a small demonstration. Ruth Dyer will give us tips on reorganizing our closets. We, of course, will once again have our Fashion Show Luncheon

in March. This event is our fundraiser for Hospice and is always great fun and a great success. Start thinking now of the unique and wonderful baskets that you would like to make and donate for the raffle.

There will not be a charity for our September meeting, but we will once again sponsor the Halloween party for Romeo Elementary School in October. The principal, teachers and Romeo Elementary have a Halloween party with treats, dances and games for the children in their area. This gives the kids a chance to have fun and be safe at the same time. Please plan ahead to bring candy and other small items that can be given out at the school on Halloween. The principal has been very appreciative and grateful for all that Women of the World has done for Romeo Elementary.

We look forward to a wonderful year and cordially invite all to come out and join us. Women of the World is open to any woman from any of the communities within On Top of the World. We hope to see you on Sept. 7 at 12:45 p.m. in the Arbor Conference Center, Suites E, F, G and H.

PS: Members may choose to avoid the crush of people at the membership table on Friday, Sept. 7, by renewing dues early. Send a check for \$7, made payable to Women of the World, to Nancy Grabowski, 9870 S.W. 89th Lane Road. Receipts will be ready at the first meeting for those choosing this new option. See you at the meeting! ☺



Lions Club
Dianne Lovely

On Top Of World Lions Club would like to welcome new member Virginia Pascarella. Virginia has been to a couple of Lions Club functions with us and had a good time.

Lion John Wiley, who headed up the White Cane Day, presented Gwain Davis, executive director for the Florida Blind Center, with two checks from our White Cane Days. One was for \$1,000, which was raised by chapter members. Another \$1,000 check was a matching gift from our Wal-Mart on State Road 200. The combined total of \$2,000 made this year's effort the most successful ever in the chapter's 20-year history.

Darryl Pennington from Sonus Hearing Center in Friendship Square gave a great talk on hearing loss. Did you know about 60 percent of people need hearing aids and only 10 percent wear them? Plus men can hear women's voices more than any other voices. I know the men will enjoy hearing that little tidbit.

Tony and Rita Cacciutto are funding a program that aids shut-ins. If you cannot get out and would like someone to come read or do errands for you, call Tony and Rita at 854-1364.

On Top of the World Lions meet every second and fourth Tuesday of the month at the Candler Hills Community Center.

Come join us. Become a Lion. You will be glad you did.

For more information, contact membership chairman Estelle Clark at 861-7358. ☺



Republican Club
Tony Tortora

About 100 members and guests attended the July Republican Club meeting.

The next meeting will be a picnic at the Arbor Conference Center on Aug. 24. You must have tickets, available until Aug. 16, to attend this event.

State Representative Larry Cretul presented the club with a review of proposals in the state legislature concerning property tax and a brief of the property tax amendment that we may see on the ballot. You will be asked to amend the state constitution to provide prop-

erty tax relief and reform. It is important to all of us to understand the proposed changes in order to make an informed decision.

Presently, Florida homeowners pay property taxes based on the "Save Our Homes" rule, which limits the annual increase in property appraisal (thus the tax) to three percent. All new homes and re-sales property tax start with a \$25,000 homestead exemption and zero Save Our Homes protection. With the increase in values of homes over the past many years exceeding three percent annually, the property tax amount on new or resale homes is far greater than the tax on property that has had one owner for many years.

The proposed amendment:

- Creates a new "super" homestead exemption to transform the inequitable Florida property tax system. The new exemption covers 75 percent of the first \$200,000 of value and 15 percent of the next \$300,000. Thus, the maximum super exemption is \$195,000. All homesteads will receive at least a \$50,000 exemption. Qualifying low-income seniors will receive at least a \$100,000 exemption. The upper \$500,000 threshold is indexed to grow with changes in Florida personal income, which generally increases four percent per year.

- Allows existing homestead owners to choose to keep their Save Our Homes benefits or switch to the new super homestead exemption. When the taxpayer moves to a new home, the new super homestead exemption will apply. This creates a form of portability for ho-

meowners who would otherwise lose significant tax savings when they move. Rather than starting over with only a \$25,000 homestead and zero Save Our Homes protections, the homeowner would immediately have a homestead exemption up to \$195,000 as soon as they move.

- Authorizes a new \$25,000 Tangible Personal Property (TPP) exemption for businesses.

- Authorizes targeted relief for affordable housing and working waterfront properties.

- Implements tax reform and relief for 2008 tax bills, provided the legislature puts it on the ballot in the special presidential primary in January 2008 and it is passed by the voters.

More information will be forthcoming on this proposal in the next few months. There are several concerns that must be addressed by each of us such as:

What does this mean to me? Which plan is best for me? How will this affect growth in the county? How will this affect county budgets and their ability to provide essential services? Attending our monthly meetings and joining in discussions on these issues is a good way to answer some of these questions. See you at the picnic. ☺

Movie Club Presents 'Because I Said So'

By MARY EHLE

The movie for August will be "Because I Said So." How familiar is that statement? My mother always said that to me.

The movie stars Diane Keaton and Mandy Moore. Diane is a loving but meddling mother who tries to prevent her youngest daughter from making the same mistakes she made in life. This is a comedy as only Diane Keaton can portray life events.

As always, the movie club is open to all residents of On Top of the World and their overnight guests. If you are not a member, it is \$2 payable at the door. You do not have to be a member. You are home before dark.

The movie starts at 6 p.m. See you in the Ballroom of the Health & Recreation building. The date is Sunday, Aug. 12.

Hope to see you there. ☺

Friendship Social Club

Lolly Foos

First, I wish to apologize to one of the new Friendship Social Club officers. Carol Schultz (not Schwartz) was elected as treasurer by the membership in June. What was I thinking?

Our new year started out with entertainment by Bart and Kay Chandler and her group of volunteers presented an assortment of cheeses, crackers and grapes.

The Friendship Social Club is open to all On Top of the World residents including Indigo East Gateway Pass residents. Our dues are \$7 per person (12 months) and are payable now.

Our entertainment for Aug. 12 will be Roger Bourgault. Bring your dancing shoes. Come by around 2:15 p.m. and say hello to old friends and meet new members. See you Aug. 12. ☺

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Activities August

Monday

7:00	Lap Swimming	AC
7:15	Oxycise	H&R
8:00	Mixed Tennis D	CTS
	Cardio Burn & Firm	H&R
9:00	Interval Training	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
10:15	Light Yoga	AC
10:30	Light Aerobics	H&R
	Power Aerobics	H&R
	Water Walk	AC
11:00	Water Walk	AC
	Boccee League	BCTS
11:30	Tai Chi Practice	AC
	Lap Swimming	AC
	Balanced Body	H&R
11:45	Get Fit While You Sit	AC
12:00	Ladies Poker	MR3
	Beg C/W Line Dance	BR
	Mah Jongg	CC:A
	Mens Golf Group	CR
12:15	Oxycise	H&R
12:30	Bridge	CR
	Northern Lights Mah Jongg	CC:G
	Aqua Belles	AC
	Pan Club	CC:MR3
1:00	Bocce League	BCTS
	Computer Lab	H&R
1:15	Int. C/W Line Dance	BR
1:30	Shallow Water Aquacise	AC
	Shuffleboard	CTS
2:00	Happy Hookers	Art
	Rummicube	CC:E&F
2:45	Beg. C-W Line Dance	BR
3:00	Your New Power	H&R
5:30	Mah Jongg	CC:A
6:00	Poker	MR3
6:30	Bridge	CR
6:30	Euchre II	CC:H
7:00	Wood Shop	WW
	Dominoes	CC:G

1st Week

7:30	Marion Blood Bank	PL
	(All Even # Months Only)	
	*Seminole Casino Trip 8/7/07	HR
9:00	Life South Blood	PL
	(All Odd # Months Only)	
	RC Flyers Club	CC: B&C
1:30	D'Clowns	CC: B & C
2:00	Bocce	CC: AC
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 in the Water	AC

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

3:00	Community Patrol Prog.	CC: B&C
4:00	10,000 Steps in the Water	AC

Tuesday

7:00	Lap Swimming	AC
7:15	Oxycise	H&R
8:00	Condition & Stretch	H&R
	Men's Tennis	CTS
	Travel Toppers	CC: D
	Reservations	
	Clogging	BR
8:30	Women's 18-Hole	GC
	Racquetball	HR CTS
9:00	R.C. Flyers Club	Field
	Tai-Chi (Multi-level)	H&R
	Computer Club	CC: B&C
	Hand & Foot Canasta	CR
	Harmonichords	CC: H
	Woodworking	WW
	Arts & Crafts	BR
	Bus Ocala Run	
	Women's 9-Hole	GC
	Horse Shoe League	CTS
	Miniature Golf	MGC
9:30	Pinochle	MR3
10:00	Stitch Witches Quilters	Art
	Arthritis Aqua Class	AC
10:15	Tai-Chi Fitness (Beginners)	H&R
10:30	Horseshoe League	CTS
10:45	Yoga	AC
11:00	Water Walk	AC
	Walleyball	CTS

11:30	Lap Swimming	AC
12:00	Lap Swimming	AC
	Men's Poker	MR3
	Mah Jongg	CC:A
	Cybex Orientation	GYM
12:15	Oxycise	H&R
12:30	Bridge	CR
1:00	Singin' Swingin	CC: D
	Mah Jongg	CC: A
	Badminton	H&R
	(Racquetball Cts)	
1:30	The New Pretenders	HR
	Shuffleboard	CTS
3:00	Serious Strength	HR
5:30	Mah Jongg	CC:A
	Miniature Golf	MGC
	Table Tennis	HR
5:45	Mah Jongg	CC: B
6:00	Pinochle	MR3 & CR
6:30	Duplicate Bridge	CR
	Mah Jongg	CC: G
	Pattern Dancing	BR
7:00	Mixed Poker	CC: H
	Pattern Dancing	BR

1st Week

8:00	Men's 9 Hole Golf	PR.
3:00	Great Lakes Club	BR
	Shutterbugs	CC: B&C

2nd Week

8:00	Lions Club	Pub
9:00	Citizens Emer.	CC: E,F&G
	Response Team	
1:30	Visually Impaired	CC: H
	Support Group	
3:30	Alpha Investment	Art
6:30	German Club	CC: G

3rd Week

1:30	Unique Birders	CC: H
3:00	NY/NJ Club	BR
	Shutterbugs	CC: B&C
7:00	Democratic Club	CC: E&F

4th Week

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

Wednesday

7:00	Lap Swimming	AC
7:15	Oxycise	H&R
8:00	Cardio Burn & Firm	H&R
	Ladies Tennis	CTS
8:30	Men's 18 Hole	Golf
9:00	Interval Train	H&R
	Taps on Top	BR
	R.C. Flyers Club	Field
	Woodworking	WW
	Bus Ocala Run	
	Ceramics 9-2:30p.m.	Art
9:15	Deep Water Aquacise	AC
9:30	Pinochle	MR3
	Crafty Ladies	CR
	Billiards 101	PI RM
10:15	Light Yoga	AC
10:30	Light Aerobics	H&R
	Power Aerobic	H&R
11:30	Tai Chi Practice	AC
	Lap Swimming	AC
	Balanced Body	H&R
11:45	Get Fit While You Sit	AC
12:00	Ladies Poker	MR3
12:15	Oxycise	H&R
	Mah Jongg	CC:A
12:30	Bridge	CR
	Japanese Emb	CC: C
	Aqua Belles	AC
	Mah Jongg	CC: A
	Pan Club	CC:MR3
1:00	Bocce League	BCTS
1:30	Shallow Water	AC
	Aquacise Exercises	
	Shuffleboard	CTS
3:00	Dance Committee	CC: B&C
	Your New Powers	HR
4:00	Softball Practice	SBF
5:30	Square Dance Class	AC
	Bingo	BR
6:00	Poker	MR3
	Pickleball	CTS
6:30	Duplicate Bridge	CR
7:00	Poker	MR3
	Square Dancing	AC

1st Week

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

2nd Week

1:45	Native Plants	CC: H
3:00	Pennsylvania Club	CC: E & F

3rd Week

1:00	Stamp Club	Bank PAB
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Thursday

7:00	Lap Swimming	AC
7:15	Oxycise	H&R
8:00	Condition & Stretch	H&R

	Men's Tennis	CTS
	Clogging	BR
8:30	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
	Strut Dance Class	AC
	Tai-Chi (Multi-Level)	HR
	Bus Ocala Run	
	Miniature Golf	MGC
9:30	Shuffleboard	CTS
10:00	Round Dance Class	CC: E&F
	Arthritis Aqua Class	AC
10:15	Tai-Chi Fitness (Beginners)	H&R
10:30	Water Walk	AC
	Advanced Tap	HR
	Friendship Bible Study	MR3
10:45	Yoga	AC
11:00	Walleyball	CTS
	Water Walk	AC
11:30	Lap Swimming	AC
12:00	Lap Swimming	AC
	Advanced Square Dancers	CC: E&F
	Mah Jongg	CC: A
12:15	Oxycise	H&R
12:30	Sewing Bees	Art
	Theatre Group	BR
	Mah Jongg	CC: A
	Bridge	CR
1:00	I Got It Card Game	MR3
	Bocce League	BCTS
	Ten Pen	CTS
	Square Dancing DBD	CC: E&F
	Table Tennis	H&R
1:30	Shuffleboard	CTS
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	Poker	MR3
	Pickleball	CTS
6:30	Bridge	CR
	Chess Club	ART
7:00	Poker	MR3
	Mixed Poker	CC: H

1st Week

10:00	NY/NJ Board Meeting	CC: H
1:00	Rubber Stamping Cards	CC: D
	Bunko Dice Game	MR3
	Opera Appreciation	CC: C
	Club President Meeting	
	8/2/07	HR
5:30	Southern Club	BR

2nd Week

9:30	Scrabble Club	AC
10:30	Latin Cardio	AC
12:00	*Ice Cream Social 8/9/07	HR

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
1:00	Rubber Stamping Card	CC: D
	Bunka Dice Game	MR3
	S.P.C.A.	CC: H
1:30	Orchid Club	CC: B&C

4th Week

7:30*	*Seminole Casino Trip 8/23/07	H&R
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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	Interval Train	H&R
	Pilates	AC
	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	Racquetball	H&R CTS
10:30	Light Aerobics	H&R
	Power Aerobics	H&R
	Water Walk	AC
11:00	Bocce League	BCTS
	Water Walk	AC
11:30	Tai Chi Practice	AC
	Lap Swimming	AC
11:45	Get Fit While You Sit	AC
12:00	Round Dance Class	H&R
	Ladies Poker	MR3
	Circle Square	H&R
	Mah Jongg	CC:A
	Mens Golf Group	CR
12:15	Oxycise	H&R
12:30	Aqua Belles	AC
	Mah Jongg	CC: A
1:00	Table Tennis	H&R
	Canasta the Old Fashioned Way	CR
1:30	Shallow Water Aquacise	
	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	Nickel Nickel	MR3
	Euchre 4	CC:A
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,F
7:00	Republican Club	CC: E,F&G

3rd Week

2:00	Blackjack Poker	CC: E
5:00	Disco Happy Hour 8/17/07	AC

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

6:00	Ballroom Dancing	AC
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3rd Week

6:00	Ballroom Dancing	AC
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Sunday

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

1st Week

6:00	K-9 Social Club	CC: D
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2nd Week

2:30	Friendship Social Club	BR
6:00	Movie of the Month	BR

3rd Week

2:00	American/Jewish	CC: E,F & G
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* Advance registration and fee may be required. Please check in advance.



Genealogical Society
Elizabeth Kyle

This month's column is the result of a tip from Carole Kameswaran. I'm not yet certain if I should say, "thank you" or "help." Carole came across the term "handfasting" while doing some research in West Virginia. Between Footnote and Google there are more than 100,000 entries for handfasting, many of them from Wiccan or neopagan sources.

Handfasting preceded the Christian era and was practiced in Scotland until 1939. Young couples often came from England and Ireland to tie the knot at Graetna Green, which had a reputation similar to that of Las Vegas.

The practice of handfasting marked a commitment for a year and a day. After this time the couple returned to the place of their ceremony and became permanently married, renewed their commitment for another year, or walked away from one another with the strings untied. The custom of tying the hands together during the ceremony is the source of our "tying the knot."

In this country handfasting was done in lieu of a preacher or circuit rider or other official witness as a way of showing their intention to marry. This bond was good for a year and a day or until a preacher or circuit rider or another person with the authority to witness a proper marriage came along. Any children born during the handfasting time were considered legitimate and could inherit.

Another ancient custom which has morphed into a current practice is that of serving mead, a honey-based fermented beverage, to the guests after the ceremony led to our use of "honeymoon." Not only was mead served after the ceremony, but the couple was also supplied with enough mead for one month (one moon).

Since the 1995 film "Braveheart," Mel Gibson, in the role of William Wallace, was handfasted with his girlfriend, Murron, there has been an increased interest in handfasting, especially among those whose ancestors were from the ancient Celtic lands. I think this explains to some extent the huge number of sites on the net claiming to be Wiccan or neopagan.

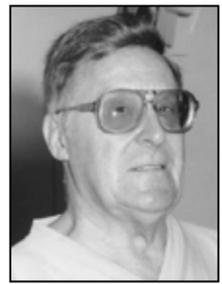
As with many rituals handfasting has been adapted or corrupted to meet modern demands.

The National Trust for Scotland Properties offers handfasting and renewal ceremonies in conjunction with legal marriages. In early marriage records (before 1850) in America "int." or "h/f" were indicative of a prior commitment to marry.

Next time I will have done more research of marriages in America before 1850.

The Genealogical Society meets in Room 3 of the Arts and Crafts Building at 10 a.m. on the second Monday of the month. Everyone with an interest in genealogy is welcome. Some of our members are first-rate experienced genealogists and are more than willing to share their expertise.

Education classes in genealogy are ongoing at the Mastering the Possibilities Center. More advanced classes will be offered in the fall. ☺



Friendship Amateur Radio
Ed Brendle

At the July Friendship Amateur Radio Club meeting president Ken Simpson, W8EK, conducted a presentation on dipole antennas, emphasizing the specifics related to their configuration, material and size. The presentations will continue at upcoming meetings.

The club's Web site continues to show the treasurer's and secretary's minutes.

The FARC's club Call is N4FRC. The FARC's scholarship fund, initiated by Don and Elizabeth Hatfield, KE4PMB, will remain in the club's treasury awaiting disposition.

The next meeting will be at 1:30 p.m. Aug. 13 and will include the continuation of the ARRL program. The club meets at the sheriff's substation on State Road 200. All Hams are invited and members are urged to attend and to bring a guest.

A recent notation is that our club is now recognized as an SSC, Special Services Club, of which there are only four in the immediate area.

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 theory to help you earn your license.

The FARC meets 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.

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



View from the Library
Peggy Greer

Have you heard the saying, "you have to kiss a lot of frogs to find a prince"? That applies to many books I've read. "The Greatest Generation" by Tom Brokaw is a prince among books. It is quite possibly the book which should be required reading by all generations to follow.

What creates distinction between the generations? The Baby Boomers? Generation X? Generation Y? And why is it that parents always seem to look at the next generation wondering if they went wrong by them. According to Tom Brokaw, the hardest of times created the most patriotic generation ever.

Tom Brokaw does a stunning job of analyzing the children of the Great Depression, those wonderful soldiers of World War II, and then America's leaders through the Cold War. Brokaw describes these brave souls as "The

Greatest Generation." A lesser author could bore you with statistics and psychological analysis but Tom Brokaw walks you through that time looking through the eyes of the brave men and women who lived it.

The book is a compilation of interviews with survivors of World War II. Some of the people Brokaw quotes are famous, some are politicians, but many were just soldiers who returned home anxious to catch up with lost time. They went to college, went to work, married and raised their families. These silent heroes don't often talk about the war, they were too eager to get on with life and look to the future.

Through his interviews, Brokaw places some focus on discrimination both gender and racial which were widely accepted for the time. The war brought women to the work place, blacks joined the military, whether driving a tank or flying a plane, even women flew planes. There were Japanese-American families who were put into detention camps for four long years while their sons and brothers fought in the American Army. There were some German prisoners of war, detained here in America, who were treated better than our own black American soldiers. Brokaw then goes on to explain how World War II actually helped make social changes in America pertaining to these bigotries.

Is it a good book? No. It is a wonderful book which is very uplifting and makes you proud to be American.

About your library: The most common question I hear when I'm at the library is, "do you accept donations?" Next time you are at the library, just look around. The entire library is made up of books and magazines donated by your generous neighbors. We should all be proud to live amongst such giving people.

A few things you may like knowing about

lives or accelerate recovery of some patient from an illness.

All rewards are free! That fact alone should get the motivation into the thought process.

When anyone donates a unit of blood, she or he will get a test of their cholesterol level, a blood pressure test, their temperature and pulse will be checked, your hemoglobin checked and you can "earn" credits towards coupons for some good food at some of the local eateries.

You will be pampered and loved by the friendly and capable donor staff.

But by far the greatest prize is that you will leave the bus knowing that just by giving up an hour or less of your time, you have made it possible for someone to recover from a serious illness or injury and yes, perhaps even saved their life.

All of this will be available to you by reporting to the Big Red Bus in the Health & Recreation parking lot Monday, Aug. 6, from 7:30 a.m. until 2 p.m.

Won't you mark your calendars now and join the list of generous friends and neighbors that have discovered the immense personal satisfaction they enjoy with each donation?

The Florida Blood Center is the sole blood supplier to Marion County hospitals! ☺



Bloodmobile
Don Pixley

Motivation

Motivation is the feeling of urgency of some degree to "do something." We are motivated for many things; hunger motivates us to "eat;" feeling cold motivates us to put on a sweater or retire to a warmer environment; the desire for a better job with more compensation motivates us to put forth an effort to accomplish that happy state.

Probably some, if not all, motivation is started with a reward of some kind, tangible or intangible, as a goal.

With that thought in mind, think of all the rewards anyone can realize if they can motivate themselves to participate in a drive that collects human blood that can and will save

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Red Hat Society
Vivian Brown

Ladies, the 2008 National Red Hat Society Convention will be hosted at the Gaylord Palms in Kissimmee. This 10th anniversary event, called Decades of Sparkle, will be a four-day event with a fifth day optional. The four-day main convention is \$425 per person and the five-day optional is \$545 per person. The dates are Thursday, June 19, through Monday, June 23, 2008. Rooms start at \$159 single or double and a \$10 resort fee will be added to each room per night. For reservations, call (407) 586-2000.

Ladies, this may be a great chance to attend the national convention. Check with your Queen Mothers for more details.

Hope you're all are having a great summer. Always keep the Red Hat "Attitude" to always smile and love one another.

Our next Queen's Meeting is Sept. 10 at the Arbor Conference Center, Suite H at 3 p.m.

Till next month, God bless ... Vivian.

THE RAZZLE-DAZZLE RED HAT DAMES are busy and are scattered all over the place. What else can you expect when you have 23 ladies in your group? We did get enough together to plan the upcoming year. We have hostesses for all the months and we made plans for our

annual progressive holiday luncheon. It is a wonderful time of the year and we truly celebrate it Red Hat style. We have the hostesses who will open their homes to all of us. Fun, fellowship and merriment abound. Our hostess for the month is Helen DeLuca and she chose Candler Hills Restaurant. The food was very good and the service great. Wherever you are or whatever you're doing, have fun and stay safe. God bless ... *QM Vivian Brown.*

THE GLITZY GALS: Six of us plus some spouses had a good time on the Sterling Casino Cruise. One of the entertainers, the John Denver impersonator, even sang a special Red Hat song for us. At a get together at QM Mary's house we made plans for some upcoming events. We are ready to register for the Decades of Sparkle, the Red Hat Society 10th anniversary International Convention in June 2008 at the Gaylord Palms in Kissimmee. In June, Lady Sara baked one of her extraordinary delicious chocolate cakes. That was certainly a surprise treat as well as all the other goodies QM Mary served. Our motto, "it's all about each other," is definitely in action in this group. Our Christmas gift exchange will be exciting with everyone having the same list to choose unique items to fit each category. Our July outing was to the Kotobuki Japanese Restaurant with Lady Cae and Lady Sara as hostesses. Friends! Almost anything worth doing is even more worth doing with your friends. And in the Red Hat Society you can reconnect with old friends and make new ones as well! ... *QM Mary Curry by Janet Wahl.*

THE RED GEMS: While going through a folder of Red Gem papers, I found the collection of short stories Billie Giles had made up for each of us. They were delightful. It's reminding our members to take another look and enjoy them. Thanks Billie for all the work and time that went into it. Our trip to the Villages went well. We had lunch at Too Jays, a very popular place. Then shopping in Darlene's. After that we toured Sumter Landing where we visited more shops. By that time we needed to replenish our energy with a stop for ice cream before heading home. We had a great day and thanks to Linda Hein for planning this for us. The Red Gems were left to plan the next get together

on their own as the Queen Mother went off to Utah for her granddaughter's wedding. There was a good number available, although there are several vacation trips planned within the next couple of months. Because of this we have already started plans for the next season and are searching for ideas and new places to visit. ... *QM Loretta Troutman.*

COOL CATS IN RED HATS stayed here in Ocala this past month. We paid a visit to Central Florida Community College Botanical Gardens. Jackie Loomed contacted Robert Dumont who is a professor at the college. He graciously agreed to give us a conducted tour of the gardens. Mr. Dumont spent more than an hour leading us through the garden, explaining the plants and giving us tips on how to make our own gardens give us the best results. We were also allowed to take cuttings from various plants. Our ladies, Jackie Loomed, Bertha Carlson, Alice Stewart, Gwen Chaplin, June Schmidt, Ginny Stefan, Eli Hoffman and her great grand-daughter McKenzie Drawl really enjoyed the tour. After we all went to Perkins Restaurant for breakfast. What a great way to spend a morning!

THE HAPPY ATTITUDES: I apologize to the girls in my group because it's been a couple of months since I've written anything about our comings and goings. I was away for a couple of weeks — up north to see children and grandchildren, which explains one month. The month before that I was on a cruise with a friend. Now I'm home! We have been busy doing luncheons. We have been to Bentley's, to Chili's, Keep Laughing Hills, and this past month we were to Sam St. Johns for seafood, and went back to Joyce Pixley's house for some luscious dessert and lots of conversation. Happy Hatting until next time. ... *Mary Black for Queen June.*

THE DIVAS have cut back on activities for the summer due to so many of our sisters being on vacation. We wish all our travelers a delightful and safe trip. The June Red Hat Roundup Pot Luck at the Arbor Club was a huge success with a great turnout of both Divas and Dudes. The buffet assortment proved that the Divas are all outstanding cooks with

enough food to feed the Divas and Dudes for a week. Entertainment and games were great and as usual our QM Gail LaRue with the help of hubby Gary, Lolly Foos, Pat and Don Hood, Jean and Steve Zrowka and Judy LaBedz did an outstanding job to present a Western theme for the evening. The Divas were decked out in their usual red and purple attire while the Dudes wore cowboy hats, red neckerchiefs, western badges and of course what would the Wild West be without horses to gallop around on? QM thought of everything to make it a fantastic fun evening, which included a jail and replica of a Wild West Saloon, all constructed by QM herself who is so imaginative when it comes to our party themes. The Divas were honored with two upcoming Pink Hats Ava and Katie, beautiful granddaughters of QM. Also honoring the Divas with his presence was George LaRue, Gary's dad. The July luncheon was a brown bag occasion also held at the Arbor Club and hosted by Marilyn Rose and Harriet Brower. Lunches were prepared by the Divas and it was a complete surprise what each would have for lunch until we all peeked in our bags after exchanging lunches. What wonderful lunches and surprises in the bags. The hostesses provided great table settings with much chocolate for each Diva to add another roll or two to the midsection. But believe me, it was all devoured. This was a unique and fun idea that wouldn't surprise me if repeated at a later date. A short meeting followed with a presentation of the following months activities by QM Gail. A gabfest closed the lovely afternoon. August plans are for a DVD viewing of the movie "The Queen" at QM Gail's home. Divas will provide snacks for the afternoon movie. With summer storms now upon us, we can only hope they amount to nothing more than good downpours and no damage to any of On Top of the World homes or residents. We wish all a safe and fun summer whether traveling or just enjoying the activities here at home. God Bless all. ... *QM Gail LaRue by Bev Nelson.*

Please send your Chapters Activities to vivjcb@cfllr.com by the ninth of the month or call 291-0246. Thank you so much. ☺

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Avalon Neighborhood Social Group

The Avalon neighborhood had its first two potlucks in May and June. We had a turnout of 178 folks on the first one followed by a smaller group of 80 the next month due to snowbirds heading north. Everyone brought a dish to share and had a wonderful time meeting new neighbors. The consensus by everyone was to continue having a monthly potluck for folks to socialize.

We will meet the first Monday of every month at the Arbor Club Ballroom, same place as Friday's happy hour. We ask that everyone bring a dish to share, preferably meat, casserole, salad, fruit, appetizer, pasta or bread. Due to having too many desserts we are going to try eliminating those for now as we ran short on dishes on the second event. Hopefully this will ensure there is food for everyone.

We will be modifying the event as we evolve and work out the kinks so keep the suggestions coming.

My many thanks to Marie, Annette, Gary, Sandy, Lee and many others who helped register folks, get name tags distributed, organizing the food, setting up and tearing down the tables. Without your help we wouldn't be able to make this work.

Everyone enjoyed the food, chatting and pitching in. What a wonderful group of neighbors we have. For those that missed it we hope to see you next month. Should you have any questions contact Lorraine at 390-2120. ☺



D'Clowns
Paula Magen

August ... is it possible? It surely is by the very warm temperatures we are having and the slow down in D'Clowns' schedules and activities. The majority of our group is away either short term or for the season.

We cancelled our usual first Wednesday in July at Summerville since it fell on July 4. The residents of the MSU (Memory Support Unit) miss us and it's mutual. We'll return in August. We do so love clowning around there and doing our hour-long variety show.

Not wanting to disappoint TimberRidge, I made a solo clown appearance. We did the usual exercise class for those residents in wheelchairs while the four-year-olds from the Childhood Development Center made their entrance. The activities department made red, white and blue hats for the kids. Then, armed with flags and musical instruments, we all did a 4th of July parade around the entire facility. Staff and residents alike loved it. And what's a parade without a clown (pushing a resident in a wheelchair)? The parade was followed by juice and flag cookies as well as Mardi Gras beads which seniors and kids alike love.

It's a good time to slow down as it's really too hot to dress up and make up as clowns. But we look forward to our activities in the coming months. We will therefore have our first meeting on Sept. 17.

With all the new residents moving in, there must be some who would enjoy clowning, both males and females. I tried it 10 years ago and became absolutely hooked. D'Clowns are proud of what we do — making people of all ages smile and laugh. We are a unique group and we'll teach you the skills of clowning.

Don't forget; join us at the meeting on Monday, Sept. 17, at 1:30 p.m. in Suites B and C of the Arbor Conference Center. Questions? Call Paula Magen at 873-3433. ☺

Fundraiser Golf Tourney

The Red Tail Memorial Chapter 136 of the Air Force Association presents its first annual golf tournament fundraiser benefiting Air Force ROTC, Junior ROTC and the Red Tail Academy.

The elimination scramble tournament will be held at Palmer Legends Country Club in The Villages on Saturday, Sept. 8. Ocala Nissan will sponsor the hole-in-one contest. On the designated par 3 get a hole in one and win a two-year lease on a 2008 Nissan Titan Truck. On all other par 3's get a hole in one and win free airfare, Callaway golf clubs or a big screen TV.

The entrance fee is \$65 per player. Please sign up as foursomes only.

Tee sponsors are needed for each tee; \$100 (cash or check) will sponsor a tee.

Please contact Mike Emig at 854-8328, John Murphy at 347-6064 or in The Villages call Paul Mink at (352) 430-2972 for registration forms or to become a tee sponsor. ☺



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Dotsy the Clown entertains children at Munroe Regional Medical Center.



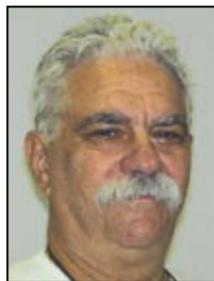
Ocala Clown Express
Julia Brandt

Ocala Clown Express is officially on summer vacation. However, some of our hearty members can still be coaxed away from the air conditioners and tee times to support a local group who offers indoor gigs and/or lots of shade and cool drinks.

One such gig was a local train show meeting. The clowns participated by entertaining the younger participants by presenting them with balloon critters, painted faces and tattoos.

These same dedicated, loyal clowns gathered themselves and supported a teacher's request for her summer class at Eighth Street Elementary School. Since it was indoors and there were a limited number of children present, the clowns were able to add to their usual repertoire of balloons, face painting and tattoos by putting on a small magic show, performing some goofy skits, and letting some puppets get into the act. With a smaller group of children the clowns have a greater opportunity to interact with them individually and all had a great time.

Our calendar is already filling up for the upcoming months, but we have officially declared heat waves to be a detriment to our merriment. For this reason we reduce our participation as much as possible during the



Social Club
Mort Meretsky

I'm sorry for my article not appearing in last month's paper. I wrote it, but I guess it got lost at the Star-Banner's printing plant.

This month is our "picnic" at the Arbor Conference Center on the 17th, starting at 1:30 p.m. If you've not yet signed up, please contact Marie, by no later than the 10th, at 873-8525. She has to know how much chicken to fry, and Carmine has to know how much potato salad to make. The cost is \$2 for members and \$5 for guests. Bring your own drinks (non-alcoholic).

Remember, the club is sponsoring a cruise open to all On Top of the World residents and their guests. It will be from Dec. 8 through 15 on Royal Caribbean's Liberty of the Seas, sailing from Miami. The cost, which includes port charges, taxes, and fees, are atrium, \$798.08 per person, and balcony, from \$1037.08 per person. Private round-trip bus transportation from On Top of the World is available for an additional \$65 per person. To make reservations or for additional information, contact either Margaret Orlando at 854-7306 or Debbie Harst at 207-8051.

See y'all at the picnic on the 17th. ☺

summer months and focus on the cooler ones coming up.

We're looking forward to starting our hospital program again this September. As soon as school starts we find ourselves busy with the Marion County first graders when they participate in the Pediatric Orientation Program and the Munroe Regional Medical Center.

While we are enjoying our summer vacation we reflect on how to make ourselves better clowns. We work up new antics, new wardrobes, and treat ourselves to some new clown toys. We'd love to introduce you to the world of clowning as well. If you are interested please contact our leader, Dotsy. Dotsy lives with Carol White and can be reached at 873-9223. ☺

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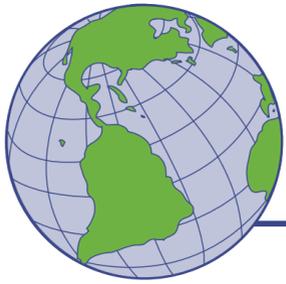
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New Dance Lessons Start in September

By BOB WOODS
WORLD NEWS WRITER

Want to dance? So you want to dance but are not sure of yourself? You would like to get out on the dance floor but are afraid you might mess up. You might be one of those people who are afraid to dance for fear of doing something wrong or thinking you are making a fool of yourself.

Let me tell you a thing or two. There are basically no wrong dance steps as long as both partners are doing the same thing. People on the sidelines are not looking or just watching your feet to see if you do the right step or you might trip over yourself. You can learn the basic steps of dance, no matter what the dance is.

Ballroom dancing is not just a lot of fun, it is good exercise. There is nothing like getting out on the dance floor and swinging your partner about to the sounds of great music. Starting in September a new ballroom dance club will offer professional dance instructions in the Arbor Club on Thursdays with a dance instructor who has been teaching ballroom dancing for the past 37 years, 20 of which have been in the Ocala area. Trish Sands will teach ballroom dancing to those who would like to attend starting every Thursday with the first class beginning Sept. 6.

The fee will be \$5 per person per lesson. Trish will teach one dance for a period of four weeks with a beginner class starting at 11 a.m. and an intermediate class in the same dance at noon.

There is no reason why a student with a little background in the basics of any dance being taught can't take both classes if desired. Trish will teach dance to On Top of the World residents as long as there is sufficient participation.

There are plenty of places in Marion and Citrus counties to dance. There is always the U.S.A. Dance Club in both counties and plenty of DJ's spinning the dance music discs for everyone's enjoyment in all kinds of locations from halls and clubs.

Once you learn to do the basic steps in any dance you can start heading out to dances being held all over the local area. Trish also holds a dance for those just learning and those with

some experience on Thursday evenings at her studio on Silver Springs Boulevard. Let's face it, there is dancing at the Arbor Club almost every Friday evening during Happy Hour. There are also dances held periodically in the Health & Recreation Ballroom.

Many of the dances utilize basically the same steps, just to a different rhythm or beat. For example, the waltz and foxtrot use almost the same steps and routines only to a small difference in the beat. When you learn any of the Latin dances, most steps are the same in every dance, just the rhythm and speed differ.

Let's face it, we all grew up in the era of big time dance bands and many of the dances attended played the three staples of music. The waltz was very popular as well as the foxtrot. Then when rock and roll entered the picture the swing type dances took off.

Now if you just learn those three dances — the waltz, foxtrot and swing or jitterbug — you can attend any dance being held today as those three will be at least three quarters of the dance music played.

Why don't you and your better half get involved in ballroom dance. It takes two to dance and if each couple learned the steps of dance together it is a lot easier as each partner knows what the other is doing, or capable of doing. In many dance classes I have attended there are always singles present learning. It is a great way for singles to meet other singles.

This is how it will work. There will be a sign-up sheet at the Arbor Club for those wishing to take dance lessons. There will be four lessons starting with the first Thursday in each month for four weeks. The first lessons will be, according to Trish, an introduction into ballroom dancing and then the foxtrot. The foxtrot is perhaps the most popular dance. On the first day, each student will pay \$20 for the four weeks of each session, basic or intermediate. Double the amount if both sessions are desired.

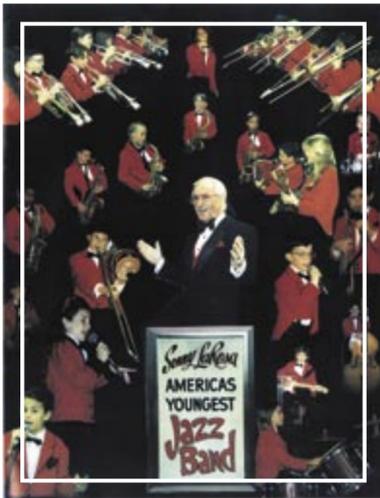
See you all on the dance floor or at the learning sessions sponsored by the Dance Club here at On Top of the World. Hopefully this article has stirred an interest on you in learning as well as participating in dance.

For additional information on the dance club, please call Steve Kallas at 854-0534 or Pat Wellington at 237-8050. Like Trish says, "dancing is fun and so easy to learn." ☺



Photo by Bob Woods

Trish Sands leads the ballroom dance classes.



Tickets for 'America's Youngest Jazz Band' go on sale Sept. 3.

Jazz Band to Entertain

The Entertainment Group in conjunction with Park Avenue Bank kicks off its 2007-08 Show Series at 7:30 p.m., Saturday, Sept. 29 when Sonny LaRosa brings his "America's Youngest Jazz Band" for a return engagement.

Sonny brought his "kid" to On Top of the World once before and played to an audience that was truly entertained and amazed at the 23-piece orchestra composed of talented musicians from 6 to 14 years of age.

The band has performed at the Montreux Jazz Festival in Switzerland and became the youngest group ever to play the Festival.

Close your eyes and you will think Tommy Dorsey or Benny Goodman is playing when you hear such songs as "Lulu's Back In Town" or "I'm Beginning To See The Light" and the room rocked when they offered "One O'Clock Jump."

It is something else again when one of the band members takes the microphone and belts out one of "our songs." The show Sonny and his "kids" put on is truly an amazing show.

Tickets go on sale Monday, Sept. 3, from 8:30 to 10 a.m. in the Health & Recreation Ballroom. Thanks to Park Avenue Bank, reserved seating is \$8 and general admission \$6. As usual maximum of four tickets per purchase and are for all residents of the On Top of the World Communities and their houseguests. ☺



Photo by Bob Woods

Members of the Ladies Billiards Traveling Team pose with the trophy won by defeating Cherrywood. Pictured from left are Polly Farineau, Ruth Gretchen, Kathy Lorenzo, Penny Wilson, president of ladies billiards, Florence Binder, Evelyn Wharen and Barbara Bonomo.

Billiards Attracts the Ladies

By BOB WOODS
WORLD NEWS WRITER

I would be willing to bet that there are lots of residents of On Top of the World who have no idea that this development has a great pool hall, a pool hall with six tables, three of which were installed in June. Now I have lived here more than four years and had never stepped foot, nor looked into the poolroom, which is located in the Art Building on the hill where the Woodworking Shop is located.

I noticed there are both women's and men's billiard leagues plus I have heard about groups heading on certain days and hours to partake in what I used to see in many barrooms as I traveled throughout the country.

I decided to visit the ladies' time slot to see how they played. I was used to seeing only men playing. Well, was I in for a shock after I contacted the lady in charge of the group. I found out that approximately 40 gals from all the neighborhoods get together on Monday mornings to practice their skills. Now each morning there are not 40 gals swinging their pool cues as some are "snowbirds" while others have many other things to do such as vacations. The day I ventured into the ladies realm there must have been at least 16 pool lady sharks ready to take any on comer.

I was asked by a couple of the ladies if I would like to join them in a game. After watching them play a little there was no way I was going up against these ladies to show my lack of finesse on the pool table. Now I like playing pool, which I did many, many years ago, and I know exactly how to hit the cueball to get the billiard ball in the pocket I wished. I know how it works, but do you think what I know and what actually happens is the same thing. No way, and there was no way I was going to let any of these ladies show me up, especially since I was the only male in the room. You see, from what I understand, there are no men allowed in the poolroom while the ladies are playing.

The leader of the ladies group is Penny Wilson, a small woman in stature, but a powerful pool player. Penny introduced me to all the

ladies and she also held up a large trophy that a group of ladies from this club won in competition against ladies from the Cherrywood development. There is a small traveling team of these ladies who venture out taking on other lady pool groups.

Penny explained to me that the club is open to any women from any of the On Top of the World neighborhoods. If a lady has never shot pool before there are members who will teach her in all facets of the game. I talked to one lady who is relatively new to the pool group and she told me that this group is the friendliest bunch of ladies she has ever met and this alone is the main reason she has taken up the art of billiards. There are small annual dues that help keep up the poolroom. In fact, the ladies and the men's group both chipped in and bought one of the three new pool tables now ready for playing in the pool hall.

From what I saw, most if not all the ladies show up Monday mornings with their own pool cues. I talked to another lady who was not doing too badly sinking those balls. She challenges her husband one night a week. I decided it might be best if I didn't ask who beats whom as she was talking to me at the same time holding a long pool cue.

Talking to many of the ladies I did discover that some had very little experience shooting pool before entering the club and some have played the game for years. The main point the ladies stressed to me was they are there to have fun and the enjoyment playing against other women in the group whether they are good or novice players.

For additional information on the women's league, contact Penny Wilson at 854-7434.

If any man would like to join the pool league, please contact Richard Impresa at 873-8247. Basically, anyone in the On Top of the World communities can explore the billiards room in the Art Building. Shooting pool can be done anytime there is no organized play taking place. There are many pool cues on hand with different weights and lengths.

It is a great place to spend a little time with your spouse or neighbors playing the game of pool. Besides, the room is nicely air-conditioned. ☺



On Top of the World Golf Nick Montanaro

Here we are in the middle of the hot steamy summer. I hope that everyone is heeding the warning to drink plenty of liquids during this time so that you will not become dehydrated.

I know many of you have taken a ride out to the Tortoise & the Hare to see the progress that is being made on Hole 10. I am hoping that what you see is something that makes you happy. As you can see we still have a way to go, but be patient, you will be well rewarded.

Our August Golf Outing is going to be to World Woods, Brooksville, on Thursday, Aug. 23. The starting time will be 9:30 a.m. and the cost will be \$40 per person. This charge will include greens fees, cart fees, range balls, lunch and great gifts! Once again the first 60 players to sign up will go!

The September Golf Outing will be to Southern Hills Plantation. More details will follow.

July Accomplishments

- Diane Hammet: Eagle on No. 10 The Links.
- Bob Huegli: Eagle on No. 13 the Links.
- Don Parker: Hole-in-one No. 14 the Links.
- Jim Jordan: Eagle on No. 13 the Links. He shot a 78, and he is 82 years young!
- Tony Magri: Eagle on the Links.
- Sherman Hutchings shot a 78 and he is 78 years young!

Congratulations to you all and keep up the good work. ☺



Handicap Committee Patricia K. Del Vacchio

Could it have been any hotter that first Saturday in July? Probably! What a great day for the Flag Tournament. Eighty-eight of us participated and 65 percent of us were paid. Not bad for such hot weather.

Topping the chart and finishing through

the green on hole No. 1 were Frank Smith and Dick Norris. Applause, applause.

Seven finished on the No. 1 green: B. Carter, P. Del Vacchio, M. Goetz, D. Gray, M. Hamments, D. Holman and E. Noe. Finishing in the No. 1 fairway were: L. Berry, J. Borden, H. Brower, D. Graham, S. Gregely, J. Morea, T. O'Neil, G. Pecor and R. Myhr.

Seven finished through the 18th hole: P. Del Vacchio, M. Driver, B. Howe, A. Pena, G. Russell, D. Scott, and V. Smith.

Finishing on the 18th green were: D. Beury, A. Buecher, M. Drabicki, M. Driver, R. Groomes, B. Gustafson, R. Hellman, M. Marquis, M. McAtee, S. McVane, P. Perrault, B. Randolph, E. Rapacz, J. Rosinski, B. Seal, O. J. Wagner, and M. Myhr. Finishing in the 18th fairway were: C. Adamson, D. Coleman, J. Gill, J. Gill, D. Griswold, J. Groomes, P. Jarskey, J. Rappa, and S. Smagner.

Finishing through the 17th hole were: L. Bervinkle, R. Hoover, M. Lyon, P. Peterson and J. Smagner.

I sure hope everyone had fun, regardless of their playing. We'll see you next July for another Flag Day Tournament!

The August Scotch Twosome has been postponed until Sept. 1. I'll see all of you at the flags then! ☺



Candler Hills Men's Golf Garry Gerlach

should use the Equitable Stroke Control in the CHMGA handbook when posting your scores on days other than Tuesdays.

The next major event will be the Member/Guest to be held starting Oct. 18. You must sign up by Sept. 1 and the cost is \$135 per person.

This event will include three days of golf, and Thursday night we will have cocktails and appetizers. A dinner, dance and awards presentation will be on Saturday night for the participants and their wives. This will be an exciting event with prizes awarded for first, second and third place finishers in each of three flights. We also anticipate prizes for closest to the pin on a par three and a hole-in-one prize to be determined.

If you are not receiving the weekly e-mail update, contact Garry Gerlach whose e-mail is bubba@otowhomes.com.

Candler Hills Men's League Results

4-Man Teams 2-Best Balls

June 19

117—John Larson, Dave Masachi, Tom Martinetto, Lenny Pabon; 118—JC Van Bloom, Ken McDonald, Nick Nimerala, blind draw; 120—Tony Mysterly, Dick Masterson, Jim Bragg, blind draw; Garry Gerlach, Bob Cowie, two blind draws.

4-Man Stableford

July 3

161—John Larson, Jerry Lisinski, Dick Masterson, Ed Wilson; 152—Rick D'Addio, Roger Whittle, Bob Starrett, Bill Horton; 150—Dave Masaschi, Mike Buschur, Ed O'Leary, Gene Kelley.

2-Man Net

July 10

134—Bryant Giffin, Tom Martinetto; 140—Jim Hewes, Jeff Ware and Bob Shively, Jim Bragg; 143—Garry Gerlach, Ed Pozsony; Fred Spain, Bill Gorton; and Mike Buschur, Tom Racinowski. ☺



Men's Golf Association Paul Del Vacchio

Congratulations to Bill Koch. On June 6, Chicken Day scramble, he had a hole in one on the Tortoise and Hare course on hole No. 15. Bill gets \$50 from our MGA fund for his hole in one!

The President's Cup (match play) is going to be starting on Sept. 12. For your information, this is a single elimination tournament using 80 percent of your handicap. Players are divided into flights and all play from the white tees except for the Championship Flight, which will play from the blue tees.

After the first matches are played on Sept. 12, winners will have one week to play the next round and so forth until the end of the tournament. The Tournament Committee will see that the winner's names are posted each Wednesday. (The week begins on Wednesday and ends on Tuesday). If either of the players is unable to play within the week, that person forfeits. The player whose name is first on the list is responsible for making arrangements for that weeks play between the two playing the match. The fee for this tournament is \$5.

We're looking for a few good men!

The make up of the MGA Board of Directors consists of eight 18-hole members and one nine-hole member. This year two of our three existing members are not going to run for reelection so we have some openings on the board. The term for each member is three years and this year we will elect three members from the 18-hole membership. Oct. 3 is our annual election.

FYI, as a member of the board of directors, you will be asked to attend a board meeting the first Tuesday of the month: chair a committee of the board members choosing: elect the officers, i.e. president, vice president, secretary, treasurer from the board of directors; play in as many 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. If you are interested we will have an election sign up sheet in the clubhouse by September.

Words of Wisdom: "Real Golfers Know ... Heavy rough is the area along the edge of the fairway just before your ball is legally out of bounds. A good rule of thumb — if the guy beside you is barbecuing, you're probably out of bounds." Ernie Witham

See you around the course!

Low Gross/Low Net

June 13

Flight A Gross: 71—Jon Hill; 73—Tom Smith; 76—Rick D'Addio; 77—Dick Gray; 81—Paul Perrault.

Flight A Net: 59—Tom Gragapane; 65—Joe Cameron; 67—Chuck Nicholas; 68—Dick Griswold; tie at 70—Johnny Gill, George Blankenship, Don Guymon, Beale Kinsey.

Flight B Gross: 77—Jack Ashenfelter; 78—Sherman Hutchings; 83—Vince Nucaso; 86—Ron Thompson; 88—Colin Adamson.

Flight B Net: Tie at 62—John Doyle, Raymond Shultz; 68—Bill Carlson; 70—Alan Mudie; 71—Ross MacDonald.

Flight C Gross: 83—Robert Carter; tie at 85—Alfred Wells, Ronald Wilson; 88—Jimmy Johnson; tie at 90—Richard Beury, Tom Deegan.

Flight C Net: Tie at 65—Tony Capillo, Roy Hira, John Bauer; 67—Jim Blandina, 68—Tony Magri.

Flight D Gross: 86—George Deignan; 88—Bill Walker; 89—Bill Koch; 93—Dick Dzik; 94—Frank Palotta.

Flight D Net: 62—Joe Morea; 63—John Hodd; 64—William McGarry; tie at 67—Fred Rodriguez, Tom Fasanello.

9-Hole Gross

47—Guy White; 52—Roland Smith; 55—Rick Benzing; 59—Zane Barnett; 81—Hal Stewart.

9-Hole Net

35—John Gartung; 40—Gordon Blanchard; 43—John Ricciardone; 44—Fred Lang.

Individual Net/Gross By Flight

June 20

Flight A Gross: 76—Paul Perrault; 77—Dick Gray; 81—Johnny Gill; 83—Dick Norris; 84—George Blankenship.

Flight A Net: 60—Bill Carlson; 67—Larry Chase; tie at 68—Ed Klodzen, David Miller, Ray Hellman.

Flight B Gross: 85—Lew Berry; 86—Marvin Brooks; 87—Ross MacDonald; 89—Wally Schill; 91—Jerry Segovis.

Flight B Net: 67—Ronald Wilson; 68—Bill Flannery; 69—John Bauer; 70—Robert Carter; 73—Charles Mattingly.

Flight C Gross: 87—Francis Caprez; 90—O.J. Wagner; 92—Bill Krusen; 93—Glenn Pecor; 94—Jack Hegarty.

Flight C Net: 68—Archie Pollard; tie at 70—Tony Capillo, Tony Magri; tie at 71—Dick Dzik, John O'Neil.

Flight D Gross: 90—Ray Messer; 92—Bill Koch; tie at 94—Ed Desmarest, Frank Palotta; 96—John Hodd.

Flight D Net: 64—Gordon Phillips; 65—Joe Morea; tie at 69—William McGarry, Peter M. Peterson; 70—Jack Border.

9-Hole • Gross

49—Roland Smith; 54—John Ricciardone; 59—Zane Barnett.

9-Hole • Net

35—Rick Benzing; 42—Guy White; 45—Gordon Blanchard.

Individual Stableford

June 27 • Net

Flight A: Tie at 43—Jay Borden, Dick Norris; tie at 42—Michael Drabicki, Beale Kinsey; 41—Raymond Beloin.

Flight B: 40—Calvin Apperson; tie at 39—Bud Harris, Roy Myhr; tie at 38—Tony Giannattasio, Raymond Shultz, Marvin Brooks.

Flight C: 43—Jerry Segovis; tie at 42—Ronald Wilson, Tony Magri, Barry Barringer; 41—Dick Dzik.

Flight D: 44—Fred Rodriguez; 42—Joe Morea; tie at 39—George Deignan, William McGarry; 38—Bill Koch. ☺



Upcoming Publication Date
September issue:
Thursday, August 30

The course was closed for four days for maintenance and many of our players traveled to other courses to play. Although many were nice, the conclusion was our course is still one of the best-maintained courses in the area thanks to Andy and his crew.

We still have problems getting folks ready to play on time Tuesday mornings. We ask that all players be at the Pro Shop by 7:30 a.m. to allow for some time to interact with the other members and also to be ready in the event that we are allowed to tee off early. If you want to hit balls on the range please get there even earlier.

Another issue is entering all your scores. The Handicap Committee began entering scores for all league play on July 10. In addition, if a player is known to play any other day and a score is not entered, the Handicap Committee will enter a score for them equal to their lowest score of the last 20 scores. You

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Ladies 18-Hole Golf
Pat MacMurray

The ladies 18-hole golfers joined the Candler women on July 12 for a day of golf at Candler. Everyone had lots of fun meeting new people and enjoyed lunch together after the golf. We will be seeing more of these events in the future. Thanks to the Candler women for a nice time.

Plans are underway for our invitational in October. It will be a great event and we want to make sure all the On Top of the World lady golfers get to play. Please watch for the sign-up sheet on the bulletin board. There will also be a sign up for donations of breakfast items. Invitations to area courses will be going out soon.

You will be hearing more about this over the next two months.

Scramble
June 19

67—Beverly Ovrebø, Shirley Smagner, Serine Rossi; 68—Nancy Nicholas, Diane Hamments, Rose Hoovler; 70—Nancy Zielinski, Phyllis Carty, Margie Dejohn Yarski; 72—Janet Juhlin, Mary

Jane McAtee, Marie Marquis, Carolyn Cummings; 75—Mary Driver, Pat MacMurray, Andrea Flannery, Helen Bextermueller.

Alternate Shot 1/2 Handicap
June 26

35—Nancy Zielinski, Rosemarie O'Neil, Marie DeJohn; 38—Pat MacMurray, Andrea Fratangelo, Mary Skennion, Helen Bextermueller; 40—Sandy Chase, Georgette Perrault, Glenna Swank, Carolyn Cummings; 41—Beverly Ovrebø, Harriet Brower, Euny Moore.

Individual Red, White And Blue
July 3

Flight 1 Gross: 86—Iro Lisinski, 90—Beverly Ovrebø, 95—Nancy Zielinski.

Net: 72—Mary Lyon; Diane Hamments, 76—Carol Joseph.

Flight 2 Gross: 95—JoAnn Roney; 104—Mary Jane McAtee; 109—Marilyn Rose.

Net: 75—Margie Wade; 83—Georgette Perrault; 87—Flo Emanuel.

Flight 3 Gross: 100—Shirley Smagner; 115—Marie Marquis; 118—Jackie Page.

Net: 79—Doris Holman; 81—Carolyn Cummings; 86—Esther Lang.

Low Gross/Low Net
July 10

Flight A Gross: 84—Iro Lisinski; 85—Beverly Ovrebø; 89—Mary Lyon.

Net: 71—Nancy Zielinski; 72—Jerry Gill; 73—Valerie Smith.

Flight B Gross: 97—Marilyn Rose; 99—Diane Hamments, Mary Driver.

Net: 73—Mary Jane McAtee; 76—Shirley Smagner, Angelita Pena.

Flight C Gross: 104—Rose Hoovler; 107—Marie Marquis; 111—Esther Lang.

Net: 69—Euny Moore; 71—Carolyn Cummings; 73—Elsie Calabrese.

Chip-ins: Carolyn Cummings, Mary Driver, Flo Emanuel, Carol Joseph, Mary Lyon, Val Smith. ☺



Ladies 9-Hole Golf
BJ Leckbee

Until further notice, our league will gather for play no later than 8 a.m. so we can tee off no later than 8:30 a.m. Please tell your friends who are traveling so they arrive on time on Tuesday. Thanks to the guys in the pro shop for taking on the duty of signing us in earlier.

Congratulations to Millie Nucas, who hit a hole in one on the 8th hole of the Tortoise & Hare! That's something most of us hope for, but few achieve. Carol Bell, Darlene Clark and Marlene Floeckher witnessed this special event.

On the 7th hole on the Links, in the middle of the fairway, a large oak tree stands guard. It recently did an excellent job by reaching out and grabbing my ball and refusing to let go. If you should find a ball at the base of this tree and it's a Pinnacle 4, it's probably mine. Don't bother trying to return it — it didn't bring me any luck. Maybe it'll be kinder to you.

Low Gross
June 12

Flight A: 49—Millie Nucas, 52—Marie Norwood, 53—Darlene Clark, Ruth Koch, Grace Bock, 56—Agnes Tetti.

Flight B: 52—Betty Tully, 53—Tish Dertien, Pau-

line Beloin, 54—Jan Moon, 55—Marlene Floeckher.

Flight C: 55—Judy Garrett, 57—Carol Bell, 61—Phyllis Smith, 62—Alice McDaniel, Sumiko Bridges.

Flight D: 61—Frances Mencher, 63—Laura Jean Teyral, 68—Ida Rosendahl, 69—Catherine Be-craft, Evelyn Stewart.

Low Net
June 19

Flight A: 36—Grace Bock, 38—Ruth Koch, 39—Marie Norwood.

Flight B: 36—Betty Tully, 37—Tish Dertien, 39—Carol White.

Flight C: 36—Carol Bell, 37—Phyllis Smith, 38—Sumiko Bridges.

Flight D: 34—Helen DeGraw, 41—Ann Hetzel, 42—Linda Heenan.

Low Gross
June 26

Chip-in: Ellie Rapacz, Thelma Smith.

Flight A: 50—Grace Bock, 54—BJ Leckbee, 57—Ellie Rapacz.

Flight B: 53—Marie Norwood, 54—Darlene Clark, 57—Carol White.

Flight C: 50—Thelma Smith, 55—Jean Flynn, 57—Lois Tatonetti.

Flight D: 57—Evelyn Stewart, 61—Helen DeGraw, 63—Rolla Geiser.

Scramble • Links
July 3

42—Agnes Tetti, Darlene Clark, Phyllis Smith, Linda Heenan; 43—Ruth Koch, Marlene Floeckher, Helen DeGraw; 44—BJ Leckbee, Marie Norwood, Dorothy Wagner, Ida Rosendahl.

Low Gross
July 10

Chip-ins: Rolla Geiser, Vi Sica.

Flight A: 50—Agnes Tetti, 53—Vi Sica, Deni Dehart, BJ Leckbee.

Flight B: 52—Thelma Smith, 53—Lois Tatonetti, 54—Tish Dertien.

Flight C: 57—Carol Bell, 59—Rolla Geiser, 62—Dorothy Wagner, Phyllis Smith. ☺



Billiards
George Tookmanian

and they were on size, exactly 2.250 inches.

Speaking for myself, I am thrilled with these new tables, and I have not heard of any who are not satisfied. The pockets are real tight, and one has to get used to the new playing surface and pockets. Hit the object ball too hard, and the ball will not enter the pocket readily. As each person plays on the new tables they will observe and discover what works and what does not, and make necessary adjustments. Good luck!

John Cahill, had been kind enough to show and share his knowledge of the game in previous informal sessions, so John and Richard are advising beginners how to go about strokin' with the cue stick, and improve their game. The plan is to have these sessions on Fridays at 5 p.m. Of course, a notice will be posted on the poolroom doors. So, be there and learn from very able players. To them, a "tip of the hat!"

Ray Stover, that "banjo guy," is also a talented wood worker, made and installed hangers to hang the ball rack at each end of the table. One may notice, the ball racks also came with the tables, have smooth rolling bearings to make the ball racking a smooth procedure. Then J.C. Brown fabricated and installed cradles to hang the "rakes" on each side of the table. Good job men, well done, and the club thanks you both. May you never "scratch" again!

The next meeting should be Oct. 1 as per the recent amendment to the club's bylaws. There will be notices posted on the poolroom doors.

Have a safe and happy summer! ☺



Mini Golf
Jack Coyle

Providence Putters
June 19

Ladies: 46—Inge Vogt; 47—Emmy Ricciardone; 51—Sandra Ensley.

Men: 40—Doug Ensley; 41—Kurt Vogt; 62—Oliver Aube.

June 26

Ladies: 45—Sandra Ensley; 48—Inge Vogt; 49—Emmy Ricciardone; 68—Heidi Biederman, a new putter from Providence.

Men: 35—Kurt Vogt; 39—Bob Maxwell; 43—John Ricciardone; tie at 46—Oliver Aube and Doug Ensley.

July 3

Ladies: 51—Emmy Ricciardone; 57—Sandra Ensley; 62—Heidi Biederman.

Men: Tie at 44—Bob Maxwell and John Ricciardone; tie at 54—Doug Ensley and Oliver Aube.

July 10

Lady: 45—Emmy Ricciardone

Men: 43—John Ricciardone; 50—Oliver Aube.

Thursday Mini-Golf
June 14

Ladies: 48—Eleanor Krowka; 49—Emmy Ric-

ciardone; 50—Florence Soens.

Men: 39—Dick Soens; 42—John Ricciardone; 44—Bob Maxwell; 46—Oliver Aube.

June 21

Ladies: 46—Eleanor Krowka; 47—Emmy Ricciardone; 48—Chris Resta

Men: 36—Bob Maxwell; 41—Ben Resta; 47—John Ricciardone.

June 28

Ladies: 41—Florence Soens; 44—Eleanor Krowka; 45—Chris Resta; 53—Emmy Ricciardone.

Men: 39—John Ricciardone; 40—Ben Resta; 41—Dick Soens; 43—Bob Maxwell; 52—Oliver Aube.

July 5

Ladies: 40—Florence Soens; 50—Eleanor Krowka; 51—Emmy Ricciardone; 59—Denise Rickham.

Men: 36—Bob Maxwell; 41—John Ricciardone; 45—Oliver Aube; 47—Dick Soens.

July 12

Ladies: 45—Florence Soens; 49—Eleanor Krowka; 51—Emmy Ricciardone.

Men: 45—Dick Soens; 48—John Ricciardone; 49—Oliver Aube.

Sunday Mini-Golf
June 17

Ladies: Tie at 46—Chris Resta and Emmy Ricciardone; 47—Eleanor Krowka.

Men: 43—John Ricciardone; 47—Ben Resta; 49—Oliver Aube.

June 24

Ladies: Tie at 47—Florence Soens and Eleanor Krowka; 49—Chris Resta; 53—Emmy Ricciardone.

Men: Tie at 41—John Ricciardone and Ben Resta; 42—Dick Soens; 48—Oliver Aube.

July 1 • Rained Out

July 8

Ladies: 53—Chris Resta; 54—Emmy Ricciardone.

Men: Tie at 43—John Ricciardone and Ben Resta; tie at 49—Oliver Aube and Bob Maxwell. ☺

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Just Us Girls — Scramble and Dinner
August 15th, 2007 — 5pm

September 2007

Bunker Shots — Free Clinic
September 5th, 2007 — 10am

Putting — Game Enhancement Clinic
September 19th, 2007 — 10am

Just Us Girls — Scramble and Dinner
September 19th, 2007 — 5pm

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R/C Flyers
Jim Lynam

As with most of the activities and clubs at On Top of the World, the R/C Flyers are trying to maximize the flying time and minimize the time in the heat. The new shade areas are providing some relief from the blistering sun for the airplanes and the pavilion provides the necessary shade for the flyers and spectators.

President Larry Riehl appointed Charlie Krueger to the position of assistant safety officer. Further, Riehl recognized several club members for their outstanding recent contributions to the club: Norm Wiley for diligently maintaining the membership roster; Jim Ellis for field maintenance; and Bob Trebilcock for constructing the new starting and assembly tables.

Dick Rose is looking for anyone that has a transmitter that they would be willing to donate for use as a "buddy box." The current buddy box transmitters at the field are showing signs of wear and are in need of replacement. Airtronics and JR units are especially needed to match the instructors' transmitters. Futaba units would also be accepted.

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. The On Top of the World R/C Flyers will continue to hold informal summer meetings at the field on the first Monday of the month (Aug. 6) at 9 a.m. 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! ☺

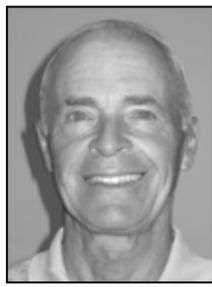
American Jewish Club
Irene Rudick

Even though the American Jewish Club does not meet over the summer, the board has been meeting and planning for all the 2007-08 membership meetings starting with the Welcome Back/Holiday Meeting on Sept. 23.

We are striving again this year to provide a new venue of activities that will intellectually stimulate with prominent guest speakers and visual demonstrations, and gastronomically satisfy you with our traditional Lox and Bagel, N.Y. Deli Day, Covered Dish, and Ice Cream Social Meetings. We are continuing our Lunch Bunch activities at local restaurants but expanding it to include tours and visitations of various sites that Ocala and the region have to offer. So please continue to read this column and the next club newsletter sent to your home for specific details.

We welcome all new On Top of the World residents to join and even our long-term residents to rejoin what our membership is calling the new and improved American Jewish Club. For general and membership information, call Dorothy Bresky at 854-0284. ☺

www.OnTopoftheWorldInfo.com



Pickleball
Luke Mullen

Summer's fun continues to bounce along. Our pickleball nights have been a lot of fun recently. We have had some nights with a minimum number of players and other times with quite a few players. Recently we had 16 players on all four courts. These were both mixed men and women on all courts. Many were just learning the game while others had some level of experience.

Some of these participants were from neighboring communities. What some of our members have done recently is to visit other communities that play pickleball to see different types of play, as well as invite players over to play as our guests. This provides an opportunity for all participants to play someone different who may have different abilities to mix up their experience of play. This interchange of players also allows us to visit their facilities.

As was mentioned in May, we had the op-



Shuffleboard
Robert Riedeman

The regular season (September through April) league play of the Shuffleboard Club is suspended for the summer months. Instead there is an informal session on Thursday mornings that is open to all members on a first-come, first-served basis. Results are not recorded since the composition of the group playing varies from week to week.

Residents who are considering joining the club at the beginning of the new season in September might appreciate learning something about the history of the club and how it is organized.

The On Top of the World Shuffleboard Club was begun in May 1986 with approximately 55 members. Jack Huard (Mr. Shuffleboard) was the driving force in the early years and was active in all aspects of the club's operation. The purpose of the club is to offer a facility to play the game, to learn the rules of the game and to compete with others who share an interest. Ken Cole spoke at the initial meeting and indicated that On Top of the World would provide equipment and storage facilities while members would be responsible for maintenance.

Bylaws for the club were approved in No-

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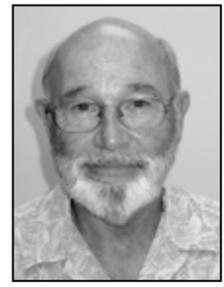
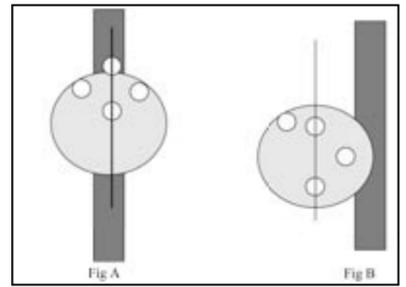
portunity to play in our first pickleball tournament that was sponsored and hosted by the Webb Spruce Creek Summerfield Pickleball Team. There we had played in the men's tournament that had 18 teams of 36 players from many different communities. We had a wonderful, although short-lived experience, of playing with more seasoned participants. Our hope, for the future, would be that we would be able to have a sufficient amount of players (both men and women) to host a pickleball tournament at On Top of the World. Right now that goal is unrealistic because of the number of residents currently playing pickleball.

One of the games we still enjoy playing when we have an odd number of players is cutthroat. This is where one player takes on the other two. The trick of this is that the two opposing players must return the pickleball to the side of the court from which the single player has served. This forces all players to improve and practice their placement of shots. The game is a lot of fun and provides excellent exercise.

If you are interested in having fun and getting exercise at the same time, you should consider pickleball as a possible sport. If you want to find out what pickleball is all about you should consider coming and watching us play. We have a program in place so that you can evaluate and determine if you are physically fit to play pickleball and would enjoy this sport.

If you are interested in learning about our game, we play on Wednesdays, Thursdays and Sundays beginning at 6 p.m. We play at the Health & Recreation Tennis Courts 3 and 4. We have paddles and balls available at no cost for you to use while evaluating the game.

If you have any questions about pickleball or want to know how to get started, please call Luke at 291-8625. ☺



Pickleball Tip
Bill Daugherty

Pickleballs are hard and do not flatten upon impact. Consequently, evaluating whether a ball is in or out requires determining where the center of the ball was when it landed. Looking at the illustration, part of the circumference of the ball can be over the line, but technically the ball will be out because its center hit outside the line.

Calling a ball in or out depends on where the center of the ball hits the ground. Figure A shows a ball that is ruled as in because its center bounced on the line. Figure B shows a ball that is out because its center bounced outside the line.

Despite this rule, many players still call a ball "in" if any part of it lands on the line. This is because it's tough to tell where the center of the ball was at the time of impact. In fact, it's often difficult to tell if the ball landed on the line at all, especially if you are reaching for the shot and also trying to call it. Just be aware of the actual rule, and check to see if there are any "house rules" used by players around you.

As ever, if you have any questions or need help, give me a call at 854-2751 or email xxhbill@earthlink.net for assistance. Mr. Bill ☺

ember 1987. These have been amended occasionally to meet the needs of a growing organization. The club is governed by an executive committee consisting of the elected officers and the captains of the league groups. General membership meetings are held quarterly in September, January, April and May. Annual dues are a modest \$7.

Regular league play is organized around groups of up to 32 members who compete weekly. There is a captain and co-captain for each team. Each player competes in a three-game rotation with three other players. The names of the winners for men and women are published each month in this newspaper.

Residents who wish to have more information about the club and its activities may call George Hajjar at 861-6009, Frank Dubay at 236-6638 or myself at 861-1501. We have excellent facilities and very congenial groups of players. Experienced players or beginners are encouraged to join. ☺

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Irish American Club
C.M. Casey

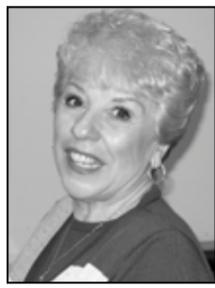
PHRASE: Conas ta tu?
PRONUNCIATION: "Kunas thaw thoo"
MEANING: How are you?
I hope you all are well and keeping cool. The heat seems to be lingering on and many say this will be a very, very, hot summer.
Please mark on your calendar Oct. 11 and Dec. 13 and look for information about these dates in the next issue.
Since the Irish American Club does not meet during the summer months I am providing you with interesting information about some of the facts and myths of the Irish. In this article I will cover the shillelagh. A shillelagh (pronounced "shi-lay-lee") is a wooden club, typically made from a stout knotty stick with a large knob on the end. Traditionally the cane or walking stick was made out of oak. However, over time, blackthorn wood became

the preferred material. It was named after the Shillelagh forest in County Wicklow.
To make the wood appear shiny, the stick would be smeared with butter and placed up a chimney.
What I have mistakenly called a walking stick all these years was once a very popular weapon. Known by Bata in Gaelic, which means fighting stick.
They are commonly the length of a walking stick (distance from the floor to one's wrist with the elbow slightly bent). The end of the stick had a large or heavy knob, which could be used for striking or disarming an opponent. Here is the correlation between a walking stick and fighting stick.
Folklorist Padric Colum says the shillelagh should be considered a badge of honor for those who carried it. When they were very young, Irish boys were exposed to the traditions of the Bata, and when they came of age to carry a stick, it was viewed as passage into manhood. Shillelaghs may be hollowed at the heavy "hitting" end and filled with molten lead to increase the weight to two pounds. This sort of shillelagh is known as a "loaded stick." While the sticks were carried by Irishmen just about everywhere they went, it was at the fair, wake or a Saints feast day that they were most needed. Various groups or factions were always present at most social gatherings and faction fighting was very common until the famines of the 1840s.
This information was obtained from Wikipedia, the free encyclopedia.
We are always looking for new members. Don't be shy. Please contact any of our officers: Bob O'Neal, Dan Bub or Joe O'Brien and they will be happy to give you information on the club.
Until next time, "May your troubles be few and your blessings be more." ☺



Photo by Andy Zarrella

From left to right: Liz Ettell, president; Frank Palotta, vice president; Bunny Barba, second vice president, Terry Zarrella, secretary; and Carol Berta, treasurer.



**New York/
New Jersey**
Terry Zarrella

The new officers were installed at our June meeting as follows: Liz Ettell, president; Frank Palotta, vice president; Bunny Barba, second vice president; Terry Zarrella, secretary; and Carol Berta, treasurer.
All the other committee members will remain the same except for refreshments, which will be taken over by Angie and Bob Hook. Gloria Aiello will remain on the board in an honorary position. Gloria has been a great secretary and member of the club and helps out in every capacity when available. We wish the new board members continued success for the following term and fun for our members in the coming year.

We held our end-of-year party with a pizza and cannoli feast. The pizza was delicious, hot, filling and free to our members to thank them for being "loyal" members of the club. The cannoli topped off the day with everyone smacking his or her lips in appreciation for a fun-filled day.
As out-going president of the club, I want to thank all the board members and members of the New York/New Jersey Club for their wonderful comments and compliments I received for the position I held for two years. It was a pleasure to work with everyone and to bring you meetings you all enjoyed.
At this time I want to invite any and all new residents who have taken up residence at On Top of the World in recent months. Our meetings will resume in September on the third Tuesday of the month. Meetings start at 3 p.m., but come early to register and join us for a cup of coffee, iced tea and a dessert. You will meet new friends or perhaps find that you come from the same neighborhood or even that you worked in the same capacity as another fellow member. We, the club, intend to bring our new residents and younger blood into the fold. This is a club that is forever changing with new ideas and more audience participation.
I will continue to write the column for the club and if you have any questions or need added information, please do not hesitate to contact me. I'm in the On Top of the World phone book.
For all our members up north vacationing, have a safe trip back, and all other members stay well and we hope to see you all in September. ☺

POET'S CORNER
Poetry from On Top of the World Residents

**My First Time
On A Bicycle**

BY HAZEL EHLE

When I was home alone
Since no one was around
Tried riding a bicycle
Ending up on the ground.

I bruised my elbow
Also skinned my knees
It always looked so easy
Glad no one here to tease.

The bike was my brother's,
Much too big for me
When I have my own
How much easier it will be.

Then our friend came by
Seeing tears in my eyes
So telling her what happened
She really seemed surprised.

She told me to wait awhile
For there is plenty of time
And when I try again
I'm sure to do just fine.

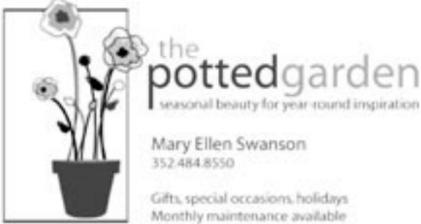


**Northern
Lights Club**
Patty Bourgault

The Northern Lights Club was shining bright once again. More than 60 members attended the April meeting at the Arbor Club Conference Center.
The evening started off with baked potatoes and the trimmings baked by chefs, Barbara McArdle and Ann Ellis with a little help from the junior chef, Joe.
It was then on to "Name That Tune" hosted by emcee Patty Bourgault and on the baby grand piano was maestro Jean Muncy. The Northern Lights were not so bright — no pun intended but it seems that there were some songs way before their time. I really didn't think that was possible. However, a winner did emerge finally. The grand prize went to John Zanazzi and runner up was Joan Rodriguez.
The theme for the May meeting, with 50 attending was pizza and karaoke hosted by Fred Rodriguez and Sue Joyce. Everyone had a fun time.
In June, bingo and taco night hosted by Carolyn Mallard and Dee Runge. It was the

first time for bingo and it was a big hit.
The mini mah jongg tournament for players who have two years or less experience was another great success. It was hosted by Barb McArdle and Faye Shampine. More than 20 ladies vied for the title of champ. Our very own Lorraine Paszek was the winner, getting the biggest possible hand for points with a concealed hand and a total of 350 points. Marsha Vieu placed second, Ruth Kuntar third, Nancy Grabowski fourth and last but not least Barbara McArdle fifth. A special thanks to Barb and Faye for making the tourney a success.
There was not any meeting in July and there will not be a meeting for August as the Lights are on hiatus. Northern Lights will resume their regular scheduled meeting Sept. 8 with a picnic at the pavilion at noon. Please bring a dessert or salad of your choice. Soda pop, hamburgers, hot dogs and place settings will be furnished. Don't forget your chairs. There will be a short meeting.
There will not be an October meeting as the craft show is on that date. However, there will be another Halloween Costume Dance hosted by Roger and Patty Bourgault on Oct. 20 from 7 to 10 p.m. in Suites E, F, G and H of the Arbor Conference Center. Music will be provided by Roger Bourgault. Tickets will be \$6 per person. A cash bar will be available and prizes for the best costumes in different categories. Food will be provided. We are asking that you please bring cookies, brownies or a simple dessert.
The tickets will go on sale at the September picnic for Northern Light members only and at a later date for non-members. If you would like to reserve a ticket, please call Patty Bourgault, 352-861-9773
Please be advised that you must pay your dues for the upcoming year by Dec. 31 or you will lose your spot as a member. We have a waiting list of people who are anxious to join so please do not wait until the last minute.
Until next time when the Northern Lights shine. ☺

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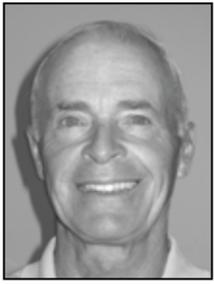
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Favorite Recipes Dinner Club Luke Mullen

Summer fun has just begun for our members as we start our third year of the Favorite Recipes Dinner Club! For this month we had 29 diners attending four dinners in June.

Our first dinner was at the home of Sylvia Andrews and Oliver Aube. Their evening began with appetizers brought by Roberta and David Knarich. They prepared three hors d'oeuvres, which were small crab cakes, barbeque chicken bites wrapped in bacon and seafood spread with cheddar cheese and roasted peppers served with crackers.

Following the appetizers, Jean and Joe Breslin served a marvelous salad. It was a tossed salad of mixed baby greens with spinach, artichokes, roasted red peppers, Kalamata olives, water chestnuts and tossed with Jean's own celery balsamic dressing. The salad was topped off with feta cheese.

Sylvia and Oliver then served the main meal. The main entree for our dinner was chicken marsala. It was accompanied by egg-shell potatoes served with butter and chives. The vegetable was petite peas with chopped pimientos and sliced black olives.

After dinner, Barbara and Stu Shaub served the dessert. They prepared an orange cheesecake, which was prepared with low fat cream cheese, low fat condensed sweetened milk, along with all the other usual ingredients, frozen concentrate orange juice, and orange rind. The cheesecake was topped with a glaze and mandarin oranges.

Hosting our second dinner were Valerie and Dean Bard. Hors d'oeuvres started the activities and were made by Tish and Don Dertien. They had prepared two baked Gouda cheeses wrapped in crescent rolls and were delicious as they went in a hurry. The second item was a devil ham dip flavored with sour cream, horseradish and chives. Also presented were

fresh strawberries with a chocolate dip.

Valerie and Dean then served the main meal. It was a well marinated, sliced whole pork roast over steamed wild rice and gravy. Included was slightly warm crusty bread with butter.

Joan Sigafos and Richard Miles then presented the salad. They called it "The Seattle Salad" where they first experienced the salad. It consists of mixed baby greens, fresh raspberries, Japanese peaches, candied pecans, feta and blue cheese with balsamic and red walnut vinaigrette.

Paul Agarwal prepared a side vegetable dish, which was a colorful, buttered succotash, which included corn, carrots, sweet red pepper, broccoli and lima beans. Dessert by Jimi and Tony Bartolone was a no-bake peaches and cream cheese cake. It consisted of cream cheese, Cool-Whip, peaches schnapps, peach nectar and fresh peaches with a delicious topping. Everyone had a fun time.

Mary and Bob O'Neal hosted our third dinner. They kicked off the evening with a delicious appetizer. It was a water cracker, topped with chive cream cheese, sweet onions, green olives and smoked salmon. Following the appetizers Edie and Fritz de Holl prepared a classic Caesar salad (minus the raw eggs in the dressing) with the anchovies on the side in deference to those not fond of them.

After this wonderful salad Mary and Bob served the entree. It was a marvelous grilled chicken dish with artichokes and mushrooms in wine, garlic, and lemon sauce. This was served over a pasta base. After dinner, Kathy and Luke Mullen served dessert. They brought a scrumptious raspberry elegance cake. All participants had a wonderful evening.

Sharon and Fred Tarolli hosted our fourth fun dinner of the evening. Appetizers were the first order of business and were prepared by Sue and Howard Bourland. They brought three appetizers: guacamole with tortilla chips, mozzarella bites consisting of cubed mozzarella and a fresh basil leaf and grape tomato stacked and secured with a toothpick then drizzled with extra virgin olive oil and balsamic vinegar.

Sharon and Fred then served an Italian dinner. It started with a Caesar salad with a six-cheese topping and good crusty bread. The main course was homemade fresh Cavatelli pasta topped with a sweet sausage Sicilian tomato sauce. They also made three meat Neapolitan style meatballs. The vegetable was a sautéed Tuscan styled broccoli rabe.

Following this meal Pat and Robert Riedeman served dessert. It was a blueberry rhu-rhubarb pie served with French vanilla ice cream. Everyone had a very enjoyable evening.

Presently, the club is not accepting any new members. For information on our waiting list, please call Luke at 291-8625. ☺

Stephanie's Computer Tip for August

By STEPHANIE ROHDE

PayPal

Founded in 1998, PayPal, (owned by eBay since 2002), allows anyone with an e-mail address and a PayPal account to securely, easily and quickly send and/or receive money via the Internet. PayPal's service builds on the already existing financial infrastructure of bank accounts and credit cards; and, utilizes the world's most advanced proprietary fraud prevention systems to create a safe, global, real-time method for payment to individuals and/or businesses. PayPal has a 100 million account members, which is truly amazing; and is available in 190 countries and/or regions around the world.

Because PayPal is SO wonderful, some unscrupulous characters create "phishing" e-mails trying to make a consumer think their deceitful message is from PayPal when in fact it is not. Please forward these "non-PayPal" e-mails to spoof@paypal.com and then immediately delete them from your computer.

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Ballet Club Eugenie Martin

Did I tell you that I am now addicted to the television show, "So You Think You Can Dance?" Sometimes the music is a little too "current" for my taste, as is some of the dancing, but I still love the show — feeling the joy of the accomplishments and agonizing over the failures.

Thinking back on "Love Musik," the new Broadway musical I saw on a recent trip to New York City, I realize that my disappoint-

ment with the show was largely its lack of energy and movement. I expect musicals to be well-choreographed. In that particular show, the performers barely moved in many scenes. It was reminiscent of early (17th and 18th century) operas, where the singers never moved, and the only visual diversions came from moving scenery and dancers. The operas were approximately four hours in length, so you can imagine the audiences may have become quite bored. I understand they tended to spend a lot of time socializing, since the candle-lit houselights were always shining, while waiting for the dancers. Even when I have seen 19th century operas, I always look forward to the dancing, which is, by tradition, woven into most operatic plots.

Speaking of dancing, our ballet classes are continuing to gain new ballerinas. Newcomers tell me that they should not be called "ballerinas," since they are beginners, but I say "non-sense." Any woman who dances is a ballerina. That's part of the fun of ballet. We may not be Margot Fonteyn or Suzanne Farrell, but we can do some of the same steps. It's a heady feeling.

We get together every Tuesday 1 to 2 p.m. in the Arbor Club studio next to the indoor pool. Anyone is welcome. If you have any questions, give me a call at 854-8589. Happy dancing! ☺

Get Out Your Cowboy Boots: Dance Group Goes Western

By MARILYN ROSE

A Western Round Up
Date: Saturday, Sept. 15
Place: Health & Recreation Ballroom
Time: 7 to 10:30 p.m.

Band: Silver Star Band
Dress: Western or casual
Price: \$6 per person, \$12 per couple

There will be snacks and door prizes. There will be a singles table

Tickets will go on sale on Monday, Aug. 27, from 8 until 10 a.m. in the H & R Ballroom, and the sales will continue the same time each Monday, Wednesday and Friday until all are sold.

Because of new management rules, there

will be no coolers allowed in the Ballroom for this dance. Alcoholic drinks must be purchased at the bar in the Pub. Prices for all drinks will be available at the time of ticket sales.

Please remember that the dance is for residents of On Top of the World and their out of town guests. Be sure to get your tickets early for this popular band. Come and join the fun. We will be looking for you on the 27th.

For more information, please contact Gordy at 854-7981. ☺



Line Dancing Sherry Ashenfelter

Monday Line Dance classes are on summer break during July and August.

When classes resume on Sept. 10, three levels of line dance will be offered. Beginner Level One will be taught at 4 p.m. Beginner Level Two will be taught at noon and repeated at 2:45 p.m. Intermediate line dance will be taught at 1:15 p.m.

Beginner Level One is the best class for guys and gals trying line dance for the first time, for returning line dancers who want a good review of the basic terms and fundamental moves, and for any dancers who think the less complicated dances are the most enjoyable. No partner is required.

Newcomers to Monday Line Dance are invited to an information meeting on Saturday, Sept. 8, at 10:30 a.m. in the H & R Ballroom. For more information, phone Sherry and Jack at 873-9440. ☺



Pattern Dance Club Barb & Joe McArdle

Hi! We are the new coordinators for pattern dance or you might know it as partner dance. We use the same steps as line dance but with a partner.

Fall classes are a couple of months away and we are anxious to get back to it.

So ... we decided to meet early to satisfy our restless feet.

We will meet every second and fourth Sunday starting Aug. 12 from 5:30 to 6:30 p.m. in the Arbor Club Ballroom.

Our fantastic instructors are Carla and Tony Magri. Everyone is welcome to review, learn or just to watch.

For more information call Barb or Joe McArdle at 369-1220. ☺



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Erin ... Are you prepared?**
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**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.

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Stitch Witch Quilters
Ann Weldishofer

At the July meeting of the On Top of the World Quilters, Jan Johnson and Theresa Randolph served refreshing snacks that all enjoyed.

We were told that the Cottonbelle Warehouse in Dunnellon has periodic sales of fabric and the dates are posted on the Internet.

Pat Quintan said that our fabric cabinets are fine, and Tekla amended the Comfort

Quilt Workshops. In August we'll do the dog or frog, and in September we will have a "catch-up" session. That way we can finish up some quilts to add to the 86 we have distributed to our charities so far this year.

A suggestion was made to cut extra sets of each quilt we do, and make up kits for those who miss the cutting workshop, or just need some extra sewing to do. This could be a good way for those new to quilting to add to their experience, too. Kits are always a good way to start!

We left the decision about whether to plan a trip to the Jacksonville Quilt Show until closer to the September date. It probably wouldn't be a good idea to take a bus this year.

Also mentioned as possible outings were Micanopy Festival, where the quilt we made for Guardian Ad Litem will be raffled, and the Macintosh Festival. Also, there will be a Quilt Show in Trenton on Oct. 26 and 27.

Joyce Petherwick offered to quilt some of our Comfort Quilts on her new long-arm machine, as long as we remember that this will be practice for her! Those machines take a while to learn to use! But, we will probably keep her as busy as she wants to be!

Marcy Askenase gave a report on the agencies we donate our Comfort Quilts to, and how that works. Pat will take five adult quilts to Ocala Regional Medical Center to be used in their oncology center. ☺



Crafty Ladies
Dot Tripp

There is one more of our charities to mention ... and that is Christmas-At-Sea, sponsored by the Seamen's Church Institute of New York, N.Y. This organization collects donations of knitted/crocheted hats, scarves and vests all year long for the seafaring men and women. Starting on Nov. 1 each year, the gifts are brought aboard each vessel entering the port. These gifts are not opened until

Christmas, when each crewmember of every ship celebrates the holiday. For many of these seafarers, this may be the only Christmas gift they will receive.

Christmas-at-Sea has expanded its programs to include the children of the seafarers in their gift giving. After 9/11, the Seamen's Church Institute opened its doors and converted its headquarters building into a relief canteen and dormitory for the rescue/recovery workers. This was kept operating until power, gas, phones and mail were again back to working order. How can you not help such a generous charitable organization?

Rita M. brought in a great deal of craft supplies that she thought we could use. She was right! Most of the supplies she donated got snapped up immediately. Dot took the fabric circles and is in the process of making beanbags that will be donated to organizations that involve children.

All year round the Crafty Ladies meet on Wednesday morning from 9:30 to 11 in the Card Room in the Arts & Crafts Building (that's the building across the street from the water tower). Interested in crafts, come join us ... or if you have questions, call Dot at 854-4913.

'Til next time, do your best to keep healthy, happy, and "crafty." ☺

The Happy Hookers
Carole Toye

While Yvonne Bednar is up north for a couple of months, I will be writing the article so please bear with me.

We want to welcome Jacky Nolte to the "hookers." She saw the article and decided to check us out; good to have you.

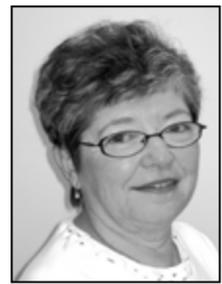
Our ladies are always busy with their projects: Carol Berta finished a beautiful white baby afghan; she always does such intricate work. Now she is busy working on cross-stitch Christmas table runners for presents and I know they will be appreciated. Pat Utiss is making cotton dishcloths in shades of purple, really pretty and they should make the recipient want to do dishes! Jackie Palotta is making baby sweaters, and she really "cranks" them out and they are always so delicate looking. What talent and patience she has.

Maureen Wolfe finished a beautiful afghan for her daughter-in-law to be.

Pat Wallace is on the last panel of her mile-a-minute afghan. Mary Lou Welsh is making prayer shawls and also working on a Christmas latch hook rug. Rita Kennedy is still embroidering. Ruth Phaneuf is more than half finished with her latch hook wall hanging.

Those of you who have been reading our articles for some years remember us as the "Rug and Latch Hooking" group. We have progressed from there.

Now to our "mystery" luncheon: it will be on Aug. 6 at 1 p.m. at the Mason Jar. If you plan on going, call me, Carole Toye, at 873-1646. ☺



Sewing Bees
Rita Miller

What's the buzz with the Sewing Bees this summer? Yes, we're still meeting weekly in the end room of the Arts and Crafts Building on Thursdays at 12:30 p.m. Actually, we're doing double duty right now preparing for the On Top of the World Craft Show at the new Cultural Center and trying to keep up with our ongoing projects for abused, homeless and sick children. The requests for our items are never ending. It's heartwarming to be able to bring a little joy to these children who have suffered so much trauma in their young lives.

We're making good progress on our sweat-shirt jackets. Watch for them at the craft sale along with our unique "wonder wallets" and "water-bottle holders." We'll also be selling pillow club memberships again to finance our pillow project.

Welcome to Mary Lamp and Louise Green, our newest "Bees." If you like to sew small simple projects, come join us. Residents of all On Top of the World communities are invited. It's guaranteed that you will go home with a happy heart.

Last but not least is my monthly plea for poly fiberfill, quilt batting and cotton fabrics suitable for children's items. We can also use all colors of thread and ribbon. Clean out your stash and give me a call if you have any of the above items that you wish to donate. Rita 237-6660.

Let's keep the hive buzzin'. ☺



Artistic Crafts & Gifts
Loretta Troutman

Just a reminder for you that we will be returning to the Health & Recreation Ballroom the first Tuesday after Labor Day, which is Sept. 4.

The crafters have been enjoying the summer hiatus and have been using some of their free time to replenish their supply of your favorite things. I for one have made new aprons, adult bibs, a large variety of hand towels and a bead stroke counter for golfers.

If you are a crafter and would like to join us, please call Rene Beck for details. We will be in the Ballroom on Tuesdays from 9 a.m. to noon. ☺



Rubber Stamping Greeting Cards
Margaret Hanrahan

This card was "a real keeper." We had a catch of colorful fish packed into a fishing reel. To make this card, we used our regular card stock along with embossing, chalks and stamps, plus some different techniques and supplies, such as wallpaper and grommets. Any man would love to get this fun card and would be special for most any occasion.

Lois Frear brought us a birthday celebration card using strips of colorful papers as candles with golden flames. With the layering of vellum on top of the candles and a band of flowers bordering the base, the illusion of flaming candles atop a cake was complete.

At our next meeting Gail Waite showed us a butterfly card using a dye cut machine for each of the butterfly parts. The unique thing about this butterfly is that the center of the wings was of mirror card stock. When finished it made a beautiful greeting card.

This group meets to encourage, inspire and assist one another. Members range from just beginning to many years in this art form. We meet in Suite D of the Arbor Conference Center from 1 to 3 p.m. on the first and third Thursdays of the month. We have a fun and relaxing time. All are welcome.

If you have questions, please call Margaret at 732-3282 or just show up. ☺

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Shutterbugs Photography Marilynn Cronin

Speaker: On Tuesday, Aug. 7, Peg Goldberg will be speaking and showing a video on our underwater waterways from our rivers and springs to our ocean and the animals that live in these areas. She helps photographers pay closer attention to what is around them and see photo opportunities that are within our view every day. Go online and see what an exciting photographer she is: www.goldenimages-photo-scuba.com

June's challenge was "Unusual Objects." Everyone had a different take on this subject, which was very evident when the photos were shared at our July 3 meeting. Ray Cech showed some candid shots he had taken and gave a handout with tips and tricks for taking this type of photo. This presentation helped prepare us for July's challenge of taking "candid shots," which will be shown at our Aug. 7 meeting.

Tom Frostig continued to review previous lessons in PhotoShop Elements and touched on color saturation. At the July 17 meeting, he taught about the healing and cloning tools. Tom will be holding a special class for camera raw after the Aug. 21 regular meeting. If you are interested in taking this class, please note that you must be a member of the ShutterBugs (membership fee is \$10 per fiscal year).

Some exciting future challenges have been planned, such as water, sunrise/sunsets, portraits (posed), action, and black and white shots. Still in the planning stage are day-trip shootouts, which will begin when the weather is cooler.

We want to give a rousing applause to our ShutterBugs' member Kathy Barron Wood and her husband Tom Wood for their article and photos on New Zealand in the July issue of Ocala Magazine. Beautiful photos taken with an EasyShare Kodak Z740 digital camera with 10X zoom. Be sure to read this



Photo by Hal Stanley

This photo of a topiary horse is a sample of the Shutterbugs Photography Club work.

article, and enjoy the photos.

Each month at the first Tuesday meeting, we share a maximum of four photos each taken for a recent challenge, along with instruction and sharing of tips for the next month's challenge. The challenges and/or shootouts are a great way to learn about your camera and photography, as well as to see how we frame/see the same subject from different perspectives. The third Tuesday is a class on Photoshop Elements or some other member-driven topic.

Tip

"If your pictures aren't good enough, you aren't close enough," said Robert Capa, a war photographer known for the intensity and immediacy of his images. This simple piece of

advice can help most photographers improve their work. Getting closer eliminates distracting objects and simplifies the contents of a picture. It reduces the confusion of busy backgrounds, focuses attention on the main subject, and lets you see expressions on people's faces

For all On Top of the World clubs: if you have a special event coming up or would like a meeting covered, please contact us.

The ShutterBugs meet at 3 p.m. on the first and third Tuesday of the month in Suites B and C at the Arbor Conference Center. All On Top of the World residents at all skill levels are welcome to join. If you would like more information about ShutterBugs, please contact Gary Uhley at 854-8536 or e-mail him at guhley@cfl.rr.com at 4 p.m. ☺

Chess Club Sal Lanzetti

Spencer Corcum on the left in the photo and Henry Vieu on the right were working on a few chess problems at one of our meetings.

Spencer, originally from Maine and very active in the stock market, has been playing chess for many years. He moved to On Top of the World about two years ago and currently resides in Friendship Park.

Henry is originally from Minnesota and retired from the U.S. Air Force as a computer administrator in 2004. He has lived in Providence II for about two and a half years. Henry played tournament chess back in the 1970s and is an excellent chess player.

Solving chess problems is always an interesting part of the game. It is one way a player can enhance his or her skills and strategies, making you consider all the possible moves both you and the opponent has. Forcing an opponent to making specific moves is what most chess problems are all about.

This is not an exclusive club and we welcome any ladies interested in joining.

We meet on Thursday evenings in the Arts & Craft Room at the Health & Recreation Center at 6:30 p.m.

Come join us and have some fun, or for more information call Sal Lanzetti at 237-5065. ☺



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Monetary donations are tax free.





Photo by Bob Woods

Visitors have a front seat perch to view the manatees at Homosassa Springs.

Enjoy Nature at Homosassa Springs Wildlife State Park

By Bob Woods
WORLD NEWS WRITER

The spring and headwaters of the Homosassa River is the only known place in the world where thousands of freshwater and saltwater fish congregate along with the West Indian Manatees. The fish are free to come and go to the Gulf of Mexico, some nine miles away,

but the manatees in this natural fishbowl are here for life.

Homosassa Springs State Wildlife Park is a showcase for native Florida wildlife and offers visitors the rare opportunity to observe these animals and birds in their natural settings. Daily programs are offered on manatees, alligators, crocodiles and other Florida wildlife.

Visitors can stroll at their leisure along many unspoiled nature trails observing deer, bobcat, bear, otters and cougars at close range.

Many varieties of birds, from colorful flamingos and wood ducks, to the great birds of prey, all kinds of herons and egrets, make Homosassa Springs their home. Most birds are free to go except those who have been injured and can't fly which include most of the birds of prey.

The park serves as a rehabilitation center and refuge for the endangered West Indian Manatee. All the park's manatees have either been orphaned or injured in the wild or born in captivity. The natural spring of the park's environment allows the manatees to re-acclimate themselves before being returned to the wild. Iron bars are the only obstacle separating manatees in the park and those in their natural wild state.

The award-winning Homosassa State Wildlife Park is located along the Gulf Coast on U.S. Route 19 in Homosassa, Fla., some 75 miles north of Tampa/St. Petersburg. There are many RV campsites in the local area plus motel lodging. Places to eat line Route 19 but the Misty River Seafood restaurant across from the park's entrance has great menu selections from seafood and beef to soup and nuts.

The Seminole Indians first inhabited Homosassa. In the mid-1800s, a U.S. senator established a 5,000-acre plantation and sugarcane mill. This was the first known settlement in the area. At the outbreak of the Civil War, sugar made at the mill and other products of the plantation were used to supply the Confederate Army. Union troops burned the mansion after extensive spying and treachery by one of the plantation's 1,000 slaves.

Today, all that remains of the plantation is some dug canals leading to the Homosassa River and the remains of the sugar mill. This mill was the only antebellum sugar mill in the United States. The original structure, boiler

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and most of the machinery are now part of a small state park historical site located just down the road from the back entrance to the wildlife park. This road was used years ago as a stagecoach route and later trains used the same route to Homosassa Springs, a famous fishing area known to generations of wealthy sportsmen.

The springs have been a tourist attraction since the early 1900s when trains stopped to allow passengers to rest at the spring and to view what is known as nature's fishbowl. The spring is the headwaters of the Homosassa River. It is reported the water flow from the spring is some 2.6 million gallons per hour at a constant 72 degrees.

All the wildlife in the park is native to Florida, except Lucifer, an African hippopotamus. It all started when the park was owned privately as an exotic animal park. Lu, as the hippo is best known, was a park novelty and a film star who had a role in the movies "Daktori" and "Cowboy in Africa," plus many TV shows. When the state of Florida took control of the park in 1984, all wildlife had to be native to Florida. The hippo was bound for transfer, but who would want a 6,000-pound hippopotamus. This uproared the locals and the governor of Florida at the time made Lucifer an honorary state citizen, thus enabling Lu to remain at Homosassa. Today, Lu is 41 years old and birthday celebrations are a big event for locals, especially the children.

The park's entrance and headquarters buildings are on U.S. Route 19. A pontoon boat takes visitors down Pepper Creek on a 20-minute narrated boat ride to the park. Almost the entire park is handicap accessible. Visitors can stroll the nature walks at their own pace viewing the park's wildlife exhibits. The park is open from 9 a.m. to 5:30 p.m. daily. Admission is \$9 per person for adults and \$5 for children ages 3 to 12. Children 2 and under are admitted free.

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**Nature
Around Us**
Doris Mauricio

The west side of my house is very hot and sunny. I have found Zinnias (*Zinnia elegans*) great flowers to plant among the existing perennials. They tolerate the blistering sun, are extremely easy to grow and drought tolerant. The seeds can be gathered and planted for years. Gardeners love zinnias and there are at least a hundred cultivars in a diversity of flower colors and types, some with flower heads up to six inches across.

There are zinnias with white, cream, green, yellow, apricot, orange, red, bronze, crimson, purple and lilac flowers; zinnias with striped, speckled and bi-colored flowers; zinnias with double, semi-double and dahlia-like "pompon" flowers; zinnias that range from dwarfs, that don't exceed six inches in height, to cut flower beauties that get three feet tall. Newer varieties are resistant to powdery mildew and other diseases. I started with dwarf varieties but have graduated to the larger ones because they grow so well here in On Top of the World.

You can sow seeds where the plants are to be grown in spring after the last frost, or set out six- to eight-week-old seedlings. Zinnias are sensitive to root disturbance, so be especially careful when transplanting. Zinnias are traditional in annual flowerbeds and borders. Use the dwarf varieties in containers and window planters. Grow the taller varieties in

borders and beds and for cut flowers. Pinch young stems back to encourage branching unless growing for long-stemmed cut flowers. Deadhead spent flowers frequently to prolong flowering. Zinnias will produce larger (but fewer) flowers if you remove side shoots.

Zinnias are among the few bedding plants that will continue to perform through hot southern summers, all the way up to the first frost. And, they are available in loads of colors to satisfy any garden plan!

During August, garden plants in pots or containers need extra water when it is hot. You may need to water daily to prevent wilting. This can flush out nutrients, so use a weak solution of soluble fertilizer every second or third watering. If the soil has pulled away from the sides, you may have to soak the whole pot.

During these hot days, enjoy your shade and shade-loving plants. Consider yourself lucky if you have shaded areas in your yard. It's always a few degrees cooler, and if there is a breeze, it can make even the hottest day more bearable. There are flowering shrubs, perennials and ground covers that grow well in the shade and are easy to care for.

Look at your site and determine where you have dense, partial or filtered shade, as that will affect the kind of plants that will do well there. If the shade is too dense, you might consider removing some branches to let in more sunlight. Consider also the degree of moisture available and the pH level, as these factors will also affect your plant choices.

Broad leaf evergreen shrubs such as azaleas, camellias, viburnums and gardenias do well in shade and their flowers brighten up the view. Flowers like impatiens, begonias and many gingers are also shade loving and will provide color over a long period. Foliage plants like caladium, especially the white and green variety, and Persian shield with its glowing purple and silver leaves are a wonderful combination. Ground covers such as variegated ivies, vincas and ferns provide both texture and color. Think cool. Think shade.

A new Florida Native Plant Society Chapter is coming soon to Marion County. The meeting date for the organizational meeting is Sept. 11 at 6:30 p.m. in the Extension Auditorium on Northeast Jacksonville Road. For more information you can contact Carla Chapman, urban horticulture extension agent, at 671-8400.

The Marion County Extension Office has Master Gardeners on duty on weekdays from 9 a.m. to 4 p.m. to answer your gardening concerns. You can call them at 671-8400. You can reach me at 237-3479 or dmauricio@cfl.rr.com. I will do my



Photo by Doris Mauricio

Zinnias growing in Doris' yard.

best to assist you with your gardening concerns. On Top of the World Native Plant Club meets September through May the second Wednesday of the month at 1:30 p.m. at the Arbor Conference Center. Join them and take time to walk the nature trail next to the center. Happy Gardening!

*Doris Mauricio,
On Top of the World Resident and Master Gardener*



**Postcard
from Adela**

Adela Anderson, former fitness director at On Top of the World, kicked off her retirement by visiting her native Guatemala. One of the places she and her husband visited was La Merced church, which was built by the Spaniards in Antigua, Guatemala, the former capital of Guatemala. An earthquake destroyed Antigua, Guatemala, in the 16th century.



'Live Bait'

The band 'Live Bait' performed at the Circle Square Cultural Center on July 14 to a packed house. Band members include Bruce Huval, Bryan Huval, Barry Huval, Roy Hollyfield and Alex Ferrer.

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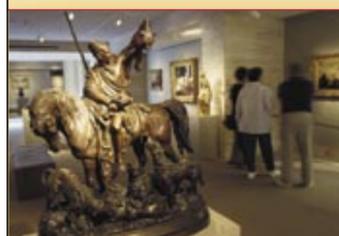
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Neighbor Assistance Program Update

By DEBBIE CLARK
ACTIVITIES DIRECTOR

You, the residents, never cease to amaze me. In the last issue of the *World News*, the Neighbor Assistance Program was introduced and residents were requested to call Phyllis Silverman if they were interested in volunteering for this worthwhile program. The response Phyllis received is remarkable. It is now time for the volunteers to be paired with a resident who is in need of companionship.

We were able to tap into the Meals-on-Wheels Program to assist us in finding residents within our community who are shut-ins. We are calling on you, the residents, to assist us in finding other resident(s) within your neighborhood who would enjoy this program. We will not be knocking on doors; we will contact the resident in a discreet manner to see if they are interested in participating in this program.

Please call Phyllis at 854-2592 if you have any questions. ☺

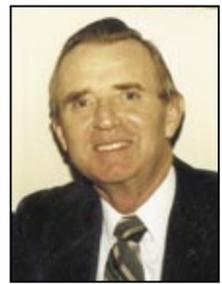


Italian American Club
Marie Norwood



Photo by Ron Broman

Is this why we have no rattlesnakes in our Garden of Weedin'? Read on!



Native Plant Club
Ron Broman

What's easy to grow, has leaves like a yucca, flowers like a thistle and is said to be an antidote for snakebite? I thought you'd never ask.

On to non-yucca yucca and non-thistle thistle. Button Eryngo is in the carrot family, Apiaceae (1). The name eryngo comes from an ancient Greek name, used by Theophrastus (2), eringion meaning thistle (3). As you can see in the picture, the bloom does look a bit like a thistle. The leaves don't show but they are long and thin, like yucca, minus the sharp point.

The botanical name is *Eryngium yuccifolium* (yucca-like foliage), but the more common names are rattlesnake master or button snake-root. It does indeed resemble something out of the desert where rattlesnakes are common. I checked and discovered that, "It doesn't attract rattlesnakes and the name derives from an old belief that the roots could be used to heal rattlesnake bites." There are few pests or disease problems; [it] is an excellent accent plant for difficult soils and arid climates. As a native of the prairies *E. yuccifolium* is well adapted to drought and excels in the sun. The yucca-like foliage makes it an excellent texture-providing specimen."

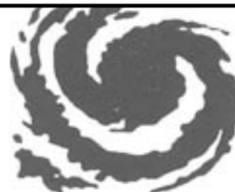
"Although there is currently no scientific evidence [for] older claims of medicinal properties by Native Americans, rattlesnake master was a popular herb in the 18th and 19th centuries. James Adair, an 18th century Indian trader, was one of the first to document medicinal uses of rattlesnake master. He recounted tales in which Indians chewed the root, blew it in their hands and then handled rattlesnakes without any damage ... but [it is] more often used in later times as an antidote for various maladies, including venereal diseases, snake bites, impotence, expelling worms and to induce vomiting." (4)

I guess we have learned more than we needed to know; but this comment from a Bartow, Fla., gardener gives the essentials.

"This attractive native plant may be grown through zone 10a." That includes us. "It is a wonderful 'starter' for a native plant gardener because it is easy to grow."(4)

Enjoy the remainder of the summer. We'll see you next month when our Native Plant Club resumes our monthly meetings. Now is the time to enjoy the fruits (and roots, flowers, leaves, branches) of Growing Native!

- (1) Google Vascular Plant List
- (2) Google Dried Flowers Direct from Keuka Flower Farm
- (3) Wikipedia
- (4) Google Mallorn Plant of the Month: <http://www.hort.net/profile/api/eryyu/>



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ROSH HASHANAH EVE: Wednesday, September 12, 8 p.m.
ROSH HASHANAH FIRST DAY: Thursday, September 13, 10 a.m.
ROSH HASHANAH SECOND DAY: Friday, September 14, 10 a.m. and EVENING SERVICES at 8 p.m.

YOM KIPPUR EVE (Kol Nidre): Friday, September 21, 8 p.m.
SATURDAY YOM KIPPUR: September 22, 10 a.m. and 4 p.m. (Afternoon, Memorial and Concluding Services)

FESTIVAL WORSHIP SERVICES

SUKKOT EVE: Wednesday, September 26, 8 p.m.
SUKKOT: Thursday, September 27, 10 a.m.
ATZERET-SIMCHAT TORAH EVE: Wednesday, October 3, 8 p.m.
ATZERET-SIMCHAT TORAH: Thursday, October 4, 10 a.m., Yizkor

Contact our Temple office or call Helmut at 861-9969

In June, members and guests of On Top of the World Italian-American Club met at the Arbor Club to share a delightful catered picnic supper. Our secretary, Cynthia Paige, provided super desserts. This was a great undertaking, which was greatly appreciated by all present.

After supper, many members took part in an interesting dice game which was overseen by Anna Rocafort. There was much laughter as the game proceeded. Several prizes were awarded.

Since there was no business conducted, we will look forward to our next meeting, Sept. 5, at 3 p.m. This gathering will be held in the ballroom of the Health & Recreation Building, with refreshments at 2:30 p.m. There will be no meeting in August.

At the September meeting tickets will be on sale for the Columbus Day Dinner Dance to be held Oct. 6. Our September column will tell of the menu and price for this affair. Plan on attending.

We look forward to seeing all members as well as any folks in the area who would like to join us.

See you next time. ☺

July 4th Thank You

By LOLLY FOOS
VOLUNTEER COORDINATOR

A special thank you to the following residents who assisted management with the July 4th festivities at the Health & Recreation Ballroom:

Bunny Barba, Jim and Kay Chandler, Joanie and Wendell Crist, Judy Dunn, Lolly and Roy Foos, Charlotte and Gerald Hancock, Gladys and Ernie LaDuke (the decorations were beautiful), Bob and Joan Leighty, Mort and Sue Meretsky, Tom and Rita Miller, Claudette Moher, Bob and Mary O'Neal, Gary and Lennie Rodoff, Herb and Pat Schroeder, Bev and Bob Woods, and our sound guy, Larry Wilver.

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Every Night is a Festival in Key West

By BOB WOODS
WORLD NEWS WRITER

Every night has a festive carnival atmosphere at Mallory Square in this city as street vendors, entertainers and performers celebrate the setting sun. That's right, the setting sun. Not only is this an every evening affair but it is also attended by this city's most notorious citizens, wild chickens. The beautiful sunsets here in Key West are an every night ritual creating an excuse for residents and visitors to start partying.

All roads in the Conch Republic, as the residents like to refer their town, lead to Mallory Square. The square is located on the western portion of the island where most of the action takes place. Museums and attractions are also located here and the square is where the cruise ships tie up.

Every day my wife, Bev, and I spent in Key West at least one cruise ship made Key West a port destination and one day two ships appeared at Mallory Square. Tourism is the number one moneymaker for this city; the second is the Navy. The lifestyle on this tropical island is really laid back and everything is at a slow pace. Like many of those working in the tourist industry say, "you are on vacation; take it easy."

Tourism has not always been Key West's No. 1 industry. Back in the middle to late 1800s the biggest industry was salvage operations in today's language but was called the wreckers capital of the world back then. Huge towers were placed around the island to observe shipping in the area.

At least once a week someone would yell from a tower "wreck ashore" and the community became a beehive. One has to remember, the only way to reach Key West back in those days was by boat. The railroad reached the island back in 1912.

All able-bodied men, women and kids would scramble to their boats and head for the wreck. The first boat reaching the scene would be in charge of getting the best and most of the booty. It has been said "wreckers" would put up false lights guiding ships to their doom crashing onshore or onto reefs."

In 1889, Key West became the richest city in the United States per capita and during the Great Depression became the poorest. This is when the government stepped in, creating the beginning of the tourist trade in Key West.

There is much to do and see in Key West, everything from water sports that include scuba diving and snorkeling on reefs and wrecks to shallow and deepwater sport fishing.

In the city there are many museums depicting the earlier life of those inhabitants of Key West.

One of the interesting spots not to be missed during a visit here is the Truman White House. This is where President Truman would escape for periods relaxing in the Keys. The house is located on a portion of a naval base that has since been sold to a private company, turning the area into an elaborate residential

section of Key West. Most of all, present day presidents from Truman to Clinton have vacationed or had meetings here. The last meeting occurring at this historical site was when Secretary of State Colin Powell had some sort of a powwow here.

Another historic home on the Island is the Ernest Hemingway home and now a museum. This place is a fantastic place to learn many aspects about the historic author. The house still has many cats, some of which have six or more toes. I was told there are approximately 60 cats on the estate. One cat makes his permanent hangout on Hemingway's bed, staying there all day with slight interruptions as the cat seeks food, water and the litter box.

There is one establishment a few blocks from his house that was Hemingway's favorite watering hole called Sloppy Joe's. Inside this establishment are all kinds of pictures and paraphernalia of Hemingway. The author was known for his drinking and partying ability. This is where the annual Hemingway look-alike contest is held and photographs of those winners hang on the wall.

The house Hemingway purchased and completely remodeled is located across the street from the island's lighthouse. Rumors have it on the island the reason Hemingway chose that island house was that after a night of drinking and partying he could find his way home by flowing the beacon. The lighthouse is directly across the street from his home and the best view of this light today is from the second story balcony. Hemingway was the recipient of the Nobel Prize in Literature in 1954.

Before Henry Flagler completed his "eighth wonder of the world" by finishing his railroad project bringing tourists and cheaper means of transportation of goods to the island, Key West was half its size. After a disastrous hurricane in 1938 the railroad was the only means of land transportation to the island. In fact, outside a replica of Flagler's Key West Station, a bill states you can board the train in New York City and depart in Havana, Cuba. Of course, this was after the passengers' cars were ferried the 90 miles by boat from Key West to Havana.

After the hurricanes the Navy arrived in full force and dredging operations started. All the dredging materials were dumped on one side of the island, making the landmass of Key West grow. The island is divided in two by a road. The original portion is called Old Town, and of course, New Town the other. All the houses in Old Town have tin roofs, an ordinance passed after a disastrous fire just about wiped out a huge section of town.

The Navy has made its presence in Key West since 1823 when it was ordered there to rid this area of pirates. The Navy stayed in Key West.

Visiting Key West and taking in all there is to do plus visiting all the historic sites and attractions would take many, many days. One stop that is a must is the marker stating you



Photos by Bob Woods

are now at the "Southern Most Point in Continental United States." You are 90 miles from Cuba. It's a great place to take pictures; in fact, I would state that this location is properly the most photographed spot in Key West.

Duval Street, where most of Key West's businesses are located, is called by the locals as "the longest street in the United States." It runs from the Atlantic Ocean in the east to the Gulf of Mexico in the west.

There are plenty of restaurants in Key West; some are famous locations while others are not. You will find a lot of the chain eateries along with popular named hotels and motels. I strongly recommend wearing good walking or hiking shoes. There is a lot of walking as public parking is hard to find and when you find a convenient parking spot near the attractions you desire or at Mallory Square, they cost \$3 an hour.

You must remember that there are some 800 islands making up the Florida Keys. Reaching Key West is a fantastic scenic drive, totaling 126 miles from the Florida mainland crossing 100 islands and 42 bridges. At times traffic can be slow as U.S. 1 at this point is a

two-lane road. It is a drive you will never forget. It's simply beautiful. There are all types of places to stop along the way at other keys, not on the road. Usually there is a pull off before and after each bridge. One bridge is seven miles long and alongside the Route 1 Bridge is the old bridge sitting on top of the original pilings used by Flagler's railroad. If you do stop to look at the old bridges please note the guardrails. The original guardrail installed was made out of Flagler's railroad tracks.

Getting to this famous section of Route 1 is simple. Take any interstate or road to the Miami area, picking up either Interstate 95 or the Florida Turnpike to Homestead, which is located south of Miami and you will automatically run into U.S. 1. By the way, Route 1 runs from Fort Kent, Maine, on the northern Maine/Canadian border, to Key West, around 2,000 miles of zigzagging road meandering the Atlantic Coast through just about every coastal community.

Key West is a fun place to visit. Take good walking shoes, light, airy clothing and don't be in a rush — take your time, "you are on vacation." ☺

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Photo by Bob Woods

Turtles wait to race at the Cooter Festival in Inverness.

Festival Honors Turtles in Citrus County

By Bob Woods
World News Writer

We overheard some folks talking about attending a Cooter Festival in Florida's Citrus County seat of Inverness, a small historic community located on the Sunshine State's west coast. My wife, Bev, and I had to investigate this event, not knowing whether we would like it or not especially having no idea what a

"cooter" might be.

Is a cooter an insect, bird or animal and why would people have an event with all the festivities at the same time, making it an annual affair? We both were quite surprised to find out what a cooter is and the fairytale story on how the cooter made history. Believe it or not the cooter is a type of freshwater turtle. After seeing what the cooter looks like I thought I have known for years that the name of this type of turtle was either a box turtle, never hearing the name cooter.

After a little investigation I found out that there are approximately 50 different types of turtles in the United States. The range of the cooter is from southern South Carolina to Florida. It mostly inhabits swampy areas, ponds and local rivers.

As legend has it, there was a very angry alligator in the nearby Inverness pond that was harassing all the wildlife living in the area. It was decided that this little turtle would venture out into the lake to find out what was irritating this alligator. The alligator approached



Cooter Festival
Oct. 26-28, 2007
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the little turtle, which quickly retracted into his shell only to be swallowed whole. He found himself inside the alligator's stomach. Emerging from the safety of his shell, the turtle discovered a trout's skeleton digging into the gator's stomach walls. Disabling the bones, the gator spat out the turtle along with the bones and lived happy ever after. The little turtle was a hero amongst those animals living along the lake's shores.

The Cooter Festival, we discovered, takes place during the entire month of October starting with a Beat the Sheriff 5K Road Race. I asked around and found to my surprise some runners actually beat the county sheriff who is a strong athlete. I could not find out what the winners won but some of the comments were "a pass to get out of jail" to "spending the night in the slammer."

Guest of honor at the event was none other than James Best who played the bumbling sheriff from the "Dukes of Hazzard" TV series, Rosco P. Coltrane. Also on hand from the TV show was the original 1976 Dodge Charger, the General Lee.

Two competitions caught our interest during the festival's climax: the Pedal Tractor Pull and an actual Cooter race.

The tractor pull was for youngsters five and under and in reality was very entertaining. The Cooter race — well, we thought since turtles move so slowly, it would take forever, especially since there were four qualifying heats before the final race. These turtles were so quick I was only able to take a few pictures of the event. The winning handler received a trophy and the monies went for the following year's festival. The winning turtle has the title of "Inverness' Fastest Cooter." Last year a film crew from Comedy Central TV photographed the cooter race, giving the event national exposure.

From what I gathered by talking to the Inverness Parks and Recreation Department, the cooters were purchased from a firm that breeds reptiles and amphibians for the yearly event. Backers paid a fee to enter a total of 18 cooters in each race. After the gala event, the cooters were turned loose back into the nearby pond, where supposedly, the fairy tale was orchestrated. All the turtles were winners; they achieved their freedom, perhaps coming in contact with the now gentle happy alligator.

The city of Inverness is a nice historic community to visit. The historic downtown area has been completely refurbished with many of the old buildings now containing antique shops and mighty fine eateries. In the center of the town is its courthouse, which has been completely renovated, and is now home for a museum that depicts life in Citrus County. The oldest building is the Crown Hotel, which was originally constructed in 1880.

To reach Inverness from Interstate 75 take Exit 329 (Route 44 West) about 20 miles to downtown Inverness. The festival is handicap accessible.

For additional information call the Inverness Parks and Recreation Department at (352) 726-3913 during working hours. ☎

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Card Clubs & Games



Monday Afternoon Bridge

Sara Anderson

June 18

1: Doris Keathley and Mary Carol Geck; 2: Ida Rosendahl and Carol Thompson; 3: Elsie Helwig and Mazie Millward; 4: Marjorie Benton and Carol Rosenberger.

June 25

1: Doris Keathley and Mary Carol Geck; 2: Marjorie Benton and Caryl Rosenberger; 3: Betty Morris and Fran Griswold.

July 2

1: Betty Morris and Fran Griswold; 2: Marjorie and Bruce Benton; 3: Bill and Edith Hunter; 4: Ida Rosendahl and Carol Thompson.

July 9

1: Ida Rosendahl and Carol Thompson; 2: Esther Lang and Shirley Stolly; 3: Betty Morris and Fran Griswold.

Monday Night Bridge

Shirley Johnson & Eleanor Giardina

June 18

1: Ida Rosendahl ; 2: Mildred Lane; Ray Dietz; 3: Agnes Weber; Cons. Helen DeGraw.

June 25

No Bridge

July 2

1: Jan Moon; 2: Myra Butler; 3: Fran Griswold; 4: Mary Culberson; Cons. Betty Legg.

July 9

1: Ida Rosendahl; 2: Jan Moon; 3: Phyllis Bressler; 4: Edith Hunter; 5: Betty Legg; Cons. Ray Deitz..

Tuesday Afternoon Bridge

Agnes LaSala & Shirley Johnson

June 12

1: Betty Barney and Myra Butler. 2: Ray Dietz and Mazie Millward. 3: Phyllis Bressler and Shirley Johnson.

June 19

1: Betty Morris and Shirley Stolly. 2: Sara Anderson and Myra Butler. 3: Shirley Johnson and Phyllis Bressler.

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.

June 12

1: Ida Rosendahl and Dick Mansfield. 2: Helen Eshbach and Liz Millison. 3: Joni and Ted Jarvais. 4: Doris Keathley and Mary Carol Geck.

June 19

1: Betty and Bill Raines. 2: Doug Miller and Ernie Lord. 3: Ida and Bill Carlson. 4: Doris Keathley and Mary Carol Geck.

June 26

No game. Card Room closed for election.

July 3

1: Ida and Bill Carlson. 2: Betty Kauffman and Rita Smyth. 3: Doug Miller and Ernie Lord. 4: Marjorie and Bruce Benton.

July 10

1: Ida Rosendahl and Dick Mansfield. 2: Marjorie and Bruce Benton. 3: Ida and Bill Carlson. 4: Doris Keathley and Mary Carol Geck.

Wednesday Afternoon Bridge

Fran Griswold

If we are in the "Dog Days of Summer." I am glad I live at On Top of the World. We can enjoy a cool card room and wonderful swimming pools for walking and swimming. So bring your quarter and join us each Wednesday at 12:30 or 12:15 p.m. for a good seat.

June 20

1: Bill Mahoney; 2: Helen Eshbach; 3: Shirley Stolly; 4: Jeanette Oswald; Cons. Mary Culberson.

June 27

1: Esther; 2: Shirley Stolly; 3: Pat Golgart; 4: Lee Shaffer; Cons. Mary Culberson.

July 4

No Bridge

July 11

1: Betty Morris; 2: Helen DeGraw; Cons. Bill Mahoney.

Wednesday Evening Duplicate Bridge

Doris Keathley

June 13

1: Joan Lord and Mary Carol Geck. 2: Ida Rosendahl and Doris Keathley. Tie at 3: Bruce Benton and Caryl Rosenberger and Nel Bosschaart and Marjorie Benton.

June 20

1: Joan Lord and Mary Carol Geck. 2: Carol Rosenberger and Marjorie Benton.

June 27

1: Joan Lord and Mary Carol Geck. 2: Billy and Betty Raines. 3: Caryl Rosenberger and Marjorie Benton. 4: Bill and Edith Hunter.

Thursday Afternoon Bridge

Ginnie Barrett & Marion Turbin

June 21

1: Pat Golgart; 2: Ginny Barrett; 3: Marion Wade.

June 28

1: Helen Eshbach; Alice McDonald; 3: Maizie Millward; 4: Marie Dare.

July 5

1: Betty Legg; Maizie Millward; 3: Kay Wood; 4: Pat Golgart.

July 12

1: Margot Thomas; 2: Marce Guerrin; 3: Joanne Jones; 4: Kay Wood.

Thursday Night Bridge

Helen DeGraw & Ida Rosendal

June 21

1: Paul Agarwal; 2: Ida Rosendahl; 3: Jack Martin; 4: Phil Divito; 5: Ray Deitz; Cons. Rose O'Rourke.

June 28

1: Mary Culberson; 2: Lee Shaefer; 3: Ida Rosendahl; 4: Eleanor Giardina; Cons. Edith Hunter.

July 12

1: Dick Mansfield; 2: Betty Barney; 3: Carl Woodbury; 4: Myra Butler; Cons. Nel Bosschaart.

Friday Advanced Bridge

Betty & Bill Raines

Foursomes are required for this delightful evening of Rubber Bridge. You may bring your own or call 873-0073 for help in finding partners. Or, if you wish, you may be added to our sub list until you find partners.

June 15

1: Dick Mansfield. 2: Margie Benton. 3: Jayne Kaske. 4: Mary Culberson. 5: Caryl Rosenberger. Grand Slam: Jayne Kaske and Dick Mansfield

June 22

1: Elly Rapacz. 2: Shirley Ebert. 3: Bev Ovrebø. 4: Geri Cassens. 5: Rozella Ovrebø.

June 29

1: Jack Martin. 2: Fay Humans. 3: Dick Dakin. 4: Agnes Weber. 5: Edith Hunter.

July 6

1: Mildred Lane. 2: Ernie Lord. 3: Kay Wood. 4: Catherine Edwards. 5: Joan Lord. 6: Jack Martin.



Cribbage
Dorothy Skillman

June 15

1: Ed Fullmer. 2: Mary Guth. 3: Norma Yonke. Cons: Ruth Earlewine.

June 22

1: Greg Skillman. 2: Ed Fullmer. Tie at 3: Margie Saxon and Mary Guth. Cons: Norma Yonke.

June 29

1: Ed Fullmer. 2: Alberta Sarris. 3: Jeff Earlewine. 4: Norma Yonke. Cons: Lois Hoepfner.

July 6

1: Jeff Earlewine. 2: Greg Skillman. 3: Alberta Sarris. Cons: Norma Yonke.



Friday Night Euchre

Joe Askenase

June 15

Five-Handed Game

1: Dolores Barnett. 2: Russ Riegler. 3: Helen Foskett. 4: Zane Barnett.

Six-Handed Game

1: Diana Riegler. 2: Joan Sigafoos. 3: Clarence Lietzow. 4: Virgil Taylor. 5: Maria France. 6: Rich Miles.

June 22

Five-Handed Game

1: Russ Riegler. 2: Richard Miles. 3: Joan Sigafoos. 4: Marcy Askenase.

Six-Handed Game

1: Virgil Taylor. 2: Lee Morgan. Tie at 3: Vi Horton and Diana Riegler. 4: Ray Bock. 5: Clarence Lietzow.

June 29

Four-Handed Game

1: Helen Foskett. 2: Joan Sigafoos. 3: Rich Miles. 4: Clarence Lietzow.

Five-Handed Game

1: Marcy Askenase. 2: Lee Phillips. Tie at 3: Lee Morgan and Russ Riegler.

Six-Handed Game

1: Virgil Taylor. 2: Vi Horton. 3: Ray Bock. 4: Diana Riegler. 5: Mark Marquis. 6: Shirley Coe.

July 6

Five-Handed Game

1: Joan Sigafoos. 2: Marcy Askenase. 3: Russ Riegler. 4: Rich Miles (Dr. Logic).

Six-Handed Game

Tie at 1: Helen Foskett and Diana Riegler. 2: Ray Bock. 3: Virgil Taylor. 4: Clarence Lietzow. 5: Vi Horton.

Friday Night Euchre 4 Fun

Irene Pisani & Nancy Kowsky

Beginner, intermediate and advanced players are all welcome, so come and join us on Friday at 6:15 p.m. at the Arbor Conference Center, Suite A. Come one, Come all!

June 22

1: Mary Bartell. 2: Richard Bartell. 3: Beverly DeBusschere. 4: Tied at 5: Hank Kolb, Dick Torzewski, Jo Swing, Pat Snable, Bill Eberle, Irene Pisani. Tied at 6: Billy Swing, Nancy Kowsky, Buck Chaillet. 7: Paul Agarwal. 8: Genny Brenner. 9: Jerry Pinter. 10: Hank Hilovsky. Tied at 11: Betty Legg, Norma Noelcke. Tied at 12: Mary Hilovsky. Rita Pinter. 13: Edith Kolb.

June 29

1: Bill Eberle. 2: Hank Hilovsky. 3: Mary Bartell. 4: Pat Snable. Tied at 5: Billy Swing, Paul Agarwal. Tied at 6: Mary Hilovsky, Gerry Pinter. 7: Zane Barnett. 8: Joann Shea. 9: Betty Legg. 10: Dick Torzewski. Tied at 11: Edith Kolb, Richard Bartell. 12: Jo Swing. 13: Genny Brenner. 14: Hank Kolb. 15: Nancy Kowsky. 16: Rita Pinter.

July 6

1: Nancy Kowsky. 2: Pat Snable. 3: Joann Shea. Tie at 4: Gitte Agarwal, Edith Kolb. Tied at 5: Hank Hilovsky, Jo Swing. 6: Genny Brenner. 7: Billy Swing. Tied at 8: Lee Morgan, Rita Pinter. 9: Jerry Pinter. 10: Betty Legg. Tied at 11: Norma Noelcke, Hank Kolb. 12: Paul Agarwal. 13: Mary Hilovsky.



Tuesday Night Pinochle

Viola Horton

New this month was Phyllis Bressler. Welcome. The Double/Triple Deck room was glad to see Ray Bock back after his long trip out west and to Alaska. If you play pinochle, do come and join us on Tuesdays at 6 p.m. in the Art Room of the Craft Building. No partners needed. All will play. See you there.

June 5

Single Deck Winners

1: Jerry Pinter. 2: Greg Skillman. 3: Audrey Bartolotta.

Double/Triple Deck Winners

Table 1: Vi Horton. 2: Elsie Helwig and Dick Beury. 3: Virgil Taylor and Rich Fluet.

June 12

Single Deck Winners

1: Audrey Bartolotta. 2: Greg Skillman. 3: Alice McDaniel.

Double/Triple Deck Winners

Table 1: Alberta Sarris and Joe Sciarrino. 2: John Berish and Billy Swing. 3: Elsie Helwig and Dick Beury. 4: Rich Fluet and Virgil Taylor.

June 19

Single Deck Winners

1: Vern Uzzell. 2: Lois Rider. 3: Hank Kolb.

Double/Triple Deck Winners

Table 1: Alberta Sarris. 2: Jo Swing and John Berish. 3: Dick Beury and Rich Fluet. 4: Ray Bock and Virgil Taylor.

June 26

Single Deck Winners

1: Ed Fullmer. 2: Lois Rider. 3: Audrey Bartolotta.

Double/Triple Deck Winners

Table 1: Alberta Sarris and Margaret and Joe Sciarrino. 2: Norma Yonke, Jo Swing and Dick Beury. 3: Virgil Taylor and Ray Bock.



Saturday Night Pinochle

Elsie Helwig

June 16

1: Hank Kolb. 2: Anne Jagielski. 3: Jo Swing.

June 23

1: Audrey Bartolotta. 2: Elsie Helwig. 3: Viola Horton.

June 30

1: Greg Skillman. 2: Audrey Bartolotta. 3: Dot Findlay.

July 7

1: Audrey Bartolotta. 2: Billy Swing. 3: Greg Skillman.

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Mah Jongg
 Mary Ehle

The mini tournament for those persons who have played two years or less was a huge success. Lorraine Paszek was certainly blessed the whole day. She could do no wrong. She

even made the big hand and picked it herself. What a wonderful feeling that must have been. They played four rounds and Lorraine walked away with the score of 350. When we play a six-round tournament that is a great score so no telling how high she might have gotten? Great job Lorraine. Now let's see you at the October tournament.

Other winners for the day were Marsha Vieu, Ruth Kuntar, Nancy Grabowski and Barbara McArdle. Nice job everyone. It really makes me feel good that you all have learned the game and enjoy it. Remember it is only a game and should be fun. I hope that you all will join us in the October game. It is part of your growth and we really want to encourage all of you to feel welcome to take part.

The fall tournament will be Saturday, Oct. 6. It is an all-day event and the cost of \$20 includes your lunch. Call me at 873-7507 for all the details. We have a great time. I am accepting reservations now.

Again, my hat is off to the women who arranged and the ones who took part in the mini tournament. Thank you for caring and doing for the ladies. Jokers to you all. ♡



Sunshine Singers
 Vivian Brown

I hope you are enjoying these lazy, hazy, crazy days of summer.

Doing anything outside is almost impossible.

I decided it is the perfect time to clean out all my closets and drawers. Since this is a boring job, I sang my heart out as I worked, so that took care of my practicing and it was lots of fun. Well, at least it was for me; my husband may disagree.

Nevertheless it made the job more enjoyable and I love to sing. Try it; you may like it, too!

It is very gratifying for me to be able to give bags of clothes and miscellaneous items to Hospice and Goodwill but I must confess there is a method in my madness. I can then buy more and fill them up again.

The Sunshine Singers are laying low for the summer but if your club or organization would like us to perform, from September through May, please contact our director, Dick Rhode, at 861-1104. ♡

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- Addresses ending in 7 will water on Thursdays at 4 a.m.
- Addresses ending in 8 will water on Fridays at 1 a.m.
- Addresses ending in 9 will water on Fridays at 4 a.m. ♡

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Explore Butterflies at UF Exhibit

By BOB WOODS
WORLD NEWS WRITER

I had to chuckle to myself when I came out with the statement in front of volunteers and employees in a bug-infested tropical rainforest that this would be a great place to have a can of Raid bug spray. The looks on their faces were priceless. My wife Bev and I are visiting the best attraction we have been to in a long time. It is the Butterfly Museum at the University of Florida in Gainesville.

This recreation of a tropical rainforest with beautiful flowering plants and waterfalls is the home to more than 2,000 beautiful active butterflies, mostly from America but some from Mexico and Central America. When we visited we found out some butterflies in captivity live only a matter of weeks but their life span in the wild is much longer.

Our visit started when we entered the facility at the university, heading straight to the McGuire Center for Lepidoptera and Biodiversity. Visitors at times can witness scientists working at the world's largest Lepidoptera research facility. It contains the world's second largest collection of these beautiful bugs, second only to the Natural History Museum in London.

Butterflies and moths combined are the fourth largest insect order called Lepidoptera. Both of these flying insects are similar. They are distinguished by having four wings and their mouth has a hollow tube similar to a drinking straw. Butterflies and moths feed on the nectar of flowers. Basically this bug has big beautiful wings and a relatively small body. Regardless, most are extremely beautiful and we were surprised to find out the huge number of people who are fascinated with this all important bug. Important, yes, as it pollinates many domestic and wild flowers, fruits and vegetables.

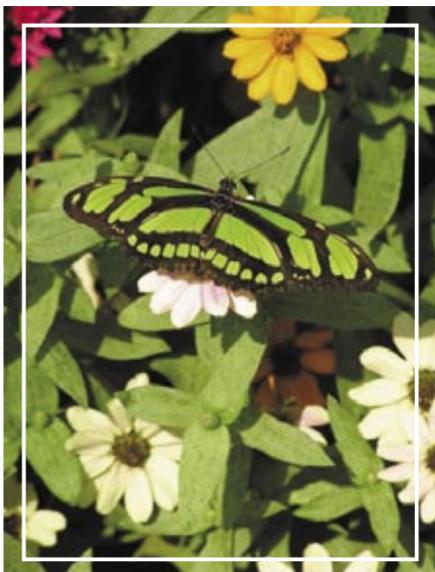
The first thing that catches your eye upon entering the McGuire Center is what looks like a black cloud drawing visitors toward the center's inside entrance. The center is inside Florida's Museum of Natural History, which is located on the Gainesville campus. This cloud is an enormous display of monarch butterflies depicting their annual migration. More than 9,000 model monarchs re-create this yearly phenomenon. This butterfly has a life span of approximately six months and travels from the north to Florida and Mexico to spend the winters. This is a smart bug, just like some humans who winter in Florida and are nicknamed "snowbirds."

Walking inside to the exhibit area we were confronted with a huge wall covered with thousands of butterfly and moth specimens and photographs. The museum calls it the "Wall of Wings." This is impressive as it reaches almost two stories high and stretches a great distance. Here is where the free admission ends as it costs to enter the large enclosed tropical rainforest.

After we entered this area we were awestruck with what was in front of us. It was absolutely beautiful with all the tropical plants facing us along with countless butterflies fluttering all over the place. All the sounds heard was water gushing over waterfalls as we meandered along winding sidewalks. It seems all outside sounds are muffled by the enclosure.

A volunteer came up behind us and stated that we were lucky visiting the rainforest today as many more butterflies had earlier been released making the butterfly population in the enclosure somewhere around 2,000. Everywhere we looked there were volunteers and employees ready to answer each and every question. I would stop to take a picture of a butterfly and a volunteer would come up behind me and explain the name of this butterfly.

The re-created tropical rainforest with



Photos by Bob Woods

Visitors peruse the huge butterfly wall outside of the butterfly garden at the University of Florida.

its diversity of trees and plants can support around 60 species and countless hundreds of free flying butterflies. We were standing waiting to take a picture of a large butterfly when this fellow approached telling us the best time to take pictures of the butterflies is when it is cool and cloudy.

The butterflies need heat, he went on to say, stating they spread their wings to absorb the sun's rays. When the sun is shining and temperatures rise the butterflies are very active. The fellow told us he was the rainforest's horticulturist; he answered many questions we had. Most of the butterflies in the enclosed area are from the United States but there are some from Mexico and Central America. They need different types of plants and flowers. He told us that he is continually replacing flowers and plants when they stop flowering. He has to dig them up and replace them with those which are in bloom. "These plants and flowers are the butterfly's food," he stated pointing to many butterflies feeding.

Not only are the flowering plants replaced but also some species of butterflies. One of the volunteers told us that some butterflies have a short life span of a couple of weeks when in captivity and they have to be purchased and brought to the rainforest. We found out through many of the volunteers and a couple of employees this is the reason for an admission fee to the rainforest portion of the McGuire facility. All other sections are free. "It costs money to replace plants and butterflies," a volunteer stated.

We departed the rainforest section of the facility and continued down a hall, looking at all kinds of laboratories where butterflies were in various stages from a little worm-like caterpillar through the whole metamorphosis cycle with the emergence of a beautiful butterfly. There is one view that houses more than four million butterfly and moth specimens in storage trays; it is three floors high. The bottom floor is on display and while we were there scientists were using this specimen storage area.

After we toured the remaining sections of the museum, we reentered the rainforest and started our viewing cycle all over again. I thought I would never be this fascinated viewing bugs and watching their behavior. I tried over and over to photograph one species of butterfly but I was continually outwitted. I never did get the picture I wanted. This particular butterfly has a brilliant, fluorescent-type, blue coloring on the tops of the wings; but as soon as they land they fold their wings preventing the picture I desired. I found out later that the blue coloring is to scare off predators. When a predator, mainly birds, approaches the butterfly flutters its wings scaring off the birds.

Some butterflies make birds and other

predators pass them up because they are poisonous. These butterflies are often marked with red, orange or yellow as a warning and birds and other predators learn to avoid them. The monarch butterfly, for instance, is orange and black. When this species is in the caterpillar stage it feeds on the poisonous milkweed plant.

Bev and I have decided that we intend a return visit to this butterfly rainforest. It is open year-round as during construction heat elements have been placed in the sidewalks, waterfalls and there is even a heating system keeping it warm and humid.

To reach the Butterfly Rainforest in Gainesville depart Interstate 75 at Exit 384 and head east to Southwest 34th Street. Take a left and

go three traffic lights and then right on Hull Street. The museum signs will appear on your right. The museum and the rainforest are open every day of the week except Thanksgiving and Christmas from 10 a.m. to 5 p.m. Mondays through Saturdays, Sundays and holidays from 10 a.m. to 5 p.m.

Admission to the facility is free but a fee is charged to enter the rainforest: \$7.50 for adults, \$6.50 for seniors and students, children 3 to 12 is \$4.50. The museum and rainforest are handicap accessible.

For additional information, contact the Florida Museum of Natural History, McGuire Center, Hull Street, Gainesville, Fla. Phone number (352) 846-2000.

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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.

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Transportation: Call Kim for personalized door-to-door transportation to airports, cruise ports, any destination. Call 854-8708 or cell 207-8237.

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Dr. Overcash will be conducting several free information sessions to all interested in learning more about the StomaphyX procedure.

Please call Munroe's Health Resource Line at 867-8181 for dates and required registration, Monday -Friday, 8:30 a.m. - 5:00 p.m., or visit www.MunroeRegional.com to register.

