



On Top of the World NEWS

Where the News is Always Good

Find your best
seat along the
Golf Cart
Parade Route,
Page 10.



Vol. 21, No. 6 • December 2007

Community News & Update

By Kenneth Colen, Publisher

A Changing Landscape at On Top of the World Communities

Master the Possibilities is on a well-deserved hiatus in December. But this is just the calm before the storm of winter (January-February-March). We expect 5,000 enrollments in the first quarter of 2008. The new MTP catalog will be included with the On Top of the World News on Dec. 27. At this time you will be able to access the online version at masterthepossibilities.com and to register online immediately! We expect about half of our winter enrollments to be online ... so register early online, call or walk in. The first 10 days will be very busy ... about 50 percent of programs will fill right away!

When the dust settled from our fall season, we were very pleased with the results. In 2007 we exceeded the year before by ... 10,000 enrollments! At well over 13,000 we are most grateful for your enthusiastic response to our classes. This is what happens when we combine a creative and dedicated staff with an outstanding faculty. But without you, none of us would "master the possibilities." Thank you and see you in class in 2008!

SPRINGS PROTECTION ORDINANCE: Anyone who attended the Bay Laurel Center CDD workshop in September is very aware of the initiative by Marion County to ensure that potential contamination of the groundwater is eliminated. Troy Kuphal of the Marion County Planning Department, in his capacity as water supply coordinator, made a lengthy case for groundwater protection.

The *Ocala Star-Banner* has also picked up the flag now that hearings on the proposed ordinance have begun. That coverage centers on the following points: 1) the push to eliminate private wells and require connection to a potable water system and 2) elimination of conventional septic systems and replacement with more advanced treatment systems.

On Top of the World and the related communities are all served by a central water and sewer system operated by the Bay Laurel Center CDD, so that discussion has no direct impact on this community. But just in case you feel left out, the proposed Springs Protection Ordinance has something for everyone in it. Notably, there is a provision addressed in the Landscape Ordinance dealing with fertilizer application and the involvement of Home Owner Associations (HOAs).

The proposed ordinance requires new residential subdivisions and Planned Unit Developments (PUDs) to "include in the restrictive covenants a comprehensive education program that promotes the practices and principles of Florida-Friendly Landscaping (FFL), as described in the Florida Yards and Neighborhoods Guidebook, UF/IFAS, 2006, as amended. The program shall clearly outline developer and HOA responsibilities and shall at a minimum include:

- Information about the applicable landscaping requirements under this Section and under Article 6.4, Springs Protection Overlay Zone, as applicable, including but not limited to aspects related to the use of turfgrass, drought tolerant plants, irrigation systems, pesticides and fertilizers.

- Annual FFL workshops for current residents;
- Distribution of water conservation and FFL educational materials to all new homeowners;

- Requirements that all persons and firms applying fertilizer as part of landscape maintenance services for hire shall be trained in the Florida Yards and Neighborhoods Environmental Landscape Management Course and the Florida Green Industries Best Management Practices for Protection of Water Resources in Florida, June, 2002, as amended;
- Coordination with the Marion County Cooperative Extension Service's Florida Yards and Neighborhoods Program; and

- Annual reporting of activities to the County."

As a practical matter, we understand that the proposed ordinance as drafted is well intentioned, but we have expressed our misgivings to the County Commission over what hidden compliance costs may be incurred that would be passed through to individual owners and members of these associations. We will keep residents posted in this regard.

Further, the proposed ordinance mandates that all (new) landscape plantings "shall consist of at least seventy-five (75) percent drought tolerant and or native plant species, of which up to twenty-five (25) percent may be irrigated grass or up to fifty (50) percent if the source of water is reuse."

Other provisions within the proposed ordinance govern the set aside of un-irrigated areas for groundwater recharge. In the ordinance's current incarnation, this means that 20 percent of new development area must be set aside for native plant species.

I have chosen to mention this in my article for several reasons. First to underscore the importance of water conservation by all residents. Second to remind residents that On Top of the World has been on the leading edge of adopting Florida Friendly Landscaping and attained the designation of a FFL Community some time ago. Not only does On Top of the World Communities install native and adapted plants into the home and community landscape, but follow strict guidelines in the application of fertilizers, as well as limiting irrigation.

There are currently, and will be more in the future, common areas with native plants and ground cover that will not be irrigated. Those residents from coastal areas blessed with abundant rainfall may not be used to the look of upland habitat areas. But once established, these areas bloom with native flowers and abundant colors.

Anyone who may have doubts would be well served by walking the Longleaf Pine Trail immediately west of the Arbor Club. The trail is in full bloom with liatris and numerous astor species. ☺



Photos by Bob Woods

Estelle Clark and her pooch Maggie won the best dog/owner category at the Halloween costume contest at the Dog Park.

Dogs, Owners Dress Up for Halloween at Dog Park

By BOB WOODS
WORLD NEWS WRITER

Under cloudy skies with the threat of rain the annual dog park Halloween Parade was held with entrants showing off their Halloween costumes. Some of the pet's owners were dressed for the occasion. Judging the annual event was Lynette Vermillion, On Top of the World General Manager, and Philip Faranda, Vice President of On Top of the World, who donated their services to be judges.

The park has two enclosures, one for smaller dogs and the larger enclosure for the bigger canines. The parade was sponsored by the On Top of the World Dog Club and each entrant was treated to a Halloween treat donated by the Daizy Dawg Bakery.

Sponsors for the event were the bakery, PetsMart and Brush Bath & Beyond. Each entrant was presented with tasty cheese and grits flavored biscuits. Just reading the label, which stated all the ingredients are natural, and believe it or not the prod-



uct sounded good enough for human consumption.

The turnout this year for canines in Halloween costumes were far fewer than last year, mainly due to the possibilities of inclement weather. But those who attended were judged in categories that included best of show, best costume, and best dog/owner look alike.

The best of show went to Anne Vivar-ronda's dog Jake who was dressed for a

baseball game and Estelle Clark took best dog/owner category as both she and her dog Maggie were in costumes.

The dog park is open to anyone in the On Top of the World communities who wishes to exercise their canine pets without hindering the animal's exercise runs by containing the pet's activity with a leash. There are signs at the park that owners are responsible for picking up any dog wastes and disposing in the provided container.

According to Bobbi Lipka, On Top of the World Canine Club President, anyone is welcome to join the local club, which numbers between 25 and 30 pet owners. She can be reached 237-1245 if anyone desires information about the club or park.

Since Halloween is "trick or treat day," the canines participating in the parade were given all kinds of treats. Remember, the dog park is open to all pet owners for the exercise of their pets, but as the dog club states, before departing the park please make sure you complete a "Poopie Patrol." ☺

Community Holiday Festival Set Dec. 12

By BOB WOODS
WORLD NEWS WRITER

This is just a quick reminder to insure you put Dec. 12 on your calendar. This is the date for the fabulous golf cart Christmas parade where golf carts will be decorated in the holiday theme followed up by that fat little elf dressed in a red suit spouting a white beard and yelling Ho! Ho! Ho!

The golf cart parade starts at 2 p.m. Want to participate? Call Mary Curry at 237-5515 or Betty Thayer at 854-8462.

At 6 p.m. on the same day in the Health & Recreation Ballroom the holiday season gets a kick-off by enjoying hot coffee and hot chocolate while nibbling on homemade cookies.

The evening will provide enjoyable entertainment of various types and of course the singing of Christmas carols. The evening is designed to have a lot of fun and enjoyment.

For those culinary buffs who like to spread flour all over the kitchen the evening is in the need for homemade cookies. If you



would like to share your favorite nibbles with other On Top of the World residents, please contact Kay Chandler at 237-3139 or call Lolly Fooks at 854-8707. I remember that fat little elf called Santa requesting that someone please make oatmeal/raisin cookies, his favorite.

Do you feel like singing? How about joining others in our communities on a sing-along singing Christmas carols to those who are housebound on Dec. 19? The On Top of the World bus will transport those singers from house to house. If interested, and I hope you are, please call Mary Ehle at 873-7507 or call Lolly at 854-8707.

There are sign-up sheets for all those who wish to bake cookies, enter the golf cart parade and those who wish to exercise those vocal cords by singing Christmas carols to homebound residents behind the information Desk in the lower level of the H&R building.

For more information concerning the Community Holiday Festival, please call Lolly at 861-2165. ☺



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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Download a PDF of the World News at www.OnTopoftheWorldInfo.com

Golden Oldies Humor

by Stan Goldstein



'I started with nothing and still have most of it.'



Is It Legal?
Gerald Colen

Q. How much income must someone have to be required to file an income tax return?

A. I am going to answer this but I need to be clear that I do not, myself, do income tax work. I happen to know what the numbers are for years 2006 and 2007, but rather than you relying on them by reading this column, you should discuss this with whomever prepares your tax returns — or with someone who is more knowledgeable than I am on income tax matters. Here is what you must have in income in order to be required to file an income tax return:

- Single person younger than 65: \$8,450-\$8,750 for 2007.
- Single person 65 or older: \$9,700-\$10,500 for 2007.
- Married filing jointly where neither is 65 or older: \$16,900-\$17,500 for 2007.
- Married filing jointly where one is 65 or older: \$17,900-\$18,500 for 2007
- Married filing jointly where both are 65 or older: \$18,900-\$19,600 for 2007.
- Married filing separate: \$8,450-\$8,700 for 2007.
- Head of household not 65 or older: \$10,850-\$11,250 for 2007.
- Head of household 65 or older: \$12,100-\$12,550 for 2007.
- Surviving spouse not 65 or older: \$13,600-\$14,100 for 2007.
- Surviving spouse 65 or older: \$14,600-\$15,150 for 2007.



Ballroom Dance
Pat Wellington

The On Top of the World Ballroom Dance Club finished up Merengue dance lessons in November.

Beginning in December for three Thursdays — Dec. 6, 13 and 20 — instructor Trish Sands will conduct review sessions for the three dances learned so far: Foxtrot, Rumba, and Merengue.

The cost is \$15 per person and the time is 11 a.m. to noon at the Arbor Club. For additional information call Pat Wellington at 237-8050 or Steve Kallas at 854-0534.

Q. I am planning on getting married in the next two months. Neither my fiancé nor I have children or close relatives. I don't care who gets our money after we are both deceased — in fact, we are going to try awfully hard to spend it all on ourselves. Do you feel that we still need a pre-nuptial agreement?

A. Yes, I do. I've discussed this before but it bears repeating over and over. When there is a second or subsequent marriage, I believe that there are several issues that are not related to who dies first. What if there is an annulment of the marriage or a divorce? What if, in some time in the future, someone who is a "shirt-tail" relative of one or the other of you tries to challenge some part of your or her will? If you wanted, you could have something very simple where you say "what's mine is mine and what's hers is hers but we can leave anything to each other in our wills." But yes, I believe everyone in a second or subsequent marriage should start off with a pre-nuptial agreement.

Q. If I have a pre-nuptial agreement with my wife (we've been married for several years) do I need to do anything to make sure my 401(K) and my pension go to my children?

A. The key thing to do is check with whomever administers your plans and make sure that you've designated the beneficiaries you

want. The plans should have the information you need to know.

Q. My granddaughter and her fiancé want to borrow \$25,000 so they can buy a home and also have a nice honeymoon. They told me I don't need a mortgage because my money will be secured by a promise to pay and because they love me. What are your thoughts on this?

A. The word "baloney" comes to mind. Next, the word "NO!" flies in. If I were you, I'd thank them for their words of "love" and I'd ask them if you were being invited to the wedding.

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 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, Florida 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 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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Upcoming Publication Date
January issue: Thursday, Dec. 27

2008 ENTERTAINMENT SERIES



Resident tickets on sale December 3rd at 9:00 a.m.!
 Purchase tickets online* at www.CSCulturalCenter.com or at the ticket office.



The Four Lads
 Saturday, January 5, 2008
 Residents — Gold \$21 Silver \$19 Bronze \$17



Ricci Martin
 (A Tribute to Dean Martin performed by Dean Martin's son)
 Saturday, January 12, 2008
 Residents — Gold \$23 Silver \$21 Bronze \$19



The Coasters
 Saturday, January 26, 2008
 Residents — Gold \$24 Silver \$22 Bronze \$20



John Davidson
 Friday, February 15, 2008
 Residents — Gold \$21 Silver \$19 Bronze \$17



Smokey Joe's Café
 Saturday, March 8, 2008
 Residents — Gold \$17 Silver \$15 Bronze \$13



Celtic Celebration
 Wyndbreaker & Inisheer Dancers
 Friday, March 21, 2008
 Residents — Gold \$12 Silver \$10 Bronze \$8



Charo
 Thursday, March 27, 2008
 Residents — Gold \$24 Silver \$22 Bronze \$20



Johnny Tillotson
 Saturday, April 5, 2008
 Residents — Gold \$21 Silver \$19 Bronze \$17



Man In Black
 featuring Tommy Cash
 (A Tribute to Johnny Cash performed by Johnny's brother)
 Saturday, April 19, 2008
 Residents — Gold \$22 Silver \$20 Bronze \$18



The Drifters
 Saturday, May 3, 2008
 Residents — Gold \$24 Silver \$22 Bronze \$20



Elvis® Tribute
 Dwight Icenhower
 (Other Elvis TBA)
 Saturday, May 17, 2008
 Residents — Gold \$25 Silver \$23 Bronze \$21



Dream Girlz
 (A Tribute to The Supremes)
 Saturday, June 7, 2008
 Residents — Gold \$22 Silver \$20 Bronze \$18



Days of Disco
 with Flashback
 Thursday, July 17, 2008
 Dance the night away! (400 Max seating)
 Residents — \$15



Paperback Writer
 (A Tribute to The Beatles)
 Saturday, July 26, 2008
 Residents — Gold \$16 Silver \$14 Bronze \$12



Sock Hop
 with Rocky & The Rollers
 Thursday, August 14, 2008
 Dance the night away! (400 Max seating)
 Residents — \$15



2nd Annual Jimmy Buffett Festival
 featuring Live Bait
 Saturday, August 23, 2008
 Residents — Gold \$15 Silver \$13 Bronze \$11



The Flamingos
 Saturday, September 13, 2008
 Residents — Gold \$19 Silver \$17 Bronze \$15



Central Florida Symphony Orchestra
 Saturday, September 20, 2008
 Residents — \$20



Mickey Finn Show
 Saturday, September 27, 2008
 Residents — Gold \$17 Silver \$15 Bronze \$13



Billy Joe Royal
 Saturday, October 11, 2008
 Residents — Gold \$20 Silver \$18 Bronze \$16



Joey Dee & The Starliners
 Saturday, November 8, 2008
 Residents — Gold \$19 Silver \$17 Bronze \$15

All shows begin at 7:00 p.m.
and doors open at 6:00 p.m.
More shows to come ...

Ticket Office Hours:

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Schedule and prices subject to change without notice. Reduced ticket prices for residents of On Top of the World Communities. (Resident ID required when purchasing at ticket office.) Ticket prices do not include sales tax. All ticket sales final. Refreshments available for purchase at events. To arrange for handicap seats, call or visit the ticket office. *Online tickets subject to a convenience fee.



**All Over
Our World**
Lynette Vermillion

Happy Holidays to all! This time of year reminds me of all the people and things that I am thankful for. And, very importantly, I am thankful to be part of this beautiful community and to have had the opportunity to meet so many wonderful residents and work with such exceptional employees.

Holiday Decorations

Many of you have asked about holiday decorations. Decorations may be put up the day after Thanksgiving and must be taken down by Jan. 7, 2008. Please keep your neighbors in mind as you are decorating. The use and enjoyment of the community shall be carried out in such a way as not to cause unsightly or offensive decorations and displays that are out of character for the community. The Architectural Review Board will have complete authority to interpret any condition, which may violate the quiet enjoyment of the neighborhood.

We want you to have a safe and happy holiday. The following are some safety tips taken from the web regarding safe use of holiday decorations.

Trees

- When purchasing an artificial tree, look for the label "Fire Resistant." Although this label does not mean the tree won't catch fire, it does indicate the tree will resist burning and should extinguish quickly.

- When purchasing a live tree, check for freshness. A fresh tree is green, needles are hard to pull from branches and when bent between your fingers, needles do not break. The trunk butt of a fresh tree is sticky with resin, and when tapped on the ground, the tree should not lose many needles.

Lights

- Indoors or outside, use only lights that have been tested for safety by a recognized testing laboratory, which indicates conformance with safety standards. Use only lights that have fused plugs.

- Check each set of lights, new or old, for broken or cracked sockets, frayed or bare wires, or loose connections, and throw out damaged sets. Always replace burned-out bulbs promptly with the same wattage bulbs.

- Use no more than three standard-size sets of lights per single extension cord. Make sure the extension cord is rated for the intended use.

- Never use electric lights on a metallic tree. The tree can become charged with electricity from faulty lights, and a person touching a branch could be electrocuted.

- Before using lights outdoors, check labels to be sure they have been certified for outdoor use.

- Fasten outdoor lights securely to trees, house walls or other firm supports to protect the lights from wind damage. Use only insulated staples to hold strings in place, not nails or tacks. Or, run strings of lights through hooks (available at hardware stores).

- Turn off all lights when you go to bed or leave the house. The lights could short out and start a fire.

Decorations

- Use only non-combustible or flame-resistant materials to trim a tree. Choose tinsel or artificial icicles of plastic or nonleaded metals. Leaded materials are hazardous if ingested by children.

- Never use lighted candles on a tree or near other evergreens. Always use non-flammable holders, and place candles where they will not be knocked down.

- Wear gloves to avoid eye and skin irritation while decorating with spun glass "angel hair." Follow container directions carefully to avoid lung irritation while decorating with artificial snow sprays.

Rules Reminder

We have had an increase in complaints regarding underage children, single-family use and vehicles. As a reminder, below, you will find excerpts from rules and regulations regarding these three areas. You may find a complete copy of the First or Second Amended and Restated Rules and Regulations of your community on the web at www.otowinfo.com.

55 AND OLDER COMMUNITY: No child under the age of seventeen (17) years shall be allowed to reside in any Residential Unit in the Community. An Owner who owns and occupies his or her own Residential Unit may per-

mit one (1) minor only to reside in the Residential Unit with him or her, but only if the minor is at least seventeen (17) years of age and a member of that Owner's family...

SINGLE FAMILY RESIDENTIAL USE: Each Residential Unit shall be used for the purpose of single-family residence only, and for no other purpose whatsoever.

VEHICLES: The streets and parking areas of the community are private. No unregistered motor vehicles, no motor vehicles with expired registration, and no abandoned motor vehicles are permitted at any time in the community...

No commercial vehicles or containers of any kind (including but not limited to commercial trucks, vans, trailers, drop storage containers, construction debris containers and dumpsters) and no recreational vehicles of any kind (including but not limited to RVs, campers, trailers and boats) may be parked overnight in the Community without the prior consent of the Association...

Each Owner shall provide for parking of vehicles off streets within the Community. Except as otherwise specifically designated by the Board or permitted by the Declarations, no parking on grassed areas shall be permitted in the Community. There shall be no outside storage or parking upon any portion of the Community of any mobile home, trailer (either with or without wheels), motor home, tractor, truck (other than personal-use pick-up trucks and sport-utility vehicles), commercial vehicles of any type (including, without limitation, cars or trucks with advertising signs or lettering), camper, motorized camper or trailer, boat or other watercraft, boat trailer...

Golf Cart Permitting

For those of you who have not had the opportunity to visit Customer Service to have your golf cart permitted, please be advised that permitting will continue through December for all residents. Customer Service is open Monday through Friday, 8 a.m. to 4 p.m. We ask that you bring your golf cart, anyone in the household who may be driving the cart, and a copy of your insurance papers stating that the golf cart is covered with liability coverage amounts of \$100,000/\$300,000.

Signs

As a reminder to everyone, no home, vehicle, golf cart or other item may be placed or advertised for sale on the exterior of any Residential Unit, vehicle or on any Common Property or Community Development District-owned property, including but not limited to any street in the Community. For sale signs or other signs may not be posted in windows, on lawns, or common properties.

Re-Roofing Schedule

(On Top of the World Central Only)

The following is a list of the buildings that are scheduled to start Dec. 1, 2007, through Feb. 29, 2008. Due to weather conditions we cannot give exact dates. Buildings: 2174, 2181, 2182, 2184, 2187, 2197, 2201, 2204.

Lost Dog Protocol

We have had several incidents recently where lost dogs have been found and residents are unsure what the procedure is for locating owners. If you find a lost pet, please notify Customer Service of the type of animal you have found along with your name and contact number. If Customer Service is not open, please call the main gate. Customer Ser-

vices is typically contacted by the owner of the pet and we can coordinate a happy reunion.

Yard Debris

Candler and Indigo residents no longer need to contact Customer Service to schedule yard debris pick-up. Please place debris only on curbs Thursday morning or the night before pickup and please place away from storm drains. We ask that no household garbage be placed in with the yard debris.

Gate Notification

We have updated our software and now have the ability to provide the gate attendants electronic messages. Customer Service can now update your record to announce visitors, family members or special notes. You may add information to your record by stopping by Customer Service at Friendship Commons, e-mailing otowservice@otowfl.com or calling 236-OTOW (6869).

Parking Etiquette

As we draw closer to the holidays, you may have increased traffic at your home due to visiting family and friends. Please be courteous to your neighbors if you have an overflow of cars at your residence. If someone must park on the street, please don't block your neighbor's driveway or mailbox. If someone is visiting in an RV, keep in mind that they may not park in your drive, however they may park in the guest parking at the RV Park for a maximum of three days with prior arrangements for a guest parking RV pass.

Water

As you know, Marion County and the Southwest Florida Water Management District (SWFWMD) are beginning to mandate water use restrictions more aggressively. In fact, Marion County is currently in the process of adopting new Land Development codes to aid water conservation and springs protection. The Marion County Comprehensive Plan has been changed and is before the DCA (Department of Consumer Affairs) with new language that will promote springs protection. In the latest Land Development Code, language to support this change will require 20 percent of landscaped area to be non-irrigated and left as a

natural aquifer recharge area.

The Southwest Florida Water Management District is currently conducting hearings before adopting more restrictive regulations and mandates by years end. These restrictions include the one-time per week water restrictions, which will apply to this area and the expanded development of Avalon. These new regulations and mandates require that water use be minimized (or eliminated) for irrigation of residential lawns as well as common area landscape.

We are continuing our work with IFAS extension agents and the Florida Yards and Neighborhoods Program to develop landscaped areas around homes and common areas to use more native and drought tolerant plants that will survive and flourish under the new water mandates.

There are three very important related articles in the newspaper this month. Please be sure to read Kenneth Colen's, Community News & Update, on Page 1; Phillip Hisey's Keeping It Green, Page 32; and Robert Colen's Home Leak Detection Program, Page 32. ☺

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HOSPICE OF MARION COUNTY, INC.

Memory Tree Ornament

As the 2007 holiday season nears, it is time to offer our traditional Memory Tree ornament.

This Memory Tree ornament offers an opportunity to honor or remember a friend or loved one while at the same time supporting Hospice of Marion County, Inc. Our goal is to provide compassionate end-of-life care in the community.

For your convenience, the ornament may be purchased at the Paddock Mall in Ocala or at Hospice of Marion County's Administration Building from November 25 through December 23. A portion of your \$20.00 tax-deductible donation entitles you to an intricately carved wooden butterfly. This unique 3 1/2" butterfly comes with a green satin ribbon for hanging and is mounted on a card which explains Hospice of Marion County's mission. The ornament can be mailed to you or the recipient of your choice for a \$2.00 shipping and handling fee. A paper ornament will be hung on one of the Memory Trees at the Paddock Mall with your special dedication.*

To place your order, please call (352) 854-5218.

Happy Holidays from all of us at Hospice of Marion County, Inc.



*Contribution with 10% provides the donor with a tax-deductible receipt from the Hospice of Marion County, Inc. 11th Avenue SW, Ocala, FL 34474

Md. Nasirul Huq, M.D.

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**From
Debbie's Desk**
Debbie Clark

Here it is December, and it is the close of another year. At this time I would like to wish all residents here at On Top of the World who make my job so enjoyable a very happy holiday season and a prosperous new year.

I would like to mention a wonderful place that is right here in Ocala and that is the Florida Horse Park. They have been in contact with me and are looking for some of our own clubs or individuals to get involved with the park, perhaps the Unique Birders or the Native Plant Club. There is quite a large number of shows at the park, both equestrian and non-equestrian, where you the residents could participate.

If anyone is interested in finding out more information on the Florida Horse Park, you may contact Margaret Rowell at 307-6699.

For the month of December the Friday night **Happy Hours** are as follows:

- Dec. 7: Ray and Kay
- Dec. 14: Holiday Happy Hour with Barry and Nancy
- Dec. 21: No Happy Hour
- Dec. 28: Roger

On Dec. 31, we will celebrate **New Year's Eve** at the Arbor Club Ballroom with Ricky & Franky's Rock'n & Roll'n New Year's Eve Celebration. The time of the event is 9 p.m. to 1 a.m.; the cost per person is \$30. This will include appetizers, desserts, champagne toast, continental breakfast and party favors. Tickets will go on sale beginning Monday, Dec. 3, at the Arbor Club from 10 a.m. to 3 p.m., Monday through Friday. Please remember seating is limited. Other than this event I have nothing else on the calendar for the month of December.

Onto the month of January, my calendar is filling in very nicely. The big event to kick off the new year will be the annual **Health & Wellness Expo**, which will take place on Saturday, Jan. 19, at the Circle Square Cultural Center from 10 a.m. to 2 p.m. On Top of the World and Munroe Regional Medical Center will sponsor this event. Many of their different departments will be available for you to ask questions along with many other different health agencies. We cover everything from the top of your head to the tip of your toes. Also our own Fitness Department will be providing different exercise demos during the day.

To kick off this event there are a couple of health seminars being offered prior to the Health Fair. The first will be on Wednesday, Jan. 9, in the Health & Recreation Ballroom immediately after Kitty's Power Aerobics. This will be a luncheon provided by Dr. Pedro Orta on **Women's Health issues**. The time of this event is from 11:30 a.m. to 2 p.m. If you are interested in attending this luncheon, please register at the Health & Recreation office Monday through Friday from 8 a.m. to 4 p.m.

Another health-related seminar will be on Tuesday, Jan. 15, from 1 to 3 p.m. at the Arbor Conference Center in Suites E, F, and G. This is called **Look Good, Feel Better**, and the American Cancer Society is putting this on. This seminar is basically related to those people who are undergoing or are going to be receiving treatments in chemo and radiation, as these tend to change our skin. The American Cancer Society provides everyone who attends this seminar a \$200 make-up kit for you to keep and also explains how to use everything in this kit. If you are interested in attending this seminar you may register at the Health & Recreation office Monday through Friday from 8 a.m. to 4 p.m.

On another note for the month of January I will be hosting another **High Tea** for the ladies of On Top of the World, Candler and Indigo. This will take place at the Arbor Club Ballroom on Thursday, Jan. 10, from 3 to 5 p.m. The cost per person is \$7.50. You may register at the Health & Recreation office Monday through Friday from 8 a.m. to 4 p.m.

One community note that I must bring up is that we are still experiencing problems with the men's whirlpool here at the Health & Recreation building. The problem is the suds or bubbles, whichever you prefer to call them. Every time there are suds or bubbles in the whirlpool we must shut it down for an indefinite amount of time to drain it, clean the filters and then refill it and bring it back up to temperature.

This matter has been happening more frequently these last couple of months. At this time I must ask you not to use any type of personal hygiene product in the whirlpool. This is not a bathtub, this is a whirlpool where you can go in and relax and work the kinks out of your tight muscles.

We request that, if you utilize the whirlpool, you rinse off first in the shower provided in the wet area. You are not only hurting yourselves with this behavior but it is also affecting your fellow residents who also cannot utilize the whirlpool when it is out of service. So please be kind and follow the rules and this will make everyone happy.

Also I have stated this before, if you the resident see another resident not adhering to the rules please either say something yourself or inform the gym attendant so that they can either handle the situation themselves or notify my office so that I can address the matter, but please remember in order for me to address the situation I must have a name.

Please have a safe and happy new year and I will see all of you in 2008! ☺

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**Hospitality
Division**
Linda Tiffany

The Hospitality Department staff wishes our residents and their families a wonderful holiday season and a prosperous new year. Thank you for your support during 2007. We will continue to offer exciting menus, great service and the best food in 2008!

Sid's Coffee Shop will close at noon on Christmas Eve and will be closed Christmas Day. It will close at noon on New Year's Day and will be closed New Year's Day. Sid's hours are Monday through Saturday 7 a.m. to 5 p.m. and Sunday 7 a.m. to 3 p.m.

The Pub will close at 3 p.m. Saturday, Dec. 22, and will be closed Christmas Eve and

Christmas Day. It will reopen Wednesday, Dec. 26, at 7 a.m. It will also be closed on New Year's Day.

Candler Hills Restaurant will be closed Christmas Day. It will be open New Year's featuring the special menu below.

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- Salad
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- Choice of Entrée
- Fire-grilled Filet Mignon served with roasted garlic whipped potatoes and wild mushroom reduction
- Pepper crusted Hawaiian Tuna
- Served with ginger braised Belgian endive and wasabi butter
- Dijon mustard crusted New Zealand rack of lamb served with Tuscan roasted vegetables with brandy mint demi-glace
- Herb-marinated semi-boneless half chicken served with Yukon gold whipped potatoes and rosemary wine beurre blanc
- Dessert
- White chocolate crème brûlée with fresh raspberries
- or
- Affogato:
- Espresso drunken vanilla ice cream layered with fresh cream and chocolate sauce
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Indigo East
Allie Gore

November soon will be a memory. I hope you had a wonderful Thanksgiving surrounded by family (biological or chosen) and friends. I think you will agree with me, we all have lots and lots of people and things to be grateful for. Now we have Hanukkah, Christmas, and Kwanza to look forward to.

It is a good time to remember our servicemen and women. Here are some suggestions. Those of us who have computers can go to www.usocares.org or www.redcross.org and follow the instructions for sending greetings. Walter Reed does not accept cards or letters addressed to "Any Soldier." However, you can send a card, phone card or gift card to be distributed by the Red Cross. American Red Cross, Walter Reed Medical Center 6900 Georgia Ave., NW Washington, DC 20307-5000.

Joe Pine from Metro Crime Prevention presented valuable information at our November First Friday gathering. This evening was well attended and the feedback was very positive. We were educated and entertained. (If you know of a speaker you think we would enjoy hearing or if you would like to present information you think would be of interest to the community please contact me at indigo8062@earthlink.net or 861-4564.) The food is always enjoyed and appreciated!

In case you are new, this gathering, First Friday, is held the first Friday of each month at 6 p.m. at our community center. We do not

have this gathering when there is another community event scheduled very close to the same date. Changes and notifications are sent by e-mail.

First Friday gatherings are a good time to meet neighbors. Everyone brings food to share and a personal beverage. Paper products, utensils, etc are furnished. Come out and see us!

Dec. 9 is the second annual Indigo East Holiday Dinner at our community center. Jenny Stockli has planned this festive affair. Friendship Catering will provide the meal and there will be door prizes. More on this next month. Note, the monthly First Friday gathering is cancelled since it falls on the 7th and the holiday party is the 9th.

Remember Game Nights are the second Tuesday and fourth Thursday monthly. You are invited to bring your board game, cards, dominos or marbles or just show up and spend an evening with neighbors. Bring a finger food to share and your personal beverage.

Indigo East ladies continue to meet every other month at the community center to enjoy a light lunch, meet new neighbors and get to know one another better. Interested contact Marge Cowie at beiwoc@aol.com or 873-9427. Another fun way to spend a day is to join the Lunch Bunch. This group takes day trips to locations of interest in our area. The trip includes lunch, sight seeing or antiquing or whatever the group decides will be fun. Contact Debbie Partin at 351-0964.

The community patrol is another activity that is always accepting the help of new neighbors. Contact John Gysen at 404-0845 or johngysen@hotmail.com.

Our CERT (community emergency response team) is another opportunity to become more aware of how to help yourself and possibly neighbors in the event of severe weather emergency. Contact Bev Case at billbev1@hotmail.com or 369-9547.

Our golfing groups are growing also. Interested in golfing with neighbors? JB Powell will schedule the guys, jbp8095@yahoo.com or 286-3988. Ladies, we need a volunteer to be a contact for lady golfers. If you are interested, call or e-mail me. Contact info above. That's all for this month. Remember, enjoy life this is not a dress rehearsal! ☺



Candler Hills
Mary Pat Giffin

Wishing Candler neighbors and friends a happy holiday.

As we struggle with shopping lists, invitations, travel plans, and prepare for house guests, few of us have time to become involved in one or more of the numerous activities offered by Health & Recreation and other Candler clubs. If you're interested in the bus trip to Gaylord Palms, for example, you've signed up by now. And, I can't imagine many of you taking up softball, bowling or poker this month; so I'll report on all these groups next month.

Surviving the holiday season without gaining weight, spending too much money, or being stressed out are what matters most to many of us this month. That's why I'd like to offer some suggestions to keep your weight intact; to give thoughtful, meaningful gifts that are reasonably priced; and to minimize stress.

We know we should eat a healthy diet but it's not that easy when we're at holiday parties full of goodies. Try to make smart choices. Choose vegetables, fruits and grains, you'll

feel better. Alcohol is another culprit this time of year. Drink a glass of water for every glass of wine or cocktail.

Cammy Dennis, fitness director, initiated a five-week "Maintain Don't Gain" program at H&R to help residents get through parties and more without gaining weight. Only 15 people signed up because a lot of us are traveling and too busy entertaining house guests. But don't forget to make time for yourself.

My favorite gifts are books and bookmarks. They aren't fattening. They are permanently personal. Baked goods are also great gifts from the heart. Who doesn't enjoy homemade cookies and breads? Chocolate lovers abound. Remember dark chocolate is reported to have health benefits. And, pretty candles will light up a person's home. None of these gifts are expensive, but all of them are special.

You don't have to have the most perfect party or most beautifully decorated home. Don't over commit yourself. Exercise regularly. It's a great stress reliever and you'll tone up at the same time.

Keep your expectations rational. People get sick this time of year, recipes flop, and when the family gets together, sometimes they quarrel. Embrace your family and friends.

Please accept my wishes for a happy holiday season for you and yours. ☺

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

Santa, Is He Real?

BY HAZEL EHLE

My sister Mary is four
I am six, our brother eight.
It is now Christmas eve
And we decided to stay awake

To see if Santa is real
Or just a fake.
Does he come down the chimney?
Maybe through the garden gate.

We will go to bed early
To get a little sleep.
Next creep down stairs
So we can take a peak.

We are all now awake
Waiting for Santa to appear
Suddenly Mary's eyes closed
Then Charlie's too I fear.

A knock came at the door
Mom was saying "come see
All the lovely presents
That Santa left under the tree."

The children loved their gifts
All those they had worked for.
They also knew Santa was real
Because he left many more. ☺

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Activities Update
Debbie Clark

The fifth annual **Craft Fair** was held on Oct. 20 at the Circle Square Cultural Center. For those of you who did not make it, hopefully you will be able to make it to next year's event.

More than 40 crafters participated, which meant there was something for everyone from the new style glass jewelry to pretty bows for your Christmas packages or for the top of your tree.

To all of you who attended this year's event — **THANK YOU!** This was the best year regarding attendance with well over 1,000 people. I realize it was a little crazy when the doors first opened, but as the day progressed it became a little more manageable as some of you found out as you chose to leave and come back a couple of hours later.

For all of the volunteers a big huge **THANK YOU!** Lolly, you and the volunteers are fabulous. Also a special **THANK YOU** to Theresa

for stepping up and taking over for me.

Halloween Happy Hour on Oct. 26 at the Arbor Club: As I have stated in my articles every year after this event you all just cease to amaze me. The costumes each year are getting better and better and more creative. I really cannot fathom how some of you are going to top this year. We had everything from the Little Chinamen to the traditional witches and goblins. We even had a Cereal Killer on hand along with Roy Orbison who, by the way, was the ever-talented Dunning Shaw. For the costume contest the winners of this year's event were John Ware dressed as a woman from "Hairspray," Cindy O'Brien, who was having a personality conflict and could not decide if she wanted to be a woman or a man, so she came as both, and Don Houston who just personified the French maid.

Shutterbugs Digital Photography Display and Open Reception at the Arbor Club: When I wrote my November article I stated that I could not wait to see how the photographers advanced from last year to this year. Guess what — they did progress quite nicely. For those who did not make it to this year's event you will be able to view the winners of each category at the annual Hands Across the Highway event in March 2008, when the winning photographs will be on display in the lobby of the Circle Square Cultural Center.

As I was walking around viewing the photographs, I happened to notice some new names. Guess what, they were spouses of members who last year stated that they would not get involved with digital photography but, guess what, they have and they love it. I questioned a few of them as to why they decided to get involved. They stated that it was a chance to do an activity as a couple and it is fun.

If anyone is interested in joining this fun informative group, they meet at 3 p.m. on the first and third Tuesday of the month in Suites B and C of the Arbor Conference Center.



Bloodmobile
Don Pixley

In all probability we all know of someone using blood and/or blood products to recover from the following instances. The average amounts of blood needed in each instance are indicated.

Cancer: Cancer patients need blood and blood products on an ongoing basis while they undergo chemotherapy and/or radiation. Ten donors are needed for one pool of platelets, the most common blood product used in cancer treatment. Each patient can need one to two pools of platelets per week.

Open heart surgery: The procedure uses an average of six units of red blood cells or six units of platelets.

Bone marrow transplant: The average bone marrow transplant requires 120 units of platelets and about 20 units of red blood cells.

Liver transplants: The average liver transplant patient needs 40 units of red blood cells, 30 units of platelets and 20 bags of cryoprecipitate and 25 units of plasma.

Orthopedics: Hip or knee replacement surgery can require between two and eight units of red blood cells.

If a member of our family or a dear friend fell into any of the categories above, we would willingly donate to speed their recovery. But, why wait for a tragedy to occur? There is no time like the present to heed the constant calls for blood donors.

Occasionally we run into a spate of donors with low iron counts. (I got caught myself a couple of months ago).

Raising your iron count is not difficult. Liver, chicken, beef or pork are excellent selections of iron. Greens, broccoli, spinach, turnips, mustard, collard, liverwurst, oysters, clams, prunes, raisins, dried apricots and peaches, beans and lima beans all are very good sources of iron. Vitamin C is good to help your body use the iron you eat.

The Big Red Bus will be in the Health & Recreation Parking lot Dec. 3 from 7:30 a.m. until 2 p.m. to accept your blood donation. Here is a golden opportunity to feel good about yourself. Join the group of regular donors and enjoy. Don't forget, the Florida Blood Centers are the sole provider of Marion County hospitals.

Bonus: Each donor will receive, on the spot, a \$10 gift card from Publix!



Republican Club
Tony Tortora

The Larry Cretul Holiday Social was held on Nov. 9 with about 65 members and guests present. The business meeting was brief followed by a really great dinner. There was a large cake dedicated to the veterans, which was cut by members of the greatest generation, Tom Hilt, Frank Beeby, Harvey Beckwith and Leo Blumenthal. Dennis Baxley spoke briefly on behalf of presidential candidate Mitt Romney. Commissioner Stan McClain, school superintendent Jim Yancey and candidate for sheriff Paul Truesdell also addressed the members. Representative Larry Cretul wrapped up the program with a short address.

It was my honor to address the members of the On Top of the World Lion's Club and other residents at their annual salute to veterans on

Nov. 12 in front of the Health & Recreation Building.

I had an opportunity to speak to several of our resident veterans who are members of the greatest generation. Their stories and others should never be forgotten. They are indeed testimony to the strategic importance of bringing the fight to the enemy rather than waiting for terrorists to strike us.

The Dec. 14 meeting will feature a presentation by Representative Larry Cretul on the state of the state legislature. Meet in the Arbor Conference Center at 7 p.m.

On Jan. 11, Commissioner Charlie Stone will present the state of the county. Much of what happens in Tallahassee has an affect on the county affairs. This is a good way to find out what is not printed by the local media. Commissioner Stone is also a candidate for re-election.

In February, on the 8th, candidate for sheriff Paul Truesdell will be the speaker. More information and platform can be found at his web site, Truesdellforsheriff.com. It is time to put the Sheriff's Department in the hands of a fiscal conservative.

Among the Republican candidates for president there are several specific differences as to how to manage the nation's economy, immigration, social programs, foreign relations as well as trade relations and other areas of debate. Eventually, one candidate will emerge with a majority of the Republican votes. Whoever that is, he may not be your choice. The winner of the Republican primary is just that, a winner. He believes in the basic principles of the party and therefore deserves our support and our vote. A unified Republican party is an absolute necessity to maintain the freedom and sovereignty of our nation.

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Election Update 2008

There will be three elections in 2008.
• Jan. 29: Tax referendum
• Aug. 26: Primary
• Nov. 4: General

There are three voting precincts at On Top of the World:

- 4090 and 4091 located at the Arbor Conference Center;
- 4100 located in the Card Room in the Arts & Crafts Building.

Verify your precinct prior to election day; it will expedite the voting procedure.

The phone number of the supervisor of the election office is 620-3290.

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Photos by John Ware

Walking On Top of the World

Above, participants of the 'Walking On Top of the World' program. Other participants show off their hard-earned T-shirts: Betty King, at left, and Odd and Emery Bjerkmann, below.



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Fitness Happenings
Cammy Dennis

The Greatest Gift of All

The season of gift giving is fast upon us. It is so easy to get caught up in the frenzy of holiday shopping. Before you know it you feel obligated to give gifts to almost everyone and somehow the meaning behind these gifts is lost. It is my hope for you to take some time to reflect on the importance of giving yourself a very special gift ... the gift of good health.

We work hard at Health & Recreation to provide programs that challenge and suit all levels of fitness and physical capabilities. The goal of these programs is to enable you to feel better and live a life that is long and strong. Our aim is for all On Top of the World residents to feel welcome at the Fitness Center as well as in our group exercise classes and fitness programs.

A program like Walking on Top of the World (which finished Nov. 13) is a great example of how residents of varying fitness levels came together to support and empower each other. We had 140 residents make a commitment to walk 26 miles in six weeks! Congratulations to all who achieved this goal. We had so much fun walking together each week on Tuesdays and Thursdays. I was inspired by the leaders who encouraged us to push ourselves at a challenging pace, but was equally inspired by the walkers at the back of the pack. They weren't sure if they could walk a mile, or finish the entire 26 ... but they did, and sharing in the joy of that accomplishment was amazing! We had residents of all ages, sizes and fitness levels working together to achieve a goal. Thanks to all who participated and made this event such a success. Everyone, regardless of age or ability can improve his or her health. Make it your goal to feel great in 2008! We are here to assist you. Give yourself the greatest

gift of all-good health!
We have some very exciting fitness happenings for the new year. Mark your calendars now. We will continue with our walking program, stay tuned for details! Our Fabulous Friday class will be back in action on Jan. 18; this was scheduled in conjunction with the week of the Health Fair, when all fee-based classes will be free! Don't miss out on this amazing opportunity to take all our fee-based classes for free! Jan. 14 through 18. There are new classes on the schedule ... we will be adding another Balanced Body class on Fridays and Howie Williams, our personal trainer, will be leading an Absolutely Abs class twice a week. We will also host a series of monthly Health Living seminars, every first Tuesday of the month at H&R. The first one will be held on Tuesday, Jan. 8, the first Tuesday is New Year's Day.

We will be offering more options for personal training. You can train solo, with a friend, or even with a small group! We have new pricing for our personal training services in 2008, please call the Fitness Center for details.

I would like to thank the residents that came out for Focus on Fitness an informal focus group that helped us gain insight in shaping the direction of some of these new offerings for 2008! Thank you for the time and information you shared. You are always welcome to come by and see any of the fitness staff for answers to your questions. We would love to help you improve your health ... stop by and let us share that very special gift. Happy healthy holidays to all from the Fitness Department! ☺



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RECREATION CENTER FITNESS SCHEDULE

HEALTH AND RECREATION CENTER GROUP EXERCISE SCHEDULE

Effective December 1st 2008

*DENOTES A FEE BASED CLASS

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:15 Aerobics Room	Oyxcise 20 min. Video	Oyxcise 20 min. Video	Oyxcise 20 min. Video	Oyxcise 20 min. Video	Oyxcise 20 min. Video	Oyxcise 12:15 20 Min.
8:00-8:50 Aerobics Room	Cardio Mix Mary Pat	Condition & Stretch Cammy	Cardio Mix Donna	Condition & Stretch Cammy	Cardio Mix Cammy	Sunday Oyxcise 12:15 20 Min.
9:00-9:50 Aerobics Room	Circuit Burn&Firm Mary Pat	Tai Qi Po* Frank	Circuit Burn&Firm Mary Pat	Tai Qi Po* Frank	Circuit Burn&Firm Mary Pat	
10:00-10:30 Aerobics Room	Balanced Body Mary Pat		Balanced Body Mary Pat			
10:30-11:15 Aerobics Room	Light Aerobics Mary Pat		Light Aerobics Mary Pat		Light Aerobics Mary Pat	
10:30-11:15 H&R Ballroom	Power Aerobics Kitti		Power Aerobics Kitti		Power Aerobics Kitti	
12:00-1:00 Fitness Center		Cybox Orientation Howie				
12:15 Aerobics Room	Oyxcise 20 min. Video	Oyxcise 20 min. Video	Oyxcise 20 min. Video	Oyxcise 20 min. Video	Oyxcise 20 min. Video	
3:00-4:00 Aerobics Room	Your New Power* Howie		Your New Power* Howie			

gift of all-good health!

We have some very exciting fitness happenings for the new year. Mark your calendars now. We will continue with our walking program, stay tuned for details! Our Fabulous Friday class will be back in action on Jan. 18; this was scheduled in conjunction with the week of the Health Fair, when all fee-based classes will be free! Don't miss out on this amazing opportunity to take all our fee-based classes for free! Jan. 14 through 18. There are new classes on the schedule ... we will be adding another Balanced Body class on Fridays and Howie Williams, our personal trainer, will be leading an Absolutely Abs class twice a week. We will also host a series of monthly Health Living seminars, every first Tuesday of the month at H&R. The first one will be held on Tuesday, Jan. 8, the first Tuesday is New Year's Day.

We will be offering more options for personal training. You can train solo, with a friend, or even with a small group! We have new pricing for our personal training services in 2008, please call the Fitness Center for details.

I would like to thank the residents that came out for Focus on Fitness an informal focus group that helped us gain insight in shaping the direction of some of these new offerings for 2008! Thank you for the time and information you shared. You are always welcome to come by and see any of the fitness staff for answers to your questions. We would love to help you improve your health ... stop by and let us share that very special gift. Happy healthy holidays to all from the Fitness Department! ☺



Diabetes Support Group
Lennie Rodoff

I hope you all have been staying to talk with each other at our monthly meetings. We had pressing family issues to take care of, and unfortunately must miss yet another meeting. There will be no meeting in December, so maybe we can all get together again in January, and start the new year on the right foot!

Halloween is over, and Thanksgiving will be over by the time this will be printed. There are still some major holidays and celebrating to look forward to. Just remember, you shouldn't punish yourself if you give in and sample the goodies of the seasons! A taste of everything is perfectly OK, as long as you limit yourself to just a taste. Feeling deprived only leads to binge-eating, which is not a good idea. You might even consider planning your day's intake to include some of the "forbidden" foods! Save some of those carbs for the special desserts that will be served at family meals (or the mashed potatoes and gravy, or the rolls)! Just don't forget to get back to your food plan as soon as possible.

Anyway, I want to wish all of you the very best of the holidays, and the best of the coming new year! ☺

On Top of the World Communities

Emergency After-Hours Phone Number
236-OTOW (236-6869)

New Warm Water Exercise Class Offered at The Ranch Fitness Center

By Patricia A. Woodbury

Now that summer is over and those outdoor pools are no longer available to us we finally have another choice. The Ranch Fitness Center & Spa has a wonderfully warm indoor therapeutic pool, just right for keeping those aching joints flexible all winter.

A new Warm Water Exercise Class has been started at 11:30 a.m. on Tuesdays and Thursdays. It is designed especially for people with arthritis, motor disabilities, following surgery or who are sedentary and generally de-conditioned. It is a fun, recreational program and does not replace a prescribed physical therapy regimen. Warm water is a good place to begin to improve flexibility, lessen joint stiffness, increase stamina and decrease pain. The pool is four to five feet deep, ability to swim is not necessary but the participants must be able to enter and exit the pool on their own.

The buoyancy of the water reduces the impact on the weight-bearing joints but allows for muscle strengthening due to the resistance of the water.

Through a series of gentle exercises, focusing on all the joints, the program will hope to improve mobility, posture, balance and coordination, ambulation and performance of daily activities.

Patricia Woodbury, an instructor certified by the Arthritis Foundation and the National Exercise Trainers Association (NETA), will teach the class twice a week for 45 minutes.

If you have always wanted to begin an exercise program, but did not know where to start, the warm water exercise class would be for you. Now is the time to give The Ranch a try as your first visit can be on a guest pass.

Contact The Ranch, Fitness Center & Spa at 861-8180 to learn more about the facility and membership.

The Ranch is located at 8385 S.W. 80th St. ☺

Stroke Support Group Starting

Attention stroke patients and caregivers: If you would be interested in starting a stroke support group, please call Joni at 861-6964.

Let's exchange helpful ideas and help each other through this trying time. ☺



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Birders' Beat
Jane Callender

The Unique Birders will meet at 1:30 p.m. Dec. 18 in Suite H at the Arbor Conference Center. The main topic will be our December and January Christmas bird counts. Learn how this changed from bird kill to bird count. Since the December count on the Sunnyhill Levee will be on the 14th (before our regular meeting), please call Roberta Campbell at 854-4814. Volunteers are needed! Other areas will be covered that day and volunteers are needed for the January bird count. Please call Norm Lantz at 854-5713 if you can volunteer on either of these days.

My computer picked a poor time to fail — I can't find the information I need! However, the October field trip organized by Norm Lantz with "Bubba" Scales leading the group

to the "Alachua Sink" was another success. (I understand they saw almost as many alligators as birds!)

The snowy egret is a re-run — but imagine it with a red velvet ribbon with its snowy plumes, and we have a holiday bird! The shadow in the photo hides the fact that its legs are black; add the yellow feet and the bird is easily identified. This one was hunting for fish from a boat in Tarpon Springs. During breeding season the snowy egret has many long, lacy plumes. In the 19th and early 20th centuries they were slaughtered for their fine plumes used to decorate hats. Fortunately, complete protection has enabled them to increase their numbers.

Like the great egret the snowy egret is a sociable bird and nests in colonies. It builds a large, sturdy platform of sticks either in reeds or more usually five to 12 feet up in trees. It lays two to six eggs, which are incubated for 22 to 26 days by both the adult birds, with the chicks staying in the nest for around four weeks. When changing over in the nest, the arriving bird greets its partner with several deep bows.

Snowies are agile birds, hunting in muddy, shallow water, probing and stirring up the bottom to startle fish and frogs, which are promptly speared by its sharp bill!



Photo by Lynne Callender Murray,

This snowy egret was photographed in Tarpon Springs.

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

Santa's Assistant

ANNETTE SHARPE

This year, Santa, I've been good,
As good as someone my age could.
I ate low calories so I wouldn't get fat,
I took my meds and I fed the cat.
Once or twice, I lost my shoes.
Often, when I shouldn't, I took a snooze.
Can't say each day was an exciting day.
You could spice that up, Santa,
With a ride in your sleigh.
Christmas Eve would be a real hoot.
I'd slide down chimneys
And be covered in soot.
I could mend all the stockings
With holes in the toe,
Press every tree skirt,
And, make cookie dough.
I'm very good company,
If I say so myself,
Much better than some
Tiny Christmas elf
I'd be an assistant, Santa,
Useful at last.
I'd feel real important
'Til Christmas had passed.
I realize, Santa,
Though you've always been nice,
To cart an old lady,
You'd have to think twice.

**Golf Cart
Parade Route**

Wednesday, December 12th, 2007
2:00 pm – 3:30 pm

No cars, golf carts or chairs are permitted on the streets indicated below. You may park your car at one of the designated parking lots (Arbor Conference Center or Health & Recreation). You may also place your chair or park your golf cart in the right-of-way (10 feet) along the streets.



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— MTP Faculty and Staff



Members of the On Top of the World Table Tennis team proudly wear their medals from the 2007 Senior Games.

Table Tennis

Lucy Davis

2007 Senior Games! They are well over but, as Lucy says, we are still glowing!

And we want On Top of the World to know who those wonderful players are who made the effort to go to Gainesville and bring back 21 medals. Congratulations to all of you!

Mixed Doubles

GOLD—Lucy Davis and Gene Baumann; Uncha Yoo and Dick Berkheimer; Penny Wilson and Ralph Voight.

SILVER—Sue McLam and Jim Haig

Women's Doubles

GOLD—Lucy Davis and Uncha Yoo

Men's Doubles

GOLD—Ray Jask (our coach) and David Brooks (from Oak Run)

BRONZE—Gene Baumann and Dick Marshall

Singles

GOLD—Ray Jask, our coach; Lucy Davis; Uncha Yoo; Penny Wilson

SILVER—Sue McLam

BRONZE—Jim Haig

Our table tennis club has two dreams: one to bring the Senior Games back to Ocala. There are plenty of athletes in all the sports and it would be a wonderful event to have in Marion County with hundreds of people participating in the Games.

Our other dream is to have our own room as other clubs have. Our table tennis membership is increasing every month. We now have 45 players who love the game and have asked many times why we don't have a room with at least one table available on an everyday basis. We hope one or both dreams will come true in the very near future! I hate to say it, but right now we cannot accept any more members because we don't have enough space to accommodate more players. I will open the membership in January after the present members have signed up for 2008.

I hope my next article will bring some good news about one or both dreams! ... Meanwhile, let's enjoy the sports that are available to us at On Top of the World.

Happy holidays and a healthy new year!

Great Lakes Club

Marilyn Nielsen

The Club is running smoothly with different members helping each month with refreshments and programs. This time a nice assortment of cookies plus coffee and tea were served at the social time before the meeting.

The club now has 65 members including four new ones.

The upcoming Christmas party will be Dec. 11 at the Arbor Club and the board has things well arranged. This will be in place of our regular meeting. Tickets are \$15 a person and will also be on sale at the Health & Recreation Ballroom on Mondays, Wednesdays and Fridays from 8:30 to 10 a.m. Hope to see lots of you getting your tickets. It promises good food and a pleasant evening.

There will be no meeting in January as our regular date falls on the holiday of New Year's Day. The February meeting will present a story teller.

Our November entertainment was a group called The Sentimentalists. They are a group of four who played the piano, harmonicas, banjo and guitar and they sang. We have so much talent here at On Top of the World and this group was great. We all really enjoyed them.

On Top of the World.
Communities

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**Arbor Club
Tennis**
Jorge Privat

Hello everyone!

Another year is closing, but we are up and running again at full speed. Almost all the snowbirds are back and into the action. We are trying to keep the round robins fun and challenging by mixing up players of all levels in the first round, so that the lower level players get a chance to play with the better players and vice versa, while in the second round, I try to match you with players of your own ability, and go on from there to the next round.

Also, in order to assist you better during "ladies" and "men's" days, I am moving the starting times of the tennis clinics to 10 a.m. In this way, those of you who some times feel frustrated by the way you are playing can benefit from these clinics. In fact, all of you can improve your game if you can follow some simple instructions. And you should take advantage of the fact that you don't have to go anywhere else when you can obtain sound instruction right here at home.

I wish to inform you that as part of my responsibilities, I have formed a tennis committee to assist me in carrying out and to enhance the yearly tennis program. I know that any of you could be a part of this group, but, at this time, the following members will make up the committee: Jerry Dennis, Don Firkins, Rosemarie Hueber, Beverly Maiorino, Dianne Ryan and Marty Walchak. I thank all of them in advance for their valuable help.

In the short term, we are planning a club tournament for mid-January and hope that every one will want to take part in it. Sign-up sheets will be posted at the courts as well as at the Arbor Club sign-up book. I would also like to remind you that there are only few days left to the deadline (Dec. 9) to register a team in the USTA leagues, in the Senior and Super Senior categories. Those of you interested in making new tennis friends, visiting other clubs, breaking the monotony, etc., please, sign up immediately. I assure you, it can be a lot of fun.

Here are the results of the meets we had in October: On Oct. 12, we visited Spruce Creek. Of the seven matches played, On Top of the World won four. The winners were; Rose Hueber and Irene Moran, Maria Fried and Norma Higgins, Grace Raymond and Dianne Ryan, and Betty Bussenger and Gene Hueber.

On Oct. 16, we were visited by Oak Run. With the help of home-court advantage and home fans cheers, On Top of the World won three of five matches. The winners were Don Firkins and Bill McManus, Jim Lynam and Maria Fried, and Jerry Dennis and Dianne Ryan, who played the most interesting match. It went so long that they had to finish under the lights, but they managed to prevail. The last meet

ARBOR CLUB FITNESS & AQUATIC SCHEDULE

ARBOR CLUB FITNESS SCHEDULE

EFFECTIVE DECEMBER 1ST 2007

*DENOTES A FEE BASED CLASS

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 Fitness Room					Pilates Terry	Open Swim
9:15-10:00 Arbor Club Indoor Pool	Deep Water Aerobics* Cammy	Shallow Water Aerobics* Barbara	Deep Water Aerobics* Joan	Shallow Water Aerobics* Barbara	Deep Water Aerobics* Joan	
9:15-10:15	Yoga* Ronnese AC Ballroom	Advanced Yoga* Ronnese Fitness Room	Yoga* Ronnese AC Ballroom			Sunday Open Swim
10:15-11:15 Fitness Room	Light Yoga* Claudia		Light Yoga* Claudia			
10:30-11:30		Advanced Balance Training* Ronnese Fitness Room		Let's Dance* Kitti 2nd Thursday of the month AC Ballroom		
11:45-12:30 Arbor Club Ballroom	Get Fit While You Sit Kitti		Get Fit While You Sit Kitti		Get Fit While You Sit Kitti	
1:30-2:15 Arbor Club	Shallow Water Aerobics* Cammy		Shallow Water Aerobics* Mary Pat		Shallow Water Aerobics* Joan	

was on Oct. 23, at Oak Run, where On Top of the World won three of the four matches. In all fairness, we must mention that during one of the matches, Nancy Hayes from Oak Run, turned her ankle and had to retire. The winners there were Gene Hueber and Gordy Phillips, Joan Gustafson and Marty Walchak, and Irene Moran and Dottie Taylor.

Tennis Tip of the Month

Injuries and Their Prevention

Injuries in tennis players are typically "overuse" injuries. An overuse injury results from repetitive stresses and minor traumatic events, such as the effects on the shoulder of serving thousands of times or the influence on the knees of playing hundreds of points with pivots, twists and aggressive starts and stops. Overuse injuries occur because tennis players exert and produce forces in a repeti-

tive pattern, accumulating minor traumas that cause tissue breakdown.

One unique thing about tennis is that it stresses nearly all areas of the body. The demand of tennis can be demonstrated by a study done on top junior tennis players during the U.S. Open Championships in 1995. It was found that although more injuries occurred to the shoulder, back, knees and elbow, nearly all joints were affected by the demand of this great sport.

Tennis injuries fall into two categories: acute and chronic. Acute injury describes a new injury or complaint from the time it occurs and the short time following the start of the injury. Example; an ankle sprain. A chronic injury typically recurs or repeats itself due to continued tennis play or lack of proper rehabilitation. Example; a tennis elbow that has been present for one or two years and flares

up during long grueling tournaments. Acute injuries are much easier to take care of, and when you address them initially, you can prevent them from becoming chronic.

How do you prevent a tennis injury from occurring? Although this may seem like a straight forward question, the answer is complex. But, you guessed it: the best way to prevent an injury is to condition yourself optimally for tennis and prepare your body for the stresses of the game. In the past, many coaches said "Play tennis to get in shape." However, the sport has evolved to such an extent that, any good coach will now tell you "Get in shape to play tennis."

The most important concepts for injury prevention as well as performance enhancement are flexibility, strength training, aerobic and anaerobic training and proper sport biomechanics. ☺



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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.-
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Red Hat Society
Vivian Brown

Thanksgiving was just last week and that means Christmas isn't far behind. This year as I think about these holidays, and what joy, happiness and love everyone has for each other, I hope and pray that this spirit will bring peace on earth, good will to all men and the turmoil around the world will cease and we can stretch out a hand of tolerance and understanding to everyone. I want to wish everyone happy holidays, wherever you are or whatever you do.

Everyone had a great time at the Fall Festival and a special thank you to Betty and Mary for all their work. There will be a bus going to see "Hats" if interested contact your QM. Don't forget our Annual Pajama Party in February, and hope you are working on your entertainment.

THE RAZZLE-DAZZLE RED HAT DAMES were looking forward to our trip to see Princess Di gowns in November. We are busy preparing for our annual progressive, holiday luncheon, on Dec. 4, which is a fun filled time for all. Next month I will tell you how things went. God bless with good health and happiness. ...
QM Vivian Brown

THE COOL CATS IN RED HATS: How lucky the Cool Cats were to have a delightful plan for a rainy day. We had lunch at the Olive Garden in the private alcove. There we enjoyed a sample of the wine of the day. We used that to toast us to a great get together and to the Cats that were missing. Those at the lunch planned who was doing what for the Halloween Red Hat party. We really enjoyed ourselves at that affair with all our fellow Red Hatters. We had fun setting up our table. The pizza for sup-



Photo by Janet Wahl

QM Gail Tirpak and QM Mary Curry at their official coronation at the Holiday Inn. QM Gail Tirpak is in The Bodacious Crimson Ladies and QM Mary Curry is in The Glitzy Gals. Both of these ladies are from On Top of the World groups.

per arrived right on time. Jackie Lalondi made a delicious pumpkin cake for our group. The nine year old who entertained as Elvis Presley was great. The Spiffy dancers that belong to the RH were a treat to watch and join in having fun. What a wonderful group of women. Thank you all for making life so enjoyable. ...
QM Janet Fragapane

THE GLITZY GALS would like to thank QM Gail LaRue and all who helped to make the Fall Festival a fun evening. The entertainer, Little

Elvis, did a great job. The parade of fall decorated hats showed again all the many different ideas and decorations for a hat. The outing at Ocala Palms Clubhouse was a delicious luncheon buffet and a fun fashion show. The first Royal Coronation in Marion County was held at the new Holiday Inn for 12 local Red Hat Queens and their Vice Queens. Marion County has 150 Red Hat chapters, representing 4,000 members and is a part of the West Coast Queens Council. QM Mary Curry and her Vice Queens Dottie Hinde and Bea Maxwell were a part of this official coronation. The ceremony was impressive and all the ladies were dressed in their finest Red Hat outfits. The luncheon was good and we all enjoyed visiting. We presented QM Mary with a bouquet of red roses and a glitzy pin for her collection on her sash. Some of our group enjoyed a day of shopping at the Ellenton Outlet Mall. The long anticipated Princess Di's exhibition and lunch is finally here. We are looking forward to viewing Princess Di's most famous gowns, dresses and other personal mementos. Our Christmas party will be at the Holiday Inn. Hostesses are Dottie Hinder and Sara Riehm. Decorations for golf carts for the Golf Cart Parade are under construction. This is definitely a busy time of the year." If you are waiting for the right time to get started doing something, ask yourself this question: if not now, when?" ...
QM Mary Curry by Janet Wahl

HAPPY ATTITUDES: How the time flies, another year is drawing to a close. Our group has had a good year, overall. In September our happy little group went to the Veranda Gallery and Tea Room for our lunch and everyone had a good time. Not only the food, which was great, but the browsing afterward was a delight. This luncheon was hosted by Mary Black. In October, Marge Schoonmaker hosted us at Candler Hills Restaurant, where we had our usual good food and excellent service. We then drove over to Scoops for ice cream and

were serenaded with our Red Hat song, which the owner delighted in playing for us. Yummy ice cream, too. Some of our gals went to the Little Elvis program, and pronounced it well worth attending. Yours truly was not able to attend that evening, and was sorry to miss it. ...
QM June Otto by Mary Black

THE RED GEMS: The Fall Festival was really great. As I looked over the room and saw a mass of red hats decorated in fall colors, the reds, gold, orange and green, it was a beautiful sight. Many of the hats and costumes were so cleverly done. We all enjoyed Little Elvis that evening. He was warmly welcomed and appreciated. He politely posed with ladies of various chapters for pictures after his performance as his mom and dad stood proudly by. Our Red Gems lunched at the Asian fusion restaurant in October. Food and service were good so that prompted a few of our members to visit there again with family and friends. We are looking forward to going to the Christmas House in Leesburg. We'll also lunch and shop other stores in the vicinity. It will be a return visit as we had a happy experience there last year. Merry, merry Christmas and peace on earth to all. ...
Queen Mother Loretta Troutman

THE CRESCENT RIDGE RED HATTERS: Our October meeting for the Crescent Ridge Red Hatters was another successful outing. We had a delightful lunch at the River House in Dunnellon and the view of the river was perfect. After lunch (with no dessert) we headed over the bridge and far away to the Front Porch for the perfect pie selection in town. If you have ever been there you have been in pie heaven and if you haven't been there you are really missing something. We are not having a November meeting as our Christmas meeting will be on Dec. 4. ...
Queen Mother, Anne Seales

Please send your chapters activities to e-mail vivjcb@cfl.rr.com by the 9th of the month. Thanks, Vivian. ☺

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Served from 4:00 p.m. to 8:00 p.m. • Reservations only – Call 861-9720
Includes a glass of champagne, soup or salad, choice of entrée and dessert

Soup
Cream of Asparagus

Salad
Iceberg Wedge Served with Maytag bleu cheese dressing

Choice of Entrée
Fire-Grilled Filet Mignon
Served with roasted garlic whipped potatoes and wild mushroom reduction

Pepper Crusted Hawaiian Tuna
Served with ginger-braised Belgian endive and wasabi butter

Dijon Mustard-Crusted New Zealand Rack of Lamb
Served with Tuscan roasted vegetables with brandy mint demi glace

Herb-Marinated, Semi-Boneless Half Chicken
Served with Yukon gold whipped potatoes and rosemary wine beurre blanc

Dessert
Chocolate Crème Brulee served with fresh raspberries
or
Affogato
Espresso drunken vanilla ice cream layered with fresh cream and chocolate sauce

\$60.00 per couple, plus tax and gratuity.

**Ricky & Franky's
Rock'n & Roll'n
New Years Eve
Celebration**

Arbor Club Ballroom
Monday, December 31, 2007 • 9 pm – 1 am

Appetizers
Desserts
Champagne Toast
Continental Breakfast
Party Favors
\$30.00 per person

Tickets On Sale at the Arbor Club
December 3, 2007 • Monday – Friday • 10 am – 3 pm
Seating is limited!



Women of the World Marsha Vieu

November's meeting of Women of the World was held on the first Friday (as usual) and was a great success (as usual). Nancy Grabowski, our second vice president, presided over the meeting in president Betty Thayer's absence. Not only did we have 175 regular members in attendance, we also had 22 more women join us. We want to extend another huge welcome to them and hope that other residents will consider joining us.

Keith Belisle and Ken Lane of the Owl Sanctuary of Ocala, a non-profit organization, gave a very wonderful presentation regarding the history of the Owl Sanctuary. It included how it started and the manner in which they care for the birds, a slide show and pictures. They were assisted by Bob and Nancy, two volunteers. The real treat was when they brought in two beautiful owls for show. Everyone enjoyed it immensely.

We are proud to announce that our members generously donated two truckloads of items to be used at the Owl Sanctuary. Additionally, members opened their hearts and wallets to donate money at the meeting and/or 50/50 winnings to the Owl Sanctuary, helping to raise an additional \$300 for the Sanctuary to use. We thank you all for your help and support!

This opportunity is taken to thank again all of our members who donated items for the Trash-to-Treasure sale. Additionally, a big, big thanks goes out to all of the wonderful volunteers who helped with all of the behind the scenes work: pricing, packing, loading, and selling at the Trash-to-Treasure sale. The list of workers includes: Barbara Cook, Cheri Johnston, Melanie Vittitow, Violet Dubay, Louella Rasmussen, Ellen Richards, Rosie Lynnam, Betsy Baker, Lois Nix, Barbara Betz, Alice Connors, Kathi Lang, Margaret Hanrahan, Sandra Ensley, Flo Devlin, Sandy Lundborn, Mary Bartel, Cheryl Fotia, Barbara Martyn, Dianne Ryan, Jenny Stockli, Rita Miller, Dee Runge, BillieSue Giles, Linda Hein, Bess Chase, Betty Dean, Judy Harmon, Lorraine Paszek, Carla Magri, April Pollard, Sharon Wasmund, Nancy Delp, Bonnie Heinlein, Judy Long and Heidi Biederman.

We extend our gratitude to the husbands who also helped to pack and unload ... they were heaven sent! The sale was a great success and we made more money this year than last, which will go to our charitable causes.

Last, but not least, we would like to thank all of the volunteers who helped set up for meeting and clean up afterwards, including Betty Dean, Cheryl Fotia, Nancy Schiff and Marlene Kaiser; to all of those who helped

with membership or sold holiday tickets, including Carla Magri, April Pollard, Betty Pipkins, Judy Harmon and Lorraine Paszek; to those who accepted our donations and boxed them for delivery, including Judy Singer, Betty Dean, Cheryl Fotia and Nancy Schiff; and to all those assisting Betty Serwecki with the wonderful treats donated for our enjoyment. Betty knows who those 24 wonderful women are but she's not sharing their names because they are such fantastic workers.

In keeping with board members' introductions, this month highlights Bobbie Roeder, our first vice president. Bobbie, and her husband Jack, are originally from Chicago. They have lived in Florida since 1964 and have been residents of On Top of the World for about three years. Bobbie was a project manager for a clothing company. Like so many of us, she received an invitation to attend a meeting of WOW after moving to On Top of the World, and became active in our organization in order to give back a little to the community in general. She participates in clogging, ballet, line dancing and exercise classes. Bobbie also loves scrapbooking, bowling and traveling. The one thing that she is most passionate about is health and exercise.

Christmas is nearly here. Our holiday luncheon is scheduled for Dec. 1 at noon in the Health & Recreation Ballroom. We anticipate a "sold out" event, which spells great fun for all. The program begins with a great buffet and includes entertainment for all. Please remember our charity is Salvation Army and we are collecting nonperishable food items. Our thanks in advance for the generous spirit with which you give each year!

The community-wide Golf Cart Parade is slated for Wednesday, Dec. 12, at 2 p.m. As grand marshal for this year's event, a cart representing Women of the World is being prepared by Nancy Delp, Bonnie Heinlein, Andy Flannery, Mary Rongetti and Sharon Wasmund. If anyone wishes to participate in the parade with another cart, please come join us. If you need ideas or help, contact any of the officers.

March is just around the corner too. The Fashion Show, which will be held on March 8 at the H&R Ballroom, is to benefit Hospice. The ticket price is \$16. Tickets will be sold to members before the Jan. 4 and Feb. 1 meetings between 11:30 a.m. and 12:30 p.m. and for 30 minutes after each of the meetings. Consider buying a table for your group at the presale! Any remaining tickets will be sold at the H&R on Feb. 4, 6, 8, 11, 13, 15, 18, 20 and 22. Beall's will provide the clothing again this year. Start thinking about your basket ideas, too. Our hope is that many of you will donate baskets to be raffled at the Fashion Show as you have done in the past. You always come up with such novel ideas! Our goal is to raise more money this year for Hospice so we top last year's donation. We are confident that our members will bring us success.

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 Nnutts456@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 hope to see all of you at the holiday luncheon. We encourage all new members to join us at the January meeting and become part of our fun-loving, charitable organization. We look forward to meeting you there! ☺



Southern Club Bob Bland

One-hundred percent of the Southern Club's membership attended the November meeting.

Visiting were Scott Roskosky and Leo Rivera as guest of Joanie Bolling. We received Phyllis Vallendar, Bill and Joanne Stockmaster as a new members. We always welcome visitors and new members and if you are not a member of the Southern Club, you are missing out of some great southern cooking, fun and fellowship. If you were born in the south or have lived in the south for 15 years or more and a resident of On Top of the World, you meet the eligibility qualifications. Check us out and I'm sure you will find your place and generate many new friends.

The Health & Recreation Center Ballroom was all-aglow with Thanksgiving decorations, thanks to Edith Owens, our decorating chair-

person. Tables were decorated by various members and judged by the officers. We had three winners that did an outstanding job. This group is very talented when it comes to making everything beautiful and with such ease.

Once more, our table abounded with great southern dishes. Our turkey, dressing and gravy were catered and our members contributed the side dishes including salads, vegetables and mouth-watering desserts.

Our special guest for the evening's entertainment was none other than Willie Wonderer. The comic in Bill Howe was enjoyed with much laughter.

Our Dec. 6 meeting will be fully catered including complete dinnerware, setup and cleanup. The meal will be chicken francaise, roast

loin of pork with gravy, mashed potatoes, key west blend, selection of pies, (including some sugar free), rolls, tea and coffee. Tickets for this meal are \$14 per person and the deadline is Dec. 2. If you do not have your tickets, please contact Rene Beck at 854-5641 or Jean Monroe at 861-0323.

Also, at this meeting you are asked to bring a gift for a child up to ages 16 unwrapped and in a gift bag. Money will be accepted. Our entertainment will be the West Port High School chorus and from past experience we are in for a real holiday treat. We will have refreshments for the chorus following their presentation.

We have some exceptional entertainment scheduled for the new year and if you are not with us, you will miss these great programs and fellowship.

To each one, we wish for you a very merry Christmas and a prosperous and healthy new year. ☺



Submit Articles by E-mail to
otownews@otowfl.com

Magic Touch Salon

Lisa
Michele
Alice
Teresa
Amanda
Nancy
Suzie
Debbie
Judy
Dafney
Nelly

Welcome
Nelly
Nails by
Dafney

Friendship Center
at OTOW Entrance **854-2111**

Avalon Social Club Lorraine Rourke

Our next get together is our Holiday Event on Monday, Dec. 3, at the Arbor Club Ballroom. Setup is at 4:30 p.m. and potluck is from 5 to 6:30 p.m. Please arrive promptly at 5 p.m. so we can organize the food and get started.

Bring a dish to share — main dish, salad, fruit, pasta, casserole, meat, vegetables or appetizer, and your own non-alcoholic beverage. Please, no desserts as we have made arrangements for those. Solid meal type dishes are always in short supply (casseroles, meat, etc.). Don't forget a serving utensil if your dish needs one. If possible, label what the dish is. We have purchased plastic silverware, plates and napkins with your donations.

We will have special holiday activities. One is a gift exchange via drawings. If you want to participate, bring a pre-wrapped unisex gift:

max value of \$5. I expect folks will be very creative with this and we will have some fun with it. In addition we will have a 50/50 raffle at the December event. Folks, let's really light up the month of December with cheer.

The January event, on Jan. 7, will be a chili/soup/bread tasting so pull out your special recipes and dig in for an interesting sampling event.

Feb. 4 will be our Valentine's event. The volunteers are really using their thinking caps so be prepared for some wild activities and events in our community.

If you have ideas or want to run a monthly event please let me know. Many hands break up the workload. Ideally we'd like to get a separate team doing each month. If you have neighborhood news information to share let me know.

For questions, contact Lorraine at 390-2120. ☺

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www.ontopoftheworldinfo.com/stayinformed

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7171 SW State Road 200
Ocala, Florida 34476
(352) 237-3035

Adult Bible Study
Sunday Worship

9:00 a.m.
10:30 a.m.

Dr. Harold W. McSwain, Jr., pastor

December Schedule

- Holiday Concert, Dec. 4 at 7 p.m.
- Christmas Cantata/Bell Choir, Dec. 9 at 10:30 a.m.
- Performance by Stix Ministry, Dec. 16 at 10:30 a.m.
- Candlelight Christmas Eve Service, 6 p.m.



All are welcome
We have that hometown church-family feeling

Activities December

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	Sit fit while	AC
	you sit	
12:00	Ladies Poker	MR3
	Line Dance (Level Two)	H&R
	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	Line Dance (Int.)	BR
1:30	Shallow Water Aquacise	AC
	Shuffleboard	CTS
2:00	Happy Hookers	Art
	Rummicube	CC:E&F
2:45	Line Dance (Level Two)	H&R
3:00	Your New Power	H&R
4:00	Line Dance (Level One)	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)	
7:30	*Seminole Casino	HR
	12/3/07	
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

10:30	Genealogical Workshop	CC-B&C
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 Reservations	CC:D
	Clogging	BR
8:30	Women's 18-Hole	GC
	Raquetball	HR CTS
9:00	R.C. Flyers Club	Field
	Tai-Chi (Multi-level)	H&R
	Computer Club	CC: B&C
	Hand & Foot Canasta	CR
	Woodworking	WW
	Arts & Crafts	BR
	Bus Ocala Run	
	Women's 9-Hole	GC
	Horse Shoe League	CTS
	Miniature Golf	MGC
9:30	Pinochle	MR3
	Stitch Witches Quilters	Art
10:00	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
	Cybox Orientation	GYM
12:15	Oxycise	H&R
12:30	Bridge	CR
	Stitch Witches Quilters	Art
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 & Art
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.
8:00	*Flu Vaccine Clinic	CC:E-H
	12/4/07	
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

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 Aquacise	
	Exercises	AC
	Shuffleboard	CTS
3:00	Dance Committee	CC: B&C
	Your New Powers	HR
4:00	Softball Practice	SBF
5:30	Bingo	BR
6:00	Poker	MR3
	Pickleball	CTS
6:30	Duplicate Bridge	CR
	Square Dance Class	AC
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

Thursday

7:00	Lap Swimming	AC
7:15	Oxycise	H&R
8:00	Condition & Stretch	H&R
	Men's Tennis	CTS
	Clogging	BR
8:30	Racquetball	HR CTS
9:00	Woodcarving	Art-B
	Art League	Art-A
	Computer Club	CC: B&C
	R.C. Flyers Club	Field
	Round Dance Classes	CC: E&F
	Hand & Foot Canasta	CR
	Tai-Chi (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	CC: E&F
	Dancers	
	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
5:30	Southern Club	BR

2nd Week

9:30	Scrabble Club	AC
10:30	Latin Cardio	AC
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	HR
	12/27/07	

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

* Advance registration and fee may be required. Please check in advance.

A full list of classes can be found in the Master the Possibilities catalog, available at the Education Building at Circle Square Commons.

Location Codes

AC	Arbor Club	FF	Flying Field
AC CTS	Arbor Tennis Courts	GC	Golf Course
ACIP	Arbor Indoor Pool	HR	H&R Exercise Room
ACOP	Arbor Outdoor Pool	H&R CTS	Tennis Courts
Art	Art Studio	H&R	Health & Rec Bldg
BR	Ballroom	HRP	H&R Pool
BCTS	Bocce Courts	ICC	Indigo Community Center
CC	Arbor Conference Center	MGC	Miniature Golf Course
CCC	Candler Community Center	MR1	Meeting Room 1
CLC	Computer Learning Center	MR3	Meeting Room 3
CSCC	Circle Square Cultural Center	PL	H&R Parking Lot
CR	Card Room	PL RM	Poolroom
		SBF	Softball Field
		WW	Wood Shop

	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	
	Fashion Way	CR
1:30	Shallow Water Aquacise	
	Exercises	AC
2:00	Fun In The Water	AC
	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
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4th Week

12:00	High 12 Club	TBA
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Saturday

8:00	Mixed Tennis	CTS
8:30	Men's Softball	SBF
9:00	Computer Club	CC: B&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

Residents Focus on Fitness

By MARY PAT GIFFIN
WORLD NEWS WRITER

Cammy Dennis, fitness director, recently held a Focus on Fitness meeting to find out how residents viewed our fitness programs. While only 15 residents attended and shared their perspectives, Cammy distributed a questionnaire, which was completed by 25 residents. This is by no means a scientific representation but it does give us an idea of your likes and dislikes when it comes to fitness.

We learned the top two reasons you exercise are to improve your strength and cardiovascular capability and to feel better. That's why Faye Shampine suggested a more challenging strength class.

And, that's what she is going to get starting in January. Howie Williams, personal trainer, will be teaching Absolutely Abs, an express class to complement your workout in the Fitness center or after an aerobics class. If you've seen Howie work with his clients at the Fitness Center, you can be sure you'll have washboard abs in six weeks when he gets through with you.

While some residents only use the bikes, especially if they have joint problems, pedaling isn't enough. Howie encourages residents to exercise the large muscle groups, such as legs, chest and back.

"The leg press, for example, improves the most lean body mass and it has the potential to raise your metabolism," said Howie. "The row also builds lean body mass in the back which is important for posture. It's good for osteoporosis."

When attending group exercise classes, you said you like the instructor to provide important information and challenge you.

Another reason you attend is that it's a fun way to exercise. In addition, you want the group exercise instructor to be knowledgeable about fitness and exercise, friendly and courteous, consistently on time, and lead movement skillfully.

Overall, Jane Bauer summed up what On Top of the World residents want — "a healthy, active community. There's so much out there. It takes time and commitment. You have to pick and choose." ☺



**100
Grandparents
Barbara Greenwood**

There were 46 "grandparents" who attended our Nov. 8 visit to Romeo. It was, as always, heartwarming and fun. We were greeted by Kathy Hultman, principal of the school, who was wearing a very becoming, lovely red, white and blue patriotic scarf in honor of Veteran's Day.

John Morrison, the music teacher, and the students from grades two through five had prepared a wonderful and very positive program for us. It began very appropriately with the Pledge of Allegiance and was followed by our national anthem. Children read excellent short stories that they had written. The stories honored the United States of America and remembered the people who have served and those who are now serving our great country. Between each reading, we heard from all students songs that had been written in praise of our great country. Mrs. Hultman asked if there were any veterans or service people in the audience and would they please stand. They did proudly, and each one was given a lovely card thanking them for their service.

We were escorted back to our assigned classrooms to read to the children. Everything was so well organized that we had plenty of time to share one or two books with the class. This was one of our many visits to the school that we will look back on fondly.

I received a telephone call from a Crescent Ridge resident, Nancy Scott, who read our article in the World News. She didn't particularly want to go out to the school and read, but she wanted to do something for the kids. She asked questions about the needs of the

children. She decided she could contribute by making some things for the cold weather coming up, and that I'd be hearing from her. True to her word, she called me the day before we visited Romeo. Mrs. Scott had made the most beautiful hats, mittens and ear warmers for both boys and girls and purchased some great items for the backpack program. When I picked them up, she pointed out that there were labels on the food items that could be clipped and added to our label collection. She sure did cover all the bases.

When I presented the items to Mrs. Hultman, she showed them to our group saying how much she appreciated Mrs. Scott's gift, and how thankful the children who'd receive them would be. We, the "grandparents", thank you too Nancy for your kindness and thoughtfulness.

We also appreciate and thank all On Top of the World residents who donate the food for the "Food-4-Kids" backpack program. There is a big need for peanut butter and/or jelly in plastic containers. Other food they need includes single-serving food items, such as juices, cereals, snack bars, pop-top canned goods, crackers, canned or plastic containers of fruit, etc. Your contribution may be delivered to the front porch of Elliott and Marlyn Barbour where a tote is placed. Their address is: 8680-H S.W. 94th St.

Or you may call Barbara, 861-2539 and arrange to have your donation picked up.

We also want to let you know how grateful we are to those who clip the Campbell's soups labels with the Campbell kid and UPC attached, and the General Mills labels that say Box Tops for Education or Labels for Education. If you have trouble getting the label off of the Campbell's product can, just cut along an area of the label that will allow you to keep the entire label intact. We'll take care of the rest. The drop site for the labels is the "Red School House" under the stairs of the Health & Recreation Center in the lobby. Each label contributed has a value of 10 cents and the money goes into a fund that benefits the children.

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

Our next visit will be Dec. 13. We'll meet in the Health & Recreation parking lot at 9 a.m. and be picked up by a yellow school bus that will have us back home at approximately noon.

Happy holidays to all On Top of the World residents. ☺



**Ask
the Trainer
Howie Williams**

With the holiday season fast approaching, it is time to watch putting on those extra pounds with all the goodies that will be so tempting. So it's apropos to talk about:

Speeding Up Your Metabolism

Would you like to speed up your metabolism (burn more calories) even while you're sleeping? Of course you would. For many people trying to speed up their metabolism, the first thing they think of is an aerobic or cardiovascular program. The problem is that they are missing possibly the biggest piece of the puzzle: weight training. Yep, that's right, good old fashioned weight or resistance training is a great way to boost metabolism.

What is it about resistance training that encourages your body to speed up its metabolism? Lean muscle mass requires calories to maintain itself so the more muscle you have the higher your metabolism. The more lean body mass or muscle you have the more calories are required to maintain your weight. We get these additional calories from two sources. The first source of calories is the food we eat; the second is from our body fat. The more lean muscle mass you have, the more calories you will burn, even at rest.

In order to attain lean muscle mass you must prioritize working your larger muscle groups. That includes the legs, back, and chest. In our fitness center the three most important machines to develop these muscles are the leg press, seated row, and chest press.

As we age, we lose muscle so it is very possible to be thin and still have too much fat. So,

if you want to lose body fat effectively, you have to include pumping a little iron in your fitness plan!

How Do I Start Exercising?

Making the decision to begin exercising is the first step. Committing to make it a priority in your life is the next.

Often, the biggest challenge is changing your lifestyle. Many of us have created bad habits over the years and changing these requires a committed effort to consciously recognize and alter these patterns. Ultimately, you will have to change your internal beliefs and external environment for success. I have witnessed dozens of clients and senior residents succeed in this process. For example my father started working out at the young age of 70 and is still consistently going strong at 75.

Check with your doctor before you start an exercise program. Once you have the OK, surround yourself with supportive people and role models. Having a support system is crucial in starting a workout program. Accountability and motivation are very important to success. Ask those who enjoy an active lifestyle how they've reached their goals.

You might also consider several sessions with a highly qualified personal trainer (guess who) to learn how to reach your fitness goals. Keep in mind there is no right or wrong way to stay active. Everyone's fitness journey is different and you have to find out what works for you.

Physical health is often the last item on the daily agenda. It's time you put yourself first by giving yourself a better quality of life. Get moving!

Free Orientations on how to use our fitness center are every Tuesday at noon.

Trivia Question of the Month

Which resistance exercise would most likely reduce abdominal fat when performed on a consistent basis and why?

- 1) Bicep Curl
- 2) Leg Press
- 3) Abdominal Crunch

The first three to answer correctly will receive a 25-minute complimentary personal training session.

Personal Training for weight loss, muscle strength and toning, balance training, injury rehabilitation, sport specific training, and osteoporosis prevention and reversal is available at 854-8707 e-mail entertrainer24@yahoo.com

Feel free to call for a free consultation. That's it for this month. Keep on moving! ☺

vided by The Good Vibrations. Come on out and join us in the fun.

Our entertainment at the November meeting was the duo of Barry and Nancy. They started us off with "God Bless the U.S.A." in deference to Veteran's Day, and proceeded with 12 or 13 more songs. We went from Elvis' "Don't Be Cruel" to "Wake Up Little Suzie," "Love and Marriage," to Sinatra's "My Way," finishing up with "God Bless America" and "Goodnight Sweetheart." Many thanks to a pair of great entertainers with outstanding voices.

Hope to see all of you at our Dec. 9 meeting, as we enter the joy of the holiday season. ☺

Friendship Social Club Jinny Adolph

Our president, Eileen Utiss, runs a well-organized club, moving things along gently but firmly, and it is a delight to see her in action. We had one new member and six renewals join us so we are growing steadily, which is nice to see.

Our entertainment in December will be pro-

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Pattern Dance Club

Barb & Joe McArdle

We are busy learning new dances and going over old material. We all know the Texas Waltz and it is just beautiful all done in sync. We learned Cowboy Cha Cha and were amazed that it has 80 steps and we did it no sweat.

The most recent dance is the Schottische. It is an old Polish German dance and has many variations.

We meet each Tuesday night from 6:30 to 8 with extra help at 6 p.m. Since Christmas and New Year's Day fall on Tuesdays, there will be no class on those days. We resume on Jan. 8.

For the diehards we also meet on Sunday evenings from 5:30 to 6:30 p.m. at the Arbor Club Ballroom.

For more information, call 369-1220. ☺

American Jewish Club

Irene Rudick

Our next meeting of the American Jewish Club will be Dec. 16 at 12:30 p.m. in the Arbor Conference Center, Suites E, F and G. We are having our TooJay's box lunch. Cost of the lunch is \$12 per person. Payment is due by Dec. 6. For information call Sandy Wolf at 861-8074.

December's Lunch Bunch will be on Dec. 19 at the Mason Jar in Friendship Center. They are now in their new facility. Call Jean Singer at 873-1877 for information.

Our Sunshine Lady, Dorothy Bresky, at 854-0284, is available to give you information and answer your questions about our organization. ☺

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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.



Photo by Andy Zarrella

These are the members who volunteered to be contestants at October's 'Who Am I?' contest. Standing back row: Terry Zarrella, host; Kathy Greszczak, Frank Palotta, Alan Best, MaryAnne Nabet and Elaine Hersh; sitting: John Greszczak, Joyce Zalis, Louise Roder, Bunny Barba and Christine Best.



**New York/
New Jersey**
Terry Zarrella

Hope everyone had a great Thanksgiving! So much is happening in our club so I will get right to the point. At last month's meeting we held our "Who Am I?" contest hosted by none other than "moi." Everyone had a fantastic time. Prizes were given to all the contestants and I was told several of the contestants won money prizes from the scratch off tickets given as prizes.

We sold tickets for the Tampa Downs Trip, which will be held Tuesday, Feb. 5, 2008. There will be two busses going that day and the fee for the trip, which includes, admission, buffet dinner, bus and tips, is \$37 for NY/NJ members and \$38 for non-members. If you are interested in going on this trip please

call Liz Ettell our president (she's in the phone book) for tickets.

November's meeting had our ever popular "Horse Racing" headed by John Zanazzi. Next month I will elaborate and possibly show a picture of the proceedings.

If you did not purchase your Christmas dinner tickets at the November meeting please contact Liz Ettell, our president. The tickets are for NY/NJ members and the cost per person is \$12. The dinner party will be held during our regularly scheduled meeting date of Tuesday, Dec. 18 from 3 to 5 p.m. Santa will be in attendance and most likely his "ditzzy" helper. The menu will consist of three entrees: roast beef, pork and chicken marsala, oven roasted potatoes, string beans almondine, tossed salad, coffee and dessert. The club will be picking up the rest of the tab for this most looked for and enjoyable day at our club. Last year it was fantastic and everyone enjoyed themselves tremendously. There will be gifts to lucky ticket holders and of course our 50/50 will also be held.

Remember you must be a member to come to the club meetings and parties and if you have not already renewed your dues for the coming year and wish to attend, your dues must be paid. Also ... anyone who has just moved to On Top of the World from the New York and New Jersey areas, please do not hesitate to contact me or Liz for additional information. We look forward to meeting you and having you join our most popular club.

To everyone ... we the board members wish you all a very merry Christmas, happy Hanukkah and a very happy new year.

Until our next meeting, stay well ... laugh often ... be happy!



Pennsylvania Club
Pat Utiss

The November meeting of the Pennsylvania Club was our annual Thanksgiving potluck. As usual, the good cooks from Pennsylvania outdid themselves with plenty of good food. A newer member remarked to me about the wide variety of food available, when nothing

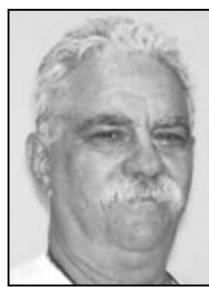
was assigned. I assured her, it happens all the time. As the meeting was held the same day as Super Bingo, we didn't have any other activity. I knew some members were anxious to get to the bingo and claim their usual seats, to win a ton of money. I hope they were successful.

The Christmas Party for 2007 will be held at Logan's Roadhouse at 5 p.m. on Dec. 12. By the time this paper is delivered, it will be too late to get tickets. However, if you have tickets I want to remind you, each ticket holder should bring a white elephant for a gift exchange.

Also, we are again collecting new toys for the Salvation Army. If possible, we ask you to bring the toys to our house before the party. Our address is 9274-C S.W. 97th Lane. This is in Crescent Ridge.

A reminder for 2008, our Christmas party will be a covered dish dinner held in our usual meeting room. However, we want you to mark your new calendars, as soon as you get them, the 2008 Christmas party will be the first Wednesday of December. That is Dec. 3, 2008.

The officers and members of the Pennsylvania Club wish everyone in On Top of the World, a very, very merry Christmas and a healthy and happy new year.



Social Club
Mort Meretsky

It's December and time to renew your membership for 2008. If you're a new resident or an old resident and not a member, now is the time to join. Dues are \$10 a year.

We play poker and blackjack on the third Friday of the month. We use play money and at the end of the day, the person with the most money at each table wins \$5, second place gets \$3 and third place gets \$2. It's a great way to spend an afternoon.

On the first Sunday in February we have

our annual Super Bowl party at the Health & Recreation Ballroom complete with a chicken dinner. In the summer we have a chicken "picnic" and various times at our poker/blackjack days we have pizza. Come on down to our next poker/blackjack afternoon on Friday, Dec. 21, from 2 to 4 p.m. at the Arbor Conference Center and join the fun.

I hope everyone marked their calendars for December 2008 for our cruise on the Mariner of the Seas. The date is Dec. 8, 2008, for seven wonderful nights. You'll watch the most amazing ice shows and see incredible parades in their three-story mall and that's on top of great food and entertainment. Plus a \$50 ship-board credit per cabin. The cruise is from Port Canaveral to the Eastern Caribbean with stops at the private island of Coco Cay, St. Thomas and St. John, and St. Martin. The prices are \$440 per person for inside cabins, \$500 per person for promenade cabins, \$539/pp for outside cabins and \$638/pp for balcony cabins. Everyone must add \$211.77 for port taxes and govt. fees. Round trip bus transportation from On Top of the World is available for \$25 per person. Call Larry Wilver at 861-0609 or Margaret Orlando at 854-7306, or call direct to Affordable Travel, toll free at 1-877-553-9537.

I would like to wish our members a merry Christmas and a happy Hanukkah and I'll see y'all on the 21st.



Computer Club
Sherry Surdam

Because of the upcoming Thanksgiving and Christmas holidays and the usual exodus of members who travel northward to be with family during these holidays, attendance at club meetings during the latter part of November and all of December is somewhat less than usual. This is not all bad in that with fewer attendees more people are willing to ask questions or talk about problems they are having with their computers and more time can be spent on specific issues. Many people are reluctant to ask questions for fear of appearing ignorant! What people should try to remember is that we have all been in their shoes at one point or another. And not all questions have good answers either. Someone invariably comes up with some new glitch or problem for which there appears to be no easily discov-

erable answer!

The function of our club is primarily to be a "forum" as such, where people can ask questions and others who may have had a similar problem and found a solution can volunteer such information and offer suggestions as to a possible fix. Occasionally we are without answers and at that point we recommend a visit to a computer repair shop!

In November we held only two formal class sessions. On Nov. 3, there was a class on creating greeting cards using a recent version of the Hallmark Greeting Card program as an example. All greeting card programs, both free and paid, operate in a similar manner; you point and click and follow instructions to create lovely, personalized cards for special occasions (or maybe not-so-special occasions but just to let someone know you're thinking of them!)

Then on Nov. 10, we talked about how to change the program that opens a particular type file by default. Most of us have installed programs we like to use for specific purposes but some program creators want you to use their program so they insinuate themselves as the default. This is called "file association" and can be a confusing concept. We demonstrated how to make a program you choose be the one that is always used. We also recommended extreme caution in attempting to change file associations as you could easily find yourself unable to open a file at all!

On Dec. 1, we will have the election of our board of directors and a class on using the very popular, free digital editing program from Google — Picasa 2.0. The remaining meetings in December will be Q&A only, and we will have no meetings from Saturday, Dec. 22, to the end of the year. The first meeting of 2008 will be Thursday, Jan. 3.

All meetings are held at 9 a.m. at the Arbor Conference Center, Suites B and C, on Tuesday, Thursday and Saturday. If you aren't a member yet but want to see what we do, come on up and give us a look-see. I think you'll find we have much to offer both novice and more experienced users!

For Mac users, we always dedicate the second Tuesday of the month to classes and/or questions and answers on the Mac operating system.

As always, be sure to check the calendar on our Web site at www.cccocala.org for the dates of our presentations and for any scheduling changes that are inevitable. Hope to see you soon and happy computing!



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Invasion Of The Emerald Isle (Part 2)

By Bob Woods
WORLD NEWS WRITER

As you remember from last month's issue of the World News, the group of travelers had just returned to their respective country homes after enjoying a fantastic evening of sightseeing, dinner and an outstanding hour of entertainment by a story teller and songster at the historic farm house, Brod Tullaroan.

After another stomach stretching breakfast with all the trimmings, our bags were packed and we awaited the arrival of our coach to head southwest to Cork City with a few stops in between. Taking almost one hour, the coach finally picked up all the On Top of the World travelers from the country homes and we proceeded down some of the narrowest roads I have traveled in a long time.

I lived in London for four years and I did manage to venture out into the country traveling along some of the narrow roads. Meeting another vehicle one would have to pull over and almost stop allowing the other to pass along side.

This was the case many times during our trip. The coach driver would come to a complete stop after pulling as far as possible to the left side of the road to let the other vehicle pass. It became very noticeable how narrow some of these roads are when a lorry (trailer truck) is heading in the opposite direction. One sitting in the coach is waiting for mirrors to scrape the coach's side.

Traveling toward Cork City we noticed off in the distance a huge castle complex sitting high on a knoll. This is the Rock of Cashel. The word "cashel" is an anglicized version of the Irish word caiseal, meaning fortress. The Rock of Cashel rises some 200 feet above the surrounding area and a cluster of ruins adorn the top of this outcrop. The largest structure on the top is the remains of St. Patrick's Cathedral, which was built in the 13th century. Also in the cluster of ruins is Cormac's Chapel, which was constructed in 1127.

The coach pulled over to the highway's shoulder, allowing all who wanted to take pictures of the famous Rock of Cashel. Reboarding the coach we drove for a short distance in the town of Cashel where we had the opportunity to stroll along the streets, or do a little shopping. Mighty little, but enough time to make a pit stop or grab a snack before departing.

We approached the seaport community of Cobh. This city is situated on a hill and the color of the buildings really stands out. Some of you might remember that is the last stop of the famous ship Titanic before she hit an iceberg, becoming a statistic in "Davy Jones Locker" on the bottom of the Atlantic. But Cobh has a different history as this was the port that hundreds of thousands of Irishmen fled their native country for greener pastures elsewhere, in what was called the "Potato Famine" during the years 1844-48.

One structure that stands out on top of the hill overlooking the community and the sea beyond is St. Coleman's Cathedral. Many immigrants fleeing Ireland prayed in this cathedral before boarding whatever ship would take them to a better life elsewhere, especially America, where they could bring up families without starving. At this time in history the cathedral was not completed, but those immigrants believed their prayers were answered, and sent back enough money to complete the cathedral.

We were given a little background history of Cobh by Con and were told that this harbor is one of the largest and safest anywhere, capable of being the safest anchorage for the largest vessels afloat. During the 1950s the biggest of the transatlantic liners used Cobh as their last port before heading toward America and elsewhere.

One of the most inspiring tours so far was



Photo by Bob Woods

Residents who went on the trip to Ireland pose in the lobby of the Killarney Avenue Hotel in Killarney, Ireland. The gentleman in front is Conneilius Collins, otherwise known as 'Con.' Con was the group's guide and driver of the coach. He was a walking historian, shared the history of Ireland and the places visited, told jokes and sang some Irish ballads.

meeting up with a guide who was going to take us on a walking Titanic tour of Cobh. Michael Martin had really delved into the history of the RMS Titanic. He has been interviewed by worldwide TV and radio stations and this tour we were about to undertake had been filmed by 20th Century Fox, National Geographic and many other travel documentaries.

He started his walking tour by explaining in detail everything that had happened to the Titanic, including the ship's stop in Cobh. We walked a short distance to a memorial that was dedicated to those on the Titanic. At this memorial he related all types of stories of survivors and those who didn't survive.

We crossed the main street and stood in front of a large red building that was the Titanic's shipping company's office. Here, those in the upper classes entered, and where those not so fortunate also stood in line waiting their turn to board boats that would take them to the liner. Martin also showed us the remains of what was once the pier where all passengers of the ill-fated ship departed from.

More time was spent in Cobh; some of us explored while others indulged themselves with a light lunch before boarding the coach for a drive to Cork City. Con drove us all around the city pointing out many places of interest before heading for our hotel, which I must state was really far higher than a superior first class hotel. We were treated to large rooms,

and even more special, the floor in the shower was heated. Dinner here was fantastic.

Cork City is Ireland's third largest city after Dublin and Belfast, and is also an important seaport. It is located on the Emerald Isle's southern coast.

After another gut swelling breakfast we left Cork City for Killarney with many stops in between. Our first stop was at Blarney Castle and a visit to the Blarney Woolen Mills. The castle was something worth seeing, especially for those who would venture up a steep spiral staircase containing 120 steps to the top of the castle where the famous Blarney Stone is located. Kissing the stone is said to bestow the gift of eloquence upon that person. All I could visualize was a sore back as the one kissing the stone has to lie on his or her back and bend way down to reach the stone.

The Blarney stone is a block of bluestone built into the battlements of the castle and set into a tower back in 1446. The stone is believed by some to be half of the original Stone of Scone. The castle is a popular tourist site in Ireland and attracts visitors from all over the world just to kiss the stone.

There are folks stationed at the stone to assist and make sure one does not slide down the opening, which is at least three stories high. Also, a photographer is located there taking a picture of everyone who kisses the stone, and a copy and certificate stating you

did kiss the stone is available at the castle's gift shop, for a price naturally.

The next stop was the Muckcross House located on the outskirts of Killarney. The house is a 19th century mansion built in 1843 and is located in a gorgeous setting with beautiful gardens on the shores of Muckcross Lake with mountains in the background. What a view. There are times I was more interested in the surrounding views and garden than the house itself. This house, by the way, is a favorite tourist stop utilized by tour companies.

Don't get me wrong, the house was beautiful with all its furnishings. Believe it or not this house has 65 rooms. During our guided tour we were told the house was extensively improved in 1850 as preparation for the visit of Queen Victoria in 1861. It is also said that those improvements were a contributory factor in the financial demise of the estate. The estate has changed owners over the years and in 1932 was presented to the Irish state. Today it is part of the Killarney National Park.

Upon the completion of the tour at Muckcross House we headed into Killarney to do a little sightseeing in the city. Then we headed for our two night stay at our hotel. This hotel, as well as all the places we resided at, had outstanding meals. I just wish they weren't all that great as I am sure I put on a few pounds, in fact, many pounds.

The next morning, after a great breakfast, we boarded the coach for a trip around the Ring of Kerry. The Ring of Kerry is a tourist trail that starts and ends just outside Killarney going around the Iveragh peninsula. The trail passes through many communities and the scenery is out of this world. You have mountains on one side and at time the ocean on the other.

I found out that "The Ring" is popular with many coach companies offering trips during the summer months. All the tour coaches go around the "Ring" in a counter-clockwise direction. This is because the roads are so narrow coaches would have difficulties passing one another. Autos are encouraged to travel clockwise.

One place we visited was called Ladies View, which is a very scenic point along the "Ring." Not only is it a great view but a perfect spot to take a group picture, which was done. Now why they call it Ladies View is it seems way back when Queen Victoria visited Muckcross House she arrived there with many ladies in waiting. These ladies were treated to a tour of the Ring of Kerry and when they reached this point of the tour, they stopped for a long period of time soaking up the beautiful scenery. The ladies in waiting liked and enjoyed the view, hence the name, Ladies View.

One little village we visited for a short period was a place called Sneem. This unique little village was extremely picturesque sitting along a roaring stream. We had time to wander a little throughout the village but the main reason for our stop was to purchase ice cream. Con told us it was one of the best places along the "Ring" to get ice cream. The ice cream I had was extremely creamy for being what is classified as soft freeze.

After many more stops we returned to Killarney, but before heading for the hotel our driver/guide took us to a scenic area, which overlooked Muckcross Lake and the village of Killarney. I got the group together on a beautiful staircase for another group photo.

After another great supper, most folks departed the hotel for a walk around town or head for one of the pubs. Most of the large pubs furnished music, one in particular right next door to the hotel had Irish folk musicians playing and singing old Irish tunes.

I hate to say it but after this night we just had two more nights left in Ireland before heading back home. How time flies when you are having fun! ☺

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At the November meeting President Mike DiBari introduced Anne Vivarronda as our entertainment chairlady. She will be glad to hear your ideas concerning programs for our future meetings.

We had a delightful program of music provided by the Cherrywood Estates Songbirds. Director Jean Monroe made it a fun time by including some of our members to join in the dancing.

Dues for 2008 are now being collected. Henrietta Mancos is always at our meetings and will collect your dues of \$10 per person.

Remember, our next regular meeting will be held as a Christmas social, with snacks and fun for all, on Dec. 5 at 2:30 p.m. in the Health & Recreation Ballroom. Entertainment will be provided by Homer Noodleman, "comedian extraordinaire."

Come join the fun. Merry Christmas and a healthy and Happy New Year to all. See you next time. ☺

PHRASE: Conas ata tu?

PRONOUNCED: kuniss ah-taw two

MEANING: How are you?

Our winter event is Dec. 13; please mark it on your calendars. Our entertainment will be The Marion Landing Light Chorus. They are quite good and you will enjoy them. In addition we plan to have an old fashioned Christmas singalong. The tickets will be \$12 and our meal will be catered by Bruce. Trust me it will be an evening to remember.

Tickets for members will go on sale at the Health & Recreation Ballroom on Monday, Dec. 3, from 8 to 10 a.m. Tickets for our friends and neighbors will go on sale at the H&R Dec. 5 and 7 from 8 to 10 a.m.

No trip to Ireland is complete without a visit to Blarney Castle and that is exactly what we did. You have your choice once you reach the castle; to go to the Woolen Mills, Blarney Stone, or Blarney Castle itself. There are those that think you come to Blarney only to see the Stone. But the Stone is only part of the attraction. The castle was built nearly 600 hundred years ago by the Lord of Blarney, Cormac MacCarthy, and it has been attracting attention ever since. Over the last few hundred years, millions have flocked to Blarney, making it a world landmark, and one of Ireland's greatest treasures. Being the country's treasure might have something to do with the Blarney Stone. The legendary Stone is found at the top of the tower (120 steps). According to legend, kissing the Stone endows the kisser with the gift of gab. Kiss the Stone and you will never be lost for words.

To all our neighbors and friends we wish you the best at the holidays.

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

What wonderful clowning weather! Just a while ago we were discussing how uncomfortable it was wearing our wigs, makeup and multi-layered wardrobe items and now they keep us warm.

At any rate, no matter what the weather, Ocala Clown Express is on the move and enjoying clown gigs around the county. A few of our hearty clowns got up early on a Saturday in October to go to the Hospice Bereavement Camp to bring some cheer to those little folks who have recently lost a loved one.

In addition to fulfilling our commitment to the MRMCM Pediatric Orientation Program in October, a good number of our clowns finished off the day by participating in Ocala's Light the Night Program. Some members actually took part in the walk while others provided face painting, tattooing and balloons.

There were some tired, but happy clowns at the end of that day.

November started off with a rush. What has become an annual tradition for Ocala Clown Express is joining the folks at the Druid Hills United Methodist Church in providing a block party. Boy, are the clowns ever kept busy. There are lots of little faces out there just waiting to have wonderful things painted on them. Many more love having their own little balloon critters and even some of the grown-ups get excited about the tattoos.

Of course, there's even some time between "customers" to clown around with them.

Also in November, Ocala Clown Express members joined the special folks who work at Kenny's Place for lunch. The clowns love going there and lots of them shop for their plants and shrubs. Kenny's Place is self supporting and provides a work place for folks with special needs. It's always a pleasure for OCE to be invited back.

Luckily for the clowns MRMCM had not scheduled any students for the Thursday program on Nov. 8, because on Friday they were rested up to help Eighth Street Elementary School celebrate its fall carnival. But they didn't rest long. On Saturday they took off to the McPherson Complex to support the Humane Society. And to complete the weekend, the same group of clowns found themselves at the Markets of Marion on Sunday morning to support a program sponsored by the New Horizons Academy.

That about wraps things up for now. It's time to go to press. As you can see, we keep ourselves busy. As always, we like to put out the invitation to those of you who read the column to join us in our clowning efforts. If you are interested in joining us, please contact our leader, Dotsy. Dotsy lives with Carol White and can be reached at 873-9223. ☺

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By Appointment



D'Clowns
Paula Magen

clowns elsewhere at times. We understand. At this meeting Sunflower (Paula Magen) did a face painting workshop and distributed practice sheets so all our clowns can learn to face paint.

New clown "Bubbles" (Nancy Erikson) has been an active clown from the beginning. She was born in Massachusetts and has lived here with her husband for a year. They have a son and two grand children. Nancy enjoys bowling, biking, shuffleboard, scrapbooking and cruising. She will be an asset to the group.

Joining our group also is Ruth Dickinson or "Rosey." She hails from Connecticut and was born in New York City. She is looking forward to having fun as a clown. Ruth enjoys line dancing.

"Popsickle" or Mary Knight is working on her clown costume and will be decorating an additional clown golf cart for the parade. She was kept busy tattooing children at the Halloween party where she looked very cute in her clown outfit.

D'Clowns look forward to "Kids & Cookies" at TimberRidge Nursing Home and Rehabilitation Center. The first half hour is devoted to participating in the wheelchair exercise program. Then it's on to the four and five year olds from the Childhood Development Center who do an activity with the seniors. It's fun for young and old alike. The kids love to see the clowns and enjoy getting Mardi Gras beads we give out.

Clown "Nelly Belly" (Eileen McGrath), our club secretary, is working on a new roster.

We are looking forward to the decorated golf cart parade on Dec. 12. It should be fun!

D'Clowns is a fun group here to bring smiles and laughter to all ages. We love what we do and will be happy to teach you how to be a clown. Boy clowns and girl clowns are welcome. Come to a meeting on the first and third Monday of the month at 1:30 p.m. in Suites B and C of the Arbor Club. For info please call Paula at 873-3433. Happy holidays! ☺

December already? "Sure don't look like it." We still have green grass and no snow. I'm sure it will be happy holidays anyway. At this writing we look forward to Thanksgiving ... I can smell the aromas. Hanukkah begins on the 4th and don't forget Pearl Harbor Day on the 7th. We are still reeling from the huge Halloween party at the Sheriff's department. D'Clowns were non-stop busy with face painting and applying tattoos on the costumed children.

With only a small number of clowns available for our monthly show at Summerville, I must say we were terrific! We did our skits, musical participations, magic, story telling and jokes and packed it all into an hour. The residents at the memory support unit as always were gracious and appreciative and we love being there.

Our first meeting of the month was attended by two of our new clowns. It's wonderful getting new clowns (thanks to Debbie Clark's Club Fair) as some have dropped out and others have not returned as yet. Then there's always the "other activity" that keeps our

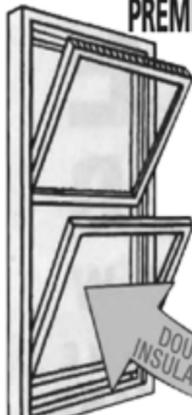


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On Top of the World NEWS

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Section 2



Vol. 21, No. 6 • December 2007



Tickets On Sale Dec. 3 for New Year's Eve Dance

DANCE COMMITTEE

The Dance Committee proudly announces the New Year's Dance for all On Top of the World residents.

Cruise Into 2008

The Dance Committee wants to invite all residents of On Top of the World and their overnight guests to the very special New Year's Dance for 2007-08. It will be a great evening. The band is one that will be familiar to those who attended the Italian/American Dinner Dance. Randy Rondo and his four-piece dance band will be playing for your enjoyment.

These are the particulars:

PLACE: Health & Recreation Ballroom. **TIME:** 8:30 p.m. until 12:30 a.m. **DRESS:** Semi-formal — coat and tie for gentlemen, and evening wear for ladies. **PRICE:** \$15 per person. **BAND:** Randy Rondo Dance Band

Ticket sales will begin on Monday, Dec. 3 at 8 a.m. and sales will continue each Monday, Wednesday and Friday in the Health & Recreation Ballroom until all are sold. There will be no limit on the number of tickets that you purchase, but we will need the names of each person that you are purchasing tickets for. There will be no early sign up. A member of the Dance Committee will be at the H&R Building at 7 a.m. to pass out numbers for ticket sales.

There will be a singles table for those who wish to sit there.

There will be favors on the tables, we will have a midnight toast to the New Year 2008 and we will be serving coffee and doughnuts after midnight.

We hope that you will join us for a memorable evening of welcoming in 2008. We'll see you there!



Brian Gurl and Lenny Ski will perform as part of the Red Hot Jubilee Jam on Jan. 26.

Entertainment Group Presents Variety Show

Saturday, Jan. 26, promises to be an evening that will find the Health & Recreation Ballroom rocking and jumping. Gurl and Girl Productions, thanks to Frank DeLuca of DeLuca Toyota, present their "Red Hot Jubilee Jam ... A Sizzling Musical Variety Show."

The evening will feature tributes to Willie Nelson, Elvis, Judy Garland, Lucille Ball and the Big Apple plus a whirlwind of music, comedy and good old-fashioned fun.

Brian Gurl, pianist and vocalist extraordinaire returns with Lenny Ski, fiddle wizard and entertainer, along with Terry McKinney, charismatic country singer who can double for Willie Nelson, singing sensation Judy Alexander, Eddie Graham Elvis's drummer direct from Vegas and Joey Girl whose impression of Lucy giving her sale pitch for "VITAMETAVEGIMINE" promises to bring down the house.

Tickets are on sale Dec. 3, 4 and 5 from 8:30 to 10 a.m. in the Ballroom and resume Dec. 31 and Mondays, Wednesdays and Fridays thereafter.

Thanks to DeLuca Toyota, ticket prices are \$6 general and \$8 reserved and a limit of four per purchase and are for all residents of all On Top of the World communities and their houseguests.



Photo by Lennie Rodoff

'Bad Hair Day (Egrets)' won the 2007 People's Choice Award in this year's Shutterbugs photography exhibition.

West Port High School Assists Shutterbugs

By BOB WOODS
WORLD NEWS WRITER

West Port High School students and teachers helped the On Top of the World Shutterbugs judge photographs in the photography club's annual exhibition.

The photos were submitted by some of the members of the Shutterbugs, a photography club located here in On Top of the World. By the way, this club is open to all residents from all the On Top of the World communities and it doesn't make a difference if you are an experienced photographer or one who has never taken pictures before and are now the proud owner of a digital camera that you have no idea how it works.

With more than 90 entries in this year's contest the club needed someone who knew what they were viewing when it came to the definition of categories of each picture. So they enlisted teachers and students from West Port High School, which is home to the Marion County Center for the Arts.

Two teachers, Karin Gunn and Molly Brauhn, helped with the judging. Gunn teaches photography and animation at West Port and has worked as a professional photographer. Molly Brauhn teaches sculpture, ceramics, drawing and painting. Both were asked to participate as judges in this year's competition.

Accompanying the teachers were two students. Catherine Mills will graduate this

year and has been studying creative photography and visual arts. She has been with the Marion County Center for the Arts program since 2004 at West Port. Samantha Feldmann, a junior, is presently in her third year at MCCA, studying photography.

It took the four judges four hours to judge the 90-plus entries. Each entry was judged on composition, lighting, impact (first impressions), originality/creativity and technical quality. The judges were also asked to give each entry their own personal comments to help aid the photographer in the future and why that entry received the marks given.

The judging was intense and accomplished at the residence of Gary Uhley, the club's president. There were just a few members of the club that assisted in keeping tallies of each group judged. Each member was assessed a fee and could only submit a maximum of three entries. There were five categories in which the photos were placed; novice, intermediate, advanced, master and modified.

In the novice class, Gary Rodoff finished first and second while Joel Haag took third place and honorable mention went to Sandra Carey. In the intermediate class Marilyn Cronin took first place while Dick Hendrickson took second. Taking third place was Lennie Rodoff while Joan Gattozzi took honorable mention.

In the advanced class Daisy Rowell took first place while Ray Cech took both second

and third place. Honorable mention went to Mike Roppel. The master class was won by Gary Uhley who also took honorable mention. Tom Jellifer took second place while Tom Frostig took third. In the modified class Dennis Phillips took first and third place while Norbert Sachs took second.

Judging for the People's Choice took place over a week of judging by On Top of the World residents who cast ballots. The pictures were hung throughout the Arbor Club Ballroom.

Winning the 2007 People's Choice Award was Lennie Rodoff with her photo titled, "Bad Hair Day (Egrets)."

At the completion of the judging, Shutterbug president Gary Uhley presented each judge with a certificate of appreciation for their participation in judging.

The Shutterbugs is a photo club catering to all residents regardless of which community they reside. The club meets every Tuesday in the Arbor Club Conference Center. Each Tuesday there are special programs and training sessions for beginner photographers to those who have advanced photographic knowledge and experience. So, no matter what level your photographic expertise there is room for all those who wish to become members in the club.

For additional information about the Shutterbugs or the schedules of what classes are being taught and when, please call the club's president, Gary Uhley, at 854-8536.

New Line-up, New Seating, New Online Ticketing System

Circle Square Cultural Center announces its 2008 entertainment lineup. Enjoy more than 15 new and exciting entertainers, such as Charo, the Central Florida Symphony, the Drifters, the Coasters and more. Tickets for the 2008 schedule will go on sale Monday, Dec. 3, at 9 a.m. at the Cultural Center Ticket Office and online. New shows will continue to be added throughout the year and don't miss this opportunity to experience our new, more comfortable, wider concert seating. Circle Square Cultural Center also now offers a new, more convenient way to purchase tickets without leaving your home!

New Online Ticket Purchasing

To purchase tickets online, please visit www.CSCulturalCenter.com. The following steps will guide you through the process:

TO SET UP YOUR ACCOUNT

• Step One: After selecting the show you wish to purchase, you will need to set up your personal account to receive the resident discount. Please note: if you do not set up an account, you will NOT receive your resident discount.

• Step Two: Under NEW ACCOUNT enter your e-mail address and click Continue.

• Step Three: Complete the account set-up form, then click Create Account. After you have created your account, you will be able to begin purchasing tickets at the resident rate.

TO PURCHASE TICKETS ONLINE

• Step One: Select a show, then enter the number of tickets you would like to purchase and click Continue.

• Step Two: Next, navigate through the Performance Option screen. This is where you will choose your seats and your delivery method (i.e. box office, will call or e-ticket). Instructions are listed on the page.

• Step Three: Once you have completed your order, you will review it on the Order Overview screen.

• Step Four: Finally, navigate through the Secure Payment screen by choosing one of the following options: Purchase more tickets to this event, purchase tickets to another event or checkout. If you choose to checkout, enter your credit card information. You may pay by VISA, MasterCard, American Express or Discover. (Please note that online tickets are subject to a convenience fee.)



Photo by Ryan Douglas

New seats at the Circle Square Cultural Center await 2008 acts such as Charo, top, and John Davidson.

• Step Five: Remember to print your ticket(s) at home to avoid a possible wait before the show. You may also pick up your tickets at the Will Call window the day of show. Remember to bring your printed e-tickets with you to the show.

Ticket Office Purchasing

Tickets will continue to be available for purchase at the Circle Square Cultural Center Ticket Office Monday through Saturday, 11 a.m. to 2 p.m., and 11 a.m. until showtime on the day of show. On Top of the World residents will continue to receive reduced ticket prices and advanced sales by purchasing at the Ticket Office or online.*

For more information or to purchase tickets, please visit www.CSCulturalCenter.com or call 854-3670.

*Online ticket purchases are subject to a convenience fee.



**Director
of Golf**
Jeff McDonald

I can't thank all of you guys enough for all of the support you showed at the Demo Day at Candler. Because of you, it was a huge success. If you were able to see Dan Boever's exhibition, I know that you truly enjoyed it. We are working already to get him for next year's Demo Day.

We have scheduled a demo day once a month through May; representatives from Cobra and Nancy Lopez will attend each month. Please check with the golf shops for details and we will keep you informed as others commit. Please understand that we had to book all the demo days at Candler in order to invite the most people. Nick will work it out so that those of you who would like to may buy or order clubs from these upcoming demo days and will be able to pay for them at On Top of the World. Don't forget that all these sales will work toward the Fool's Day Give-A-Way promotion.

I must tell you that I sure missed the call, concerning hole No. 10, of the Tortoise & Hare. So, after several meetings during the month of

November you should be playing the hole by now. I sure hope so!

There is something that I think will help some of you concerning your decision as to rather or not you will join the club based on the progress of hole No. 10. We had all kinds of things happen that kept the hole from being ready for play. So, I won't go into them because they will just sound like excuses to you. But you need to know and understand that we are not doing the changes to the Links course in-house or ourselves; we are paying a company that builds courses for a living. They will want to get in and get out as soon as possible in order to make money. This is why you should not make your decision based on hole No. 10. If you have questions feel free to set a time up with Gwen so that I can answer your questions. We would like for you to feel confident in your decision if at all possible.

It is so exciting to watch as the advisory golf committee becomes more comfortable in the members' roles and the communication increases between both the members and the management. It really is making a difference and you should thank your leaders for voicing your concerns. They don't pull any punches.

Ladies, the new Nancy Lopez line is in and they did have some ladies extra-large tops and Sally and I ordered them for you.

We look forward to seeing you at the Christmas party on Dec. 13. Don't miss out on the fun. Call the golf shop for details.

All On Top of the World GHIN handicap members! You are invited to play golf on Friday morning Dec. 07 and then join us in the Ballroom at 6 p.m. for cocktails (cash bar) and then dinner starting at 6:30 p.m. followed by dancing and fellowship. The band will be Rear View Mirror. They play classic rock and they assure me that you will love their music. Special arrangements have been made and the golf staff or your leaders of the golf associations will be glad to answer questions and get you signed up.

Happy holidays and I wish you all the best in 2008. ☺



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

The time for our events on Wednesday has not changed; it is 8 a.m. rally, tee off at 8:30.

We will start collecting the 2008 MGA dues, which are \$10. Everyone must pay their dues for 2008 or they will not be able to play in any of the MGA events. You can pay your dues in advance by using one of our envelopes; put your name, your local number along with your \$10 and mark on the envelope 2008 Dues.

If you did not attend the meeting about the improvements to the Links course you missed a frank and informative meeting. I applaud Jeff McDonald, Nicky Montanaro, Andy Jorgensen and Lynette Vermillion for telling us about the changes to the Links Golf Course. Just to refresh your memory, the Links course will be closed from June 2 to Oct. 18.

New holes will open then and those holes currently on the Links that are being kept will be getting new greens during this time. By approval of your board of directors, we will be playing at Candler Hills with their Men's Association on Tuesdays from June 2 until Oct. 18 or until the Links is ready to open. During this time there will be no MGA play at On Top of the World on Wednesday. I for one will love playing golf in the summer at Candler Hills and meeting the MGA members at their course. The cost for golf is free if you are a paid member of the Links and T&H courses. We just pay for the game that is played on their Tuesday's MGA day.

Do not forget to pick up your 2008 MGA booklet. It will keep you informed about the coming events and tournaments. Please read your booklet. There are changes in the rules.

In January 2008 we start our President's Cup, which is a match play tournament. This year we are doing it differently. This is a single elimination match play tournament using 100 percent of the MGA handicap. Every player gets strokes on the hole that their handicap

dictates. Tee times will be assigned. The cost is \$5.

It has come to my attention that some of you guys are punching the computer to sign up and post your scores. Also some of our members are hitting the label machine when it does not work. Please stop! You only make matters worse and we will have to replace the computer. It is a touch screen not a punch screen. If the computer does not work just sign up on the opps sheet.

Once in a while someone comes along that surprises you. At our Memorial tournament John Hodd volunteered his time to be a starter without us asking. Thank you, John, for your time and your help. Talking about thanking people we all should give Cal Apperson a big thanks for all the time he spent working on the Memorial Tournament.

FYI: A "water hazard" is any sea, lake, pond, river, ditch, surface drainage ditch or other open water course (whether or not containing water) and anything of a similar nature on the course.

Happy holidays to all of you.

Words of Wisdom comes from our own Frank Palotta:

The links at Boynton Beach Florida made the news after it banished four senior citizens for slow play. The group was just three minutes behind at the turn and eight minutes behind on the 11th hole when they were asked to leave. Many golfers applauded the course for its commitment. And you guy's thought that we were tough on slow play.

See you around the course.

Team 2 Best Ball
Oct. 17

112—Tom Fragapane, Norm Lantz, Stanley Stein, Joseph Wilssens; 119—Ed Klodzen, Raymond Shultz, Phil Johnson, Joe Sinksy; 121—Larry Chase, Guy Russell, Bill Walker, Peter M. Peterson; 122—Jay Borden, Richard Schiller, Charles Casale, Bob Moran.

9-Hole Low Net
Oct. 17

33—John Smagner; 35—Rick Benzing; 37—Roland Smith; 38—Jack Vogt; 40—John Gartung.

MGA Scramble
Nov. 7 • Links

64—Jay Borden, Robert Carter, Dave Knauss, Vince Nucaso; tie at 68—Dave Brazeau, Lee Goodman, Stanley Stein, Bruce E. Venslavsky; Mike Driver, Bob Graff, Lloyd Hoefler, Bob Huegler; 69—Alan Mudie, Dick Norris, Armando Pena, Kenneth Vanderkolk.

Tortoise & Hare

63—Joseph Bologna, Jon Hall, William McGarry, Bev Seal; tie at 65—Bob Cates, Ken Cotte, Dick Gray, Sherman Hutchings; Charles Casale, Joe Groomes, Larry Joseph, David Miller. ☺



**On Top of the
World Golf**
Nick Montanaro

No matter what or how you celebrate, may you and your families have a wonderful holiday season. May 2008 bring good health and a better golf game than you had in 2007.

On that note, if you are thinking of a perfect gift for the golfer in your life, or yourself, you might want to give the gift of golf lessons. We have a wonderful staff of golf professionals at On Top of the World — we have Jeff McDonald and myself and at Candler Hills we have Sally Collins, Jason Schuman and Jeff Hill. They would love to be a part of your gifts.

Now that the commercial is over, I would

like to tell you how much I am looking forward to the Friday, Dec. 7 GHIN handicap system tournament. What better way to start off the holidays then to have great food and good golf with so many friends. Don't forget to sign up in the golf shop for this event.

Please mark on your calendars the cheese and wine party, on Dec. 13, in the golf shop. Check in the golf shop for the starting time. For those of you who did not attend last year let me tell you a little about what goes on. Of course we have complimentary cheese and wine, but we also have balloons that have discounts inside of them for purchases that you might want to make for presents. If you just want to come for the wine and cheese that will be all right too. Hope to see you there.

Just a reminder, we are still having the monthly golf trips to other courses. Please check in the golf shop to see where we will be going in December.

Accomplishment Acknowledgements

• Sept. 14, Howard Sale had a hole-in-one on the Links hole #5. He used a 3 metal. Ken Gilmore and Phil Merchant witnessed this special accomplishment. Here's the unusual thing, he made a hole-in-one on the same hole in 1987. He shot 1 stroke better than his age. (I'm not telling what that is). Congratulations, Mr. Sale!

• Nov. 8, Rudy Normandin made an eagle on the Tortoise & Hare's hole #7. This was witnessed by Gretchen Normandin, Jon Hill and Sandy Ford. Congratulations, Mr. Normandin! I wish you all a magical 2008 new year! ☺

of the problem. Check ball position — one ball target side of center is the ideal placement for the hybrids and fairway metals.

Bear in mind that even with the fairway metals and hybrids the club should be meeting the ball on a descending blow. Too many golfers want to help lift the ball off the turf and wind up catching the top part of the ball.

Be aware of the swing tempo — many golfers tend to get quicker as the club gets longer.

Keep the tempo as smooth with the fairway metals and hybrids as you are with the short irons. Remember to swing the handle of the club, not the club head.

Approach the fairway shots with more thought and the result will help to lower the total score. After all, it's not how, but how many. ☺



**Golf
Tip**
Sally Collins

Effective Fairway Shots

How many times have you hit a great tee shot only to mess up the hole with a poor second shot? Is it due to poor swing mechanics or incorrect club selection?

If the answer is club selection, maybe you did not take into account the lie of the ball only the distance you wanted to go. Too many golfers use a club that does not have enough loft, especially as the Bermuda grass goes dormant in the winter. A 5 or 7 fairway metal can be much more effective than a 3 metal just by the added 3 to 7 degrees of loft on the club head. This is especially true for golfers with slower ball speeds. Don't ignore the hybrids — they are becoming more prevalent in the bags of the tour pros, too!

How is your distance/club selection? Do you choose a club that allows the ball to wind up in the front bunker? Too many golfers tend to "hit all they got" only to wind up in the trouble short of the green. Instead, choose a club that will land short of the green at a distance that allows you a comfortable club to the green.

Perhaps the swing mechanics are the cause

Upcoming Publication Date
January issue: Thursday, Dec. 27

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Fran Cimini and Helen Bailey, with an assist from Dot Wagner, chaired the 9-Hole League's Rally for the Cure.



Ladies 9-Hole Golf
BJ Leckbee

Our league raised \$1,000 at the Rally for the Cure for breast cancer on Nov. 6! Pink was the color of the day, with Helen Bailey and Fran Cimini coordinating this very special event. This is the 11th consecutive year we have raised money for research to cure this disease, which has affected quite a few of our ladies and their loved ones.

Jan Moon won a 3 wood, Helen Bailey won a half-hour lesson with Nick, Jet Messer won closest to the line, and Marlene Floeckher, Millie Nucaso and Grace Bock won "tee to green."

Virginia Blanchard, Michaela Beyer, Jean Flynn and Joan Rappa participated in the ForeEver Clowns invitational at Spruce Creek Country Club. They were met upon arrival by clowns, who later put on a skit for them. Virginia and Jean tied for second place, and all four walked away with a door prize.

Darlene Clark, Marlene Floeckher, BJ Leckbee, Lucy Quaranta and Gretchen Saker played

in the Autumn Leaves tournament at Ocala Palms. The tees were decorated with slightly used golf shoes painted in fall colors, and the temperature that morning ranged from 45 to 75 degrees. Autumn is definitely here! Lucy's team placed first and BJ's placed second.

Date to remember: Dec. 11, Christmas luncheon at the Arbor Club. Cost is \$14; sign-up deadline is Dec. 4. Cash bar starts at 11:30; lunch will be served at noon.

Thanks to the 18-hole ladies for their cooperation on those days when we shared the course. Also thanks to Jeff and his team for holding the membership meeting to advise us of their plans for the courses for the next year. Let's hope this is an annual event.

Skins • Oct. 16

8—Dawn Hagberg, 6—Michaela Beyer, Jan Moon, 5—Raquel Berdichevsky, Lois Tatonetti; 4—Millie Nucaso, Dot Wagner.

Modified Scramble • Oct. 23

43—Marie Segovis, Michaela Beyer, Evelyn Stewart; 44—Marlene Floeckher, June Tassinari, Bobbie Kinsey, Marge Warren; 45—Millie Nucaso, Thelma Smith, Laura Jean Teyral.

Two Best Balls • Oct. 30

Chip-in—Sylvia Willoughby.
62—Violet Sica, Joan Rappa, Marie Palombo, Charmaine Hasset; 68—Helen Bailey, Carol White, Ann Hetzel, Kathy Bologna; 71—Mary Hart, Dodie Phillips, Michaela Beyer, Marge Warren; 72—Agnes Tetti, Raquel Berdichevsky, Bobbie Kinsey, Frances Mencher; Millie Nucaso, Phyllis Smith, Catherine Becraft.

Modified Scramble • Nov. 6

45—Agnes Tetti, Donna Swiger, Sylvia Mark; Tish Dertien, Michaela Beyer, Linda Heenan, Mamie Palmer; 47—Millie Nucaso, Jean Flynn, Alice McDaniel, Ida Rosendahl; Deni DeHart, Helen DeGraw, Marilyn Rowe; Violet Sica, Virginia Blanchard, Sumiko Bridges, Catherine Becraft.

Low Net • Nov. 13

Chip-ins—Carol Bell, Michaela Beyer, Kathy Bologna, Thelma Smith.
Flight A: 34—Darlene Clark, 36—Tish Dertien, Agnes Tetti.
Flight B: 35—Carol Bell, 36—Joan Rappa, 37—Raquel Berdichevsky.
Flight C: 34—Michaela Beyer, 38—Helen DeGraw, 40—Judy Garrett, Alice McDaniel, Donna Swiger.
Flight D: 42—Evelyn Stewart, 44—Mamie Palmer, 45—Darlene Bole. ☺



Memorial Tournament Winners

The tournament winners from left are Rudy Normandin (A Flight), Francis Caprez, not present, and Joe Bologna (tie, B Flight), Stanley Stein (C Flight) and Joe Morea (D Flight).

Two Drive Scramble • Oct. 9

66—Beverly Ovrebø, Shirley Smagner, Glenna Swank; 72—Mary Lyon, Doris Holman, Marti Marta; tie at 75—Carol Joseph, Mary Jane McAtee, Andrea Flannery, Marjorie Mohr; Rosemarie O'Neil, Flo Emanuel, Ester Lang, Euny Moore; 77—Kathy Hooper, Diane Aments, Ellie Rapacz, Helen Bextermueller; 78—Mary Driver, Velma Rose, Mary Skinning, Carolyn Cummings.

Blind Partners Net by Flight • Oct. 23

Flight 1: 137—Sandy Chase, Nancy Nicholas; tie at 144—Joan Daddies, Carol Joseph; Jerry Gill, Mary Lyon; 147—Andrea Fratangelo, Carol Joseph.

Flight 2: 142—Fran Griswold, Shirley Smagner; 143—Doris Holman, Glenna Swank; 155—Diane Aments, Kathy Hooper; 156—Mary Jane McAtee, Marilyn Rose.

Flight 3: 144—Ellie Rapacz, Connie Shirley; 154—Rose Hoover, Mary Alice Narwold; 156—Helen Bextermueller, Euny Moore; 160—Helen Foskett, Dorothy Muller.

Trick Or Treat • Oct. 30

129—Bev Ovrebø, Velma Rose, Fran Griswold, Rose Hoover; 130—Iro Lisinski, Mary Jane McAtee, Gemmy Swank, Helen Bextermueller; tie at 131—Sandy Chase, Kathy Hooper, Helen Foskett; Valerie Smith, Margie Wade, Shirley Smagner; tie at 132—Carol Joseph, Pat MacMurray, Jeanne Rice, Euny Moore; 132—Betty Gustafson, Jean Culp, Jo Apperson.

Chip-ins: Angelita Pena, Valerie Smith, Betty Crippen, Pat MacMurray, Euny Moore, Marilyn Rose.

Low Gross/Net • Nov. 6

Flight 1 Gross: Tied at 84—Linda Bervinkle, Jerry Gill, Iro Lipinski.

Net: Tied at 70—Carol Johnson, Betty Gustafson; 71—Gretchen Normandin.

Flight 2 Gross: 90—Diane Aments; 92—Linda Dumber; 94—Jean Culp.

Net: 68—Andrea Flannery, Mary Jane McAtee; **70—Amelia Pena.**

Flight 3 Gross: 103—Carolyn Cummings; 111—Euny Moore; 114—Dorothy Muller.

Net: 70—Rose Hoover, 77—Mary Alice Narwold; 78—Betty Crippen.

Chip-ins: Norma Cleveringa, Margie Wade.



Ladies 18-Hole Golf
Pat MacMurray

The first annual Friendship Harvest Invitational was held Oct. 16. A total of 90 women played, 48 from area courses and 42 from On Top of the World and Candler Hills. The event was a great success due in large part to the hard work of Jeff McDonald, director of golf, and Nick Montanaro, On Top of the World head pro. They arranged for the wonderful handout gifts, prizes, carts and organization of volunteers.

The course was in prime condition. Jeff Hill was on hand to help where needed. Valerie Smith made attractive fall centerpieces for all the tables, the On Top of the World LGA women outdid themselves with tasty breakfast items and the committee of Iro Lisinski, Pat MacMurray, Mary Lyon and Shirley Smagner insured that a nice luncheon was served. Linda Bervinkle and Connie Shirley handled numerous details. Other volunteers managed the registration, sold mulligans, loaded golf clubs, set tables and cleaned up. Everyone helped to make this event a day to be remembered.

Please pay your On Top of the World LGA dues if you have not yet done so. The GHIN fees should be paid before Dec. 31. Applications are available in the Pro Shop and the fee this year is \$21.30.

A reminder to all ladies to play the ball down. If you move your ball you will incur a one stroke penalty and if you go to the next tee before correcting your mistake you will be disqualified. Also, a ten stroke limit is now in effect; please pick up your ball at that point.

Welcome to new members Marti Marta and Debra Mallardi.



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Handicap Committee
Patricia Del Vacchio

The holidays are upon us and aren't we lucky that we don't have to worry about shoveling that dratted snow. Fortunately our maintenance fees take care of all that. I wouldn't mind going outside to make a snowman or snow angel but then I want it over. Oh well we can't have everything.

I would like to ask any and all of you who go to the computer in the lounge to sign up for tournaments or to post scores to please notify the Pro Shop if there is any problem. Do not try to fix the computer yourself!

I hope by now all of you know about and

have signed up for the Holiday Open Golf Tournament. Any golfer having a handicap from On Top of the World is welcome to play. Keep Friday, Dec. 7, free. The day will start at 8:30 a.m. with a shotgun start, so you will need to be at the flags by 8 a.m. The sign-up sheet will be in the Pro Shop and you will sign up as couples; if you are not a couple you will be paired up. The game is two men, two women; best ball man net, best ball woman net.

Following the game you are free to go home, relax, clean up and then meet everyone in the Health & Recreation Ballroom at 6 p.m. for cash bar if you would like or to just meet and greet. Dinner is at 6:30 p.m. followed by the giving of the prizes.

Keep in mind the Handicap Committee has amassed \$1,750. We have this money in our treasury because the professionals have been doing the GHIN handicapping since Aug. 1 and that money is being used for the prizes. The cost for the day is \$16.55 per person and that is for the dinner. You will have a choice of sliced sirloin with burgundy sauce, chicken cordon bleu or tilapia. This comes with salad, potato, vegetable, and bread, cake for dessert and coffee or tea. Please pay by check, made out to SCA, in the Pro Shop. The sign up deadline is Dec. 1. There is no rain date. If we are unfortunate enough to have bad weather the dinner will commence as planned and prizes will still be handed out. Luckily our weather is usually pretty nice this time of year so I'll see all of you at 8 a.m. at the flags.

Greetings of the season from the Del Vacchios. ☺



Candler Hills Men's Golf
Garry Gerlach

For those players not playing regularly, you are missing a great time. So please consider joining us next year and come out and play. The idea is to have fun and enjoy the camaraderie.

The golf course has come in great for the winter and after a couple of weeks off the course or on the cart paths we all welcome the return to normal golf.

Tuesdays remain a challenge in getting organized and as we get more players (the last two weeks we have had more than 40 players) and we don't know everyone, it becomes more important to be on time Tuesday mornings. Be at the Pro Shop by 7:30 a.m. Some mornings they get us off early, so if you want to hit balls and putt, get there earlier. Be in your carts ready to go at least ten minutes prior to your tee time.

Oct. 19 and 20 was the inaugural Candler Hills Member-Guest with 36 members and their guests participating. It was a great event with four nine-hole formats that challenged us all. We also had a great putting contest converting the Candler Hills putting green into a unique course. The event ended with a dinner dance at the Arbor Club and almost to a man,

everyone seemed to really enjoy themselves. The overall winners were Nicholas Nimerala and Rich Smith.

The flight winners were: A Flight — Dick Williams and Ron Audi; B Flight — Dave Masaschi and Dave Blanchard; C Flight — Paul Fratarangelo and Jeff Nelson; and D Flight — Nicholas Nimerala and Rich Smith. We also had closest to the pins both days by flight. Congratulations to Fred Spain and his committee for a great job.

The semi-annual meeting was held Nov. 13. Congratulations to Bryant Giffin and Fred Spain who were elected to the board of directors. Thanks to the others who also ran for the board. Other key issues discussed included pace of play rule, white tee rule, course condition issues, no show issue, club championship issues, hole-in-one insurance, and dues for 2008, which will remain at \$30 and weekly fee will remain \$5.

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

Candler Hills Men's League Results
Four Man Team — Three Best Balls

Oct. 16

196—Garry Gerlach, Dick Masterson, Ken McDonald, and Ed Wilson; 205—Bob Shively, Larry Kennell, Lenny Pabon, and Ed O'Leary.

Four Man Team — Best Ball

Oct. 30

56—Bill Horton, Rick D'Addio, Gerry Lisinski, and Jim McGrath; 58—Frank McCray, Bob Shively, Jack Gustafson, and Roger Whittle; Ralph Diaz, John Podkomorski, Dick Masterson, and Paul Moltisanti; Phil Morerek, J.C. Van Bloom, Dick Dupras, and Ed Wilson.

Four Man Team — Stableford

Nov. 6

155—Chris Piotrowski, Tom Racinowski, Gene Kelly, and Phil Moherek; 154—Dave Masaschi, Gerry Lisinski, and Marvin Brooks (blind draw); 151—Garry Gerlach, Steve Kupsch, and Ed Pozsony (blind draw); 149—John Larson, Jack Gustafson, Fred Hobbins, Bob Cooke. ☺



Mini Golf
Jack Coyle

Providence Putters

Oct. 16

Ladies: Tie at 45—Inge Vogt and Emmy Ricciardone.

Men: 37—John Ricciardone; 40—Kurt Vogt; 60—Oliver Aube.

Oct. 23

Ladies: Tie at 47—Emmy Ricciardone and Inge Vogt.

Men: 34—Kurt Vogt; 37—John Ricciardone; 43—Oliver Aube.

Oct. 30

Ladies: 44—Inge Vogt; tie at 47—Sandra Ensley and Emmy Ricciardone; 53—Eva Miller.

Men: 40—John Ricciardone; 41—Kurt Vogt; 45—Doug Ensley; 46—Bob Maxwell; 50—Oliver Aube.

Nov. 6

Lady: 49—Emmy Ricciardone.

Men: 43—John Ricciardone; 46—Bob Maxwell.



Candler Hills Golf Club
Jason Schuman

I hope that everyone had a chance to get to Demo Day last month. If not, you missed a wonderful day. We had an excellent turnout, and Dan Boever put on one of the best exhibitions that I have ever seen. If you missed the Demo Day, we will be having a few smaller Demo Days coming up in the next few months. You can check in the Candler Hills Golf Shop for dates and vendors that are scheduled to attend.

With Christmas fast approaching, you will want to get all of your shopping done on time. The annual Candler Hills Christmas Sale will be taking place on Friday, Dec. 6, from 5 to 7 p.m. There will be "deep discounts," wine and cheese and great prizes. And all purchases will count towards the Fool's Day Giveaway!

Calling all couples! Dec. 16 will be the Kris Kringle Open. The monthly Sunday couples event will start at noon. The cost is \$35 (plus applicable green fees) per couple. The fee includes dinner in the Candler Hills Restaurant and money for the prize pool. You can get all the details and sign up in the Pro Shop. ☺

Sunday Mini-Golf

Oct. 14

Ladies: 44—Emmy Ricciardone; 45—Chris Resta; 50—Florence Soens.

Men: 35—John Ricciardone; 36—Ben Resta; 48—Dick Soens.

Oct. 21

Rained out

Oct. 28

Ladies: Tie at 42—Eleanor Krowka and Emmy Ricciardone; 47—Florence Soens; 54—Chris Resta.

Men: 37—Ben Resta; 41—John Ricciardone; 46—Oliver Aube; 47—Dick Soens.

Nov. 4

Ladies: 44—Florence Soens; 45—Emmy Ricciardone; 47—Eleanor Krowka; 48—Chris Resta.

Men: 33—Dick Soens; 38—Bob Maxwell; 48—Ben Resta.

Nov. 11

Ladies: 42—Eleanor Krowka; 44—Florence Soens; 48—Chris Resta; 54—Emmy Ricciardone.

Men: 36—John Ricciardone; 40—Dick Soens; 44—Ben Resta; 47—Bob Maxwell.

Thursday Mini-Golf

Oct. 18

Ladies: 48—Emmy Ricciardone; 49—Eleanor Krowka.

Man: 49—John Ricciardone.

Oct. 25

Ladies: 46—Emmy Ricciardone; 49—Chris Resta; 57—Noreen Wallace.

Men: 38—Ben Resta; 40—Dick Soens; 43—John Ricciardone; 54—Oliver Aube.

Nov. 1

Ladies: 40—Florence Soens; 48—Chris Resta; 49—Eleanor Krowka; 50—Emmy Ricciardone.

Men: 34—Bob Maxwell; 39—Ben Resta; 40—Dick Soens; 45—John Ricciardone; 52—Oliver Aube.

Nov. 8

Ladies: 38—Eleanor Krowka; 43—Florence Soens; 52—Bernadette Jacobson; 54—Emmy Ricciardone; 62—Jean Miranto.

Men: 38—Bob Maxwell; 42—Dick Soens; 45—John Ricciardone. ☺

The Movie Club Airs 'Broken Bridges'

By MARY EHLE

The movie for December will be "Broken Bridges." This stars Toby Keith, Kelly Preston and Lindsey Haun.

Toby returns to his hometown for the funeral of his younger brother. He is reunited with his high school sweetheart. This is a very good movie and even though it is a bit sad it has a very inspiring message.

We will be taking new memberships for the year of 2008. Dues are \$6 for the year. That is 50 cents for the movie each month.

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. The movie starts at 6 p.m. in the Ballroom of the Health & Recreation Building. The date is Sunday, Dec. 9.

Hope to see you there. ☺

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Bocce Club

Ray Shultz

Congratulations to Kathy Sickler who is our new first vice president. Kathy, who has helped with the duties of this office, was selected and approved during the monthly Bocce Club board meeting in November.

Some other highlights of that meeting include: All teams will use the new balls for play. We will have playoffs for best-of-bocce at the end of the season. (Tom Martinetto, our statistician with the help of the league reps, will produce the schedule for that event). Any player who can't make a scheduled match must get his or her own substitute and notify their team captain. League reps and team captains are not responsible for obtaining subs; individual players are the responsible party.

It has been brought to my attention that the new balls are getting damaged. Please, do not rub or drop the new balls on the cement; our club has invested nearly \$400 in them.

If you are interested in learning more about the game I strongly recommend that you attend our Wednesday morning free-play at 9 a.m., which Bob Woods oversees. If you would like to play in the league, but do not know how to get involved contact Ralph or Kathy Sickler at 732-2363.

Bocce trivia: Throwing an object toward a target is considered the oldest game known to mankind. Graphic representations of the sport, recorded as early as 5200 B.C., have been found in Egypt and the Middle East.

While the game of bocce today appears quite different from the ancient version, the consistently common objective of trying to come as close as possible to a fixed target remains intact. From this early objective, the basic rules of bocce were born. The game made its way from Egypt to Greece around 800 B.C.

The version of the game resembling what we know as bocce today was refined by early Romans, who adopted the game from the Greeks and introduced it throughout their empire.

Beginning with Emperor Augustus, bocce became the sport of statesman and rulers. The Roman influence lives on today. The game's name, bocce, is a derivative of the Vulgate Latin *bottia*, which translates as "boss."

League reps are encouraged to communicate to me special happenings or events during their period of play, I would like to use such information in this column.

An important aspect of any successful organization is "communication," and that is exactly what we intend to do. I want you to know what is going on, what might affect you, and what is important to our organization. I want to hear from you the members of On Top of the World Bocce Club and what you might be interested in. The best way is to e-mail me at rrshultz90@yahoo.com. ☺



Photo by Lennie Rodoff
The Theatre Group recently performed 'Odd Couple: Female Version.'



Theatre Group
Marcia Miller

The play is over. It was really a good one, in case you didn't see it. Congratulations are in order, not only to the excellent cast, but also to the prop people who did a great job of getting everything in the right place for each scene. Special recognition and thanks also go to the ticket people, the ushers, those who designed and built the set, the prompter, and to the folks from the sound and light committee.

With the Theatre Group's new microphones, the sound equipment worked with only minor hitches. And of course congratulations to Sandy and Dottie Berkowitz for their direction and guidance throughout the weeks of rehearsals.

Now that the play is over, attention of the

group is focused on the holiday dinner on Dec. 10 at 3 p.m. The meal will be a sit down, served dinner of prime rib. All members and their guests are invited. There will be a cash bar and entertainment. Contact Gary Rodoff at 291-7508 or Jim/Marcia Miller at 854-4947 to make reservations before Dec. 3.

We are often asked what we do with the money taken in at the group's productions. After covering the cost of the production itself, which includes such things as programs, materials for building the set and royalties on the play, some of our money recently was used to purchase the new microphones and transmitters which worked quite well in the recent production.

The group also supports a scholarship fund for theater majors at CFCC in Ocala. This fund was started several years ago in memory of one of the group's founders. It has since been turned into a matching fund endowment in which the state matches funds we donate. In recent years several scholarships have been awarded. Some of the proceeds from the recent production will be added to this scholarship fund.

The play reading committee is hard at work selecting possible plays for production in the next year.

The theater group is always looking for new members both to help on and off the stage. One critical need at this time is help constructing and deconstructing the set for the shows. If you can lift, paint or wield a hammer, give Jim Miller a call.

Have a happy holiday season and hope to see old members and new faces at our January meeting, the second Monday. ☺



Ballet Club
Eugenie Martin

After a recent ballet class, a friend made an interesting comment about this column. He noted that I often write about ballroom and show dancing, but that he never actually sees me doing any dancing. I responded that he has seen me dancing in ballet class. He said he meant ballroom dancing.

His comments sent my thoughts back to elementary school. In grades five and six, all

students in our school took ballroom dancing classes once a week. We learned the box step, foxtrot, the waltz and the jitterbug (the latter is called "swing" dancing or the "lindy hop" in some places). We may have learned some rudimentary Latin American dancing — but I can't recall what.

I don't seem to have much time or opportunity for ballroom dancing nowadays, so I confine my experience to watching others do it on television. I do have ballet, however, and we even do the waltz there, only it has a different name in ballet. Our group here is growing, and we now have three barres. The barre ("bar" in French) is what we hold for the first half of the class while we warm up and strengthen our bodies. Then we progress to the center of the floor, where we do various combinations without the barre.

At the Ballet Club classes, we work hard but have a great time doing it. Newcomers are always welcome and no previous experience is necessary. Our classes take place every Tuesday and Thursday from 1 to 2 p.m. in the Arbor Club exercise studio adjacent to the indoor pool. We usually assemble at 12:45 to stretch and chat before class begins. For information, please call me at 854-8589.

Happy dancing! ☺

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Shuffleboard
Robert Riedeman

The general membership meeting in November was followed by a pizza and ice cream event with plenty of both for all. The next general meeting is scheduled for Jan. 13.

Although he was qualified for the National Games last summer, member John Mataya was unable to attend. However, John won a gold medal at the Senior Games held in Ormond Beach last month by coming in first in his age bracket (80-plus). This victory qualifies him to take part in the State Tournament to be held in Cape Coral on Dec. 8.

The next National Tournament will be held in San Francisco in '09. (They take place in alternate years.) John has been playing shuffleboard for 10 years, the last five of them at On Top of the World. He feels strongly that more players should take part in tournaments since playing with new people in different situations helps to sharpen one's game. He also suggests that it is desirable for each player to own his or her personal shuffleboard stick. (A great Christmas present for a shuffleboard player?)

We currently have 142 club members. Of the 20 or so who expressed interest in joining at the recent club fair, about half have partici-



Photo by Robert Riedeman

John Mataya, gold medal winner at Ormond Beach.

ated in the training sessions offered.

The winners in regular weekly play for October are as follows:

- Monday AM**
Men: Fred Quimson. **Women:** three-way tie, Betty Cullum, Helen DeGraw, Patsy Schuck
- Monday PM**
Men: Lou Fisher. **Women:** Helen Foskett.
- Tuesday PM**
Men: Al Sternberger. **Women:** Betty Cheatham.
- Wednesday PM**
Men: Vito Chieco. **Women:** Agnes Hickman.
- Thursday AM**
Men: Greg Rasmussen. **Women:** Carol Lopez.
- Friday AM**
Men: Joe Szabo. **Women:** Elaine Austin. ☺

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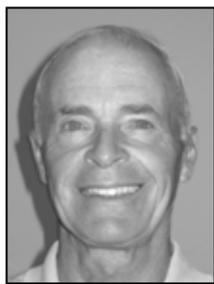
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Favorite Recipes Dinner Club Luke Mullen

Our fall season is in full swing for our club members and returning snowbirds from up north. Welcome back! In October our club held three dinners with 24 diners attended that evening.

Hosting our first dinner at their home were Mary and Joe Breslin. Kicking off the evening were two delicious appetizers created by Edie and Fritz de Holl. The first of these was rounds of toast spread with Swiss cheese, butter, English mustard and topped with chopped ham and parsley. The second was "Yellow Squash Angelino" which was comprised of grated yellow squash, biscuit mix, parmesan cheese, eggs, onion, garlic, oregano and olive oil baked to a golden brown. They were great.

Following these was a salad prepared by Mary and Bob O'Neal. It consisted of baby spinach, red leaf and romaine lettuce, radishes, mushrooms, celery, green peppers, tomatoes and French onion toppings. The dressings accompanying the salad were a choice of blue cheese or Italian.

Jean and Joe then served the main meal. It was roast pork with apricot, raisins and apple stuffing. Accompanying the entree were side dishes of creamed cabbage as well as peas mixed with cooked radishes and asparagus. Also complimenting the meal was a side dish prepared by Sue and Howard Bourland. They had made a twice-baked potato casserole made with baked Idaho potatoes, cheddar cheese, sour cream, cream cheese, fresh chives, bacon and garlic.

The finale of this wonderful meal was a dessert created and brought by Tish and Don Dertien. They served a rum cloud pudding with sauce. The pudding mold was topped with crushed strawberries and the sauce. The entire meal was sensational.

Debbie and Dan Partin hosted the second dinner. In anticipation of the upcoming Halloween, they had adorned their house with ghostly decorations inside and outside. The first item on the menu for dinner was hors d'ouvers prepared by Ann and Conrad Massa. The two appetizers they prepared were beef rollups stuffed with a horseradish and cream cheese filling and the second was a miniature Florentine quiche. Both were marvelous.

After hors d'ouvers Debbie and Dan served a mysterious salad. It consisted of a lettuce wedge with chopped tomatoes and a tangy secret kiwi dressing. Debbie and Dan then served the main meal which was a Mediterranean chicken done in a Dutch oven with a homemade rub, root vegetables and wine.

Gitte and Paul Agarwal prepared and brought two scrumptious desserts. One was a wonderful walnut-orange cake, which was served with freshly whipped cream. The other was a bowl of fresh fruit, such as orange, peach, kiwi, grapes, raisins and cantaloupe.

Pat and Robert Riedeman hosted our third dinner of the evening. Their evening began with appetizers made by Sharon and Fred Tarolli. The first of the two appetizers they brought was a jumbo wild shrimp cocktail platter. The second was fresh Lebanese style hummus.

Pat and Robert then served a salad. It was a salad of baby mixed greens, avocado, grape tomatoes, scallions and bleu cheese. Also served was delicious homemade rosemary sourdough bread. They then served the main meal. It was a Daube de Boeuf (an adaptation of Julia Child's recipe-beef stewed in wine with onions, carrots and mushrooms) and was served over wide noodles and was excellent.

After the meal the dessert that was prepared by Sylvia Andrews and Ollie Aube was then served. It was dark chocolate chewy fudge brownies. These were frosted with a rich, creamy, dark chocolate frosting and they were delicious.

All participants enjoyed a fun evening of great food and conversation.

Presently, the club is not accepting any new members. For information on our waiting list, please call Luke at his new telephone number 352-304-8104. ☎

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Anything But Bland Chef Dave Bland

For the Holidays

As this year flies by and the air gets crisp with a slight Florida chill, all indications are that the holidays are once again approaching. It's high time for us squirrels who gather all of the gifts up in the attic for family and friends, to begin preparing for the holiday meals as well. As I researched Christmas tradition around the world, I found that much of the American Christmas food comes from our English roots. The roast turkey and dressing and all of the fixings typify what you might have seen on a British table. Butternut squash however was something that the Native American people grew, so it is truly American in nature.

Butternut Squash Soup

32 ounces butternut squash
16 ounces canned pumpkin
6 tablespoons (3/4 stick) unsalted butter
1/2 teaspoon kosher salt
1/8 teaspoon freshly ground white pepper
1/4 teaspoon ground nutmeg
1 white onion diced
2 cups chicken stock
1 cup heavy cream
Garnish: Walnuts

Preheat the oven to 350 degrees F. Cut squash and pumpkin into large dices. In a double boiler, steam the squash and pumpkin until tender. Puree in a food processor. In a medium stockpot, melt the butter. Over low heat, sweat the onion. Do not allow it to brown. Add the pureed squash and cook over very low heat until heated through, stirring occasionally. Do not allow it to bubble up. Season the soup with the salt and pepper and spices. Pour in the stock and bring to a boil, still over low heat, stirring often. Cook about 20 minutes. In a small saucepan, heat the cream then pour the cream into the soup. Adjust the seasoning, to taste. Garnish with walnuts.

Boniato is a delicious root in the sweet potato family, also known as Cuban sweet potatoes. This delicious recipe is a perfect Latin substitute for candied yams.

Boniato Casserole

5 large boniatos
4 ounces heavy cream
8 ounces butter
8 ounces brown sugar
3 ounces walnuts
4 ounces marshmallow
1 tablespoon cinnamon
1 teaspoon nutmeg

Peel and cut boniato into large dices. Boil boniato in a pot until tender and strain water. Mash boniato thoroughly and set aside. In a large pot, heat butter and brown sugar until combined. Add boniato and cream and bring to temperature while stirring occasionally. Add cinnamon and nutmeg and adjust seasoning if necessary. Place mixture in a casserole dish and top with walnuts and marshmallows. Refrigerate overnight. Reheat at 350 F for 40 minutes.

I polled my culinary class and found that most families will be cooking for smaller groups, two to four. This lamb dish is perfect for a couple.

Prosciutto Wrapped Lamb Lollipops

2 lamb racks frenched and cut into lollipops
12 prosciutto slices
Salt and pepper
Raspberries for garnish
Balsamic vinegar reduction

Purchase two lamb racks and have the butcher french them down so that the bone is nice and clean. If you can talk him into cutting each chop into "lollipops" that will make your job much easier.

Season the lamb with salt and pepper. Wrap lamb with thin sliced prosciutto.

Pan sear the chops until browned and medium rare.

Serve with balsamic reduction and fresh raspberries.

To make balsamic reduction: reduce 16 ounce of balsamic vinegar in a saucepan on medium heat until sauce consistency. Next add three ounces of sugar and stir in. Let mixture go to room temperature. Finally, place mixture in a squeeze bottle to drizzle on lamb.

I love Christmas fudge, and this Italian favorite is a nice addition to your Christmas dessert repertoire.

Chocolate Salami

1 pound Oreo cookie crumbs
2 egg yolks
4 ounces chocolate chips
1 stick of butter
3 tablespoons white chocolate
3 tablespoons pretzels
3 tablespoons cashews

Puree Oreo crumbs and add egg yolks and place in a bowl and set aside.

Melt butter and puree chocolate chips. Add butter to chips and mix until chips are melted.

Fold chocolate mixture in with Oreos. Chop up cashews and pretzels and add remaining ingredients to mixture. Place mixture in parchment paper and roll up. Refrigerate for 1 hour.

Cut into cookie sized pieces. ☎

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The Story Behind the Entertainment Group

Nine years ago when the activity director at the time left, management opted out of the entertainment business.

Thus the Entertainment Group (five residents) was formed to continue bringing in professional entertainment to the delight of the residents.

Their mission statement is to bring professional entertainers to On Top of the World and with the help of sponsors be able to keep ticket prices less than a first run movie and a box of popcorn.

At the conclusion of a show series with all bills paid and a reserve for the next show series set aside the Entertainment Group gives something back to the community.

A few of the "give backs" include dressing rooms ... a moveable screen that allows for the creation of a "backstage." Prior to these any performer had to dress in the back room of the Pub. Other "give backs" include the lighting of the mini golf course ... stage curtain ... new stage floor ... colored stage lighting and other equipment donated to the sound and light guys ... the 50-inch TV used by the Movie Club to show their monthly movies ... benches at the basketball court and chairs and window treatment in the library.

And of course the annual sizeable donation to Hospice and the Florida Center For The Blind. All are made possible because of the support received by the residents and the sponsors. This support means more "give backs" and bigger and more expensive shows.

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Dish & That Recipes
Jean Breslin

Hi everyone. I hope the coming holidays are your best ever. May you celebrate the many blessings of the season, in peace and joy, together with your family and friends.

Pork Chops with Gorgonzola and Pears

- 4 thick pork chops, 3/4 inch
- 2 tablespoons olive oil
- 2 medium ripe pears. peeled, cored and cut in eight wedges
- 2 tablespoons butter
- 1/2 cup dry white wine or apple juice
- 1/4 cup whipping cream
- 8 ounces gorgonzola cheese, cut up
- Salt and pepper to taste

Sprinkle pork chops with salt and pepper. Place in a large skillet, with oil that is hot, and cook five minutes. Turn chops and cook five minutes more, until brown. Transfer chops to serving plate.

Drain fat from skillet and cook pear wedges in butter, over medium high heat, for five minutes, turning once. Then place pears on the top of the chops in the serving platter.

For sauce, add wine and cream to skillet. Bring to boiling, reduce heat. Boil gently, uncovered two minutes, until lightly thickened. Add 8 ounces cut gorgonzola cheese, whisk until cheese is almost melted. Remove from heat. Serve with pork and pears and enjoy!

Here's a rich elegant brownie for dessert.

Cheesecake Brownies

- 1 package (19.5 ounces) brownie mix
- 1/2 cup applesauce
- 3 egg whites, divided
- 1/4 cup water
- 1 8-ounce package cream cheese
- 1/2 cup sugar
- 1/4 cup flour
- Preheat oven to 350 degrees

Mix brownie mix, applesauce two of the egg whites and water. Pour into 13 by 9 inch baking pan sprayed with cooking spray.

Mix cream cheese, sugar, flour and remaining egg white until well blended. Spoon over brownie batter. Cut through batter with knife several times for a marble effect.

Bake 28 to 30 minutes or until toothpick inserted in center comes out with crumbs attached. Cool in pan on wire rack.



Native Plant Club
Ron Broman

"The fruit is a deep porcelain blue-purple, maturing in August, sometimes abscising in October; readily eaten by birds and usually not persistent for very long."

The words were a disappointment. Why had I done all that work of finding the names of native plants in Florida with fruit eaten by birds in winter?

If *Viburnum dentatum*, Arrow-wood, was on the list and there weren't many others, was my reasoning, that would be one good reason to add it to our garden.

The list of plants began with large trees like Dogwood, American Holly and Cabbage Palm, then small trees including Devils' Walking Stick, Fringe Tree and Gallberry, and ending with native shrubs like Beauty Berry, Wax Myrtle and Walter Viburnum. (1) There were 41 species in all, but very few with fruit persisting through winter.

Each sub list was in alphabetical order; so when I finally arrived at *Viburnum*, I was

hyped. My choice should be next. It wasn't. The list ended and Arrowwood was not there, not as a tree, even a small one, and not as a shrub. I was crushed, (well not really, but wondering why). Why would this small, shrubby tree with beautiful blue-purple fruit in the fall not be included?

Then I read of its lack of persistence and began to wonder. Was it left out because the fruit didn't stay on the plant after October?

What causes a plant to either have or not have persistence in its fruit? First of all, what is persistence in the botanical sense? I needed Bob Riedeman, the Internet or both. I had already discovered that abscising means dropping off, essentially the opposite of persistence, I surmised.

This time the Internet provided little help, probably because I didn't ask the right questions, so now to my friend, Bob.

Why do plants drop their fruit, and why do different plants drop their fruit at different times? Bob made the comparison with leaves. Leaves fall from their plant because the cells lose their viability (probably turgor or pressure), dry up, and the weight of the leaves causes the connection to the limb (leaf petiole) to break. At least that's what I understood him to say.

We both then asked, Could the same thing be happening to fruit? The fruit stem is very different from the leaf petiole, but conceivably the same process is going on. The cells lose their strength.

But the question still remains: Why are some fruits more persistent than others? Why do some plants have fruit on them for a longer period than others? What advantages would there be to a longer or shorter fruit persistence?

A shorter persistence would probably stress the plant less, helping it to prepare for the next growing season. But longer persistence might assure the seeds are dispersed more widely, especially by animals that have

fewer food choices in the winter months.

You see the direction my mind takes. My wife is always put off by my continuing to ask why; but that's the way I am. How else do we learn?

Now back to Arrowwood (not a very straight route, I might add, but relevant). *Viburnum dentatum* is the only viburnum with toothed leaves, hence the species name, "dentatum." Bob tells me that where he lived up north the early folks made arrows out of the branches, thus the name "Arrowwood."

If the fruit is readily eaten by birds, how does one know it is not very persistent? Perhaps the plant in this picture, the one in our Garden of Weedin', will fool us all. So far the birds have missed it, and it's already almost mid-November.

By the time you read this, we'll know how long the fruit stays on the plant (but unless I *Viburnum*-sit for the next 20 days, we still won't know if it's birds, other critters or just plain dead cells).

Isn't science a hoot?

For our November program on "Fungi - the Good, the Bad and the Edible," Bob Riedeman captured our attention with his most colorful samples of mushroom and mold.

I, for one, learned that life is much more than plants and animals. Thanks, Bob! You're a real fun guy.

The next meeting of the On Top of the World Native Plant Club is Wednesday, Dec. 12, at 3 p.m. in Suite H of the Arbor Conference Center. We will have a special holiday program of decorating with natives, lead by two Master Gardeners, Anne Lambrecht and Helen Ogren: Gifts from the Outdoors. We will be using both native and exotic species. That's a good way to use up the exotic (non-native and sometimes invasive) species. It promises to be a fun afternoon and a way to enjoy the fruits of Growing Native.

(1) Gateway: Native Plants that Attract Wildlife: Central Florida.



Nature Around Us
Doris Mauricio

At this time of the year, I often enter On Top of the World through the Candler entrance so that I can admire the Muhly grass growing along the roadside and in the golf course. These grasses produce delicate silky violet plumes in late summer and early fall.

I first discovered this beautiful grass while on a bus trip with fellow master gardeners to

Callaway Gardens in Georgia. The bus was in route when one of the master gardeners, spotting a small local nursery, screamed, "Stop the bus - Muhly grass!" We all piled out and bought every plant they had. Now, Muhly grass, which is a Florida native, is readily available in our local nurseries. This perennial is salt and cold tolerant. It is an adaptable ground cover even in poor, sandy soil.

December is a great time to put out some transplants for winter color. It's a great time to plant calendula digitalis (foxglove), pansy, petunia, Shasta daisy and snapdragon. These cold-hardy plants can last until May or June when higher temperatures cause them to wilt and disappear.

Select new camellias now while in bloom so you can see if the shape and color suit you. Planting in cool weather allows the plant to get established before being subjected to summer heat stress. Cover buds with mesh bags if squirrels are eating them. Be sure to water often while they are setting their new roots.

Set out bare root roses late this month or in early January. Potted roses can be planted any time throughout the year. Roses love this cooler weather. Be sure and fertilize them since this is a growing time for them.

If you are lucky enough to have leaves and pine needles on your property, they can be used as mulch instead of bagging and carting them to the dump.

This is the time to transplant deciduous trees and shrubs while they are dormant for best results. Now that the weather has finally cooled down you can get out in your yard and

make all those changes you have been putting off.

As the temperature drops, established turf, shrubs and trees will need water only every 10 to 14 days if there has been no substantial rain. Follow recommended more frequent waterings for new plants that have not become established yet.

We hopefully will not have any freezes until January, but be prepared. Have blankets, towels, moss, cardboard boxes, landscape cloth, etc., ready to cover tender plants when frost or freeze is predicted. Do not use thin plastic. The first average freeze date is Dec. 10 in this area. Cover tender plants with insulating material so that they are covered right down to the ground. Watering the ground beneath the plants prior to covering can provide additional protection. Provide extra warmth, if necessary, with a low wattage light bulb.

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.r.com. I will do my best to assist you with your gardening concerns.

On Top of the World Native Plant Club meets the second Wednesday of the month at 1:30 p.m. at the Arbor Conference Center. Come and join them and take time to walk the nature trail located next to the Arbor Conference Center.

Happy gardening!

Doris Mauricio, On Top of the World resident and Master Gardener

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Photo by Peggy Greer

Donna Zuckerman and Carolyn Ruhrort volunteer to work in the On Top of the World library.



**View from
the Library**
Peggy Greer

One of the rewards of writing book reviews is that it forces me to read books I would otherwise overlook. My mah jongg friend, Mamie, recently suggested the book, "Losing Julia." Although it isn't something I would have sought out, the way she described the plot intrigued me enough to read it.

"Losing Julia" was such a wonderful book on several levels. It was a funny, sad, philosophical story about Patrick Delaney, a veteran of the First World War. The book starts out with Patrick, at the age of 81, living in a nursing home. Patrick has flashbacks of the time he spent in the trenches in France, and then 10 years later when he met Julia, his best friend's widow. The book goes back and forth between The Great War, his week with Julia, and the comings and goings at the nursing home. I fell in love with Patrick. His humor and outlook were remarkable.

Even before I finished the book I had to get on the computer and Google the author, Jonathan Hull. I was amazed to find that he had been a writer for Time magazine for 10 years and served as their bureau chief in Jerusalem for three of those years. Mr. Hull won many journalism awards before he left the maga-

zine and settled in to write fiction. "Losing Julia" was his first book.

Yes, I do recommend reading "Losing Julia." I can't imagine anyone not loving it too.

This is a good opportunity to introduce you to Carolyn Ruhrort and Donna Zuckerman. They are volunteer librarians who work together on Tuesday afternoons.

Carolyn is a New Jersey native who has lived at On Top of the World for the past four years. She is a retired secretary/administrative assistant for an advertising firm. When I asked her why she volunteers at the library she happily said, "I just love books!" In addition to our library, Carolyn volunteers once a week at the book store at the Marion County Library. It has been a few years between library jobs because the last time Carolyn worked in a library was when she attended high school.

Although Donna is originally from Kansas, she has been an Air Force wife and moved quite a bit. Before moving to On Top of the World 16 months ago, the Zuckermans lived in Peoria, Ill. Donna said that she once worked in a library when they were stationed in Biloxi, Miss. The reason she volunteers now is, as Donna put it, "because I was in here all the time anyway."

Both Donna and Carolyn say they enjoy reading mysteries. Be sure to drop in on Tuesday afternoons to meet Donna and Carolyn.



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SPCA Melanie Vittitow

First of all, the SPCA would like to thank all of you who have donated dog or cat food for the Companion Pets Program. It continues to be a success because of you. December holds a special treat for the companion pets. The creative folks in the Marion Landing Dog Club are making stockings to be included with the Christmas delivery. There are fish shaped stockings for the kitties and paws shaped stockings for the dogs. They will be filled with goodies supplied by the SPCA.

October and November were busy months for us. We found homes for two dogs, a cute Peek-A-Poo and an older poodle that one of our members couldn't resist. We sold coffee and doughnuts at the Club Fair and the Trash to Treasures sale. Thanks to all who bought our wares and who purchased the 50/50 tickets.

Since all of our members are volunteers, all proceeds go towards the animals. In addition to helping the local pets in need, we are able to make a sizeable donation to the National ASPCA. From education and care to adoption and rescue, the ASPCA is making a life changing difference for animals across America.

Did you miss our Nov. 15 meeting? April Hamlin from Marion Senior Services told us stories about what the companion pet food

program means to the recipients. You don't have to be a member to come hear our speakers. I will keep you posted.

Our next meeting is on Dec. 20 at 1 p.m. in Suite H of the Arbor Conference Center. We will be discussing plans for future speakers and trips. We welcome new members and new ideas. Maybe you would like to be a member but can't come to the meetings. That's OK, too. Yearly membership to the SPCA is \$15 for an individual and \$25 per couple. Call Catherine at 237-7787 and she'll tell you where to send your dues.

Before I close, I want to give you two bits of advice. Most of our animals are indoor pets, but they do have to go out to do their business and there are ticks all around this area. Please check your dog routinely. If you find one, keep checking, because there most likely will be more.

And last but not least, winter is in the air (finally) and many of us want to help our pets stay warm (especially the short-haired ones). There are specially made thermostatically controlled mats for dogs, but should not be used for dogs with medicinal patches because the heat could increase the rate of absorption, nor for dogs who have trouble getting up and down and therefore could get uncomfortably warm. If your dog likes to chew, avoid beds or mats with cords.

If we can assist you in any way, or for more information, call Jodi at 861-9765 or Melanie at 873-8690. Otherwise, hope to see you in December. ☺



Handicap Equipment

Handicap equipment is loaned free to On Top of the World residents during their convalescent term—walkers, crutches, canes or wheelchairs. If residents would like to donate equipment, it would be most helpful. Call the Health & Recreation Department at 854-8707.

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Genealogical Society
Elizabeth Kyle

This month I am sharing my experience in trying to overcome a "stonewall" using many of the resources recommended by members of the On Top of the World Genealogical Society and from the intermediate classes I took this semester.

The wall I'm trying to breach has to do with my second grandfather on my father's side of the family. My grandfather, James Kyle, was born in Cranny, Tyrone, Northern Ireland in 1876. He was married in Londonderry in 1896, and immigrated to America in 1906 leaving his mother Mary Moore Kyle in Omagh, Tyrone, Campsie. His wife and their four children immigrated to America in 1909, leaving Mary Moore Kyle in Northern Ireland.

My questions: What happened to William, James' father? What happened to Mary Moore Kyle? Did James have any brothers or sisters? Why have I come to what appears to be a dead end?

What else do I know? My father's older brother and three of his sisters were born in Northern Ireland, but often spoke of their grandfather being of Scots Ancestry. They had traditional bagpipes and a pin that supposedly belonged to William. When my father died, I took the pin. His sisters and brothers are all deceased as far as I know. His sister Maude and his sister Jean are unaccounted for. They left home as soon as they came of age as did my father. He, however, stayed in touch with the rest of the family living in Massachusetts until his death at age 57. I only wish I had. I will begin searching for Maude, then Jean, then back to Northern Ireland for the others.

Because as a child I heard nothing especially nice about my Grandmother Kyle, I want to imagine her from a different perspective.

"My husband, James, left for America today. The children, Emily, 14, Mary Anne, 8, Isabella, 7, and William, 3, are upset about their father leaving. Emily and Mary Anne are working long days at the mill in the knitting room

making stockings. James' mother is helping me with the children while he prepares a place for us in America. It is so hard to be without him, but he has great hope for us in the United States. I think James will have a place for us soon." (1906)

"News from James! He has settled in a place called Northampton, Mass. He is working as a fire fighter even though he is a skilled mason. There are silk hosiery mills nearby, so the older children will be able to find jobs. He asks for his mother and the children. I am worried about Isabella who has not yet learned to read and write. I pray she will learn before we leave for America because this is very important to James. He is renting a room and saving to buy a home before he sends for us." (1907)

"Good news! The children and I will be leaving for the United States in the spring. James is preparing a house with plenty of room for all of us. He sent tickets for us aboard the Numidian out of Galway. We will travel steerage, which is what James traveled when he went to Boston. Now I must prepare for the children to travel, and to leave James' mother who is not able to travel so far. The trip to Galway is over the mountains about 17 hours to the west on cart paths. James has arranged for a friend to take us in his donkey cart. It is rather frightening because we have only been as far as Londonderry in the past. If James can make it to America, so can we." (1908)

"Goodbye Omagh, Tyrone, the only home I have known. The children will have a new life, a chance for an education, and a home with plenty of room for everyone, and most of all their father. How I have missed him! The Numidian will be at sea for two weeks. Then home with James and the children." (1909)

Mary Jane Kyle had three more children in America. She died of lung cancer in 1944, so I have no first-hand memory of her. My father was kind and generous to a fault, and widely read. Certainly his mother deserves some credit for her courage and love for James and her children.

Although I haven't a whole lot of new information, I have sent to Belfast for birth and marriage records and have begun again with new enthusiasm. I also learned that St. Patrick built the first Christian cathedral in Armagh in the 5th century causing it to become the Ecclesiastical Center of Ireland.

Our regular meeting is the second Monday at 10 a.m. in Room 3 of the Crafts Center. Voting for officers and changes in the bylaws will be held at the December meeting.

Our educational/mentorship meeting will be the third Monday at 10:30 a.m. in Suite B of the Arbor Conference Center. Be on the lookout for a new course at Master the Possibilities designed to help people understand the changes in political boundaries and historical developments that will influence the outcome of your research. Look for Kathleen Dobronyi to offer this historical help for your research success. ☺



Square Dancing
Maureen Lea

Thank goodness — we made it through Thanksgiving. Hopefully, we still fit into our holiday square-dance outfits because there is no shortage of dances this month.

Wednesday, Dec. 5, is the first Beginners Ball of the season and it will be held at the Health & Recreation Ballroom from 7 to 9 p.m. These dances are a lot of fun as they are designed to give experience to those who are progressing through the New Dancer-Mainstream class they attend each Wednesday evening from 5:30 to 7 p.m. with Don Hanhurst. The attendees are both new and more experienced dancers and most of the tips are designed to showcase the progress of the new dancers.

There are usually a few tips on a more progressive level for those dancers with more experience, so come out and show your support for the future club members. As we progress through the year, these dances become more challenging and provide a good foundation for a lifetime of square-dance fun.

Wednesday, Dec. 12 is a regular club night, and on Dec. 19 we will have a holiday party with the class. There will be no dance on Dec. 26.

Thursdays are Round Dance Phase 3 lessons with Loretta Hanhurst, as well as, DBD lessons with Don. Fridays Don will be doing Advanced lessons. If you are interested in the Round Dance or any DBD or advanced lessons, speak to Don and Loretta to see when they may be beginning classes again.

Our dances and lessons are currently held at the Arbor Club unless otherwise noted.

The 15th is the Holiday Happening Dance from 7:30 to 10 p.m. at the H&R Ballroom, which will feature Scotty Sharrer and our own Don Hanhurst for squares, and Loretta Hanhurst for early rounds at 7 p.m. This dance should be a lot of fun.

The final dance of the year will be held on Sunday, Dec. 30, at the Ballroom from 7 to 9:30 p.m. It is our New Year's Eve Eve dance and will finish off the year with a bang.

All of these dances are a lot of fun. They are great exercise and help to keep both the body and mind active and alert. Don't miss a single one.

Whatever you are doing this month, I hope your holidays are happy and filled with good friends. Merry Christmas and happy holidays! ☺



Opera
Tony Donato

On Thursday, Dec. 6, Opera Appreciation Class X will present Vincenzo Bellini's opera I Puritani (The Puritans) in color and with subtitles. This work, in 1835, was the last by the composer.

From 1810 to 1848, Gioacchino Rossini, Gaetano Donizetti, and Vincenzo Bellini dominated Italian opera in this Bel Canto (beautiful singing) period. Rossini's first success in 1810 ushered in Bel Canto and it ended with Donizetti's retirement in 1848.

Vincenzo Bellini was born in Catania, Sicily, in 1801. His father was the organist of the Catania Cathedral. Young Vincenzo's musical ability earned him a modest scholarship to the San Sebastiano Conservatory of Music in Naples. After six years of study, Bellini wrote 10 operas, three of them became huge successes — Norma, La Sonnambula (The Sleepwalker) and I Puritani. Rossini and Donizetti both wrote comic and serious works with equal facility while Bellini wrote only one comedy, La Sonnambula.

The young Sicilian composer was tall, slender and handsome with many golden curls and light blue eyes. He was elegantly dressed. Despite his attractive and aristocratic appearance, he failed to arouse passion in the ladies of the fashionable salons. Like his close friend, pianist-composer Frederick Chopin, he

suffered from tuberculosis. Chopin died at 38; Bellini died several weeks before his 34th birthday of intestinal fever in Puteaux, near Paris.

I Puritani is a serious opera about the civil war between the House of Stuart (Cavaliers) and Oliver Cromwell (Puritans) in the 1650s. Elvira Walton, whose father is governor of the fortress in Plymouth, England, loves Lord Arthur Talbot, a defender of the Stuarts. The two are torn between love and patriotism, but political results bring a happy ending for the lovers and country.

To this day, I Puritani is not part of the repertoire of the Met or other companies of the opera world. The reason is not because the music is below par or unpleasing, but rather that it is so difficult for singers. For instance, Lord Talbot sings A te, o cara (to you, beloved); this famous, beautiful aria has two Ds above high C. Another aria, at the end in Act 3, calls for an F, which can only be sung in falsetto by the tenor. However, there is much to appreciate in the arias of the five lead singers. The four who sang in the premiere of I Puritani at Paris in 1835 became famous as the Puritani Quartet and earned much money for years traveling everywhere singing highlights of that work.

Our schedule is as follows:

• Dec. 6: I Puritani by Vincenzo Bellini with Gregory Kunde (tenor) and Luciana Serra (soprano).

• Jan. 3: Il Trovatore (The Troubador) by Giuseppe Verdi with Luciano Pavarotti (tenor), Eva Marton (soprano) and Sherrill Milnes (baritone).

• Feb. 7: Carmen by Georges Bizet with Sofia von Otter (mezzo-soprano) and Marcus Haddock (tenor).

• March 6: L'Elisir D'Amore (The Elixir of Love) by Gaetano Donizetti with Rolando Villazon (tenor) and Anna Netrebko (soprano).

• April 3: The Voice of Firestone television video 1959 to 1965 with Eleanor Steber (soprano), Leonard Warren (baritone), and Lauritz Melchior (tenor).

The class will meet on the first Thursday of the month at the Arbor Conference Center in Suite C from 1 to 3:30 p.m. The fee is \$10 total for the five sessions. For more information, call Tony on 861-4211. ☺

Stephanie's PC Computer Tip

By STEPHANIE ROHDE

Wikipedia

http://en.wikipedia.org/wiki/Main_Page is currently the world's biggest encyclopedia — and it's free with nearly two million articles written in English (around six million including other languages). To find an article, type in the topic you are looking for and then press the "Enter" key. As you read that article, you can also click on a word in "blue" type to find a related article about that word. The articles are written and edited by thousands of volunteers like you and me. Ninety-nine percent of these articles are correct and those dealing with controversial issues generally have a well-balanced perspective. Always double-check what you read there, but it is a very good starting point for research on any topic.

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Photo by Rita Miller

Grace Hanson packs the stockings for Kimberly's Cottage and Guardian Ad Litem.



Sewing Bees
Rita Miller

Well, here we are ... the turkey "leftovers" are finished and it's time to get ready for the December holidays. As I write this, I've barely started my Christmas shopping not to mention plans for baking, decorating, etc. But isn't this a wonderful time of the year. I'm so thankful to have had my family here for "turkey day" and I'm looking forward to Christmas and celebrating the new year.

The Sewing Bee Elves were mighty busy these last few weeks. The 50 Christmas stockings that we've been working on were finally filled with gift donations from our members and are ready for Santa's delivery. The little girls will be delighted with beads, hair orna-

ments, sunglasses, sidewalk chalk, bubbles and small games while the boys received cars, Slinkys, mini-robots, card games, pencils, puzzles, books and stickers. Each child also received candy treats, a Christmas ornament, a new toothbrush, a stuffed animal, a coloring book and crayons. Marcy and Santa Askenase will deliver the stockings to Kimberly's Cottage and Guardian Ad Litem. Each organization will receive 25 stockings.

We would like to thank those of you who supported our table at the On Top of the World Craft Show. We sold most of our jackets and wonder wallets. The water bottle holders were our most popular item. The "Pillow Club" sold all 65 pillowcase. A special gift tag with the donor's name was placed on each pillow so the children can see who they came from. We were one of just a few organizations actually representing On Top of the World at this event. Please note that all the proceeds will be used to purchase supplies needed to continue our projects for neglected and abused children.

Another big "thank you" to the On Top of the World residents who donated fabric and sewing supplies to us last month. In case you're new, we accept fabric donations, fiberfill, quilt batting, etc. suitable for children's projects.

If you have any items which you would like to donate, call Rita at 237-6660 or Marcy at 854-1181. And, if you'd like to see what we do, meet us in the Art Room of the Craft Building on Thursdays at 12:30.

Happy holidays from the Sewing Bees! ☺



R/C LadyBirds
Ruth Kuntar

Happy Holidays and welcome, Pauline Zober, Naomi Berman, and Ann Helinski. We are so pleased you have joined us, and we look forward to your friendships.

The Halloween Party was just G-R-E-A-T. A huge thank you to Pat Angle and her "toilet paper" crew. Rags to Riches was a big success for us, and our participation in the November Fly-in was fun. Thanks, R/C Flyers, for this opportunity to work with you. Ruth Dryer's closet seminar was an amazing lesson in changing your thought process when organizing a space. October/November were busy months! Did I mention the Homosassa river cruise in mid-November?

Dec. 7 is our holiday potluck luncheon at Candler Hills Community Center. At this event, we will collect your children's gifts to present to the Friendship Firemen. On Dec. 9, Shirley Shellman and her committee have organized the annual Cookie Exchange to be held at 1 p.m. at the Arbor Conference Center. Remember to bring three dozen cookies: two dozen for sharing and one for tasting!

The January lunch bunch are being treated once again to the beautiful Country Club of Ocala, and our Unbirthday Party will take place on Jan. 13. The Valentine's Day Party potluck dinner will take place on Feb. 9. Please continue to check your e-mail for announcements

and details on all LadyBirds events.

Now, let's start at the beginning ... the beginning of the LadyBirds that is, with its founder and first president, Gloria Ida Parulski Scicluna. Gloria was born in Brooklyn, graduated from Bay Ridge High School, and attended Brooklyn College where she met "the love of my life, Nick Scicluna." They married when he joined the Army in 1955 (even though their families said it would never last!). They have a daughter, Ida Susan, and a son, Edward Nicholas. These children later gifted Gloria and Ed with two granddaughters, Elizabeth and Morgan, and two grandsons, Jason and David. Ed is a project leader for communications equipment for the Army. Ida restores and repairs antique dolls.

The family was transferred to Naples, Italy for four years, and Gloria became active in Sunday School, Brownie Girl Scouts, camping, and exploring most of the ancient ruins of the Roman Empire. On to Fort Huachuca, Ariz. Again, Gloria became very active in Girl and Boy Scouting, and her love of history continued as she explored and climbed the ruins of the Southwest. Now in Columbia, S.C., during Nick's tour of duty in Vietnam, Gloria became a church and congressional chaplain's secretary. The next three and a half years were spent in Stuttgart, Germany, and here Gloria was asked to guide Cadette Girl Scouts who wanted to travel Europe, attend the Munich Olympics, and become First Class Scouts. Five girls became the first military dependent children in Germany to receive this award. Because of this effort and the organizing of numerous community projects representing their battalion, the First Maintenance Battalion Commander nominated Gloria as their Military Wife of the Year in 1972. It was the first time a senior, non-commissioned officer's wife received this honor. She was selected as runner up for all of USAEUR, United States Army in Europe.

Now at Fort Monmouth, N.J., Gloria began a professional career as a clerk typist, grew to a program assistant, and became one of the first female Logistics Management Specialists of the Communications Electronics Command. Programs included supporting the design and tracking the progress of the Army's first real time computer communications system. Glo-

ria then moved on to provide logistics support for military night vision equipment from design to fielding for our military around the world. This equipment is still in use today.

Retirement brought Gloria and Ed to Orlando and Radio Control World. Yes, Gloria was a flyer too. They arrived at On Top of the World in 1999, and, of course, joined the On Top of the World Flyers Club. Gloria met some of flyers' wives at a function, and with a little prompting, she scheduled a meeting to meet more. About 28 ladies attended the "get together" and the LadyBirds Club was founded! Elections were held and fun plans made. Participating on the Shalom Park Steering Committee, the LadyBirds became the first sponsor of Shalom Park's live entertainment series, a program that still continues. More than half the flyers ladies have joined LadyBirds and are keeping alive the camaraderie. As our first

president, Gloria is quite proud of how the LadyBirds continue to grow, and she enjoys the friendships we all share. Thank you, Madame First Lady, for following through with your vision of LadyBirds and for sharing this slice of your life with us. ☺

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Embroidery Chicks

Jan Johnson

Our most recent class was a joy for everyone! Guest teacher, Carole, showed us how to make embroidered greeting cards. We had a selection of 4x4 designs available or one of our own designs. Several members brought swatches of various holiday fabrics that they and others could use if they so desired. Even upholstery fabric may be used! Those scraps of velvet and trimmings from too-long drapes can come in handy and make a luscious, luxurious background for holiday embroidery efforts.

After embroidering the design on our fabric of choice, Carole showed us how to measure the design and create a mat for our design, using supplied mats and shape cutters. Basically we cut a hole in the mat that would frame our design and set it off. The right color of matting does make a difference! Then we used our glue sticks to adhere the design to the back of the matting and glue the matted design to the front of a blank card.

It really was a simple process. We were new to this effort, but everyone just loved the results and those creative juices were definitely flowing. Always, we learn from our mistakes and those of others as well as from all the glorious and beautiful things we create. We are so pleased with ourselves when we see what we can do.

Some of us slipped over to Divine Providence Thrift Shop on SR 200 to check out their supply of suitable fabric for our card stash. A dollar for a hand basket of odds and ends and we were set for a while. What a great bargain and more fabric to practice on.

An upcoming class on Dec. 7 will bring Marcy Benz's instructions on creating a small, embroidered holiday stocking in the hoop. The stocking is lovely and the technique is new to all of us. Belonging to the Embroidery Chicks has given all of us more confidence in our efforts and the boldness to try new ventures.

If you are interested in stopping by to see what we do or to join us, come to the Arbor Club Conference Center, Suites B and C, on the first or fourth Friday of the month. We usually begin about 10 a.m. to 2 or 3 p.m. Questions may be addressed to Theresa at 291-7570. We love new members! ☺

Red Hot Jubilee Jam

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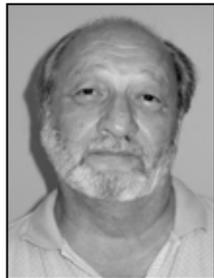
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Photos by Larry Resnick

On Top of the World billiards teams.



Billiards
Richard Impressa

Your Billiard Club achieved another milestone in November. A third On Top of the World men's team was added to the Marion County Senior Community League. All three teams were in competition in our poolroom on the afternoon of Nov. 6. The competition was spirited and everyone had a good time.

Our teams consist of six players and several alternates who are inserted into the playing rotation at the discretion of the team captains.

To participate in league play you must be a member of the Billiard Club and qualify for the team through competitive play. Our billiard facility is second to none, our club is over 160 members strong and growing, and our teams are more than competitive in the league.

Come and join us; it's only \$5 per year and you get a free piece of chalk while supplies last. You can join in December and you will be good through 2008.

As with most organizations there is a cadre of activists who make the organization a suc-



cess. They are the ones attending meetings, offering suggestions and volunteering. The usual author of this column, George Tookmanian, also our treasurer, is indispensable to our success as a constant promoter of our sport and our club.

The ladies are an integral part of our club and can always be counted on to volunteer for the various events we hold throughout the year. Our first and second vice presidents are ladies (Kathy Lorenzo and Penny Wilson) and Penny is the president of the Women's Billiard Club, which meets every Monday at 9 a.m. in the poolroom.

These people are working for all pool players in this community. Even if you won't come to meetings you can show them you support and appreciate their efforts with your club membership.

The annual Billiard Club Christmas party will be held on Dec. 7 at the Golden Corral Restaurant on State Road 200. At this writing we have about 50 participants signed up. A tip of the hat to Penny Wilson for her part in organizing this event.

With the snowbirds returning our poolroom is often full of players every afternoon and many evenings with all tables in use so come early, stay late and enjoy yourself. ☺



Photo by Mike Roppel

Ted Pope, On Top of the World resident, checks his scratch built RC US Mail plane.



R/C Flyers
Jim Lynam

will be by Bruce and there will be a cash bar. The On Top of the World R/C Flyers would like to welcome Joe Connolly and Emory Berman as our newest Model Residents at On Top Of The World. The club wishes the best of Lifestyle with Altitude to these members.

Congratulations is also extended to Meyer Zuckerman for receiving his solo pilot certificate. All members of the R/C Flyers and spouses are invited to attend the breakfast being held at the 105th St. Methodist Church on the second Saturday (Dec. 8) of each month at 7:30 a.m. Safety Officer Bob Wroblewski reminds all members to be careful with loose-fitting clothing near the propeller now that cooler weather is here. Bob Mullarkey has received the order for the new club sweatshirts, hats and shirts. If you need a new sweatshirt, hat, shirt or license plate, be sure to contact Bob.

All On Top of the World residents are always welcome to visit our new R/C Model Airport. The view is beautiful and it is just plain fun to watch our members fly model aircraft. The field is located 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 meet the first Monday of each month (Jan. 7) at 9 a.m. in the Arbor Conference Center, Rooms B and C. As a safety reminder, in compliance with liability insurance, the club asks that all spectators and visitors to the field must remain behind the fence line, and are not allowed in the pit area. Remember: Safety is No Accident!

The On Top of the World R/C Flyers wish everyone the happiest of holidays during this special season!

It is with mixed emotions that I must report that this is my final column for the On Top of the World R/C Flyers. It has been my pleasure during the past three years to communicate to the community the news and events of the flying club. I wish to thank the *World News* Editor Lynn Stock, my wife and friends for their support and encouragement for my columns. ☺

The On Top of the World R/C Flyers and President Larry Riehl wish to thank Contest Director Chuck Frederick for such a well organized Fun Fly event. Chuck wishes to thank all of the chairmen who were responsible for the flight line (Howard Rutkowski), public relations (Tom Jellifer, Gale Perry and Bob Emery), radio impound (Sid and Adella Sherman), parking (Hud Huddleston), field preparation (Dick Nace and Jim Ellis), registration (Herb Brokhof), prizes and raffle (Bob Emery), public address system (Ed Beck), public address and commentary (Bob Wroblewski), and Pat and Glenn Angle as well as Cathy Fanelli and the R/C Ladybirds for food service.

The chairmen wish to thank all of the volunteers who made their tasks run smoothly. The club also wants to recognize and thank On Top of the World management for their assistance with the Fun Fly as well as all the On Top of the World residents who attended the event.

All members of the On Top of the World R/C Flyers are encouraged to exercise their right to vote, as the election of the club's officers and directors for 2008 will be conducted during the December meeting. A reminder to all R/C members that dues for 2008 are due by Dec. 31, and to renew their AMA membership for 2008.

The club's Christmas party has been set for Sunday, Dec. 2, beginning with a social hour at 5:30 p.m. followed by dinner at 6:15 p.m. at the Health & Recreation Ballroom. Catering

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Home Leak Detection Program

By ROBERT COLEN
WARRANTY DIRECTOR

The water shortage crisis that is hitting Atlanta and North Georgia demonstrates the seriousness of our need to conserve water. We have seen the pictures of Lake Lanier drying up. We read stories about towns in Tennessee that have water only for two or three hours per day.

Here in Marion County we are nowhere near that dire. However, the permitting agencies and local governments want to make sure we never find ourselves in such a position. Accordingly, stringent water restrictions were imposed on irrigating lawns together with other conservation measures. In fact, at On Top of the World, all new homes are outfitted with low flow fixtures and landscapes include reduced flow irrigation and drought tolerant plant material to help with water conservation.

One important way to conserve water and lower your water bill is to routinely check for water leaks. And, of course, if you find one, have it fixed.

A small water leak can waste more than 250 gallons per day. Our leak detection specialists here at On Top of the World have found leaks that were pouring water out at two to three

gallons per minute. Think about that. That is up to 180 gallons an hour; more than 4,000 gallons per day; 120,000 gallons per month. No one has to tell you that 120,000 gallons per month is going to be very expensive. That is an additional \$450/month on a residential bill!

In our effort to help conserve water, On Top of the World Communities, Inc., launched a water conservation and leak detection program to help home owners reduce wasted water. If you are concerned about high water bills, we suggest you stop by the Customer Service office or call 236-OTOW (236-6869) and request a leak detection inspection. The program includes a detailed leak investigation in your home and recommendations to help improve water conservation. We perform a thorough examination of your faucets, toilets and water-using appliances. If a leak is detected from the meter, our trained staff will work diligently to find the location of the leak. We also have an agreement with Mike Scott Plumbing to waive the "trip charge" for a visit on repairs or fixture replacement. The cost of the program is \$15. This price covers service time only and no repairs. This important investment in protecting your home and water supply may pay for itself in one month of saved water. ☺



**Friendship
Amateur Radio**
Ed Brendle

At the November meeting of the Friendship Amateur Radio Club, president Ken Simpson, W8EK, conducted a presentation on radio transmission relating to proper conduct during the transmission, actually conducting a "contact" and noting the proper tuning procedures. These PowerPoint presentations will continue at the upcoming meetings.

The club conducted a licensing exam this past month with 10 radio enthusiasts that took the test and passed. Congratulations to these new "Hams" and a special thanks to Arnold Hansen, W3BPP, and Ron Toller, N4US,

for conducting another successful exam. These new inductees will have the privilege of having a free annual membership in the Friendship Amateur Radio Club.

Ken Simpson attended the annual Quarter Century Wireless Association meeting in Denver, Colo., at which time he became a director candidate for the national organization. The results will be forthcoming.

The next meeting is Dec. 10 and will include the continuation of the ARRL program. The meeting will be at 1:30 p.m. at the auxiliary Sheriff's Station on West SR 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 at the West SR 200 Sheriff's Auxiliary Station the second Monday of each month. We have members who offer their expertise in radio and computers. The club newspaper and notices inform members of the club's many activities. In addition, the FARC has a 2-meter net that meets on Monday at 4 p.m. on 145.170 MHz (except for Monday of the monthly meeting), and a CW net on Tuesday at 7 p.m. on 21.145 MHz.

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



**Stitch Witch
Quilters**
Ann Weldishofer

The On Top of the World quilters started off Nov. 6 with the second block-making class by Tekla Kraus. She showed her 17 students blocks three and four of the series. Everyone seemed to be doing well, and it looks like there will be some lovely results!

Our monthly business meeting was opened by president Ruth Kinney at 1 p.m., with 37 members attending. Treasurer Marcy Askenase said that she had turned in \$435 to Voices of the Children, the fund-raising arm of Guardian Ad Litem. This was raffle ticket sales money sold here in On Top of the World for the beautiful quilt we made for them. We will update later how much money was raised all together, including the sale of tickets at the Micanopy Festival, where the quilt was displayed for the two days of the festival. Marcy also said we distributed 10 comfort quilts to Guardian Ad Litem, 10 to the Homeless Youth agency, and 10 to Genesis House.

Tekla reminded us that there will be open workshops in December, so bring projects of your own, or unfinished comfort quilts you are still working on.

Ann Weldishofer said there are fewer shows coming up, until after the first of the year.

Flo Wright said the holiday luncheon will be Tuesday, Dec. 4, at the Hilton. We will meet at 11 a.m. and car-pool down. It looks like we will have a nice big group going!

Ann announced the rest of the classes coming up from now through March. The sign-up sheets are on the bulletin board. When we are finished, everyone will have completed the pieced project we are working on, an appliqué project, and possibly a hand-quilted pillow



**Keeping It
Green**
Phillip B. Hisey

Turf and Landscape Water/Fertilizer Requirements for Winter Conditions

The winter months in this region of Florida are generally mild with a few blistering cold days scattered through the later months of the season.

The air temperatures in mid-December through mid-February generally have the soil temperatures down to where not much top growth is noticed on the sod but the roots are still alive. This is probably just as an important time of year for sod as the spring, summer and fall months here in Florida.

Warm season grasses like St. Augustine, Em-

pire Zoysia and Bahia really never get a break here in Florida; they are still actively growing even though you may not see it. If you read the October World News, my recommendation for a late summer or early fall fertilizer application should have you set for the remainder of the year and into early next year.

Late fertilizer applications with too much nitrogen will create lush top growth susceptible to cold damage from an early frost. You are better off to apply a fertilizer higher in potassium and iron. Potassium will stimulate the roots giving you a good root system to withstand colder temperatures keeping the grass less susceptible to frost damage. Iron applications will give you that green yard but not the leaf blade growth. By doing this, when the grass wakes up from its winter dormancy, you should be ready to go for your next application of slow release fertilizer in the spring.

Irrigation requirements for St. Augustine, Empire-Zoysia turf and landscapes should be reduced but not shut off. With so many newcomers to the community, having a little bit of knowledge about Florida grasses will be helpful. On Top of the World Communities utilize Augustine, Empire Zoysia and Bahia grasses, which will go dormant in winter. When these grasses go dormant, they will turn a golden brown. Please keep in mind they are not dead.

St. Augustine grass and Empire Zoysia will need some irrigation to sustain them through the winter months, but Bahia grass can do fine with no irrigation. Homeowners can expect that the frequency of mowing will be reduced.

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Kitti's Corner
Kitti Surrette

Get Fit While You Sit Group

This month I want to feature all my friends in the Get Fit While You Sit class. It's a group of friends who come in and make you feel like one of them. They'll say "it's time to start marching" and off they go with their feet marching. Sometimes the wrong foot is mentioned and then they'll say we know the other right foot; only friends who feel comfortable in their surrounding would open up to help out in class. They will count down the number of times leg or arm movements are done.

Most important we have those who will remind us to drink "W A T E R" during class (thanks) and they have back ups if they are going to be gone. I really can't say enough about my friends in this class; every one of them is very special to me. Let's hear what they have to say!

These are the questions I asked them to comment on:

What challenges did you face to be able to come to this class? How were you able to overcome them? In what way has this class helped you in living a better life? What helps you to remain steadfast in coming to this class? Any other comments.

I asked them to sign their name if they felt comfortable and let them know the answers would be used in my December Kitti's Corner column.

MARTHA: No "real" challenges just had to "get motivated" and stay "motivated" with a positive attitude! Like all exercise; makes better health and more energy. Results — I feel better when I come and it's fun. Enjoy choice of music that is worth the effort just to listen to it and instructor has a fun positive attitude.

MARION: Arthritis has taken over so many joints I need to try to keep everything moving. Just keep on moving and try to do more. Keeps all my joints moving and I still try to walk and stand more. I feel so much better when I exercise and Kitti keeps me motivated. We all work and laugh together. I've been here nine years and have had many joint replacements, quadruple heart bypass and now two pinched nerves in my back and I'm not ready to give up. I will keep moving as long as possible.

BERNADETTE: After surgery not being able to bend and stretch my legs or as flexible. By coming to classes, which include strength exercises, and having a positive attitude I am overcoming the above condition. This class has given me help getting back my ability to walk. The great workouts help me to be steadfast in coming; I've brought my friends also. I miss it when I can't come. We are like family, our problems are forgotten due to having a good time exercising with all participating.

EUGENIE: Joint stiffness and poor abdominal muscles. They're improving. The class is not only a good workout; it's very therapeutic



Members of Kitti Surrette's Get Fit While You Sit group. The class meets at 11:45 a.m. Mondays, Wednesdays and Fridays at the Arbor Club ballroom.

because you make it so much fun. You and the warm welcoming environment. Creativity in routines and your wonderful caring personality. We have a master teacher; everything is good in terms of exercise and creativity. Her sweet personality and fabulous sense of humor are the icing on the cake.

MONICA: The challenge of poor balance, problems with my Achilles tendon requiring physical therapy. By attending class under the professional guidance of the instructor and being able to achieve the same benefits while sitting. This class helped me to improve my balance with instructions of proper techniques and the need to continue practicing them at all times. Encouragement and guidance of a caring knowledgeable instructor helps me remain steadfast and being with others with like minds. Knowing the instructor attends continuing education to "keep up" with new techniques to improve the standards of our classes. More publicity for this class so others can enjoy the caring, warmth and fun loving attitude of the instructor in a way that can improve their health.

ELEANOR: I really didn't want to go and only went because my husband wanted me to. He needed to for health reasons, found out I did too. My balance has improved more than I can imagine and I have more energy. Classes are a lot of fun and I will keep on improving!

AUDREY: I can breathe better when I walk up an incline. I just love the exercises and the other people who are very jovial. I didn't even realize I wasn't breathing well enough. I thought it was normal to be out of breath during a walk up an incline until I started this program. You really work all the different muscles in this class!

TONI: Two years ago during Wilma Hurricane I fell backward in the bathtub, breaking my left arm, fractured my back. I overcome this by going to exercise. I have improved every week. I still can't drive a car but the pains are nearly over.

HANK: Discipline myself; push myself to be disciplined to go to class. I had bilateral knee replacement and this class expedited my recovery time. The teacher is great. Oh, I almost forgot, I'm the main "W A T E R" man. I keep the class hydrated, that's my job.

ANDY: I didn't want to come but my physician said I needed to exercise. I overcame this by attending the classes regularly. I feel better about myself and invigorated when I leave the classes. We have new challenges at every class we attend. Kitti gives us a great 45-minute workout, I know because one of my jobs in class is to keep her on time. I have one important exercise that is laughter, which we have; the camaraderie is great in the whole group. Besides being timekeeper, I have two other jobs, take the attendance board around to have everyone sign in and I am another "W A T E R" man.

GEORGE: My challenge was making up my mind to get to class and putting forth the effort. This class helps me to feel better, keeps

the "joints moving." I keep coming to class because it's enjoyable, fun and gives me more energy. It's a pleasure to come to this class; Kitti does a great job! I am another "W A T E R" man.

BETTY: Challenges; bad balance, weak rotor cuff — left arm, foot and knee arthritis. I overcome these by exercise and use of a walker or cane. This class keeps me more active. I keep coming for the fun, friendship, laughter and the instructor. The instructor cares about us; she knows most of our names and has fun with us.

HELEN: I have stiff joints and sore back. I overcome this by attending class regularly. Joints are more flexible and arthritis pain in back is eased. If I miss a couple of classes, the pain comes back. These classes are never boring and we exercise all parts of our body. I also love the social part of the class. I have met many nice people. We have a wonderful leader, Kitti, and even when we know she doesn't feel good she always manages to smile. It brightens my day!

DELMA: After surgery on both knees seven years ago my life returned to the former lifestyle. Recently everything changed. The muscles no longer answered the brain; they were painful from the medications I had to take. My therapist was concerned; a lot of tests followed. She had noticed benefits from a class at On Top of the World from other clients. She suggested I take this class and be sincere in attending each class. I started and was amazed at the prompt improvement in my walk. I still can't do everything but I continue to do better. I'm now hopeful. My muscles have improved and are responding to what the brain wants, which didn't happen before. I find this class was indeed a blessing.

EDITH: The 11:45 class is late in the morning, but worth it. I just rearrange my schedule. It makes me aware that exercise is essential so I keep going for the sociability and well being. Thank you, Kitti, you make the class special.

ARLEEN: Challenges setting time for class and make all other appointments for another day. Exercise is very important to keep me in control of muscle movements and balance. I remain steadfast in coming to class by setting aside three mornings for my own good.

BETTY: My challenge is to strengthen legs and arms and I have overcome some of this. This class enabled me to move my legs much better. I keep coming to keep my bad leg in shape. I injured my left leg a year ago in August. This class uses arm and legs, which has helped strengthen both.

EVELYN: My challenge is getting up in the morning, but my dog wakes me up. This class has helped me to feel better and have more energy. I keep coming because I like it.

The following comments are from the family but who were not there for picture day:

GRACE: When I moved to On Top of the World, I got carried away and tried all of the racquet sports. Little did I realize that proper fitness must precede and follow the games. I

learned the hard way when I experienced muscle strain and tears to muscle tissue. Upon completion of therapy, prescribed by my doctor, I came to class to find that the therapy provided was similar to our exercise sessions. My attendance is almost mandatory — if I don't come to class following tennis, I can experience cramping, tightening of the muscles, etc. I feel that I am in better condition to enjoy sports, dancing; I feel that my body is in the process of getting toned. The satisfaction of knowing that I am in a program that can only improve my health with all of the components working together to include cardio, balance, lower cholesterol, arthritic joints. When I am out of town, I enroll in a daily program at the Y, which does not come close to our program. It amazes me that I am in a community that provides us with the talent and expertise and diversity of our class. It further amazes me that we have an instructor who continually strives to make this class the best that it can be.

BUDDY: I felt that exercise was needed to improve my overall health condition; my doctor agreed. The intensity of this exercise class is exactly what I need to keep active, keep loose and give me an overall feeling of well-being. Specifically, I have a rotor cup problem, among other things. By regular attendance, my rotor cup feels better each day and I generally feel much better. The alternative to coming to this class would be to remain stagnant, feel listless and not energized. I feel healthier, stimulated and motivated to keep active with other hobbies, activities of interest. I'm in a routine — when I can't attend due to doctors' appointments, etc., I miss the feeling of satisfaction that comes with having worked out. I'm glad that we're in a larger area at the Arbor — since HR had a room capacity, I worried each time about not getting in. The time goes by so fast in this class that I must be having a good time. I think we have an extraordinary instructor — bringing new exercises and information to our attention. She cares and it shows. PS: My wife Grace and I live in Indigo so we must belong to the Gateway of Services to attend. Due to this class, we will certainly keep up our membership.

MAXINE: After the loss of my husband to be with these wonderful people, especially Kitti, was a great help. I made good friends that helped me to continue coming. This is something that fills each day and helps me feel better and of course exercise. I keep coming to see my friends and I feel better when I exercise.

CELIA: I don't have a challenge except the time of the class so I can't always come. If not for this class, I would not exercise enough, that's why I keep coming. I enjoy the music and I'm very glad it is not loud.

NO NAME: The workouts help in keeping one as physically fit as possible and that in turn gives you a better life to live. The nice caring, friendly people who make the class comfortable for everyone; this includes the instructor who brings excellent programs that are well thought out. This program is as beneficial as any other program I have attended.

NO NAME: My laziness and unwillingness to face the need of exercise — that is my challenge. I slapped myself in the face for a wakeup call to overcome that challenge. I live a better life because I feel better and stronger. I keep coming to class because I look at it as a discipline that I can master.

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The Happy Hookers
Yvonne Bednar

This month is our luncheon month and it has been decided that Horse and Hounds will be the place to be on Dec. 3 at 1 p.m. If you have any questions, or need directions, or plan on attending, Carol Berta at 861-4585 would like to hear from you. She will need a head count ASAP. Hope to see you there.

For those who are new to our community, and are wondering who The Happy Hookers are, we are an informal group of approximately 25 women from all the various neighborhoods who get together on Mondays from 2 to 3 p.m. in the Arts & Ceramics room located near the mini golf course, up on the hill.

Now that you know where we meet, I'll tell you what we do. Some are true hookers, latch-hooking rugs or wall hangings, while others enjoy knitting, crochet, embroidery, crewell, cross-stitching. It's a group who "do our own thing" for whomever we care to. Our group gets a feeling of accomplishment with finished projects. Several ladies are very accomplished with their handiwork, and are willing to help out with reading directions that someone may be stuck with, or just showing you how to do that stitch, etc.

Best of all, no dues are collected, no meetings, no stress, no mandatory attendance. Come and join in when you care to; we have many who attend every Monday and look forward to the friendships made and seeing the latest project being made for one's self, family or needy group or someone.

Does this sound like something you would be interested in? Stop by and check us out, but not on Dec. 3. It's our luncheon outing day (we do this bi-monthly). If you want more information, Jackie Palotta would enjoy speaking with you.

At the Club Fair in October, we had a lot of women stop by and chat with Jackie and I, and several have attended our Monday gatherings since. Call Jackie at 854-4555.

Wishing all Happy Hookers and our readers a joyous, happy holiday along with a happy, healthy new year. Cheers and enjoy; knit one, purl two. ☺

New England Club

The New England Club will meet on Dec. 14 at 2 p.m. in Suites D,E and F of the Arbor Conference Center.

A potluck dinner will be shared and entertainment will be by the Cherrywood Singers. Come on out and meet new friends and get into the holiday spirit early.

For information please contact Debbie at 351-0964. ☺

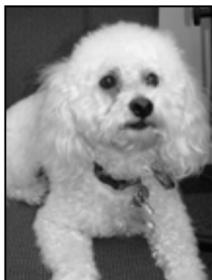


Rubber Stamping Greeting Cards
Margaret Hanrahan

This month we used punches to make cards. Gail Waite demonstrated a teapot card using a punched out window in which she inserted a punched teapot with a punched lid and accent parts in complimentary colors. It's amazing the tools that are available for crafters to use.

Our next card was a flower in 3-D. Using, again, a punch and contrasting colors we layered two flowers in gold and burgundy creating the look of a chrysanthemum. With a stamped stem and leaves our flower was complete. Then with the use of yet another punch we wove burgundy ribbon along the bottom as a final touch creating an attractive card.

This group meets to encourage, inspire and assist one another. We meet in Suite G of the Arbor Conference Center from 1 to 3 p.m. on the first and third Thursdays of the month. If you have questions or want to join us please call Margaret at 732-3282. ☺



Canine Club
Bobbi Lipka
(Pictured: Ellery)

The K-9 club will hold its annual Holiday pot luck party on Sunday, Dec. 2. Members will gather at 7 pm in Suite D of the Arbor Club Conference Center. Spouses are welcome, but reservations are necessary, due to limited space. Please contact Carol DeYoung at 402-9217 to let her know that you're coming, and whether you're bringing an entree, side dish, dessert or beverage.

We had a very successful November meeting with Dr. Douglass Shearer of the Live Oak Animal Clinic. He presented tips on canine first aid. We all received a brochure listing first aid information and a suggested first aid kit for dogs. Patricia Wassmer and Pat Steel provided exceptional refreshments.

Upcoming in January will be a presentation by a canine behaviorist and a field trip to the University of Florida Veterinary College in Gainesville. For more information, contact Bobbi Lipka at 237-1245.



Line Dancing
Sherry Ashenfelter

Avid line dancers meet together for dance festivals held around the world.

Jack and I just returned from the Tampa Bay Line Dance Classic, and we will attend an event called Worlds in Nashville, Tenn., in January. At these events, we participate in workshops to learn new dances, we obtain new music from the vendors, we root for our favorite competitors, and we are inspired by the performers in the show. It is a weekend of learning, dancing and socializing that renews our enthusiasm and appreciation for line dancing. Bring on 2008. We're ready. We're set. Let's go! ☺



Caribbean Club
Luz Leon

The Caribbean Club held its Halloween Party on Oct. 29 with goblins and ghouls parading in and out. Even Elvis made a visit along with a geisha girl, wild cat costumes and music from the sounds of Fred Rodriguez.

It was a fun-filled night with plenty of food and music from the Caribbean (Calypso, Reggae and Latin dances — Merengue, Mambo and Cha Cha Cha) along with some good ol' rock n' roll as everyone danced away the night. ☺



Crafty Ladies
Dot Tripp

There comes a time in everyone's life when you realize you must pass the baton on to someone else; therefore, I have announced my resignation as coordinator of Crafty Ladies effective Nov. 28. This means I will no longer be the contact person for Crafty Ladies. Rosalie Grabowski (861-1391) has volunteered to be coordinator and contact person for the group as of Nov. 28.

I wish to thank everyone who generously donated yarn, craft supplies, instruction books and other craft items through the years when I was coordinator. It was very much appreciated, and I hope your generosity will continue.

It is difficult to continue our charity work without your help ... and with your help we were able during this past year to send 102 scarves, 129 hats and four sweater vests to the Christmas-At-Sea project for the Merchant Marines.

Also, our donations to the children who attend Sunrise Elementary School included 129 hats, 324 pairs of mittens and 39 cuddle caps (head coverings for girls).

Donations to Project Linus were 23 afghan/lap robes, nine crib-size quilted blankets, eight infant car seat covers (also used as newborn isolette covers), 39 baby afghans, 114 baby hats, five shrugs, 19 toys and school supplies, 86 personal items, four tote bags, 33 baby bibs, six adult bibs, six pairs of baby booties, and one full layette including an afghan to match. As you can see, we have had a very productive year.

If you wish to know more about us, call Rosalie at 861-1391 or come to the Card Room in the Arts & Crafts Building (that's the building across from the water tower) any Wednesday morning. Our meetings are held year-round from 9:30 to 11 a.m. I hope everyone enjoys the holidays, and the new year proves to be one of the best you've ever had. ☺

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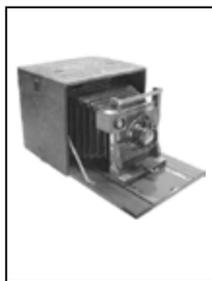
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Shutterbugs Photography
Marilynn Cronin

The Second Annual Photo Exhibit of the On Top of the World ShutterBugs Photography Club was held at the Arbor Club Nov. 5-9. On Nov. 6, a Meet the Photographers Reception sponsored by On Top of the World was held. So many people came and supported us — well, we will have to order more food next year!

The judges this year were from West Port High School: teachers Karin Gunn (teaches photography and animation) and Molly Brauhn (teaches sculpture, ceramics, drawing and painting); and students, Catherine Mills, senior (has been with the MCCA program since 2004 in creative photography and visual arts), and Samantha Feldman, junior, (third year in MCCA photography). West Port High School is a magnet school of the arts. Anyone who has ever taken an art or photography course knows that there is constant critique by both teachers and fellow students. Great way to learn!

I hope you all stopped by sometime during the week to see the photographic talent of your neighbors. If not, you missed a great exhibit. The winners who received ribbons were as follows:

Novice class: first place, Gary Rodoff; second place, Gary Rodoff; third place, Joel Haag; honorable mention, Sandra Carey.

Intermediate class: first place, Marilynn Cronin; second place, Dick Hendrickson; third place, Lennie Rodoff; honorable mention, Joan Gattozzi.

Advanced class: first place, Daisy Rowell; second place, Ray Cech; third place, Ray Cech; honorable mention, Mike Roppel.

Master's Class: first place, Gary Uhley; second place, Tom Jellifer; third place, Tom Frostig; honorable mention, Gary Uhley.

Modified Class: first place, Dennis Phillips; second place, Norbert Sachs; third place, Dennis Phillips.

This year for the first time, we encouraged everyone to vote for the People's Choice award. The ribbon is for the photo receiving the most votes, and did not have to be a winning photo in the different categories. And the winner of the First People's Choice Award: Lennie Rodoff for her photo of the egret: "Bad Hair Day."

If you missed the exhibit, you can see all the winning photos at Hands Across the Highway, where they will be displayed in the lobby of the Cultural Center on Saturday, March 29, 2008.

Congratulations to all our winners and everyone who entered their photos in the exhibit — great job!

Gary Uhley taught an hour-long basic-photography class, which was open to all residents, immediately preceding the Tuesday reception. Eighteen attended this class and many of them realized they want/need to join the ShutterBugs. After the class, attendees stayed to view the photos in the exhibit and enjoy the reception. Tom Frostig resumed teaching PhotoShop Elements on Nov. 20.

On Dec. 4, we will share our sunrise/sunset challenge photos. December's challenge will be holiday photos. At the exhibit, we displayed a list of some of the "shootouts" that will take place next year. Challenges are done on your own; shootouts are group trips/projects.

Photo Tip

Rule of thirds is one of the most important rules in photography. It is also popular with artists. It works like this: imaginary lines are drawn dividing the image into thirds both horizontally and vertically. You place important elements of your composition where these lines intersect. As well as using the intersections of these lines, you can arrange areas into bands occupying a third or place things along the imaginary lines. Good places to place your subject is a third of the way up, third of the way from the left, etc. Using the Rule of Thirds helps produce nicely balanced, easy-on-the-eye photos. It also helps get rid of the "tiny subject surrounded by vast empty space" syndrome.

Each month at the first Tuesday ShutterBugs' meeting, a maximum of four photos each taken for the recent challenge are shared, and then 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 observe 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. The ShutterBugs club stresses education, sharing, and fun!

The ShutterBugs meet at 3 p.m. on the first and third Tuesday of the month in the Arbor Conference Center in Suites B and C. 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.



Lions Club
Dianne Lovely

On Top Of The World Lions Club would like to welcome new member Warren Heath. We hope you enjoy our Lions Club.

We thank all who supported the Lions Club White Cane Day, which was held at Publix, Winn-Dixie, and Wal-Mart on State Road 200. Also thanks to the Lions who did the collecting: Fred Lang, Carol DeYoung, Carole Dymond, JoAnn Leigh, Darlene Larue, Ed Mi-

chelson, Estelle Clark, John Wiley, John and Maryann Johnson, Tom Cullum, George Engle, Marty Schley, Charlene Hassett, Art Miles, Marty Peciynskiz, Ralph Mills and Bob and Diane Melnick.

A special thanks to chairman James Del-fraisse for organizing the project. We thank each and every one of you Lions. All the money that we collected will go to the Florida Center For The Blind.

We had a great talk from Captain Jim Burton, commander of the Sheriff's Department Southwest District, on State Road 200. Captain Jim told us about different things happening around the town and the community.

Don't forget the Lions Club has put its Christmas tree upstairs at the Health & Recreation Building. Take a nametag off the tree and buy a gift for the age you have chosen and help a child have a wonderful holiday. Please do not wrap these gifts. The club will also be distributing holiday food baskets to local families.

We meet every second and fourth Tuesday of the month at Candler Hills Community Center at 8 a.m. for breakfast and 8:30 a.m. for the meeting.

If you would like to be a Lion, call membership chairman Estelle Clark at 861-7358 or Lion president Bob Melnick at 861-7350.



Travel Toppers
Jo Swing

December already, and the year is almost gone. That is what happens when you are having fun. Time flies. Travel Toppers has had a very good and enjoyable year. We hope that all of you who have traveled with us will be with us on our future trips and that if you haven't traveled with us yet, you will soon.

The Dec. 12 trip to see the Radio City Rockettes at the Tampa Bay Performing Arts Center has a wait list. If you are interested please call Suzanne Reilly, the coordinator, at 854-0712.

Room is available as we go to press for Christmas Day at the Show Palace in Hudson. This will be the always spectacular and memorable "A Holiday Revue" with dinner included. The coordinator is Pat Hood at 237-8533.

On Thursday, Jan. 3, 2008, Travel Toppers will have a trip to Orlando and Winter Park to see the Ice Festival at the Gaylord Palms Resort and the Morse Museum with its collection of Tiffany art work. The price will be \$36, by check only. The coordinator is Janet Fragapane who can be reached at 861-1575 between 7 and 10 p.m. only.

A wait list is needed for Glenn Miller Orchestra, Seniors at Leisure series, at Ruth Eckerd Hall in Clearwater. This will be presented on Tuesday, Jan. 22, 2008. The coordinator is Ruth Goldstine. Her number is 854-1128. Please call between 9 a.m. and 7 p.m. only.

On Monday, Feb. 4, 2008, there will be another presentation of the Seniors at Leisure series at the Ruth Eckerd Hall in Clearwater. This will be Irving Berlin's "I Love a Piano." The coordinator is Alan Rickards at 390-3075. The cost for each of the Seniors at Leisure presentations is \$38.

Reservations will begin on Dec. 3 for the trip to see Charlie Prose with Mark and Clark

Piano Twins. This will take place on Feb. 26, 2008, at the Peabody Auditorium in Daytona Beach. The coordinator is Helene Sternberger who can be reached at 861-9065 between 9 a.m. and 7 p.m. only.

Travel Toppers is always interested in getting feedback about possible future trips. We are seriously considering a fishing trip in April of 2008. The cost would be \$60 per person if we have 33 people. The cost would go up if we had fewer people and/or the cost of the bus goes up. If you are certain you would care for this outing, please call Jo Swing at 237-4564 between 9 a.m. and 7 p.m. only.

We are also putting out feelers for a trip to Orlando to see the Blue Men. If you have seen their ads on TV, you know what an exciting show they put on. If interested, please call Rose Bambino at 237-1432 between 9 a.m. and 7 p.m.

At the On Top of the World Club Fair we had many inquiries about a cruise in 2009. Most interest was for a Panama Canal cruise. It would be a 10-day cruise featuring a partial transit of the canal. If this would tickle your fancy, please call Kathy Hess at 390-3853 between 9 a.m. and 7 p.m. only. Remember to call and register before mailing in your check to the coordinator. Just mailing in the check does not guarantee registration. The coordinator must have you on the list.

Just a reminder to all that cars should enter the RV lot through the storage area. For safety reasons, drivers must follow the directions of the people directing the parking. It is very important that when they exit the car, that they don't go behind the car to cross over to the loading slab. If the driver is just dropping someone off, he should tell the parking supervisors. When they return to pick them up, they must park behind the parked cars between the two white Travel Toppers signs. They are not allowed to wait beside the RVs or the slab.

If anyone lost a special book marker in the RV lot before Oct. 27, please call Audrey Mangano at 854-7074.

The next Travel Toppers meeting will be 10:30 a.m. Jan. 2, 2008, in Suite A of the Arbor Conference Center.

The days are growing shorter as the year draws to an end. Night seems to come too soon. Yet this is also the season of light. Candles are an important part of the traditions for the celebrations, be they Christmas, Hanukkah or Kwanza. No matter what your religion or beliefs, light a candle to dispel the darkness and see its glow reflected in those around you. May the holiday season be full of light, joy, and happiness to all of you.

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Illinois Club
Marlene Kaiser

Illinois Social Club will meet for a holiday party on Sunday, Dec. 2, at 4 p.m. at the home of Judy and Richard Barker for appetizers and dessert.

We met in October at the home of Marlene and Hank Kaiser for a fun time talking about our old stomping grounds, enjoying good company and good food. We had a very good turnout. We are all looking forward to seeing each other again in December.

Please call Judy at 502-6887 or Marlene at 369-3341 for further information.

Happy holidays and a very happy and blessed new year.

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Card Clubs & Games

Monday Afternoon Bridge

Sara Anderson

Oct. 15

1: Betty Morris and Fran Griswold; 2: Esther Lang and Shirley Stolly; 3: Marjorie Benton and Caryl Roseberger; 4: Geri Cassens and Eleanor Giardina.

Oct. 22

1: Dave and Lothar Lack; 2: Bill and Edith Hunter; 3: Sara Anderson and Ray Dietz; 4: Nel Bosschaart and Ida Rosendahl.

Oct. 29

1: Fran Griswold and Betty Morris; 2: Marjorie Benton and Caryl Rosenberger; 3: Pat Goltart and Kay Wood; 4: Ida Rosendahl and Doris Keathley.

Nov. 5

1: Marge Starret and Joyce Walchak; 2: Mary Carol Geck and Joan Lord; 3: Sara Anderson and Ray Dietz; 4: Edith and Bill Hunter.

Nov. 12

1: Carol Thompson and Ida Rosendahl; 2: Joan Lord and Mary Carol Geck; 3: Geri Cassens and Eleanor Giardina; 4: Tie, Fran Griswold and Betty Morris; Marge Starrett and Joyce Walchak.

Monday Night Bridge

Shirley Johnson & Eleanor Giardina

Oct. 15

1: Dick Mansfield; 2: Fran Griswold; 3: Eleanor Giardina; Cons. Kay Ward.

Oct. 22

1: Ray Dietz; 2: Myra Butler; 3: Kay Wood; Cons. Jim Mahoney.

Oct. 29

1: Ray Wilson; 2: Ray Dietz; 3: Fran Griswold; Cons. Helen DeGraw.

Nov. 5

1: Jim Mahoney; 2: Gail Tirpak; 3: Myra Butler; 4: Ron McNeilly; Cons. Miriam McNeilly.

Nov. 12

1: Phyllis Bressler; 2: Betty Barney; 3: Ron McNeilly; 4: Ida Rosendahl; 5: Jim Mahoney; Cons. Elsie Helwig.

Tuesday Afternoon Bridge

Agnes LaSala & Shirley Johnson

Oct. 2

1: Betty Barney and Myra Butler; 2: Ray Dietz and Joanne Jones; 3: Geri Cassens and Eleanor Giardina.

Oct. 9

1: Phyllis Bressler and Mildred Lane; 2: Geri Cassens and Eleanor Giardina; 3: Agnes La Sala and Carl Woodbury.

Oct. 16

1: Mildred Lane and Mary Rose Janssen; 2: Agnes La Sala and Carl Woodbury; 3: Mazie Millward and Ray Dietz.

Oct. 23

1: Betty Barney and Myra Butler; 2: Shirley Stolly and Betty Morris; 3: Shirley Johnson and Phyllis Bressler; 4: Lothar Lack and David Lolk.

Oct. 30

1: Agnes La Sala and Carl Woodbury; 2: Agnes Weber and Geri Cassens; 3: Mazie Millward and Ray Dietz.

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.

Oct. 16

1: Marjorie and Bruce Benton; tie at 2: Ruth and Harry Tindall and Doris Keathley and Mary Carol Geck; tie at 4: Jayne Kaske and Caryl Rosenberger and Helen Eshbach and Liz Millison; 6: Joan Lord and Nel Bosschaart; 7: Ida and Bill Carlson.

Oct. 23

Tie at 1: Doug Miller and Ernie Lord and Joni and Ted Jarvis; tie at Doris Keathley and Mary Carol Geck and Ruth and Harry Tindall.

Oct. 30

1: Ida Rosendahl and Dick Mansfield; 2: Betty and Bill Raines; 3: Ruth and Harry Tindall; 4: Doug Miller and Ernie Lord; 5: Joan Lord and Nel Bosschaart; 6: Marjorie and Bruce Benton.

Nov. 6

1: Ruth and Harry Tindall; 2: Ida Rosendahl and Dick Mansfield; 3: Marjorie and Bruce Benton; 4: Joan Lord and Nel Bosschaart; 5: Betty and Bill Raines; 6: Doug Miller and Ernie Lord; 7: Helen Eshbach and Liz Milleson.

Wednesday Afternoon Bridge

Fran Griswold

Oct. 17

1: Shirley Stolly; 2: Betty Morris; 3: Iro Lisinski; Cons. Gloria Richards.

Oct. 24

1: Carol Johnson; 2: Shirlee Walcott; 3: Mary Culberson; 4: Marion Wade; Cons. Jeanette Oswald.

Oct. 31

1: Betty Morris; 2: Phyllis Silverman; 3: Pat Goltart; 4: Gloria Richards.

Nov. 7

1: Phyllis Silverman; 2: Joyce Walchak; 3: Shirley Stolly; Cons. Helen DeGraw.

Nov. 14

1: Shirley Ebert; 2: Ida Rosenthal; 3: Esther Lang; 4: Helen DeGraw; Cons. Helene Sternberger.

Wednesday Evening Duplicate Bridge

Doris Keathley

Oct. 17

Tie at 1: Mary Carol Geck, Joan Lord and Harry and Ruth Tindall; 2: Bill and Edith Hunter.

Oct. 31

Tie at 1: Bill and Betty Raines, Doris Keathley and Ida Rosendahl; 2: Harry and Ruth Tindall; 3: Bill and Edith Hunter; 4: Ted and Joni Jarvis.

Nov. 7

1: Bill and Betty Raines; 2: Doug Miller and Caryl Rosenberger; 3: Ted and Joni Jarvis; 4: Ida Rosendahl and Doris Keathley; 5: Harry and Ruth Tindall.

Thursday Night Bridge

Helen DeGraw & Ida Rosendahl

Oct. 18

1: Paul Agarwal; 2: Betty Barney; 3: Jan Moon; 4: Mildred Lane; Cons. Fran Griswold.

Oct. 25

1: Rose O'Rourke; 2: Elsie Helwig; 3: Jan Moon; 4: Phyllis Bressler; 5: Ginny y Barrett; Cons. John Mataya.

Nov. 1

Tie at 1: Ray Wilson & Mildred Lane; 2: Elsie Helwig; tie at 3: Rose O'Rourke & Helen Degraw ; Cons. Agnes Weber.

Nov. 8

1: Edith Hunter; 2: Carl Woodbury; 3: Mildred Lane; 4: Agnes Weber; Cons. Elsie Helwig.

Nov. 15

1: Ron McNeilly; 2: Helen DeGraw; 3: Rose O'Rourke; 4: Ray Deitz; Cons. Catherine Edwards.

Friday Night 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.

Oct. 12

1: Joan Lord; 2: Caryl Rosenberger; 3: Elly Rapacz; 4: Phyllis Bressler; 5: Agnes Weber.

Oct. 19

1: Eleanor Giardina; 2: Bev Ovrebø; 3: Ernie Lord; 4: Fay Rumens; 5: Edith Hunter.

Oct. 26

1: Joan Lord; 2: Shirley Ebert; 3: Bill Hunter; 4: Ginnie Barrett; 5: Dick Mansfield.

Nov. 2

1: Phyllis Bressler; 2: Carol Johnson; 3: Geri Cassens; 4: Arline Dugan; 5: Dick Dakin.

Nov. 9

1: Catherine Edwards; 2: Geri Cassens; 3: Bill Hunter; 4: Agnes Weber; 5: Lee Sheffer; 6: Edith Hunter. Grand Slam: Geri Cassens and Dick Dakin.

Friday Night Euchre 4 Fun

Irene Pisani & Nancy Kowsky

Oct. 19

Tied at 1: Gitte Agarwal, Irene Pisani; 2: Richard Bartel; 3: Betty Scervo; 4: Billy Swing; tied at 5: Hank Kolb, Hank Hilovsky; tied at 6: Edith Kolb, Mary Hilovsky; 7: Joann Shea; 8: Lil Kohlriseser; tied at 9: Mary Bartel, Bill Eberle, Rita Pinter, Jo Swing; tied at 10: Genny Brenner, Jan Harris, Dick Torzewski; 11: Jerry Painter; 12: Joe Scervo; 13: Paul Agarwal; tied at 14: Jerry Harris, Pat Snable; 15: Norma Noelcke; 16: Sami Odeh.

Oct. 26

1: Hank Hilovsky; 2: Irene Pisani; tied at 3: Paul Agarwal, Joe Scervo; tied at 4: Hank Kolb, Richard Bartel; tied at 5: Joann Shea, Betty Scervo, Billy Swing; 6: Genny Brenner; tied at 7: Dick Torzewski, Jo Swing; tied at 8: Mary Bartel, Norma Noelcke, Gitti Agarwal, Mary Knight; tied at 9: Pat Snable, Jerry Harris, Zane Barnett, Nancy Kowsky; tied at 10: Lil Kohlriseser, Betty Leg; 11: Mary Hilovsky; 12: Delores Barnett; 13: Jan Harris; 14: Edith Kolb.



Friday Night Euchre

Joe Askenase

Oct. 12

1: Clarence Lietzow; 2: Helen Foskett; 3: Marcy Askenase; 4: Lee Morgan.

Five-Handed Game

1: Marge Fisher; 2: Shirley Coe; 3: Lou Fisher; 4: Maria France.

Oct. 19

1: Helen Foskett; tie at 2: Joan Sigafoos and Rich Miles; 3: Lou Fisher; 4: Marge Fisher.

Six-Handed Game

1: Clarence Lietzow; 2: Maria France; 3: Vi Horton; 4: Marcy Askenase; 5: Shirley Coe.

Oct. 26

1: Marge Fisher; 2: Rich Miles; 3: Clarence Lietzow; 4: Joan Sigafoos; 5: Russ Riegler; 6: Lou Fisher; 7:

Helen Foskett; 8: Marcy Askenase;

Six-Handed Game

1: Shirley Coe; 2: Russ Riegler; 3: Vi Horton; 4: Maria France; 5: Virgil Taylor.

Nov. 2

Four-Handed Game

1: Clarence Lietzow; tie at 2: Lou Fisher and Joan Sigafoos; 3: Rich Miles; 4: Helen Foskett; 5: Maria France; 6: Marcy Askenase.

Nov. 9

Four-Handed Game

1: Joan Sigafoos; 2: Marcy Askenase; tie at 3: Bridget Hughes and Lou Fisher; 4: Clarence Lietzow; 5: Helen Foskett; tie at 6: Marge Fisher and Russ Riegler.

Five-Handed Game

1: Diana Riegler; 2: Virgil Taylor; 3: Rich Miles; 4: Maria France.



Tuesday Night Pinochle

Viola Horton

We had one new player, Charles Distler. Welcome anyone who plays pinochle; come and join us on Tuesdays at 6 p.m. in the Arts and Craft building art room. No partners needed.

Oct. 2

Single Deck Winners

1: Mike Birch; 2: Lois Rider; 3: Audrey Bartolotta. Double/Triple Deck Winners Table 1: Lillian Kohlriseser, Alberta Sarris, Vi Horton; 2: Irene Pisani, Shirley George and Jo Swing; 3: Rich Fluet and Glen Kuntz.

Oct. 9

Single Deck Winners

1: Alice McDaniel; 2: George Dertinger; 3: Bob McDaniel.

Double/Triple Deck Winners

Table 1: Lillian Kohlriseser, Margaret Sciarrino and Vi Horton; 2: Shirley George and Ray Brock; 3: Rich Fluet and Ed Fullmer.

Oct. 16

Single Deck Winners

1: Clarence Lietzow; 2: Rita Pinter; 3: Sal Ledonne. Double/Triple Deck Winners Table 1: Vi Horton; 2: Irene Pisani, Shirley George and Jo Swing; 3: Ray Bock.

Oct. 23

Single Deck Winners

1: Vernon Uzzell; 2: Audrey Bartolotta; 3: Charles Distler.

Double/Triple Deck Winners

Table 1: Alberta Sarris and Vi Horton; 2: Jo and Billy Swing and Ray Bock; 3: Virgil Taylor. Oct. 30

Single Deck Winners

1: Cheri Cunningham; 2: Jim Cunningham; 3: Clarence Lietzow.

Double/Triple Deck Winners

Table 1: Lillian Kohlriseser; 2: Billy Swing; 3: Ray Bock and Virgil Taylor.

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Bingo

There will be no Bingo during the month of December. Bingo will resume on Wednesday, Jan. 2, 2008.

The Bingo Committee wishes you and yours a safe, healthy and happy holiday season. See you on Wednesday, Jan. 2.



Saturday Night Pinochle

Elsie Helwig

Oct. 20

1: Audrey Bartolotta; 2: Dot Findlay; 3: Rose Mary Seifert.

Oct. 27

1: Vi Horton; 2: Ed Fullmer; 3: Audrey Bartolotta.

Nov. 3

1: Dot Findlay; 2: Rita Pinter; 3: Audrey Bartolotta.

Nov. 10

1: Jo Swing; 2: Billy Swing; 3: Ed Fullmer.



Cribbage

Dorothy Skillman

Oct. 19

1: Alberta Sarris; 2: Norma Yonke; 3: Ray Bock. Cons: Greg Skillman.

Oct. 26

1: Greg Skillman "0" score; 2: Luke Mullen; 3: Rich Fluet. Cons: Elsie Helwig.

Nov. 2

1: Greg Skillman; 2: Anne Jagiewski; 3: Lois Hoepfner. Cons: Frank Chamberlain.

Nov. 9

1: Ed Fullmer; 2: Ray Bock; 3: Greg Skillman. Cons: Alberta Sarris.



Mah Jongg

Mary Ehle

The final classes for 2007 are now over. We had a great bunch of eager students and now they are playing on their own. If they happen to join a game that you are playing please be patient with them. Remember they are our future players as we all get older and people move away and we need more players. Time moves right along and we need new faces to help us continue playing.

I need someone or some group to come forward to help me with the March tournament. Pat Griffith wishes to retire from the excellent job she has been doing. She does the decorations, the table numbers and she has also always made you the lovely table favors.

If you would be interested in doing this it can be very simple. We need someone to take charge of the door prize distribution. I need that time to finish scoring so you would be entertaining everyone with the gift passing. Other than that you can do as much or as little as you desire.

Please think about it and give me a call. My number is 873-7507. Jokers to you.

POET'S CORNER

Poetry from On Top of the World Residents

The Collegiate Range

JOE MADDOX

Up in the High Country,
Where silver used to flow
Is the old, "Silver Capital,"
Leadville, Colorado.

From here they took the silver,
From here they took the gold.
But the one thing they couldn't take,
Was its beauty to behold.

I've trekked these stately Rockies,
Here in the Collegiate Range.
Was blissed-out with their beauty,
And their Bella Vista change.

These 18 peaks are a pittance,
Of the mighty Rockies' span.
But they give a Michelangelo portrait,
Of Mother Nature's plan.

They have stood the change of eons,
When rocks were spewed from hell.
When glaciers were their blankets,
And man was yet to trail.

Their pines waited silently,
For the mighty glaciers to creep.
And sing from their lofty boughs,
To invite the birds to sleep.

Rivers gouged her canyons,
Where the wild waters sprung.
Beasts roamed these banks,
Seeking prey to sate their young.

During my privileged outings,
To these majestic tasked Peaks.
I am awed beyond wonder,
At their Maker's magic mystique.

Snow caps these bastions,
Where the winds never stop.
Tufting the aureola crystals,
Like blowing forget-me-nots.

So here between the aspens,
In their fluttering gowns of gold.
And the skyward crested summits,
Ever white and silently cold.

I bid farewell 'til my next visit,
To this grand panorama.
Which will be, God willing,
As soon as next summer.

AARP Tax-Aide Seeks Volunteers!

This year the AARP Tax-Aide program will be offered at the Ocala West United Methodist Church on Tuesdays beginning in February. This program is sponsored by the AARP Foundation in conjunction with IRS.

We are seeking volunteers to help your neighbors prepare their 2007 federal tax returns. You need to be computer literate. You will receive training in January. To volunteer, call Paul E. Wilson at 854-8878.

DCM Cable: 873-4817



Sunshine Singers

Vivian Brown

It was a beautiful day for a great tribute to our veterans as the Sunshine Singers joined the Lions Club and our many residents on this solemn occasion. The honor guard raised the flag, there was an opening prayer, the "Star-Spangled Banner" was sung and the songs for all the branches of service and "America the Beautiful." After all the speeches were made, a wreath was placed at the front of the flagpole, followed by the honor guard giving a three-gun salute. The service was ended with a prayer and our singing "God Bless America."

The holiday season is upon us. As we travel from one nursing home to another, we find strings of lights in all colors and sizes, the air is filled with Christmas music, not to mention Santa Clauses, Christmas trees, Rudolph and all the other reindeer, sleighs, wreaths and miles of garland.

We will be visiting Quiet Oaks on Dec. 3 at 6 p.m., Dec. 12 at 12:15 p.m. at Central Community College, Dec 14 at 3:15 p.m. TimberRidge, and Dec. 19 at 2 p.m. Summerville. But I love it, to me it's the most wonderful time of the year. Happy holidays everyone!

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**World
Traveler**
Bill Shampine

I think most of you are aware that the highly successful movie series "Lord of the Rings" was filmed in New Zealand. For those of you who have seen any of the films in that trilogy, you know that New Zealand is stunningly beautiful.

Being on the edge of the notorious "Pacific Ring of Fire" (a line where the earth's crust is shifting), it has a landscape that has been riven throughout geologic time by violent earthquakes and erupting volcanoes. These violent natural phenomena gave the land a rare seismic beauty of raw and rugged mountains. Some of these mountains then were smoothed by glaciers during the last ice age (one of which exists to this day) that left deep, clear lakes and fast-flowing rivers. Since the "Pacific Ring of Fire" is an active volcanic area, there still is a lot of thermal activity in New Zealand in the form of hot springs, hissing geysers, and boiling mud pits.

One consequence of this volcanic activity over the millennia was the development of rich, fertile land in the interior that yielded lush, abundant forests. The island coastline also offers about 9,300 miles of mostly deserted, sandy beaches. With more than a third of the country's land mass contained in a park or reserve, you are never far from experiencing the delights of nature, and a unique nature it is. Because of its long isolation from the rest of the world, New Zealand has extraordinary flora and fauna. In fact about 80 percent of the flora in New Zealand occurs only in New Zealand.

As usual, however, let's begin with a bit of geography and history. New Zealand, located about 1,250 miles southeast of Australia, consists of two major and a few small islands. The North Island is 515 miles long, about the size of Ohio, volcanic, and contains many hot springs and spraying geysers. The South Island is about the size of Illinois and has high mountains along its west coast, including Mount Cook, the highest point in New Zealand at 12,316 feet.

Collectively, the islands are about the size of Colorado, and, with a bit over four million people living there, have about the same population as Colorado. Wellington is the capitol, but, with a population of 890,000, Auckland is almost twice as large. Christchurch is the third large city in New Zealand.

The Maoris were the first inhabitants of New Zealand, arriving to the islands by canoe

in about 1000. Thus, with only a thousand years of human settlement, New Zealand lays claim to being the youngest country in the world.

It was first discovered by the Western world in 1642 when Abel Tasman, a Dutch navigator, explored the island looking for "treasures or matters of great profit" for the Dutch East Indies Company. Finding none, the islands subsequently were ignored by the Dutch. In 1769 British Captain James Cook was sent to Tahiti to search for the existence of a rumored "great southern continent." He did not find a continent, but he did come upon New Zealand and reported on it favorably. This resulted in a small but steady influx of whalers, sealers, and missionaries to the islands over the next several decades. Increasing intertribal Maori warfare during this time, supplemented by the arrival of British guns, eventually led to the signing of the Treaty of Waitangi in 1840 which established New Zealand as a British colony. After the Treaty was signed, the migration of Westerners increased dramatically, which caused a great deal of suffering for the native Maori.

New Zealand has been in the forefront in instituting social welfare legislation. For example, it was the world's first country to give women the right to vote (1893). It adopted old-age pensions (1898); a national child welfare program (1907); social security for the elderly, widows, and orphans, along with family benefit payments; minimum wages; a 40-hour workweek and unemployment and health insurance (1938); and socialized medicine (1941). They have quite a record.

There are many things available to entertain the visitor, ranging from nightlife in the big city to private reflection in the isolation of lush forests or quiet coves scattered all along the coast. I was fortunate to learn that On Top of the World residents Joyce and Larry Conway went on a cruise to New Zealand in 2006 and were willing to share some of their experiences and pictures. They were there in February (the tail end of the summer), had wonderful weather, and really enjoyed the trip. Joyce told me that one of the most impressive features of New Zealand is the lack of graffiti and littering. Like Singapore, the people simply keep the place clean. She also appreciated the fact that everyone they met was very friendly. New Zealanders speak English, but the British influence impacts the language as well as causing them to drive on the "wrong" side of the road (with apologies to all my British friends)! The population is dominantly European, but there are large numbers of Maori, other Pacific Islanders, and Asians.

In summary, although New Zealand is a loooooong way from here, it certainly is a desirable place to visit and you should consider adding it to your list of places to visit before it's too late. How far have we traveled now that we are about to complete our trip around the world? The flight from Brunei to Christchurch, New Zealand will add 4,890 miles to our subtotal. We then easily could add another 500 miles driving around the islands. So, as we get ready to leave New Zealand, we have added a total of 33,712 miles to our Frequent Flyer program. New Zealand is our last stop on our travel for 2007. The final leg of our journey will take us back home. We then will take a month's respite in January to wash clothes, pay the accumulated bills, and get ready to hit the road again next February! The Janu-



Photograph by Larry Conway

Baldwin Street, located in Dunedin, New Zealand, is reported to be the steepest street in the world.

ary article will summarize our trip around the world, focus on some general international travel tips that may be helpful to you in your potential travels, and get us set to take off again in February! I'm looking forward to it, and I hope you are as well.

I would be pleased to get your suggestions or requests for stopovers. I also would like to hear from you if you have traveled overseas and have some pictures and experiences you would be willing to share with the On Top of the World community. I can be reached by email at fabls62@cfl.rr.com or by phone at 873-0753. ☺

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Sherry's Mac Computer Tip

By SHERRY SURDAM

Bored with the background in your Finder window? Here's how to change it.

Under the View menu, select Show View Options. At the bottom of the dialog box you can choose a background color. This applies to the List and Column views only.

If your preference is the Icon view, you can choose a background color or a picture. Be careful not to choose a picture that's too "busy" or you will rapidly get cross-eyed trying to see your icons! If you change back to List or Column views the picture will disappear but will still be there if you change back to Icon view.

If you want all windows to look the same be sure to select that option at the top of the dialog box.



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Bed Linens: Full comforter set, double bed; 2 shams, 1 bedskirt, 1 pillow, valance, set of sheets and pillow cases, \$150. 854-8046

Bedroom Set: Four pieces, mirror, dresser with mirror, two nightstands, good condition. \$125. 291-0840

Beds: \$115. Bedroom sets \$395. Brand new, direct from manufacturer. Wholesale prices, quality products, free award-winning customer service. Wholesale Furniture Dealers now in SW Ocala. 854-0980

Bicycle: 3-wheel DeSoto Classic; 3 speed gear, large seat, basket, excellent condition. \$75. 390-2359

Blower: Gas, great condition, \$50. 237-6062

Bowling Bag, Ball and Shoes: Size 10. 854-6405

China: Noritake service for 12, platinum design edge, brand new in boxes. Bought 1969. 291-2419

Color TV: 32" silver JVC color TV with 36" matching stand with shelf and glass doors. 854-1128

Computer Maintenance Suggestions (PC): 112-page full color coil bound book. www.lulu.com. CustomComputerInstruction or call 873-2100

Dining Room Set: Burnhardt, 44" round, two 18" extensions, custom pads for all, four chairs, excellent condition. \$475. 291-2419

Drinking water by Penta is "ultra-purified" via 13 steps, providing you maximum hydration, purity and taste. Call 873-2100 for home delivery.

Estate Sale: Friday, Nov. 30, -Saturday, Dec. 1, 8 a.m. to 1 p.m. Household items, dining room table, refrigerator. 8863-C SW 92nd Lane. 291-1780

Exercise Bicycle: Sears Pro-Form GR-80 with chair seat. Unused condition. \$150. 861-9818 or 267-6870

Folding Walker: Spartan Invacare, with seat, larger wheels, basket, tray, handbrakes, perfect condition. \$75. 861-9818 or 267-6870

Freezer: 5 cu. ft., like new, \$75. 237-9795

Garage/Moving Sale: Friday-Saturday, Dec. 7-8, 9 a.m.-1 p.m. Furniture, utensils, frames. 8540-D S.W. 90th Pl., Friendship Colony. 854-8799

Garage Sale: Friday, Nov. 30, -Saturday, Dec. 1, 9:520 SW 84th Terr., Friendship Village, 9 a.m.-1 p.m.



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

SERVICE ads will be accepted from residents and non-residents. A three-line minimum rate is \$12; four lines is \$17.50 and five lines is \$20. A six-month rate, paid in advance, is also available. Call 854-0248 or leave a message for more information. Payment must accompany each ad. Send ad and check to The World News, 9850 S.W. 84th Court, Suite 300, Ocala, FL 34481.

DEADLINE: On Top of the World resident ads must be in the box next to the Press-room door (in Friendship Commons next to Customer Service) no later than noon on the 13th of each month. Ads will appear once unless renewed in writing.

Golf Clubs: Cleveland Hybore XL driver, 10.5 loft, regular shaft, \$150; Callaway Fusion Titanium irons, 3-SW, \$300; heavy putter, \$90. 291-2419

Golf Clubs: Women's Adams 12-piece complete set, with cart bag and head covers, graphite shafts. Excellent buy at \$475. 861-9855

Golf Equipment: Two complete sets with bags, varied clubs and balls. 854-7072

Hot tub: loaded. Never used. Color changing waterfall, hydrotherapy jets, LED lights, cup holders, plugs right into a 110v outlet. Controlled by a Balboa digital control system. 5-year warranty. Free delivery and setup. 854-0980

Organ: 2003 Hammond Aurora Century, XL-100 series, like new. 854-2793

Misc. Items: Black & Decker toaster broiler, like new; walking cane. Reasonable. 854-7516

Misc. Items: Boy's winter jacket, new; clothes hamper; ladies bowling shoes; 2 twin-size bedspreads; king-size bed rail, steel frame. 873-4289

Misc. Items: Clown clothing and wigs; woman's golf shoes, new; commode and shower chair combined, new; golf cart (push type). 854-5617

Misc. Items: Musical clocks, \$60; 2 sets women's golf clubs and bags, \$75 each. 873-1189

Misc. Items: Sewing machine with wood cabinet, \$35; lady's bike, excellent condition, \$25; 3-wheel bicycle, good condition, \$50. 237-0596

Misc. Items: Small upright freezer and G.E. clothes dryer, \$50 each. 854-9629

Misc. Items: Yamaha 60-key keyboard w/ stand, bench, \$75; joystick with separate programmable throttle, \$50; oriental rug, \$100 obo. 873-6065

Moving Sale: Dec. 7-8, 10 a.m.-2 p.m. Corner house at 9109 SW 93rd Cir., Providence. Please use lanai, rear entrance

My video camera DVDs don't play on my non-portable DVD player. OK for regular DVDs so I'm selling it. Don. 237-9846

Pickleball Paddle: Used twice, paid \$50, sell for \$25. 291-7670

Pool table: Still in crate! Gorgeous brand new 8-foot regulation table. Oversized 1" Italian slate, colossal ball and claw legs, and leather pockets. 2 yr. warranty. Can deliver and set up! 861-9469

Postage Stamps: Commemorative sheets and blocks, mostly from 70's and 80's. Sell at face value. 291-2419

Projector: Kodak Carousel 750H in original box with instructions and 6 carousel trays; works perfectly. \$25. 237-7492

Refrigerator/Freezer: Whirlpool 18 cu. ft. with icemaker. Used since January 2006, asking \$495. 854-8161

Scooter: Pride Legend, 4 wheels, cloth swivel seat with basket. 861-4585

Singer Sewing Machine: Advance 7422, used just 2 hours, \$70. 873-3745

Square Dance Dresses Skirts and Crinolines: Asking \$8 to \$10. 812-4343

Wallpaper: 5 new double rolls in neutral color pattern. \$50. 291-0744

Services

AI Handyman: 291-7670

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

Alterations by Ernestine: Alterations, experienced. On Top of the World resident. Call 861-0259.

Avon for the holidays and all year long. On Top of the World resident. 873-9782

Aluminum contractor: Joe Rowland W.T.T.L. Inc. (352) 726-4067. Acrylic glass rooms, screen rooms, windows, doors, re-screens, soffit, fascia, hurricane shutters.

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Available: CNA/HHA looking for full or part-time work. Employed 11 years in On Top of the World. Excellent references. On Top of the World resident. Anna, 873-4761

Bob's Screening Service: Garage door screens, window screens, porch enclosure screens. We revinyl windows. Complete rescreening service. Free estimates. 586-8459. Bob

Calligraphy Creations for your unique holiday gift: Personalized notecards, keepsakes, poems, as well as invitations, etc. Call Bonnie, 854-7516.

Carpet Cleaning: Countryside Chem-Dry, serving On Top of the World for eight years. Dry in hours, not days. 10 percent off first-time clients. 307-4100

Carpet Cleaning Specials: 2 rm/\$59, 3 rm/\$79 truck mount, deep clean/carpet restretching, ceramic tile/grout clean, vinyl floor restoration, new flooring. Call owner, Pat More 821-3800

Cat Boarding and Sitting provided by loving experienced Cat Nanny. On Top of the World resident. Call 854-8589

Cat and/or House Sitting Services for On Top of the World residents. Dependable, trustworthy, affordable and insured. Grammy Sharon, 694-4853.

Cleaning by Connie: Weekly and biweekly cleanings. Detailed and thorough job every time. Good references. Twelve years experience. (352) 653-8857.

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Convert your old records and cassette tapes to audio CDs. Play them at home or in your car. 237-4482, On Top of the World resident.

Crown Moulding: Free estimates. 15 years experience. Quality work. Real wood, no MDF. Vaulted ceilings OK. Also, specialize in chair rail, baseboards, bead board, decorative applied mouldings. Jerry (352) 342-0860; jtrimguy@aol.com.

Handyman Bill: All home repairs. No job too small. Tile and grout, screens and windows, doors and woodwork. Phone, cable and computer wiring. Free estimates. Reasonable prices. 873-0179

Hair care in your home: Licensed, experienced beautician comes to you. Full service. Call Cathy, PCA, resident, 237-3347. Service homebound.

Help-U-Fix-It! We do honey "do's" and odd jobs! Installations, repairs, renovations, maintenance. Keep up your properties. Call (352) 694-3366.

Home Repairs: 24-hour service. Free estimates. No job too small. 861-2108. The Handyman. If no answer, leave message. Prompt response.

Home and Yard Services: Sundance Co. (DBA. "MB&G") lawn mowing, window/gutter cleaning, pressure washing, shrub trimming, lawn vacuuming, misc. services. Serving On Top of the world since 2001. Insured. 347-7825. Thank you.

Housecleaning by Evelyn Lee: I do windows, deep cleaning, move outs. Licensed and insured. 629-0855

Housecleaning by On Top of the World residents with experience and references. Reasonable rates and free estimates. Call for an appointment, 208-9162 or 362-4714.

Housekeeping, errands, what are your needs? Call Susan, (352) 438-6410. References available.

Housekeeping or companion: bartender for private parties, computer office work, drives, references. Call Rose, 245-5757.

Jack of all trades: Transportation: all appointments and shopping, including airports and cruise ports. Companion, caregiver, light housekeeping, light cooking, ironing, dog walking. Call Pat, 497-9008.

Laminated wood floor installation: Quality work at reasonable rates. Free estimates. I am a resident. Call Bob at 237-7452.

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Painting by Frank the Painter: Free estimates, interior painting, specializing in colors, quality service, affordable prices, 30 years experience and licensed, summer specials. 237-5855

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Pressure Washing: House or villa, gutters, driveways or walkways. Call On Top of the World residents Okey or Karen for a free estimate. 237-6637

Steve's Handyman Service: Fans, lights, doors, shelving, general carpentry. On Top of the World resident. Call Steve at 854-4927

Transportation: Call Bonnie, On Top of the World resident, to doctors, hospitals, shopping; excluding airports. Dependable, safe driver. 854-7516

Transportation: Call Kim for personalized door-to-door transportation to airports, cruise ports, any destination. Call 854-8708 or cell 207-8237.

Transportation: Personalized door-to-door transportation to airports, cruise ports, doctor appointments, shopping. Call Betty, 861-1163

Transportation: I'll drive you to local appointments, grocery shopping, errands and more. Joan at 237-8240

Your songs, your way! We can turn your treasured LPs/45s/78s into CDs! Free pick up and delivery. Laura and Ray, 867-7413.

Wanted

Coin collector wants to buy old coins, gold and proof sets. On Top of the World resident. Ted at 861-6964

Golf Cart: Two or four-passenger, need ASAP. 873-8600

Late Model Car: With low mileage. 861-6964

Moving in or moving out? Grandmattic will purchase one piece or entire estate: jewelry, silver, china, glassware, collectibles, dolls, small furniture and junkie. Susan or John, 873-9796

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

On Top of the World resident interested in buying guns, new, old, any condition. 854-2555

Paying top dollar for quality (Martin, Gibson, Fender, Gretsch, Vega, Taylor, etc.) guitars, mandolins, banjos, ukuleles, bass guitars, amplifiers, etc. On Top of the World resident. 237-8072

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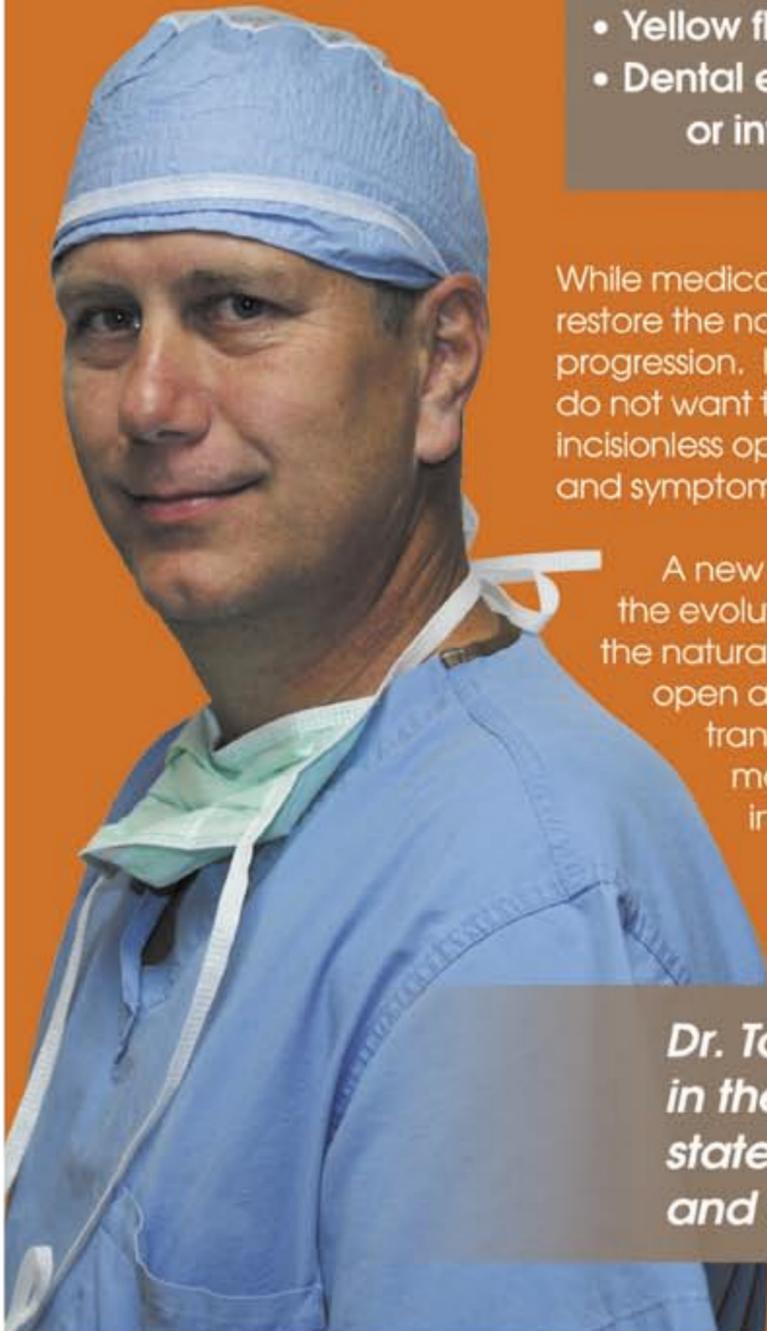
Suffering from Heartburn?

Munroe Regional Medical Center, Ocala, Florida
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the EsophyX™ procedure to heartburn patients.

If you have heartburn twice a week or more you may have GastroEsophageal Reflux Disease, also known as GERD. Heartburn is the most common symptom associated with GERD but you may also experience:



- Inflammation and/or ulceration of the esophagus.
- Hoarseness or sore throat.
- Excessive clearing of the throat.
- Frequent swallowing.
- Persistent cough.
- Asthma or asthma-like symptoms.
- Burning in the mouth or throat.
- Pain or discomfort in the chest.
- Intolerance to certain foods.
- Yellow fluid or stains on your pillow after sleep.
- Dental erosions or therapy-resistant gum disease or inflammation.



While medication alleviates the symptoms of heartburn, it does not restore the natural anatomy and generally doesn't stop disease progression. If you do not want a life long regimen of medication or do not want to undergo an invasive surgical procedure, a proven incisionless option is now available that addresses both the cause and symptoms of GERD.

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