

On Top of the World NEWS

Where the News is Always Good

Entertainment Group
announces its
2007-08 season,
Page 21.



Vol. 21, No. 1 • July 2007

Community News & Update

By Kenneth Colen, Publisher

TROPICAL STORM SEASON: It's that time of year again; it seems every year fire season gives way for tropical storm season! Inevitably, the Weather Channel, CNN, and countless other news organizations will over-dramatize otherwise normal, seasonal weather events and generally drive us to distraction. Mind you, a tropical storm is not to be taken lightly. Using good sense, being prepared with a supply of non-perishable foods, an emergency supply of potable water, flashlights and batteries, and important prescriptions, should carry anyone through in fine form. Fact of the matter is that tropical storms are part of the wet/dry cycle of Florida. We count on them for recharging the aquifer.

Residents with special needs should be aware that if we do have a storm, the closest special needs shelter is West Port High School. Residents with special needs should make prior arrangements to be relocated there.

The maintenance and recreation departments have begun their annual "all hands" hurricane preparedness drill. All of the employees did an outstanding job preparing their respective areas for the worst.

Last year a resident in Indigo East asked me to address provisions for maintenance of water and wastewater services during and after a storm event. While most of us can exist without electric for a few days (unpleasant as that thought is), water services and by extension sewer service, really are life essentials services. To that end, CSW Management and the Bay Laurel Center CDD have a solid storm preparedness and recovery plan in place.

Housing is made available on-site for key utility personnel immediately before a storm. That way we have our first responders on-site. As soon as the winds drop below 35 mph crews roll to inspect damage and assess service availability. The primary water treatment plant has redundant secondary power with a five-day fuel supply and additional fuel supply on call. Lift stations are all connection ready for mobile generators as well as having pump bypass ports in event an electrical panel is damaged. The wastewater treatment facility also has redundant secondary power with fuel supply and additional fuel supply on call.

This is really a mixed bag in one respect: electrical service can be down, but residents continue to have normal water pressures. After about 10 hours of being cooped up inside, cabin fever may become a problem and many people find relief by getting outside, visiting with neighbors, and heaven forbid, hosing down their driveways! NOT A SMART IDEA when the water system is running on auxiliary power and fuel supplies! If ever there is a time to conserve resources that would be it. We need to stretch our fuel resources during prolonged power outages.

MASTER THE POSSIBILITIES: We are very pleased to be including our summer (July-August-September) Master the Possibilities catalog in this edition of home delivered World News. (The catalog is also available at our Education Center.) We have a full array of classes available to you through this season. The curriculum represents a good mix of encore classes that have had wait-list in the past, and new offerings to keep you interested. We hope you experience joy in learning and are most grateful for your support! See you in class!

WATER QUALITY REPORTING: On Page 5 of this edition of the *World News* you will find the 2007 Quality Water Report. This report gives a complete breakdown and explanation of the water chemistry. This follows a mandate in federal law applying to all public water supply systems requiring that consumers be informed.

Water quality testing is conducted in three-year cycles. The only exception is for nitrate, which is tested annually. In 2007 we conducted only nitrate testing. A new round of quality analysis testing will be undertaken in 2008. Since reporting is required to be done in arrears, these results will be in the 2009 report. Predictably the most recent testing holds no surprises.

DROUGHT NOT ENDED: Even with the June rains, and hopefully more in July, we are far from out of the woods with drought conditions. Depending on which agency you listen to, North Florida is significantly short of rainfall.

Water use restrictions published by the Southwest Florida Water Management District remain in effect. Water conservation has become a way of life in Florida. New irrigation installations have migrated to even more efficient methods. Lawn rotors have been abandoned in favor of mist heads. Shrub heads have changed to individual drip emitters directed to each plant. This has reduced irrigation volume in half on new homes. Total irrigated area has been reduced around the house, as well as larger

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Photo by Robert Krames

On Top of the World fitness instructors include from left, Cammy Dennis, Fitness Director, Ronnese Lamont, sitting, Kitti Surrette, Mary Pat Giffin and Pat Woodbury.

Fitness Adds Programs, People

By LYNN PEITHMAN STOCK
EDITOR

From gliding your way to fitness to getting in shape at boot camp, new exercise programs — and new people — have come to On Top of the World.

On Top of the World

Cammy Dennis is the new Fitness Director for On Top of the World Communities.

"I have big plans," Cammy says for On Top of the World. "My ideas are not to come in with changes, though. I want to take what works and expand on that."

She plans and will introduce new equipment. One new device — and new class — is Gliding. Exercisers use little purple disks that slide on the floor. Cammy will also have more balance training and strength training classes.

One new activity she's already tried out is "Fun Fridays." This is a group exercise class that showcases new instructors and new ideas. She says she plans to offer this once every three months, with the next one in the fall.

Cammy also plans to continue training and certification for the fitness instructors here. "It's my personal philosophy that ongoing education is extremely important," she says.

Most recently, Cammy has been a curriculum specialist for Geo Fitness in Orlando. The company makes specialty exercise equipment.

Cammy also has been working with SCW Fitness, a fitness education company that instructs and certifies fitness teachers across the country. In a different twist, Cammy's specialty has been in children's fitness.

But her fitness roots are in adult group exercise, she says. Recently, Cammy has also been a fitness instructor at the YMCA in Ocala.

The mother of four — ages 9, 12, 16 and 18 — she makes room for her own exercise by running, cycling and coaching her children's soccer and basketball teams.

The Ranch

Over at The Ranch, Director Michelle Neumann has introduced Boot Camp, an eight-session group class led by Fitness Lead Terry Davison. "He really makes you get results," This is a group session of personal training, she says. The next session will be 6:30 to 7:30 p.m. each Tuesday and Thursday in July. The cost is \$40 for members and \$40 for non-members plus a \$12 day pass for each day.

The Ranch will also offer non-traditional classes such as self-defense, which will be offered Saturdays on July 14, 21 and 28 and Aug. 4 from 11:15 a.m. to 12:15 p.m. The cost is \$40 for members and \$40 for non-members plus a \$12 day pass for each day.

"We want to make you not just healthier but smarter as well," Michelle says.

Zumba is a group fitness class that started in June. "It is literally the fitness craze," Michelle says. "It is fun aerobic exercise to Latin

music." The class uses dance moves. "It's so much fun yet you don't have to know how to dance," she says. "It's been a packed house ever since we began offering it at The Ranch."

A newcomer to The Ranch is Valerie Feagin, Membership and Events Manager. She has several special events planned for later this summer.

"We're going to add new activities on an ongoing basis to the fitness center, not just exercise classes," she said. "We want to make this a fun place to be."

Events in the works include a girls' night out of pampering at the spa and men's specialty fitness classes.

Valerie began her employment at The Ranch in April and has lived in the Ocala area for 11 years. Most recently, she was restaurant manager and events coordinator at Veranda Gallery and Tearoom in downtown Ocala. She was also an assistant manager at Rainbow Springs Golf and Country Club. ☺



Valerie Feagin,
The Ranch
Membership and
Events Manager



Barbecue 101

Chef Dave Bland, the executive chef at Candler Hills Restaurant, presents a free demonstration class on barbecuing at Candler Hills on June 18. Look for the Master the Possibilities catalog for the new culinary series on 'A Tuscan Table,' 'Seasonal Harvest' and 'Napa and Sonoma Wine Pairing.'



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."

(352) 854-0248 • Fax (352) 237-5224

The World News, On Top of the World Communities, Inc.
9850 SW 84th Ct., Suite 300, Ocala, FL 34481

Publisher: Ken Colen

Editor: Lynn Peithman Stock

Production Staff:

Photographer:

Larry Resnick

Distribution:

Ray Utiss

Proofreaders:

Margaret Adams

Gitte Agarwal

Margitta Claterbos

Jerry Thompson

Typists:

Wendy Roy

Sherry Surdam

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Golden Oldies Humor

by Stan Goldstein



'Now that I've switched from golf to bowling, I don't lose nearly as many balls.'



Is It Legal?
Gerald Colen

Another Scam Alert! There's another scam that's afoot and it's been given the name of "vishing." So now we have phishing and vishing. I don't think it will ever stop. Phishing is where you receive a bogus e-mail that supposedly comes from a bank or credit card company — I've even got them from eBay and from PayPal and heaven knows where else! Since folks are starting to get wise to phishing, the scammers have modified their tactics. Vishing is where you get an e-mail that supposedly comes from your bank or other financial services company — but instead of being directed to an Internet site, you get a "customer service" phone number to call. DON'T CALL. You get various prompts that try to get you to produce account numbers, passwords or other information. DON'T CALL!

A simple thing to keep in mind: If you get an e-mail from anyone or any company, regardless of how "official-looking" it may be, do not provide any information — certainly not any confidential information before you have actually contacted your bank or whatever company it APPEARED that the e-mail came from and ask about it. AND DO NOT CONTACT THE BANK OR OTHER COMPANY BY USING ANY INFORMATION ON THE E-MAIL. If it's a bank, go there. Walk in the door and ask to speak to someone at the bank and find out about the problem. If it's from a credit card company, call them but use the phone number on your credit card.

Q. We've been reading your column for several years and here's our question: Do you or do you not like the use of living trusts in estate planning for estates that are less than federally taxable?

A. I don't dislike them. However, I have to know the precise facts of each person's situation before I can say whether having a living trust makes sense in that specific situation. By the way, the estate tax exemption in 2007 and 2008 is \$2,000,000. In 2009 it's \$3,500,000. In some situations, it makes sense to have a revocable trust, but in many situations it does not. A living trust provides no asset protection in the event of a lawsuit. It provides no income or estate tax advantages. However, a living trust is certainly a flexible estate-planning vehicle if needed in the first place. Assets held in the name of the trustee(s) of the trust should avoid probate proceedings; but there are other, and in my opinion, easier and less expensive ways to avoid probate proceedings that do not require a living trust.

Q. Regarding annuities: I now understand that owners of annuities can have their payment schedules re-done to reflect changes in their personal situations. What do you think about that?

A. I believe that this applies to persons who are UNDER age 59 and the way it works — if permitted by the annuity company, is that the annuity's owner can "re-structure" how payments are to be disbursed. If this is a concern, then you should contact the annuity

company or the agent that sold you the annuity. BUT IF YOU DO THAT, IT IS MY OPINION THAT YOU CAN REASONABLY EXPECT THAT THERE'LL BE AN ATTEMPT TO SELL YOU ANOTHER ANNUITY OR GET YOU TO EXCHANGE THE ONE YOU HAVE FOR ANOTHER ONE. I BELIEVE THAT IN MOST CIRCUMSTANCES IT IS VERY UNWISE TO EXCHANGE ONE ANNUITY FOR ANOTHER REGARDLESS OF WHETHER YOU ARE TOLD THE EXCHANGE IS TAX-FREE. Tax-free is not cost free.

Q. What's your favorite estate planning method for dealing with a person's money?

A. Spend it.

Gerald R. Colen is an attorney and member of the National Academy of Elder Law Attorneys and the Elder Law section of the Florida Bar Association. He concentrates his practice of law in the areas of elder law, wills, trusts, probate, real estate, business law and simple and complex estate planning. This column is not intended to provide legal advice. You

should always consult your own attorney for such advice. Mr. Colen is available for conferences at his law office at 7243 Bryan Dairy Road, Largo, Fla. 33777; (727) 545-8114 or at On Top of the World, in Clearwater. In Ocala, Mr. Colen is available, by appointment, for legal conferences at the new On Top of the World sales office annex, which is near Sid's Coffee Shop. He responds to e-mail at gcolen@tampabay.rr.com or through his Web site: www.gcolen.com.

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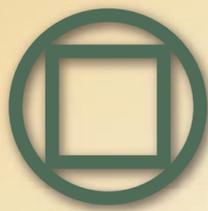
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Upcoming Publication Date
August issue: Thursday, July 26

The Summer Concert & Cookout Series



Circle Square Cultural Center



Tickets On Sale Now!

Purchase tickets online* by visiting www.CSCulturalCenter.com or at the Cultural Center Ticket Office. July Resident Discount Coupon Code: **VENUS**

Live Bait

(Jimmy Buffett Tribute Band)



Saturday, July 14, 2007

Cookout & Pre-Show Entertainment: 4-6pm
Doors Open: 6pm — Show Begins: 7pm

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

Come Early and Enjoy the Cookout \$10

Summer Cookouts!

Come out and enjoy a good old fashioned backyard cookout before the Summer Concerts from 4 - 6 pm.

Buffet Menu

Grilled Hamburgers & Hotdogs

Potato Salad

Baked Beans

Chips

Cookies & Watermelon

Iced Tea or Water

\$10 Per Person

(Purchase Cookout Tickets at the Event)

Live Entertainment During Cookout!

Dance, enjoy friends and get ready for an evening of fun and entertainment.

Soft drinks, beer & wine available for purchase.

Stage Door Theatre Presents...



Steel Magnolias Dinner Theatre

Friday, July 20, 2007 5:30 pm

Saturday, July 21, 2007 12:30 pm & 5:30 pm

Sunday, July 22, 2007 12:30 pm

Residents — \$35 (Includes Dinner)

Pete Peterkin

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



Saturday, August 11, 2007

Cookout & Pre-Show Entertainment: 4-6pm
Doors Open: 6pm — Show Begins: 7pm

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

Come Early and Enjoy the Cookout \$10

Coming This Fall

Sept. 1 – Patsy Cline Tribute Show

Nov. 9 – Danny & The Juniors

Sept. 29 – A Tribute to The King (Elvis Performers®)

Nov. 17 – The Diamonds

Oct. 13 – Legends of Doo Wop

Dec. 1 – Tribute to Neil Diamond

Oct. 20 – On Top of the World Craft Fair

Dec. 15 – Craig Turley & Orchestra (dinner & dance)

Oct. 26, 27, 28 – Stage Door Theatre presents "Come Blow Your Horn" Dinner Theatre



Circle Square Cultural Center

Ticket Office Hours:

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

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



On Top of the World Central
Lynette Vermillion

Happy Independence Day! Independence Day is commonly associated with fireworks, parades, barbecues, picnics, baseball games and various other public and private events celebrating the adoption of the Declaration of Independence on July 4, 1776, and declaring independence from Great Britain. As you celebrate the Fourth of July, please stay safe, have fun and celebrate the independence and freedoms we enjoy.

Storage Units

Storage Units are now available for rent. If interested, stop by Customer Service in Friendship Commons and complete a storage rental agreement. Both air conditioned spaces, 10-feet by 16-feet and 5-feet by 5.5-feet, and un-air conditioned space, 10-feet by 14-feet, are available. More units will be under construction in the near future to accommodate residents' requests for storage facilities.

Watering Restrictions

As we officially begin summer, we cannot stress enough the importance of our mandatory one day a week watering restrictions. The Southwest Florida Water Management District (SFWMD) is still mandating once-a-week watering restrictions as we are well below normal rainfall for the year. It is very important that each person does his or her part to help with the conservation of our precious water resources. Interstate 75 separates the two water management districts, and since we are west of the Interstate, we must comply with SFWMD.

Please conform to the published watering schedule that is available at Customer Service or at www.ontopoftheworldinfo.com. Monitor your landscape beds and grass for stress, and extend your one-day watering run time if needed.

Weed Treatment and Fertilization

We caution residents with concerns about weeds in the turf to be aware that over fertilization and herbicide treatments can stress healthy turf or even kill it if not properly applied due to the temperatures we are now experiencing. To avoid damage to your turf, please contact the customer service office to evaluate your lawn prior to any applications at this time of year.

Golf Cart Permitting

Many residents have inquired about the golf cart permit stickers. The current stickers did not expire in June of this year. They were intended to be valid from August of 2006 when we started permitting through the end of 2007, thus 06-07 on the sticker.

We will start permitting for 2008 in the fall of this year. More information on this will follow in the August issue.

Enforcement of Community Standards and Rules

Greater attention is being placed on violations of community standards and rules and regulations. Community enforcement liaisons are patrolling the neighborhoods to monitor compliance with the community standards and rules that are in effect for each neighborhood.

Residents will be notified in writing of any violations and the time frame to correct. If the violation is not corrected in a timely manner, the association will use all means available to enforce compliance with community standards and rules.

Residents should keep in mind that any time a change is made to the exterior of their home they should apply for a modification request for approval from the Architectural Re-

view Board (ARB). No work should begin until written documentation is received granting approval.

Heat Exhaustion and Heat Stroke

During the summer, remember to take steps to guard against heat exhaustion and heat stroke. Think prevention and always drink plenty of non-alcoholic fluids before, during and after any activity in hot, sunny weather. If you feel overheated, go indoors or a cool shaded area. If you are a walker, jogger or gardener, it is best to avoid being outdoors at the hottest part of the day participating in these type activities. To find out more information, on the web Google search "Heat Exhaustion" or "Heat Stroke." Heat stroke is an emergency that requires immediate recognition and prompt treatment.

And, don't forget your pets. Dogs do not tolerate high temperatures as well as humans. They depend upon rapid breathing to exchange warm air for cool air. When air temperature is close to body temperature, cooling by rapid breathing does not happen as expected per the Doctor Dog Web site. In summer, it is especially important that you do not leave your dog in the car. The heat build up is very rapid and intense and can be fatal for your animal.

DCM Customer Service

DCM Customer Service is moving to Customer Service in Friendship Commons effective July 30. You may continue to reach DCM by phone by calling 873-4817 or e-mailing otowservice@otowfl.com. Jennifer Baroni, our Customer Service Supervisor, will oversee the transition and service work once it is moved to Friendship Commons. With this step, we move closer to our goal of offering one stop convenience for all of your customer service needs.

Mail Fraud

It has been brought to our attention that several residents have been the target of mail fraud. There are several steps that residents can take to protect themselves. The United States Postal Service offers a mail fraud complaint form that is available on its Web site and we have also provided a link on www.ontopoftheworldinfo.com. The U.S. Postal Inspectors investigate any crime in which the U.S. Mail is used to further a scheme — whether it originated in the mail, by telephone, or on the Internet. The use of the U.S. Mail for such schemes equates to mail fraud.

There are many types of mail fraud schemes: financial fraud, fraud against older Americans, sweepstakes and lottery fraud, telemarketing fraud, etc. Please be very wary when you receive something in the mail that says that you have won something or that you need to send money to receive money — something that seems too good to be true, is usually not. Please don't get lured into these schemes.

Enjoy your holiday and remember to drink plenty of fluids when outdoors in the heat.



From Debbie's Desk
Debbie Clark

Well, we are halfway through the year, six more months until Christmas.

The facts that I have pulled out for the month of July come from Wikipedia.org. July is the seventh month of the year in the Gregorian calendar and one of seven Gregorian months with the length of 31 days. July was renamed for Julius Caesar, who was born in that month. There are three month-long events in July. One of the three that I thought you would be interested in is National Ice Cream Month, which is celebrated in the United States. Ronald Reagan designated this month as national ice cream month in 1984. He also appointed the third Sunday in July as National Ice Cream Day.

A little trivia for the month of July is that it begins on the same day of the week as April every year and also January in leap years. July's flowers are the water lily and larkspur. July's birthstone is the ruby. In the Northern Hemisphere, July is the seasonal equivalent to January in the Southern Hemisphere and vice versa. Last but not least, which is the most important, is that we celebrate our independence from Britain.

Enough with our facts for the month. Let me jump right in. June has been a fairly quiet month. The one event that was held during this month was the Murder Mystery Happy Hour Dinner Theatre, which was "Murder on the 19th Hole." This was held at the Circle Square Cultural Center. There were 170 residents in attendance that enjoyed a hilarious show put on by Murders She Wrote Theatre Company and a delicious meal provided by Friendship Catering.

For the month of July the schedule for the Friday Night Happy Hours are as follows:

- July 6: Patriotic Happy Hour with Ray & Kay
- July 13: Tomaura — New Entertainment
- July 20: Roger
- July 27: Ricky & Franky

Onto the Hard Rock Hotel and Casino: there are two trips scheduled for this month and they are Tuesday, July 10, and Thursday, July

26. The cost per person is still \$20 and this includes your round-trip transportation along with \$20 in free play and a \$5 lunch voucher. You can register at the Health & Recreation office Monday through Friday from 8 a.m. to 4 p.m.

Looking forward into the months of August and September things will slowly start to pick up. There are two trips to the Hard Rock for the month of August and they are Tuesday, Aug. 7, and Thursday, Aug. 23.

I have also scheduled an Ice Cream Social for Thursday, Aug. 9. Please watch Channels 17/19 and look for the posters and bulletins at the post offices.

For the month of September there are quite a few things going on. The first is a Roaring 20's Happy Hour again and this will be on Friday, Sept. 14. Then on Saturday, Sept. 15, there will be a Physic Faire, which will be held at the Arbor Conference Center from 10 a.m. to 2 p.m.

Ladies, mark your calendars as we will start the High Teas again this month and the first one will be held at the Arbor Club on Thursday, Sept. 20, from 3 to 5 p.m.

Then last but not least, on Sept. 21 we will be heading to St. Petersburg to attend another baseball game. This will be the Tampa Bay Devil Rays vs. the Boston Red Sox. Registration is now open for this game and you can sign up at the Recreation Office, Monday through Friday from 8 a.m. to 4 p.m. Cost per person is \$35 and includes your round-trip transportation along with your ticket into the game.

On a different note I would like to make mention of one item. Here at the Recreation Building and in the gym, we cannot be everywhere at the same time. I am asking all of you that if you see someone who is not abiding by the rules, specifically such as the wet areas off of the gym or up at the H&R pool, please do not hesitate to make the residents aware that they are breaking the rules. Remember this is your community and your facilities. The staff here at the H&R building is always available to help you with these matters but there are times when you try to locate either the gym attendant or myself or Theresa about the situation that by the time we arrive at the area the offender is gone, and once this happens there is really nothing we can do about this matter until it happens again. Also we are trying very hard to maintain the grass at the Health & Recreation Building, specifically the area right outside the lower level doors. We realize that there are residents out in the community that like to utilize the gym specifically for the wet areas that are not capable of parking in the parking lot and walking up the walkway. We are asking of you that if you must park up by the doors to the lower level with your golf carts to refrain from parking on the grass. The replacement of the grass can become quite costly.

I believe that this is all for the month of July, so until next month let us all be safe, and have fun!

Welcome to On Top of the World

Wendell H. Hatcher, 8053 S.W. 78th Terrace Road, Indigo East
Fredrick B. and Sandra A. Jankowski, 8773 S.W. 83rd Circle, Candler Hills
Robert J. Garrison and S. Garrison, 9306 S.W. 94th Loop, Windsor
Doris M. Camire and Brent R. Hatch, 9521 S.W. 94th Court, Windsor
Peter J. and Arlene M. Tomaselli, 8821 S.W. 83rd Circle, Candler Hills
Frank D. and Laura M. Southard, 8815 S.W. 83rd Circle, Candler Hills
Emory P. and Naomi J. Berman, 8483 S.W. 84 Loop, Candler Hills
Robert L. and Donna M. Lombard, 7953 S.W. 80th Place Road, Indigo East
Peter K. and Joyce L. Wood, 9341 S.W. 94 Loop, Windsor
Michael R. and Barbara J. Kilroy, 9292 S.W. 94 Loop, Windsor
Walter and Ann Lundstrom, 7796 S.W. 80 Place Road, Indigo East
John A. and Dorothea H. Conner, 8827 S.W. 83rd Circle, Candler Hills

Icilda Hepkins, 8061 S.W. 78th Terrace Road, Indigo East
Wayne D. Rupert, 9033 S.W. 103rd Ave., Avalon
Armann A. and Grace A. Rohde, 8592 S.W. 86 Circle, Candler Hills
Robert Patrick and Carolyn Rule Self, 8607 S.W. 87th St., Candler Hills
Walter Lamp, Mary Lamp, 9511 S.W. 94 Court, Windsor
Brian Robert and Janet Ruth Fay, 8612 S.W. 86 Circle, Candler Hills
Joseph and Rose K. O'Rourke, 9335 S.W. 94 Loop, Windsor
Albert F. and Betty R. Celani, 8669 S.W. 86th Circle, Candler Hills
William M. and Patricia A. McMurray, 8426 S.W. 82nd Loop, Candler Hills

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Clinical
Director**



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

- ◆ Aquatic Therapy
- ◆ Orthopedic Conditions
- ◆ Stroke Rehabilitation
- ◆ Balance & Fall Prevention
- ◆ Back & Neck Pain
- ◆ Fibromyalgia
- ◆ Sports Injuries
- ◆ Motor Vehicle Accidents
- ◆ Joint Pain & Stiffness

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2006 Quality Water Report Desk
 On Top of the World
 Central Water System
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The Bay Laurel Center Community Development District is very pleased to provide you with this year's Annual Water Quality Report. We want to keep you informed about the excellent water and services we have delivered to you over the past year. Our goal is, and always has been, to provide to you a safe and dependable supply of drinking water. Our four groundwater wells draw their water from the pristine Florida Aquifer. We add chlorine to the water for disinfection purposes. We are pleased to report that our drinking water meets all federal and state requirements.

In 2004, the Department of Environmental Protection has performed a Source Water Assessment on our system and a search of the data sources indicated no potential sources of contamination near our wells. The assessment showed no contamination at this time in the source of the four wells. The assessment results are available on the FDEP Source Water Assessment and Protection Program Web site at www.dep.state.fl.us/swapp.

If you have any questions about this report or concerning your water utility, please contact Randy Schommer at (352) 854-0844. We encourage our valued customers to be informed about their water utility. If you want to learn more, please contact our business offices during the hours of 8:30 a.m. to 4:30 p.m., Monday through Friday.

Bay Laurel Center Community Development District routinely monitors for contaminants in your drinking water according to Federal and State laws, rules, and regulations. This report is based on the results of our monitoring for the period of Jan. 1 to Dec. 31, 2006.

In the table below you will find terms and abbreviations you might not be familiar with. To help you better understand these terms we've provided the following definitions:

ACTION LEVEL (AL): The concentration of a contaminant, which, if exceeded, triggers treatment or other requirements, which a water system must follow.

CDC: Center for Disease Control
EPA: Environmental Protection Agency

MAXIMUM CONTAMINANT LEVEL OR MCL: The highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.

MAXIMUM CONTAMINANT LEVEL GOAL OR MCLG: The level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.

N/A: Means not applicable.
ND: Means not detected and indicates that the substance was not found by laboratory analysis.

PARTS PER BILLION (PPB) OR MICROGRAMS PER LITER (UG/L): One part by weight of analyte to 1 billion parts by weight of the water sample.

PARTS PER MILLION (PPM) OR MILLI-

GRAMS PER LITER (MG/L): One part by weight of analyte to 1 million parts by weight of the water sample.

PICO CURIE PER LITER (PCI/L): Measure of the radioactivity in water.

The sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs, and wells. As water travels over the surface of the land or through the ground, it dissolves naturally-occurring minerals and, in some cases, radioactive material, and can pick up substances resulting from the presence of animals or from human activity.

Contaminants that may be present in source water include:

(A) Microbial contaminants, such as viruses and bacteria, which may come from sewage treatment plants, septic systems, agricultural livestock operations, and wildlife.

(B) Inorganic contaminants, such as salts and metals, which can be naturally-occurring or result from urban stormwater runoff, industrial or domestic wastewater discharges, oil and gas production, mining, or farming.

(C) Pesticides and herbicides, which may come from a variety of sources such as agriculture, urban stormwater runoff, and residential uses.

(D) Organic chemical contaminants, including synthetic and volatile organic chemicals, which are byproducts of industrial processes and petroleum production, and can also come from gas stations, urban stormwater runoff, and septic systems.

(E) Radioactive contaminants, which can be naturally-occurring or be the result of oil and gas production and mining activities.

In order to ensure that tap water is safe to drink, EPA prescribes regulations, which limit the amount of certain contaminants in water provided by public water systems. Food and Drug Administration (FDA) regulations establish limits for contaminants in bottled water, which must provide the same protection for public health.

Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that the water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the EPA's Safe Drinking Water Hotline at 1-800-426-4791.

MCLs are set at very stringent levels. To understand the possible health effects described for many regulated contaminants, a person would have to drink 2 liters of water every day at the MCL level for a lifetime to have a one-in-a-million chance of having the described health effect.

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/CDC guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbiological contaminants are available from the Safe Drinking Water Hotline 1-800-426-4791.

We at Bay Laurel Center Community Development District would like for you to understand the efforts we make to continually improve the water treatment process and protect our water resources. We are committed to insuring the quality of your water. If you have any questions or concerns about the information provided, please feel free to call any of the numbers listed. ☎

NON-SECONDARY CONTAMINANTS TABLE

** Results in the Level Detected column for radiological contaminants, inorganic contaminants, synthetic organic contaminants including pesticides and herbicides, and volatile organic contaminants are the highest average at any of the sampling points or the highest detected level at any sampling point, depending on the sampling frequency.

Contaminant and Unit of Measurement	Dates of sampling (mo./yr.)	MCL Violation Y/N	Level Detected	Range of Results	MCLG	MCL	Likely Source of Contamination
Radiological Contaminants							
Radium 226 or combined radium (pCi/l)	1/02	N	0.60	0.50-0.60	0	5	Erosion of natural deposits
Inorganic Contaminants							
Arsenic (ppb)	3/05	N	0.5	0.4-0.5	N/A	50	Erosion of natural deposits; runoff from orchards; runoff from gas and electronics production wastes
Barium (ppm)	3/05	N	044	041-044	2	2	Discharge of drilling wastes; discharge from metal refineries; erosion of natural deposits.
Chromium (ppb)	3/05	N	1.9	1.8-1.9	100	100	Discharge from steel and pulp mills; erosion of natural deposits
Cyanide (ppb)	3/05	N	5	5-5	200	200	Discharge from steel/metal factories; discharge from plastic and fertilizer factories
Lead (point of entry) (ppb)	3/05	N	0.5	ND-0.5	N/A	15	Residue from man-made pollution such as auto emissions and paint; lead pipe, casing, and solder
Nitrate (as Nitrogen) (ppm)	6/06	N	1.87	1.87-1.87	10	10	Runoff from fertilizer use; leaching from septic tanks,
							sewage; erosion of natural deposits
Selenium (ppb)	3/05	N	0.3	0.3-0.3	50	50	Discharge from petroleum and metal refineries; erosion of natural deposits; discharge from mines
Sodium (ppm)	3/05	N	4.9	4.7-4.9	N/A	160	Salt water intrusion, leaching from soil
Contaminant and Unit of Measurement	Dates of sampling (mo./yr.)	MCL Violation Y/N	Level Detected	Range of Results	MCLG or MRDLG	MCL or MRDL	Likely Source of Contamination
TTHMs and Stage 1 Disinfectant/Disinfection By-Product (D/DBP) Contaminants							
For the following contaminants and disinfection residuals monitored under Stage 1 D/DBP regulations, the level detected is the highest annual average of the quarterly averages: Bromate, Chloramines, Chlorine, Haloacetic Acids, and/or TTHM (MCL 80 ppb). Range of results is the range of results (lowest to highest) at the individual sampling sites, including IDSE results.							
TTHM Total trihalomethanes (ppb)	8/06	N	2.65	NA	NA	80	By-product of drinking water disinfection
Chlorine (ppm)	1-12 2006	N	0.45	.20-.62	4	4.0	Water additive used to control microbes
Contaminant and Unit of Measurement	Dates of sampling (mo./yr.)	AL Violation Y/N	90th Percentile Result	No. of sampling sites exceeding the AL	MCLG	AL (Action Level)	Likely Source of Contamination
Lead and Copper (Tap Water)							
Copper-tap water (ppm)	6/05	N	1	0	1.3	1.3	Corrosion of household plumbing systems; erosion of natural deposits; leaching from wood preservatives
Lead (tap water) (ppb)	6/05	N	3	1	0	15	Corrosion of household plumbing systems, erosion of natural deposits

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Candler Hills • Indigo East • Candler Hills • Indigo East



Candler Hills & Indigo East
Lynette Vermillion

Happy Independence Day! Independence Day is commonly associated with fireworks, parades, barbecues, picnics, baseball games and various other public and private events celebrating the adoption of the Declaration of Independence on July 4, 1776, and declaring independence from Great Britain. As you celebrate the Fourth of July, please stay safe, have fun and celebrate the independence and freedoms we enjoy.

DCM Customer Service

DCM Customer Service is moving to Customer Service in Friendship Commons effective July 30. You may continue to reach DCM by phone by calling 873-4817 or e-mailing otoworldservice@otoworld.com. Jennifer Baroni, our Customer Service Supervisor, will oversee the transition and service work once it is moved to Friendship Commons. With this step, we move closer to our goal of offering one-stop convenience for all of your customer service needs.

DCM Auto Debit

DCM Auto Debit is finally here. You may sign up at Customer Service in Friendship

Commons or go online for the form to mail in or drop off with a copy of a voided check or deposit slip.

Storage Units

Storage units are now available for rent. If interested, stop by Customer Service in Friendship Commons and complete a storage rental agreement. Both air conditioned spaces, 10-feet by 16-feet and 5-feet by 5.5-feet, and un-air conditioned space, 10-feet by 14-feet, are available. More units will be under construction in the near future to accommodate residents' requests for storage facilities.

Watering Restrictions

As we officially begin summer, we cannot stress enough the importance of our mandatory one day a week watering restrictions. The Southwest Florida Water Management District (SFWMD) is still mandating once-a-week watering restrictions as we are well below normal rainfall for the year. Interstate 75 separates the two water management districts, and since we are west of the Interstate, we must comply with SFWMD.

It is very important that each person does his or her part to help with the conservation of our precious water resources.

Please conform to the published watering schedule that is available at Customer Service or at www.ontopoftheworldinfo.com. Monitor your landscape beds and grass for stress, and extend your one-day watering run time if needed.

Weed Treatment,

Insects/Disease and Fertilization

We caution residents with concerns about weeds in the turf to be aware that herbicide treatments can stress healthy turf or even kill it if not properly applied due to the temperatures we are now experiencing. To avoid damage to your turf, please consult a spray company or thoroughly read instructions for proper use before applying.

Residents choosing to fertilize their lawns should consider using a fertilizer with less nitrogen and more potassium. This will help with drought conditions we may see if the

rainy season does not provide proper precipitation. Using fertilizers with less nitrogen will help you in many instances reduce succulent growth causing more mowing and the possibility of infestation with insects and disease. Consider using a fertilizer with a higher iron content to give you the green color desired but not the growth. Please keep in mind that all fertilizers are regulated and should be applied in accordance with the application rates.

Golf Cart Permitting

Many residents have inquired about the golf cart permit stickers. The current stickers did not expire in June of this year. They were intended to be valid from August of 2006 when we started permitting through the end of 2007, thus 06-07 on the sticker.

We will start permitting for 2008 in the fall of this year. More information on this will follow in the August issue.

Enforcement of Community Standards and Rules

Greater attention is being placed on violations of community standards and rules and regulations. Community enforcement liaisons are patrolling the neighborhoods to monitor compliance with the community standards and rules that are in effect for each neighborhood.

Residents will be notified in writing of any violations and the time frame to correct. If the violation is not corrected in a timely manner the association will use all means available to enforce compliance with community standards and rules.

Residents should keep in mind that any time a change is made to the exterior of their home they should apply for a modification request for approval from the Architectural Review Board (ARB). No work should begin until written documentation is received granting approval.

Heat Exhaustion and Heat Stroke

During the summer, remember to take steps to guard against heat exhaustion and heat stroke. Think prevention and always drink plenty of non-alcoholic fluids before, during

and after any activity in hot, sunny weather. If you feel overheated, go indoors or to a cool shaded area. If you are a walker, jogger or gardener, it is best to avoid being outdoors at the hottest part of the day participating in these type activities. To find out more information, on the web Google search "Heat Exhaustion" or "Heat Stroke." Heat stroke is an emergency that requires immediate recognition and prompt treatment.

And, don't forget your pets. Dogs do not tolerate high temperatures as well as humans. They depend upon rapid breathing to exchange warm air for cool air. When air temperature is close to body temperature, cooling by rapid breathing does not happen as expected per the Doctor Dog Web site. In summer, it is especially important that you do not leave your dog in the car. The heat build up is very rapid and intense and can be fatal for your animal.

Mail Fraud

It has been brought to our attention that several residents have been the target of mail fraud. There are several steps that residents can take to protect themselves. The United States Postal Service offers a mail fraud complaint form that is available on its Web site and we have also provided a link on www.ontopoftheworldinfo.com. The U.S. Postal Inspectors investigate any crime in which the U.S. Mail is used to further a scheme —whether it originated in the mail, by telephone, or on the Internet. The use of the U.S. Mail for such schemes equates to mail fraud.

There are many types of mail fraud schemes: financial fraud, fraud against older Americans, sweepstakes and lottery fraud, telemarketing fraud, etc. Please be very wary when you receive something in the mail that says that you have won something or that you need to send money to receive money — something that seems too good to be true, is usually not. Please don't get lured into these schemes.

Enjoy your holiday and remember to drink plenty of fluids when outdoors in the heat. ☺



Indigo East
Allie Gore

Independence Day! An opportunity to celebrate. It is also an opportunity to remember those serving, in the military, at home and abroad.

On Top of the World has created a special blood drive for our community in July. On Monday, July 2, from 8 a.m. to 4 p.m., the bloodmobile will be at the Health & Recreation parking lot. On Tuesday, July 3, from 8 a.m. to 2 p.m., the blood drive is inside the Indigo East Community Center.

All donors are eligible to enter a drawing for a 2008 Chevrolet Cobalt. Visit www.lifesouth.org for details. In addition to the drawing for the car, thanks to On Top of the World, each location will have drawings for two tickets to the Live Bait concert (Jimmy Buffet tribute band) and a hardback copy of "Served With Honor" the book written by our On Top of the World military retirees. If this is not enough, each donor will receive one-week free membership to The Ranch Fitness Center & Spa. There is more ... refreshments will be provided by On Top of the World Hospitality Division and every donor will receive an On Top of the World/LifeSouth "In Their Honor" T-shirt recognizing those who are serving our country.

As many of you know, LifeSouth is a non-profit center that provides blood to the VA Hospital, Shands Hospital and Trauma Center, Children's Hospital and other blood centers when the need arises. We are fortunate in Marion County to have two organizations to which we can donate the life-giving gift of blood. Remember all you need is about one hour and a photo ID and you too can be a lifesaver!

MRMC's Women in Red is an independent

group whose goal is to inform and influence women to learn about early detection, accurate diagnosis and proper treatment of heart disease. I am proud to be one of their ambassadors. If you are interested in this group or information about heart health contact me or MRMC's Health Resource line at 867-8181.

On May 20, we had another successful social gathering during which Ed Kreczmer gave tribute to our military. Henrietta Westlye and Joyce Gysen, our chairpersons for this event, created decorations with a patriotic theme. They also suggested we each bring a dish reflecting our heritage or nationality. One interesting dish was potato salad, containing meat, made by our own Anke Linthorst who tells me this is how it is made in Holland. A delicious dessert, made by Marie Pino, was an Italian cake, which contained sweetened ricotta cheese. Are you getting the picture? We ate great food and enjoyed each other's company. The next social is Aug. 5; mark your calendar.

June 1 found ladies enjoying a luncheon at our community center, hosted by Joyce Diekmann. It was sooooo nice. I understand we have her husband to thank for the great cold soups and delicious wraps. Thank you, Michael! Also on June 1 was our First Friday gathering. Neighbors came bearing food and drink and good conversation.

Our community center is busy. Join in the yoga classes every Monday at 10:30 a.m.

How about water exercise? Classes are held on Wednesday and Friday each week, 10:30a.m. Questions? Call 854-8707.

Debbie Partin will host the next ladies luncheon. More info to follow when details are available.

Game nights continue at the community center the second Tuesday and fourth Thursday at 6:30 p.m.

"First Friday" social gatherings (at our community center; you guessed it), the first Friday of each month at 6 p.m. Join neighbors to socialize and welcome new neighbors. Bring a snack to share and your personal beverage.

Do you want to do more than sit and socialize? Ideas for First Fridays are welcome. Here are some groups that you might find interesting. These groups are just forming so join in.

A book club? Contact Joyce Diekmann 817-1364 or mtnhiker2@hotmail.com.

Betty Chadwell is willing to teach crocheting and is your contact for a crocheting group. Betty: chadwell_charlie@yahoo.com or 286-5081.

Interested in a craft club? Contact Marie Deshommes 484-0897.

Until next time, remember to enjoy life; this is not a dress rehearsal! ☺



Candler Hills
Mary Pat Giffin

Donate blood and be eligible to enter a drawing and win a 2008 Chevrolet Cobalt. A blood drive is being held at Health & Recreation parking lot on Monday, July 2, from 8 a.m. to 4 p.m. and Tuesday, July 3, from 8 a.m. to 2 p.m. at Indigo East Community Center. LifeSouth provides blood to the VA Hospital in Gainesville, Shands Hospital and Trauma Center, Children's Hospital and other blood centers as the need arises. All it takes is a little time and a photo ID.

It's summer time and the living is easy at Candler Hills. Activities, such as the Women's Club and Dinner for Six is taking a sabbatical until September.

The Excursion Club will continue to meet on the first Tuesday of each month. More than 50 people participated in the Singing River Tours last month, filling four boats. It was a resounding success. This month, they are planning a trip to Embers Dinner Theater. Watch for details.

Games and fun continue at the Candler Community Center. Monday and Wednesday at noon, Mah Jongg and other card or box games are played. For more information call Mary Giannukos at 873-7294 or e-mail her at mgiannukos@yahoo.com.

Do you like to sing? If so, join your neighbors on the fourth Tuesday of the month for Karaoke at the Candler Hills Community Center. It starts at 7 p.m.

This is the time to beat the heat in your RV. Jan and Ed Spalding are looking for people to join them on both short and long trips. Give them a call at 828-9145 or e-mail them at radspaj@yahoo.com.

Those of us enduring the humid weather here find the breeze on the golf courses welcome, regardless of how it affects the ball flight. The Men's Golf Association is planning a member/guest tournament in October. The guys play every Tuesday morning.

The women's 18-hole league is planning an outing with the On Top of the World Ladies League later this month. They play every Thursday morning. If 18 holes is too much for you right now, women's nine-hole league welcomes you to join their group. For more information on these golf leagues stop by the Candler Hills Golf Club and sign up. Remember, Candler Hills residents get a special rate at Candler Hills and free range balls.

In September, Elaine Haskell is establishing a Bunco group. There's not a lot of strategy in this dice game but a lot of good conversation.

Finally, mark your calendar now for our Winter Holiday Party on Dec. 8. Heddy Racinowski is looking for volunteers to plan this event. Give her a call at 861-6120 or e-mail her at heddyr@yahoo.com.

Your comments and suggestions are welcome. If you're planning a special event and want to share it with your neighbors give me a call at 854-8545 or e-mail me at marypatgiffin@yahoo.com. ☺

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Hospitality Division
Susan Keogh

Sid's Coffee Shop continues to be a popular gathering place. Whether before or after a concert at the Cultural Center, coffee break, or just a place for friends to congregate and enjoy great beverages and fresh baked goods, Sid's is the place to be. Sid's will be closed July 4.

Friendship Catering has been busy with the many weddings, anniversaries, club parties, and the barbecue before the Beach Toys Concert at the Cultural Center.

The next barbecue will be on July 14 at the Live Bait concert. Tickets are now on sale at the box office. December dates are filling up quickly with holiday parties. If your group is planning one, call us at 861-9130, we'll be happy to work with you.

The Pub has been busier than ever. It fea-

tures daily specials and homemade soups. Full breakfast is served from 7 a.m. to 11 a.m. Monday through Saturday. Every Wednesday, a prime rib sandwich is featured at lunch for \$6.95, and a prime rib dinner is featured from 3 to 6 for \$8.99. A Happy Hour dinner special will be featured each Friday from 3 to 6. Don't forget the Pub is closed on Sunday.

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

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

A change has been made to the clip-out schedule of hours for the restaurant and the Pub. Please replace last month's clip-out with the one below.

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

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

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



View from the Library
Peggy Greer

Isn't it exciting to find an author who is new to you and one whose books you enjoy? I've read mysteries for years and when I find an author I like, it seems as though I am compelled to read everything they have ever written. Although Michael Connelly's books aren't new to the literary world, I have only recently read my first book by him, "The Closers." What a great read! The On Top of the World library has several of Connelly's books, both in hard back and soft back, so be sure to look in both areas for them.

You might be interested to learn that Michael Connelly has Florida roots. He graduated from the University of Florida in 1980, majoring in journalism with a minor in creative writing. His first job was as a newspaper reporter in Daytona Beach, then on to Ft. Lauderdale where he worked the crime beat. After gaining national recognition for some of his articles, Connelly moved to Los Angeles where he was a crime reporter for the Los Angeles Times. After three years of writing for The Times, Connelly wrote his first book, "The Black Echo," which was published in 1992. When he became a successful and award-win-

ning author, Connelly left the newspaper business and eventually moved back to Florida where he has continued to write.

"The Closers" is just one of a series of books which has a lead character by the name of Harry Bosch. Bosch is a veteran homicide detective for the LAPD, and he is certainly the cop you would want to solve your murder. I was surprised to learn that "The Closers" was the 11th book in the Harry Bosch series.

In "The Closers", Bosch solves a 17 year-old murder case of a teenage girl. Bosch points out how sad it is that the case is actually older than the girl was when she was killed. One of the characteristics of this book I enjoyed most was the fast pace. You won't know until the end who the murderer was and there were clues all along the way. Connelly's writing will suck you in to help solve this case.

Obviously Connelly draws from his years of experience as a crime reporter to write his stories, as it is apparent in the flawless and realistic way he depicts not only police personnel but the politics within the department and police procedures.

You may have seen the movie "Blood Work" which starred Clint Eastwood? That was a Connelly book!

Some of our newer residents here at On Top of the World may not be familiar with our library and I'd like to invite all of you to stop by and see what a wonderful selection we have to offer. The library is located just off the ballroom in the Health & Recreation Building. There is a wide variety of subjects to choose from, such as: fiction, biography, mystery, westerns and romance. Additionally, there are magazines, audiocassettes, large print books, videos and DVDs. You don't need a library card to check out a book, just find something you would like to read, take it home and enjoy. The library operates on "the honor system" so when you are finished, please return the book you've borrowed.

We also accept donated books if you have any books you would like to share. Just place donated books in the 'returned books' box on the table, which is just inside the door and we will be happy to shelve them. Resident volunteers maintain the library and each of us will be happy to assist you. Good reading to you all. ☺



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Women of the World
Betty Thayer

Women of the World is on hiatus for the summer but the board of directors is meeting to bring our members another interesting year.

Member input is vital to the success of this club. In April questionnaires were turned in with suggestions on speakers/topics that our members would like for the 2007-08 session. The board is actively pursuing those suggestions: health care, home decorating, safety for seniors, elder law mixed with speakers from our adopted charities. Stay tuned as we finalize the program.

We welcome to the board our secretary, Marsha Vieu. Marsha fills the vacancy left by Charlotte Hancock. Women of the World thanks Charlotte for her time as secretary. The board will miss her smiling ways.

When Women of the World resumes in September we will begin our 25th year as a club whose purpose is a support and service organization. We help local charities each month with our member donations of needed items. It is our way of giving back to the community.

We invite all ladies residing in On Top of the World Communities to join us on the first Friday of every month, beginning on Sept. 7 in Suite E of the Arbor Conference Center, as we continue to make a difference for those in need. ☺

Find Information at www.OnTopoftheWorldInfo.com



Photo by Norbert Sachs

Shutterbugs Photography members focused on flowers for their May club assignment.



Photo by Lou Pettit

Purpose of this Organization

- Provide, promote and further the interest in photography by appropriate educational programs;
- Share with one another an interest in photography; and
- Promotion and appreciation of photography.

ShutterBugs' members are doing a lot of traveling this summer, taking copious number of shots that they hope will become an award-winning photo for our annual exhibit. Our annual photo exhibit will be Nov. 4 through 9, with a reception catered by On top of The World on Tuesday, Nov. 6. Keep a lookout for more information, and remember, you must be a member to enter!

Members shared their photos from the May shootout, which was flowers, on the first Tuesday of the month. On the third Tuesday, Tom Frostig refreshed us on previous lessons (because he was gone for over a month and we are as bad as kids losing knowledge over the summer) and then touched

on color saturation as a new topic.

June's shootout was "Unusual Objects" — everyone seems to have a different take on this subject. The photos taken will be shared at our July 3 meeting. We are in the process now of planning future day trip shootouts and subjects that we will shoot by ourselves. We'd love to hear from anyone having ideas for a shootout subject or location.

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

At the first Tuesday meeting of each month, we share a maximum of four photos each taken at a recent shootout. The shootouts are a great way to learn and see how we frame/see the same subject from different perspectives. The third Tuesday is a class on Photoshop Elements or some other member-driven topic.

We know that many of our residents are traveling this summer either to exciting places or just visiting the kids/grandchildren, which is a whole other type

of excitement! If you want to make the most of your photos that you have already taken or, even better, before you take them, come attend one of our meetings.

ShutterBugs is not a club for digital camera users only. We also have film aficionados and hope more will join. Cameras range from point-and-shoot to SLR digitals and SLR film cameras. This is a member-driven club and classes on lighting, filters, use of your camera, etc. will be arranged for the future — of course members are more than happy to help one another at any time. Just ask! Those with scanners can also get help with scanning in their old photos and/or negatives.

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



Shutterbugs Photography
Marilynn Cronin



Birders' Beat
Jane Callender

The Unique Birders do not meet in July or August.

Our last trip for the season was a cruise on the Withlacoochee River with Capt. Mike. Much of the scenic ride was reminiscent of "Old Florida." The weather was perfect and three of the birds we saw were unusual for daytime sighting. They were the yellow-crowned night-heron, the black-crowned night-heron and some limpkins!

The yellow crown hunts at night as the name implies. Found in coastal mangroves to interior swamps, it hunts fiddler crabs and crayfish. The bird is gray with a black head with a white crown and cheek patches. During breeding season the crown turns a bright yellow. It has round red eyes, a thick bill and yellow legs.

Both the male and female build the nest; a sturdy cup of sticks, reeds and twigs, in trees thirty to fifty feet above ground. They may nest singly; with other yellow crowns, or in large mixed species colonies.

Breeding season is March through June, so we were fortunate to see the yellow crown in May.

We should add to our "list" the great blue heron, swallow-tailed kite, blue-gray gnatcatcher, great crested flycatcher and a tri-colored heron. ☺



Photo by Margitta Claterbos

The Unique Birders got to see this tri-colored heron on a scenic cruise with Capt. Mike on the Withlacoochee River.

You Can Help

There are over 1,100 homeless, hungry children in the Marion Co. School System. You can help us feed these children during the summer months when school is out.

We are looking for donations of family-size food:

Soups, cereal, PB&J, pasta and sauce, complete meals in a box, juice, canned meat (tuna and chicken), beef stew, canned pasta, etc.

Pick-up can be arranged by calling
The Homeless Children and Youth Program
at (352) 674-6847.

Monetary donations are tax free.



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they're filling up fast!

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Fitness Happenings
Cammy Dennis

Fitness Should be Fun!

Greetings residents ... my name is Cammy Dennis and I am very excited about joining On Top of the World as your new Fitness Director. We all bid Adela Anderson farewell on June 8 as she moved on to her own adventure of retirement. She will be missed dearly; it was a bittersweet goodbye. I am thrilled to be a part of this great team at On Top of the World, and I look forward to assisting all residents in achieving their goals for a healthy, fulfilling retirement. My vision for your wellness needs is one that incorporates serious functional fitness that is also fun! I hope to inspire health and happiness!

It is my firm belief that fitness should be fun! As a professional who has been in this industry for more than 16 years, I often get asked, "What's the best exercise to lose weight?" and my answer is never the same! The reason for this is that we all have different interests and enjoy different things; your exercise should be a reflection of what makes you happy. When I am working as a personal trainer I investigate what it is that interests you as a person and design your exercise around those things. When I am an instructor leading a group exercise class, I try to inspire an environment that encourages enjoyment, and most importantly as your fitness director I intend to develop programs that promote fitness while having fun!

It is the joy that we receive from doing things that keeps us coming back, so I intend to make your fitness experience engaging, exciting and fun! We want to keep you coming back for more!

Look for fun and humor in your life whenever you have the opportunity. The School of Medicine at the University of Maryland cites that "laughter helps blood vessels function better ... reduces the risk of cardiovascular disease and offsets the impact of mental stress." Adding humor helps us to lighten up in our approach to life and aging. Instead of seeing wrinkles ... look at them as lines that came from years of laughing. Instead of listing all the things that you can't do anymore ... celebrate all the things you can do, and keep doing them!

I had the pleasure of team teaching with a few of our amazing group exercise instructors here at the Health & Recreation Center in the Ball Room on June 8. We called it Fun Friday and we had close to 60 residents participating. This was definitely a group that knew how to have fun! The music, the dance moves and the social atmosphere all inspired us to forget about what we can't do and celebrate what we CAN do! While we were movin' and groovin' having a great time, we were also gaining a valuable exercise benefit. Fun Friday was such a huge success that we intend to offer this special class once every quarter! Stay tuned for the next offering!

Here are some of the ways that the Health & Recreation Center can provide the opportunity for you to improve your fitness and have

RECREATION CENTER FITNESS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:15 20 Min Aerobics Room	Oxycise Video	Oxycise Video	Oxycise Video	Oxycise Video	Oxycise Video
8:00 60 Min Aerobics Room	Cardio Burn & Firm Mary Pat	Condition and Stretch Fusion Cammy	Cardio Burn & Firm Mary Pat	Condition and Stretch Fusion Cammy	Cardio Burn & Firm Mary Pat
9:00 60 Min Aerobics Room	Interval Training Mary Pat	Multi - Level Tai-Chi* Shannon	Interval Training Mary Pat	Multi - Level Tai-Chi* Shannon	Interval Training Mary Pat
10:15 Aerobics Room		Beginners Tai-Chi*Fitness Shannon		Beginners Tai-Chi*Fitness Shannon	
10:30 40 Min Ballroom	Power Aerobics Kitti		Power Aerobics Kitti		Power Aerobics Kitti
10:30 40 Min Aerobics Room	Beginners Aerobics Mary Pat		Beginners Aerobics Mary Pat		Beginners Aerobics Mary Pat
12:00 Gym		Cybex Orientation Howie			
12:15 20 Min. Aerobics Room	Oxycise Video	Oxycise Video	Oxycise Video	Oxycise Video	Oxycise Video
3:00	Your New Power* Howie		Your New Power* Howie		

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

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

Oxycise: Deep breathing and stretches. Seated and Floor exercises. Mat required.
Cardio, Burn & Firm: Warm-up, low impact aerobics, strengthening and stretching Exercises. Mat required.
Condition & Stretch Fusion: Warm-up, short conditioning segment and flexibility exercises. Mat Required
Beginner Aerobics: Warm-up, simple aerobic choreography, strength training and Stretching. No floor work.
Power Aerobics: Warm-up, cardiovascular work with fun choreography, strength training and stretching. No floor work.
Tai Chi: A Chinese exercise form that involves fluid & relaxing movements that utilize the entire body.
Cybex Gym Equip. Orientation: Learn how to use and adjust the machines correctly.
One-on-One Personal Training: Fee based instruction with certified instructor.
Interval Training: This class consists of alternate bursts of Aerobic Activity (3 min.), and strength training (1.5 min.)
Your New Power: Strength training, core exercises and balance movements.
***Asterisk denotes a fee Based class. See instructor for information.**

fun at the same time:

- Fun Friday class coming every quarter ... stay tuned for the next date!
- New Yoga Classes at Indigo East! These will be held at 9 a.m. on Monday mornings at the Indigo East Community center starting on June 25. Claudia will be the instructor for these classes.
- Water Walking will be back at the Arbor Club Walking Pool at 4 p.m. on the second and fourth Mondays of the month, July 9 and July 23. This class is free! Join Mary Pat for fun in the sun as you try to achieve the challenge of walking 10,000 steps a day!
- Join Howie, our personal trainer, for Your New Power class on Mondays and Wednesdays at 3 p.m. and challenge yourself to achieve greater levels of strength, flexibility and balance. Or hire Howie as your very own personal trainer to tailor a workout specific to your needs and fitness goals.
- We have a wide variety of offerings to choose from. Please stop by and let us assist you on your journey to health and happiness!

When It Comes to Joint Health, Move It or Lose It

BY MARY PAT GIFFIN
WORLD NEWS WRITER

When a person's joints are stiff, painful and inflamed because of arthritis, they may not feel like exercising. When a person suffers from Fibromyalgia (FMS), a common rheumatic condition characterized by musculoskeletal pain and fatigue, exercise may not be a top priority. When a person's ability to move is affected because of Parkinson's Disease, they may not realize that exercise helps. And, a person, who has suffered from sundry injuries may not realize how much working out in water may help them.

Water is an optimal environment for people who suffer from any of these ailments because the buoyant effect of water takes stress off the joints. It allows an individual to focus on movement and not on pain.

Some of the benefits of aqua fitness include: improved flexibility, improved muscular strength and endurance, increased aerobic capacity, improved balance and coordination, improved core stability, improved body alignment, decreased risk for heart disease, decreased blood pressure, and improved circulation.

While pain makes movement difficult at times for arthritis sufferers, moving the affected joints produces longer-term relief and improved daily living. Naturally, an inflamed, hot or painful joint needs rest. However, too little exercise can cause muscle weakness, pain and stiffness.

"Inactivity makes (arthritis) it worse," says Pat Woodbury, a registered nurse, who is cer-

tified by the Arthritis Foundation. She teaches the arthritis classes at the Arbor Club in the walking pool. These classes aren't just for people who suffer from arthritis but for "anybody with motor disabilities or any disease."

People with arthritis should do some form of physical activity every day, such as mobility exercises to maintain or improve the joint's range of motion and flexibility; strength exercises to build muscle strength and provide stability to the joint, and improve your ability to perform daily tasks; and aerobic exercises to improve cardiovascular fitness.

Water massages the organs and reduces swelling. It heals, nurtures and allows FMS individuals to break their chronic pain cycle. The warmth of the water promotes relaxation. When an individual submerges their shoulders they weigh 10 percent of their land body weight. The buoyancy allows FMS individuals to "let go."

Although exercise will not stop Parkinson's disease from progressing, it will improve your balance and it can prevent joint stiffening. It also reduces stress and encourages social interaction.

This month we're resuming 10,000 Steps in the walking pool at the Arbor Club on the second and fourth Monday of the month, at 4 p.m. Bring a friend. Socialize and exercise. Hope to see you there. It's free.

There's also an Arthritis Seminar scheduled for Monday, July 23, from 3 to 4 p.m. at the Arbor Club Ballroom. Here, you'll learn more about how exercise affects you on a daily basis. Just do it!



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On the Trail: Standing, from left to right: Jeff Ware, Dave and Toni Stevenson, Bill and Carol Horton, Bryant Giffin, Jim Hewes, Marge Cowie; kneeling, from left to right: Patty Ware, Mary Pat Giffin, Nadine Hewes, Bob Cowie.

Tee Time in Alabama

Candler Hills Golfers Test the Robert Trent Jones Golf Trail

By MARY PAT GIFFIN
WORLD NEWS WRITER

Golf was the common bond that recently inspired six couples to pack their clubs and test their skills on Alabama's Robert Trent Jones Golf Trail. They play regularly at Candler Hills but decided to sample a few of the 24 network of top-notch golf courses, stretching from Muscle Shoals in the northwest corner of Alabama, east to Huntsville, then south through Birmingham and Montgomery in the central part of the state, east again to the Georgia border, and all the way to Mobile on the Gulf Coast.

Bryant Giffin, who organized the four-day adventure, admittedly is the biggest golf warrior in the group. That's why he chose these particular courses, designed by famed course architect Robert Trent Jones. They rival the best public courses in the country.

The Candler golfers first outing was at Highland Oaks, located in southeast Alabama. Golf Digest named it the seventh

best new public course in America in 1994. The Highlands/Magnolia combination features some of the longest and most classically designed holes on the Trail. Although Highlands, the core nine, is relatively open, there are several lakes that come into play. These beckoned Toni Stevenson's ball, hole after hole. By end of play, she was confident she would be the winner of most lost balls in the group.

A totally different personality awaited the group on the second day at Capitol Hill, Prattville. Here, the group was warned by the GPS range finder on the first hole to "prepare to be judged." Although the Judge Course offers stunning vistas alongside the 200-acre glistening backwaters of the Alabama River, Jeff Ware felt like he "was sentenced to 18-holes of hard labor."

Jim Hewes, who boasts the low handicap in the group, considered putting his clubs away and taking pictures because the views were that stunning but the course was also that difficult.

Maybe that's why Golf Magazine called the Judge Course

one of the 10 public courses in America worthy of hosting the U.S. Open.

On the third and last day of arduous golf, the group hacked away at Cambrian Ridge, Greenville. The Canyon nine, carved from former hunting grounds where deer blinds remain nailed to the hard-wood, is a thrilling stretch of target-style golf with hole No. 1 being a 501-yard par four that drops 200 feet from tee to fairway.

Precision, target-style golf, where you pay for every misplaced shot, whether it's short, long, to the right or left of fairways frustrated the group on course after course. What they would normally consider "good shots" fizzled as they watched their balls roll into the Canyon, back down the hills, into the valley, splash in the water, simply fade out of sight. Worth the time and money? You betcha.

The following weekend the group rallied at Candler Hills Golf Club. How sweet it is to play on a forgiving golf course with big greens. It's good to be back on our home course.



Travel Toppers
Jo Swing

The lazy, crazy days of summer are upon us, but Travel Toppers are not taking it easy. They have many outings coming up that can keep you busy and entertained.

A wait list is needed for "The Sound of Music" at the Starlight Dinner Theater in Orlando. This will be on Saturday, July 14. If you are at all interested, please call Delma Hofer at 834-7726, 9 a.m. to 7 p.m. only.

The Mystery Trip, Saturday, July 28, is full and has a wait list, but you can still call the coordinator, Janet Frangapani at 861-1575 between 6 and 9 p.m. to see if you can be put on it.

The shopping trip to the Florida Mall on Thursday, Aug. 9, already had 40 people sign up the first day. Call right away to get a spot on this fun trip. The coordinator is Joan Connolly at 854-8697 between the hours of 9 a.m. to 7 p.m.

Pre-registration for Dolly Parton's Dixie Stampede in Orlando on Friday, Aug. 24, started in June. Call Toni LaGattuta, the coordinator, at 854-9768 between 9 a.m. and 7 p.m. to get pre-registered. This is a popular and exciting show with fun for all.

Pre-registration will start this month for upcoming events in September. On July 9 pre-registration will start for the Rivership

Romance Cruise, Friday, Sept. 7. This will cost \$57, paid by check only. You will enjoy a soothing, four-hour ride on the St. John's River with music and your choice for four entrees for your meal. The coordinator is Kathy Peterson, 873-2929, between 9 a.m. and 7 p.m. only.

July 16 is the start of pre-registration for the Space Center trip, which will be on Tuesday, Sept. 18. This will cost \$55 and includes admission to the Space Center, transportation and tip for driver. Please call Mike Connolly at 854-8697 from 9 a.m. to 7 p.m. for reservations.

The date has definitely been set for the Radio City Rockettes Christmas Spectacular. It will be the Wednesday, Dec. 12, matinee. This will cost \$79. Pre-registration will start on Sept. 5, but the payment date has been moved to Sept. 18.

If you are interested in the overnight Ft. Myers Train Trip coming up Oct. 17 and 18, now is the time to make sure you are included. Please contact Audrey Mangan at 854-7074 as soon as possible. There is limited space on

this trip, which will include the mystery show dinner train and tours of the Edison and Ford winter homes.

Travel Toppers is always interested in hearing ideas about new places to visit and different events that we haven't attended before. We are now planning the 2008 schedule (for us the future is now). If you or your friends have any thought about future trips please tell one of our officers. We are always open to new ideas.

At this time we are getting input about two possible trips for 2008. If anyone has an interest in seeing The Blue Men show at Universal Studios in Orlando, please call Rose Bambino at 237-1432 from 9 a.m. to 7 p.m.

If you or you know someone who would be interested in a fishing trip, please call Jo Swing at 237-4564 from 9 a.m. to 7 p.m. only. This trip is a possibility for the spring of 2008.

Remember, there are no meetings in July and August. We will see you Sept. 5 at 10:30 a.m. at the Arbor Conference Center, Suite A. Until then, have a wonderful and safe summer and happy travels to all.

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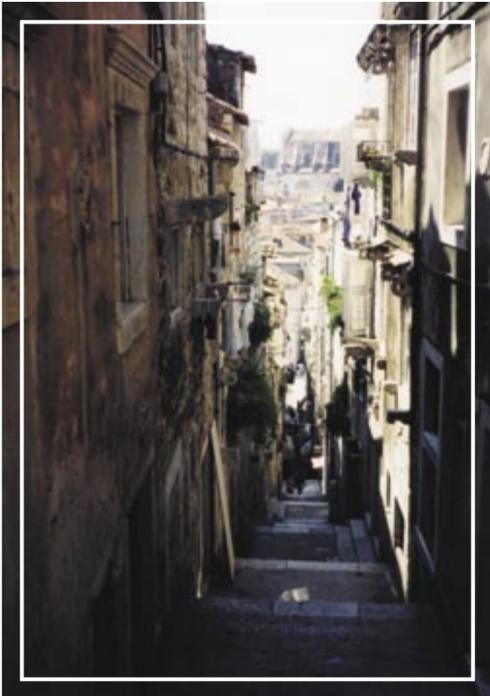
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The island resort of Sveti Stefan on the coast of Montenegro.



Market day in the old part of Dubrovnik, Montenegro.



Steps leading down to the center of Dubrovnik, Montenegro.



Boats in a harbor along the coast of Montenegro.



World Traveler
Bill Shampine

I suspect many travelers would be afraid to go to Yugoslavia today because of the war that broke out several years ago. In my opinion, however, that really isn't much of an issue today, which is why I chose it as one of our destinations. Actually you can get the U.S. Department of State's assessment of safety and other travel information, from its Web site: <http://travel.state.gov/travel>. From there if you click on the section "International Travel Information," it will lead you to another section devoted to "Travel Warnings."

Assuming you will travel with me on this one, let's go. We all know where Italy is, on the west side of the Adriatic Sea. The area on the east side of the sea is known as the Balkans. It is a beautiful region, and has been a popular area for a couple of thousand years. It has a very agreeable climate, sea access and is in a strategic location as it controls one of the major land routes from Western Europe to Turkey and the Near East.

Over the millennia many cultures have come and gone, which has caused a lot of turmoil and left a very complex history. In 1914 a Serbian nationalist assassinated Austrian Archduke Francis Ferdinand, and Austria declared war on Serbia because of it. This tragic event led directly to the advent of World War I. A peace treaty signed in 1918 at the end of the war created an entity called the Kingdom of Serbs, Croats and Slovenes. In 1929 this kingdom was renamed Yugoslavia, which means, "Land of the South Slavs." The area, which is about the size of Wyoming or Michigan, was comprised of the former kingdoms of Serbia and Montenegro (including Serbian-held Macedonia), as well as Croatia and Bosnia and Herzegovina.

In addition, the peace treaty also included lands taken from the Austrian territory in Dalmatia and Slovenia, and land from Hungary located north of the Danube River (the Austrians and Hungarians were not very happy about this arrangement). Yugoslavia is bordered by, and influenced by, (clockwise from the northwest) Italy, Austria, Hungary, Romania, Bulgaria, Greece and Albania.

My research for this article taught me how much the world changes when we are not looking! Having planned our visit to Yugoslavia last month, I now find that it doesn't even exist! Slovenia, Croatia, Bosnia and Macedonia broke away from the Federation of Yugoslavia and declared their independence in 1991 or 1992 leaving only Serbia and Montenegro as Yugoslavia. Then, on Feb. 4, 2003, the parliament of the Federal Republic of Yugoslavia voted to disband itself, officially dissolving the country that was created in 1918. The new country taking its place is called Serbia and Montenegro. Although the two are one country, each has its own capital city. Have I mentioned lately that this is a culturally and politically complex area?

I spent two weeks in Yugoslavia in 1991 serving as a technical expert to the World Bank. For the rest of this article, I would like to chat about my experiences there. We arrived in Belgrade, which is located in Serbia. It was a pretty dirty-looking city in 1991, but I'm sure it is worse now after their war. The first surprise I had was dealing with the local money in the airport. Yugoslavia had been suffering with major monetary inflation for several years and the government had just devalued the money by a factor of five orders of magnitude. This meant that overnight a 100,000 dinar note became a 1 dinar note in value. Both old and new notes were in circulation at the time so you had to subtract five zeros from any large denomination notes in your wallet in order to know how much money you really had. That was very interesting.

My first task was to evaluate the value of building what is called a primary wastewater treatment plant. In the wastewater field, a primary plant takes out easily collected materials such as fats, oils, greases, sand, gravel and floatable and settleable materials. In Belgrade in 1991 all of the domestic sewage and industrial wastes from a population of more than 1 million people were being dumped directly into the "beautiful blue" Danube River with no treatment of any kind.

The question was: Would the construction and implementation of a primary treatment plant help the pollution situation in the Danube River? Well, hello! We sat through a number of high-level meetings to discuss the issue, but my short answer was — yes. Speaking of meetings, I was intrigued by the custom of starting every meeting with every person in attendance downing a shot glass full of brandy! That's my kind of meeting, unless of course you attend a lot of meetings each day, when it could become a problem.

The second project with which I was involved concerned a mechanism to provide water for the tourists visiting the coast of Montenegro (the southwest part of Yugoslavia). The plan was to pipe all of the water from one of the springs feeding Lake Skadar to the coastal villages. The concern was with the impact such a withdrawal might have on the ecosystem of the lake. With years of experience but no data to go on, in my opinion, the impact on the lake would have been minimal (it is a really big lake). The greatest thing about this portion of the trip was staying on the coast. It was absolutely beautiful. We stayed at a place called Sveti Stefan, which is called a city-hotel. It was a fisherman's village in the 15th century but now is a resort. It is a small island located about 50 yards off shore, with the buildings piled up on this rocky crag of land. The views are spectacular! For breakfast, you sit on an elevated terrace about 50 feet above and overlooking the Adriatic Sea. The water is clear enough that you can look down and watch the fish swimming around, one of which could even be your dinner if you were so inclined. One of its claims-to-fame is that the James Bond film Casino Royal was filmed in Montenegro and at Sveti Stefan.

Just north of Sveti Stefan is the port city of Dubrovnik. Dubrovnik is a fascinating place. It is a fortified city surrounded by a high wall that has provided protection to the city dwellers over many centuries. Most of the coast in this area is rocky and steep, with occasional, small sandy beaches and Dubrovnik is no exception to being built on a hillside. You enter through the wall and then walk a long way down to get to the main city at what would be water level. The city contains many small shops displaying all kinds of wares from local artisans — beautiful workmanship.

I mentioned earlier that I was there in 1991. Their war started on June 25, 1991, the day I was flying from Dubrovnik to Belgrade to catch another flight to Frankfurt. The fighting had just begun in the north as I was getting ready to board my plane in Dubrovnik. Good timing, right?

You should seriously consider going to Montenegro on one of your overseas vacations. I think you will find it to be a beautiful place. It also is relatively inexpensive these days. For example, a room for two with full board on Sveti Stefan is about \$80 per day during the peak season; and significantly less during off-season. That's a great deal!

We left Sicily with 10,355 miles under our belts (not to mention some fantastic wine and food). We need to add, 262 miles to get us back to Rome, 447 miles to Belgrade, 192 miles to Dubrovnik, 150 miles poking around Montenegro, and another 192 miles back to Belgrade in order to leave to our next port of call. All total — 11,598 miles and counting. Let's continue with our eastward movement, but take a deep swing down into southern Africa. I have had some personal time in Botswana, so let's go there. ☺

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Kitti's Corner
Kitti Surette

Nuggets For Your Life

Exercise helps wound healing in our age bracket

A small study suggests that regular exercise may act as a Band-Aid for the body, helping to speed wound healing. The study from researchers at Ohio (my home state) State University is the first to find this exercise benefit. The study involved 28 healthy but sedentary older men and women, aged 55 to 77. Do you fit in this group? Then read on. During the three-month study, half of the group exercised three times a week, including pedaling a stationary bicycle, walking on a treadmill and doing strength training. After a month, participants received a small puncture wound (about 1/8 inch in size) on the back of their arm. The wounds were photographed three times a week until they were no longer visible (around six to seven weeks). At the end of the study, the researchers found that the wounds among the exercise group healed an average of 10 days faster than in the non-exercisers (29 days in the exercisers compared to 39 days in the control group). In addition, saliva tests revealed the exercisers had a sharp increase in the stress hormone cortisol, which the researchers speculate may play a role in wound healing, according to the *Journal of Gerontology: Medical Sciences*. So if you have a wound, let's start exercising!

Good News

Older Americans are healthier than they used to be, according to a new report from the Census Bureau. Notably, the proportion of those over 65 with a major disability has dropped by one-quarter, from 26.2 percent in 1982 to 19.7 percent in 1999 (the latest year covered by the Census). Without this improvement, there would be at least 2 million additional disabled seniors today. And when people do become disabled, it's at increasingly older ages. The researchers attributed the improvement largely to more prosperity and education than in previous generations. But they cautioned that the rising obesity rate might slow the positive health trends.

Do You Use Q-tips?

Have itchy ears? Read on ...
Most important: don't use any object to scratch inside your ear — this can rupture your eardrum.

OK, let's move on: Many things can cause an itchy ear, including infection, trauma or allergy. Often it's seborrheic dermatitis (what this is similar to dandruff, which may be caused by dry, flaky earwax, irritation from chemicals in hair products, or excessive ear cleaning).

There are many possible culprits; if the itchiness persists, always talk with your doctor or try your local pharmacist. Several kinds of over-the-counter drops, as well as prescription drops, are available. If you have pain or fever, don't use drops without first consulting your doctor. You may have a perforated eardrum or a serious infection. For dermatitis, you can use a cream or ointment on the external part of the ear.

One common cause of itching is "swimmer's

ARBOR CLUB FITNESS & AQUATIC SCHEDULE

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

Saturday	Sunday
Open Swim	Open Swim

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

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

Yoga Consists of Yoga postures combined with breathing. This class will increase strength and flexibility. Mat required.

Pilates: Mat exercises using Joseph Pilates fundamentals. This class will train the core and back muscles.

Arthritis Class: Specialized class for individuals with arthritis. Exercises help individuals increase their joint flexibility and range of motion. September – May (Land) May – September (Water)

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

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

ear," which occurs when water gets trapped in the ear, allowing bacteria or fungi to grow. Are they saying mold in my ear? I think so. If your ear begins to itch after swimming (particularly in a lake) or even showering, keep the affected ear dry. A good remedy is mix equal parts of white vinegar and rubbing alcohol (my husband had to do this for his itchy ear per his doctor). This restores the natural acid balance of the ear canal, helps dry it out and kills bacteria. Put one or two drops in each ear with a medicine dropper for two or three minutes, then tilt your head and let them drain out. I did this and it was a very strange feeling but my ear did stop itching. Repeat three times daily. This information came out of a Wellness letter.

Roses Symbolize Love

Their colors have special meanings. Use the following guide to choose the shade that best matches your feelings. Red: love, passion, respect, courage. Yellow: joy, friendship, freedom. Pink: happiness, gratitude, appreciation, admiration. Cream: thoughtfulness, charm, graciousness. Orange: admiration, fascination, enthusiasm, desire. White: innocence, purity, secrecy, reverence.

Save That Sponge

Here's something everyone can do to save that sponge.

Even if you wash your kitchen sponge regularly, it can still be full of bacteria. In fact, studies show that the average kitchen sponge can contain up to a million more germs than a toilet seat! (Squats anyone!) And if you're not

careful, those germs can make it onto your dishes, your drinking glasses and your countertops.

Happily, the best way to decontaminate a sponge is also the easiest. Just wet it and microwave it for 30 to 60 seconds. If you do it any longer the sponge might catch on fire and there goes the sponge and microwave. Honestly, the microwave will kill those nasty germs dead as a doornail.

Do You Know The Warning Signs?

Stroke is a brain attack. Following are the signs:

- Weakness or numbness of the face, arm or leg — especially on one side of the body.
- Sudden blurred or decreased vision in one or both eyes.
- Difficulty speaking or understanding simple statements.
- Dizziness or loss of balance or coordination, especially when combined with another symptom.
- A sudden severe or unexplained headache, often described as "the worst headache of your life."

Information from Munroe Regional Medical Center

Avoiding Falls

The best way to avoid crippling falls in the Golden Years

Every year, over 250,000 Americans suffer a hip fracture. Within a year, one in five dies. And of those who survive, nearly half never fully recover and require long-term nursing care. But it doesn't have to be that way. Most of the falls that cause broken bones can be

easily prevented. How? By improving your balance.

Your sense of balance is like a muscle — you must exercise it regularly or it will weaken and lose its usefulness to you. The good news is it's easy to improve your balance. Simply stand on one leg and move the other, bent at the knee, through space. Do this several times throughout the day. You may find the best time to do this is while brushing your teeth.

Once you get really good at it and can stand for several minutes, try standing on one leg with your eyes closed. In the beginning, you'll probably only be able to do it for a few seconds. But with practice, you'll soon be able to stand for 28 seconds — the same amount of time as the average 30-year-old.

Please note: be sure to have something sturdy nearby to grab hold of in case you need additional support.

Information from Bottom Line

Some Reasons To Smile

Getting a love note from your sweetheart ... exercising ... sleeping late ... Happy Hour being first in line ... a clear blue sky ... teamwork ... being loved ... ice cream ... learning something new ... fond memories ... service from a smiling face ... fresh-cut flowers ... sharing time with a best friend.

Ways to Wellness

Don't forget to smile ... keep a positive attitude ... stay active ... challenge your mind ... forgive and forget ... think happy thoughts ... eat a balanced diet ... talk slowly, but think quickly ... give people more than they expect and do it cheerfully ... cherish your values. ☺

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Farewell, Adela

Adela Anderson's husband Marc surprised her on her last day working at On Top of the World with a white stretch limousine to whisk her away on her next adventure — retirement.



Photos by Lynn P. Stock

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Ask the Trainer Howard Williams

We have a variety of new fitness classes and our fitness programs are better than ever. Come by the Health & Rec Center and meet our new fitness director, Cammy Davis. Her experience with cutting edge classes and information is a wonderful bonus to our residents here that should be taken advantage of. We are now offering more and more different classes to accommodate all fitness levels and have something new and exciting for everyone.

One of the new classes is taught by yours truly, on Monday and Wednesday at 3 p.m. at the Health & Rec Center. It is entitled Your New Power and is aptly named because it's built on you getting the most out of your body in all aspects of fitness. Beginners are welcome as well as advanced as all levels are covered and it's concept is to bring your body and mind to a new level.

Getting Started

This is the hardest part for most of the residents. We were told that "lifting weights" was not good for us and could cause harm when we were younger and the scientific evidence wasn't in. The facts are in and the older we are the more we need strength training. You heard me right there, the older we are, the more we need strength training. Walking is good for the heart and lungs but doesn't help you get up if you fall, put one on the body, help you carry the groceries in.

As an exercise physiologist, I have worked in physical therapy clinics, cardiac rehabilitation centers and several retirement communities. Everyone can have an exercise program tailored to his or her needs here. I have orientations for the residents every Tuesday at noon and safely implement the residents into a program for them. This is free of charge and is a safe way to start, and believe it or not it's fun. When you see the changes happen and your quality of life improve, it's motivating and a whole new way of life emerges.

For quicker results and a specific exercise program dedicated to your individual goals personal training is the way to go. We are offering 10 percent off in July with the best rates to start with especially being that the personal training is done by a exercise physiologist. We have something for everyone here. Don't be intimidated. Give yourself the best gift you can: better health. We spend so much money on cars, everything else, but we are always in our body and mind, invest in the best, yourself.

Exercise Basics

• Warm Up: By warming up, you increase the blood flow to muscles and other soft tissues, an important factor in avoiding damage to ligaments, muscles and tendons, including sprains and strains — common sports injuries. Your routine should include cardiovascular exercises to increase your heart rate gradually and prepare you for more intense exercise.

Examples of warming up include the treadmill, recumbent bikes, Airdyne bikes, and the Nu Step cross trainer. You should warm up 5 to 10 minutes before strength training or intense cardiovascular exercise.

• Cardiorespiratory fitness training: Frequency three to five days a week.

Any activity that uses large muscle groups that can be maintained continuously and is rhythmical and aerobic in nature. Activities include walking, swimming, our aerobic classes, our treadmills, bikes and Nu Step cross trainers.

• Training duration: Twenty to 60 minutes of continuous or intermittent (in sessions lasting 10 minutes or more) in aerobic activity. Low to moderate intensity activity over a longer duration is recommended for the non-

athletic adult.

• Muscular strength and endurance: Training frequency is two to three days a week.

Examples of resistance training for muscular strength and endurance are our Cybex circuit and the free weights. Resistance training using one set of eight to 10 exercises that condition the major muscle groups should be performed two to three days per week. For older adults and more frail people 10 to 15 repetitions are a good range. Multiple set repetitions may provide greater benefits if time allows. Skip the next day for muscle recovery after resistance training.

Important Concepts

• Set: Group of repetitions done with proper form until the muscle group worked is properly fatigued. The most important factor in improving muscular strength and endurance is not the amount of weight or number of repetitions but the intensity of the set.

You do not want to stop at a preconceived number of repetitions but rather when your body tells you to stop or you cannot perform the repetitions with proper form. If you can do 30 repetitions, then do so; it just tells you that you can use a heavier weight next time

Stretching

• Stretching is performed after the exercise session to loosen up the muscles that have been fatigued and help release the lactic acid from the muscles, reduce muscle soreness, and decrease the chance of cramping and injury.

For those who have problems getting on the mat and stretching we have a new Precor stretcher in the fitness center that allows you to stretch the major muscle groups without getting up and down on the floor. We also have a nice wall chart of stretches by the mat to help you with the stretching techniques.

I hope this gives everyone a basic idea of some of the concepts of fitness and what we have available for you at the Health & Recreation Fitness Center. Free orientations are given every Tuesday and Thursday at noon to implement you to our fitness center. By reading this you will have a head start before you get here.

Success Story

Marie Lindenmuth started personal training with me almost a year ago. She was in good shape from Adela's classes and has a fiery personality but needed some strength and lean body mass. She has been consistent and made incredible changes in strength, muscle tone and overall body appearance and attitude.

Recently she was diagnosed with ALS or Lou Gehrig's disease. It has affected her speech and is attacking her muscles. She has not quit personal training. She shows up religiously twice a week for 50 minutes of intense training with weights. She does walking lunges and has really built up her legs. She is maintaining her upper body strength at age 77 as well as the disease attacking her.

She smiles and laughs during her workouts. She is maintaining and trying to improve her quality of life no matter what the odds. She is a blessing and inspiration to me and I hope to the other residents that anyone can improve the quality of life and mental outlook by engaging in an exercise regimen.

It is for everyone.

Salubriously yours, Howie Williams M.S.

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Arbor Club Tennis Jorge Privat

Hello everyone! Did you say, half of the year is gone? It's true, and we seem to be paying now for the nice cooler weather we enjoyed in May and part of June. I hope your lawns are turning green again. What has remained green and active is the tennis courts, due to your participation and efforts to stay healthy and learn the sport at the same time.

To keep you up to date, I'd like to mention a couple of events we had recently; On May 22, Betty Bussenger's team visited Oak Run, and split honors with our neighbors down the street. We won two of the four matches played that evening. Thanks to Bev Maiorino and Janet Abrahamson, Rosemarie Hueber and Jerry Dennis for trying hard, and to Hal Stanley and Norma Higgins, Gordy Phillips and Edwin Viloria for their wins

On June 8, we were glad to be the hosts to our new tennis friends from the Spruce Creek community in Belleview. On Top of the World paired up as follows: Don Firkins and Dan Ryan vs. Chris Curtis and Joe McMann, Jerry Dennis and Dale Paul vs. Chuck Compton and Al Walowitz, Bob Bartolotta and Vince Bonomo vs. Norman Abels and Dick Hammer, Rosemarie Hueber and Dottie Taylor vs. Christa Curtis and Patsy Rusker, Betty Bussenger and Grace Raymond vs. Ann Abels and Valerie Glueckert. After the match there were plenty of snacks and refreshments, and everybody had a good time. This was baptism by fire for Grace R., who for the first time played in a formal tennis meet. She is now an old shoe in tennis competition. Our congratulations to all the participants.

By the way, thanks to our facility's management for providing us with a new ball machine for the enthusiasts who wish to practice and improve their strokes, and a blower to help us with the clean up and drying of the courts.

Tennis Tip of the Month

Understanding How Power in Your Strokes is Produced

Quoting Jack Groppe, Ph. D., and co-author of World Class Tennis Technique, "The body in virtually every stroke acts as a kinetic chain (some call this a linked system). By that, I mean that many body parts con-

Tennis Association H&R Center Courts Schedule

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

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

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

All Resident Tennis Players
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tribute to the overall force generated by the body to strike a tennis ball. For the majority of tennis strokes, the sequence of force development takes place as follows. Initially, there is a ground reaction force as the feet push against the ground. That force is transferred up through the legs via knee extension. That force, in turn, is transmitted to the hips, which begin rotating. The hips add to that force and transfer the force upward to the trunk. The shoulders begin rotating and really take over at this point. You will usually see a large rotation of the shoulders where they, in turn, transfer the force to the upper arm and on to the hand-racquet movement. We must include here, the law of inertia, and motion must be initiated. The backswing begins and the knees flex. At an optimum knee angle for the player, he or she exerts force against the ground. This demonstrates the law of action and reaction. This law states that, with every action, there is an equal and opposite reaction. So, when you push against an object, the object pushes back against you. In the case of an athlete pushing down or jumping, the body is relatively small compared to the earth. The athlete pushes against the earth, and the earth pushes back and this enables the athlete to leave the ground. In tennis, as the feet push against the ground, the ground pushes back with an equal and opposite force. This ground reaction force is one of the most important principles in hitting effective strokes. The force from the ground is then transferred upward and through the body as explained earlier".

Hopefully, understanding this kinetic chain will help you generate more power in your strokes.

Keep on trying! 🎾



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Activities July

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

1st Week

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

2nd Week

10:00	Genealogical Society	MR3
2:30	Theatre Group	CC:D
4:00	10,000 Steps in the Water	AC

3rd Week

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

4th Week

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

Tuesday

7:00	Lap Swimming	AC
7:15	Oxycise	H&R
8:00	Condition & Stretch	H&R
	Men's Tennis	CTS
	Travel Toppers	CC:D
	Reservations	
	Clogging	BR
8:30	Women's 18-Hole	GC
	Racquetball	HR CTS
9:00	R.C. Flyers Club	Field
	Tai-Chi (Multi-level)	H&R
	Computer Club	CC:B&C
	Hand & Foot Canasta	CR
	Harmonichords	CC:H
	Woodworking	WW
	Arts & Crafts	BR
	Bus Ocala Run	
	Women's 9-Hole	GC
	Horse Shoe League	CTS
	Miniature Golf	MGC
9:30	Pinochle	MR3
10:00	Stitch Witches Quilters	Art
	Arthritis Aqua Class	AC
10:15	Tai-Chi Fitness (Beginners)	H&R
10:30	Horseshoe League	CTS
10:45	Hatha 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
1:00	Singin/Swingin	CC:D
	Mah Jongg	CC:A
	Badminton	H&R
	(Racquetball Cts)	
1:30	The New Pretenders	HR
	Shuffleboard	CTS
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	P.R.
3:00	Great Lakes Club	BR
	Shutterbugs	CC:B&C

2nd Week

7:30	*Seminole Casino Trip 7/10/07	H&R
8:00	Lions Club	Pub
9:00	Citizens Emer.	CC:E,F&G
	Response Team	
1:30	Visually Impaired Support Group	CC:H

3rd Week

3:30	Alpha Investment	Art
6:30	German Club	CC:G

4th Week

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

4th Week

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

Wednesday

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

1st Week

8:00	4th of July Celebration 7/4/07	BR
10:30	Travel Toppers	CC:A
1:00	Stamp Club	Bank PAB
3:00	Italian/Amer Club	BR

2nd Week

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

3rd Week

1:00	Stamp Club	Bank PAB
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Thursday

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

	Men's Tennis	CTS
	Clogging	BR
8:30	Racquetball	HR CTS
9:00	Woodcarving	Art-B
	Art League	Art-A
	Computer Club	CC:B&C
	R.C. Flyers Club	Field
	Round Dance Classes	CC:E&F
	Hand & Foot Canasta	CR
	Strut Dance Class	AC
	Tai-Chi (Multi-Level)	HR
	Bus Ocala Run	
	Miniature Golf	MGC
9:30	Shuffleboard	CTS
10:00	Round Dance Class	CC:E&F
	Arthritis Aqua Class	AC
10:15	Tai-Chi Fitness (Beginners)	H&R
10:30	Water Walk	AC
	Advanced Tap	HR
	Friendship Bible Study	MR3
10:45	Hatha Yoga	AC
11:00	Walleyball	CTS
	Water Walk	AC
11:30	Lap Swimming	AC
12:00	Lap Swimming	AC
	Cybox Orientation	GYM
	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 Trip 7/26/07	H&R
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Friday

7:00	Lap Swimming	AC
7:15	Oxycise	H&R
8:00	Cardio Burn & Firm	H&R
	Ladies Tennis	CTS
	Water Walk	AC
8:10	Dancing Toppers	H&R
9:00	Interval Train	H&R
	Pilates	AC
	Woodworking	WW
	R.C. Flyers Club	Field
	Dominoes	MR3
	Bocce League	BCTS
	Bus Ocala Run	
9:15	Deep Water Aquacise	AC

* 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.

9:30	Shuffleboard	CTS
10:00	Racquetball	H&R CTS
10:30	Beginner Aerobics	H&R
	Power Aerobic	H&R
	Water Walk	AC
11:00	Bocce League	BCTS
	Water Walk	AC
11:30	Tai Chi Practice	AC
	Lap Swimming	AC
11:45	Sit & Be Fit	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	
	Exercises	AC
2:00	Fun In The Water	AC
2:15	Square Dancing	H&R BR
5:00	Happy Hour	AC
6:00	Cribbage	Art
6:15	Nickel Nickel	MR3
	Euchre 4	CC:A
6:30	Advanced Bridge	CR
6:45	Euchre	H&R

1st Week

1:00	Women of the World	CC:E
5:00	Patriotic Happy Hour	AC

2nd Week

9:00	RC Ladybirds	CC:A
2:00	New England Club	CC:E
3:00	*Baseball Game	HR
	New York Yankees vs Tampa Bay 7/13/07	
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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2nd Week

6:00	Northern Lights	CC:B&C
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3rd Week

6:00	Ballroom Dancing	AC
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Sunday

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

1st Week

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

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

3

Table Tennis

Lucy Davis

Do you play "table tennis" or "ping pong?" We hear this very often and I am sure you would like to hear the difference directly from the experts. This is what Farmington Hills Table Tennis Center in Michigan has to say about the general differences between these two games:

- Ping Pong**
- Played in basements, game rooms and garages
 - Social game
 - Talent wins
 - Hand and wrist involved
 - Casual workout
- Table Tennis**
- Played in gyms, clubs and arenas
 - Skilled athletic sport
 - Learned skills and strategy win
 - Legs, whole body engaged
 - Vigorous exercise

Here at On Top of the World we play "table tennis" because we play competitively, try to follow the international rules of the game, participate in local and state competitions and keep ourselves very much updated on the changes, type of balls and tables (tournament items), scores, legal serves, etc.

Some of the players take lessons from our friend and coach from Oak Run, Ray Jask, to learn about different strokes, footwork, legal serves, and participate in social and friendly intercommunity games. We must remember that table tennis is the fastest sport and we must learn how to shuffle our feet when we move from side to side playing singles, but more importantly, when playing doubles. Lack of footwork could cause injuries to you and your partner. It is a great exercise and good for all ages under any weather conditions!

Our club keeps growing and right now we have about 40 players. We welcome our new members Suzie McLam, Ron Schmitt and Ferdi and Marietta Villanueva. We hope they will enjoy the exercise, the camaraderie of the club and meeting players from other communities. Our friends from Ocala Palms were our guests in June and they would like to come back on a monthly basis.

We have five tournament tables but we cannot accommodate more than four tables at a time because the Exercise Room is not big enough to play safely. We can accommodate a maximum of 16 players. Fridays and Saturdays are more popular days to play! If you want to play single games, right now the chances are better on Tuesdays and Thursdays.

If you have any questions, please call Lucy Davis 854-0911. She is a member of the USA Table Tennis Organization. If she cannot answer your questions, USA Table Tennis will get them right! You can also surf the Web at www.usatt.org.

Softball

Bill Leon

The On Top of the World softball team joined the Beverly Hills League and played their first game on April 23 with not too much luck.

We lost our first three games during April and finally broke in with a win on our first game in May, winning 13-5. It didn't last long as we followed with another three-game loss before winning our second game on May 18 with a 14-10 victory and followed that with a 24-15 win over the first place team.

It has been an adjustment for us as we are trying to learn the players on each team so we know how to play them. On May 25 we lost to the first place team as they took their revenge and beat us 15-8, but the loss was followed by a victory on May 28 with a 14-7 win.

Everyone on the team is beginning to hit better. Our April record of 0 wins and three losses has been followed during May with four wins and four losses, which we hope to improve on during June.

The team is beginning to get a feeling for the other teams we play against and we are getting a grip of how to play them.

We still are accepting ball players who are interested in renewing their ball playing skills so come on down on Saturday mornings and get those muscles moving.



Lions Club
Dianne Lovely

What a great summer this has been so far for the On Top of the World Lions Club. We had our 20th anniversary and installation of officers for the coming year 2007-08.

Last month's issue needed to go out before I could announce the Lions who won awards at our installation party. Congratulations to the following: the Melvin Jones Awards, which is the highest award given out in Lionism, went to Herm Bennett and George Engle; and Lion of the Year to Dianne Lovely. Ken Colen received a plaque in appreciation of his support for the Lions. Outgoing President Ed Michelson presented his board with tokens of appreciation for their support. He also gave two new awards. The Eager Beaver awards were presented to Anthony and Rita Cacciuto and also Hector and Diana Rocafort.

Ed Michelson and Estelle Clark went to the state convention in Orlando. Estelle was awarded the Crusader Award. This is the highest award a grassroots Lion can get in their district. This is a long sword that she has hung on her wall. Don't get her mad though; she might take it off the wall and use it.

We are happy to announce that we now have 56 members in our club.

Don't forget the On Top of the World Lions has new switches for the new houses as well as the old switches. We install them for you if you would like us to. Call Jim Miles at 873-1954 if you would like one. You will be glad you did. It could save a life.

Twelve of our Lions went to Keystone Heights, which is north of here for a district organizational meeting and social. It was a very rainy day due to Tropical Storm Barry, although we had a wonderful time of fun, food and a game of Jeopardy that was put together by Ed and Estelle.

If you would like to join the Lions Club we would love to have you. We meet the second and fourth Tuesday of the month at Candler Hills Community Center at 8 a.m. for breakfast and an 8:30 a.m. meeting.

Please contact membership chairman Estelle Clark at 861-7358.



Republican Club
Tony Tortora

The June meeting featured Pat Gabriel, president of the State Road 200 Coalition, as our guest speaker. She gave a presentation of all approved development along the 200 corridor. When the whole development picture is presented it is awesome. Our area is quickly becoming a metropolis complete with many more vehicles of all sizes to plug the roads. The impact on available services and on area schools continues to grow beyond current

estimates. Any image of growth control has been run over by a semi on SR200.

The next meeting will be held in the Arbor Conference Center on July 13 at 7 p.m. All residents are welcome to attend and Republicans are invited to join the club. The program has not been confirmed so watch for the announcement on TV. This will be the last chance to get your tickets for the August picnic.

In order to use the title of Republican Club, we are chartered by the Republican Party of Florida and must adhere to their rules. There are also some sections of the Florida Statutes that apply to chartered political clubs. Loosely interpreted, the club is expected to support the Republican Party principles and to help Republican candidates get elected. The club cannot endorse one Republican candidate over another for the same office prior to a primary election. The club cannot contribute money or in kind donations to a candidate. The club is also expected to invite only registered Republicans in good standing to join the club or to address the club at a meeting. In a non-partisan election, such as school board elections, only Republicans are invited to speak. As chartered by the state party, we are a political club with some social events, not the other way around.

Our membership has grown this year, so, for those Republican residents who have not joined us, come on out to the July meeting and meet your fellow Republicans.

Community Patrol

Joe Berger

I hope all of our snowbirds are having a great visit. We miss all the time you put in to the Community Patrol. Gary and Lennie will be completing about two months of a great trip to the west and Jim and Marcia will be touring the north and east. I am looking forward to September when I take off for a three-week trip to Ireland.

I again want to thank all the new members of Indigo for their participation in the community patrol.

I would like to remind all residents of On Top of the World that these members put in their time patrolling and are doing it for one reason; they are concerned residents and maybe their efforts are helping keep our community one of the safest in Marion County.

The Sheriff's Department (a special thanks to Captain Burton) has given us a brand new 2007 hybrid vehicle. We are grateful for that. Thank you Sheriff Dean.

Remember when driving that the Sheriff's Department will issue moving violations to anyone who does not obey the traffic laws. Speeding, full stops, seat belts and failing to signal when turning are just a few that we all should pay attention to.

If any of our residents would like to have a home security survey done, they can contact Dwayne Johnson at the Sheriff's Office, 402-6060, and he will have a team come to your home and make recommendations on how you can improve your security.

Movie Club Presents 'Freedom Writers'

By MARY EHLE

The movie for July is "Freedom Writers" and will be held on Sunday, July 8.

It stars Hilary Swank and Patrick Dempsey. I think you will really enjoy this movie. It is very different and very much about what is happening in our schools today.

Hilary Swank stars as a very determined teacher who attempts to help a class of students that everyone else has given up on. Her peers scoff at her chances for success but they underestimate her drive.

This movie will start at 6 p.m. in the Ballroom. It is open to all residents and their overnight guests. If you are not a member the cost is \$2. Come and join us.

Bowling League

Bob Kawalec & Josie Minacapelli

The Bowling League is looking for bowlers for the 2007-08 season. We bowl at the AMF Galaxy Lanes West, located on the corner of Southwest 17 Street and Easy Street (Southwest 19 Avenue Road) on Monday afternoons. This is a handicap league and your average is of little importance. What is important is to mix with your On Top of the World neighbors and have a great time.

The league lasts 30 weeks, starting in mid-September, and finishes the end of April with a banquet and prize distribution. We take a two-week hiatus for Christmas and the New Year. Everyone is welcome ... full-time bowlers, substitutes and snowbirds.

Make your plans before leaving for your summer vacation. For more information, please call either Bob Kawalec at 854-0934 or Josie Minacapelli at 237-3899. Join us, meet your friends and neighbors and have some fun!

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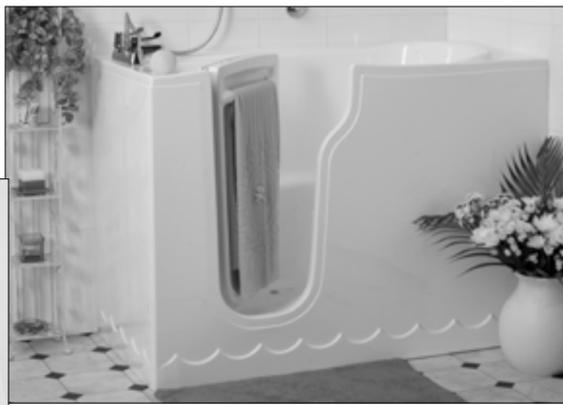
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Genealogical Society
Elizabeth Kyle

Five good reasons to join the Genealogical Society:

- You learn how.
- You receive frequent useful updates.
- You hear speakers with know-how and enthusiasm.
- You give the gift of stories to future generations.
- You ponder the meaning of "we are all one people."

Members of the Society will be teaching Genealogy for Beginners for one week starting July 30. From experience, I can assure you that taking this course is a great way to get started on the right track.

Intermediate Genealogy will be offered beginning Oct. 18. Be sure to read Master the Possibilities for details. Sign up early because folks who took the beginning course will be lined up for this one. See you there.

Ron Chard, our president, provides frequent useful updates on the fast-changing

world of online research. As soon as new information becomes available online we know where to find it and how to go about using it. He continues to encourage members to take part in the indexing projects both for Marion County and Family History.org reminding us that we all benefit from such projects.

For our May 11 meeting we had a most enthusiastic and knowledgeable speaker, Richard Chamberlin, president of the Chamberlin Genealogical Society. He is a distant cousin of Joshua Chamberlain of Maine who was the hero of Little Round Top during the long, bloody battle for Gettysburg. Joshua Chamberlain received the Congressional Medal of Honor and became governor of Maine.

Richard, our speaker, inherited his father's material and had the benefit of learning firsthand from his father during the last two years of his life. One good thing he had was names of the people in the old photos. They were written on the front of the pictures — not so good.

His father had also kept the negatives. Wonderful! You should see the beautiful set of prints he had made from the negatives. He said, "All those lives become a part of your life." Preserve your stories now before they become lost to future generations.

We should not underestimate the value of maternal lines. He suggested using Ancestry.com for this research. Military records are becoming easily available as are pension records, which are considered impeccable.

Finally, working on genealogy gives you a deeper and broader sense of what it means to be one people. Richard Chamberlain is a superb example of one who appreciates all the nuances of who he is. I was deeply moved by his presentation.

The Genealogical Society meets on the second Monday of each month at 10 a.m. in Room 3 of the Arts and Crafts building. Our membership is growing constantly. You will always be welcome. Come and see for yourself. ☺



Ken Simpson, left, and Len Lukas, far right, present \$400 scholarships to Cameron Murphy and David Rundio, graduating seniors from Lecanto High School.

Honors Program on May 15.

At the June FARC meeting, Jim and Joan Stewart talked about their long boating adventures, traveling on many oceans and communicating via ham radio.

The FARC's club call is N4FRC.

The next meeting is for July 9, and will include the continuation of the ARRL program to be held at 1:30 p.m. at the auxiliary Sheriff's Station on West State Road 200. All hams are invited and members are urged to attend and to bring a guest.

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

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

The FARC meets at the West SR200 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. ☺



Bloodmobile
Don Pixley

Despite the season when our snowbirds head for cooler climates, we did see a very small increase in the number of donors and units collected during our June 4 drive. We are grateful for any move in the right direction.

Thirty-four donors showed up and 30 units were collected.

While this is far short of our potential we thank all those who gave an hour of their time and a "gift of life."

When the Big Red Bus is parked in our

Health & Recreation parking lot to accept donations we want to be clear it is there for all of the On Top of the World Communities. We urge all eligible residents to participate. The Florida Blood Center is the sole supplier of our Marion County hospitals. Who knows when we or one of our family members might need a transfusion while a patient in one of our hospitals?

Those who reported for the June 4 drive follows:

Barbara Anderson, Sherman Axinn, Jane Bauer, George Borgia, Rosemary Borgia, Donald Cernecarl, Margitta Claterbos, Loretta Conroy, Harold Corwin, Lyal Davis, John Dollar, Donna Fey, Julius Fey, Annette Freehauf, Clayton Hargrove, Richard Kaminske, a 22 gallon donor, Judith Kane, Ruth Kinney, Melvin Klosterman, John Kreps, Carol Mayer, Claudette Moher, Michael Norton, Donald Pixley, Joyce Pixley, Joan Rappa, Marie Roppel, a 19-plus gallon donor, Bruce Roxburgh, Diane Roxburgh, Patricia Russell, Patsy Ann Schuck, Shirley Shellman, Florence Soens, who is getting close to 11 gallons, and Ernie Tripp.

As our population booms, this list should become much longer.

We would like to add your name after the next drive to be held, Monday, Aug. 6, from 7:30 a.m. to 2 p.m.

Please consider giving an hour of your time to this vital program. ☺



Friendship Amateur Radio
Ed Brendle

The Friendship Amateur Radio Club of Ocala awarded \$400 scholarships to Cameron Murphy and David Rundio, graduating seniors from Lecanto High School. Both recipients are planning to pursue engineering or computer technology college degree programs. Ken Simpson, W8EK, president, and Len Lukas, W1GFX, scholarship committee chairman, presented the scholarships at the Lecanto High School Scholarship Awards and Academic

Friendship Social Club
Lolly Foes

The Friendship Social Club celebrated Father's Day on June 10 with a special treat of hot dogs, chips and iced tea. Ray and Kay, our entertainers for the day, did an outstanding performance for us. Many members danced, sang and participated in the grand finale "God Bless the USA." All had a great time.

In addition to the goodies and entertainment, the new officers for 2007-08 were sworn in. The new officers, along with the outgoing officers, received a round of applause from the membership.

Our club meets 12 months. Our dues are \$7 per person, per year. All residents of On Top of the World Communities, including Indigo East Gateway Pass residents, are welcome to join us on the second Sunday of the month in the Health & Recreation Ballroom at 2:15 p.m. Renewals and new memberships are due at the July 8 meeting.

As outgoing president, I wish to thank Pat Utiss, Margaret Orlando, Mary Ehle, Dick Wolfe, Mary Carol Geck, Kay Chandler, Jim Chandler and Roy Foes for being an integral part of the success of our club. In addition, I wish to thank Eileen Utiss, Peg Chancey, Kay Porter, Carol Schwartz and Janice Meade for stepping up to assume the officer positions for the coming year.

Hope to see you on Sunday, July 8. Happy July 4. ☺



SPCA
Genevieve Mallardi

At the May meeting, Ralph Mills and Jean Culp spoke on the training of dogs for the blind. Pollie, a collie and Richie B, a black lab, demonstrated some of the moves this training has taught them. The topic was so fascinating and we had so many questions, we shortened our business meeting and gave Mr. Mills and Ms. Culp the floor.

Southeast Guide was formed in 1982. They are always in need of trainers. The training of these dogs is very expensive and the S.P.C.A. was delighted to donate \$300 to the cause.

We will not meet in July and August. We will be back in September. Why not come out and see what we are all about. ☺



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Happy Hookers Craft Creations

By Bob Woods
WORLD NEWS WRITER

Being a retired sailor and having spent many years at sea and in foreign ports as well as many U.S. seaports, the phrase of "Happy Hooker" only meant one thing. I will have to admit the name or saying is catchy. We have a group of ladies here at On Top of the World that are not out plying their talents at local night spots but putting their talented gifts to good use for themselves, their families and charity.

According to the New World Dictionary hooker is defined as a large drink of whiskey or a prostitute. The word hooker is further defined as a small Dutch fishing ship with two masts, or any clumsy old ship. Happy is defined as being favored by circumstances; lucky; fortunate; a feeling of great pleasure and contentment, joy, etc.

Now that I have mentioned the definition found in the dictionary I will let you come to your own conclusion, but I must warn you, be awful careful what you call these gals who call themselves the "Happy Hookers."

The Happy Hookers here at On Top of the World dreamt up the catchy name for some of the crafts they employ. You see, these On Top of the World ladies are meeting on Monday afternoons instead of nighttime and they could really be called the local "sewing circle." You see, some of these ladies are truly hookers, only hooking rugs, sewing quilts, embroidery, crocheting, knitting, cross-stitching and just plain sewing anything they wish to create.

The Happy Hookers meet each week in the On Top of the World art room of the Arts & Crafts Building where they continue working on their sewing projects. The group of ladies gathers at 2 p.m. and the group is open to any lady or gentleman from all On Top of the World communities. Yes, I said gentlemen, as there are some guys who get their relaxation by participating in cross-stitching and crewel projects.

The group was formed back in 1997 and at that time they called themselves the Rug and Latch Group. This club is more of a social gathering, numbering at present around 25 gals, and the group has no elected officers nor are any dues collected. The group has no rules except one: come and have a good time. The group has some "snowbirds" that partake in the weekly gatherings but it is not necessary to come every Monday. One comes when they want to.

There are a few gals who really know everything there is to know in the art of either sewing or hooking and they are willing to help anyone who would like to venture into their group.

While visiting the ladies and making comments about their group's name I discovered that these ladies do not create items just for themselves. Some were knitting baby blankets that are donated to Munroe Regional Medical Center's maternity ward. Some of the other



Photo by Bob Woods

The Happy Hookers — a craft group — meets Monday afternoons to work on their creations.

ladies were in the process of knitting lap blankets and afghans for those in wheelchairs while others were knitting prayer shawls. One of the ladies mentioned to me that they knit hats for elementary school children and some were in the process of doing just that.

As I mentioned before the group meets every Monday at 2 p.m. in the Art Room. I was told by most attending that the group goes out for lunch every other month. I heard one gal say that the group gets all kinds of eyes when they show up at an eatery after making their reservations in the name of the Happy Hookers. I wonder what those restaurateurs are expecting.

If anyone in the On Top of the World Communities would like additional information on becoming a Happy Hooker or have any questions concerning the Happy Hookers, please call Jackie Palotta at 854-4555. ☺

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**Stitch Witch
Quilters**
Ann Weldishofer

The Comfort Quilt workshops by Tekla will be July 24 and 31, a butterfly pattern; Aug. 21 and 28, a dog quilt; and in September, a cat or frog design. Good job, Tekla!

Ann W. talked about trips, possibly to the Jacksonville Show in September, and Rainbow's End in Dunedin another time. We will decide on the Jacksonville trip at the July meeting.

Pat said the fabric cabinets are in order, and Ruth K. said she will be taking three comfort quilts to the preemie department at Munroe Regional Medical Center. Flo said that refreshments for the meetings are all set for the summer.

Ann suggested offering basic quilting classes, so she will schedule a series to begin as soon as they can be arranged. A listing of class topics will be posted, and they will be on Tuesdays at 1 p.m. Anyone interested in learning to quilt is welcome to join us and learn. More information will be coming on this. Keep an eye on the bulletin board!

We want to give Jeanette Wroblewski and Flo Wright a huge thank you for the wonderful refreshments we enjoyed after the meeting. Such a great variety, and the crescent cookies were truly special!

We also had a special show and tell. Grace Hansen had at least a half dozen lovely original comfort quilts, and Jan Johnson, Betty Pettit and Jeanette all added to our supply! Marcy Benz brought a quilt she has made for a grandson, using the flannel style Dot Hinde showed us earlier in the year. She also had a beautiful quilt she made from an on-line quilt school ... and she won third place among all those who participated, who were from all over the world. Congratulations, Marcy!

Remember, we meet every Tuesday in the Art Room at 10 a.m. for workshops, and we are in the room until 3 p.m. Anyone interested in quilting, come join us! ☺

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Red Hat Society
Vivian Brown

Well, ladies, if you're not going on vacation this summer don't sweat it because right here at On Top of the World you have a great variety of things to do like take some free classes in Master the Possibilities, enjoy some of the great shows at the Circle Square Cultural Center, go to The Ranch Spa for some personal pampering putting your body in shape or have a wonderful spa procedures, spend some time in the Health & Recreation gym, take an exercise class or maybe just spend a day lazing around in the sunshine at one of our beautiful pools. You can always go to Sholom Park for a relaxing day of quiet, meditation, to refresh and renew your mind and body.

You don't have to travel; it's all right here. We live in one of the best resorts. So go ahead and enjoy! Life really is beautiful! Till next month Vivian

THE RAZZLE-DAZZLE RED HAT DAMES' hostess for our June luncheon was Connie Forte who chose the Golden Corral. It has a private room so we could discuss our plans for the upcoming year. We would like to do some new and exciting things, right girls? I will give you all the details next month. We wish you all no matter where you are or what you're doing a very happy summer! Stay well and God bless. ... *QM Vivian Brown*

WEDNESDAY'S WILD WOMEN had a wonderful outing in June. Carla Magri planned our dinner at Stumpknocker's followed by a river cruise down the Withlacoochee River. The weather couldn't have been any better. We laughed and joked on our boat ride. We even saw some baby alligators! Thanks for the cake, Carla. ... *Love N' Kisses QM Sue Moody*

THE DIVINE DIVAS: Here we are almost into the last half of 2007 and wonder where the first half has gone. Divas and their guests once again had a fun-filled three days at Daytona Beach under the coordination of our friend and sister Diva Lolly Foos. It seems all we did was laugh, eat, laugh, drink, laugh and be merry. Besides ordering the ideal weather, Lolly set up reservations for an enjoyable evening at the Hawaiian Inn Dinner Theater where the luau was most enjoyable and the show was fabulous. The show's hula dancers hon-

ored the Divas' attendance by wearing purple grass skirts and red cowboy hats. Surprising the hats stayed on with all the hip gyrations. A few of our Divas took part in the audience participation segment on stage. Hilarious to see them do the hula but that's what our trip is all about, fun, laughs and more fun. While on the trip one of the Divas and one Red Hat guest had butterfly and rose tattoos applied to their ankles. ... I'll never tell, L & S. Who ever said Divas aren't kids at heart? We're already looking forward to our next trip. Tidbit of good news: Congrats go to our own QM Gail LaRue, nominated president of the local Red Hat Queens Sorority. You go girl! QM attended the state convention and I might mention the local sorority won first place in two categories, best hats and best costumes. Congratulations to all the QM's. Diva Marilyn and Jus Rose celebrated 50 years of wedded bliss with many of the Divas attending the celebration along with family and friends of the bride and groom. Our congratulations to both Marilyn and Jus and may they have many more years of love, happiness and good health. Divas are now busy working on costumes and skit for their RH Roundup Pot Luck night at the Arbor Club. The Diva Dudes (husbands) are invited to this event and will be well fed and entertained. With summer holidays coming up, not much more planned for the summer other than monthly luncheons. Hurricane season is upon us once again and we can only pray the hurricanes forget where Florida is on the map. Diva prayers are extended to all at On Top of the World for a safe and healthy hurricane season. ... *QM Gail La Rue by Bev Nelson*

THE COOL CATS IN RED HATS went out on the high seas. Well, not really. More like the Rainbow and Withlacoochee Rivers with Captain Jon. It was a lovely day; Captain Jon was very informative about both rivers. We saw lots of birds and several alligators, some up real close. After the boat ride we went to the Front Porch for lunch. If you have never been there the meals are very good and the pie is wonderful. We have a new cat, Gloria Ezzo. Welcome. Our snowbirds have flown north for the summer and we wish them happy times. Looking forward to their return in the fall. Our cat Ginny Stefan planned this month's outing. This was her first time at planning for a group. All the cats think she did a great job. ... *Queen Mum Janet Fragapne*

THE CRESCENT RIDGE RED HATTERS took a drive down to Brooksville In April to enjoy a delicious lunch at Mallie Kyla's Cafe. The restaurant was very busy, making it hard to talk so we just dug into that delicious food. There was such a variety it was hard to choose. Our hostess, Joan Irvine, gave each of us a great smelling raspberry cream candle wrapped in red net and tied with a purple bow. After lunch we toured Roger's Christmas House and Village, which has five individual houses filled with everything imaginable in the form of decorated trees, gifts, gadgets and collectibles. Beautiful! We stopped at Scoops on the way home and forced ourselves to have a little ice cream. A wonderful day! May found us at Mango's. Another delicious lunch with pleasant atmosphere. The decor is very interesting

here. Our monthly hostess, Phyllis Wandrey, brought little favors containing trail mix, which we all enjoyed. This was one of the few times we were able to have all our chapter members here, so after lunch we stopped in at our Queen's home to chat a little and plan our annual birthday luncheon. Of course, we had to have a bit of dessert too! ... *QM Anne Seales*

THE SCARLET FOXES had a delightful outing in June thanks to hostesses Phyllis Kraus and Betty Dean. We dined at Summerglen. The food was delicious! We are taking vacation for July and August. Deni Dehart won our "lunch" prize. BJ Leckbee entertained us with a game "do you know your Red Hat Sisters?" There were some twisted responses and a lot of laughs. Following lunch we were given a tour of the model homes picking up some decorating tips. To all our Red Hat sisters have a fun filled summer. ... *QM Betty Thayer*

THE RED GEMS: Our membership had fallen

to just about half of its full capacity due to members who had moved away or for other reasons dropped out. However, we have been able to recoup to our maximum once again. We welcomed Suzi Berman, Gail Briggs, Mary Hensley and Vivian Cayia into the fold. We will have a break in our regular monthly events this summer due to vacations, but there will probably be one or two impromptu get togethers during July and August. Our last scheduled event took place in June with a lunch stop in the Villages and then on to shopping. The dress for the day was casual, which gave us the opportunity to wear our cool summer tops, slacks or shorts. We want to be comfortable for that out of town shopping experience. Let's go girls. CHARGE! ... *QM Loretta Troutman*

Please send your Chapters activities to Vivian Brown, e-mail: vivjcb@cfl.rr.com or call 291-0246 by the ninth of the month. Thank you. ☺

Community News & Update

By Kenneth Colen, Publisher

← Continued from Page 1

areas of drought hardy ground cover plants used in place of grass.

COMMUNITY STANDARDS: I want to remind our readers that dwelling and landscape modifications must first receive prior review and the approval of your Association before proceeding. Community Standards are posted on www.ontopoftheworldinfo.com Web site. Click on your community name and follow the links.

The Standards have been kept simple and straightforward. They exist for the benefit of you as well as your neighbors and are the best way to keep your community a friendly, compatible, and beautiful place to live.

PURCHASING A GENERATOR: If you choose to buy a generator, make sure you get one that is rated for the amount of power that you think you will need. Look at the labels on lighting, appliances and equipment you plan to connect to the generator to determine the amount of power that will be needed to operate the equipment.

For lighting, the wattage of the light bulb indicates the power needed. Appliances and equipment usually have labels indicating power requirements on them. Choose a generator that produces more power than will be drawn by the combination of lighting, appliances and equipment you plan to connect to the generator including the initial surge when it is turned on. If your generator does not produce adequate power for all your needs, plan to stagger the operating times for various equipment.

If you cannot determine the amount of power that will be needed, ask an electrician to determine that for you. (If your equipment draws more power than the generator can produce, then you may blow a fuse on the generator or damage the connected equipment.)

Don't connect your generator directly to your home's wiring. Connecting a portable electric generator directly to your household wiring can be deadly to you and others. A generator that is directly connected to your home's wiring can back-feed onto the power lines connected to your home.

Utility transformers can then "step-up" or increase this back-feed to thousands of volts — enough to kill a utility lineman making outage repairs a long way from your house. You could also cause expensive damage to utility equipment and your generator.

The only recommended method to connect a generator to house wiring is by having a qualified electrician install a power transfer switch. This switch must be installed in accordance with the National Electrical Code® (NEC), which is published by the National Fire Protection Association, and all applicable state and local electrical codes. Call a qualified electrician or check with your utility company to see if they can install the appropriate equipment.

Use the proper power cords. Plug individual appliances into the generator using heavy-duty, outdoor-rated cords with a wire gauge adequate for the appliance load. Overloaded cords can cause fires or equipment damage. Don't use extension cords with exposed wires or worn shielding. Check that the entire cord is free of cuts or tears and that the plug has all three prongs, especially a grounding pin.

Make sure the cords from the generator don't present a tripping hazard. Don't run cords under rugs where heat might build up or cord damage may go unnoticed.

Don't overload the generator. Do not operate more appliances and equipment than the output rating of the generator. Overloading your generator can seriously damage your valuable appliances and electronics. Prioritize your needs. A portable electric generator should be used only when necessary, and only to power essential equipment.

The primary hazards to avoid when using a generator are carbon monoxide (CO) poisoning from the toxic engine exhaust, electric shock or electrocution, and fire. Follow the directions supplied with the generator. Every year, people die in incidents related to portable generator use. It is a good idea to install battery-operated CO alarms or plug-in CO alarms with battery back-up in your home, according to the manufacturer's installation instructions. If CO gas from the generator enters your home and poses a health risk, the alarm will sound to warn you. Test the battery frequently and replace when needed.

Under no circumstances should portable generators be used indoors, including inside a garage, carport or other enclosed or partially-enclosed area, even with ventilation. Opening doors and windows or using fans will not prevent CO buildup in the home. The CO from generators can rapidly lead to full incapacitation and death, but CO can't be seen or smelled. Even if you cannot smell exhaust fumes, you may still be exposed to CO. If you start to feel sick, dizzy, or weak while using a generator, get to fresh air RIGHT AWAY — DO NOT DELAY. Remember, your air handler is in the garage. If you operate the generator in your garage, your air handler may suck toxic gasses such as carbon monoxide into your home. Because you may have windows open to get fresh air while the power is out, be sure to place the generator away from windows, doors, and vents that could allow CO to come indoors.

To avoid electrocution, keep the generator dry and do not use in rain or wet conditions. To protect the generator from moisture, operate it on a dry surface under an open canopy-like structure, such as under a tarp held up on poles. Dry your hands if wet before touching the generator.

Read and adhere to the manufacturer's instructions for safe operation. Don't cut corners when it comes to safety. Carefully read and observe all instructions in your portable electric generator's owner manual.

To prevent electrical shock, make sure your generator is properly grounded. Consult your manufacturer's manual for correct grounding procedures.

Do not store fuel indoors or try to refuel a generator while it's running. Gasoline (and other flammable liquids) should be stored outside of living areas in properly labeled, non-glass safety containers. They should not be stored in a garage if a fuel-burning appliance is in the garage. The vapor from gasoline can travel invisibly along the ground and be ignited by pilot lights or electric arcs caused by turning on the lights. Avoid spilling fuel on hot components. Put out all flames or cigarettes when handling gasoline. Always have a fully charged, approved fire extinguisher located near the generator. Never attempt to refuel a portable generator while it's running.

Turn off all equipment powered by the generator before shutting down your generator.

Avoid getting burned. Many generator parts are hot enough to burn you during operation.

Keep children away from portable electric generators at all times.

Future Considerations: For power outages, permanently installed stationary generators are better suited for providing backup power to the home. Even a properly connected portable generator can become overloaded. This may result in overheating or stressing the generator components, possibly leading to a generator failure. Be sure to read instructions that come with the generator to make sure you operate it within its limitations for power output.

Portable electric generators offer great benefits when outages affect your home. ☺

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Entertainment Group Announces '07-'08 Show Series

And what a series it is ... the most expensive and varied entertainment ever to appear on the On Top of the World stage.

America's Youngest Jazz Band

On Saturday, Sept. 29, Sonny LaRosa brings his America's Youngest Jazz Band to open the series.

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

Sonny has taken his "kids" to the Montreux Jazz Festival in Switzerland. They became the youngest group ever to play the festival.

Close your eyes and you will think Tommy Dorsey or Bennie Goodman is playing when you hear such songs as "Lulu's Back In Town" or "I'm Beginning To See The Light." The room rocks when they offer "One O'clock Jump." It is something else again when one of the band members takes the microphone and belts out one of "our songs." The show Sonny and his "kids" put on is truly amazing.

Liberace, the Legend Lives

On Saturday, Oct. 27, an old friend returns for his fourth appearance. Always a favorite of the audience, Martin Preston presents his show, Liberace, the Legend Lives.

Preston has the exclusive rights, per the Liberace estate, for the use of costumes of the original "Mr. Showmanship."

Complete with candelabra, mirrored grand piano and the incomparable illusion of "Mr. Showmanship," Preston not only looks like Liberace, he sounds like him when he speaks and sings.

Martin will astound you with glorious memories of Liberace favorites including "Malagueña," "The 12th Street Rag," "The Beer Barrel Polka," "I'll Be Seeing You" and a montage of Gershwin showstoppers.

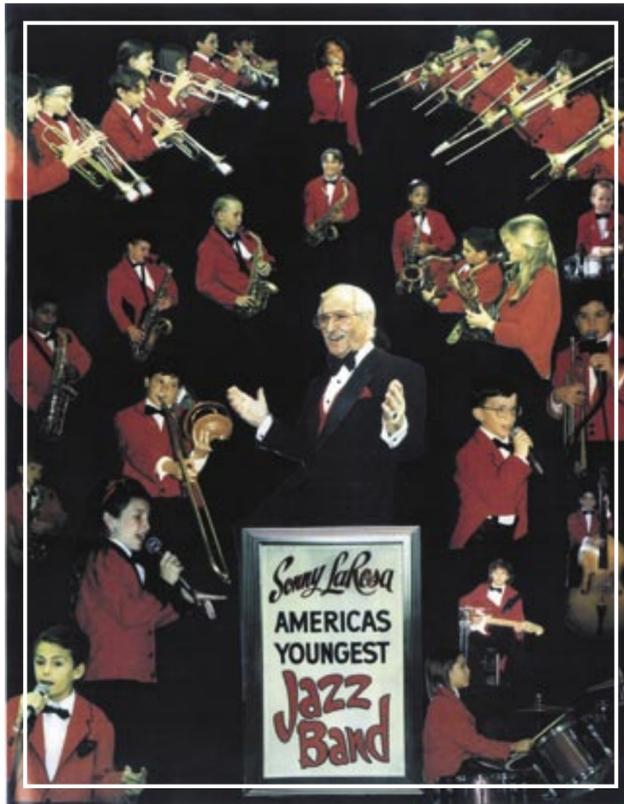
Joining Preston on stage is William Garon, the handsome Broadway song stylist, who will delight you with great standards including dazzling selections from "The Phantom of the Opera." Garon has appeared in recent revivals of "Milk and Honey" and "My Fair Lady."

Preston has also headlined the prestigious "Legends in Concert" at the Grand Palace Theatre in Branson. He has also appeared numerous times at the famed Liberace Museum in Vegas and was the recipient of the grand prize in the Liberace Piano Competition, professional division.

And the costumes! You will witness the most spectacular, eye-popping glittering creations ever. His opening costumes have more than a quarter of a million hand-sewn rhinestones, sequins and beads, not to mention two thousand fresh water pearls!

Three Swingin' Tenors

On Saturday, Nov. 24, the Three Swingin' Tenors appear. They present beautiful tributes to the Big Apple, the Mills Brothers, songs of World War II and the Rat Pack to musical



America's Youngest Jazz Band comes to On Top of the World on Saturday, Sept. 29.

impersonations of some of America's most beloved entertainers. These three national recording artists have combined their vocal and theatrical talents to provide an evening to be remembered:

- Tribute to New York: "Lullaby of Broadway," "New York New York" and "How About You" to name a few songs.
- Frank Sinatra salute: "All The Way," "My Way" and "I've Got You Under My Skin."
- Mills Brothers salute: "Cab Driver," "Up The Lazy River," "Paper Doll" and more.
- Dean Martin-Bobby Darin salute: "That's Amore" and "Mack The Knife."
- Impressions: Nat King Cole, Johnny Ray, Anthony Newley and Billie Eckstein and many more you will recognize.
- World War II salute: Songs we all sang and danced to.

The Three Swingin' Tenors show brings back a lot of memories of time gone by.

Red Hot Jubilee Jam

Saturday, Jan. 26, 2008, promises to be an evening that will find the Ballroom rocking and jumping. Gurl and Girl Productions present their "Red Hot Jubilee Jam: A Sizzling Musical Variety Show." It features sensational tributes to Willie Nelson, Elvis, Judy Garland and New York City plus a whirlwind of music, comedy and good old-fashioned fun.

Brian Gurl, pianist, 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' drummer from Vegas and Joey Gurl (the girl in Gurl and Girl) whose impression of Lucy giving her sales pitch for Vitametavegimine promises to bring down the house.

Double Bill

Saturday, Feb. 23, 2008, is the only double-bill of the Series.

Opening the show is Suzi Cruz, who presents her musical comedy act, "An Act to Remember." Suzi offers more than 20 songs ranging from Broadway's greatest hits, impersonations of some of your favorite stars, to the nostalgia of the '40s, '50s and '60s.

Suzi loves to involve her audience in what she does by creating various characters and visual costume changes that will put a smile on your face. She adds flavor to this act when her audience becomes part of the show.

From the moment he walks on the stage you are helplessly captured by his mystical presence. Audiences all over seem to ask the same question: Did he just walk off the movie set during his daughter's wedding and suddenly "just appear"? This is the first impression you'll get of the Godfather of Performance show.

This truly unique comic, singer and impersonator is Joe Beddia. Joe's impressions of famous celebrities is endless.

The one that breaks the audience up is his impression of Richard Simmons ... not to mention Joe's famous impression (look-a-like, sound-a-like) of Marlon Brando as the "Godfather."

Music and song are pleasantly woven into the mix, along with "off the wall" audience participation, to make for an evening of entertainment and fun.

Derrick and the Motowners

Saturday, March 29, 2008, closes the current Show Series, and what a night of entertainment it will be.

Derrick and the Motowners (from where else?) along with their six-piece band take us down memory lane.

Sit back and close your eyes as they take you back to the days of The Platters, "Smoke Gets In Your Eyes," The Drifters, "This Magic Moment." Close your eyes and imagine The Temptations and The Supremes along with various doo-wop groups are performing. You will all recognize the sounds of Motown.

It is a great show to close the '07-'08 Series. Ticket prices for each of the shows are \$6 general admission and \$8 reserved. As usual, a maximum of four tickets per purchase and for residents in all On Top of the World communities and their houseguests. ☺



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On Top of the World NEWS

Where the News is Always Good

Christmas in July:
Ceramics crafters
look ahead to the
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Section 2



Vol. 21, No. 1 • July 2007

'Steel Magnolias'

By Stage Door Theatre

Dinner Theater at Circle Square Cultural Center

Friday, July 20, 5:30 p.m.

Saturday, July 21, 12:30 and 5:30 p.m.

Sunday, July 22, 12:30 p.m.

Tickets:

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Menu

Southern fried chicken
Sliced Virginia ham
Cornmeal breaded catfish
Caramelized sweet potatoes
Green beans with bacon
Tossed salad
Biscuits and cornbread
Warm bread pudding with whiskey sauce
Red velvet cake



Photo by Lynn P. Stock

Actors in 'Steel Magnolias' are Mary Morris back left, Laura Bradford in purple suit, Martie McLean in hat and overalls, Celia Bills looking at herself in a hand mirror and Dani Moreno-Fuentes in blue dress. The play will be presented at the Cultural Center July 20 through 22.

Enjoy a Slice of Southern Living at 'Steel Magnolias'

By MARY PAT GIFFIN
WORLD NEWS WRITER

"You know how women are when they get together in a hair salon, they open up their hearts, share a part of themselves with the other women in their lives," says Laura Bradford, 48, who plays the role of Clairee, a well-off, recent widow, in the upcoming production of "Steel Magnolias" at Circle Square Cultural Center in July.

Many of you remember the funny, poignant 1989 film about a close-knit circle of friends, whose lives come together in Truvy's Beauty Parlor, located in a small parish town in Louisiana. Their stories are filled with humor and heartbreak.

M'Lynn and Shelby (mother and daughter) arrive at Truvy's to get their hair done when the play opens. It's Shelby's wedding today. This is where they meet Annelle, the new "glamour technician," who is not sure whether or not she's still married. While in the chairs, sour tempered Ouiser shows up to entertain the assemblage with her barbs.

"I'm not crazy, I've just been in a bad mood for 40 years," says Ouiser, who tells Truvy, "Don't try to get on my good side. I no longer have one."

Mary Morris, 51, plays the role of Truvy. Like the other actors in the play, she identifies with her role. "It's me, I'm a pris. I'm always primping," laughs Morris. "This is where everybody congregates and gossips. It's a nice mix of characters."

"I'm a Southern woman," says Martie McLean, 58, who plays the role of Ouiser, the curmudgeon and eccentric millionaire. According to McLean, the story accurately portrays a "slice of (Southern) life amongst a group of women who find a haven in the beauty salon. This is where they share their joys, triumphs, trials and tribulations. They bolster each other throughout



their lives."

For example, although Ouiser is cranky and irritated, "she's accepted by the group and it's OK for her to blow off steam," says McLean, who finds this acceptance typical of Southern women.

It may be characteristic of Southern women but it also rings true for the six women starring in this production. Dani Moreno-Fuentes, 32, who plays the role of Annelle, knows them all through Ocala Civic Theatre.

"They are the utmost professional and creative group of women," says Fuentes. "There's no conflict amongst us. They are so supportive. They are so talented. I am really excited about working with them."

These women extend an age span from their early 20s to 55 plus. It's one of the things that Celia Bills, 51, likes about "Steel Magnolias," who plays the part of M'Lynn, Shelby's mother. She loved the movie and is delighted with the role. "Hopefully, I'll be able to play another part (in "Steel Magnolias") some day."

Sarah Rzepecki, 30, plays Shelby, the youngest character. She identifies with her role because her mother sees a hairdresser every week and she occasionally goes there, too. "Like Shelby, I'm not a regular but I go every so often and catch up with everyone."

You can expect an authentic 1980s look for these six women as James Rich, a hairdresser and makeup artist, is creating their appearance. As far as the 80s style, Rich is looking at doing "big hair, lots of curls, perms."

He is employed by Lancome makeup and created the masks for the cast of "Cats" at Ocala Civic Theatre. He just finished up with "42nd Street," where he created finger waves and pin-curls for the early 30s look.

What Rich likes most about theater work is creating the "different stages. The buildup is exciting — completing different period hair."

Director Su Su Sparkman, a native Floridian, trained in New York, has worked with notables, such as Dick Van Dyke, Charlton Heston, Carol Channing, Ben Vereen and many others. She, Dr. Gene Zanetti and Bruce Clayton formed Stage Door Theatre to fill a need for live theater in Marion County.

Dr. Gene Zanetti is a veteran actor of more than 30 years and founder of the CFCC annual dinner theater for college scholarships.

Bruce Clayton, who does the set design and costumes for "Steel Magnolias" is also a veteran actor, set designer and costumer for more than 25 years.

"Dinner theater is a great venue because you have the entire evening under one roof," says Sparkman.

So, in keeping with the Southern theme of the play, an authentic Southern supper is being served the evening of "Steel Magnolias," which runs from July 20 to 22. The money from these productions "will enable us to continue to do shows, give a small stipend to actors, pay royalties, and pay for set design," says Sparkman.

Neighbor Assistance Program Seeks Volunteers

By DEBBIE CLARK
ACTIVITIES DIRECTOR

For those of you who are not aware, we have started a Neighbor Assistance Program with the help of Marion County Senior Services. This program has been in operation since January 2007.

We started out slowly to work most of the kinks out of the program and to also make sure that the program would run smoothly.

We are currently into phase II of the program and are looking for more volunteers to join the program. Volunteers sit with a person who is classified as a shut-in, meaning they are not actually able to leave their house and interact with members of the community. The program seeks someone to visit and keep him or her company for an hour a week.

We are also looking for volunteers to assist with telephone reassurance just to call the perspective resident and make sure that everything is all right. This would entail a five-minute phone call a day.

As we are all well aware it does not take much sometimes to fall and possibly fracture a hip or a bone that could leave somebody lying on the floor for hours or days. With this friendly five-minute phone call we could alleviate some of these residents being left unattended for days.

Here at the Activities Office we are working with Marion County Senior Services, which handles the training of the respective volunteers. This is a minimal training class, which lasts about four hours. The class is held here at our own facilities so that you do not have to travel elsewhere.

One person who has been instrumental since the start of the program in January is Phyllis Silverman. She is the coordinator of this program and also one of your own fellow residents. She works very closely with the volunteers and Marion County Senior Services to make sure that everything is running smoothly. A male resident who is a shut-in here in the community recently contacted Phyllis after seeing the ad on Channels 17/19. He is looking for someone to come over at least once a week to keep him company and he has expressed though that he would prefer a male volunteer, which at this time the program is lacking. So as you can see this program is just not limited to one specific gender.

If you are interested in volunteering say an hour a week to help out within your community please contact Phyllis at 854-2592.



Photo by Lynn P. Stock

Barbara Greenwood holds her Jefferson Award she received for her work coordinating volunteers for Romeo Elementary School.

Greenwood Receives Jefferson Award

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You'd think with 12 grandchildren and another on the way that Barbara Greenwood has her fill of little ones.

But the truth is, all of those grandkids live far from Greenwood's southwest Ocala home. To supplement, she has "adopted" 800 children at Romeo Elementary School in Dunnellon.

She does have a bit of help. The Ocala retiree organizes 76 volunteers from On Top of the World Communities who visit Romeo Elementary once a month. The volunteers read to the children in each classroom and perform other tasks, such as helping in the school library or cutting out laminated figures.

Because of Greenwood's efforts organizing the group, the school's principal, Kathy Hultman, nominated her for a local Jefferson Award for Public Service. Recipients of the award "are ordinary people who do extraordinary things without expectation of recognition or reward," according to the Jefferson Award Web site.

"Romeo Elementary is unique because of our 'grandparents,'" Hultman said. "Barbara Greenwood keeps her finger on the pulse of the group, and sends off her people wherever the need arises. She assigns them all to a class to read a book or story, and then moves them around or finds additional volunteers when someone is ill or out of town."

"While this truly does run like a well oiled machine, it is only because Barbara works so hard to make that happen," Hultman said.

The group has been visiting Romeo Elementary for 11 years, and Greenwood started volunteering in 2001. The next year she became coordinator and now has a list of 20 more people wanting to help.

"That's all they want to do, is read to the kids," Greenwood said. "It's a fantastic school."

The school is a 50-mile roundtrip away from On Top of the World and volunteers ride there on a school bus provided by the Marion County Educa-

➔Continued on Page 24



Men's Golf Association Paul Del Vacchio

On May 29, Patty and I attended the dinner that Nicky Montanaro gave at the Bonefish Grill for the winners and their wives of our Club Championship: D Flight winner, Lee Goss; C Flight winner, Carl Larsen; B Flight winner, Ron Cleveringa; A Flight winner, George Blankenship and our Club Champion, Tim O'Neil. Thanks, Nicky, for being such a great host. We all had a great meal and lots of fun.

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

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

The Handicap Committee is looking for anyone (you do not need to be a golfer) to learn how to operate the GHIN computer. The plan is that you would do the computer operation one week a month. The days we need you are Monday afternoon, Tuesday afternoon and Wednesday afternoon. Some compensation is involved. Please let me know if you are interested.

We are looking for women to help serve on Chicken Day. The bonus would be your wife and yourself would have a good meal and there would be no need to cook again that day. Please call Ruth Border at 854-1603.

It's good seeing our Emeritus members at Chicken Day. If your golf game has gone astray, you don't play any more, and you were a member of the MGA and would like to attend Chicken Day, just ask one of our members to sponsor you as an Emeritus member. Come join in the camaraderie.

Words of Wisdom: "Golfers who try to make everything perfect before taking the shot rarely make a perfect shot." Author unknown
See you round the course.

Men's League Results

All MGA - 2 Man Teams - Best Ball May 16

A Flight: Tie at 60—Dan Carty and David Miller, and George Blankenship and Michael Drabicki; tie at 61—Jay Borden and Tim O'Neil; and Sherman Hutchings and Don Scott; tie at 62—Joe Cameron and Ray Hellman; Bill Daugherty and Tom Fragapane; and Frank Smith and Glen Swiger.

B Flight: 58—Bob Cates and Dick Grimm; 59—Ron Cleveringa and John Doyle; tie at 60—Colin Adamson and Bill Carlson; Calvin Apperson and Rocky Groomes; and Bob Cronin and Leslie Finney.

C Flight: Tie at 59—Francis Caprez and Bud May; Mike Flynn and Roland Schwab; 60—Richard Hess and Sal Ledonne; 61—Richard Schiller and Stanley Stein.

D Flight: 57—Bud Borders and Alberty Novotny; tie at 58—Steve Molnar and Bill Walker; and Bill Koch and Frank Palotta; 59—Bill Krusen and Ray Messer.

All MGA 2 Best Balls By Flight May 23 Net By Flight

A Flight: 124—Raymond Beloin, Gerald Lisinski, Millard Sadler, Carl Zeiler; 126—Rick D'Addio, Dick Gray, Jon Hill, Larry Joseph; 127—Rudy Allstead, Art Buecher, Tom McHaffie, Marvin Williams; tie at 128—Jay Borden, Lloyd Hoefer, Tim O'Neil, Paul Perrault; and George Blankenship, Michael Brabicki, Ralph Solvold and Ron Thompson.

B Flight: 125—Dick Fields, Leslie Finney, Guy Russell, Don Scott; 127—Douglas Coleman, Clifford Jones, Alan Mudie, Jerry Segovis; 128—Lew Berry, Roy Myhr, Hira Roy, Raymond Shultz.

C Flight: 118—Richard Beury, Richard Schiller, Roland Schwab, Stanley Stein; tie at 121—Barry Barringer, Richard Hess, Jimmy Johnson, Sal Ledonne; blind, Jack Ashenfelter, Francis Caprez, Bud May; tie at 122—Vince Nucaso, Glenn Pecor, Mike Sieg, Alfred Wells; Carl Arnold, Thomas Bednar, Tony Capillo, Norm Lallier.

D Flight: 115—Jack Border, John Hodd, Fred Rodriguez, Raymond Wilson; tie at 117—Dan Bellefontaine, Bob Hoehn, Bill Krusen, Bill Walker; Jack Hegarty, Lane Milde, Peter M. Peterson, Archie Pollard.

Nine Hole

Tie at 60—Gordon Blanchard, John Ricciardone, Hal Stewart, Guy White; tie at 62—Zane Barnett, Rick Benzing, John Gartung, Roland Smith.

All MGA Individual Net & Gross By Flight May 30 Low Gross/Net Results

Flight A

Gross: 75—Lloyd Hoefer; 76—Dick Gray; 77—Larry Joseph.

Net: 67—Paul Perrault; tie at 68—Tim O'Neil, Johnny Gill.

Flight B

Gross: 83—Raymond Shultz; 84—Colin Adamson; 85—Ron Cleveringa.

Net: Tie at 67—Bob Huegeli, Alan Mudie, Jack Ashenfelter.

Flight C

Gross: 88—Roland Schwab; 90—Harry Brower; 91—Donald Delp.

Net: 68—Phil Johnson; 69—Jim Blandina; 71—John O'Neil.

Flight D

Gross: 91—Jack Hegarty; tie at 92—Bill Koch, Bill Krusen.

Net: 63—Bob Moran; 68—Archie Pollard; 69—Tom Fasanello.

Low Gross/Net Results 9 Hole

Gross: 47—Rick Benzing; 51—John Ricciardone; 58—John Gartung.

Net: 34—Roland Smith; 36—Gordon Blanchard; 42—Hal Stewart.

MGA Chicken Day Scramble June 6 Links

62—Jon Hill, Ronald Wilson, Tary Bole and Fred Phin; 63—Dick Gray, John Doyle, Joseph Bologna and Bruce Venslavsky; tie at 65—Tim O'Neil, Wally Schilf, John Bauer and Joe Morea; Larry Chase, George Youmans, Alfred Wells and Bob Moran.

Tortoise and the Hare

Tie at 63—Dick Griswold, Bev Seal, Scott Fraser and Dick Dzik; Ray Hellman, Guy Russell, Albert Novotny and Don Noel; tie at 64—Frank Smith, Ron Cleveringa, Bill Hawk and John Hodd; Dan Carty, Dicki Fields, Tony Magri and Ed Desmarest; and Dick Norris, Phillip Shirley, Thomas Bednar and Armondo Pena.

Nine Hole

37—Jack Vogt, Gordon Blanchard and Guy White; tie at 39—Fred Lang, Rick Benzing, John Ricciardone and John Gartung; Roland Smith, Zane Barnett and Hal Stewart. 🍀

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Start with the Basics Sally Collins

Plan for Changing Course Conditions

As the summer storms bring much needed rainwater to our golf courses, the changing course conditions warrant an adjustment to both our shot and equipment selection. We need to be aware of the lie of the ball and the surrounding environment.

The fairways are now lush and may often times be wet from the afternoon downpours. Where the golfer used to be able to hit a low drive that ran a long way, he or she may need

to switch to a driving club that offers more loft. This will offer a higher trajectory with more carry over the thicker grass.

In addition, the rough is also longer and thicker. The grass will wrap around the hosel of the club head — closing and delofting the club. This means the golfer must remember that a 7 iron may come out more like a 4 or 5 iron. Also, the ball will tend to have more of a pull or hook ball flight. Very often there is high grass ahead of the ball and the low ball flight won't clear that grass. In most cases you are better just getting the ball back into the fairway rather than attempting the improbable hero shot.

When the golfer approaches the green, it may be necessary to use a more lofted pitch shot rather than a low running chip. The grass around the putting surface will tend to grab the lower shot so it is necessary to get up and over this area of the golf course.

Should the summer storms interrupt your round, the golf course will be wet when you resume your game. Therefore, you will need to know the distance you can carry the ball in the air with each club. No longer will you be able to land the ball short of the green and allow for the roll to get the ball on the putting surface.

So, reconfigure your golf bag and change your shot selection to produce lower scores during the summer golf course conditions. After all, the pros change their club assortment each week to enable them to play each course differently. 🍀



Handicap Committee Patricia K. Del Vacchio

petitors and this is the responsibility of the Handicap Committee.

There are times when we are unable to finish playing a round of golf but that doesn't mean you can't post a score. Below is the procedure you should follow:

· Unfinished Holes and Conceded Strokes: A player who starts, but does not complete a hole or is conceded a stroke must record for handicap purposes the most likely score he/she would have made. The most likely score may not exceed the player's Equitable Stroke Control limit. The most likely score should be preceded by an "X" on the scorecard.

· Holes Not Played or Not Played Under the Rules of Golf: If a player does not play a hole or plays it other than under the Rules of Golf the score recorded for that hole for handicap purposes shall be par plus any handicap strokes the player is entitled to receive on that hole. This score, when recorded, should be preceded by an "X."

· Equitable Stroke Control: All scores for handicap purposes are subject to the application of Equitable Stroke Control (ESC). This mandatory procedure reduces high hole scores for handicap purposes in order to make handicaps more representative of a player's potential ability. (If you don't know your ESC check the chart posted above the computer in the clubhouse.)

Enjoy the Flag Tournament and be sure and sign up for the Scotch Twosome on Aug. 4. We're going to play on the Tortoise and Hare. See you at the flags. 🍀

Did you miss the scramble in June? Me, too. I hope all of you signed up to play in our Flag Tournament, July 7. Don't forget you signed up for a tee time. Be sure and make note of what time you picked. Everyone will be given a flag to plant when you have reached 72+ your handicap. For instance if you have a 20 handicap you will plant your flag when you hit your 92nd shot. You will be playing your own game and you must play through the hole, no picking up on the green/no gimmies! Phil and Connie Shirley will be hosting this tournament. Here's hoping we have a nice day.

I hope all golfers read this article because I have something of importance to pass along. Beginning in September, the Handicap Committee will begin checking the sign-up sheet in the Pro Shop, randomly picking persons and checking on the computer as to whether or not you have posted a score. If we find that someone played and didn't post, we will check you again, and again and then we will call and let you know that if you do not post a score you will be given the lowest score you had in the best 10 of the last 20 posted scores. This is to be fair to yourself and your fellow com-



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Candler Hills Men's Golf
Garry Gerlach

Do you live in Candler Hills? Are you a member of the Candler Hills Golf Club? If the answer to either of these questions is yes and you are a man, you are encouraged and invited to join the Candler Hills Men's Golf Association. The CHMGA plays every Tuesday in a variety of formats. The competitions are fun and everyone regardless of their handicap is encouraged to participate. If you are not a member now please consider joining.

The club championship concluded on April 25. We did play with 80 percent handicap in all flights. There was a limit on strokes in the championship flight of 7 strokes. We had three flights with 12 players in the A and B flights and 10 players in the Championship Flight. J.C. Van Bloom was the winner in the B Flight. John Larson won with a one-stroke victory over Paul Fratarangelo and Roger Whittle in the A Flight. Finally, Garry Gerlach managed to eke out a one-stroke victory over Paul Moltisanti in the Championship Flight. If you see them around the golf course, offer your congratulations.

The next major event will be the Member/Guest to be held starting Oct. 18. You must sign up by Sept. 1 and the cost is \$135 per person. This event will include three days of golf. Thursday night we will have cocktails and appetizers. A dinner, dance and awards presentation will be on Saturday night for the participants and their wives. There will be a

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breakfast and outing for wives of participants on Friday morning. This will be an exciting event with prizes awarded for first, second and third place finishers in each of three flights. We also anticipate prizes for closest to the pin on a par three and a hole in one prize to be determined. The tournament will also include a putting contest for prizes on the first day.

There are a few simple rules that all members need to understand. First, you need to sign up by noon on the Sunday prior to league play. A member of the tournament committee makes up the teams that afternoon and balances the teams for league play. If you are not signed up, by the time noted above, you will not be allowed to play for prize money. If there are slots available you may play along with the group. Second, the first team member listed on the pairings list is considered the captain for that day. That member will pay the designated Board member \$1 for each team member and then will collect a dollar from their teammates. This reduces the funds administration and simplifies the collection process. Finally, we ask that all players be at the pro shop by 7:30 a.m. to allow for some time to interact with the other members and also to be ready in the event that we are allowed to tee off early.

Just a reminder! Sand is available behind the cart barn. Please, do not use the sand from the buckets on the par 3's.

The e-mail process is well underway. It is used to provide information to the members. If you are not receiving the weekly update, contact Garry Gerlach whose e-mail is bubba@otowhomes.com. See you on the links.

Candler Hills Men's League Results

4-Man Teams • 1-Best Ball
April 17

53—Garry Gerlach, Roger Whittle, Ken McDonald, Ed Wilson; 55—Paul Moltisanti, Dave Schultz, John Podkomorski, Bill Horton; 56—Bob Shively, Tom Martinetto, Bob Cooke, Larry Kennell.

Club Championship
April 24 and 25

Championship Flight—Garry Gerlach

A Flight—John Larson

B Flight—J.C. Van Bloom

4-Man Teams Stableford
May 1

163—Bryant Giffin, Dave Masaschi, Ken McDonald, Tom Martinetto; 161—Dick Williams, Ed Wilson, Jack Gustafson, Paul Moltisanti.



Pictured from the Candler Hills Men's Golf Association Club Championship are from left, Dave Masaschi, CHMGA president; John Larson, first flight winner; and Garry Gerlach, CHMGA club champion.

4-Man Shamble
May 8

243—Bill Horton, Gil Schofield, Leo McCormick, Bob Shively; 247—Fred Hobbins, John Massari, Larry Kennell, Tony Misterly.

4-Man Scramble
May 15

63—Bryant Giffin, Tom Martinetto, Tom Racinowski; 64—Jay Borden, Bob Haskell, John Massari, Leo McCormick; 65—Rick D'Addio, Jerry Lisinski, Ken McDonald, Nick Nicholas; Garry Gerlach, Dave Masaschi, Bob Cowie, Fred Hobbins.

4-Man Two Best Balls
May 22

115—Dave Masaschi, Lenny Pabon, Bob Cooke, Dick Masterson; 117—Jay Borden, Tony Misterly, Ed Wilson, Leo McCormick; 118—Roger Whittle, Bob Haskell, Tom Racinowski, J.C. Van Bloom.

2-Man Stableford
May 29

83—John Podkomorski, Art McTague; Rick D'Addio, Jeff Ware; Paul Moltisanti, Ed Wilson; 79—Roger Whittle, Bob Cowie

2-Man Best Ball
June 5

59—Paul Moltisanti, Bill Horton; Tom McGurk, Ed Wilson; 60—Bruce Venslavsky, Gil Schofield; 62—Tony Misterly, Jack Gustafson; Larry Kennell, Ken McDonald; Jerry Lisinski, Tom Racinowski.

Individual Low Net
June 12

62—Bruce Venslavsky; 64—Gil Schofield; 65—Paul Moltisanti; 68—Marvin Brooks, Jack Gustafson, Larry Kennell, Lenny Pabon, Tom Racinowski; 69—Ed Wilson, Bob Haskell, Dave Masaschi.



Golf Tip
Nick Montanaro

that one big problem is that many of our golfing members are bringing their mega kegs and refilling them to the brim at the coolers. Andy has been asked to install more coolers on the golf courses, and if that does not work, please contact me with some of your suggestions.

A reminder to On Top of the World golfers, we belong to a private club: we can bring our own coolers and therefore, we should not find the necessity to fill up the mega kegs at every cooler, unlike Candler Hills which has a cart girl on the property during all golfing hours. So stay hydrated!

Finally, I hope that you are all excited about the upcoming improvements that are about to take place at our beautiful and wonderful facility. The new tee boxes on hole No. 4, No. 11 and #No. 14 look wonderful. I look forward to the construction and the completion on the Tortoise and the Hare, No. 10.

So keep your balance, rhythm and by all means your cool during the hot, humid days of summer!

Accomplishments

- Bob Cates has an Eagle on hole No. 3, the Links. He also shot his age of 77. Wow! I never knew that you were that old!
 - Jim Keever shot a 73 at Candler Hills and he is 77.
 - Bill Koch: Congratulations! Hole-in-one No. 15 on T&H.
 - Bob Huegli shot 84 and his age is 85.
 - Marvin Williams: Eagle No. 13 on the Links.
 - Bob Carter: Eagle No. 17 on the Links.
 - Richard Hess: Eagle No. 14 on the Links.
 - Dick Fields: Eagle No. 4 on the Links. Congrats to all!!
- As always, Nick 🍷

I would like to introduce you to a friend of mine... We call him Dr. John!

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Ladies 18-Hole Golf

Pat MacMurray

Mary Lyon has moved from her position of publicity chairperson to become parliamentarian for the On Top of the World Women's 18-Hole Golf Association. Thank you Mary for the wonderful job you have done in the past. I will try to follow your example in the coming year.

A reminder to all members that we now have a new procedure for league play. We no longer have monthly hostesses. During the summer season play starts at 8:30 a.m. Please be at the flags no later than 8 a.m. and check the board to find out your hole location and captain. You will need to meet with your team, give your captain your money and be ready to leave for your assigned tee by 8:15 a.m. Play starts promptly at 8:30 a.m. so please be on time or you will miss out.

The women from On Top of the World will be joining the Candler women for a day of golf at Candler on Thursday, July 12. Please check our bulletin board at On Top of the World for more information on this event and other upcoming events.

Congratulations to Margie Wade for shooting an 81 gross in the June 5 Shamble. This is 6 strokes below her age ... way to go Margie!

O.S.E.N. 1/2 Handicap, A,B,C,D May 15

138—Nancy Zielinski, Jo Ann Roney, Glenna Swank, Mary Skennion; 140—Mary Lyon, Angelita Pena, Georgette Perrault, Euny Moore; 146—Linda Bervinkle, Diane Hamments, Marie Marquis, Margie Yarski; 148—Valerie Smith, Mary Driver, Rose Hoovler, Helen Bextermueller; 152—Jan Juhlin, Mary McAtee, Phyllis Jarskey, Jackie Page. Chip-ins: Lou Borders, Phyllis Carty, Flo Emanuel, Phyllis Jarskey, Nancy Nicholas, Angelita Pena, Valerie Smith, Nancy Zielinski.

Low Gross/Net May 22

Flight A Gross: 84—Jerry Gill; 87—Mary Lyon; 90—Nancy Zielinski



Mini Golf

Jack Coyle

The residents and their guests would like to thank Lolly Foos of the Recreation Department for printing the Mini-Golf score sheets. These teams print their own sheets.

Providence Putters May 15

Ladies: 51—Emmy Ricciardone; 52—Eleanor Krowka.

Men: 33—Ben Resta; 50—Oliver Aube.

May 22

Ladies: 41—Inge Vogt; 47—Emmy Ricciardone.

Men: 43—John Ricciardone; 44—Oliver Aube.

May 29

Ladies: Tie at 50—Inge Vogt and Emmy Ricciardone.

Men: 39—Oliver Aube; 40—Ben Resta.

June 5

Ladies: 43—Inge Vogt; 50—Emmy Ricciardone.
Men: 40—Bob Maxwell; 44—Kurt Vogt; 46—Oliver Aube.

June 12

Ladies: 44—Emmy Ricciardone; 46—Inge Vogt.
Men: 32—Kurt Vogt; 40—John Ricciardone; 43—Bob Maxwell.

Sunday Mini-Golf May 13

Happy Mother's Day; sorry rained out

May 20

Ladies: 41—Eleanor Krowka; 42—Chris Resta; 44—Florence Soens; 56—Emmy Ricciardone.

Men: 38—Ben Resta; tie at 49—John Ricciardone and Oliver Aube.

Net: 72—Janet Juhlin; 74—Carol Joseph, Nancy Nicholas.

Flight B Gross: 95—Jo Ann Roney; 97—Mary Jane McAtee; 98—Angelita Pena.

Net: 68—Shirley Smagner, Georgette Perrault; 71—Harriet Brower.

Flight C Gross: 102—Marjorie Myhr; 103—Helen Bextermueller; 105—Marie Marquis.

Net: 69—Elsie Calabrese; 71—Connie Shirley; 73—Mary Skennion, Dorothy Muller.

Chip-ins: Helen Bextermueller, Harriet Brower, Elsie Calabrese, Iro Lisinski, Mary McAtee, Marge Myhr, JoAnn Roney, Mary Skennion, Margie Wade.

Scramble May 29

68—Beverly Ovrebo, Harriet Brower, Doris Holman, Elsie Calabrese; 70—Janet Juhlin, Margie Wade, Marie Marquis, Marjorie Myhr; 72—Mary Lyon, Phyllis Carty, Esther Lang, Helen Foskett; 74—Carol Joseph, JoAnn Roney, Mary Alice Narwold; tied at 75—Nancy Nicholas, Marilyn Rose, Rosemarie O'Neil, Euny Moore; Andrea Fratarangelo, Diane Hamments, Shirley Smagner, Helen Bextermueller.

Shamble June 5

93—Nancy Zielinski, Angelita Pena, Harriet Bower, Helen Foskett; 97—Linda Bervinkle, Velma Rose, Serine Rossi, Euny Moore; 98—Sandy Chase, Diane Hamments, Rosemarie O'Neil, Rose Hoovler; tied at 99—Mary Lyon, Marilyn Rose, Phyllis Carty, Margie Dejohn Yarski; Valerie Smith, Andrea Fratarangelo, Dea Johnson, Mary Skennion; Iro Lisinski, Flo Emanuel, Margie Wade, Elsie Calabrese.

Chip-ins: Elsie Calabrese, Sandy Chase, Carolyn Cummings, Andrea Fratarangelo, Nancy Nicholas, Margie Wade, Nancy Zielinski.

Low Gross/Net June 12

Flight A Gross: 82—Beverly Ovrebo; 84—Valerie Smith; 87—Jerry Gill, Gretchen Normandin.

Net: 66—Nancy Nicholas; 70—Linda Bervinkle, Sandy Chase.

Flight B Gross: 90—Carol Joseph; 96—Mary Jane McAtee; 101—Velma Rose, Pat MacMurray.

Net: 68—Diane Hamments; 74—Andrea Fratarangelo; 76—Marilyn Rose.

Flight C Gross: 97—Phyllis Carty; 99—Margie Wade, 105—Serine Rossi.

Net: 72—Doris Holman; 74—Angelita Pena, 81—Rosemarie O'Neil.

Flight D Gross: 100—Rose Hoovler; 109—Elsie Calabrese; 110—Mary Skennion.

Net: 66—Helen Foskett; 76—Carolyn Cummings, Margie Dejohn Yarski.

Chip-ins: Linda Bervinkle, Carolyn Cummings, Mary Jane McAtee, Marilyn Smith, Valerie Smith.

May 27

Ladies: 42—Eleanor Krowka; 45—Chris Resta; 46—Emmy Ricciardone; 50—Verna Lukehart.

Men: 41—Bob Maxwell; 42—John Ricciardone; 45—Ben Resta; 52—Oliver Aube.

June 3

Ladies: 42—Chris Resta; 48—Florence Soens; 49—Emmy Ricciardone; 53—Eleanor Krowka.

Men: 40—Dick Soens; tie at 42—John Ricciardone and Bob Maxwell; 44—Ben Resta; 51—Oliver Aube.

June 10

Ladies: 46—Emmy Ricciardone; 48—Chris Resta

Men: 38—Bob Maxwell; 41—Oliver Aube; 44—John Ricciardone; 45—Ben Resta.

Thursday Mini-Golf May 17

Ladies: 47—Florence Soens; 48—Eleanor Krowka; 49—Chris Resta; 53—Emmy Ricciardone.

Men: Tie at 41—Ben Resta and Bob Maxwell; 44—Dick Soens; tie at 47—Oliver Aube and John Ricciardone.

May 24

Ladies: Tie at 44—Emmy Ricciardone and Eleanor Krowka; 48—Chris Resta; 51—Florence Soens.

Men: 34—Dick Soens; tie at 41—Bob Maxwell and Ben Resta; 44—Oliver Aube; 46—John Ricciardone.

May 31

Ladies: 46—Florence Soens; 51—Eleanor Krowka.

Men: 37—Dick Soens; 38—Bob Maxwell; 48—Oliver Aube.

June 7

Rained out ☔



Ladies 9-Hole Golf

BJ Leckbee

Eleven of our members participated in the first Just Us Girls scramble of the summer season at Candler Hills. There was no need to report scores, as prizes were awarded literally based on the "luck of the draw." This made for very relaxed play and gave us a chance to meet and greet players from all parts of Marion County.

Jean Flynn, incoming president, announced the new committee heads at the last board meeting of the season.

We're still looking for helpers on several committees. Please keep reading the bulletin board to remain current on this and other topics of interest.

We'll be using tee times several times during summer play when both leagues will be playing on one course. The captains will be notified of their tee-off times on Monday afternoon and will be asked to call their team members to advise them. Please arrive approximately one-half hour before your scheduled time.

Low Net May 15

Chip-ins: Catherine Becraft, Jean Flynn, Bobbie Kinsey, Ida Rosendahl.

A Flight: 33—Grace Bock, 34—Agnes Tetti, Marie

Norwood, 36—Dawn Hagberg, Ellie Rapacz, Ruth Koch.

B Flight: 29—Jan Moon, 34—Shirley Stolly, 35—Pauline Beloin, 36—Betty Tully, Vi Sica.

C Flight: 33—Alice McDaniel, 35—Linda Heenan, 36—Ann Hetzel, 38—Michaela Beyer, Phyllis Smith, Bobbie Kinsey.

D Flight: 33—Virginia Hawk, Helen DeGraw, 35—Therese Bell, 38—Catherine Becraft, Rola Geiser.

May 22 Low Gross

Chip-ins: Helen Bailey, Mary Hart, Gretchen Saker, Betty Tully.

A Flight: 48—Grace Bock, 50—Deni DeHart, Mary Hart.

B Flight: 50—Millie Nucaso, 53—Pauline Beloin, Lois Tatonetti.

C Flight: 50—Jan Moon, 53—Betty Tully, Shirley Stolly.

D Flight: 56—Helen DeGraw, 61—Linda Heenan, 63—Catherine Becraft.

Low Net May 29

Birdie: Grace Bock.

Chip-ins: Grace Bock, Virginia Hawk, Lois Tatonetti, Agnes Tetti, Betty Tully, Carol White.

A Flight: 30—Grace Bock, 32—Mary Hart, 35 Darlene Clark.

B Flight: 29—Marlene Floeckher, 32—Agnes Tetti, 36—Millie Nucaso, Lois Tatonetti.

C Flight: 31—Betty Tully, Jean Flynn, 32—Michaela Beyer.

D Flight: 33—Therese Bell, 34—Virginia Hawk, 38—Helen DeGraw, Ida Rosendahl, Evelyn Stewart.

Scramble, Links June 5

41—Agnes Tetti, Gretchen Saker, Michaela Beyer, Laura Jean Teyral.

42—Diane Dzik, Mary Carson, Carol Bell, Catherine Becraft; Mary Hart, Jan Moon, Donna Swiger, Virginia Hawk; Darlene Clark, Lois Tatonetti, Phyllis Smith, Ida Rosendahl; Grace Bock, Thelma Smith, Marilee Dam; 43—Marlene Floeckher, Tish Dertien, Ann Hetzel, Linda Heenan. ☔

Jefferson Award Winner

← Continued from Page 21

tional Foundation. "When we get on that bus to come home, we're noisier than the kids because everyone has a story."

The volunteers become attached to the children at the school. "They frequently bring small gifts and the students often make things for their 'grandparent,' Hultman said.

"It is definitely a win-win situation. Many of these children lack a supportive, cheerleading type of adult that offers unconditional love and encouragement while modeling a love of reading and learning. The 'grandparents,' on the other hand, often have many free hours and lack contact with their own families. This program provides a solution to both problems."

The adoptive grandparents bring clothing, school supplies and even food. They've donated enough food to feed 46 students lunch this summer through Dunnellon's Food-4-Kids backpack program.

And that's not all. Greenwood also gathers up the General Mills Box Tops and Campbell's soup labels donated by On Top of the World residents. Once a week, Greenwood sits down at her kitchen table to sort and trim the labels (once turned in, each label garners 10 cents). The result: funds generated from this endeavor go toward buying underwear and socks

for Romeo students. "The underwear that has been purchased helps our clinic assistant when children have accidents," Hultman said.

Greenwood even heads over to the school on Halloween with her husband Doug to help out at Romeo Roundup, the school's trick-or-treat event.

"There's no way I could do this job without such a fantastic group," Greenwood said of her volunteer "grandparents" from On Top of the World.

"These people should be getting this award," she said. "It's amazing how much they give every week." ☔

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Citizens Emergency Response Team
Caroline Scott

We have started down the list of 17 named storms. So far this year we have eliminated two, leaving a very scary list of 15 to go. I hope this column reminds you to get ready. I won't relist most of the preparations you should have done by now. If you read Ken Colen's column last month, he listed them very well. We are all adults here in this community and can make up our minds as to what is best for us. However, we probably have some very elderly neighbors that can't get everything together by themselves. Please take time to reach out to them and help them.

The Marion County Sheriff's Department of Emergency Management has a Special Needs Program, headed by Pat Stefanski, that will register anyone with a special need. This program is designed to make sure that anyone who would not have transportation to a shelter in times of hurricanes, will be picked up and taken to a special needs shelter. If you call 622-3205, information and an application will be sent to you.

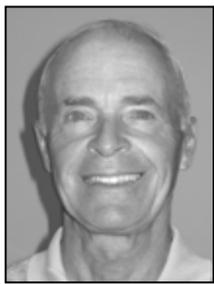
In the meantime our CERT team is continuing to make sure their skills are up to date.

Last month 17 members became recertified for the Heartsaver/AED Course. Besides CPR we learned the in and outs of an AED, and how and when to use it. We also were taught the proper way to assist a choking person using the Heimlich maneuver, and how to perform it on normal size people, and obese and pregnant women.

Three certified instructors came to our meeting to assist. They were Cathy Bowers from the Isaiah Foundation Team, Sal Liberatore from Spruce Creek Country Club, and Norman Scott from On Top of the World. Several other members have the certification due to be renewed at a later date, and some will be trained in the Medical Response Team meetings, so that all are up to date on the latest life saving procedures.

If you are interested in what else we do to serve this community, you are welcome to sit in on any of our meetings that are held the second Tuesday of each month at the Arbor Conference Center at 9 a.m. Any questions? Call me at 861-5569, and I'll be glad to help.

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Pickleball
Luke Mullen

Summers here! We are now at the beginning of our summer of fun play at the courts. Right after we switched to the evening hours, we have encountered some relatively cool evenings. Some of the evenings however have been windy. The wind affects play, so depending on which side of the court you are on there is a tendency to hit the ball out of bounds, or the ball ends up short of your intended placement.

Right now, because of members heading

north or traveling, we have our steady core of regular players and we sometimes play on either one or two courts. When there is only one court playing because of the number of players available we usually play so that one or two players sit out while the others play.

Sometimes we end up with two teams playing the best two out of three games. When we do this we switch courts after the first game. After the second game, if a third game is necessary, we play so that after a total of six points is scored we switch court sides. This way no team has the advantage of playing with the wind at their back for the entire three games.

We also switch court sides after the next six points so that both teams have an equal set of circumstances when playing the three games. One unintended consequence is that when there are fewer players, you get to play quite a few games in a short time and get worked-out quickly.

The good news about our play is that if you want to find out about pickleball we plan to play during the summer. All residents are invited to come down and watch us play. We are normally playing on Health & Recreation Tennis Courts 3 and 4.

Our days of play are Sunday, Wednesday and Thursday beginning at 6 p.m. We have the training and equipment available for you to experience at no cost if you would like to see if pickleball is for you.

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



German American Club
Ruth Felschow

May was a busy month for the German Club. Eighteen members took a Lazy River Cruise. It was a lot of fun, incredibly interesting and, most of all, very relaxing. We concluded the trip with a delicious lunch at the Sand Wedge Café.

Instead of our regular meeting we met for our annual picnic at the pavilion. Our Kuechenmeister Gerhard Wicky, his wife Ellen and John Hood were busy roasting the bratwurst and setting up for the picnic. Forty members and guests attended.

There were plenty of delectable food and tons of mouth-watering desserts.

Thanks to everyone who helped making it a fun-filled afternoon.

We are not meeting during the summer months but will resume our regular meetings in September.

We wish everybody a pleasant summer, all our traveling friends an enjoyable journey and a safe return.



Pickleball Tip
Bill Daugherty

When playing pickleball there comes a time when you are teamed with a player who holds the paddle in the opposite hand than you do. That means that at some point in the game you both have your paddles on the outside of the playing field. One person's paddle will be toward the right side sideline and the other person's paddle will be toward the left side sideline, leaving the center of the court guarded by the weaker backhands of both players. Not to fret, there is a way to get around this situation.

When this situation arises and it's your time to serve, pull the other player over to the server's side of the baseline and toward the sideline. This means that there will be two players on the same side of the court. This may look strange but it's legal and works. After the server serves, she/he moves immediately over to the vacant court to play the point. Now the serving team has two forehands guarding the center court and we all know that 80 percent of all shots go down the center line. When the point is over, the serving team returns to their regular position.

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

Stay Informed!

www.ontopoftheworldinfo.com/stayinformed

LifeSouth Blood Drive Set July 2

By DIANA MORGAN

"In Their Honor" Blood Drive comes to On Top of the World.

A special LifeSouth blood drive will be held on Monday, July 2, from 8 a.m. to 4 p.m. at the On Top of the World Health & Recreation parking lot and on Tuesday July 3, from 8 a.m. to 2 p.m. at the Indigo East Community Center.

All donors will be eligible in a drawing for a donated 2008 Chevrolet Cobalt car. Visit www.lifesouth.org.

For each location, On Top Of The World has graciously donated the following:

- Two tickets to the Jimmy Buffet "Live Bait" Show at the Circle Square Cultural Center.
- A hardback copy of "Served With Honor" written by our retired military residents.
- All donors will receive a one week membership to The Ranch.
- Courtesy of the On Top of the World Hospitality Division all will enjoy delicious snacks.

Each donor will receive an On Top of the World/LifeSouth "In Their Honor" T-shirt recognizing those who are serving our country.

Remember, LifeSouth blood community, a non-profit center, is the sole provider to Shands Hospital and Trauma Center, Children's Hospital and the VA Hospital.

LifeSouth serves more than 8,000 Marion County residents who have the occasion to use the above facilities.

Donors must show a photo ID. For more information call 622-3544 or visit their Web site.

LifeSouth greatly appreciates On Top of the World's support of the "In Their Honor" blood drive.

LifeSouth greatly appreciates On Top of the World's support of the "In Their Honor" blood drive.

LifeSouth greatly appreciates On Top of the World's support of the "In Their Honor" blood drive.



Mah Jongg
Mary Ehle

Don't forget the October tournament. Remember to put what you want to eat on your check. The choices are the same as last year.

Also this year I need card tables. If we can bring enough maybe I won't have any problem this time. I need the card tables on Friday about 4:30 p.m. Please put your name on them.

Also if you would like to be east let me know when you send reservation. Many of you tell me when we are playing or somewhere out and I don't have the memory I used to have. So when I get home your offer is forgotten. Old age is the culprit. I hope that someone wins the progressive prize this time.

I am here to tell all the players that I finally, after seven years, won the BIG hand. I can't believe it took me so long. Sorry that I only had five other witnesses but it was a thrill anyway. And no I didn't pick it myself. Remember you must get it yourself at tournament.

There is still room in the July/August class. If you want to learn this mind game call me at 873-7507 and I will give you all the details. I know that you will enjoy it and make new friends.

Jokers to you.

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This magnolia tree, above, was planted in memory of Jack Huard in 1991. Today, it has grown to 30 feet, right.



**Shuffleboard
Robert Riedeman**

Last month when I reported on the results of the Jack Huard Tournament I knew next to nothing about Jack and how this event developed at On Top of the World.

So with interest piqued, I turned to the Shuffleboard Club archives to learn more. I am passing along some of this information that will be of special interest to newer members and residents. The facts I gleaned about this matter are mainly from archival writings by Walt Eremich and Joe Tuohy (present residents) and a former Star-Banner reporter, Melda Lynn. Conversations with various club members were also very helpful.

Jack Huard and his wife, Vi, lived at On Top of the World from 1985 until 1991. Because of his great enthusiasm for shuffleboard and his tireless efforts in establishing the club, he was known affectionately as "Mr. Shuffleboard." For instance, in order to earn money to establish a windbreak for the shuffleboard courts, Jack started to recycle cans, bottles,

newspapers, and other items in his garage. This was the precursor to the placing of containers for recycling materials throughout the community.

The Shuffleboard Club was established in 1987. Jack never wanted to be president, but served as vice president for the first two years. His greatest interest was instructing new players to which he devoted many hours.

In November 1991, members of the shuffleboard club planted a beautiful magnolia tree at the entrance to the courts with a plaque inscribed In Memory of Jack Huard, "Mr. Shuffleboard." The tree has grown to a height of about 30 feet. A fitting memorial indeed.

The first annual Jack Huard memorial shuffleboard tournament took place in March 1992. The winners were Vito Chicco, first, and Otto Sticht, runner-up.

Club members are reminded that summer shuffleboard is at 10 a.m. Tuesdays and 9 a.m. Thursdays. There are also ten pin sessions at 1:30 and 6:30 p.m. Thursdays.

These are informal events, which are run on a first come-first served basis. ☺



**R/C Flyers
Jim Lynam**

OOOH - AAAH the Fourth of July!

What meandering memory does your mind recall ... picnics, parades, patriotism, fireworks?

Since July 4 is on Wednesday, which is the day established for bringing war birds to the field, it is suggested that as many members as possible come to the field to see the parade of patriotic planes and enjoy the "fireworks of engines" in the sky!

The R/C Flyers scheduled a belated Memorial Day picnic for June 7. Bob and Gale Perry barbecued the chickens for the many members who enhanced the picnic and brought a covered dish for all to share. How awesome it was to experience an old fashioned day of fun, fellowship and food.

The club members are continuing to improve the field facilities as they erected two new canopies to provide shade for the flyer while assembling and parking the plane. The support chains have been eliminated thereby alleviating the tripping hazard and making the mowing and trimming in this area much easier.

Another project was to physically remove the weeds, which will enable the new grass seed to germinate and flourish. Yet once again, Gale and Bob Perry surprised everyone as they provided and cooked hamburgers for the work crew upon completion of the tasks. What a great and tasty way to finish a day of very hot and hard work.

The R/C Flyers wish to thank Bob Trebilcock and Larry Riehl for constructing a prototype airplane assembly table. Members are encouraged to use the new table and offer constructive comments before the construction of the remaining seven tables.

All On Top of the World residents are always welcome to visit our R/C Model Airport. The view is beautiful and it is just plain fun to watch our members fly model aircraft. The field is located just past the Arbor Club at the end of Southwest 94th Street. A sign at the end of the pavement provides directions to the field. Each one of our members would gladly explain how these aircraft operate and discuss the possibility of new persons entering the hobby. Learning to fly radio controlled model aircraft is easier with the help of our friendly club instructors.

Club applications are available at the flying field or from any club officer. The R/C Flyers will continue to hold informal summer meetings at the field on the first Monday of the month (July 2) at 9 a.m. As a safety reminder, in compliance with liability insurance, the club asks that all spectators and visitors to the field must remain behind the fence line, and are not allowed in the pit area. Remember: Safety is No Accident! ☺



**Dish & That
Recipes
Jean Breslin**

Hi everyone. Hope you're enjoying the happy summer activities that abound for us all. Can't eat out all the time (who says so?). Why not try this delicious Pork Stroganoff.

Pork Stroganoff
(Serves 4)

- 1 pound pork tenderloin, cut in 1/2 inch strips
- 2 1/2 teaspoons butter divided
- 1/2 cup chicken stock
- 2 cups chopped onion
- 8 ounces sliced mushrooms
- 1 cup sour cream
- 1 teaspoon dill weed
- 1 tablespoon mustard
- 1 teaspoon flour
- Salt and pepper to taste

Sprinkle pork with salt and pepper and saute in 1 1/2 teaspoons butter, 4 minutes. Then remove to a plate.

Add broth to pan and cook 1 minute, and then add 1 teaspoon butter, onion and mushrooms. Cook about 8 minutes, stirring occasionally. Combine sour cream, dill, mustard and flour in a small bowl. Then incorporate the sour cream mixture and the pork into the pan with the mushrooms. Stir well till hot and bubbly. Serve over noodles and enjoy.

Perhaps some grandchildren are coming to visit, or some friends. These pecan cookies are delicious and so easy to make.

Pecan Cookies
Makes 3 dozen

- 1/2 cup butter
- 1 cup sugar
- 1/2 cup brown sugar
- 1 egg
- 1 1/2 teaspoon. almond extract
- 1 1/4 cups all purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup chopped pecans

In a large mixing bowl, cream butter and both sugars. Beat in the egg and extract. Combine the flour, baking powder, baking soda and salt, gradually add to the creamed mixture. Stir in the pecans.

Roll into 1-inch balls and place 2 inches apart on an ungreased baking sheet. Bake at 350 degrees for 9 to 11 minutes. Cool for 3 minutes before removing to wire racks. ☺

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Stephanie's Computer Tip for July

By STEPHANIE ROHDE

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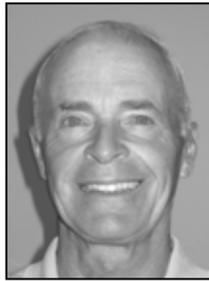
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Favorite Recipes Dinner Club Luke Mullen

How time flies when you're having fun! This month the Favorite Recipes Dinner Club celebrated its second anniversary of fine food and fun enjoyment for our club members.

Our first dinner was held in May 2005 when there was one dinner with a total of eight diners. This month we had three dinners with a total of 22 members participating at these dinners. Hosting our dinners of fine food and fun entertainment were Kathi and Ray Lang, Jimi and Tony Bartolone and Jean and Joe Breslin.

The evening for our first dinner at Kathi and Ray Lang's home started off with hors d'oeuvres made by Kathy and Luke Mullen. The first was prosciutto wrapped asparagus. This simple visually appealing appetizer was fresh crisp tender cooked seasoned asparagus spears wrapped in thin prosciutto slices. The prosciutto was rolled up on the stalk leaving the tip and end visible and was quite tasty. The second was sausage stuffed mushrooms. These savory mushrooms tasted a bit like pizza. The ingredients going into the large mushroom caps included bulk Italian sausage, chopped green onion, spaghetti sauce and mozzarella cheese. After the appetizers were served, Kathi and Ray served the salad. It consisted of mixed greens topped with sliced pears, walnuts and crumbled blue cheese. Following this scrumptious salad they served the main course. This was brisket of beef steamed to tenderness, then basted with mustard, soy sauce, ginger and current jam mixture. This was then placed in the oven with pearl onions. The accompanying vegetable dish was baby carrots cooked in orange juice, brown sugar and butter. After this wonderful main meal an excellent dessert was served. Sharon and Fred

Tarolli had prepared a light and tangy Florida Kumquat Pie. It was made with homemade pureed kumquats that were grown here at On Top of the World. The pie tasted absolutely great.

Our second dinner, hosted by Jimi and Tony, was called Italian Night at the Bartolones'. The evening started with wine and cheese. In addition Pat and Robert Riedeman provided two appetizers. They had prepared hot cheese pastry wrapped olives and hot sausage balls and fresh asparagus with Wasabi sauce.

Dinner started with bruschetta on a slim loaf of Italian bread. Accompanying this was a salad prepared by Gitte and Paul Agarwal. It was an Italian salad consisting of spring mix, whole grape tomatoes and toasted chopped walnuts. This was dressed with an oil and red wine vinaigrette and topped with freshly shaved parmesan cheese.

The main dish prepared by Jimi and Tony was chicken parmesan with freshly made tomato sauce and mozzarella cheese. Freshly cooked spaghetti was the side dish as well as fresh cooked asparagus. A dessert prepared by Edie and Fritz de Holl followed this outstanding dinner. They served a marvelous "wine cake." It featured sherry, walnuts with vanilla pudding and yellow cake mix and tasted great. All diners ate and had a fun time.

Jean and Joe Breslin hosted our third fun dinner of the evening. Appetizers were the first order of business for the activities. Raquel and Norman Berdichevsky prepared them. The two appetizers they brought consisted of a crushed cherry tomato and black olive bruschetta, garnished with basil, olive oil and parmesan cheese and served on slices of toasted ciabatta bread. The second appetizer was eggplant fritters accompanied by a red pepper and tomato sauce.

Following the appetizers, Jean and Joe served the main meal, a prepared spinach rolled lasagna, topped with scallops and shrimp, which were in a creamed parmesan sauce. Accompanying this were side dishes of ratatouille and corn with sautéed red peppers.

Valerie and Dean Bard prepared two desserts. The first was cherries jubilee where flaming cherries, cognac and brandy was spooned over ice cream. The second was French vanilla cookies, which accompanied the dessert. With dessert, Jean and Joe served a homemade after dinner liquor, Wishniak, made with blueberries, cherries, rock sugar and 100-proof vodka. The wonderful evening consisted lots of laughter, good conversation, pleasant company and the food was super good also.

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

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The Embroidery Chicks Jan Johnson

We're off to new projects again! Our latest venture was to learn how to embroider on a T-shirt. Theresa Randolph showed us how to place a design and stabilize a section of a T-shirt in preparation for the actual embroidery. It is very important for the product to be placed in the desired location. Theresa used a transparency pre-printed at home with a copy of her desired embroidery. The transparency was laid over the desired location on the T-shirt and then appropriate markings made on the shirt as centering guides for the embroidery.

A discussion ensued as to how to decide where a design might be placed to get the effect desired.

Next, we were ready for our own project, always a fun, off into the unknown venture. I think we were all pleased with the results of our efforts. One member, Marge Hollnagel, created her T-shirt design to pair up with a similar design on a coordinated woven over-shirt, for a lovely matching effect.

The biggest lesson for all of us was "placement, placement, placement." A misplaced design can bring anguish. It really is important to put on the T-shirt and lay the transpar-

ency over the shirt to double check the design placement.

There are always new learnings in addition to the lesson being taught. We learn about types of thread and stabilizer, new ideas for future designs and projects, and most importantly, about our own machines. I think all of us are gaining confidence with each new project and our excitement for machine embroidery grows!

Marcy Benz, our most senior member, brought a selection of her own projects for "show and tell." What a huge assortment! We are always stirred by seeing new things and our brains are off and running! "I can do that too or maybe I could change that a little and do it this way!" Marcy placed third last month in an international contest for Quilt University. She is tickled pink and we are too! In September she will teach a project on making a Christmas embroidered wall hanging with a new method of achieving an "attic window" effect.

Our next project will be to learn how to embroider over screening, such as pet screen, to construct a beach bag with fabric and screen. Please join us on Friday, July 6, if you are interested in machine embroidery. We meet the first and fourth Fridays of each month in Suites B and C of the Arbor Conference Center from 9:30 a.m. to 3 p.m.

For information, call Theresa Randolph at 291-7570. Interested parties are welcome to come and observe and see what we do. We welcome new members!

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Members of Ocala Clown Express helped with the March of Dimes walk.



**Ocala
Clown Express**
Julia Brandt

Summer time is here again and Ocala Clown Express has opted to slow things down a bit. As much as we love clowning, we also have to consider external physical conditions.

Nonetheless, we've still kept pretty busy. We finished up our annual hospital commitment with the Pediatric Orientation Program at Munroe Regional Medical Center. While our little clients enjoy a summer off from school, we take time to regroup and reassess our safety program for next year's first graders who will start coming to Munroe for a hospital orientation when school starts this fall.

In addition to finishing up our Thursday morning gigs at the hospital during the school year, a group of our clowns supported the community Relay for Life program. While our clowns were kept busy conducting clowning business — tattoos, balloons and face painting — some even had the energy to take part in the relay! We are proud of being able to support worthy programs in the community and we thoroughly enjoy being able to give back to the community by doing one of the things we

love most — clowning!

That was a busy week for us, because we also supported the Marion County Storytelling Festival. Some of the clowns helped escort children and their sponsors from venue to venue and others of us served as site monitors. Not only did we get to greet and meet hundreds of children, we also had the privilege of hearing the star storytellers firsthand. What fantastic stories and performers. It's amazing to see someone who can capture and hold the attention of a huge tent full of elementary school children for an entire hour. Now that's some story tellin'!

As often as we're asked, a few of our clowns get up early on a Saturday mornings and support the Hospice Bereavement Camp. This is a camp for children who have experienced the loss of a loved one and we feel strongly about honoring this particular commitment. Again we were able to provide tattoos and hugs to the participating children.

Although we thought we were slowing down for the summer we were invited to Maplewood Elementary School. Again, we enjoyed being able to "razzle-dazzle" our new little friends with painted faces, tattoos and wonderful balloon creatures. (My spell checker didn't recognize "razzle-dazzle," but then again, it hasn't met Ocala Clown Express.)

We are looking forward to a nice summer vacation. It gives us a chance to catch a breath, update our wardrobes and "looks" and assess our bag of tricks.

If you are interested in joining us this fall, now would be a wonderful time to get in touch with our leader. Our mentors have more time to work with individuals on makeup and costumes and clowning skills during summer vacation.

It's a great chance to learn and be ready to hit the "circus" circuit (not really the circus, but it was fun to say), when we rev up again this fall.

If it sounds like something you'd like to do, please give Dotsy a call. She lives with Carol White and can be reached at 873-9223. ☺



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

PHRASE: NIL GAELIGE AGAM
PRONUNCIATION: kneel gway-il-geh ah-gum
MEANING: I don't speak Irish

I would like to introduce our new slate of officers for 2007-08: president, Bob O'Neal; vice-president, Dan Bub; and treasurer, Joe O'Brien. Congratulations! We are looking forward to a fantastic year.

The club does not meet during the summer and our activities will reconvene in the fall. More about our planned events will be released in next month's article.

How did the shamrock become an emblem of Ireland? It may come as a surprise that the plant association with the Emerald Isle did not come about until the late 17th century. Up until that time the Irish wore a St. Patrick's cross

as their emblem on St. Patrick's Day. It was not until the 18th century that the shamrock was adopted by the Volunteers of 1777.

Its popularity did not pick up until the 19th century when the Nationalist movement took the shamrock along with the harp as its emblem. Viewed as an act of rebellion in Victorian England, the Irish regiments were forbidden to display it. This act may have done more to establish the shamrock as Ireland's national emblem than anything else. It was also the catalyst for the creation of the ballad "Wearin' of the Green." Some also believe that the shamrock is very difficult to grow outside of Ireland.

Today, the shamrock is firmly established as the most recognizable emblem of Ireland. For good luck, it is usually included in the bouquet of an Irish bride and also in the boutonniere of the groom.

It is the symbol of a quality bed and breakfast that has earned the right to display it. It is part of the airline, Aer Lingus logo, as well as those of many other sports teams and organizations.

It is also an integral part of an old tradition called "drowning the shamrock" This usually takes place on St. Patrick's Day, when the shamrock that has been worn in the hat or lapel is removed and put into the last drink of the evening. A toast is proposed and then, the shamrock is taken from the bottom of the glass and thrown over the left shoulder. Slainte! This information was obtained from www.irishcultureandcustom.com.

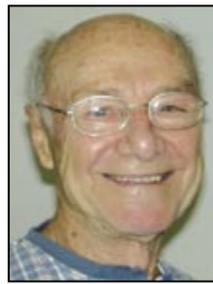
We are always looking for a few new members. Don't be shy. Come join the Irish-American Club.

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



Photo by Larry Resnick

Lucy Davis tries out one of the new billiard tables in the Poolroom.



Billiards
George Tookmanian

There was no club meeting in June. We have been anxiously waiting for news about the new tables and finally word has come that delivery of the new equipment would take place in mid-June! So, the anticipation of playing on the new tables has lent an aura of excitement in the poolroom. Everyone was looking forward to stroking a few balls on these tables, and seeing how they fare.

I think congratulations are in order to the members of the club who worked so hard to bring the poolroom to where it will be after the tables are installed. Also, I would hope our residents would take pride that our poolroom is on its way toward being the best one in this area.

A note to remember, president Impressa has set the next meeting for July 2 at 4 p.m. in the Ceramics Room. Of course there will be signs on the doors of the poolroom announcing the meeting. One more note, we are fast approaching 150 members, so get moving please!

President Impressa and his lovely wife Shirley recently went on a trip, and here are some of his comments.

"In a never ending quest to bring you the latest news of the billiard world, Shirley and I made the supreme sacrifice and traveled to Las Vegas for the BCA National 8-Ball and the Enjoy Pool.com 9-Ball championships.

Both events were held at the Riviera Hotel over a hectic five days in May. The 8-Ball event featured over 1,000 of the best amateur players from all over the country. The 9-Ball contest had 64 of the top men and women profes-

sional players in the world. In addition to the matches, there were free classes given by the pros and certified BCA instructors, trick shot demonstrations by Tom "Dr. Cue" Rossman, and display booths by every major billiard product manufacturer in the country. The entire Riviera convention center was covered with hundreds of Diamond pool tables. The 8-Ball matches ran from 9 a.m. to 11 p.m. The 9-Ball matches started at 11 a.m. and ran to 2 a.m. The pro matches weren't scheduled to run that long, but until the final four matches there was no shot clock in effect. Most of my time was devoted to 9-Ball, but I did manage to watch a few amateur events featuring some friends of mine from The Villages.

"The professional matches were everything I expected and more. There was drama, controversy and surprises. The biggest surprise was in the form of a 22-year-old player from South Dakota named Shane Van Boening. Shane is new to the pro ranks, in fact last year he was playing in the amateur 8-Ball event at the Riviera. In addition to the pressure of playing the world's top players, Shane is deaf! The referee's 10-second warnings on the clock had to be given in sign language, which was a further distraction. He remained as cool as a cucumber while breezing undefeated through his matches to play Dennis Orcollo from the Philippines in the final of the winner's bracket.

"Orcollo proved to be too much for him, and the loss dropped him into the loser's bracket to face Mike Davis in the men's semi-final. That is where I will leave you because both that match and the final men's match were televised by ESPN.

"On the women's side there was less drama. Karen Corr went through the field undefeated to gain a place in the final match, Allison Fisher and Jasmin Ouschan competed in the semi-final for the right to meet Karen for the women's championship. Those matches were also televised.

"It's strange how our trip to Las Vegas affected Shirley and I differently. My backside was numb and my eyes were red from sitting on the steel benches, watching pool for 14 hours a day. She had a sore arm from pulling the handles of the one-armed bandits 14 hours a day. All in all, the trip was great. Now if I can figure out a way to write it off as a business expense, it would make it perfect.

"Don't forget to join our billiard club for \$5 a year, and come to the poolroom, test your skill and have some fun." ☺

New Ballroom Dance Club Begins in Fall

On Thursday, Sept. 6, professional dance instructor Trish Sands returns to On Top of the World to teach for the newly formed Ballroom Dance Club.

Membership is open to all interested parties. Lessons will be held at the Arbor Club with the Beginners class scheduled from 11 a.m. to noon and the Intermediate class from noon to 1 p.m. You do not need a partner and can sign up for a month at a time. Cost is \$20 a month and club yearly dues are \$6 for residents and \$8 for non-residents.

September dance lessons will be devoted to the fox trot. For additional information call Steve Kallas at 854-0534, Pat Wellington at 237-8050 or Trish Sands at 351-2423. ☺

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**New York/
New Jersey**
Terry Zarrella

Before I type one more word I want to thank Bunny Barba for filling in for me last month writing this column for our club. I also want to thank Bunny for all the wonderful kudos and accolades she gave me for the position I held as president for the past two years. Her wonderful words made all my efforts worthwhile and I thank her very much.

In May we held our fifth annual "Not So Newlywed Game." Our contestants were Anthony and Rita Cacciutto (our first place winners) who received a \$35 gift card to Hops Restaurant. The other four couples were Joe and Marcy Askanase, Walter and Bud Speyer, Betty and Harold Columbia and our guests for the month Christine and Alan Best. Our members love this game and for the past five years I have hosted it and everyone enjoys this immensely.

As I am writing this before our June meeting I will tell you all about our end of year

party in next month's column. Our club does not meet in July and August and we usually treat our members at the June meeting with a meal and dessert.

Also in June we will be installing our new board members and I will be elaborating on this in next month's column. I want to thank Angie and Bob Hook for volunteering to take over doing refreshments for our club. Danny Collara will hand over this position as of September when our new season begins. If anyone in the club wants to volunteer their time please do not hesitate to see Liz Ettell, our new president of the club. There is always something for someone to do.

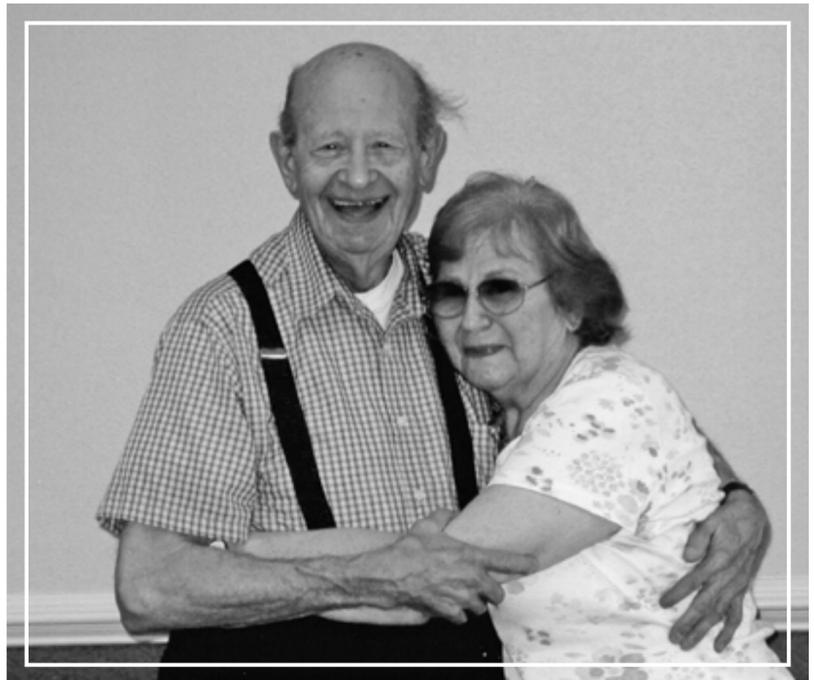
At next month's meeting the club will be donating a \$500 check to the Center for the Blind. Attending will be Gwain Davis, director for the Center for the Blind, and John Collela, president of Visual Impaired Group of On Top of the World.

I will continue to write the column in July and August to keep you apprised of what's up in the coming months for our club. For any new residents from the New York/New Jersey area moving to On Top of the World please mark your calendars for the third Tuesday of each month when our club gets together. If you have any questions please do not hesitate to contact me; I'm in the phone book.

Our next meeting will be Sept. 18. The meetings start at 3 p.m.; however, come early to register and have a cup of coffee or a glass of iced tea and a dessert. Meet our loyal members, make new friends and have lots of fun.

Frank Palotta, who is in charge of entertainment for our club, has worked diligently and has already filled all but one month's entertainment for the following season. I'm sure by September his work will be complete. What a guy ... no grass grows under his feet!

To all our members on vacation or away for the summer ... stay safe, be happy and love often. ☺



Sandy and Dottie Berkowitz

tion needs a good director and stage manager. The upcoming play is in very capable and experienced hands, under the direction of Sandy Berkowitz and his wife, Dottie.

According to them, they are just doing what comes naturally. They have been working together for about 30 years. In fact they met doing a show show together. They gained their experience in community and regional theaters in central New Jersey. Among their successes are many Neil Simon plays and other comedies, musicals and dramas.

Here at On Top of the World, they have worked together as director/stage manager in two theater productions, "Let's Murder Marsha" and "Soap Opera."

Sandy says he can't memorize lines any more and prefers directing to acting. Dottie, however, did appear on stage as the cantankerous Mother in "Social Security" a few years ago.

Dottie has also done her share of directing in the eight Dottie Shows she has put together for On Top of the World audiences. She and Sandy also lead the Singin' Swingin' Seniors, a group of all women who make up a swing choir performing many of the "old songs" we all remember. ☺



Theatre Group
Marcia Miller

Our monthly meetings may have gone on hiatus for the summer, but members of the cast for Neil Simon's "The Odd Couple, Female Version," are still hard at work. They will be rehearsing off and on throughout the summer.

Besides a good cast, every theater produc-

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

Summer Time

By HAZEL EHLE

The lovely days of summer
Are with us once again.
They are always so pleasant
And delightful as summer begins.

When the sun has risen
The sky so blue above
Maple trees to give shade
How grateful to always love.

Gentle breezes passing by
Birds chirp of summer splendor
Every thing so beautiful
These things to remember.

Spending time in the garden
With the colorful flowers,
Bending down near them
These are precious hours

Their lovely soft petals
Caressing my face
Such a gentle feeling
With love and much grace.

So quiet and awesome
Are these gorgeous days
All too soon will leave
Yet memory of them stays.



D'Clowns
Paula Magen

Can it be July already? The months just fly while D'Clown activities have slowed down a bit. So many of our group members are away and it is just too hot to don makeup, wigs and clown clothes. All the same we can be found every month at Summerville and TimberRidge Nursing Home and Rehab Center. We are there because the residents eagerly await our colorful entrance ... and we enjoy it too.

At Summerville's Memory Support Unit we do a one-hour variety show. It's a joy to have the residents sing along, laugh at jokes and skits and participate with us. We participate with the wheelchair exercise group at TimberRidge and then go on to the day room to welcome the four and five year olds from CDC. They love seeing D'Clowns, do an activity with the seniors and share snacks.

D'Clowns received thank you notes from ERA Big Sun Realty for our participation in their fundraiser for MDA. It was fun being there and promises to be a larger event next year. Many thanks also to Lisa of Candler Hills for the Mardi Gras beads, Marcia Miller for her "clown stuff" and Mary Ehle for old photographs of D'Clowns. One was mailed to Billie,

Cleo Cain's daughter.

Attention D'Clowns: Mark your calendars: Saturday, March 22, 2008, for the Eighth PAAS Eggstravaganza, our largest event of the year.

Gentle Clowning
So much of what D'Clowns do involves older people who are now living in nursing and retirement homes. According to Andi "Me-Too" Rothweiler in July 1993 "The New Calliope" the audience calls for a special technique called "Gentle Clowning." In this environment clowns are not a threat since we are not involved with treatment, etc. Laughter is the best medicine for both the receiver and the giver.

It is recommended that we be good listeners; never ask why they are there or when they are leaving. Giving out clown stickers usually eases a situation, being careful where they are applied. Some terminally ill patients do not care to have a clown in their room so it is best to check with the nursing station. Where the opportunity to present a show to those who want to be entertained, a show of simple magic, some music, puppets and singing can all be considered. Some folks like balloons and balloon sculpture. When visiting a patients' room, always compliment something in the room that is special.

"The art of Gentle Clowning can be — should be — the most satisfying phase of your craft. It is a bittersweet exchange: Share with one your sadness and I'll share with you my joy."

This is a good time for D'Clowns to review old skits and practice new skits. It's also the time to order clown supplies for the new season. We look forward to the coming months when we will have all our clowns back.

We are a fun group who enjoy making people of all ages smile and laugh. We welcome new clowns to our group and we'll teach you all about clowning. Come to a meeting in September on the first and third Monday of the month. We meet in Suites B and C of the Arbor Conference Center. Call Paula at 873-3433.

Enjoy summer! Happy July 4th! ☺

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Sewing Bees
Rita Miller

Summer is here, and for many clubs at On Top of the World, it's time for a break. Not so with the Sewing Bees. Even though our snowbirds have returned to their northern homes and others will be taking shorter trips and vacations, we want to remind everyone that we are still meeting every Thursday at 12:30 p.m. in the Art Room (near the mini-golf course). If you're new to On Top of the World, please pay us a visit to check out what we do. If you like to sew simple children's projects for charity, we have a place for you.

The "Bees" are currently working on a fundraiser ... converting regular sweatshirts into stylish jackets. These will be sold at the Fall Craft Show in the Cultural Center in October. After they're finished, we'll go back to our traditional quilt and stuffed animal projects.

As I've mentioned in our previous columns, we have use for any cotton fabric donations suitable for small quilts, stuffed animals and tote bags. Check out your stash ... polyester fiberfill, and quilt batting are also needed. If you have any questions, call Rita at 237-6660.

- The Bee Attitudes
- Bee Busy
- Doing what you like to do
- Bee True
- To your dreams
- Bee Sure
- To taste the sweetness of each day
- Bee Silly
- Giggle lots ... take time to play
- Bee Bold
- Enough to trust your wings and fly
- Bee-lieve
- In the person you are
- Bee Happy
- Keep your outlook bright and sunny
- Bee yourself — Bee cause
- You really are a honey ☺



The Happy Hookers
Yvonne Bednar

Summer is here and this month's article will be short. We continue to meet on Mondays, 2 to 3 p.m. in the Arts/Ceramic room. Some of us take time off by not attending, but that's your choice. We never know who will show up, but that's OK, because you come when you can. We are very informal, no dues are collected and we do not hold meetings. Just bring your item you're working on and join in.

In June, the Happy Hookers attended Thai Ruby Restaurant for our bi-monthly lunch outing. It is so beautiful inside and the food and service was excellent. Our next outing will be in August. Due to my deadline for this article, it has not been decided where we will go. If you're interested in going to this mystery luncheon, call Carol Toye at 873-1646 and she will have the mystery solved as to where and when.

Just a friendly reminder: if you discover any unwanted yarn stashed away in your closet or garage, please consider donating it to our group. We have several women who perform magic with knitting needles and a crochet hook. The yarn will be turned into lap blankets for patients at TimberRidge Rehab or hats for needy children.

Enjoy your July. Knit one, purl two. ☺



Crafty Ladies
Dot Tripp

Our "give-away table" saw much action this past month. Three former crafters decided to give up crafting and wondered whether Crafty Ladies could use the supplies they had. Of course, the answer was, "Yes!" All our members had a great time going through these craft items, all the while imagining all the fun things they could make. Thank you Shirley, Frances and Mae for your generous donations. We appreciate your thoughtfulness.

This month we would like to reintroduce you to Project Linus. Since June 2006 when Project Linus was first mentioned in the Crafty Ladies column, many other charities have been placed under Project Linus' umbrella. What started out to be a charity about blankets has evolved to include just about anything that can be used in daily life.

For example, Arnette House uses anything for children ages 12 to 17, as well as all the necessities to run its cottages and facilities. Also, the Rape Crisis/Domestic Violence Shelter is now covered under the Project Linus umbrella, and their clients also can use personal items, clothing, etc., for both adults and children.

These are just a few of the charities in which Project Linus is involved. Since funding was cut in 2003, we try our best to do all we can to help these worthwhile causes.

Our Crafty Ladies group meets year-round, every Wednesday morning from 9:30 to 11 in the Card Room in the Arts and Crafts Building (that's the building across the street from the water tower).

Have any questions? Call Dot at 854-4913. Til next month, do your best to keep healthy, happy, and "crafty." ☺



Retirement Time

By MARY CULBERSON

On Top of the World
Is a wonderful place.
There are lots of activities
Without leaving home base.

You meet new friends
From almost everywhere
Isn't it nice
To have lives to share.

Seniors can finally relax
And do what turns them on
You don't worry about tomorrow
They only look for another dawn.

God bless all the elders
You will be there one day soon
Just do what you can do
And kiss and hug and croon.



Ballet Club
Eugenie Martin

Over Memorial Day weekend, I visited Providence, R.I., to participate in my 50th college reunion. 50th! I couldn't believe it! Still can't believe I graduated that many years ago. It seems like yesterday that I was there.

Our guiding philosophy was "gracious living," as we resided in highly protective dorms with housemothers and strict parietal rules.

In by 10 p.m. in the evening except by special permission. No boys allowed in girls' rooms. Wearing skirts to classes unless Bermuda shorts, popular at the time, were worn under raincoats. Dressing for dinner. Chapel twice a week. Formal coffee hours and tea parties. The honor system.

And, of course, passing a swimming test in order to graduate and obtain a degree. One of our class athletes did not pass his swimming test until the morning of graduation.

Some of these rules sound foolish today; some make good sense to our generation. Speaking of "our generation," many of us at the 50th reunion looked pretty good. I was surprised to receive compliments on my appearance, and could tell I was in better shape than some of my classmates. I credit exercise and ballet with that.

Since I was an actress and singer at college, my friends and former acting partners were amazed to learn that I now dance and teach ballet. And so I do. Our classes are every Tuesday, 1 to 2 p.m. in the Arbor Club studio adjoining the indoor swimming pool. You do not need any experience to join us — just the desire to dance to pretty music in the classic style of ballet. For information, you may call me at 854-8589. Happy dancing! ☺



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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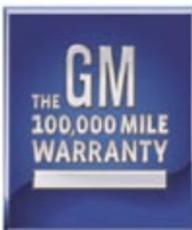
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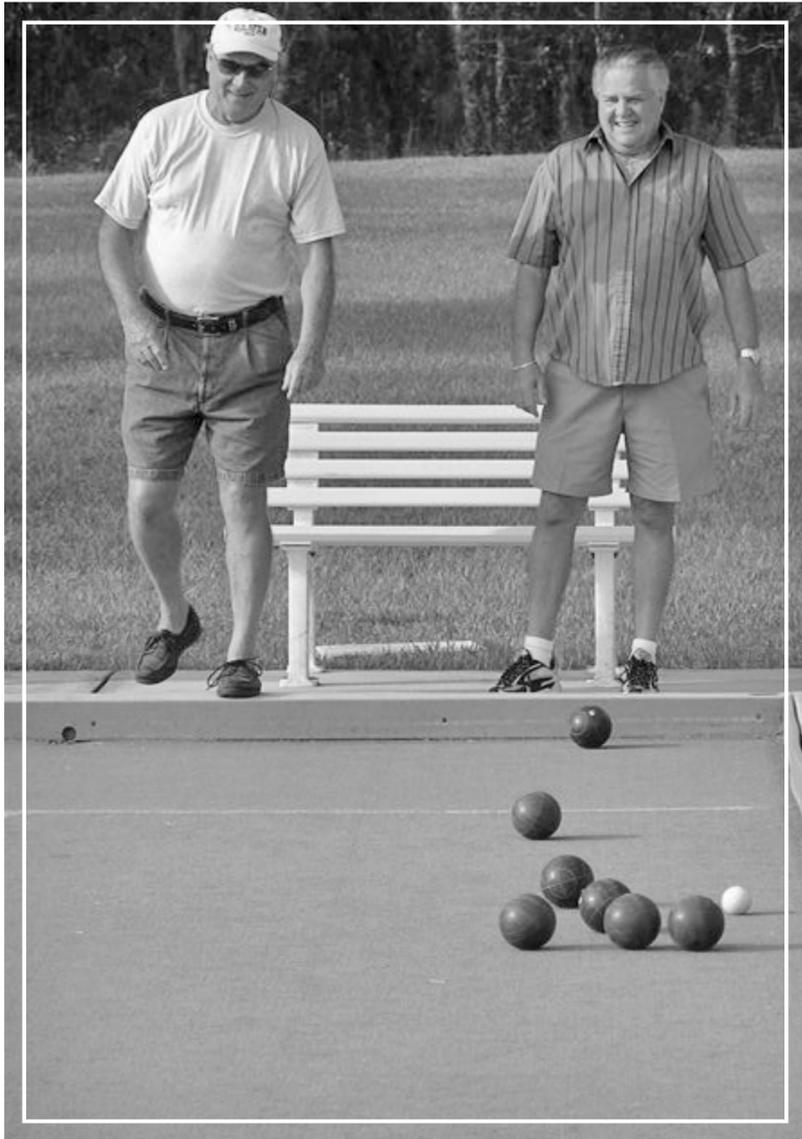
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Photos by Bob Woods
Below, Richard 'Rich' Merkle and Anthony 'Tony' Montella play a game of bocce. At right, the bocce courts.



Summer Bocce

The Game Takes to the Courts Four Days a Week

By Bob Woods
WORLD NEWS WRITER

Summer bocce is in full swing, enabling residents here at On Top of the World the opportunity to play the game four days a week.

If you don't know how to play and would like to learn the game, why not stop by the bocce courts located behind the Arbor Club on the above days and learn the game. It is simple. A little practice and you will be right in playing with the rest of the folks, many your neighbors.

On Monday and Tuesday mornings at 8:30 the first 32 people who sign in get to play. I would recommend you get there at least by 8 a.m. to insure yourself a spot to play. On Wednesday and Friday mornings at 9 is match play, a different way of playing the game but basically the game is the same. There are a few different rules to match play, nothing that are difficult to learn. In fact, all bocce rules are very simple.

Summer bocce is a lot of fun. If the team you are on wins, great, but who cares. If you lose, again who cares? You are out on the courts having a lot of fun, gaining experience and practice at the game and conversing with your neighbors. Bocce is open to all residents from all On Top of the World neighborhoods. If you don't want to feel embarrassed there are bocce balls under the benches for anyone to use at anytime there is no organized play taking place.

The main thing is to get out there and have a little bit of exercise while at the same time enjoying the company of others doing the same thing. No one cares if you are good at the game or can't even play for lack of experience and know how. There are many who will be willing to help and explain to you the game of bocce.

Come out and have a good time. That's on Monday and Tuesday mornings at 8:30 and on Wednesday and Friday mornings at 9. See you on the bocce courts. ☺



Photo by Larry Resnick

The Lions Club and Sunshine Singers participate in the Memorial Day program in front of the Health & Recreation Building on May 28.



Sunshine Singers
Vivian Brown

Oh what a beautiful day May 28 was, as the Sunshine Singers joined the Lions Club in

their Memorial Day Celebration to honor our veterans. I was delighted to see the many residents and guests who joined us.

The service began with the raising of the flag to half-mast, followed by an opening prayer and Joan Stenson sang the "Star-Spangled Banner."

We then sang the "Battle Hymn of the Republic" and the songs for each branch of the service, Army, Navy, Marines, Air Force and Coast Guard.

The guest speaker gave a prayerful tribute to all veterans, especially those who made the ultimate sacrifice, followed by Ken Colen and a veteran of the Lions Club placing a wreath in front of the flagpole.

The service was then concluded with a prayer.

The Sunshine Singers are taking a couple of months off this summer.

If you wish the Sunshine Singers to perform for your club or organization, September through May, please contact our director Dick Rohde at 861-1104.

Till next month, keep on singing. ☺



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M.H.

The Beach Toys Perform at Circle Square Cultural Center



Chris Hilliard, above, signs autographs after the Beach Toys concert on June 16 at the Circle Square Cultural Center.

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Photos by Bob Woods

Christmas-themed ceramics line the shelves in the Ceramics Room.

Christmas in July

Ceramics Crafters Think About the Holidays All Year Round

By BOB WOODS
WORLD NEWS WRITER

I realize it is extremely difficult to think or even think about the Christmas holidays at this time of the year, especially when the temperatures are running in the high 80s and the low 90s with high humidity. If someone came up to me and stated that they were getting ready for the Christmas holidays I would think in the back of my mind that person is a little screwy.

There are a group of folks here at On Top of the World that think about the holiday season all year round. They are creating Christmas gifts, Christmas decorations and ornaments. These folks are in the ceramic club that meets twice weekly in the On Top of the World Art room.

These folks are artists in the true sense. They get whatever they want to create in the raw form already fired in a kiln and they usually have to do a little cleaning of the piece they want to work on. Then comes the tedious job of painting the object so it would look like something when completed. Ceramics and ceramic art means, according to sources, artwork made out of clay and fired into the hardened ceramic form.

Now not all these folks are working on holiday items. Many wish to replace their kitchen's canister set, or maybe a different vase or bowl used for decoration or maybe something useful for their home or something they can give a friend as a gift. There is nothing like a homemade gift, especially if it is useful or ornamental in the house of yard.

One lady attending the group told me she loves making things just to give them away.

From what I understand there are about 12 to 15 ladies attending each session and each session has a lady, Wannetta Clouse, who has been instructing ceramics here at On Top of the World for the past 20 years.

There have been many folks attending the Monday and/or Wednesday sessions but only attend when they have something they want to make. There have been a few males who have attended. The club, if you could call it a club, has no president or elected officers, has no meetings that one would have to attend, and no dues are collected.

It seems all those who attend work on their project while at the same time gabbing amongst each other. There is a fee of \$3 for each session attended plus the costs of materials. The hours are 10 a.m. until 2 p.m. each of the two days.

Wannetta at one time had her own ceramic shop in Ocala and has entered many competitions. There is quite a display of beautiful created objects with all kinds of winning ribbons



Figures wait patiently in the Ceramics Room to be painted.

Ceramics
Mondays and Wednesdays,
10 a.m.-2 p.m. \$3.

on display.

There is also a large storage room full of green ware, ready for the individual who would like to finish the art form into a finish object. There are all types of holiday creations ready for the talents of the painter and not just Christmas items. There are all types of creations for every holiday.

While visiting ceramics I noticed many people peering through the windows to see what projects the ladies were creating inside. If you would like to learn ceramics and the ins and outs of the hobby by all means stop by the Art Room and see what you would like to create for your home or for a gift.

If you don't really know how or what to do, Wannetta is there to help instruct you as well as some of the ladies who have been doing ceramics for a long time. There are so many items to choose from and if nothing on the shelves meets your fancy, it can be ordered for you. Almost all the supplies you would need are on hand and there would be very few, if



Beverly Lietzow paints the dress on a little mouse. In front of her waiting to be painted is a set of salt and pepper shakers which are shaped like chefs.

any, items that would have to be purchased to get started, except the green ware. The green ware is the particular piece of art or item that is in the rough form. It would have to be fired in the kiln before painting and of course fired again after painting.

Have any questions about ceramics? Call Toni Lagattuta at 854-9768. Toni will be very happy to answer any questions concerning ceramics here at On Top of the World. By the way, ceramics here at On Top of the World is open to all residents residing in any On Top of the World neighborhood.

Want to create something for the holidays or perhaps some ornaments as gifts for family or friends? How about some interesting lawn ornaments or some other object that can be displayed with pride in your home? Try ceramics, it is not only a lot of fun giving you the opportunity to meet and converse with your neighbors, but it is also very relaxing.

Who knows, you might become a Rembrandt of the ceramic world. ☺

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A stately Louisiana Gulf Coast home awaits repairs.



Photos by Bob Woods

Gulf Coast Tries to Rebuild

Return Visit Shows Slow Progress

By Bob Woods
WORLD NEWS WRITER

What was once a beautiful section of our Gulf Coast states was the area between Biloxi and Bay Saint Louis including the seaport of Gulfport located on the Mississippi coast. The area was steaming with tourists no matter what time of the year but in particularly the summer months when finding many folks from throughout the country enjoying the warm gulf waters and the beautiful sandy beaches.

Then Hurricane Katrina came ashore almost two years ago, literally devastating the area. The eye of this killer storm was close to Bay Saint Louis just east of the Louisiana state line where this picturesque village was located. From all television reports that I heard this little town was just about "wiped off the map," so the saying goes.

My wife Bev and I decided to head back to this region to visit the area we had enjoyed in the past and to try our luck at the many casinos that have reopened since the storm. Were we ever depressed at the sight before our eyes as we drove down U.S. Route 90 from Biloxi toward Gulfport. This road is right on the seashore having the beaches and many fine restaurants on the ocean side and stately homes and mansions on the other.

The entire distance between the two cities is approximately 13 miles. There was every major chain restaurant located along this road not to mention all the gift shops, motels and gas stations. Right in the middle of Route 90 in Biloxi is the only lighthouse in the world sitting in the middle of a highway. This steel lighthouse still remains but all the buildings and businesses around it have disappeared.

I saw the remains of an Olive Garden sign sitting in the middle of a grassy area where at one time the famous Italian eatery existed. No more, it was gone as well as all the other fine eateries. We did find in this distance between the two cities three fast food stops and that was one Huddle House, one Waffle House and a Wendy's. Back in a seaside mall we discovered a Bonefish Grill and that was it for eating establishments. There were a few motel chains that were open for business after extensive repairs and of course there are a few casinos now open.

One of the biggest heartaches we discovered was the massive destruction of Beauvoir, the Jefferson Davis mansion and museum, which

This tugboat used to be situated among tall buildings.

was located right on Route 90. A sign on the outside of the makeshift fence was asking for donations to help rebuild this historic home of the first Confederate president. Not too far down the road we discovered the remnants of a building that was once the home for retired sailors and soldiers. All the residents have since been relocated to Washington, D.C.

Where all the stately homes were situated we saw many things. We saw a man mowing the lawn on a lot. This lot had a set of brick stairs leading nowhere, a beautiful manicured lawn that was being mowed and a swimming pool, but no house — it was gone. I don't know if this person is waiting for his insurance claim to be finalized or was he putting this lot up for sale. If it was for sale this man was trying to keep it looking good for a prospective buyer. We saw many lots with a sign stating "house lot for sale with slab."

Just on the outskirts of Biloxi I noticed this large brick looking structure about half the size of a one-car garage. Driving closer I saw what this object was. A sign was attached to it stating that Regions Bank had relocated to another location. The objects we were looking at were the bank's vault, the only thing remaining from where the bank once stood.

When we drove past Gulfport with all its destruction we noticed an old tugboat that was high and dry. I remember this tug as being tossed ashore during the devastating hurricane of 1968. The name on the tug had been changed to read Gulfport Camille, after the storm. We had seen this tug many times before, situated amongst many buildings to either side and to the tug's rear. Now all that remains are grassy areas where all these buildings once stood that had weathered past hurricanes but Katrina destroyed everything around the tug. The tug is still sitting in the same spot it was before the tidal surge came ashore during Hurricane Katrina.

We stopped in the community of Past Christian that is situated between Gulfport and Bay Saint Louis. We liked this little seaside stop and had eaten many meals in the town and the restaurant located on a pier in the town. The town for all practical purposes is destroyed. We noticed the town hall, police department, some stores and a bank, all located in trailers. At water's edge there were many boats, both pleasure and fishing, tied up to pilings that were once piers.

We had heard on the radio that the long bridge across the bay to Bay Saint Louis was opened on the first of June. It took almost

two years to repair or rebuild this span, which must be a little over one mile in length. Crossing the bridge we saw the remains of this little historic town. Bev and I were planning a trip to this town to do a story for the magazine I wrote for a week after the storm hit this region. Of course we never attempted to visit this town until now. I couldn't believe the devastation to parts of this town.

The historic center where there were all kinds of shops and eateries was completely gone. We did stop at the historic train station where Amtrak stopped prior to the storm. This train traveled from New Orleans to Florida along the shore. I understand the train still runs but detours this area completely. Bev and I noticed repairs being made to the railroad trestle that crossed the bay and the station is now the local headquarters for all the agencies working to bring the area back to some type of normality. The historic station suffered damage but was one of the first structures in the town to be repaired.

We also noticed another vault standing in the middle of nowhere where once a bank stood. We also saw a couple of guys mowing lawns behind a beautiful fence with a gated entrance and another fellow painting the fence. We didn't see any type of a building or stately home, which I presume was located behind the fence.

Bev noticed a lady mowing a lawn with nicely equipped flowerbeds and a chair swing located on the premises along with the American flag fluttering in the breeze. Bev couldn't help but wonder if this area where a house once stood, as there were steps leading to nowhere, if this was some type of memorial for a victim of Katrina.

I wanted to take many pictures of the area and as much of the destruction and reconstruction as I could. I did see some reconstruction but not that much. I finally figured out that what good would these pictures be showing all the devastation and the deserted areas close to the shoreline, in what was once a beautiful area. I took very few pictures, just a couple to accompany this article.

As soon as a casino is almost complete in its reconstruction process they seem to open these places employing locals and I assume getting some extra cash to complete the reconstruction. At one time before Katrina all casinos had to be built on the water and all seemed to be on huge floating barges. Now the law has been changed and the casinos are located on dry land. The casinos are the lifeblood of this region's economy as well as all other business associated with the gambling trade.

Would I return to the Mississippi Gulf beach area and try my luck again in the casinos? Maybe at a later date when the area has had a chance to rebuild more of itself.

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Monday Afternoon Bridge

Sara Anderson

May 14

1: Geri Cassens and Eleanor Giardina. 2: Shirley Stolly and Esther Lang. 3: Elsie Helwig and Maizie Millward.

May 21

1: Mary Carol Geck and Charles Slupe. 2: Bill and Edith Hunter. 3: Marjorie Benton and Caryl Rosenberger.

May 28

1: Mildred Lane and Jayne Kaske. 2: Geri Cassens and Eleanor Giardina. 3: Fran Griswold and Betty Morris.

June 4

1: Ida Rosendahl and Doris Keathley. 2: Sara Anderson and Ray Deitz. 3: Betty Morris and Fran Griswold. 4: Bill and Edith Hunter.

June 11

1: Fran Griswold and Marge Starrett. 2: Caryl Rosenberger and Marjorie Benton. 3: Ida Rosendahl and Doris Keathley. 4: Geri Cassens and Eleanor Giardina.

Monday Night Bridge

Shirley Johnson & Eleanor Giardina

May 14

1: Phyllis Bressler. 2: Jack Kyle. 3: Flo Penn. 4: Jayne Kaske. Cons. Betty Barney.

May 21

1: Flo Penn. 2: Phyllis Bressler. 3: Jim Mahoney. 4: Mary Culberson. Cons. Edith Hunter.

May 28

1: Fran Griswold. 2: Ron McNeilly. 3: Edith Hunter. 4: Ida Rosendahl. Cons. Gitte Agarwal.

June 11

1: Miriam McNeilly. 2: Fran Griswold. 3: Bill Hunter. 4: Ida Rosendahl. 5: Eleanor Giardina. Cons. Dot Findlay.

Tuesday Afternoon Bridge

Agnes LaSala & Shirley Johnson

May 15

1: Phyllis Bressler and Shirley Johnson. 2: Geri Cassens and Eleanor Giardina. 3: Marie Dare and Elsie Helwig.

May 22

1: Betty Morris and Shirley Stolly. 2: Gerri Cassens and Eleanor Giardina. 3: Agnes La Sala and Carl Woodbury.

May 29

1: Ray Dietz and Mazie Millward. 2: Geri Cassens and Eleanor Giardina. 3: Shirley Johnson and Phyllis Bressler.

Tuesday Night Duplicate

Bill Raines

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

May 15

1: Ida Rosendahl and Dick Mansfield. 2: Ida and Bill Carlson. Tie at 3: Betty and Bill Raines and Marjorie and Bruce Benton.

May 22

1: Betty and Bill Raines. 2: Doug Miller and Ernie Lord. 3: Doris Keathley and Mary Carol Geck. 4: Joni and Ted Jarvis. 5: Caryl Rosenberger and Jayne Kaaske.

May 29

1: Betty and Bill Raines. 2: Joni and Ted Jarvis. 3: Doug Miller and Ernie Lord. 4: Jayne Kaske and Caryl Rosenberger.

June 5

No game. Card Room closed for Primary Election.

Wednesday Afternoon Bridge

Fran Griswold

After returning from a vacation, the good news at On Top of the World was Carol and Jake Thompson are making plans to move back. It is certainly a loss for Illinois and a gain for us. A great big thank you to Pat and Shirley and all others in charge of our game while I was away. Our latest additional smiling face is Phyllis Carty, a very welcome newcomer to Wednesday Afternoon Bridge.

Our group continues to support the Rape Crisis Spouse Abuse Center with donations of needed items. Cash is also welcome to buy

bread, milk and eggs. We do this on the first Wednesday of the month. It also happens to be the day Vi B. supplies our group with delicious brownies or apple cake. We meet each Wednesday at noon so come join us for a fun afternoon.

May 16

1: Bill Mahoney. 2: Ann Mahoney. 3: Janet Becker. 4: Elsie Helwig. Tie Cons. Dick Mansfield and Ruth Goldstine.

May 23

1: Fran Griswold. 2: Elsie Helwig. 3: Dick Mansfield. 4: Jeanette Oswald. Cons. Ann Mahoney.

May 30

1: Pat Holmes. 2: Shirley Stolly. 3: Betty Morris. 4: Marion Wade. Cons. Ginny Barrett.

June 6

1: Mary Culberson. 2: Carol Rosenberg. 3: Pat Goltgart. 4: Shirley Stolly. Cons. Janet Becker.

June 13

1: Shirley Stolly. 2: Fran Griswold. 3: Esther Lang. 4: Helen DeGraw. Cons. Serine Rossi.

Wednesday Evening Duplicate Bridge

Doris Keathley

May 16

1: Harry and Ruth Tindall. 2: Bruce Benton and J. C. VanBloom. 3: Bill and Betty Raines. 4: Nel Bosschaart and Marjorie Benton.

May 23

1: Harry and Ruth Tindall. Tie at 2: Doug Miller and Linda Anderton and Doris Keathley and Ida Rosendahl. 3: Joan Lord and Mary Carol Geck. 4: Bill and Betty Raines. 5: Bill and Edith Hunter.

May 30

1: Bill and Betty Raines. 2: Bruce Benton and J. C. Bloom. 3: Marjorie Benton and Nel Bosschaart. Tie at 4: Bill and Edith Hunter, Joan Lord and Mary Carol Geck and Doris Keathley and Ida Rosendahl.

June 6

1: Bill and Ida Carlson. 2: Bill and Edith Hunter. Tie at 3: Doug Miller and Linda Anderton and Charles Slupe and Caryl Rosenberger. Tie at 4: Marjorie Benton and Nel Bosschaart and Ted and Joni Jarvis.

Thursday Afternoon Bridge

Ginnie Barrett & Marion Turbin

May 17

1: Nancy Guerrein. 2: Agnes Salleses. 3: Elsie Helwig.

May 24

1: Jeanette Oswald. 2: Marian Turban. 3: Marie Dare. 4: Maizie Millward.

May 31

1: Marge Starrett. 2: Shirley Walcott. 3: Ginny Barrett & Marcie Guerrein. 4: Agnes LaSalle.

June 7

1: Marge Starrett. 2: Faye Rumens. 3: Cleona Redman. Kay Wood.

June 14

1: Maizie Millward. 2: Elsie Helwig. 3: Pat Goltgart. 4: Helen Eschbach.

Thursday Night Bridge

Helen DeGraw & Ida Rosendahl

May 17

1: Phyllis Bressler. 2: Jan Moon. 3: Eleanor Giardina. 4: Jack Kyle. Cons. Phil Devito.

May 24

1: Edith Hunter. 2: Fran Griswold. 3: Eleanor Giardina. 4: Elsie Helwig. Cons. Betty Legg.

May 31

1: Eleanor Giardina. 2: Ron McNeilly. 3: Betty Barney. 4: Myra Butler. Cons. Helen DeGraw.

June 7

1: Helen DeGraw. 2: Jan Moon. 3: Betty Barney. 4: Charles Slupe. Cons. Caryl Rosenberger.

June 14

1: Carl Woodbury. 2: Ray Deitz. 3: Jack Martin. 4: Elsie Helwig. Cons. Zane Barnett.

Friday Advanced Bridge

Betty & Bill Raines

Foursomes are required for this delightful evening of Rubber Bridge. You may bring your own or call 873-0073 for help in finding partners. Or, if you wish, you may be added to our sub list until you find partners.

May 18

1: Ernie Lord. 2: Shirley Ebert. 3: Rozella Ovrebø. 4: Geri Cassens. 5: Ellie Rapacz. 6: Virginia Blanchard.

May 25

1: Ida Rosendahl. 2: Ruth Tindall. 3: Phil Merchant. 4: Bruce Benton. 5: Mary Carol Geck. 6: Hazel Merchant.

June 1

1: Caryl Rosenberger. 2: Geri Casens. 3: Bill Raines. 4: Hazel Merchant. 5: Eleanor Giardina.

June 8

1: Mary Carol Geck. 2: Joe O'Brien. 3: Helen O'Brien. 4: Bill Hunter. 5: Dick Dakin.

Grand Slam: Edith and Bill Hunter bid and made Seven No Trump to win the largest pot ever for Friday Night Bridge!



Cribbage
Dorothy Skillman

May 18

1: Rich Fluet. 2: Mary Guth. 3: Greg Skillman. 4: Elsie Helwig. Cons: Alberta Sarris.

May 25

1: Alberta Sarris. 2: Sheila Howell. 3: Lois Hoepfner. Cons: Jeff Howard.

June 1

1: Anne Jagielski. 2: Greg Skillman. 3: Elsie Helwig. Cons: Ruth Earlewine.

June 8

1: Norma Yonke. 2: Ruth Earlewine. 3: Sheila Howell. Cons: Alberta Sarris.



Friday Night Euchre
Joe Askenase

May 18

Four-Handed Game

1: Clarence Lietzow. 2: Diana Riegler. 3: Helen Foscett. 4: Russ Riegler.

Five-Handed Game

1: Shirley Coe. 2: Vi Horton. 3: Virgil Taylor. 4: Marie Marquis. 5: Maria France.

May 25

Four-Handed Game

1: Clarence Lietzow. 2: Russ Riegler. 3: Rich Miles. 4: Helen Foscett.

Six-Handed Game

1: Lee Morgan. 2: Joan Sigafoos. Tie at 3: Vi Horton and Diana Riegler. 4: Shirley Coe. 5: Maria France. June 1

Four-Handed Game

Tie at 1: Joan Sigafoos and Russ Riegler. 2: Rich Miles. 3: Clarence Lietzow.

June 8

Four-Handed Game

1: Clarence Lietzow. 2: Zane Barnett. 3: Helen Foscett. 4: Dolores Barnett.

Six-Handed Game

1: Virgil Taylor. Tie at 2: Diana Riegler and Joan Sigafoos. 3: Lee Morgan. 4: Russ Riegler. 5: Rich Miles.

Friday Night Euchre 4 Fun

Irene Pisani & Nancy Kowsky

Beginner, intermediate and advanced players are all welcome, so come and join us on Friday at 6:15 p.m. at the Arbor Conference Center, Suite A. Call Irene at 873-4173 or Nancy at 237-2679 for more information. Come one come all!

May 18

Ginny Brenner had a perfect score of 60 points ... congratulations. 2: Hank Kolb. Tie at 3: Hank Hilovsky and Jerry Pinter. 4: Bill Eberle. 5: Rita Pinter. Tie at 6: Richard Bartel, Gitte Agarwal and Betty Scrivo. Tie at 7: Paul Agarwal and Norma Noelcke. Tie at 8: Mary Bartel and Edith Kolb. Tie at 9: Joe Scrivo and Billy Swing. Tie at 10: Mary Hilovsky, Nancy Kowsky and Jo Swing. 11: Dick Beury. 12: Ed Desmarest.

May 25

Tie at 1: Joe Scrivo and Hank Hilovsky. 2: Hank Kolb. 3: Paul Agarwal. 4: Jerry Pinter. 5: Richard Bartel. 6: Irene Pisani. 7: Mary Bartel. 8: Mary Hilovsky. Tie at 8: Ginny Brenner, Jo Swing, Pat Snable and Edith Kolb. Tie at 9: Betty Scrivo and Billy Swing. 10: Joann Shea. 11: Norma Noelcke.

12: Gitte Agarwal. 13: Nancy Kowsky. 14: Betty Legg played four rounds and had a perfect score of 40.

Our picnic was a smashing hit ... good food, great friends. Thanks to all of you for attending ... you made this possible.

June 1

1: Pat Snable. 2: Bill Eberle. 3: Kitty Wills. 4: Irene Pisani. 5: Hank Kolb. 6: Ginny Brenner. Tie at 7: Jerry Pinter and Mary Hilovsky. 8: Gitte Agarwal. Tie at 9: Edith Kolb, Dick Torzewski and Hank Hilovsky. 10: Connie Manley. 11: Paul Agarwal. 12: Nancy Kowsky.

June 8

1: Billy Swing. 2: Bill Eberle. 3: Paul Agarwal. 4: Jo Swing. 5: Gitte Agarwal. 6: Irene Pisani. 7: Ginny Brenner. Tie at 8: Richard Bartel, Mary Bartel, Pat Sanble and Nancy Kowsky. 9: Dick Torzewski. 10: Kitty Wills. 11: Pauline Short. 12: Bob Short.



Tuesday Night Pinochle
Viola Horton

We had three new players this month: Glen Kuntz and Marvel and Paul Kannapel. Welcome. Many of our players have gone to their summer retreats. We, however, will continue to have pinochle all summer. So come on up all you pinochle players. We start at 6 p.m. Tuesday night in the Art Studio of the Craft Building. No partners needed. All will play.

May 1

Single Deck Winners

1: Audrey Bartolotta. 2: Lois Rider Uzzell. 3: Vernon Uzzell.

Double/Triple Deck Winners

Table 1: Vi Horton. 2: Jo Swing, Jim Keller and Joe Scrivo. 3: Dick Beury and Glen Kuntz. 4: Ray Bock and Virgil Taylor.

May 8

Single Deck Winners

1: Hank Kolb. 2: George Dertinger. 3: Ed Fullmer. Double/Triple Deck Winners

Table 1: James Nottingham and Joe Sciarino. 2: Jo Swing, Billy Swing and John Berish. 3: Norma Yonke and Dick Beury. 4: Virgil Taylor and Ray Bock.

May 15

Single Deck Winners

1: Mike Baldacchini. 2: Vernon Uzzell. 3: Rita Pinter.

Double/Triple Deck Winners

Table 1: Vi Horton. 2: Joe Scrivo. 3: Dick Beury and Glen Kuntz. 4: Phyllis and Dick Powell.

May 22

Single Deck Winners

1: Clarence Lietzow. 2: Bob McDaniel. 3: Ed Fullmer.

Double/Triple Deck Winners

Table 1: Elsie Helwig, James Nottingham and Vi Horton. 2: Jo Swing, Joe Scrivo and Glen Kuntz. 3: Virgil Taylor and Rich Fluet.

May 29

Single Deck Winners

1: Hank Kolb. 2: Kay Wood. 3: Ed Fullmer.

Double/Triple Deck Winners

Table 1: Alberta Sarris and Joe Sciarino. 2: John Berish and Billy Swing. 3: Norma Yonke and Margaret Sciarino. 4: Virgil Taylor and Rich Fluet.



Saturday Night Pinochle
Elsie Helwig

May 19

1: Dot Findlay. 2: Elsie Helwig. 3: Jo Swing.

May 26

1: Greg Skillman. 2: Dot Findlay. 3: Ed Fullmer.

June 2

1: Jerry Pinter. 2: Greg Skillman. 3: Edna Follin.

June 9

1: Ed Fullmer. 2: Vi Horton. 3: Jo Swing.

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**Nature
Around Us
Marion-Alice Burke**

So much to tell you, and so little space! Woe is me! I'll do my best to fill you in on the latest news that has come my way! First of all ... and most important, that handsome, smiling (always) face of the Master Gardner, Bill Miranda, graced the May 24 issue of The Leader! I've known Bill only since I went into training to be another Master Gardner in 1999 and in all my presentations to the public at CFCC, Prestige 55, TimberRidge, On Top of the World, and most importantly, whenever I asked him to assist me in any way regarding my gardening talks, he was always willing, certainly knowledgeable and able to be depended on! His humor was certainly an added plus to anything I had to tell you folks and we certainly had fun working together! Bill recently received the President's Call to Service Award from the President's Council on Service and Civic Participation. What an honor! Bill's wife Anne, has been a volunteer for Prestige 55 at Munroe Regional Medical Center for more than 10 years and admits that his gardening keeps him close to home and makes for a delightful life together! Let's hear it for Bill Miranda!

Early in May I was fortunately able to attend two of the three days available at the University of Florida's Southeast Pest Management Conference in Gainesville at the University of Florida, and do I have news for you! The Good and the Bad of Granular Formulations told us about the advantages, which are low drift, ease of applications and long residual life outdoors. There are few disadvantages because some water is required to release the insecticide, and it is limited to outdoor application. However, where the pests are on the soil surface, cockroaches, ants and chinch bugs (and in the horizon white grubs) there is an added plus ... fire ants and crazy ants are a definite problem that is being studied. The University of Florida is way ahead on studies of these pressing problems that we really need to keep up on and I'll do my best to keep you informed!

How about those mosquitoes? If we had had more rain, they would have been worse by now, so count your blessings! So what can

Watering Restrictions Reminder

The Bay Laurel Community Center Development District (BLCCDD) released information that Southwest Florida Water Management District (SWFWMD) mandated restrictions limiting watering to one day per week from January 16 to July 31, 2007, as a result of rainfall shortage. Based on the fact that BLCCDD has previously imposed restrictions on our water usage, SWFWMD has approved our watering schedule which follows.

It is confusing when you hear the restrictions from the St. John's Water Management District on the Orlando news channels. Keep in mind, our community's water restrictions, however, are mandated by the (SWFWMD) which is mandating once a week watering. Interstate 75 separates the two water management districts, and since we are west of the Interstate, we must comply with SWFWMD.

Please ensure that your lawn irrigation clock is set according to the following schedule that is based on the last digit of your street address. If you require assistance, please visit the Customer Service office.

- Addresses ending in 0 will water on Mondays at 4 a.m.
- Addresses ending in 1 will water on Mondays at 10 p.m.
- Addresses ending in 2 will water on Tuesdays at 10 p.m.
- Addresses ending in 3 will water on Wednesday at 10 p.m.
- Addresses ending in 4 will water on Tuesdays at 1 a.m.
- Addresses ending in 5 will water on Friday at 4 a.m.
- Addresses ending in 6 will water on Wednesdays at 1 a.m.
- Addresses ending in 7 will water on Fridays at 1 a.m.
- Addresses ending in 8 will water on Thursdays at 4 a.m.
- Addresses ending in 9 will water on Thursdays at 1 a.m.

Please note: SWFWMD mandates these restrictions limiting watering to one day per week. Please adjust your clocks immediately to the above schedule. You may contact Customer Service for an appointment to assist you in adjusting your lawn irrigation timer. SWFWMD has the authority to make changes as needed and these restrictions are subject to change at any time

you do to help with their eradication in your backyard? Do you have pretty potted plants on your deck or patio that, with all this heat and no rain, you must water every day like most of us?

Sure you do ... then what happens when you take your dear, sweet doggy out for a walk in the backyard and if they are thirsty, they decide to quickly decide to take a few quick laps in the water that stays in the drip saucer ... then what do we have? Threat of heart-worm disease!

Recently while I was having a buying surge at Wild Birds Unlimited in Gainesville, (I love those folks!) I bought some "wigglers." Moving waters deter mosquitoes from laying eggs in birdbaths, so putting two D cell batteries in this implement, and putting it into your bird bath (following instructions) causes the water to jiggle, which mosquitoes don't like, so they decide to lay their eggs anywhere else but in that birdbath! What a great invention!

I gave one to a friend of mine, and her husband said, "That's really cool!" as he watched the water shiver and shake. Mosquitoes never lay eggs in moving water! How about that?

You may be able to purchase these Wigglers a tad cheaper on the Internet or from a catalog, but with charges for packing and shipping, handling, it's much more fun to go to Wild Birds Unlimited at Millhopper Square in Gainesville and see what Ingrid and Bubba have to offer in all sorts of bird feed, bird baths, hummingbird feeders and many other nature items. Whenever I want to give meaningful gifts to friends who are animal and bird people as I am, I go there first!

As far as mosquitoes are concerned, I have to consider the watering needs of the Bonsai on my patio and the many potted plants that need frequent watering! Using pesticides to eliminate these pests is not possible for me because Amelia and Daisy, (a cocker spaniel and a miniature schnauzer) insist on protecting me from anoles, roaches, snakes, spiders, etc. as I work in the garden. Whenever they see water, they feel they should tank up at that time, just in case they may need it later. Naturally, we must be on our toes to empty any water remaining in flowerpot dishes.

Now, fire ants! Gross, really, right? You know it! Many graphics in regard to eradicating those monstrous and really dangerous insects were presented, and made my head swirl! We already know the danger of leaving tiny babies sleeping under trees in the agricultural fields as migrant worker parents are working on watermelons, corn, peas, etc. and how these little babies, as well as many workers, have been seriously injured by fire ants, and even, in horrible circumstances, killed. The producers of Indoxacarb have shown that ants are killed quickly after treatment of the nest, which is better than broadcasting the ant bait. Integrated Pest Management (IPM) combines biological, cultural, physical and chemical tools, which minimize risks as far as eco-

nomics, health and environmental problems are considered. Fire ant baits and individual mound treatment appear to be the most effective way to go.

Just be careful when treating your own yard to keep pets (including visiting grandchildren) away from the treated area. Millions of dollars in damages and expenditures in agriculture, other businesses, institutions/governments and households in the state of Florida alone amounts to a total of at least \$1,013 million while throughout the USA, the total amount is \$5,753 million, at last count.

The University of Florida continues to study ways to control all the many insects that invade our state from other parts of the world, as Florida has so many ports that receive shipments from all over.

The Argentine ant has been with us since about 2000 and has done irrigation equipment damage, contaminated food products, has done terrible damage to beehives, caused mortality and stress on chickens and actively transmits plant pathogens as they travel.

Quite a few years ago, I remember that fire ants built a large nest in an air conditioning unit in a nearby shopping center, and guess what happened ... the entire unit, affecting all six or seven shops, had an electric

outage when all the fuses blew. What a mess that was.

You may want to mark your calendar for these important dates to enjoy lectures by Kathleen Patterson of Florida Yards and Neighborhood Programs:

• **WHAT YOU NEED TO KNOW ABOUT LAWN AND GARDENS:** Tuesday, July 24, 11 a.m. to 1 p.m.; Tuesday, Aug. 21, 9 to 11 a.m.; and Tuesday, Sept. 18, 9 a.m. to 11 a.m.

• **PERFECT PLANTS FOR MARION COUNTY:** Wednesday, July 25; Wednesday Aug. 22; and Wednesday, Sept. 19; all 9 to 11 a.m.

• **FLORIDA'S BOTANICAL GARDENS:** Thursday, Aug. 30, 10 to 11:30 a.m.

Please note: these lectures will be held in the Cultural Center. This change of location will help accommodate more people, more comfortably.

Also, check with the latest issue of Master the Possibilities for further information.

With summer visitors you may have and looking to visit some place other than the Orlando area, don't forget to take them to that little-known gem here in Ocala, the Silver River Museum and Environmental Education Center. It's located at 1445 N.E. 58th Ave., just south of Silver Springs attraction.

The entrance to the Silver River State Park is on Baseline Road and the exhibits of the Cracker Village are right nearby. Summer hours through July 27 are Tuesday to Friday, 10 a.m. to 4 p.m. and Saturday and Sunday, 9 a.m. to 5 p.m.. After July 27, it will be open Saturday and Sunday, 9 a.m. to 5 p.m., because when school reopens, the Museum and Environmental Center hosts many schools during the week as the staff continues to teach the youngsters about our history and nature. There are two dedicated volunteers living right here in On Top of the World, Joe Veres and Gene Trousil and I must say, I've never met two fellows as enthusiastic about their volunteering as these two are. The director in charge is Scott Mitchell and Linda LaMont is the information guru. They can be contacted for additional information at 236-5401 and their Web page is www.silverrivermuseum.com. Taking a tour of the Cracker museum section is absolutely delightful, as the cabins, outfitted as they were at the turn of the century are open during the June-July period. You'll enjoy seeing the angora bunny "at work" ... really!

There's a whole lot more on my plate to tell you about but space is tight so I'll save news of the Florida Farm Bureau and the work it's doing for all of us, plus more information about how we can help our environment by using good old common sense. The Urban Entomology Society at UF is one of my favorite groups, as they work to bring positive information to the public, after they have studied all these nasty bugs and found ways to help us in making our lives a lot more pleasant.

Keep those birdbaths clean; remember the birds need food in summer also, as they have babies to feed. Be good to your neighbor and I hope to see you around the world. ☺

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**Bingo
Bunny Barba**

Are you surprised to see this column with my picture still showing as the writer? Well the Bingo Committee has requested that I do an occasional article just to keep everyone aware of anything new and exciting at Bingo.

This column concerns a recurring problem. Bingo has very few rules and regulations. After all, the purpose of Bingo at On Top of the World is to have a good time. However, we must remind all players that the sale, service and consumption of any alcoholic beverages are absolutely forbidden under the gaming laws of the State of Florida.

There is no exception to this law. If the doors of the Ballroom have opened for Bingo

no alcohol may be sold, consumed or served. This includes the veranda, the lobby and the front of the building.

You may purchase a drink from the Pub, but do not bring it into the Ballroom. Drink it in the Pub.

Another problem that we are facing concerns cell phones. We ask that all players turn their cell phones off when we have started to play. The ringing of the phone is very distracting to the caller and the other players. You can set your phone to vibrate if you feel completely lost without a cell phone. If you are expecting an emergency call perhaps you should not be attending Bingo.

That's it for the lectures. Once again I remind everyone to be careful of the pedestrians, golf carts and other cars when arriving and leaving the games. Pedestrians should walk on the sidewalk and be very careful in the parking lots. We have plenty of time. Arriving home a few minutes later safe and sound is more important than speed. Just think, you can sit in your car and return all the phone calls you didn't answer at Bingo.

Now for an important notice! On Wednesday, July 4, there will be no Bingo. We are having our traditional big celebration in the ballroom on that day so be sure to get your tickets soon, as we always "sell out."

If you have any money you want to send me, or feel you need to criticize (don't dare) or comment on the column, my e-mail is Thebunster29@aol.com

May the wizards of Bingo bring you good luck always in all ways. ☺

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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.

Entertainment Center: Light oak; room for storage. Includes a like-new 32" Toshiba flat TV and Toshiba DVD player. Downsizing. 291-9441

Folding Pet Crate: Double door with removable divider panel, 30" x 21" x 24". \$40. 861-6493

Furniture: Two matching blue Berkline upholstered chairs, matching ottoman, \$400; white wicker chair, side table, \$50; lighted china cabinet with shelves and drawers, \$250. 873-9294

Futon set: \$195. Brand new, still in boxes. Mission oak armrest, 8-inch mattress, reversible. Will deliver. 291-1731

Garage Sale: Variety of things, Saturday-Sunday, June 30-July 1, 9 a.m. till 3 p.m. 8637-C S.W. 97 Lane Road.

Golf Cart: 1994 Club Car, refurbished 4/07, batteries, Sunbrella all weather closure, wheels and tires, all new, and charger. 873-8600

Golf Cart: Club Car, good shape. 854-7858

Golf Cart: Club Car, good condition, priced to sell. 873-1537

Golf Clubs: Left hand, two gloves, tees, bag, two pair size 9 shoes, all or none. 854-6351

Hot Tub: Loaded. Never used. Waterfall, hydrotherapy Jets, LED lights, cup holders, 110v digital memory control system. Five-year warranty. Free delivery and setup. 854-0980

Misc. Items: Bissell Flip-It wet/dry vacuum, like

new; walker with wheels; cane; toaster-broiler. Best offer. 854-7516

Misc. Items: Dark wood wide-leaf table, with two leaves, \$50; gold and glass coffee table, \$25; mauve recliner chair, \$50. 351-4448

Misc. Items: Fancy cups and saucers, \$15 set; stemware, \$.50 each; marble-top end table, \$20; 4' folder table, wood, \$20. 854-6539

Misc. Items: Miscellaneous furniture and exercise bicycle, call for details. 873-6847 or 875-8744

Oxygen and Acetylene Tanks: Small, with torch and gauges for heavy soldering, comes with carrying device. 873-0303

Pool table: Still in crate! Brand new. Gorgeous, eight-foot regulation table. One-inch Italian slate, colossal ball and claw legs, leather pockets. Can deliver and setup. 873-8753

Refrigerator: 21.5 CF Kitchen Aid, top freezer with icemaker and water filter, best offer. 873-4311

Scanner: Microtek, includes 35mm negative and slide attachment; black/white or color, for use with any Windows or Apple system, \$65. 873-6641

Upright Piano: With storage bench; also equipped as player piano with music rolls included. 873-1189

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Computer Setup and Training: At home service. Senior rates, \$25 per hour! Have fun and learn! Call Kathy at 861-7719

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Free Appraisals on musical instruments, vintage and current — guitars, banjos, mandolins, amps, etc. 40 years experience. On Top of the World resident. 237-8072

Golf Cart Sales And Service: Yamaha, Star dealer. Service all, free pickup. Call 351-CART (2278). Carts and Clubs, 1835 S.W. College Road, Ocala

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 Cleaning Service: Darcy Marshall. Reliable, courteous, references. Great rates. Free estimates. Customer satisfaction is a must. 369-9275 or 875-5755

Home Health Aide/Caregiver to care for the sick or elderly in their home. 361-5870 or 873-1348.

Home and Yard Services: Sundance Co. Lawn mowing, window/gutter cleaning, power washing, shrub trimming, misc. services. Licensed and insured. 347-7825

Housecleaning by Connie: Free estimates and good references. (352) 653-8857

Housekeeping, errands, what are your needs? Call Susan, (352) 438-6410. References available.

Housekeeping: I love satisfied customers. Free estimates. 245-5757 or cell 209-2393

Lose excess body weight safely and healthfully with true food, purified water, movement and physics. One-on-one private consults. 873-2100.

Luvin' 4 Paws: We provide boarding and grooming services for all your pets' needs with lots of experience and love. Special needs pets welcome. Great rates! 10271 W. Hwy 40, 237-7116.

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

Painting: Free estimates. Licensed and insured. Interior/exterior. Quality work, reasonable prices. Porter and Porter Painting. Call anytime: (352) 207-7704 or (352) 209-3446.

Pressure Cleaning Service: Exterior washing of home, driveways, walkways, patios. Call Kris Ross, 245-5757/470-5186. Free estimates.

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

Pressure Washing: "Don's." Free estimates. Make the outside look great. Remove mildew from driveways, porches, patios, roofs, walkways and clean the gutters. 20 years experience. On Top of the World resident. 873-6225

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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

Wanted

Third grade teacher: Ambleside School of Ocala. Three full, two-half days/week. Call 694-1635.

Mardi Gras beads D'Clowns give to kids and seniors. Call Paula, 873-3433

Golf Clubs: Ladies left-handed. 861-1575

Used Moving Boxes: Any type, any size, in good condition. 291-7515

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Coin collector wants to buy old coins, gold and proof sets. On Top of the World resident. Ted at 861-6964

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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Want to learn more?

Dr. Overcash will be presenting free information sessions at Munroe Regional's Auxiliary Conference Center on:

Saturday, July 7th, 10:00 a.m. • Monday, July 16th, 5:30 p.m.

Registration is required. Call Munroe's Health Resource Line at 867-8181, Monday - Friday, 8:30 a.m. - 5:00 p.m., or visit www.MunroeRegional.com to register.

