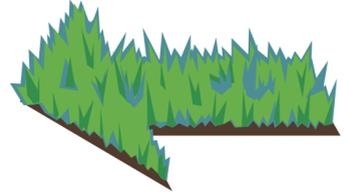


# On Top of the World NEWS

Where the News is Always Good

Lawn fertilizing will start  
in On Top of the World  
Central on March 19.  
Please contact Customer  
Service if you do not want  
your lawn fertilized.



Vol. 20, No. 9 • March 2007

## Community News & Update

By Kenneth Colen, Publisher

**COMMUNITY UPDATE:** The On Top of the World Owners Association Board meeting was held on Feb. 21 with approximately 250 residents in attendance. The purpose of the meeting was to consider adoption of the fiscal year 2007 operating budget and adopt a resolution for roof replacement special assessments.

We are faced with a very uncertain budget environment for FY 2007. Property insurance costs are far from stable despite the effort by the Florida Legislature at insurance reform. Fuel costs are very high and this translates into higher operating costs for the recreation facilities as well as for the vendors that service this community. These higher fuel costs translate into higher operating costs for your Association.

The pace of the meeting was brisk with several questions focusing on the changed budget-reporting format for the inclusion of a line item for the Circle Square Ranch Master Association. It was pointed out that this change in format did not represent entirely new charges, but rather was an allocation of costs formerly contained entirely in Building and Grounds Maintenance line item.

The purpose of the Master Association is to operate and maintain the Master Association's Common Property and Areas of Common Responsibility (such as the Principal Roadways), administer and enforce the Master Association's Governing Documents, and collect and disburse the Master Association Assessments for the benefit of the Neighborhood Associations and their respective members. The Members of the Master Association currently include On Top of the World (Central) Owners Association, Inc., On Top of the World (Central) Condominium Association, Inc., Indigo East Neighborhood Association, Inc., Candler Hills Neighborhood Association, Inc., and Stone Creek Community Association. Each association pays its fair share of costs (On Top of the World residents are not paying for Stone Creek).

Following the meeting, many residents came up to compliment the Board on the appearance of the community and to express their pleasure at living in the community. It is pleasing to see so many residents using and enjoying the new facilities at Circle Square Commons. The concerts have been well attended and we have received a great deal of positive feedback on the selection of acts. We love hearing those positive words of encouragement.

**MASTER THE POSSIBILITIES:** We are beginning the final month of our Winter Master the Possibilities Education season. The first two months indicated, once again, our community's interest in good classes — we think we're providing exceptional quality, variety and value. March presents some very attractive offerings!

- Join Austin Carriage Museum Founder, Gloria Austin at a special lecture, tour, trip
- The Inisheer Irish Dancers will perform at the Cultural Center.
- Visiting scholar Patrick Keane is sure to enlighten and entertain in mid-month — don't miss him!
- Attorney Jerry Colen is on the "Hot Seat" for his monthly series lecture.

And don't forget that the Spring (April, May and June) Master the Possibilities catalog is due out March 29! See you in class! January (and this entire Winter season) has/is proving to be somewhat of a (pleasant) surprise. Winter 06 was our first season and we had 537 enrollments for the quarter. We targeted a 10 percent increase in 2007 to 1,000-1,100. As it turns out, we have 960 enrollments in January 2007 and currently have exceeded 2,600 for the quarter.

Let's look at the comparison. In January 2006 we ran 13 classes and enrolled about 125 students. These classes were run over 11 days programming. This year we offered 36 classes, cancelled two, but added one additional section. (We also raised maximums in six classes.) Twenty-one of our 35 classes had fill rates of 100% (+). We had 16 days of programming

From this it is clear that the demand for quality education here continues to grow, and grow significantly. Our planning will need to include moving programs to larger venues. (In January two classes were hosted in the Cultural Center.)

Lastly, with the extremely high enrollment numbers, we will be revamping the process to register for classes. We will continue to strive to provide excellent service, so look for more details on that in the future.

**JUST FOR FUN:** My thanks go out to all the residents in the New Pretenders for allowing me to participate in their recent performance. They are a great bunch of people who really enjoy working on and performing in their shows.

**FLORIDA DRIVERS:** You may designate two emergency contacts through your driver's license. It can save time in an emergency when all the police have is your driver's license. Go to: [www6.hsmv.state.fl.us/dlcheck/findcustomer](http://www6.hsmv.state.fl.us/dlcheck/findcustomer).



Photo by Gary Uhley and Ray Cech

The New Pretenders Band. See Page 30 for more photos.

## Pretenders Convince Audience They Are the Real Thing

By MARY PAT GIFFIN

Jeannie Nicholls' rendition of "Why Don't You Do Right" (like some other men do) song brought the house down at the Health & Recreation Ballroom during The New Pretenders latest show. She was nothing less than seductive and sultry strutting across the stage in her pink sequins evening gown, belting out the famous jazz number originally done by Peggy Lee.

"She looked fabulous and has the perfect figure for that dress," commented Janet Fragapane, who has been attending The New Pretenders shows for more than six years, adding "This was the best show ever. They have really perfected their act."

You could hear newcomers murmur during the acts on how well the cast of 22 residents sang and played instruments, forgetting they were lip synching music, from the Copacabana to Hollywood. They couldn't believe all that musical talent settled at On Top of the World.

Watching Janet Becker's furor on keyboard during Bob Conklin's interpretation of Dapper Dan had me spellbound. I am convinced she was banging those keys.

"Everybody looks forward to seeing Ken Colen perform," said Fragapane and the audience wasn't disappointed this year as he performed three numbers. He blew one mean horn in his rendition of "Hello Dolly" taking the audience to Preservation Hall in New Orleans. He also demonstrated some fancy footwork in "If You Knew Susie." But the crowd really roared when Greg Wise, who was also master of ceremony, took the stage belting out, "You Can Take This Job and Shove it." That's when Ken pulled the plug.

Noteworthy is Dave Guildford's performance in seven different

numbers. He swooned the women in a black silk suit, lip synching or was he singing (it was hard to tell) "Another Somebody Done Somebody Wrong." His smooth, natural rhythm and hand gestures complimented the lyrics, creating the perfect effect to each number.

When Diana and Ed Morgan performed a duet of "Baby You've Got What It Takes," it was obvious they have what it takes to make The New Pretenders a success. The chemistry between them sparked the stage.

"You'll defy the band isn't playing and we aren't singing," said Ed Morgan and that's true because the cast is committed to their role in the show. They rehearsed three days a week for three months. But their work doesn't stop there; the cast practices at home, too. Each and every performer deserves a round of applause.

The cast includes: Janet and Walt Becker; Bob Conklin, Edie Dieckman, Stan Goldstein, Paula and Dave Guildford; Jeannie and Lou Maire; Diana and Ed Morgan; Jeannie Nicholls, Shirley Schopf, Pat and Herb Schroeder; Bill Shampine, Carol and Ken Shisler; Mary Ethel Swing, Moe Weiner, and Larry Wilver. They are all remarkably talented.

The New Pretenders take their musical journey across America on the road, performing 16 shows a year, at places like the Villages, Oak Run, Spruce Creek and First Baptist Church. Only two shows are performed at On Top of the World. In March they are doing a benefit for Hospice at Queen of Peace church.

They perform greats from the past, comedy acts and tunes from the fabulous '50s. Proceeds from all their performances benefit Florida Center for the Blind and Hospice of Marion County.

## Irish Invasion From Concerts to Corned Beef Dinner, Celebrations Abound

By BOB WOODS

The Irish are invading ... the Irish are invading ... On Top of the World is about to be and has been invaded by the Irish with food, lectures, song and dance.

First we had the February concert at Shalom Park where Irish entertainment flourished as On Top of the World's own Bob O'Neal took center stage as the Irish humorist while being the concert's emcee. The concert also consisted of two outstanding performances by singers Larry Gerber and soloist Kate O'Neal, the daughter of the lanky, tall Irish jokester grabbing the microphone between performers.

Bagpipe music was performed by David Rogers who is a member of the Marion County Sheriff's Pipe and Drum Group. True Irish dancing was exhibited by the Spirit of Ocala Irish Dancers. On Top of the World's Walter Koenig played the piano music for the entertainers.

It was a fun but a little chilly afternoon under sunny skies enjoying the Irish concert at the park. Those attending showed their appreciation to the entertainers and those of you not present missed a great afternoon of Irish entertainment. The chilly temperatures were moderated by the warmth of the sun and those Irish performers on the stage.

Coming up this month is more of the Irish invasion. Not only is the On Top of the World Irish-American Club holding its annual sellout dinner of corned beef and cabbage along with an evening of Irish entertainment, but on March 8 at the Circle Square Cultural Center there will be a demonstration of Irish step dancing, in which some spectators may partake in the traditional high energy dance. The dancers are members of the Inisheer Irish Dance Company from Gainesville.

Want to learn a little history of Ireland and some of its turbulent past? There are two lectures scheduled at the Education Center. Please check the latest edition of the Master the Possibilities for times and dates or call 854-3699.

Had enough of the Irish invasion? There are members of the Irish-



Photo by Larry Resnick

The Spirit of Ocala Irish Dancers leap high at Shalom Park.

American Club venturing to Ireland on a trip scheduled for late September. The trip is open to all those who would like to attend. Contact Bob Woods at 854-0702.

This year there has been and will have lots of activities centering on Irish heritage. Hope those reading this article had the chance to partake or attend at least one of the activities.

From one with an Irish background to another ... Happy St. Patrick's Day. Truly March 17 is a day to celebrate.



## On Top of the World NEWS

Where the News is Always Good

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

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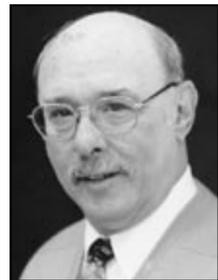
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**Is It Legal?**  
Gerald Colen

**Q.** About two years ago, I decided to put the deed to my home in both my and my companion's name so that the survivor of us would own the property without going through probate. Recently, I attended a seminar where the speaker said that was a bad idea because since I paid for my home by myself, if I die first, my companion will not receive the step-up in basis but instead will have to pay capital gains tax if the property is sold. Is it true that my companion will lose the step-up in basis if I die first?

**A.** Not according to Mr. John B. Payne, who is an estate planning attorney with offices in both Michigan and Pennsylvania. In a well-researched article that he wrote that "Few legal myths are as persistent as the idea that the gratuitous transfer of a joint or remainder interest in property will cause loss of the step-up on the death of the transferor." Attorney Payne went on to quote portions of Section 2040 of the Internal Revenue Code, including this: "...where such property or any part thereof, or part of the consideration with which such property was acquired, is shown to have been at any time acquired by such other person from the decedent for less than an adequate and full consideration in money or money's worth, there shall be excepted only such part of the value of such property as is proportionate to the consideration furnished by such other person...."

Yeah, it took me some serious reading and re-reading to understand that but what do you expect from the Internal Revenue Code. Thankfully, John Payne in his article gave us a simple explanation, which is: "...There is a widespread myth that putting property in joint tenancy or transferring property subject to a life estate confers a present interest and impairs the basis step-up on death. This is incorrect. The gift of a joint interest or putting an intended beneficiary's name on property, (or) retaining a life estate does not take the property out of the donor's gross estate. Since property that is included in the gross estate for Estate Tax purposes receives a step-up in basis, it is considered acquired by reason of death and capital gains is calculated with regard to market basis as of death of donor, not carry-over basis." So there you have it from an attorney who I consider to be top-notch. By the way, if anyone from the Michigan or Pennsylvania areas need a good attorney, you might contact John. I think he pretty much covers all or most all of those two states. His email is [jpayne@law-business.com](mailto:jpayne@law-business.com). Or give me a call and I'll give you a phone number where you can reach him.

**Q.** Any other tips on scams?

**A.** Plenty and from time to time I'll mention some. One thing you really ought to do, though, is NOT open unsolicited emails and especially, do not reply to any if you do open them. This includes emails from banks, stock brokerage firms and/or governmental agencies in which you are asked to fill out some information or provide some personal information about yourself. And don't forget to get an answering machine with a caller ID and if you don't know who is calling, don't answer

the phone and let the caller leave a voice message.

**Q.** My boyfriend and I are both in our seventies. He has 3 children but I don't have any. However, I do have several nieces and nephews who I love and who call me and come to see me as often as they can. My friend has decided that we should move in together and he feels that I should put my home in both of our names as a show of good faith and to show him that I really care about him. Do you think this is a good idea for me to do? What should I tell him?

**A.** Not a good idea for you. Not a good idea at all. What should you tell him? How about this? You could tell him that if he wants to show you that he really cares about you, he won't ask you to put your home in both names. OR — now, here's a cool idea for you — you could tell him to buzz off.

**Q.** You have written several times that it is not always necessary to have a trust to avoid probate. My daughter and son-in-law disagree with you and they want me to have a trust. What should I tell them?

**A.** Tell them to pay for 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 On Top of the World sales office. He responds to e-mail through his Web site: [www.gcolen.com](http://www.gcolen.com).*

### Golden Oldies Humor

by Stan Goldstein



'I stopped lying about my age and started bragging about it.'

## Job Hotline

Finding your place in the world just got easier!

For On Top of the World Communities employment opportunities, please call the human resources job hotline at 291-4537, ext. 137. You can also visit us on the web at: [www.ontopoftheworld.com](http://www.ontopoftheworld.com). Click on the Information link, then Employment Opportunities. Applications can be submitted electronically, by fax, or in person by visiting the Human Resources Department at 9860 S.W. 84th Court, Suite E.

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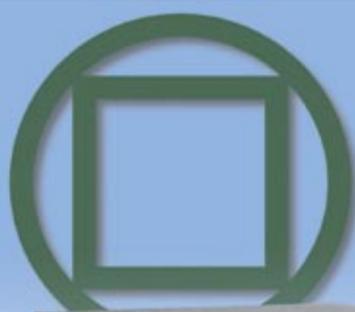
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# Circle Square Cultural Center



## Entertainment Lineup

### March Tickets On Sale Now!



**Bob Eubanks**  
**The Not So Newlywed Game**  
Saturday, March 10, 2007

Pre-show Entertainment Begins: 5:30pm  
Doors Open: 6pm — Show Begins: 7pm

The live Not So Newlywed Game is an exact replica of the television game using married couples who feel like newlyweds. Audience participation & great prize giveaways for contestants.

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



**Inisheer Irish Dance**

Monday, March 12, 2007  
Doors Open: 6pm — Show Begins: 7pm

The Inisheer Irish Dance Company will bring to life both traditional and modern Irish step dancing. This is a beautiful and high energy dance form that will entertain and fascinate you. There will even be an audience participation number.

FREE Educational Event.  
Open Seating. No Tickets Required.



**Revolution**  
(Beatles Tribute Band)

Saturday, March 24, 2007  
Pre-show Entertainment Begins: 5:30pm  
Doors Open: 6pm — Show Begins: 7pm

"The band that goes beyond Beatlemania, is the leading worldwide touring show that captures the Beatles with authentic instruments, costumes, visual impact, sound and excitement that can only be described as incredible!"

Gold \$12  
Silver \$10  
Bronze \$8



**Two on the Aisle**

Saturday, March 31, 2007  
Doors Open: 6pm — Show Begins: 7pm  
Sunday, April 1, 2007  
Doors Open: 1pm - Show Begins: 2pm

Ocala Civic Theatre goes "on the road" to the Circle Square Cultural Center with "Two on the Aisle" an original musical review featuring songs from your favorite Broadway shows plus a few surprises.

Resident: \$16

### April & May Tickets On Sale March 21st!



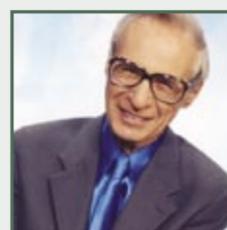
**Janie Fricke**  
Saturday, April 7, 2007



**BJ Thomas**  
Friday, April 27, 2007



Presenting the Music of...  
**The Drifters & The Platters**  
Saturday, May 5, 2007



**Amazing Kreskin**  
Saturday, May 19, 2007

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**Reduced ticket prices and advanced sales for Residents of**  
**On Top of the World Communities**  
(Resident ID required at time of purchase.)

Ticket prices vary by concert and are sold on a first come, first serve basis.  
Schedule subject to change without notice. Ticket prices include sales tax. Refreshments available for purchase at events.



## On Top of the World Central

Lynette Vermillion

March brings another reason to celebrate — Happy St. Patrick's Day!

### Watering Restrictions

Considering the newest watering restrictions that were put in place by the Southwest Florida Water Management District (one day per week watering) residents need to monitor their grass to help keep it healthy and insect free. St. Augustine grass will turn a grayish blue/green color and the leaves will fold up along the mid vein of the leaf when it is drought stressed. Due to the drought stress, the grass will not "bounce" back as easily when stepped on. An easy way to determine if your grass needs supplemental watering is to step on the grass as if you were walking normally; observe the grass and how it reacts. If the grass bounces right back the moisture levels in the soil are still good and the grass does not need water. If the grass lies down and does not respond to the foot traffic it is time to water. Look along the edges of the road and sidewalks for the first areas to show signs of stress. The heat generated from the roads and sidewalks will tend to dry out the soils in these areas the fastest.

Supplemental watering of your grass should not be done by your irrigation system. The irrigation system should only be used on the regularly scheduled watering day and time. If you need to supplement watering, it is best to hand water with a hose for no more than 10 minutes. Please do not supplement by leaving a sprinkler or hose running unattended, and be aware that the entire yard may not need supplemental irrigation.

Helping monitor your grass is very important for a couple of reasons: If you have St. Augustine grass, it will start stressing and die in about two weeks with insufficient water. St. Augustine also becomes very susceptible to chinch bug attacks when it is stressed because chinch bugs are an opportunistic insect; they will attack stressed, unhealthy St. Augustine grasses. If you have not done so, please adjust your irrigation clocks immediately to the once per week schedule. You may visit Customer Service at Friendship Commons, go on line to [www.ontopoftheworldinfo.com](http://www.ontopoftheworldinfo.com), e-mail [otowservice@otowfl.com](mailto:otowservice@otowfl.com) or call 236-OTOW (6869) for a copy of the schedule.

We have turned irrigation off in some areas and are carefully monitoring the grass to irrigate only when needed.

### Trees

Here are five very good reasons to save trees and there are probably many more. 1) Trees clean the air. Tree foliage works a natural air filter of particulate matter such as dust and pollutants such as sulfur dioxides. Trees take in carbon dioxide and produce oxygen. Trees have a significant impact in reducing overall air pollution. 2) Trees improve water quality. Tree canopies and root systems slow and reduce storm water runoff, flooding and erosion. Trees help filter water runoff reducing potential sources of water pollution into our rivers and storm drains. 3) Trees save energy. Trees cool the air naturally in two ways: through water evaporating from the leaves and direct shade. Homes shaded by trees needs less energy for cooling which means lower utility bills in summer. 4) Trees raise real estate value. Shaded neighborhoods and well-landscaped yards have a positive economic influence on real estate values and timeliness of house sales. 5) Trees protect homes from wind damage. According to studies by the Institute of Food and Agricultural Sciences at the University of Florida, tree canopies diffuse wind force thereby protecting buildings from significant wind and wind-driven rain damage.

### Gate Access Control

We recently sent out a "Request for Proposal" to gate access control companies with the resources and experience to provide gate services for On Top of the World Communities. After reviewing the four proposals received, we have decided to change gate access control companies. The transition will occur over the next 30 days. Residents should expect to be stopped and checked prior to entering the community if they do not have an operable decal. Those who have guests coming after 6 p.m. must advise the gate that the guest will be arriving or the guest may be turned away. We will be updating our procedures with the new gate company so gate policy may change. There tends to be a fine line between good service and access control. Some residents will be thrilled with what they perceive to be better service and tighter controls while others will dislike them immensely. We appreciate your cooperation and support as we work through the transition. Watch for more information on gate policy at [www.ontopoftheworldinfo.com](http://www.ontopoftheworldinfo.com) and in upcoming columns.

### RC Flyers

The RC Flyers, a radio control model aircraft club, is offering an introduction for model aircraft flight training for those residents who may be interested in this hobby/sport. It is important that "flyers" hold an AMA Card for insurance purposes; however, any non-member may fly as long as they fly as a guest of a member. Field rules have to be discussed with all new flyers, members and guests prior to flying. Those not understanding the rules can wreck another plane and/or cause injury to others without having had proper instruction.

Their program avoids the initial expense of buying an aircraft, engine and radio system plus the required membership in the national Academy of Model Aeronautics (AMA) organization. Those that have a continuing interest will find all the help they need to get started including advice on what to buy, and a completely free training program provided by the RC Flyers.

The introduction program is expected to start in March. Visit the flying field (follow the dirt road beyond the end of 94th Street to the right). A bulletin board under the shelter has a sheet with names and phone numbers of instructors who may be contacted.

### Street Lights

Many thanks to our residents who help monitor street light outages. You may call the power company directly to report the light being out—just provide the closest address and a pole number.

### Household Garbage

Many residents called to comment on the photo of the garbage sitting outside of the dumpster. They were surprised this is an ongoing occurrence. One resident thought that the Dumpster must have been pulled for replacement; however, that was not the case. Just a reminder: if the Dumpster is full, broken, or otherwise unavailable, please take the garbage to another compactor location.

### Safety

Golf carts traveling along Southwest 90th Terrace should stay on the golf cart path provided and not travel in the road.

### Anonymous Letters

We receive anonymous letters periodically regarding matters involving neighbor disputes, alleged violation of rules, and alleged improper use of facilities. If residents are not willing to provide their name, we have no way of gaining further information or responding to the letter. Generally, such letters find their way to a "dead file" and no action is taken.

### Re-roof Schedule

A number of residents have asked about re-roofing schedules. Schedules are based upon several factors: return of all authorization forms for the building, street location of working proximity, and roofs which are showing the most wear will take priority. The roofing company schedule for 2007-2008 roof replacements will begin March 2007 and continue throughout the year until February 2008. We will post the schedule on [www.ontopoftheworldinfo.com](http://www.ontopoftheworldinfo.com) and update as additional units are authorized for re-roofing to begin. ☺



## From Debbie's Desk

Debbie Clark

My Irish Eyes are smiling. It is the month of March and there is a lot to talk about. As stated in my February column there was not a lot going on for February, so let us get right into March; shall we? I am going to do something a little different with listing the Happy Hours. I am going to give you the date, the name of the performer and whether that night is a themed Happy Hour. This way for those of you who do not see the posters, which we distribute around the community, you can see who is playing via my article. Here we go.

- March 2: Pop Fly
- March 9: Roger
- March 16: Ray and Kay, St. Patrick's Happy Hour
- March 23: Barry and Nancy
- March 30: The Bontempo's

Also for the month of March Theresa will be bringing you to the Seminole Hard Rock Hotel and Casino on Thursday, March 8, and Tues-

day, March 27. Both trips are \$20 per person, which includes your roundtrip transportation, \$20 in free play and a \$5 lunch voucher. If you are interested in attending either one of these trips, please come to the Health and Recreation Office Monday through Friday, 8 a.m. to 4 p.m. daily.

Also in the month of March on Saturday, the 17th, we will be hosting our annual Hands Across the Highway event with one difference. This will be held in the Circle Square Commons Cultural Center. This is an annual event where we ask our friends and fellow artists to come over to our fine community and exhibit their artwork along with our own wonderful artists that we have here at On Top of the World Communities. So if you are looking for something to do for a couple of hours on Saturday, March 17, come on over to the Cultural Center from 10 a.m. to 2 p.m. and take a stroll around this wonderful art exhibit.

Now for an overview into the month of April: first up, on April 13 will be the Spring Rags to Riches sale at the Arbor Conference Center, which is an event that you all patiently wait to sign up for. You may begin reserving your tables on Monday, March 5, at the H&R office, Monday through Friday from 8 a.m. to 4 p.m. The cost per table is still \$5. Another event, which is taking place on Friday, April 20, is the Volunteer 200 Fair. For those of you who are new to our area or those that are not aware, we host this event along with the Retired Senior Volunteer Program (RSVP) where we ask local agencies to come in and set up a booth and you may walk around and ask various questions of these agencies and possibly volunteer to donate some time to an agency that you are interested in. This event will be held at the Arbor Conference Center on Friday, April 20, from 10 a.m. to 2 p.m.

Well, I believe that is all for now; be safe, have fun, and I will speak to all of you again in the month of April. ☺

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# Congratulations

Anniversaries • Birthdays • New Residents



**Roy & Lolly Foos**  
Anniversary  
Roy Birthday



**Judy & Chris Jet**  
New Residents



**Bela & Rita Mandl**  
Anniversary



**Marie Mastroianni & Roger Whittle** • New Residents



**George Quaranta**  
Birthday



**Tiny & Joseph Wilssens**  
60th Anniversary



**Hospitality Division**  
Susan Keogh

Candler Hills Restaurant hosted a special Valentine's Day Dinner, complete with live entertainment and special gifts for the ladies. Corned beef and cabbage, lamb stew and shepherd's pie highlight the offerings on St. Patrick's Day, along with live entertainment. Chef Wes and dining room manager, Sharon, and the entire staff, continue to shine with their menu creativity, festive decorations, and impeccable service.

Wednesday Night Steak Out continues to be very popular. Steaks are cooked outside on the grill. Petite filet, rib eye, NY strip, pork ribs, mahi mahi or salmon are served 5 to 8 p.m.

Preparations are underway for Easter, Mother's Day and Father's Day. Also in the works are Monday Senior Night, Karaoke Night, and

entertainment one night a month. Details will be posted on Channels 17 and 19, and posters and fliers will be posted in various locations.

Friendship Catering is gearing up for the many functions booked in the next few months. New and exciting menus will soon be available. An Easter brunch will be featured in the Arbor Club, and a Mother's Day brunch will be held in the Health & Recreation Ballroom. Details will be outlined on Channels 17 and 19, and posters and fliers will be posted in various locations. You may call the Hospitality Office at 861-9188 for information. Reservations will be required.

Sid's Coffee Shop now offers gourmet biscotti in two flavors — traditional almond anisette, and dark chocolate with almonds and pistachios. Chocolate covered coffee beans, and by popular demand, chai tea, are now available. Gourmet bagels can be ordered with salmon and cream cheese or as a bagel pepperoni pizza. Either one makes a great light lunch. For cheese lovers, Sid's has a gourmet cheese butterfly danish, or a cheese streusel Muffin, and many other favorites. A variety of specialty teas, coffees, lattes and hot chocolate are available. Each month there will be a featured beverage or two. The features for March are Irish mint latte and lime tea splash. Sid's hours are 7 a.m. to 5 p.m. daily.

The Pub is now open Monday through Friday from 7 a.m. to 6 p.m., and Saturday from 7 a.m. to 3 p.m. The Pub is closed on Sunday. Full breakfast is served from 7 to 11 a.m. It hosts happy hour from 3 to 5 p.m. Monday through Thursday. Recently, I took three people to lunch at the Pub. The items ordered were fish and chips, stuffed grouper, pastrami sandwich, and chili nachos. Everyone raved about the food, and thanked Chef Hugo for a job well done. ☺



**Lions Club**  
Dianne Lovely

The On Top of the World Lions Club will be installing three new members into the club within the next month. We have seven districts in the state. We are District 35 L and are the largest and are known as the leadership

district. We are also in the top five as far as donations to our community and entities that we support.

We have given close to \$3,000 to the Paws for Patriots Program. This program with the Southeastern Guide Dogs is for the men and women who have been blinded in service. We would like to welcome Gwain Davis, the new executive director for the Florida Center For The Blind.

Cathy Rangers from Dr. Crowley's office at Central Florida Eye Institute gave a very informative talk on macular degeneration.

Our Health and Wellness Expo was a tremendous success in January. Our club screened more than 80 people for sight and hearing and we received orders for our 911 emergency light switches. Call Jim Miles at 873-1954 to get one of the light switches.

Thank you to Son Light Self Storage on Southwest 57th Avenue in Ocala for their generous donation. They generously donated a storage unit to the Lions Club.

As always we would like to see you join the Lions Club. Call Membership Chairman Estelle Clark at 861-7358. ☺

## Community Patrol

Joe Berger

I would like to alert all residents about a problem that has taken place. A young man selling magazines was welcomed into a woman's house. She left him alone for a few minutes in the kitchen and when he left she realized her medication was missing. You cannot accuse this young man, nor am I saying he took her medication, but before we let anyone into our house we should make sure we know who that person or persons are. Fortunately, this did not happen at On Top of the World.



Find World News Information at  
[www.OnTopoftheWorldInfo.com/worldnews](http://www.OnTopoftheWorldInfo.com/worldnews)

It is the policy of On Top of the World not to allow solicitations of any kind. Remember, there is always someone trying to rip off seniors, so always be careful.

I would like to mention at this time that the sheriff's department had a training session for members of the COPS program (Citizens On Patrol), whereby anyone may call them at 402-6060 and a team from their office will come out and make recommendations on what residents can do to help make their home more secure.

As is our custom, we would like to mention a little about one of our members, Bill Neff. Bill was born in Columbus, Ohio, and married a wonderful lady named Joann. Bill and Joann have been married for 52 years. He has been a resident of On Top of the World for 14 years. He also is a volunteer at West Marion Medical Center. Bill and Joann have two children. Their son lives in Portland, Ore., and their daughter in Sullivan, Ind. He has two grandchildren. Bill was a vice president in charge of meat and seafood procurement and merchandising for Hanneford Bros., which was located in Portland, Maine. Bill keeps busy playing cards, volunteering and helping neighbors. ☺

## Musical Showcase Benefits Hospice

The Decorating Committee presents a musical showcase for Hospice at 7 p.m. on Saturday, March 10, in the Health & Recreation Ballroom.

Tickets are on sale Mondays, Wednesdays and Fridays from 8:30 to 10 a.m. They are \$7 for reserved, \$5 general seating.

Come and support your friends and neighbors. ☺

### FIRST CONGREGATIONAL UCC

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Ocala, Florida 34476  
(352) 237-3035



**Sunday Worship**  
10:30 a.m.

**Rev. Rainelle Kimmel**  
Lenten Services  
"From Tears to Joy"  
Noon on Wednesdays  
until March 28

Soup lunch following service  
All welcome

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10:30 a.m.

**Rev. Rainelle Kimmel**  
Lenten Services  
"From Tears to Joy"  
Noon on Wednesdays  
until March 28

Soup lunch following service  
All welcome

# Candler Hills • Indigo East • Candler Hills • Indigo East



**Candler Hills**  
Mary Pat Giffin

Mark your calendar now for the Candler Hills Arts and Crafts Showcase on April 28 at the Candler Hills Community Center. All Candler residents or soon-to-be Candler residents are invited to exhibit their work or demonstrate their talent. This includes artists, craftsmen, quilters, musicians and more. To date, around 15 people have signed up, tentatively including clog dancers.

"This is a Candler only exhibit," said Pat MacMurray, "but of course, everybody is invited to see our wonderful talent." For more information please contact Pat at 861-8106 or e-mail her at donmac@otowhomes.com.

Take a trip down memory lane at the Back to 50s dance planned for March 10 at 6:30

p.m. It will be held at Arbor Conference Center in Suites E, F and G. Bring an appetizer and wear your dancing shoes. There will be a local DJ. Dress is optional. Candler residents and guests are invited. Cost is \$5 each. There will be a cash bar. For more information contact Jean Jarmel at 237-9845.

Candler Hills Women's Club is planning a trip to the Appleton Museum on March 14 at 12:45 p.m. A docent will take the women on a private tour of the museum. You can meet them at the museum or car pool. For more information call Lynda Feld at 237-6568.

Do you like to play poker, gin, canasta or mah jongg? Whatever your pleasure, Mary Giannukos has reserved the Candler Community Center for residents to enjoy their game. As of now, mah jongg is being played on Mondays and Wednesdays from noon to 4 p.m. On Monday nights and Thursday nights, people gather from 6:30 to 10 p.m.

"You can play whatever you want," said Mary. "Bring your own snacks or refreshments." Remember alcoholic beverages are not permitted. For more information give Mary a call at 873-7294.

Revive yourself with Adela's Light Yoga at the Candler Community Center. Classes are held the first and third Wednesday of the month at 3 p.m. Bring a mat.

The monthly excursion club will hold its first meeting Tuesday, March 6, at Candler Community Center. For more information contact Dianne Podkomorski at 875-9923.

In closing, if you have news to share with Candler residents or have comments and suggestions for this column, please e-mail me at marypatgiffin@yahoo.com or give me a call at 845-8456. ☺



**Candler Hills & Indigo East**  
Lynette Vermillion

March brings another reason to celebrate —Happy St. Patrick's Day!

## Watering Restrictions

Considering the newest water restrictions that were put in place by the Southwest Florida Water Management District (one day per week watering) residents need to monitor their grass to help keep it healthy and insect free.

St. Augustine grass will turn a grayish blue/green color and the leaves will fold up along the mid vein of the leaf when it is drought stressed. Due to the drought stress, the grass will not "bounce" back as readily when stepped on. An easy way to determine if your grass needs supplemental watering is to step on the grass as if you were walking normally; observe the grass and how it reacts. If the grass bounces right back the moisture levels of the soil are still good and the grass does not need water. If the grass lies down and does not respond to the foot traffic it is time to water. Look along the edges of the road and sidewalks for the first areas to show signs of stress. The heat generated from the roads and sidewalks will tend to dry out the soils in these areas the fastest.

Supplemental watering of your grass should not be done by your irrigation system. The irrigation system should only be used on the regularly scheduled watering day and time. If you need to supplement watering, it is best to hand water with a hose for no more than 10 minutes. Please do not supplement by leaving a sprinkler or hose running unattended, and be aware that the entire yard may not be in need of supplemental irrigation.

Helping monitor your grass is very important for a couple of reasons: If you have St. Augustine grass, it will start stressing and die in about two weeks with insufficient water. St. Augustine also becomes very susceptible to chinch bug attacks when it is stressed because chinch bugs are an opportunistic insect; they will attack stressed, unhealthy St. Augustine grasses as opposed to healthy St. Augustine grass.

If you have not done so, please adjust your irrigation clocks immediately to the once per week schedule. You may visit Customer Service at Friendship Commons, go on line to [www.ontopoftheworldinfo.com](http://www.ontopoftheworldinfo.com), e-mail [otowservice@otowfl.com](mailto:otowservice@otowfl.com) or call 236-OTOW (6869) for a copy of the schedule.

## Trees

Here are five very good reasons to save trees and there are probably many more.

1) Trees clean the air. Tree foliage works a natural air filter of particulate matter such as dust and pollutants such as sulfur dioxides. Trees take in carbon dioxide and produce oxygen. Trees have a significant impact in reducing overall air pollution.

2) Trees improve water quality. Tree canopies and root systems slow and reduce storm water runoff, flooding and erosion. Trees help filter water runoff reducing potential sources of water pollution into our rivers and storm drains.

3) Trees save energy. Trees cool the air naturally in two ways: through water evaporat-

ing from the leaves and direct shade. Homes shaded by trees needs less energy for cooling, which means lower utility bills in summer.

4) Trees raise real estate value. Shaded neighborhoods and well-landscaped yards have a positive economic influence on real estate values and timeliness of house sales.

5) Trees protect homes from wind damage. According to studies by the Institute of Food and Agricultural Sciences at the University of Florida (IFAS) tree canopies diffuse wind force thereby protecting buildings from significant wind and wind driven rain damage.

## Gate Access Control

We recently sent out a "Request for Proposal" to gate access control companies with the resources and experience to provide gate services for On Top of the World Communities. After reviewing the four proposals received, we have decided to change gate access control companies. The transition will occur over the next 30 days. Residents should expect to be stopped and checked prior to entering the community if they do not have an operable decal. Those who have guests coming after 6 p.m. must advise the gate that the guest will be arriving or the guest may be turned away. We will be updating our procedures with the new gate company so gate policy may change. There tends to be a fine line between good service and access control. Some residents will be thrilled with what they perceive to be better service and tighter controls while others will dislike them immensely. We appreciate your cooperation and support as we work through the transition. Watch for more information on gate policy at [www.ontopoftheworldinfo.com](http://www.ontopoftheworldinfo.com) and in upcoming columns.

## RC Flyers

The RC Flyers, a radio control model aircraft club, is offering an introduction for model aircraft flight training for those residents who may be interested in this hobby/sport. It is important that "flyers" hold an AMA Card for insurance purposes; however, any non-member may fly as long as they fly as a guest of a member. Field rules have to be discussed with all new flyers, members and guests prior to flying. Those not understanding the rules can wreck another plane and/or cause injury to others without having had proper instruction.

Their program avoids the initial expense of buying an aircraft, engine and radio system plus the required membership in the national Academy of Model Aeronautics (AMA) organization. Those that have a continuing interest will find all the help they need to get started including advice on what to buy, and a completely free training program provided by the RC Flyers.

The introduction program is expected to start in March. Visit the flying field (follow the dirt road beyond the end of 94th Street to the right). A bulletin board under the shelter has a sheet with names and phone numbers of instructors who may be contacted.

## Street Lights

Many thanks to our residents who help monitor street light outages. You may call the power company directly to report the light being out — just provide the closest address and a pole number.

## Lawn Debris

We have very few residents who take advantage of our lawn debris pickup service on Thursday mornings. We are changing our program in Indigo and Candler to require an e-mail or service call to schedule lawn debris pickup. Please e-mail [otowservice@otowfl.com](mailto:otowservice@otowfl.com) or call 236-OTOW (6869) and please leave your name, address and phone number.

## Safety

Golf carts traveling along Southwest 90th Terrace should stay on the golf cart path provided and not travel in the road.

## CDD Class

Since we did not have anyone attend the February CDD class, we will postpone next quarter's class and schedule the next one in about six months unless I hear from residents requesting a new class. ☺



**Indigo East**  
Allie Gore

Did you see the cars outside the community center on Feb. 11? Kathy Brouillard, Cookie Camposello, Laurie Broberg and Betty Chadwell were hosting our mid-winter social. Neighbors were greeted by Jim Smith who directed us to Joyce Gysen and Jan Smith. Joyce gave us our nametags while Jan placed a heart shaped tag on each back. This tag identified an easily recognizable (though some would argue this point) athlete, TV, fairy tale or movie personality.

You guessed it. We were to mingle, mingle and discover whose name we had on our back. This was a fun way to get to know neighbors better. Gil Broberg sold 50/50 tickets, which allowed us to award four \$10 prizes and one \$7 prize and still have a little left over for our expenses. We enjoyed a variety of foods; hot and cold, macaroni and cheese, salads, sandwiches, snacks and desserts. If anyone went home hungry ... you know the rest of that statement! We filled our community center and left folks wondering what we would do with more neighbors attending. Our count was 81 and we could not fit more tables into the room. It is wonderful to see our community grow and to have so many really nice new neighbors.

The next community social is in May so be looking here for details and also check out The Indigo East Gazette and your e-mail. We do our best to keep everyone aware of what is going on in Indigo East. If you know a neighbor who does not have e-mail let them know what you know about our activities. Lots of neighbors have moved in and we do not have their contact info. If you want to be included in the e-mails about events and activities, the directory and receive the newsletters, please complete the form given to you at closing and get it to Roger Schwartz [schwartz8096@earthlink.net](mailto:schwartz8096@earthlink.net) and he will share it with the Ludviks and me.

The recent devastation from tornadoes south of us left many of us wanting to help. One of our neighbors took \$200 worth of dog

and cat food to a shelter housing animals displaced because of the storm. The Lions Club gave us an opportunity to help by donating canned goods. Thank you all! Help will continue to be needed.

Have you wondered what you would do if a tornado hit our community? It could happen. Response from local emergency services would be directly related to the severity of the storm or other disaster. It is not possible for public response services to help everyone immediately. At best, services would have to be prioritized. Marion County participates in a national program to make local citizens aware of our need to help ourselves and each other.

Citizen Emergency Response Teams are the result of this effort. These teams are made up of folks like you and me who are willing to attend a 10-week training program. Four Indigo East residents have completed the training and six more neighbors are attending the classes now. This team of neighbors will be able to communicate directly with the emergency management center in an emergency. It is training that helps each of us know better how to respond while maintaining personal safety. As our community grows, it behooves each of us to get involved and to be as prepared as possible for potential emergencies. Who will you look to for help? Join our effort to increase awareness and preparedness. Contact Bob Gore 861-4564 or [indigo8062@earthlink.net](mailto:indigo8062@earthlink.net) if you would like more information.

Thanks to John Guyen, the Community Patrol will increase by approximately 18 Indigo East neighbors. This volunteer patrol travels through our community serving as eyes for the sheriff's department. More volunteers mean we may be able to increase frequency of trips through our neighborhood. Volunteers are always needed. Contact John at [johngysen@hotmail.com](mailto:johngysen@hotmail.com) or 402-0845. Thanks, neighbors!

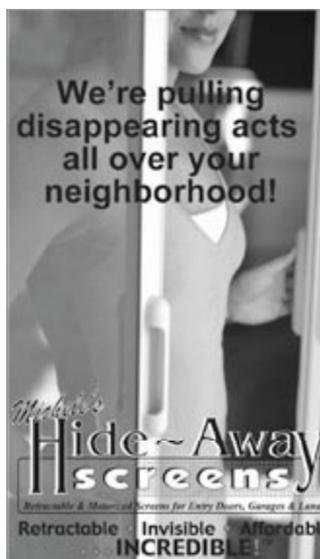
I will let you know about our Hooping for Hospice turnout and funds raised next column. Until next month remember, enjoy life, this is not a dress rehearsal! ☺

## Blood Drive Visits Indigo

By ALLIE GORE

Did you know? "Every three seconds someone in the United States receives blood. Patients only receive a blood transfusion if they need it to survive."

These facts may not mean much to you, unless you or someone you care about happens to be one of the patients who needs blood to survive. Donating blood is a relatively easy and quick process. On March 5, blood donations will be accepted at the big bus in the H&R parking lot and on March 6 the blood drive will be held inside the Indigo East Community Center. There will be refreshments and recognition gifts for all donors. If you are unable to make one date come to the other. Thank you! ☺



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**Genealogical Society**  
Betty Kyle

As the new columnist for the Genealogical Society, I want to emphasize the word "new." I moved into my new home in December of 2006, became a member of the Genealogical Society in January, and attended two classes of "Genealogy for Beginners." Behold, I sit here attempting to write my first column.

At the first meeting I learned more about how to find my roots than I knew from my scatter-shot attempts more than 30 years ago. The best knowledge from those years came from my grandmother, along with invaluable photos and documents.

Now I understand how to stay focused, document my findings and care for photos and documents. Members were welcoming. Offers of help were abundant. I left the meeting excited about the limitless possibilities available to me in the search for my ancestors.

The classes at the education center have been extremely helpful. Dick Belz, our vice president, presented an overview of genealogical research including these imperatives:

- Keep careful records
- Search more than once

· Document everything.  
Ron Chard, president, taught a class on organizing your information. He explained how and why to cite your sources — if you don't they may be lost forever. Record the information as you find it, so you don't have to repeat the process.

We learned how to prepare for research trips, so that time is not wasted. Finally, he told us how to preserve our findings and how not to store valuable photos and documents. In a word, back-up everything.

I love being retired here at On Top of the World. After 40 years of teaching, I worked as a package handler for UPS and as a landscaper at a nearby garden center. Now that my back is about done in I'm ready to really retire, at least for this year.

The by-laws were amended and approved at the February meeting. Ron Chard was elected president by acclamation. Extra assistance will be available after the March meeting.

In the next column I will share with you some of the interesting discoveries this newcomer has made since coming to On Top of the World. If you have story you would like included in the column, send it to me at mackiec13@yahoo.com. I will be most grateful.

The Genealogical Society meets on the second Monday of the month at 10 a.m. in Room 3 of the Crafts Building. Come and join us. You can find your roots, and have fun in the process. ☺



**Citizens Emergency Response Team**  
Caroline Scott

Be prepared ... be prepared ... be prepared.

I can't emphasize this enough.

We are all aware of the tragic tornados that uprooted so many lives last month. If the storm had zigzagged just a little bit, could easily have been us. We all know that our houses are well built and can withstand a lot of nasty weather, but the families in well-built homes in The Villages felt the same way. They may not have had the horrible devastation of families living in mobile homes, but when your roof is torn off and your entire contents are ruined, I am sure the feeling of helplessness is somewhat the same. I always say "there but

for the grace of God go I," and it certainly applies in this instance.

There isn't a whole lot you can do when Mother Nature throws you a curve, but there are some things to lessen the stress.

First of all, and very important, everyone needs a weather radio. We have one that warns us of approaching storms and this gives some time to prepare. Unlike hurricanes that give you plenty of warning, tornados come and go fast with very little warning to get things together.

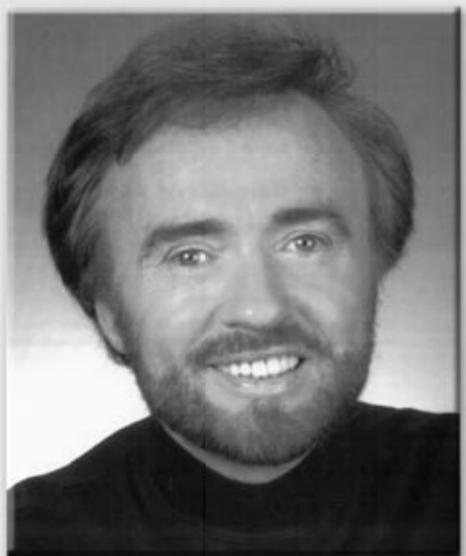
My suggestion to help in the aftermath of any storm is to have all important documents and papers in one spot that is easily accessible for you. If you have an old briefcase, this would work fine, but if you don't, I'm sure that you could find a suitable one at any thrift store. If your property deed(s) are not in a safe deposit box, you should have them in this case along with a copy of your drivers license, copies of insurance, any bank accounts with bank name and numbers, copies of any charge cards, any investments, and any other important papers that you or your family will need. Having the names and numbers of all these accounts will greatly ease your mind when you try to replace them.

Everyone that I have seen on TV after a violent storm laments about the loss of family pictures that cannot be replaced. Furniture, bedding, and pots and pans can be replaced, but pictures can't. So, if there is still room, I would put special ones in my case.

Our CERT team meets the second Tuesday of each month in Suite E and F of the Arbor Conference Center at 9 a.m. Please feel free to join us. ☺



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Foot and Ankle Center of Ocala



**Bloodmobile**  
Don Pixley

We had hoped to increase our donations to 50 participants at the Feb. 5 donation date.

We didn't even come close. While 38 donors registered, we collected only 32 units. Sometimes iron counts are low and/or other temporary health problems cause rejections. This only makes it even more vital for all eligible donors to give an hour of their time to contribute to this, one of the finest volunteer programs available.

We urge all to consider helping to reverse this downward trend and show up at the next drive April 2.

We thank all those who registered at the last drive:

John Ashenfelter, Sherman Axinn, Jane Bauer, Donald Cernecarl, Kay Chandler, Mary Chang, Margitta Claterbos, Loretta Conroy, Harold Corwin, Phillip Fay, Roger Foley, Rosa-

lie Fridell, Henry Hawkins, John Hemmen, Julie Hickok, Lauren Hickok, John Hood, Donna Ireland, Jimmy Johnson, Ruth Kinney, Melvin Klosterman, Joseph Leblanc, Audrey Mangan, a ten gallon plus donor, Lorraine McSweeney, Claudette Moher, Lee Morgan a 14-gallon donor, Jeanne Nicholls, Donald Pixley, Joyce Pixley, Joan Rappa, Robert Reed, Marie Roppel, who is close to being a 20-gallon donor, Patsy Ann Schuck, Anna Jill Smallwood, Florence Soens a 10-gallon plus donor, Clark Thomas, and Carl Zeiler.

Special kudos go to David Knarich who travels downtown on a regular basis to donate to the platelet program.

The next drive will held April 2. Won't you please make a special effort to give an hour of your time for this vital and worthwhile endeavor. You will feel "good about yourself" if you participate.

The Florida Blood Center is the sole provider of blood to Marion County hospitals. ☺

**LifeSouth Bloodmobile Visits March 5 and 6**

Please don't forget there is always a continuing need for your blood donation. Marion county residents are served at Shands Hospital and the VA Hospital. Your donation makes a difference to many people.

LifeSouth Bloodmobile will be in the On Top of the World Health & Recreation parking lot on Monday, March 5, from 8 a.m. to 4 p.m. The Bloodmobile will be at the Indigo East Community Center the next day, Tuesday, March 6.

here will be refreshments and recognition gifts for all donors. If you are unable to make one date come to the other. Thank you! ☺

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**Beth Pantages**  
PT  
Clinical Director

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

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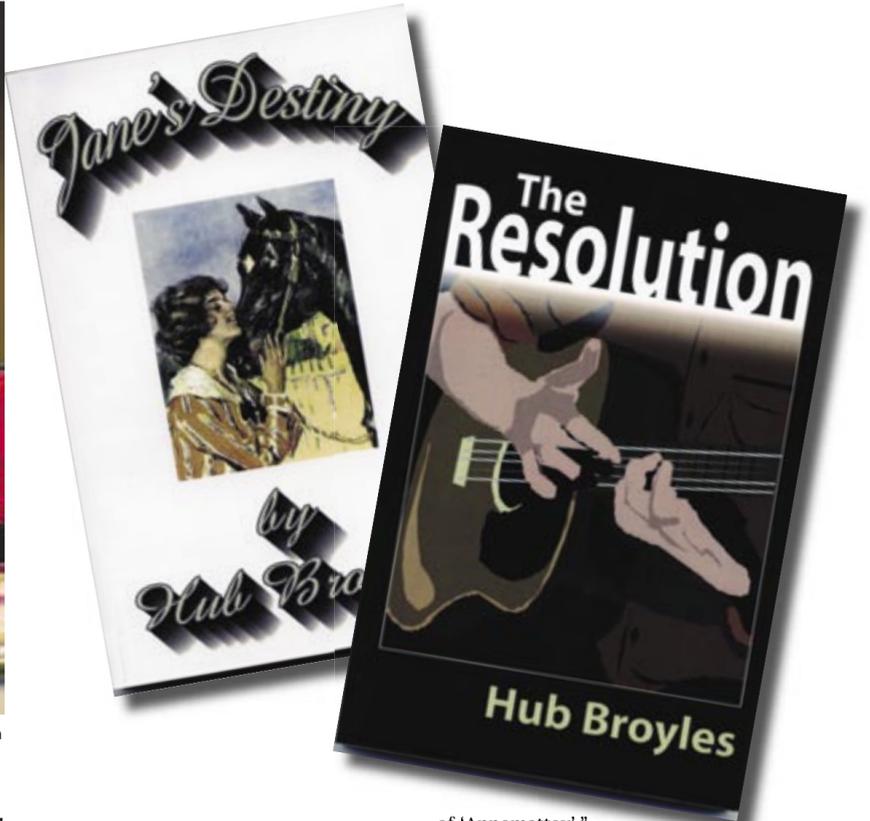
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Photos by Margaret Hanrahan

Joan Gattozzi, standing, above, and Ellen Richards, standing, below, lead a greeting card class for the Rubber Stamping Greeting Cards.



**Rubber Stamping Greeting Cards**  
Margaret Hanrahan

Variety was the spice at this meeting. Ellen Richards helped us create two entirely different greeting cards. The first card, a birthday card of long stemmed flowers, used the two-step stamping method to create two-toned flowers. The other card was green on green giving the appearance of grasses blowing in the breeze. A matted verse with ribbon was attached. Each card was enhanced with a touch of glitter adding just the right amount of sparkle.

At our next meeting Joan Gattozzi showed us how to make a spinner card using bright green and pink card stock on which we stamped flowers and stems, then enhanced



them with markers and colored pencils. With the use of dimensionals, a brightly colored bee actually buzzed it way across this field of flowers. The secret of the card was the use of two pennies.

This group meets to encourage, inspire and assist one another. Members range from just beginning to many years in this art form. We meet in Suite D of the Arbor Conference Center from 1 to 3 p.m. on the first and third Thursday of the month. We have a fun and relaxing time. All are welcome. If you have questions, please call Margaret at 732-3282 or just show up. ☺



**In the Spotlight**  
Pat Wellington

**Hub Broyles**

Since leaving the FBI bureau in 1975, former FBI Agent Hub Broyles has had two additional careers — one in real estate and another as investigator for a major security service. And in the last six years he's written seven books on a wide range of subjects like boxing, the Civil War, and, of course, the FBI.

Most amazing is that Hub wrote six of the seven in longhand until his agent, Lori Roth, lent him a typewriter. And the content is from his head, not research. Once when radio host Larry Wittler asked him what he researched for "Life, Love and Adventure after the Civil War," he responded, "I looked up the spelling

of 'Appomattox'."

But for "Jane's Destiny," a story about the racing world, Hub received some topnotch advice from his neighbor, Ira "Babe" Hanford, the jockey who rode the 1936 Kentucky Derby winner.

Although Hub worked some high profile cases as an FBI agent, he declined to discuss them. He is, however, outspoken about the tarnished image of the bureau, which he thinks began after J. Edgar Hoover's death when the former chief was vilified in many ways in the press. Such trashing, he believes, made a mockery of the bureau. And the increasing protected rights of perpetrators have further hampered agents to do their jobs properly.



**Hub Broyles**

Hub and his wife Trudy have been married since 1952. They met in Miami Beach when he was vacationing and she was living with an aunt who resided there. At the time of his visit he had successfully passed his interviews and tests with the FBI and was awaiting further communication from the bureau.

He confesses that despite his many books, he's no reader though he does enjoy watching the History Channel and sports on television.

Of all his books wife Trudy is most generous in her praise of "Resolution," his novel about a runaway boy who was raised in a Catholic orphanage. At present Hub is busily writing his eighth novel. ☺



**Ceramics**  
Terry Zarrella

Please don't confuse the column writer with the picture portrayed. However, I must admit, there have been times I have been a bit on the dopey side of things.

Tell me the truth ... isn't he a doll? "Dopey" is my favorite of all the seven dwarfs. Is it his pureness of heart? His unconditional love of "Snow White"? His unique quality to make you laugh? Whatever the reason, he along with the other six dwarfs and Snow White make a wonderful gift for a grand child. I have made three sets ... one I kept for myself and they always bring a smile to my lips and lift up my heart.

You, too, can find this happiness by joining Wannetta's ceramic class held every Monday and Wednesday from 9 a.m. to 1 p.m. in the Art Room, which is located in the building right behind the softball field. There are so many gifts you can make for your grandchildren, your "special" friend, your spouse, family and better yet, yourself.

Come join us and meet our wonderful group of women who thoroughly enjoy themselves every week. If you are new to On Top of the World and want more information, please do not hesitate to call me. I'm in the phone book.



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**Fitness Happenings**  
Adela Anderson

It is common to hear people say that they prefer to swallow a diet pill than to exercise and work hard to lose weight and get healthier. The effects of exercising and following a proper diet go far beyond the simple weight loss benefit that a pill provides. Our fitness team and the programs they offer can help you strengthen your willpower to continue with your exercise routine and obtain numerous health benefits you need. Some of these benefits include: speeding up your metabolism and boosting your immune system; increasing your muscular strength and cardiovascular capacity; more flexibility and better balance.

**New: Yoga Strength Fusion**

3 p.m., Tuesday, March 13. Free. This special yoga class will emphasize strength using weights and balls. Please bring your sticky mat. To participate in this class, call the H&R office, 854-8707, to sign up.

**Tennis and Racket Sports and Fitness**

3 to 4 p.m. Tuesday, March 6, Arbor Club Ballroom. Free. Instructors: Jorge Privat, Howie Williams and Adela Anderson

If you are a participant of racket sports or are looking into playing tennis, racquetball or pickleball, this program is for you. Learn the benefits of specific stretching exercises that will help keep you at the top of your game all year.

**Basic Learning Of Yoga Poses**

H&R Exercise Room, 3 to 4 p.m., Monday, March 19, Free. Instructor: Adela Anderson.

If you are a beginner or regular yoga participant, you will benefit from this class. We will teach you the right way to maintain safe alignment and make the necessary adjustments to help you enhance your personal yoga experience.

**Bicycle Repair Clinic**

8:30 to 11 a.m., Saturday, March 24. Look for the tent under the big tree at the entrance of the Health & Recreation building.

The bicycle experts are back to help you with your bicycle needs. They will make the necessary adjustments to your bike, lubricate it, fix tires and get it running smoothly. If you need your bicycle taken to the shop, they will gladly transport it and bring it back to you in perfect shape. There will be a minimal fee for repairs.

**10,000 Steps**

4 p.m., Mondays, March 12 and March 26, Sholom Park. Put on your walking shoes and join us for a wonderful walk at the park.

**Yoga at Sholom Park**

10 a.m., Saturday, March 3. Bring your mat and enjoy practicing yoga in the beautiful surroundings of Sholom Park.

Please notice: Kitti's Sit and Be Fit class has changed its location and time. Now it is being

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:15 20 Min Aerobics Room	Oxycise Video	Oxycise Video	Oxycise Video	Oxycise Video	Oxycise Video
8:00 60 Min Aerobics Room	Cardio Burn & Firm Mary Pat	Condition and Stretch Fusion Adela	Cardio Burn & Firm Mary Pat	Condition and Stretch Fusion Adela	Cardio Burn & Firm Mary Pat
9:00 60 Min Aerobics Room	Interval Training Mary Pat	Advanced Tai-Chi* Shannon	Interval Training Mary Pat	Advanced 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		Cybox Orientation Howie		Cybox Orientation Howie	
12:15 20 Min. Aerobics Room	Oxycise Video	Oxycise Video	Oxycise Video	Oxycise Video	Oxycise Video
4:00 2 <sup>nd</sup> & 4 <sup>th</sup> Monday	10,000 Steps Sholom Park				
<b>Saturday</b>	<p><b>Oxycise:</b> Deep breathing and stretches. Seated and Floor exercises. Mat required.  <b>Cardio, Burn &amp; Firm:</b> Warm-up, low impact aerobics, strengthening and stretching Exercises. Mat required.  <b>Condition &amp; Stretch Fusion:</b> Warm-up, short conditioning segment and flexibility exercises. Mat Required  <b>Beginner Aerobics:</b> Warm-up, simple aerobic choreography, strength training and Stretching. No floor work.  <b>Power Aerobics:</b> Warm-up, cardiovascular work with fun choreography, strength training and stretching. No floor work.  <b>Tai Chi:</b> A Chinese exercise form that involves fluid &amp; relaxing movements that utilize the entire body.  <b>Cybox Gym Equip. Orientation:</b> Learn how to use and adjust the machines correctly.  <b>One-on-One Personal Training:</b> Fee based instruction with certified instructor.  <b>10,000 Steps at Sholom:</b> Join us for a 1 1/2 - 2 mile walk and enjoy the beautiful Sholom Park.  <b>Interval Training:</b> This class consists of alternate bursts of Aerobic Activity (3 min.), and strength training (1.5 min.)                      *Asterisk denotes a fee-based class. See instructor for information</p>				<p><b>Sunday</b> 12:15 Oxycise (20 Min) Aerobics Room</p>
12:15 Oxycise (20 Min.) Aerobics Room					
10:00 - 11:00 a.m Yoga Class Sholom Gardens First Saturday of The month. Adela					
10,000 Steps at Sholom Park 2 <sup>nd</sup> & 4 <sup>th</sup> Mon. October to May 4:00 p.m.					

held at the Arbor Club Ballroom at 11:45 a.m. on Mondays, Wednesdays and Fridays.

Kitti's Latin Cardio class has been changed to 10:30 a.m. It is still being held on the second Thursday of the month at the Arbor Club Ballroom.

For your own protection, when walking on the treadmills, please remember to use the safety band. By doing so if you trip, the treadmill will automatically stop and will protect you from injuring yourself.

Let us continue to encourage each other to stay fit and healthy and see the long-term benefits of a good and sound fitness/wellness program. If you need any information, please contact Adela at 854-8707.

**Softball**  
Bill Leon

Our team headed west to Beverly Hills on a challenge by their team who were seeking revenge for the loss they took when we last played them. Seeking to play again, we accepted and loaded our cars and off we went. Unfortunately, we are still unable to use our field for softball games as the field is still a little bumpy and teams refuse to come here in fear that one of their players may injure themselves.

On Top of the World has placed some new soil and tried to smooth it out, but after we inspected it, we found that the infield still has some dents in it, which does make it hazardous to run.

At Beverly Hills we started off by getting two runners on base with Andy at the bat, and once again he came through with a two run hit. That was followed by hits from Leo, Bill E., Nick, Marty and finally Woody who brought in the maximum fifth run. That didn't last long as Beverly Hills with new players socked their way to a five run inning.

During the second inning, we went one, two, three outs. Beverly Hills then came to bat and added another 4 runs giving them a 9-5 lead. Our third inning was a lot better with hits from Paul, Don, JR, Leo, Bill E. and Nick, scoring another 5 runs and giving us a 1 run lead. Unfortunately Beverly Hills added another 4 runs in the bottom of the third and pulled ahead. We realized that we were in for a tough game and were beginning to wonder if we were headed for a loss.

We closed the gap in the fourth inning scoring two runs, but Beverly Hills then scored 2 runs in the bottom of the fourth. The fifth inning our hitters became alive and we scored another 5 runs to finally give us the lead again. Our defense began to take charge holding Beverly Hills to one run in their inning. In the sixth inning, Woody started off with a single to right and Billy L. stroke a triple which helped to spark another 5 run inning.

We then added another 5 runs in the top of the eighth and held off Beverly Hills allowing them to get a few more runs, but we came away winners as we beat them 27-21.

We continue to practice at the field on Saturdays beginning at 8 a.m. and invite any and all On Top of the World residents to join us.

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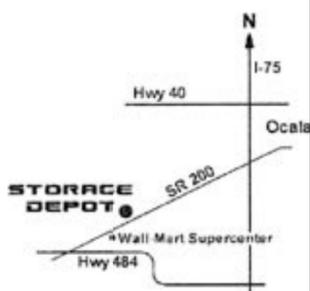
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### Ask the Trainer Howard Williams

Hello to all from the Fitness Center at On Top of the World. I have been asked a lot about upcoming trends in the fitness field by many of the residents.

Here I have compiled that information that you should find quite interesting.

Fitness trends were released by the American College of Sports Medicine in its December issue of ACSM's Health and Fitness Journal. The American College of Sports Medicine is the largest sports medicine and exercise science organization in the world. I was certified as an exercise specialist by the American College of Sports Medicine, which certifies me to work with almost all clients regardless of condition.

"These trends are expectations of the front-line fitness professionals, not the latest infomercial spokesperson, so there's a lot of credibility and accuracy here," said lead author Walter R. Thompson, Ph.D. FASCM. Dr. Thompson just happens to be one of my lead professors and mentors while attaining my master's degree in exercise physiology.

OK, to the top 10 fitness trends of 2007!

1) Children and obesity: Health and fitness starts right here. Health and fitness professionals predict schools are unlikely to increase time devoted to physical education or nutritional education, so providing physical activity is likely to fall into the hands of fitness professionals.

2) Special fitness programs for older adults: That's why I'm here! Fitness clubs and retirement communities stand to benefit from health and fitness programs that cater to the older adult. The fitness programs here are the best I have seen in any retirement community and I have worked in many retirement communities. We can thank our own Adela Anderson for a great many of the fine programs implemented here at On Top of the World.

3) Educated and experienced fitness professionals: Fully accredited education for health/fitness professionals like personal trainers are on the rise as opposed to a quick personal training certification.

4) Functional fitness: Exercises that mimic job and everyday life activities will help improve balance, coordination, strength and endurance.

5) Core training: Core exercises that strengthen, condition, and stabilize the abdominal and back muscles.

6) Strength training: The health benefits of incorporating strength training into a fitness regimen will receive continued emphasis. Women and older adults are credited for keeping this long-lasting trend popular.

7) Personal training: Personal trainers will continue to gain recognition and credibility among other health care professionals for higher professional standards and accreditation. Wahoo!

8) Mind/body exercise: Variations of yoga, pilates, tai chi and other mind/body exercises will be introduced and remain popular next year. All of these are offered here at On Top of the World.

9) Exercise and weight loss: Weight-loss programs will include an exercise component instead of just a dietary component

10) Outcome measurements: Defining and tracking outcomes of a fitness program will have a higher profile in the future. These include weight loss, measurements and body composition, to name a few. A fitness assessment is a good example of this.

I am very proud to say that we are cutting edge and address all of the above trends to come except for the children and obesity. Anyone wanting to get started can come to our free fitness orientations from noon to 1 p.m. every Tuesday and Thursday. Everyone is welcome to come and fitness instruction is given in a non-intimidating and basic manner for everyone's fitness level.

#### Other News

I would like to thank the Lady Birds for having me speak at their meeting in January and letting me help myself to some delicious goodies.

They received me well and quite a few have started to use the facilities and take advantage of personal training. They are a festive group and I enjoyed the speaking engagement and helping them with their fitness programs

#### Golf Seminar

The Golf Seminar took place on Feb 13 and had quite a large audience. Some of the topics covered were flexibility for the lower and upper body, core strength, forearm strength, and expert instruction by Sally Collins. We will be continuing the golf fitness program and I will keep you posted on the when and where. A stretching program for executing on the golf cart was given out at the lecture. Copies are available to those that would like them. Come by the fitness center and see me to get a copy

Personal training is also available at the most reasonable rates found to get you started the quickest, safest and most effectively. Personal training addresses weight loss, muscle strength and toning, balance training, osteoporosis prevention, injury prevention and rehabilitation, and improving overall quality of life. For more information call 854-8707 or e-mail entertrainer24@yahoo.com. ☺

## Interval Training Rolls Aerobics, Strength Training and Balance into One-Hour Class

By MARY PAT GIFFIN  
STAFF WRITER

Are you bored with your exercise routine? Don't like using the machines in the gym? Find the treadmill tedious for your aerobic activity? Looking for variety?

Try Interval Training. Whether you're a novice exerciser or you've been exercising for years, interval training can help you jazz up your workout.

Interval training is not complicated. It's simply alternating bursts of three minutes of intense aerobic activity with one-and-a-half minutes of strength training. Using the step, which is optional, weights, band and stability ball to provide you with variety during this one-hour workout.

According to the Mayo Clinic, it can burn more calories (than many traditional exercises), improve your aerobic capacity and keep boredom at bay.

"During intense exercise, muscles produce the waste product lactic acid. Too much lactic acid can make exercise painful and exhausting. But by alternating bursts of intense exercise with easier intervals, you'll help reduce the buildup of lactic acid in your muscles. The result is more comfortable exercise," says the Mayo Clinic.

This may sound technical to many of us, so let's hear what some of the participants in my class think about it.

"It's a wonderful class," says Brenda Robertson. "It's the only one I do. It helps keep our bones good and strong while giving us a cardio workout. And, it's much more fun than just step. I used to watch the clock (in that class) Now, I look up and it's over."

"We get more upper body strength with interval training and our heart rate is raised overall," finds Donna Ireland, who regularly participates in the class with her sister Brenda and mother, Ruth Murphy. She considers it appropriate for all levels of exercisers because the step is optional. "With a step class you have to have more stamina."



Photo by Larry Resnick

### Stretching their hamstrings and calves before Interval Training are Ruth Murphy with daughters Brenda Robertson and Donna Ireland.

While Ruth's daughters may not use the step, Ruth does. She's fit as a fiddle and never misses a beat. She's been in my class since I started teaching six months ago. She's been supportive, teaching me a few moves herself, isn't afraid to try something new, and keeps up with the class the whole hour.

"I could sit at home and drink coffee but I know my muscles would suffer. I feel better about myself when I come," says Ruth.

And, most importantly, she's found that her "balance is better than it was" since attending this class.

Her daughter Donna agrees. "It's good for me psychologically and when I see I'm improving, I keep on coming." Besides she knows her mom will be here. That's an incentive.

"When the phone rings in the morning, I know it's one of them (Brenda or Donna) telling me whether or not they're coming," says Ruth, advising participants "to do what you can do."

Nadine Hewes loves the "mixture of aero-

bics and weights." And, she feels better. She also says, "I make it a lot of fun. I do my best."

Like many of the regular participants, Mary Hord enjoys getting both cardio and strength training packed into one hour. "It's a good rounded workout. I've met nice people. And between you and Adela my balance has improved," says Mary.

Jane Bauer has back problems so she doesn't exercise, give it a try. You'll feel a lot better, look a lot better, and improve your balance and strength. Do it for your health.

Classes are free. You don't need to sign up. We turn on the music and start moving in the H&R aerobics room on Monday, Wednesday and Friday at 9 a.m. See you there. ☺

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#### Indoor Air Quality

Fumes from household and garden chemicals, insulation particles, and dust can enter your duct system, aggravating asthma and allergy problems. Sealing ducts can help improve indoor air quality by reducing the risk of pollutants entering ducts and circulating through your home.

#### Safety

During normal operation, gas appliances such as water heaters, clothes dryers, and furnaces release combustion gases (like carbon monoxide) through their ventilation systems. Leaky ductwork in your heating and cooling system may cause "backdrafting," where these gases are drawn back into the living space, rather than expelled to the outdoors. Sealing leaks can minimize this risk.

#### Save Money

Leaky ducts can reduce heating and cooling system efficiency by as much as 20 percent. Sealing and insulating ducts increases efficiency, lowers your energy bills, and can often pay for itself in energy savings. Plus, if you're planning to install new heating and cooling equipment, a well-designed and sealed duct system may allow you to downsize to a smaller, less costly heating and cooling system that will provide better dehumidification.

#### Protect the Environment

Energy used in our homes often comes from the burning of fossil fuels at power plants, which contributes to smog, acid rain, and global warming. Simply put, the less energy we use in our homes, the less air pollution we generate. By sealing your ducts and reducing the amount of energy necessary to comfortably heat or cool your home, you can reduce the amount of air pollution generated.



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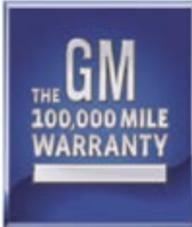
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## Stabilizing Your Core Muscles

The core of fitness and injury prevention is stability of your trunk, hip, abdominal and spinal muscles. Bolstering your body's "core" involves more than focusing on abdominal exercises.

Your core actually encompasses the muscles of your trunk, pelvis, hips and abdomen, as well as the smaller muscles along your spinal column. Weaknesses in these muscles contribute to an unstable core, potentially leading to joint and balance problems as well as to injuries, including knee injuries and falls. This is especially true in women, who are more prone to knee misalignment that leads to joint pain, arthritis and injury. Sorry ladies. Stabilizing and strengthening core muscles not only can help prevent such problems, but can also improve posture, coordination, and enhance everyday physical functioning.

### Keys to your core

"Core stability" involves both strength and coordination of the muscles of the trunk, pelvis, hips abdomen and the spine during every activity, explains John D. Willson, MSPT, a researcher at the University of Delaware. "It's kind of like the old song 'the hip bone's connected to the thigh bone.' Muscles work together as a system. For example, every time you hit the ground with your foot, the force is transmitted up the leg. When your core is stable, your spine is stable, and this provides a firm base to support the extremities during movement."

An unstable core also leads to movement and alignment problems that studies suggest can contribute to injuries. "One of the things that tends to happen during a traumatic injury to the knee is that the knee tends to move in toward the other. The thigh rotates in and the knees come together. The muscles that oppose those movements are actually in the hips. And a lot of the muscles that move the thigh are attached to the pelvis. If these muscles are weak and you cannot coordinate them, it puts excess strain on the structures of the knee. A common injury in women involves the anterior cruciate ligament in the knee and it may relate back to core instability," explains Willson.

Core instability can also have an impact on other structures, from the lower back to the ankle. People with hip muscle weakness have an increased potential for core instability and may be at greater risk for lower back pain, notes Willson in a research report on core stability published in the September 2005 Journal of the American Academy of Orthopedic Surgeons.

### Becoming stable

With proper core stability exercise instruction from qualified trainers or physical therapists, most people can improve their responses to body movements and lessen susceptibility to injuries. However, core stabilizing exercises should not be confused with the "core strengthening" that is a staple of fitness workouts. We need muscles to be strong as well as to be able to recruit them. That kind of control is more difficult to learn than basic crunch exercises.

Example: proper technique using an exercise ball for a partial curl up, involves recruiting the muscles of the back, trunk, pelvis and hips. Directions for the partial curl up: begin by lying on a stability ball, with the ball under your lower back, knees bent at a 90-degree angle, feet flat on the floor, and arms folded across your chest. Allow your back to extend slightly over the curve of the ball. Contract your abdominal muscles, and slowly lift your upper body, raising your shoulder blades and tucking your chin into your chest. Hold for a count of 10 to 20. Slowly lower your upper body back to the starting position. Perform 10

# ARBOR CLUB FITNESS & AQUATIC SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday
<b>8:30 a.m.</b> Arbor Club Fitness Room	Aqua & Fitness Orientation Adela Please Call for Appt. 854-8707				
<b>9:15 a.m.</b> Specialty Class* Indoor Pool	Deep Water Aquacise* Adela	Total Core & Body Strength* Adela	Deep Water Aquacise* Adela	Total Core & Body Strength* Adela	Deep Water Aquacise* Adela
<b>10:30 a.m.</b> 2 <sup>nd</sup> Thurs. of Month Arbor Club Ballroom				Latin Cardio* Kitti	
<b>10:15 a.m.</b> Specialty Class* Fitness Room	Beginner Yoga* Adela		Mat Pilates* Adela		
<b>10:30 a.m.</b> Specialty Class* Fitness Room Outdoor Pool		Hatha Yoga* Adela		Hatha Yoga* Adela	
<b>11:45 a.m.</b> Arbor Club Exercise Room	Sit & Be Fit Kitti	Arthritis* Class Adela	Sit & Be Fit Kitti	Arthritis* Class Adela	Sit & Be Fit Kitti
<b>1:30-2:15 p.m.</b> Specialty Class* Indoor Pool	Shallow Water Exercises* Adela		Shallow Water Exercises* Adela		Shallow Water Exercises* Adela

Saturday	Sunday
Open Swim	Open Swim

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

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

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

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

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

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

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

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

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

to 15 repetitions.

Core muscles can be exercised every day. Many people will benefit from endurance training of the core muscles versus strictly strengthening exercises. The muscles on your trunk are designed for maintaining position, and the fiber type of the muscles around your spine are made for endurance. So if you train them every day, you shouldn't have any negative effects.

A recent trend in core stability training involves learning to use the small muscles of the trunk that are best suited to stabilize the spine. Because most activities of daily living require only modest levels of activation of these muscles, core stability training often focuses simply on fostering awareness of their activity. How do you do that? Try gently drawing in your abdomen without altering your normal breathing.

After learning basic core stability techniques, you can do additional exercises using equipment such as medicine balls, foam rollers, cuff weights and balance boards to increase and challenge core muscle stability. An example would be using free weights or a medicine ball while standing on one leg. Also, try pilates, yoga, ballet and tai chi for building core strength and stability. These are all available at On Top of the World.

The final step in core stability training is to integrate awareness and proper use of core muscles into daily tasks and sport-specific activities. Example: learning how to properly transfer weight from one leg to another or landing on one leg during racquet sports.

Some other exercises to help stabilize and strengthen your core muscles:

### Front Plank

Start by resting on your bent elbows and knees on a soft surface. Position your elbows under your shoulders. Lift your hips up by contracting your abdominal muscles, so that your back is straight (no sway backs). Hold the straight back position by contracting your abdominal muscles for a count of 10 to 20. As you progress and get stronger, you can hold the position for 20 to 40 counts, or do small movements up and down for 20 to 40 repetitions.

### Side Plank

Start on your side resting on a bent elbow, with your knee on a soft surface. Position your elbow under your shoulder. Lift your hips by contracting the side of your torso, so that your back is straight. Hold this straight back

position by contracting the muscles on the side of your torso for 10 to 20 counts. Perform the exercise on the right side, and then switch sides.

### Bird Dog

Get down on all fours on a soft surface. Extend your right arm straight out in front and your left leg straight back. At the same time, lift your right arm and left leg up as high as possible, then bring them down slowly to the floor. Perform 10 to 15 repetitions with right arm and left leg. Switch arms and legs to perform 10 to 15 repetitions.

These three exercises and the partial curl-up stabilize the muscles of the trunk by strengthening the main front abdominal muscles (rectus abdominis), muscles in the thighs, hips, and back and lower back extensors.

Finally a test you can do yourself now. After doing the above-mentioned exercises do this test again and see how you have improved.

Stand on one leg. If the core muscles are unstable, the knee may buckle inward, putting strain on the knee joint and the back. If the core muscles are stable the knee won't buckle and you are on your way to strong core stability.

Helpful hints to improve core stability and posture:

- Stand up straight, keeping your hips in a neutral position. Don't slouch.
  - Carry a backpack instead of slinging a heavy handbag on one shoulder.
  - Try pilates, yoga, tai chi or ballet
  - If you have back pain, see a physical therapist for core strengthening exercises
- See you in class! ☺

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Communities

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## Movie Club Shows 'Devil Wears Prada'

By MARY EHLE

The March movie will be on Sunday, March 11. As always the movie will be held at 6 p.m. in the Ballroom of the H&R building. This event is open to all residents of On Top of the World and their overnight guests. Non-members pay \$2 at the door but a year's membership is only \$6 for the whole year.

The movie selected for this month is "The Devil Wears Prada." It stars Anne Hathaway as a young woman who has just graduated from college and unbelievably stumbles into the hectic world of high fashion. She really wants to be a writer. She becomes the second assistant to the editor of a high fashion magazine. Meryl Streep stars as her boss who is a very powerful editor. Meryl is a diva and she uses her power on everyone. Anne is determined to hold her job and does it well. ☺

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♥  
**Valentine's Hat Day**

Adela Anderson, Fitness Director, held a Valentine's Hat Day during aquatics at the Arbor Club pool. From left are Mary Pat Hummel, Elaine Yocher, Fred Tarolli, Lois Dielschneider, Jackie Lalonde and Ellie Lombardo.

Photo by Larry Resnick



# How Can I Make 'Traditional' Exercises More Functional?

By ADELA ANDERSON

Functional training is defined as an "activity that trains movement."

Exercises need to promote balance and equilibrium, core strength and stability, and good posture and alignment. Results of functional training are agility, balance and coordination. Exercises will help you improve the force of reaction where your body will have the ability to compensate for changes in your center of gravity and you will be able to move more quickly and more efficiently.

For example, if you are caught off guard and you are about to fall, your body will be able to react quicker and not let you fall. Functional exercises will help you be less prone to injury.

Functional training can incorporate resistance bands, stability balls, free-weights, Bosu trainers, foam rollers, balance discs or other equipment. To make regular exercises more functional and beneficial you can use your own creativity:

- Exercises that you would normally perform standing on the floor: Try standing or kneeling on a piece of equipment that challenges your balance (balance discs, Bosu, etc.). You will force your core muscles to work and, at the same time, you will be improving balance and stability. When you recruit more muscles, you will be adding the benefit of burning more calories to your workout.

- Exercises that you would normally perform on your hands and knees or on your hands and feet (i.e. push-ups) can become functional: Place one or more of your bases of support on something unstable and experience the challenge as you engage your core and stabilizing muscles. For example, if you place both feet on a stability ball while doing a push-up, the exercise will become a core exercise as well as an upper body strengthening exercise.

- Perform two exercises at the same time: When you combine actions it will require more stability and it will improve your coordination. For example, perform an overhead shoulder press at the same time you perform a squat. You can also try to stand on a piece of balance equipment while performing this exercise.

- Practice basic balance exercises: Stand on one foot; then, progress and close your eyes. Perform exercises standing on one leg.

- What if you do not have special equipment? Did you know that the BEST abdominal or core exercise you can do is to learn how to get into neutral alignment, keeping and maintaining your navel drawn in? You can simply learn and practice neutral alignment and try to maintain it throughout your exercise routine and throughout the day with all of the activities you do. Think of bringing the navel toward your spine and keep the spine extended as if you would have a string attached to the crown of your head. Your ears should be kept away from your shoulders and the ears, shoulders, hips, knees and ankles should be aligned in a straight line.

- Try to maintain neutral alignment while sitting in your car. There will be a good chance that you will have to raise your rearview mirror. Instead of adjusting your mirror, adjust your body. If you find that you slouch during the day, get yourself into neutral alignment.

Did you know that if people are not active in sports or physical education, doing something that challenges their stability and ability of muscles to react, they will start to lose balance at the age of 15 or 16.?

Did you know that after the age of 70, nearly 85 percent of people could die from complications due to breaking their hip?

These should be enough reasons to incorporate core and functional training into your exercise program and your life. This is the perfect time to think about challenging your core muscles, gain more flexibility and engage in posture correction training, pilates and yoga. Come and join our classes!

**Recommended classes**

- Stretch and Conditioning fusion: H&R Aerobic Room, Tuesdays and Thursdays, 8 a.m.

- Beginner Yoga: Arbor Club exercise room, Mondays, 10:15 a.m.

- Hatha Yoga, Arbor Club exercise room, Tuesdays and Thursdays, 10:30 a.m.

- Pilates: Arbor Club Exercise Room, Wednesdays, 10:15 a.m.

Please feel free to call me for any exercise suggestions or information about functional training at 854-8707. ☎



**Arbor Club Tennis**  
Jorge Privat



**Chuck Flack and Norma Higgins won a gold medal in mixed doubles in the Senior Games.**

We have been fortunate this year to have a mild winter, compared to the folks up north who had to clean up a lot of snow just to be able to get out of their houses to do things. This has given us the opportunity to play a little more tennis.

I am pleased to tell you that, in the last couple of months I have seen quite an improvement in the level of play, and in the level of interest in the game of tennis. And in the name of "more fun for everyone," I encourage you to strive to understand the nuances of each stroke in the game first and then, learn to apply strategy to your style of play. You need to understand the very basics of ground strokes, volleys, serves, etc. You need to know the difference between a top-spin serve, a flat serve and an under-spin serve in order to know what you intend to do before you hit the ball. The same goes for volleys, ground strokes, etc., you need to know what makes each stroke work. There is a proper way of doing anything and there is an improper way of doing it. If you perpetuate bad habits it will be that much harder to correct them. The more you understand the more you will enjoy the sport. But, you also need to be patient and nice to yourself. It will not happen overnight. It takes time and lots of practice. If you wish to get to the

next level, practice drills with your instructor, or with a hitting partner, and if you have any questions, do not hesitate to ask me.

I also commend all of you who were open-minded, and decided to participate in the ladder, which is now moving along successfully. If we get more players interested in joining the ladder, we could run a second shift, but they would have to be willing to play at a later hour, since all the courts are occupied with the original group, early in the morning.

On another note, I would like to mention that ever since the Senior Games were held in Gainesville, only two On Top of the World residents have consistently participated in tennis events. This year, Chuck Flack and Norma Higgins won the gold in mixed doubles. Norma and her partner have won the doubles in Gainesville, New Smyrna and Ormond Beach.

Our Ocala athletes who have competed in the Senior Games for 17 or more years are appealing to the Parks and Recreation Department to hold the Games here in Ocala. Surely a city this size can find enough sponsors to have great events and lots of participants.

Let's all work hard to get this important event in Ocala in 2007!

And, speaking of Gainesville, I would also like to encourage you all to attend some of the matchups of the University of Florida tennis teams against other schools. The entrance is free and I can guarantee that you will enjoy the matches, and you will see first rate tennis play. If any of you is interested, go to GatorZone.com to find their schedule or ask me about it.

**Tennis Tip Of The Month**

**The Overhead**

If you ask me, I will tell you that the overhead smash is just like hitting a serve, because in truth, that is exactly what it is like. But, instead of you tossing the ball at a convenient height and at a convenient pace, someone else is tossing the ball up for you. The difference is that the ball is coming down from a considerable height, picking up speed as it falls, swaying and moving as the wind takes hold, and a clear sky behind it makes depth perception much more difficult to judge.

So, the "easy" put-away smash may not be as easy as you perceive it. The intelligent thing to do is to let the ball bounce. The second time down, the bounce will be at a more convenient height and at a slower more manageable pace. You then, should position your body sideways, bringing the racquet into a serving position, pick out an open spot between your opponents, and drive the ball for a point. In the process, one thing you should try to do is to restrain yourself from the destructive instinct to tear the cover off the ball, and make it sail off the court. Instead, play it safe, sound, and successfully.

Of course, if you find yourself looking at a low lob, which would land way behind you if you let it bounce, by all means take it in the air before the bounce!

On a final note, let's all welcome our new members Betty and Han Dong, Joan Gustafson, Lilo Hagbeck, Walter Hickenlooper, Bill McManus, Dottie Taylor and Linda and Joe Webster. They all make a great addition to our club. ☺

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**USPO**  
Ray Utiss

I will once again make a request to the readers of this column. Several residents have asked me to mention the residents who continue to talk to the mail carriers. There are many mail mis-deliveries that can be caused by distracting the carriers. I have lost track of the number of times I made this plea. The most recent phone call concerned some mis-delivered medicine.

If you are expecting a mail delivery, of medicine, and do not receive it, it can have serious adverse effects. The list of important mailings goes well past medicine. Most of our first class mail is important to us. Consider doing a favor to all other residents, please do not talk to the carriers. They can do a great job, if we leave them to it.

Next, I will touch on the safety issue. There is a lot of activity at your mail centers. Residents are doing many things at these locations. Some are picking up their mail, purchasing newspapers, others may be taking their trash for disposal. Also, one mail center has a garden next to it. The list goes on: there is a lot of vehicle traffic, golf cart traffic, bicycles and foot traffic. I know you do not want to be responsible for injuring a neighbor or doing some damage. All it takes is being careful and taking your time. Most of us are retired, and time is one thing we have.

If you have a mail concern, document it and send it to me. Be sure to include your name and phone number at the bottom. I will take it from there.

You can reach me by e-mail at grandmaandraisin@cfl.rr.com. If you do not have a computer, you can mail it to me, Ray Utiss, 9274-C S.W. 97th Lane, Ocala, Fla. 34481. ☺



**Computer Club**  
Sherry Surdam

Our schedule of classes for March is as follows: on Saturday, March 3, we will have the second part of "Burning Disks;" Saturday, March 10, Don Sommer will give his presentation on "A Healthy PC;" on March 17, is "Getting to Know Windows XP;" March 24 is a presentation on the "Start Button;" and on March 31, Bob Gale will demonstrate popular instant messaging programs. All members are welcome to attend all or any of these programs.

Since the Microsoft new operating system, Vista, has now officially arrived, I'd like to address a question that has come up frequently lately: "is there a good reason for me to run out and buy Vista?" Well, there is no hard or fast answer to that question. It depends entirely on your needs and/or desires. I know of several people (myself included) who have already invested in a new computer to run Vista. But our reasons for doing so are varied. In two cases it was a need for a new computer and Vista is what came with it. In my case it was a desire to learn Vista. My old computer was adequate but I wanted to learn Vista and my old computer wouldn't run Vista efficiently! It would run, but very slowly — thus the new computer.

So, the advice from here is, if your computer is running well and is adequate for your needs, hold off for awhile. Give the Vista creators a chance to iron out the bugs, which are inevitable in anything new! Then, when you make the changeover you stand a better chance of a smooth transition!

Be sure to check the calendar on our Web site at [www.cccocala.org](http://www.cccocala.org) frequently for the dates of our presentations and for any scheduling changes that are inevitable.

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

Until next time, happy computing! ☺



**Democratic Club**  
Lee Wittmer

The general meeting of the Democratic Club on March 20 will be held in Suites E and F of the Arbor Conference Center at 7 p.m., with refreshments at 6:30 p.m. Our speaker will be Bruce Seaman, the recently elected chair of the Marion County Democratic Committee.

Mark your calendars! On Saturday, March 10, from 6 to 10 p.m., Marion County Democrats will have a fund-raiser, "Celebrating the Winning Team," at the Shrine Club on Maricamp Road. The evening is planned to be stimulating and fun filled. Included in the cost of \$50 are a champagne punch party and a choice of prime rib or chicken cordon bleu entrees with all the fixings. For more information and tickets please contact Eugenie Martin at 854-8589. Information will also be available on Channels 17 and 19.

Dues of \$5 for the year 2007 are currently due. If for some reason you will be unable to attend the meeting please call or send your payment to James Delfraisse at 351-5551. Address: 9797 S.W. 89th Loop, Ocala, Fla. 34481.

Please remember to call Marilyn Reidlinger at 854-6364 if you know a member who would enjoy a cheery greeting or a get well card. ☺



**Republican Club**  
Tony Tortora

District 3 County Commissioner Stan McLain addressed the Republican Club at a meeting on Feb. 9. The commissioner discussed current issues and solutions being considered. District 1 Commissioner Charlie Stone was also present and made a few comments. For details of these discussions and future guest comments, attend the meetings. The club meets on the second Friday every month unless otherwise advertised. Check your TV for changes. Meetings are usually held in the Arbor Conference Center at 7 p.m.

Marion County Schools Superintendent Jim Yancey will be the guest speaker at the March meeting. A pizza party is scheduled for April. Tickets are now on sale at the meetings. Annual donations of \$5 are now being accepted from the members. Plan to attend the March meeting. ☺

## Who in the World!

By PAT WELLINGTON



**Clue**  
Could I have this dance for the rest of my life? See Page 30 for answer.



**Friendship Amateur Radio**  
Ed Brendle

At the February meeting of the Friendship Amateur Radio Club president Ken Simpson, W8EK, talked about the upcoming FCC license requirement changes, which will include the omission of a code (CW) level efficiency. He also announced the frequency band changes, which are associated with each license class. These changes went into effect Dec. 15.

A scheduled VE test session is scheduled for March 20 following the final class for General Class licenses.

The Romeo Elementary School, in conjunction with the Silver Springs Amateur Radio Club, made a successful contact with the

Space Station on Jan. 18. To the delight of many students, many were able to converse with the astronauts.

The plans for this year are again to perform a field day, a membership drive and more in-depth program presentations.

The FARC Web site continues to show the club's newsletter, treasurer's report and secretary's meeting minutes.

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

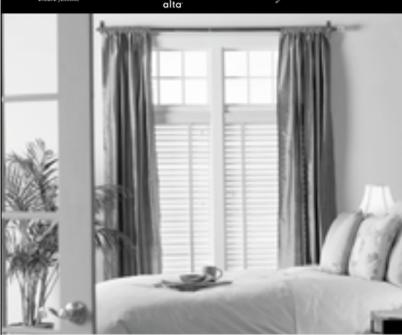
The next meeting is scheduled for March 12 at 1:30 p.m. at the auxiliary Sheriff's Station on West SR 200. All Hams are invited and members are urged to attend and to bring a guest.

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, KAIINC, at 873-4354. ☺



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# Activities March

## 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
	Computer Lab	H&R
	R.C. Flyers Club	Field
	Golden Slippers	BR
	Woodworking	WW
	Bocce League	BCTS
	Ceramics 9-2p.m.	Art
	Practice Bridge	CR
	No Bus on Mondays	
	Ladies Billiards	PLR
	Dancing Toppers	H&R
9:15	Deep Water Aquacise	AC
9:30	Shuffleboard	CTS
10:00	Tennis Doubles	CTS
	Ladies Billiards	PLR
	I.D. Cards	AC
10:15	Beginner Yoga	AC
10:30	Beginner Aerobics	H&R
	Power Aerobics	H&R
	Water Walk	AC
11:00	Water Walk	AC
	Boccee League	BCTS
11:30	Tai Chi Practice	AC
	Lap Swimming	AC
11:45	Sit & Be Fit	H&R
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
	H&R Exercisers	AC
1:00	Bocce League	BCTS
	Computer Lab	H&R
1:15	Int. C/W Line Dance	BR
1:30	Shallow Water	AC
	Shuffleboard	CTS
2:00	Happy Hookers	Art
	Rummicube	CC: E&F
2:45	Beg. C-W Line Dance	BR
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 Sholom Park	

### 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 Sholom Park	

## Tuesday

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

11:45	Arthritis Class	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

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

### 3rd Week

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

### 4th Week

8:00	Lions Club	Pub
	<b>*Seminole Casino</b>	<b>H&amp;R</b>
	<b>Trip 3/27/07</b>	
1:00	Scan/American	CC: E
3:30	Alpha Investment	Art
4:00	Diabetes Support Group	CC: D

## Wednesday

7:00	Lap Swimming	AC
7:15	Oxycise	H&R
8:00	Cardio Burn & Firm	H&R
	Ladies Tennis	CTS
8:30	Taps on Top	BR
	Men's 18 Hole	Golf
9:00	Interval Train	H&R
	Computer Lab	H&R
	R.C. Flyers Club	Field
	Pan Club	CC: D
	Woodworking	WW
	Bus Ocala Run	
	Ceramics 9-2:30p.m.	Art
9:15	Deep Water Aquacise	AC
9:30	Pinochle	MR3
	Crafty Ladies	CR
	Billiards 101	PI RM

10:15	Mat Pilates	AC
10:30	Beginner Aerobics	H&R
	Power Aerobic	H&R
11:30	Tai Chi Practice	AC
	Lap Swimming	AC
11:45	Sit & Be Fit	H&R
12:00	Ladies Poker	MR3
12:15	Oxycise	H&R
	Mah Jongg	CC:A
12:30	Bridge	CR
	Japanese Emb	CC: C
	H&R Exercisers	AC
	Mah Jongg	CC: A
1:00	Bocce League	BCTS
1:30	Shallow Water	
	Exercises	AC
	Shuffleboard	CTS
3:00	Dance Committee	CC: B&C
4:00	Softball Practice	SBF
5:30	Square Dance Class	AC
	Bingo	BR
6:00	Poker	MR3
6:30	Duplicate Bridge	CR
	Pickleball	CTS
7:00	Poker	MR3
	Square Dancing	AC

### 1st Week

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

### 2nd Week

1:45	Native Plants	CC: H
3:00	Pennsylvania Club	CC: E & F
	3rd Week	
1:00	Stamp Club	Bank PAB

## Thursday

7:00	Lap Swimming	AC
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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 (Advanced)	HR
	Bus Ocala Run	
	Miniature Golf	MGC
9:15	Total Core & Body Strength	AC
9:30	Shuffleboard	CTS
10:00	Round Dance Class	CC: E&F
10:15	Tai-Chi Fitness (Beginners)	H&R
10:30	Hatha Yoga	AC
	Water Walk	AC
	Advanced Tap	HR
	Friendship Bible Study	MR3
11:00	Wallyball	CTS
	Water Walk	AC
11:30	Lap Swimming	AC
11:45	Arthritis Class	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
12:45	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
6:30	Bridge	CR
	Pickleball	CTS
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

8:00*	<b>Seminole Casino</b>	<b>H&amp;R</b>
	<b>Trip 3/8/07</b>	
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

## Friday

7:00	Lap Swimming	AC
7:15	Oxycise	H&R
8:00	Cardio Burn & Firm	H&R
	Ladies Tennis	CTS
8:10	Water Walk	AC
8:30	Dancing Toppers	H&R
9:00	Interval Train	H&R
	Computer Lab	H&R
	Woodworking	WW
	R.C. Flyers Club	Field
	Dominoes	MR3
	Bocce League	BCTS
	Bus Ocala Run	
9:15	Deep Water Aquacise	AC
9:30	Shuffleboard	CTS

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

10:00	Decals	AC
	Racquetball	H&R CTS
10:30	Beginner Aerobics	H&R
	Power Aerobic	H&R
	Water Walk	AC
11:00	Bocce League	BCTS
	Water Walk	AC
11:30	Tai Chi Practice	AC
	Lap Swimming	AC
11:45	Sit & Be Fit	H&R
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	H&R Exercisers	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
6:30	Advanced Bridge	CR
6:45	Euchre	H&R

### 1st Week

1:00	Women of the World	CC: E
	2nd Week	
9:00	RC Ladybirds	CC: A
2:00	New England Club	CC: E
7:00	Republican Club	CC: E,F,G

### 3rd Week

2:00	Blackjack Poker	CC: E
5:00	St. Patrick's Happy Hour	AC

### 4th Week

12:00	High 12 Club	TBA
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## Saturday

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

### 1st Week

10:00	Yoga in The Park	Sholom
6:00	Ballroom Dancing	AC

### 2nd Week

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

10:00	Hands Across	CC: A,B,C,D
	The Highway	E,F,G & H
2:00	Pickleball	CTS
6:00	Ballroom Dancing	AC

## 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
6:30	Pickleball	CTS
7:00	Mixed Poker	CC: H

### 1st Week

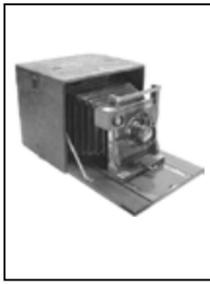
6:00	K-9 Social Club	CC: D
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### 2nd Week

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

### 3rd Week

2:00	American/Jewish</
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### Shutterbugs Photography Marilynn Cronin

The ShutterBugs are continuing to learn PhotoShop Elements. Tom Frostig covered the organization of our photos the third Tuesdays of January and February, and if everyone is caught up, he will start teaching "editing" at the March 20 meeting. This Adobe program certainly makes it easy to label, organize and quickly find your photos!

A few of us (Gary Uhley, Ray Cech and myself) attended the dress rehearsal of the New Pretenders and took hundreds of photos. Ray attended Friday night's performance and Gary attended on Saturday; both took even more shots. What an enjoyable and fun show! Gary had to keep reminding me that they were lip synching; it took a few acts for me to believe

the band wasn't actually playing those instruments. If any other clubs need photos taken, please contact Gary and we'll try to set it up.

We were rained out for our shootout of downtown Ocala on Feb. 13, so everyone was directed to take photos on their own. I missed having dinner with everyone, though! Some of our upcoming "shootouts" will be at a horse ranch, black and white photos, church interiors, flowers and the painted horses that are all over Ocala.

At the March 6 meeting we will each be sharing a couple of our "downtown" photos. What a great way to learn and see how we all frame the same subject in a different way. Special thanks goes to the On Top of the World Computer Club for the donation of room darkening shades.

Remember, ShutterBugs is not a club for digital camera users only. We also have film aficionados and hope more will join. This is a member-driven club and if classes on lighting, filters, etc., are wanted, we will arrange them. Those with scanners can also get help with scanning in their old photos and negatives.

This year you should be determined to learn the use of your camera equipment by joining the ShutterBugs for a fee of only \$10 per year. Ask your questions, get assistance with your cameras and learn tips and tricks to help with your photography. We have a lot of fun too!

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](mailto:guhley@cfl.rr.com).



**Bobby Roeder, Dr. Judy Wilson of the Ocala Domestic Violence Center and Donna Sayer delivered two pickup trucks loaded inside and out with an abundance of donated items from the Women of the World organization.**

Domestic violence can happen in all walks of life, even in the senior citizen communities. The most immediate need of a battered woman and her children is a safe place to stay, and this center can provide that security. There is a 68-bed shelter in Ocala. Dr. Wilson advised that if we know of someone in need of assistance, to please have them call the shelter at 622-8495.

The Women of the World donated sheets, towels, washcloths, baby diapers, suitcases and anything a woman could pack her personal items in upon leaving the center. There were two pickup trucks loaded inside and out that delivered all the donated items.

Tickets went on sale at the meeting for the Fashion Show in March. There are only about 50 tickets available and we are hoping for a sellout. The Fashion Show will be March 3 at noon. Fashions will be from Beall's Department Store and club members will be models.

A raffle of baskets filled with items pertaining to all types of themes will be held with the proceeds going to Hospice Legacy House.

There will not be a regular meeting in March due to the Fashion Show. We will meet again on April 6 at the Arbor Conference Center, Suites F, G and H at 1 p.m. Griffin's will be on hand with information and tips on decorating. Our charity for the month of April will be the SPCA.

Our furry friends need help also such as food, blankets and homes.



### SPCA Genevieve Mallardi

A donation was given to us by Mr. and Mrs. Crowley in memory of Terri Hatcher. We and our pets say "thank you."

Little elves continue to visit my home with gifts for our dogs and cats and the barrel at Winn-Dixie always has a surprise or two for us.

Thank you to all of you who support us and a special thank you to Winn-Dixie for allowing us to use their place to receive those donations.

We continue to receive calls from people who are looking to help — they have found a pet and need our shelter. We do not have

a shelter and can no longer provide "foster" care.

We are a small but caring group. We are constantly begging, yes, I said begging, for people to support us but somehow our needs go unheeded. Thus we seem to be getting nowhere.

We will not give up but until we receive more support in our endeavors, we are limited in the help we can give.

We continue working for Companion Pets and have made donations to several other charities. Maybe, just maybe some day we will have a no-kill shelter but we will need more help than we are getting to achieve this goal.

Are you an animal lover? Why not help in either volunteering a foster home or join our organization and pay dues. We are still looking for permanent homes for two dogs.

The tornadoes that tore through central Florida (and by the way, we were truly blessed) wrecked havoc on homes and hurting and killing many people. They also affected our pet population. Hearing pleas from Paisley and Deland communities and Tavares Animal Shelter, the S.P.C.A. of Marion County donated \$450 for the feeding and care of those animals.

The next meeting of the SPCA will be on March 15 in Suite H of the Arbor Conference Center at 1 p.m. We will have a speaker who will fill us in on invisible fencing and dog behavior. Come on members, come out and support us.

### American Jewish Club Erwin Fluss

Our thanks to those who made the bagel and lox brunch such a wonderful occasion. I am anxiously looking for a repeat next season. Thanks are also due to Anna Puteznit for making her home available for a lively and stimulating discussion group in February.

In March we will be entertained by Eve McGann, representing the Starlight Singers, who will take us down memory lane with her song renditions. She does a great imitation of Patsy Klein.

Our March 18 meeting will be at 2 p.m. in the Arbor Conference Center. As always, the American Jewish Club welcomes all members of the Jewish community and their spouses. We meet on the third Sunday (September to June).

Our sunshine lady, Dorothy Bresky welcomes questions, after 4 p.m. at 854-0284. Enjoy On Top of the World.



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### Italian-American Club

Jerome E. Cauda

In the absence of a regular correspondent, this is a quick recap of club activities.

Plans are in process to have a picnic in June tentatively scheduled for Tuesday, June 12. It will be held at the Arbor Conference Center. Menu will be presented at the April meeting.

If you are interested in taking part in the Sun Cruz Casino trip scheduled for April 27, contact Mary Rongetti at 237-8581 or Mike DeBari at 861-9484.

Volunteers are still needed to assist in many of the club activities, such as news reporter, activities chairman, etc.

The next monthly meeting will be held on the Wednesday, March 7, at 3 p.m. with refreshments at 2:30 p.m.



### Women of the World Charlotte Hancock

What a turnout for the February meeting of Women of the World. We are a charitable organization and growing rapidly as new residents join and support worthy charities.

Our speaker for this month was Dr. Judy Wilson. She was very informative and dedicated to the Ocala Domestic Violence/Sexual Assault Center.

This is a non-profit organization committed to helping battered women and their children.

### View from the Library Peggy Greer

We have all read books that provoke emotion. Some of these stories may put a lump in your throat, a tear in your eye, or make your heart race. Some books can even make us chuckle, but how many books make you laugh right out loud? From start to finish, the Stephanie Plum series of books written by Janet Evanovich will make your stomach hurt from laughing so hard. If ever a book, or rather series of books, should be made into a TV sit-com, it's these books.

When I started reading them, my husband was puzzled by my reaction. He wanted to know why I was laughing so much. I told him he would just have to read them for himself. Bob won't tell you this, but I will: he has read every one of those books, right after I finished it.

If you have gotten into a rut by reading one serious book after another and really need a change, try the Stephanie Plum books. They are light reading and funny beyond belief. The books are numbered in sequence and although you don't have to read them in order, the character development is better if you do.

The characters are just that — outrageous "characters." Take the grandmother, for instance. She should definitely be played by Estelle Getty. She is a tiny little old lady who frequently wears spandex and her favorite pastime after dinner each night is going to the viewings at the funeral home. A closed casket doesn't stop her; she makes sure it's opened before she leaves. The funeral director hates to see her come through his door.

Stephanie Plum, the main character, who should be played by Sandra Bullock, starts out as an out-of-work buyer for a department store in New Jersey. When the store is bought out, she loses her job and ends up working as a bounty hunter for her cousin. She had to bribe her cousin into hiring her or she will tell his wife what he did to that duck!

In every one of the 12 books, Stephanie succeeds in destroying her car. Although it never quite seems to be her fault her cars are stolen, fire bombed or simply a garbage truck falls on it. Stephanie is always looking for a new car or borrowing someone else's vehicle. One time she ended up using a motorcycle for a while, and of course she still had to take her grandmother to the viewings. Spandex-clad grandma made it to the funeral home on the back of the motorcycle!

No matter what kind of reading you enjoy, invite Stephanie Plum into your life. She will make you laugh. All the characters are fun and endearing, even the bad guys.



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**March 9th**  
Piccadilly Restaurant  
1602 E. Silver Springs Blvd.  
Ocala, FL 34470  
**4:00 pm**  
*(Due to Federal regulations, we are not able to offer gas cards at events that include lunch... but the food will be great.)*

**March 12th**  
Perkins Restaurant & Bakery  
3435 SW College Rd.  
Ocala, FL 34470  
**10:30 am**  
*(Due to Federal regulations, we are not able to offer gas cards at events that include lunch... but the food will be great.)*

**March 19th**  
Perkins Restaurant & Bakery  
3435 SW College Rd.  
Ocala, FL 34470  
**10:30 am**  
*(Due to Federal regulations, we are not able to offer gas cards at events that include lunch... but the food will be great.)*

**March 23rd**  
Piccadilly Restaurant  
1602 E. Silver Springs Blvd.  
Ocala, FL 34470  
**4:00 pm**  
*(Due to Federal regulations, we are not able to offer gas cards at events that include lunch... but the food will be great.)*

If you missed these dates, call us to check for additional upcoming seminars. Eligible for free gas card with no obligation. Restrictions may apply.

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Photo by Lynne Callender Murray

**Red Shouldered Hawk**



**Birders' Beat**  
Jane Callender

The Unique Birders will meet at 1:30 p.m. on Tuesday, March 20. We meet in Suite H in the Arbor Conference Center. The February meeting was our planning meeting for the coming year. Due to the World News deadline, the program for March 20 and the field trip for March 29 remain mysteries! If you attended the February meeting you will know the answers.

Margaret Edmiston organized the January field trip to Rainbow Springs State Park. We saw and heard many birds. Of special interest was the red shouldered hawk. This hawk has become accustomed to people and remained quiet to be photographed.

As an example, the hawk in the accompanying photograph "sat" for numerous pictures by my daughter until a large dog and its owner chased it away.

The February field trip to see eagles and other large birds was organized by Ann and Conrad Massa. A report on this trip will be in the April World News.

Another interesting activity for birdwatchers is a walk led by Norm Lantz on the trail to the Silver River on the third Saturday of the month. For information on the above and other Unique Birders activities, please call Roberta Campbell at 854-4814 or me, at 861-2983.

I chose the red-shouldered hawk for bird of the month since my daughter supplied me with the picture — and a recent class by Norm Lantz was about Accipiters, Harriers and Buteos. The red-shouldered hawk (*Buteo lineatus*) is approximately 17 inches from head to tail, with a 24-inch wingspan. Note the reddish shoulder patches, uniformly colored underparts, translucent "windows" at the base of the primaries and narrow white bands on a dark tail.

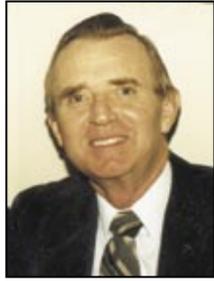
It is one of the most common hawks in the Southeast, breeding in moist woodlands, often close to cultivated fields. Male and female build a platform nest with one brood a year. The eggs, two to four, are white with dark markings. Female and male incubate (27 to 29 days) and both feed the young. Fledging is 29 to 45 days.

The hawk loves to perch on wires, spotting its prey — reptiles, amphibians, large insects and birds. Its flight pattern is sometimes an alternating flapping and gliding movement. ☺

**Yoga at Sholom Park**

The next Yoga at Sholom Park will be Saturday, March 3, 10 a.m. Free.

Photos by Larry Resnick



**Native Plant Club**  
Ron Broman

This one was supposed to have been easy. Nothing really difficult about "Pickin' up pawpaws, puttin' 'em in a basket." (1) Deciding which pawpaw we have here in On Top of the World's sandhill/scrub community is turning out to be a different story.

Asimina is the botanical name for the genus of plants we know as pawpaw. It's apparently a name that new world Indians used and so far I've not found its English equivalent.

There are nine species of pawpaw in the U.S. One, *Asimina triloba*, is a tree (which ours is not), and the others range from 3 meters down to nearly ground level.

This picture is an old one. It was probably taken in the spring of 2005. (I usually date my photographs, but not this time.) You'll notice that the leaves are already fully mature. If all goes as it should, however, we should be seeing these blossoms after the leaves appear toward the end of March or early April.

The Reticulate Pawpaw or Dog Banana is endemic (limited) to Florida, grows in Central Florida sandhills, but the flowers appear before or as the leaves emerge (2). Two down; seven to go.

White Squirrel-Banana or Beautiful Pawpaw is a small and woody shrub to about a foot tall; so she's not the one.

Rugel's Pawpaw or Yellow Squirrel-Banana is adapted to wet pine flatwoods, not our dry sandhills. Five to go.

Four-petal pawpaw's habitat is limited to south Florida's Martin and Palm Beach counties. That leaves four.

The Dwarf pawpaw, *A. pygmaea*, grows to only about 20 inches. Ours is higher. That leaves only three more; and now comes the challenge.

Narrow-leaf pawpaw, *A. angustifolia* or *A. longifolia*, has leathery, narrow leaf blades, as the name implies. The habitat, the range and the way the flowers hang "independently from the leaf axils" point to our pawpaw. One addi-



Photo by Ron Broman

**This is the pawpaw growing in our sandhill/scrub community.**

tional characteristic makes this one very interesting. "There are two varieties of this species — the leaves of [*A. longifolia* variety *longifolia*] are linear, those of [*A. longifolia spatulata*] are obovate [egg shaped] to spatulate, [shaped like a spatula]." Guess what? The leaves on our species are shaped like a spatula. Maybe this is our pawpaw; but we still have two more to check out.

It so happens that the last two are called Flag Pawpaws. The first, *A. incarna* or Polecat Bush, is the right form and has the right leaves. The outer petals of the flowers are yellowish white to white, and in the inner petals is a deep yellow spot. Frankly I've not observed this on ours.

The other Flag Pawpaw, *A. obovata*, can occasionally reach up to 4.5 meters, much taller than our specimen. The leaves fit ours, but the flowers hang from the tips of new short growth. *A. obovata* occurs in inland sand ridges, but of eastern Florida. I am of a mind to say this isn't it. However, another source, (2), includes Marion County in its range. Now I return to my quandary.

Adding to the difficulty is this statement (3): "When not in flower the pawpaws are some of the more difficult to identify of Florida's native shrubs." I believe it!

At this time I'm not willing to say for sure which pawpaws we have in the sandhills and scrub of this part of north-central Florida. Perhaps we have more than one species. It's going to take more observation and study. That's why I enjoy the Native Plant Club. We have plenty of opportunities to keep our observa-

tion skills and thought processes honed.

Our Valentine's Day program for the Native Plant Club hosted our own Phillip Hisey sharing important tips for pruning trees. Judging from the way some trees look after being hat-racked, we certainly need his input. Thanks, Phillip.

Thanks to dedicated members of the Smart Growth Coalition, the Silver Springs Basin Working Group, Marion Audubon, and others, Silver Springs and our water supply can take a new fresh breath. But our work is not over. Come to our Native Plant Club meeting to hear of the work that is being done and needs to be done to ensure that one of our most precious resources, our water, is being protected.

At our March 14 meeting, we will learn about the relationship between sandhill and scrub from Jim Buckner. The instructor/naturalist at the Silver River Museum and Environmental Education Center in the Silver River State Park was instrumental in the establishment of that park and of the Marjorie Harris Carr Cross Florida Greenway.

The meeting is Wednesday, March 14, at 1:45 p.m. in Suite H of the Arbor Conference Center. It's great to Grow Native.

(1) *You probably remember the song/game from your childhood.*

(2) *Florida Wildflowers in Their Natural Communities by Walter Kingsley Taylor, University Press of Florida, 1998*

(3) *The Shrubs and Woody Vines of Florida by Gil Nelson, Pineapple Press Inc., 1996*

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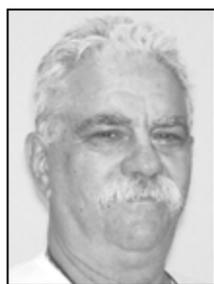
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**Social Club**  
Mort Meretsky

The Super Bowl is over and I again picked the wrong team to win. However, I did correctly pick the two teams in the Super Bowl. Our annual Super Bowl party was again a success. A big thank you goes out to Publix for again providing us with a fine chicken dinner with all the fixin's. Vince and Gabby won the football pool twice and they split the money right down the middle, \$48 to Gabby and \$2 to Vince.

Our next poker/blackjack day is Friday, March 16, from 2 to 4 p.m. at the Arbor Conference Center. If you're not a member, come on down and check us out. It's only \$10 a year to belong and you could win that back in sittings. If you're already a member, it's time to renew your membership.

See y'all on the 16th. ☺



**Singles Club**  
Pat Wellington

The fun-loving Singles Club has recently given new meaning to the expression "horsing around." On Feb. 12, members enjoyed the horse races at Ocala Breeders. Then on Feb. 13 it was back to Ocala Breeders for sales of two-year-old horses. And there's still time to sign up for the horse-jumping event on Highway 27 en route to Williston on March 11.

Our regular meeting will be on March 8 when the Golden Troopers will entertain us.

Sally Kohl provided a valentine theme for the Feb. 8 meeting — a tablecloth trimmed in hearts, a tub full of red roses for a centerpiece and cupcakes with valentine greetings on them. Thank you, Sally.

After some brief announcements vice president Larry Hills introduced the guest speakers from Jefferson Pilot Securities—Kevin Ledun and Jonathan Grabe—who spoke on ID theft and how to protect ourselves against it. Offering chilling statistics such as the 186 percent increase in identity theft, the speakers went on to suggest ways to guard ourselves from predators who will go to great lengths to obtain our social security numbers, bank accounts, and other useful personal information. At the end of the presentation, they conducted a brief quiz on the main points of identity theft. ☺



**Nature Around Us**  
Marion-Alice Burke

It's that time again!

"What are you talking about?" one may ask. Why, it's the Annual Master Gardener Spring Festival, of course. This great event of the year will be Saturday, March 10, and Sunday, March 11, at the Marion County Extension Service at 2232 N.E. Jacksonville Road.

Admission is \$1 and parking is free. There will be an abundance of many varied vendors throughout the two-day extravaganza and there will be bright-eyed and shiny-faced youngsters with large carts who will be available to carry all your many, many purchases to wherever you are parked.

Besides, the wonderful nurseries that have been so fantastic with their presentations every year in the past and who will have even newer and more exciting plants, trees, herbs, shrubs, garden tools and ornaments, there will be on your right, as soon as you go through the gate (guess what ...) the Marion Bonsai Society with beautiful Bonsai plants for sale. We always have experienced members of this society on hand to answer questions you may have, as well as members to give you information regarding proper care of any Bonsai you may have received as a gift or purchased on impulse, and that seems to be feeling rather poorly lately. Behind our table of plants for sale, we will again present an outstanding display of some examples of our members' work and will walk you through the exhibit, explaining various styles and techniques and perhaps interest you in joining our group! We always invite anyone interested in Bonsai, to come to a meeting as our guest, to meet us and see what we do! Did you guess that I've been a Bonsai enthusiast for many years and am proud of this local society? When you stop at our booth, please mention that you read about The Marion Bonsai Society in the On Top Of the World newspaper.

My hummingbird feeders are full and ready for those beautiful birds that grace our flowerbeds every year. Generally, they stagger in, exhausted and mighty hungry, from their flight from the Cancun Peninsula. The shrimp plants in my backyard are full of blooms, and there are other bright colored plants. Three feeders are placed nearby to lure the pretty little birds to our backyard. We can expect them anytime around the middle of February, and they usually stay until the middle of September. I can hardly wait. By the time you read this article, there may be quite a few hummingbirds in residence already.

The other day I wondered why two bluebirds kept going to the opening of the latest

house I put up for them, looked inside, and flew off to perch on a nearby tree. A few minutes later, back they came, peeked inside and flew off again. Anxious to see what the problem was, I gently opened the front of the box to see what was keeping them from entering the nest, and what did I see, but a darling little flying squirrel! The poor thing was scared and clung to the back top corner of the box when I opened it up. I immediately apologized to it, told it not to worry, that it could stay there, closed it gently and went out to buy ANOTHER bluebird box. If I can keep the chickadees, titmice, warblers and wrens out of it long enough for the bluebirds to move in, I'll consider that 2007 is off to a pretty good start!

Have you read about organic clothing? Materials like hemp and bamboo are beginning to be produced but organic cotton is the fabric choice for most green clothing designers. Organic Exchange is a non-profit group expanding the use of organically grown fibers and they report that global retail sales of organic cotton products increased from \$245 million in 2001 to \$583 million in 2005. The traditional cotton fabric that most of us know, is a \$300 billion global market.

However, producers of this traditional cotton use large amounts of insecticides, herbicides and synthetic fertilizers to grow it. Analysts estimate that cotton crops use about one-quarter of all the agricultural insecticides applied globally each year, and the U.S. Environmental Protection Agency reported that seven of the top 15 pesticides used on U.S. cotton crops are potential or known human carcinogens.

Levi Strauss, Victoria's Secret, Esprit and Timberland as well as many designers are using these products in their newest lines. Even Wal-Mart and Target are now stocking a wide range of organic cotton clothing. To find other organic clothing retailers, the online repository of all things green, EcoMall, lists sources for cool, green-friendly garments on its clothing page. Another Web site, Eco-Business Links, gives a listing on its Natural Clothing Retailers Page. For more online information, visit EcoMall at [www.ecomall.com/biz/clothing.htm](http://www.ecomall.com/biz/clothing.htm); EcoBusinessLinks at [www.ecobusinesslinks.com](http://www.ecobusinesslinks.com). I'd be interested in hearing from any of my readers if they have found these items, tried them and like what they have. I understand they may be a tad more pricey than other traditional cotton items, but won't it be worth it to try at least once?

Kathleen Patterson will be at the Education Center on March 20 from 9 to 11 a.m. Kathleen's workshops help so many people, especially if they are new to the area. She is Program Coordinator for Florida Yards and Neighborhoods in Marion County and also a Master Gardener. Call 854-3699 to register for this free program. There may still be space remaining for someone to squeeze in for this enlightening presentation.

Rev your gardening motors, folks, and with trusty trimming shears, hoes, shovels, gloves, sunhat and after applying some sunscreen on your arms, face and neck, hit the garden. Don't forget a glass of water or iced tea. Amelia and Daisy, my furry Master Gardeners in Training, are raring to go and so am I!

Keep those birdbaths really clean, the feeders full and a smile on your face. If there is any topic you would like me to research for additional information for you, please don't hesitate to email me at [nutmeg02226@msn.com](mailto:nutmeg02226@msn.com). In the subject space, please type NATURE and I'll do my best to help you, or call me at 239-1467. ☺

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**Fellowship Bible Study**  
Alice Geyer

We have again entered the season of Lent. During this 40-day period, many Christians turn their attention to the final days of the earthly ministry of Jesus.

It is a time of reflection. Churches hold special Lenten services beginning with Ash Wednesday. Sundays are not counted as part of the 40 days because each Sunday is considered a "little Easter" — a celebration of Jesus

rising from death.

It seems quite fitting that we are studying the subject of heaven. Since ancient times sacrifices have been offered by peoples of the world in an attempt to make themselves acceptable to the God or gods they worshipped. Christians believe that Jesus intercedes with the Father in heaven on our behalf — having lived a perfect life, and by His sacrifice, makes us acceptable to a holy God into whose presence only holiness may enter. He is our "perfect sacrifice." We invite you to join us. The study lasts one hour, 10:30 to 11:30 a.m. Thursdays in the Craft Building, Meeting Room 3.

If you have any questions please call Suzanne Jeansonne at 873-9361 or Alice Geyer at 237-3059. ☺

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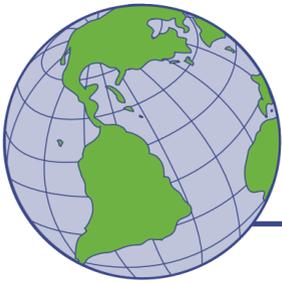
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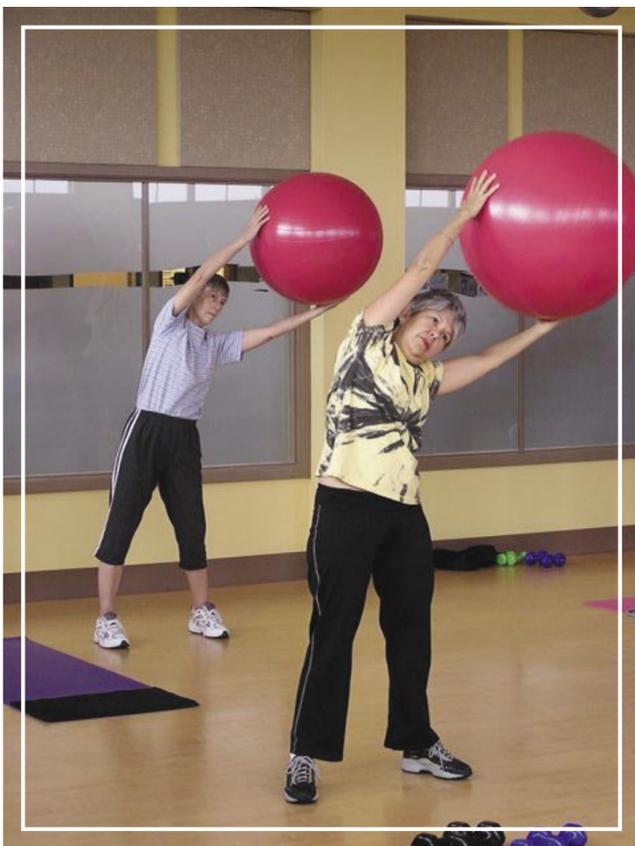


The Ranch Fitness Center & Spa at Circle Square Commons.



The Ranch Fitness Lead Trainer Terry Davison conducts a ball fitness class.

## Residents Work The Ranch Into Their Fitness Routines



Photos by Bob Woods

On Top of the World residents Cheryl Sloan, left, and Angela Carazo stretch during a ball fitness class at The Ranch.

By LYNN PEITHMAN STOCK

Cheryl Sloan loves taking yoga and pilates classes so much she indulges herself at both Health & Rec and The Ranch, the new fitness center, spa and salon at Circle Square Commons.

"Sometimes I'll do yoga here and run over and do Adela's yoga," says the Providence resident.

"I like the classes because I'm kind of lazy when I have to work out on my own," admits Cheryl, who has lived in Providence since 2004. The Ranch's classes are her favorite part of the center. "I'm really pleased with the classes. We have a nice big room here so it's never crowded."

The amenities are a nice plus, too. "They have everything. You don't have to load up like a pack rat." Personal items are provided such as towels and shampoo, as well as fitness equipment, from mats to balls to free weights. Even the locker rooms have fresh citrus-infused water until 6 p.m. every day.

Another resident who has joined The Ranch is Angela Carazo. She takes advantage of The Ranch's pool, steam room, sauna and aerobic classes. "Everything I can," says the Indigo East resident. "I can actually walk here."

"I like that it's all very modern and it has all kinds of equipment," says Angela who has lived in Indigo East since June. "Everything is very handy. You don't have to carry anything with you."

As The Ranch membership grows, so will its offerings. More specialty classes will be added, says Michelle Neumann, The Ranch Fitness Center & Spa Membership Director. Latin cardio and belly dancing are possibilities. "We're trying to get a feel for what the members are looking for."

The Ranch offers every member a "personal wellness journey," a one-on-one session with one of the personal trainers. One of the trainers, such as fitness lead Terry Davison, spends up to an hour and a half discussing your health and fitness goals. It is to "maximize your fitness membership and this facility," he says. "It's about you as an individual and getting your maximum out of this experience."

"Exercise will lead to better health," Davison says.

Over on the spa side, a new service will be Watsu

massage: massage given by a specialized therapist in water. The person getting the massage floats freely in the warm water. "We're thrilled," Michelle says. "They say it's very freeing because you're relaxing and floating with the warmth of the water. It is very unique."

Reservations are encouraged for salon services, but walk-ins are welcome, Michelle says. One new service coming to the salon is perms.

Each member of the staff wears a shirt color-coded by the service they perform. "We try to distinguish our staff if people have a question," Michelle says. The front office staff wears royal blue; fitness staff, black polos; massage, tangerine; spa attendants, light blue; estheticians, white lab coats; salon staff, black lab coats and the laundry attendants sports light yellow. The staff is friendly and supportive and guests feel free to ask for assistance or have their questions answered.

If you're interested in joining the 300-plus members at The Ranch, stop by. "There is always somebody available to take you on a tour. Michelle adds that The Ranch Fitness Center & Spa complements offerings at the Health and Recreation Center and the Arbor Center. The Ranch rounds out all of the great amenities at On Top of the World. 🌐



Photo by Lynn P. Stock

### Science Fair Judging

Ron Broman, On Top of the World resident, judges a science project at the Big Springs Regional Science Fair at the Ocala City Auditorium on Feb. 8. He spent several minutes questioning Princettia Kellman and Micheca Hall, both 12th graders from Lake Weir High School, on their psychology experiment. Ron was among 20 On Top of the World residents who volunteered their time and expertise to judge the science fair that drew 200 students from public and private middle and high schools from Marion, Levy and Sumter counties.



The Bellamy Brothers performed at the Circle Square Cultural Center on March 3. For information on upcoming events at the Cultural Center, see Page 3.



**Director  
of Golf**  
Jeff McDonald

### On Top of the World

First of all I would like to mention that Larry Chase has returned to our golf staff at On Top of the World and I hope that you will help welcome him.

Nick took 44 players on a golf trip to Gainesville Country Club and I trust that everyone had a great time. We also are teaming up with Black Diamond for a three-day golf trip to Innisbrook in Palm Harbor. Please see Gwen Becker in the members lounge for more details or call at 854-2765. The golf trip will

take place on May 6, 7 and 8.

Ladies, I am sorry but this trip is for the men only, you can trust that Nick and I will keep them out of trouble. The group is limited to the first 16 men to sign up and pay their money. The cost for the package is \$498 and is due when you sign up.

We are getting ready for the Nine Holers Invitational and look forward to working with their committee.

I will be having a meeting during March with the presidents of the MGA, LGA and the Nine Holers to organize our advisory board.

Andy and his staff are doing a fine job on our courses and we ask you to help fill your divots and repair several ball marks on each green so that we can do our part.

### Candler Hills Golf Club

We are sorry to see Eloise leave and we will miss her.

Ross, Andres and myself had a great time meeting with the Candler MGA and it was nice being able to share with them some of the reasons why different things are done here at Candler. I spoke with them about the fact that we are going to start an advisory board for our two golf operations I will be having a meeting during March with the presidents of the MGA, LGA and the Nine Holers to organize our advisory board.

We are moving a lot of merchandise through the golf shop at Candler. Don't miss out on our different sales.

Thanks for all of the support that you show to the golf staffs. 🌐



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

First a reminder, the Club Championship this year will be Wednesday, April 11, Friday, April 13, and Wednesday, April 18. (I gave the wrong date at the meeting in February.) Please mark these days on your calendar and do not make any appointments so you can play in the Club Championship. The board of directors is working on a TEE Prize for all members that sign up for this tournament.

As you know or maybe do not know, Wes Dumeer has resigned as computer operator and treasurer of the GHIN operating committee. I want to thank Wes for his time and effort in making our jobs as tournament directors a little bit easier; he did a fine job and he will be missed.

Mike Driver has signed on to be the new computer operator; I wish him good luck and I do believe he will do a fine job also. When Wes

resigned from the GHIN operating committee he left a void that will be filled by Jack Martin. I want to thank those volunteering for this job; I really appreciate you stepping up to the plate. I am also appointing Chuck Sanci to the newly forming On Top of the World Communities Joint Golf Committee. This committee will be a liaison between the golf associations and management.

NO SHOWS! Please call the clubhouse if you cannot play on any event day. We are getting more and more members signing up and not showing up. This is unfair to the people who sign up and want to participate and are missing one or two players. My only alternative to solving this problem is that you sign up (and the computer doesn't make mistakes) show up or the next time you sign up to play in something we may have to delete you from playing that week for being an inconsiderate member. This sounds an awful lot like I'm being daddy and you're being little boys but that's just not fair to the adults playing! This message is for those who continually do this and we do know who you are. Big Golfer is watching!

At this writing the Links Golf Course has never been better in the seven years I've been here. I thank Jeff, Andy and Nicky for all their work. We're all looking forward to "christening" the new restroom on Tortoise and Hare. FYI, I've been warned the summer greens will be a challenge; so lets enjoy what we've got while we've got it.

For all you new members, please ask for our MGA 2007 Handbook and read it and it will answer most of your questions. Please feel free to call me if you do have any questions that aren't answered.

Words of Wisdom: "I once quit golfing; it was the worst weekend of my life." Author unknown.

See you around the course. 🌐



**Start with  
the Basics**  
Sally Collins

Last month we worked on how to get the backswing started. By allowing the arms and golf club to form the letter "Y" we are setting ourselves up to begin the backswing with the one piece takeaway.

If we allow the larger core muscles to be involved from the very start of the backswing, the smaller arm and hand muscles along with

the larger torso muscles tend to work better as a team.

If the arm and hand muscles are relaxed, the wrist and rear elbow hinge will naturally occur as the club passes the rear knee. Should these muscles exhibit more of the "death grip" tendencies of many players, this natural hinging motion will not take place.

Ideally at the top of the backswing, the target arm and the golf club should now form the letter "L."

As we allow the arms and club to swing to the top of the backswing position, the golfer has a number of check points that will dictate when he or she has achieved the proper top of the backswing position. First, the spine angle should remain the same as it was at address. Secondly, the shoulders should have made approximately a 90-degree rotation.

Also, the hands should both retain connection with the golf club while the target arm maintains extension at the top of the backswing. The rear knee should be flexed as it was at address. In this position, the golfer's weight has transferred to the inside of the rear leg.

By this time, the golfer has (physical conditions allowing) achieved a position that has produced a coiling of the upper body against the lower body. Hold that position until we begin the forward swing in next month's column. 🌐



**Candler Hills  
Golf Club**  
Ross Kuntz

Welcome to Candler Hills. We hope your golfing experience this winter has been most enjoyable. The golf course is in the best possible shape since the overseeding was completed.

Allow me to introduce myself. My PGA background over the past 42 years began in March of 1962 in Hammond, Ind., at Woodmar Country Club. After spending three years

working Hammond, I went to Carmel, Ind., where I spent four years as the first assistant to Bill Heinlein, who was "Mr. Golf" to the state of Indiana — a true gentleman if there ever was one.

In June 1968, I was selected as the head golf professional at the Lafayette Elks Country Club, which had a membership of 400. After serving in this position for 18 years, I decided to try something different. I accepted the position as course rater for the state golf association. I traveled the state rating the golf courses in order that they might be all equal and consistent. After completing this task I applied for and was chosen the golf professional and director of golf at Seven Rivers Golf and Country Club in Crystal River. I served in this position for 12 years. I then moved to World Woods for the next eight and a half years where I was in charge of tournaments, teaching and helping out as needed.

Over the years, I have given many lessons and clinics to all type of golfers. I enjoy teaching very much and would be happy to share my expertise with our members.

In March we will be hosting the North Florida Tour Championship on the 12-13-14 with more than 100 professionals playing. Come out and enjoy your wonderful course.

Ross W. Kuntz,  
Associate Head Professional, Life Member  
PGA



**Handicap  
Committee**  
Patricia K. Del Vacchio

61; and Ed and Nancy Darichuck with a net 63. Fourth place went to C. Mattingly and H. Bextermueller; B. Carter and M.J. McAtee; G. and M. Sohler; R. and J. D'Addio with net 63. Eighth place was net 64:

G. and I. Lisinski, P. and S. Shirley, L. and K. Hoefler, R. Hess and G. Swank, R. Grooms and M. Rose, D. and F. Griswold, D. Gray and B. Ovrebo, D. Norris and J. Page, F. Cipoloso and B. Gustafson. Alone in 17th place with net 65 was A. and B. Buecher. 18th place with net 66 were: A. Janssen and C. Johnson, M. Lyon and T. Fragapane, P. Peterson and D. Holman and last but not least in 21st place with net 67 were R and G. Normandin. A big round of applause to everyone!

On March 3, Carl Arnold and Phyllis Jarsky will be hosting a Shamble. (All players drive the ball. Select one drive and all players play out the hole from that spot.) We will rally at 8:30 a.m. at the flags and we'll be teeing off at 9 a.m. See you all at the flags. 🌐

## March Golf Events

### March 1

- Taylor Made Tour Van, Candler Hills Golf Club, 9 a.m.–2 p.m.

### March 7

- Free Clinic: Putting and Chipping, On Top of the World, 2 p.m.

### March 9

- Short Game School, Candler Hills Golf Club, 1–3:30 p.m.

### March 14

- Ladies Clinic: Trouble Shots and Uneven Lies, Candler Hills Golf Club, noon
- Free Clinic: Putting and Chipping Challenge, Candler Hills Golf Club, 2 p.m.
- Men's Clinic: Trouble Shots and Uneven Lies, Candler Hills Golf Club, 3:30 p.m.

### March 21

- Ladies Clinic: Accuracy with Irons, On Top of the World Golf Club, noon
- Free Clinic: Target Practice, On Top of the World Golf Club, 2 p.m.
- Men's Clinic: Accuracy with Irons, On Top of the World Golf Club, 3:30 p.m.

### March 28

- Free Clinic: Long Irons vs. Hybrids, Candler Hills Golf Club, 2 p.m.

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**Ladies 18-Hole Golf**  
Mary Lyon

Congratulations and thank you to Andy Jorgensen and all of his staff. The Links has never been in the great condition that it is in now. It is a beautiful course, a pleasure to play, and a course that we can all be proud of. The new cart paths are a great improvement. Thanks also to Jeff McDonald, Sally Collins, Nick Montanaro and Andres Vera for all of the help they have given us through clinics and special events. Golf is alive and well at On Top of the World!

Our annual get together with our 9-hole friends is always a day full of fun and surprises. This year was another great day with good golf, enjoyable company, beautifully decorated tables, good food and door prizes galore. A special surprise was the clinic by Adela Anderson, Sally Collins and Howard Williams on stretching exercises to use before the first tee. Thanks to them for taking their time to help us play better golf and avoid injuries. Our thanks also to the luncheon committee for a great job: Lou Borders, Connie Shirley, Nancy Nicholas, and Phyllis Carty.

The March hostesses are Ruth Border and Gretchen Normandin.

**Low Gross/Low Net**  
Jan. 16

**Flight A Gross:** 80—Jerry Gill; tie at 85—Gretchen Normandin and Nancy Zielinski; 88—Nancy Darichuk.

**Net:** 66—Sandy Chase; 69—Nancy Nicholas; 73—Linda Bervinkle; 74—Joan D'Addio.

**Flight B Gross:** 89—Diane Hamments; 94—Jo Ann Roney; 99—Betty Gustafson; 101—Margie

Wade.

**Net:** 67—Jean Culp; 72—Angelita Pena; 73—Mary Jane McAtee; 76—Phyllis Carty.

**Flight C Gross:** 100—Shirley Smagner; 103—Harriet Brower; 108—Lou Borders; tie at 109—Glenna Swank and Marilyn Rose.

**Net:** 69—Helen Bextermueller; 77—Dorothy Muller; 80—Dea Johnson; tie at 81—Norma Cleveringa and Connie Shirley.

**Flight D Gross:** 109—Helen Foskett; 112—Marie Marquis; 113—Jeanne Rice; 123—Betty Crippen.

**Net:** 70—Esther Lang; 74—Marjorie Myhr; 79—Euny Moore; 85—Margie DeJohn Yarski.

**Chip-ins:** 2—Sandy Chase, Lou Borders, Carolyn Cummings, Joan D'Addio, Diane Hamments, Nancy Nicholas, Gretchen Normandin

**ABCD Team 1, 2, 3**  
Jan. 23

117—Jerry Gill, Linda Bervinkle, Agnes Lindley, Fran Griswold; 119—Beverly Ovrebo, Carol Johnson, Serine Rossi, Jeanne Rice; 121—Mary Lyon, Janet Kingsley, Marilyn Rose, Esther Lang; 123—Janet Juhlin, Doris Holman, Norma Cleveringa, Dorothy Muller; tie at 124—Nancy Zielinski, Diane Hamments, Shirley Smagner, Deb Phillipson and Valerie Smith, Andrea Fratarangelo, Lou Borders, Marie Marquis

**Chip-ins:** Carol Johnson, Esther Lang  
Jan. 30 and Feb. 6

Winner: Jacklyn Frost

**WGA 18 and 9 Hole Cupid Open**  
Scramble

Feb. 13

70—Beverly Ovrebo, Beryl Leckbee, Marie Marquis, Sumiko Bridges; 71—Mary Lyon, Arloa Vanderkolk, Carol White, Betty Crippen; tie at 73: Jerry Gill, Mary Jane McAtee, Sylvia Willoughby, Evelyn Stewart; and Kathy Hoefer, Angelita Pena, Thelma Smith, Marie Palombo, Helen DeGraw; 74—Mary Driver, Georgette Perrault, Jan Moon, Frances Mencher; tie at 75—Nancy Darichuk, Diane Dzik, Helen Bextermueller, Marilyn Rowe; Iro Lisinski, Mary Hart, Euny Moore, Deb Phillipson, Donna Swiger; and Janet Juhlin, Dawn Hagberg, Esther Lang, Lucy Quaranta; 76—Linda Bervinkle, Patty Bourgault, Marjorie Myhr, Ida Rosendahl; 77—Nancy Nicholas, Shirley Smagner, Dorothy Muller, Phyllis Smith; tie at 78—Gwen Becker, Dea Johnson, Margie DeJohn Yarski, Gretchen Saker; Joan D'Addio, Andrea Flannery, Lois Tatonetti, Jean Flynn; and Nancy Zielinski, Agnes Lindley, Violet Sica, Dorothy Wagner.



**Ladies 9-Hole Golf**  
BJ Leckbee

What a month! We had to cancel twice due to cold (really cold) weather, but our telephone committee came through for us both times. Thank you, Jean Flynn and company!

The Feb. 6 meeting was well attended, and the major topic of discussion was the March 20 invitational. Remember to have your cart at the pro shop by 7:30, bring a bottle of water for your guest, and have your nametag on your bag. The highlight for all participants is the possibility of getting a hole in one on the right hole and winning a new car. Am I the only one who's been saving herself for this particular reward?

Please, ladies, consider signing up for an office or a committee for the next season. This league exists due to the active participation of a dedicated group of ladies who are willing to share their time, talent and energy to ensure

things function smoothly. Our current officers have served for two consecutive years, and it's time to transition to someone else. If you've never served on a committee or held an office in a golf league before, never fear—these ladies have a wealth of experience they're willing to share. And, overall, we're a pretty easy-going group of golfers.

On Feb. 13, the 18-hole ladies did a bang-up job hosting us for 18 holes and lunch. Some of the prizes were made special for us by their members. Storms threatened, but held off until we were safely inside, enjoying the moment. Thanks to all those who worked so hard to make it happen!

**Jan. 16 Scramble Tortoise**

43—Kathy Bologna, Alice McDaniel, Ellie Rapacz, Marilyn Rowe; and Catherine Becraft, Mary Hart, Ida Rosendahl, Shirley Stolly; 45—Marilee Dam, Marie Norwood, Gretchen Saker, Donna Swiger; and Pauline Beloin, Virginia Hawk, Phyllis Smith, Agnes Tetti.

**Hare**

40—Helen Bailey, Charmaine Hassett, Millie Nucasco, Marge Warren; and Michael Beyer, Darlene Bole, Tish Dertien, Lois Tatonetti; 41—Sumiko Bridges, Mary Carson, Diane Dzik, Evelyn Stewart

**Jan. 23 Two Best Balls**

**Chip-in:** Sumiko Bridges  
55—Joan Rappa, Tish Dertien, Michael Beyer, Helen DeGraw; 56—Ellie Rapacz, Kathy Walters, Jean Flynn, Marilee Dam; 58—Marlene Floecker, Virginia Blanchard, Frances Mencher, Ruth Mitchell.

**Jan. 30 and Feb. 6**

Cancelled—Weather ☁



**Mini Golf**  
Jack Coyle

**Providence Putters**  
Jan. 16

**Ladies:** 44—Sandra Ensley; 49—Emmy Ricciardone

**Men:** Tie at 38—Bob Maxwell and Kurt Vogt; 39—Sal Tarallo; 46—Oliver Aube; 52—Doug Ensley

**Jan. 23**

**Ladies:** 41—Inge Vogt; 43—Sandra Ensley; 44—Emmy Ricciardone  
**Men:** 37—Sal Tarallo; 39—John Ricciardone; 40—Kurt Vogt; 46—Doug Ensley; 48—Oliver Aube

**Jan. 30**

**Ladies:** 39—Emmy Ricciardone; 51—Eva Miller  
**Man:** 43—Ben Resta

**Feb. 6**

**Ladies:** 47—Inge Vogt; 48—Eva Miller  
**Man:** 42—Kurt Vogt

**Feb. 13**

**Ladies:** Three-way tie: 44—Eva Miller, Inge Vogt and Emmy Ricciardone  
**Men:** 35—Kurt Vogt; 40—Sal Tarallo; 42—Bob Maxwell; 43—Oliver Aube

**Sunday Mini-Golf**  
Jan. 14

**Ladies:** 44—Eleanor Krowka; 45—Emmy Ric-

ciardone; 47—Maria France; 48—Marilyn Cernecar; 53—Florence Soens

**Men:** 37—Dick Soens; 38—Bob Maxwell; tie at 44—John Ricciardone and Sal Tarallo; 45—Don Cernecar; 47—Oliver Aube

**Jan. 21**

**Ladies:** 43—Maria France; 51—Rena Tarallo; 52—Eva Miller 53—Eleanor Krowka; 54—Emmy Ricciardone

**Men:** 35—John Ricciardone; 37—Bob Maxwell; 42—Sal Tarallo; 49—Oliver Aube

**Jan. 28**

**Ladies:** 44—Eleanor Krowka; 49—Florence Soens; 50—Emmy Ricciardone; 51—Eva Miller  
**Men:** Tie at 44—Dick Soens and John Ricciardone

**Feb. 4**

**Ladies:** 41—Eleanor Krowka; tie at 47—Florence Soens and Chris Resta; 48—Eva Miller

**Men:** 35—Ben Resta; 37—Dick Soens

**Feb. 11**

**Ladies:** 41—Chris Resta; 45—Florence Soens; tie at 47—Eva Miller, Bernadette Jacobson and Eleanor Krowka

**Men:** Tie at 37—Bob Maxwell and Sal Tarallo; 38—Ben Resta; 41—Dick Soens

**Thursday Mini-Golf**  
Jan. 18

**Ladies:** 40—Florence Soens; 47—Eleanor Krowka; 49—Rena Tarallo; 53—Emmy Ricciardone

**Men:** 31—John Ricciardone; 38—Sal Tarallo; 43—Bob Maxwell; 44—Dick Soens; 50—Oliver Aube

**Jan. 25**

Course flooded. No Scuba gear available.

**Feb. 1**

Rained out.

**Feb. 8**

**Ladies:** 43—Florence Soens; 45—Chris Resta; 46—Eleanor Krowka; 47—Rena Tarallo; 50—Eva Miller.

**Men:** 36—Dick Soens; 40—Sal Tarallo; tie at 41—Ben Resta and Bob Maxwell; 45—John Ricciardone; 48—Oliver Aube. ☁

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**Bocce**  
Bob Woods

By the time you read this article we will be into the spring session, the final session of league play. It won't be long and the regular bocce season will be over. At present we are trying to organize the summer bocce season hoping to have many playing days for those wishing the opportunity to play.

The bocce banquet will be held April 7 in the Health & Recreation Ballroom with a great menu of many great entrées, which is going to be catered by Bruce. Tickets will be available from all league reps and officers of the bocce club. Price for members will be \$11 and non-members \$13. So, get a hold of your league rep and purchase those tickets. I have not been told the cutoff date as yet giving the club a final number for Bruce.

The club is presently in the need for new officers and other positions. Your league rep has either contacted you or will shortly to see if you would like to become an officer of the club.

I went away for a week and when I returned I had many phone messages on my answering machine concerning bocce. I had a few wanting to know if and when I was going to cancel bocce because of the cold. I realize it is really chilly some mornings but the club will not cancel any games, mainly because it will throw the schedule out of whack. If it is too cold for some then have the team captains along with the rep cancel that game and set up a make-up game. There are only two time slots during the entire week that all the lanes are occupied.

We do not have nor can afford a maintenance department in the club and I can't see one or two people going to the courts early each morning to make sure the courts are ready for play. My particular time slot is Tuesday at 9 a.m. and one morning court two was flooded and many got together, squeezing the courts at the same time using the wet-dry vacuum to remove excess water and believe it or not by playing time at 9 the court was ready for play. It took only about 15 minutes to get the court ready.

Another item I would like to bring up is that those leagues playing early usually have the task of wiping off water and dew from the benches. I would like to take this opportunity to thank each and every one of you who grab towels provided in the shed and wiping off those benches. Also, I would like to thank whoever is taking the dirty towels home and washing them. Thank you.

There are only a few folks in the club that are volunteering to keep the courts in playing order, keeping the needed supplies in stock not to mention having to travel around to purchase those items. To each and every one of you and you know who you are, thank you.

Best of Bocce will take place April 2. Until we meet on the courts, keep those bocce balls rolling. 🌟



**Shuffleboard**  
Claude Servais

A heads up to everyone: Helene Sternberger has released the menu for the meal to be held with the president's general meeting on March 8 at 11 a.m. at the Health & Recreation Building. The luau will be catered by Bruce and will consist of the following items: sweet and sour chicken, shrimp stir-fry, Hawaiian coleslaw, peas and mushrooms and apple crisp.

Entertainment will be by a barbershop quartet, the Note-Ables. The cost will be \$8 for members and \$11 for guests. See your team captain for tickets to this event.

John Mataya says the training for the game "40 and out" terminated on Feb 7. Lou Crudele, who told John that he would not turn professional, posted the high score of 17. All those who took part in this exercise, commented that this was an excellent method to improve on their accuracy.

A belated acknowledgement of the accomplishments of some of our members:

On Dec. 9, the Florida Senior Men's Single Shuffleboard Games were held in Cape Coral.

Tony Manzo participated in the age group 80-84 and came in first. John Mataya who participated in the age group 75-79 also came in first. Both these gentlemen received a gold medal. This qualifies them for entry in the National Senior Shuffleboard Games, which will be held in Louisville from June 22 to July 7.

On Dec. 10, at the same Florida games in

Cape Coral, Tony Manzo and partner Joe Szabo placed fourth in the doubles tournament.

A reminder to all our members: Every Thursday there is a competition called "10 Pin" which is held at 1:30 p.m. and again at 6:30 p.m.

This game is also a very good exercise in developing accuracy, as the goal is to eliminate the opposition while trying to hide behind the bowling pin as much as you can.

It is also imperative to avoid knocking down the pin, as this will cost you 10 points.

One instance where accuracy is required is when a team reaches the score of 65, it now requires a score of 10 to reach 75, the winning score. Scoring a 7 and an 8 won't do the trick. It has to be the 10. If the competition reaches 65 and one of the opponents places his disk in the 10 triangle, it is your responsibility to remove him from that location, while at the same time attempting to keep your disk in this location which will enable you to score a 10.

There are quite a few people participating, but as always, there is abundant room for additional players.

Vito Chieco oversees the 1:30 p.m. slot, while George Hajjar supervises the 6:30 p.m. slot. There is no need to reserve space. Just show up and you will be welcomed.

For the regular league shuffleboard competition, the winners for the month of January were:

**Men**

**Monday a.m.:** Charlie Lents and Bob Schuck

**Monday p.m.:** Irv Gackowski

**Tuesday p.m.:** Dick Beury and Richard Miles

**Wednesday p.m.:** Lou Crudele and Claude Servais

**Thursday a.m.:** Jack Smith

**Friday a.m.:** Joe Szabo

**Women**

**Monday a.m.:** Betty Cullum and Lucy Lyon

**Monday p.m.:** Marge Fisher

**Tuesday p.m.:** Edith Kolb

**Wednesday p.m.:** June Hajjar

**Thursday a.m.:** Violet Dubay and Helen Monsees

**Friday a.m.:** Mary Lu Chamberlain 🌟



**Candler Hills Men's Golf**  
Garry Gerlach

You must have a valid GHIN handicap to play in the league. It does not have to be at Candler Hills, although it does make it easier to validate. If you do not have a valid handicap, you cannot play in the events. It is not to penalize you, but to make it fair for all players. To that end you need to also post your scores after each round. You need a minimum of five 18-hole rounds to establish a handicap trend. Originally, we thought the association would post scores, but we are still too small to pay for that service.

With regard to play from the white tees during CHMGA events, the board established a guideline that anyone over the age of 75 with a handicap of more than 20 will automatically be allowed to play from the white tees, if they desire.

For all other players, the board will approve play from the white tees on a case-by-case basis. However, the player must normally play from the white tees, have played with a board member to verify their play, and will be allocated three strokes less for league handicap when playing those tees.

Players who sign up and then decide not to play must contact the pro shop no later than 7:15 the morning of play. If members are scheduled to play, do not call in and do not show up; they will not be eligible to play the following week.

The board discussed the best way to keep members informed. Beginning in March, members will be notified of play, issues and board decisions by e-mail. Please verify your e-mail address with Garry Gerlach at 854-2247.

The board also decided to reinstate the extra dollar to offset costs of luncheons after some of our league play. Captains (those designated first on the score card) will collect the dollar from each player on the card, put it in an envelope and drop it in the CHMGA box outside the pro shop. Note the names of the players on the envelope as well as the date.

Finally, the President's Cup match play began Feb. 9 for five weeks. Twenty-two players were entered in the event.

**Candler Hills Men's League Results**

**Two-Man Team One Best Ball**

**Jan. 16**

55—Garry Gerlach, Jim Bragg; 58—Tony Misterly, Bob Cooke; 61—Bob Shively, Bill Horton, Dick Williams, John Podkorski; 61—Paul Fratarangelo, Ed Wade, Dave Masaschi, Lenny Pabon, Larry Pairo, Bob Starrett, Dick Masterson, Tom Racinowski, Jim McGrath, Art McTague, Bryant Giffin, Dick Pleinis, Gil Schofield, JC Van Bloom

**Four-Man Scramble**

**Jan. 23**

62—Paul Moltisanti, Dick Williams, Ed Wilson; 64—Fred Spain, Leo McCormick, Dick Masterson; 65—Bob Shively, JC Van Bloom, Marvin Brooks, Tom Racinowski

**Two-Man One Best Ball**

**Jan. 30**

58—Dave Masaschi, Bob Starrett; 59—Mike Buschur, John Podkorski; 60—Paul Moltisanti, Ed Wilson; 61—Bob Shively, Stan Jarmel, John Larson, J.C. Van Bloom

**Individual Net**

**Feb. 6**

66—Tom McGurk; 69—Paul Moltisanti; 70—Gene Kelly; 71—Bob Shively, Bruce Venslavsky, Bryant Giffin; 72—Bob Starrett, Jim Bragg

**Two-Man One Best Ball**

**Feb. 13**

56—Dick Pleinis, Garry Gerlach; 60—Rick D'Addio, Jim Bragg, Paul Moltisanti, Bill Horton; 61—Eugene Mell, Jim McGrath, Bob Cooke, Dave Masaschi, Leo McCormick 🌟

**Travelors Golf**

Jo Apperson

Forty golfers traveled to Summer Glen Golf Club on Feb. 9.

Flo Emanuel, Doris Holeman, Bev Ovrebø, Deb and Rick Mallardi and Phyllis and Rex Gaddy were our guests for this outing. A very enjoyable day was arranged by our hosts, Doug Coleman and Elsie Calabrese.

Paul Perrault and Mary Driver won closest to the pin honors on the third hole. The game

for the day was three best balls and the winners were: first, Larry and Sandy Chase, Rick and Deb Mallardi; second, Paul and Gergette Perrault, Bill and Linda Bervinkle; third, Calvin and Jo Apperson, Frank Cipollosso and Betty Gustafson; fourth, Bud and Lou Borders, Dick Hess and Doris Holeman; fifth, Ed and Nancy Darichuk, Phil Shirley and Valerie Smith; and sixth, Mike and Mary Driver, Doug Coleman and Flo Emanuel.

Our next outing will be at Williston Highlands Golf Club on March 9. Dick Hess and Mary McAtee will be the hosts for this event.

Our annual three-day spring outing will be on April 23, 24 and 25.

Further information will be available at our next outing. 🌟

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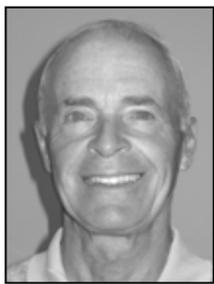
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**Pickleball**  
Luke Mullen

Well, we lucked out recently. We have been fortunate to hit a long streak of beautiful spring-like weather. When the temperature is in the mid-70s without a cloud in the sky on a sunny afternoon there is not a more beautiful day than one could ask for to play pickleball. Additionally we have had double digits of players who took advantage of these beautiful warm "winter" Florida days. Also we have seen new participants from our various communities checking out our pickleball play.

Those who watched us play and decided to join our group received our beginners guide to pickleball and an introductory pickleball class from our pickleball expert Bill Daugherty. This important class covers safety and basic pickleball play procedures.

In February we initiated a new idea to enhance play. This was playing singles. Here, it

is one on one where both players cover the entire full court. If you ever had the idea of getting a full workout from the game, this is the opportunity to get all of the exercise you want. Covering the full court, as opposed to having your opponent being required to return the pickleball to the court you initially served it from or hit it from (as is threesomes games) is the game for you.

The tentative date for these games is Saturday afternoons. Although this game is for those who understand the rules and have played before, there are many opportunities for beginners play.

The normally scheduled hours are on Wednesdays, Thursdays and Sundays at 2 p.m. We have rackets and balls available, at no cost, to use if you decide to try pickleball and attend our introductory pickleball class. The weather is great and expected overall to continue getting better. Also Sunday football is over for now. Please feel free to come watch us play at the Health & Recreation Building pickleball courts 3 and 4 at any of our scheduled times to see if this is an activity you would like to try. If you are new to racket sports, we can show you how to play and ensure that you only play at the appropriate level so that you can learn this sport and enjoy this fun activity.

As a reminder, our scheduled play times are listed in the January-July Fitness and Recreation Programs publication. Also included is a description of free beginners pickleball lessons offered by our resident pickleball expert Bill Daugherty.

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



**Pickleball Tip**  
Bill Daugherty

This month we will talk about two new rules that were implemented by the United States Pickleball Association starting Jan. 1. Also covered will be some new games to play that will improve your pickleball skill and play.

The new rules:

- When serving, both feet will be behind the serving line, not touching it but behind it.
- The serve must be made with an underhand stroke so that contact with the ball is made below the waist. Underhand is defined as: The arm must be moving in an upward arc and the paddle head shall be below the waist when it strikes the ball. No side arm serves!

Now some new games. New to some and old hat to others, but they will definitely improve your game.

- Serve handicapping: Allow weaker side additional serves to compensate for skill differential.

- Point handicapping: Spot the weaker player points at the start of a game to compensate for skill differential.

- Half court-strong side: Higher skilled player plays to the opponent's half court that the ball is served to or from. Lesser skilled player plays to the whole court.

- Half court-both sides: Both players play entire game on one side of the court. This play is good for practice for dink shots, volleys and lob shots.

- Dink-A-Dink: Both players play a half-court game at the non-volley line. Non-volley line must be represented and is treated as a baseline. (Fault if ball is hit beyond the line) This play is good practice for dinking.

- Dink Game: Both players play half-court game. Game starts at the non-volley line, with dink shots from each player. After that, players must dink, lob or use passing shots to any area within the half court. This play is good practice for improving play at the non-volley line.

- Australian Doubles/Cutthroat (play between three players): Serving player plays against other two players and gets "two serves," before having to move to the opposite (receiving) side. Players rotate clockwise to assume new serving and receiving positions. Server continues to score points until two faults are made. Game ends when player scores 11 points and wins by two 2.

As ever, if you have any questions or need help, give me a call at 854-2751 for assistance.

Play hard, have fun and make friends.

Mr. Bill

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**Billiards**  
George Tookmanian

Some of the tables we have in the poolroom need to be replaced. We have been advised by professional repair people that the present tables (the two Robertson 41/2"x9") cannot be

repaired with any degree of integrity. The club purchased these tables seven years ago, second hand, and they have served us well. It is time to replace them with first class tables. It is a fact that tables go about three years with a top quality cloth (Simonize), then, that cloth has to be replaced. So, if new tables were purchased we would save on recovering tables in the near future.

The club has sent correspondence to Debbie Clark and management as mentioned before, with an offer. The letter was posted on the bulletin board in the poolroom. In a capsule, the club has asked management to agree to pay for two new tables, and the club would pay for one new table. So, we feel it is a win-win situation all around, to replace the two Robertson tables, and the one table (41/2"x9") that is in the worst condition.

Richard Impresa, our president, and others who are knowledgeable have investigated the proposed new equipment and advised it as a longtime investment in first class tables. We in the club believe the residents deserve first class tables!

The members of the club have worked hard over the past years to raise funds for the poolroom. We have put just about every dime back into the poolroom. Besides, there is an untold amount of volunteer work that is donated to keeping the poolroom up to "snuff." We are fortunate to have these unnamed folks who put out for the high standards we see in the poolroom. I mention this, to let management understand that we have folks who enjoy the poolroom immensely.

One more point, almost every day a salesperson for On Top of the World will proudly show our poolroom, and I think, so many prospective home buyers are impressed with the friendliness of our players when they are invited to come in and play. They see the lights and chairs and six pool tables, and are impressed. We don't tell them the two Robertsons are worn out. We bought the chairs, we paid for one half the cost of the lights, so, we are asking management to please take our proposal seriously, and may we receive a favorable reply!

By the way, the next meeting will be March 5 in the ceramic/arts room. Time is 4 p.m. Thank you, Kathy Lorenzo for coffee and thank you Esther Lang for the delicious brownies served at the February meeting.

Our teams in the intra-community league are having their ups and downs. The "1" team has been facing some stiff competition, and does not have a lead as they did last season. I believe they are around .500 so far. The "11" team has struggled in the past, but, in recent weeks, have gained a couple of hard fought wins, and hopefully can add a few more.

I came across some words of advice that the billiard immortal Willie Hoppe gave under the title of "Helpful Hints To Beginners." We could all benefit, I believe, so read on.

"Don't stroke harder than is necessary to produce the desired result and bring the balls to a good position for the next shot. General hard stroking is sometimes followed by good leaves, but this is usually luck. Remember, too, it is more difficult to strike the cue ball accurately when you use a hard stroke."

Then, one more tidbit follows: "Fix the eye on the point of the ball which the cue is to strike, and address that spot. Players sometimes acquire the habit of moving the cue in some other line and shifting at the time of delivering the stroke to the spot at which they wish to strike. This obviously involves much chance of failure."

Now the reader may know Mr. Hoppe was a champion three-cushion billiard player, but I believe this is sound advice for all of us who like to play pool. What ever game one plays, execution is paramount to being successful. And by the way, with lots of help I am making progress with the draw, if I could remember to follow all the little points of "execution"!

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**R/C Flyers**  
Jim Nyam

The members of On Top of the World R/C Flyers would like to wish all On Top of the World residents a Happy St. Patrick's Day! Rumor has it that everything is better when it's green. This even includes the runway at the field.

Field marshal Dick Nace reports that the grass is already beginning to look like a carpet of green with the warmth and the recent rain. Yes, green is good!

If you thought that the previous November fun fly was spectacular, wait until you see the "Big Birds" show that is being scheduled for March 31. Registration will begin at 8 a.m. with flying to start by 9 a.m. The event is an IMAA official meet that requires the aircraft to be very large: minimum 80-inch wingspans for monoplanes and 60-inch for biplanes.

Participants have been invited to attend from throughout the southeastern United States and of course Florida. All On Top of the World residents are invited and encouraged to attend, so bring your lawn chairs and a friend on March 31 and see the "Big Boys" fly!

The Irish leprechauns struck early at the field this year. On Jan. 13 a Pot 'O Gold picnic magically appeared at the flying field. Bob and Gale Perry decided a little bit of impromptu camaraderie was in order. They provided a "Have Picnic — Will Travel." Larry Riehl grilled the monster hot dogs and the 20 members present at the field enjoyed the dogs and chips and fun.

The On Top of the World R/C Flyers would

like to welcome Allen Sorensen as our newest Model Resident at On Top Of The World. The club wishes the best of Lifestyle with Altitude to Allen. The "prestigious traveling trophy" was presented to Stan Stein for the month of January.

Safety officer Bob Wroblewski reminds all flyers to observe the directional arrow while taking off and landing; fly the correct pattern; absolutely no flying while the grass is being cut; use starting and assembly tables for their intended purpose; and Do Not Fly Alone!

If you are an On Top of the World resident and you are reading this article and have often said, "Someday I would like to try to learn to fly R/C aircraft." Well, now is the time to give it a try. The club has voted to begin the AMA Introductory Pilot Program, which will provide a model aircraft that will be used for the instruction of potential members who want to try R/C. Dick Rose, chief flying instructor, explains that an instructor will take the plane into the air and let the student fly with a "buddy box" system. So if you are interested, you are out of excuses for not trying to fly! And in a related note, because of potential frequency interference, model aircraft flying at On Top of the World is only permitted at the flying field.

All On Top of the World residents are always welcome to visit our R/C Model Airport. The view is beautiful and it is just plain fun to watch our members fly model aircraft. The field is located just past the Arbor Club at the end of Southwest 94th Street. A sign at the end of the pavement provides directions to the field.

Each one of our members would gladly explain how these aircraft operate and discuss the possibility of new persons entering the hobby. Learning to fly radio controlled model aircraft is easier with the help of our friendly club instructors.

Club applications are available at the flying field or from any club officer. The On Top of the World R/C Flyers meetings will be held on the first Monday (March 5) of each month at 9 a.m. in the Arbor Conference Center, Suites B and C.

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



**R/C LadyBirds**  
Ruth Kuntar

"Where I was born is not where I'm from." While this doesn't sound possible, Peggy Greer, our LadyBirds' March spotlight, explains it this way ... she was a "military brat." Her father chose a career in the U.S. Air Force, and the family moved just about every two or three years. Peggy lived in Alaska before it became a state, and she lived in France not once, but twice. Peggy attributes her dad's career as the single most important factor in shaping who she is, and when he retired, Peggy thought that was the end of her world.

Nothing could be further from the truth. After Peggy married husband Bob in Houston, Texas, the newlyweds moved to Maryland the following week. Four years later, they moved to Long Island.

When Peggy and Bob moved to St. Cloud, Fla., Peggy decided that their two daughters were at an age where they no longer needed a stay-at-home mom; so, at age 40, Peggy enrolled in the police academy. At the academy and as a police officer, she found her gender and size (all 80 pounds of her) were an asset. Bob was very supportive throughout Peggy's police career, tolerating shift work and working on weekends and holidays.

The Greers made their last move from St. Cloud here to On Top of the World where Peggy enjoys a wide range of hobbies with sewing at the top of her list. She has been sewing since she was 16, limiting her abilities to clothing. Now that she is retired, Peggy has become a "quilt queen" with one or two quilts going at all times. She admits her quilting is like a habit forming drug. Oh, what fun it must be, Peggy, to be in stitches most of the time!

Now, getting back to her birthplace, Peggy was actually born in Mobile, Ala. Thanks for sharing this slice of your life with us.

Can it be? Good things do come in three's! For LadyBirds that's three delightful new members: Jane Ingle, Jan Sorensen and Beverly Womack. Welcome, ladies.

And, on March 21, we can officially welcome springtime! It arrives just in time to clean out those unwanted treasures and ready them for the Rags to Riches sale in April. Delivery details to designated drop-off sites and all other pertinent information will be announced to you via e-mail in early March.

Before all that happens, however, LadyBirds will lunch at Felix's on Friday, March 9. Afterward, we will be treated to a tour of the Marion County Library headquarters on Silver Springs Boulevard. Shirley Shellman (854-8323) and Jean Jarmel (237-9845) have been busy making this adventure pleasing to both our minds and bodies. Thanks, gals.

President Mary Jo Wiley has selected the nominating committee to present next year's slate of officers. Peggy Greer (873-8224), Kay Snapp (873-8487) and Linda Ward (237-2324) will present the 2008 slate in early March. There are so many opportunities for members to serve. You are encouraged to contact either Peggy, Kay or Linda to put your name on the slate. Voting will take place at our April meeting.

To end a busy March, LadyBirds volunteers will assist the R/C Flyer's Club with the food service for the IMAA Fly-In to be held here at the On Top of the World flying field on Saturday, March 31. If you are interested in helping out, please contact Mary Jo at 369-5548.

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Photos by Larry Resnick

**Hearts and Flowers Dance**

Residents turned out for the Hearts and Flowers February dance at the Health & Recreation Ballroom. Top photo, Dodie and Gordie Phillips take advantage of the photo op arch.

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**D'Clowns**  
Paula Magen

The book "1000 Clowns — More or Less" by B. Thomas Steele is a marvelous visual history of the American clown. While clowns have existed for thousands of years in many forms and in many countries, this article pays homage to the 20th Century clowns in movies and TV.

"Clowns became the ambassadors of televised children's entertainment. The increasingly popular medium of TV in the 1950's America provided the newest platform to appreciate one's favorite clowns: Bozo the Clown, Clarabel (Howdy Doody Show) and Chucko the birthday clown and the now global fast food icon, Ronald McDonald. More recently, Krusty the Clown (Bart Simpson's afternoon idol)." Red Skelton (1913-1997) has been consid-

ered America's greatest clown. He left a large body of work behind in the form of the Red Skelton Show, movies, songs, records, books, his own paintings (a large collection of clowns) and his characters, Freddie the Freeloader, Clem Kaddiddlehopper, Willie Lump Lump, San Fernando Red, to name a few. His first full-length motion picture was RKO's "Having a Wonderful Time" in 1938. Some of his best remembered movies by MGM: "Excuse My Dust," "The Yellow Cab Man" and "The Fuller Brush Man." Red Skelton was in 50 motion pictures for MGM. Do you remember the parting words on his show "Good Night and God Bless"? Skelton's Web site is worth visiting.

Clarabel was another popular American clown. He was the mischievous clown on the Howdy Doody show. Actually there were two men who portrayed Clarabel. The first was Robert Keeshan who was Clarabel from 1948 to 1953. Lew Anderson was Clarabel from 1954 -1960. He past away recently at age 84.

D'Clowns are doing well. Our regular shows and walkabouts include Summerville's Memory Support Unit and TimberRidge Nursing Home and Rehab Center. We plan to expand our visits to other assisted living residences. Our meetings will include workshopping our skills in balloon sculpture and face painting, and skits.

We love what we do and hope you will join us. Meetings are the first and third Mondays at 1:30 p.m. in Suites B and C of the Arbor Conference Center. For information please call Paula at 873-3433.

Daylight Savings Time begins on March 11, spring on the 21st ... and Happy St. Patrick's Day on the 17th. ☺

**Stephanie's Computer Tip for March**

By STEPHANIE ROHDE

You do the daily, weekly, and monthly suggested maintenance faithfully; and your computer still seems to be running sluggish. How come? Perhaps there are too many items running when "starting up" the computer. The right hand side of the taskbar can often offer clues. Small icons indicate what is running in the background. Refer to the little diagram at the bottom of a computer taskbar example:

To control the Start-up items left click once on START; then left click once on RUN. That action brings up a dialog box. In that dialog box type: "msconfig" and then left click once on OK. The next step is crucial. Left click once on the "STARTUP" tab; go no where else but the Startup tab in this utility program. The window that appears lists your particular computer's startup items. On the left hand side of the list there are boxes that either have a check mark or not. If check marks are there it means that particular item runs at startup. To remove a check mark, left click once on the check mark. How do you know if you need this item turned on at startup? You don't initially, but you can learn what these items are by visiting a database that lists over 16 thousand startup items. The Web address is: [www.bleepingcomputer.com/startups/](http://www.bleepingcomputer.com/startups/). Use this and any information at your own risk.



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**Dish & That**  
**Recipes**  
Jean Breslin

Everyone searches for something new to serve their friends. How about trying this delicious salad.

**Honey Mustard-Balsamic Beets**  
(serves 4)

- 2 cans (15 ounces) sliced beets (drained)
- 1/2 cup scallions, minced
- 1 tablespoon mustard
- 1/2 cup honey
- 2 tablespoons balsamic vinegar

- 1/4 cup toasted walnut pieces
- Salt and pepper to taste

In a small bowl, stir mustard, honey and vinegar until smooth. Pour over beets and scallions and toss to coat thoroughly. Season with salt and pepper. Make ahead and leave at room temperature for at least an hour to marinate. Before serving, sprinkle with walnuts.

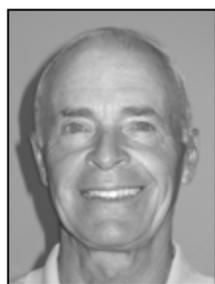
And to be sure, St. Patrick's Day is just around the corner. Here's a little something that's a different way of serving Corned Beef and Cabbage. I call it ...

**Irish Golombki**  
(Stuffed Cabbage)

- 1 large head of cabbage
- 2 to 3 pounds of cooked corned beef sliced thin
- 2 pounds cooked small potatoes
- 1/2 stick of butter

Core cabbage head and put in large pot, cover with water and boil 15 minutes. Drain cabbage head and separate leaves. Depending on the size of the cooked potato, if small, use whole or slice into two-inch logs, or if real small, add two potatoes together and place in the center of a cooked cabbage leaf. On top of the potato place a small pat of butter. Then take a slice of corned beef and wrap it around the potato (use more potato and two slices of corned beef if you have a large cabbage leaf). Start rolling the potato and corned beef in the cabbage leaf and place in a roasting pan large enough to accommodate however many golombki (stuffed cabbage) that you were able to make. Next, add the rest of the butter (or if you don't have any butter left, add 2 tablespoons of melted butter) into a cup of water and pour over the golombki. Cover the pan tightly with aluminum foil and bake 45 minutes, in a 350-degree oven.

When served with cooked carrots, this meal makes a different, delicious and colorful dish. ☺



**Favorite Recipes**  
**Dinner Club**  
Luke Mullen

The month of January was the largest dinner event the club has experienced since its inception! Forty diners enjoying an evening of fun and excellent food at six different club member's homes.

Mary and Bob O'Neal were the hosts of our first dinner. Their evening kicked off with appetizers made by Ceci Marsh. She brought a platter of wrapped asparagus with proscutto and cucumbers with salmon and hot shrimp canapés. These hors d'oueveres were followed by a salad prepared by Gitte and Paul Agarwal. The delicious salad consisted of several kinds of lettuce, chopped apples, carrot strips, red bell pepper strips, toasted tortilla strips and Italian dressing, plus assorted herbs. Mary and Bob then served the main dish. The entrée was a lemon, garlic chicken with mushrooms, and artichoke hearts over (multigrain) penne pasta. Accompanying this dish was cut green beans almandine. Lou Zoccoli served a fantastic dessert. She made a trifle, which was layers of sugar and fat free angel food cake. This was layered with vanilla pudding, mandarin oranges, crushed pineapple, Cool Whip, chopped walnuts fresh strawberries and was marvelous.

Valerie and Dean Bard hosted our second dinner. Appetizers were made by Edie and Fritz de Holl. It was yellow squash Angelino. It consisted of grated yellow squash, biscuit mix, cheese, eggs, onions and assorted herbs and spices and then baked. It was great. Sharon and Fred Tarolli brought a wonderful caesar salad with toasted croutons. Also provided were anchovies wrapped around capers for people to add as a garnish. The host and hostess, Dean and Valerie, provided an Italian fare to the dinner. The meal consisted of chicken parmesan, sausage with a hot, tangy taste, spaghetti covered with mushroom marinara sauce, and spinach with garlic and olive oil spruced with a pinch of nutmeg. A loaf of thick beautiful garlic bread topped with parsley accompanied the Italian dinner. Tish and Don Dertien provided desserts. Tish provided two scrumptious desserts. One was grasshopper pie and the second a rum cloud pudding

and sauce. Both were yummy.

Hosting our third dinner were Roberta and Dave Knarich, The appetizers were brought by Sue Pietrantonio and John Zanazzi. It was a delicious antipasto consisting of marinated artichoke hearts, green and black olives, stuffed mushrooms, Genoa salami, ham, Swiss cheese and provolone cheese. Roberta and Dave served appetizers which were mushrooms stuffed with bruschetta and parmesan. They then served the entrée, which was a dinner of lasagna with meatballs, Italian sausage and Italian bread. Kathy and Luke Mullen made the dessert. It was two types of cannoli. One was called "chocolate overload" in chocolate dipped shells with chocolate chips everywhere. The other was cannoli "lite" in plain shells and stuffed with craisins with the ends coated with ground hazelnuts.

Sue and Howard Bourland hosted our fourth dinner. Jimi and Tony Bartolone contributed appetizers for the meal. The three different types were shrimp, cheese and crackers and mushrooms stuffed with bruschetta and parmesan cheese. Sue and Howard then served the dinner. Dinner began with a caesar salad; dark green leaves of Romaine lettuce, baked garlic croutons, freshly grated parmesan cheese and salad dressing consisting of oil, pressed garlic, red wine vinegar, Worcestershire, Dijon mustard, anchovy paste and lemon juice. The entrée was traditional lasagna with oodles of extra cheeses, accompanied by steamed asparagus in butter sauce and homemade rolls. Raquel and Norman Berdichevsky served the dessert. It was a croissant pudding with apricots, bananas and cream and served with vanilla ice cream. It bears some similarity to bread pudding, but is richer.

Hosting our fifth dinner were Heddy and Tom Racinowski. Helene and Al Sternberger prepared the appetizers. They were baked brie with ginger preserves and walnuts, and artichoke squares consisting of baked chopped artichokes, onions, garlic, eggs plus seasonings. Heddy and Tom then served the dinner. They served a salad, which was fresh mozzarella tomato fans. The entrée was pancetta-wrapped pork roast with roasted potatoes. The roast was wrapped with the pancetta and tied. They also served a cold marinated carrot vegetable. This had sliced carrots, green peppers, onions mixed with tomato soup, sugar, oil, vinegar and other seasonings. Jean and Joe Breslin created the dessert. They brought Tiramisu, made with several delicious ingredients, one of which was an ample amount of Kahlua.

Pat and Bob Riedeman hosted the sixth dinner. Sylvia Andrews and Oliver Aube provided Hors d'oueveres. One was medium veinless and tailless shrimp with cocktail sauce for dipping. The second was water chestnuts marinated in rum and soy sauce than wrapped with bacon and broiled. Pat and Bob then served the main meal. It was poached chicken. This is chicken and vegetables served over noodles with a cream sauce. They also made a salad of garden greens, avocados, blue cheese and grape tomatoes. Following the meal dessert was prepared and served by Debbie and Dan Partin. It was a trifle angel food cake with crushed pineapple, peaches, vanilla custard and macaroons. These ingredients were arranged in layers and topped with whipped cream and a peach design.

The club is not accepting any new members at this time. If you want your name to be put on our waiting list, please call Luke at 291-8625 for information. ☺

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**Red Hat Society**  
Vivian Brown

What a show! It was fantastic, magnificent, dazzling, hilarious and comical. Ladies, did we ever outdo ourselves! We had everything, from purple horses and rawhide to chickens in the barnyard, Marilyn Monroe and company singing "Diamonds are a Girl's Best Friend", to Elvis singing "Nothing But a Hound Dog," and so on. It's hard to beat us Red Hatters. What's left for next year?

Remember the upcoming events. Queen Moms meet March 12 at 3 p.m. at Suite H of the Arbor Conference Center. Our Mardi Gras Celebration will be on Sunday, March 25, at 5 p.m. in the Health & Recreation Ballroom. There will be prizes for best mask and best table centerpiece. It will cost \$5 per person to be collected at the Queen's meeting.

Our National Red Hat Day Celebration will be April 25. Please mark your calendars for these events, more details will follow. Ladies, let's not forget our "Red Hat Hattitude" to laugh, love and live each day as if it were our last. You all are the greatest! God bless and keep smiling. Vivian

**THE RAZZLE-DAZZLE RED HAT DAMES** are all ready thinking about what we can do at next year's Pajama Party! We'll never be able to top what was done this year, but we're going to try. It was so much fun and ladies I am proud of you and appreciate all the hard work that went into it. Our birthday gals are MaryBeth Barnes, Kathy Mullen and Louise Zoccoli. They were serenaded with "Happy Birthday," some ladies sang and some played kazoo. Mary Giannukos, our newest member, Jean Montella and MaryBeth Barnes are our hostesses and they have chosen Horse and Hound for our next meeting. Stay well girls, and keep smiling ... *QM Vivian Brown*

**THE EIGHT DIAMONDS IN THE ROUGH:** If you missed the PJ Party on the 21st, you missed a great time. The acts get better and better each year. We sure had a lot of laughs and again things went along great. If you checked some of the food on different tables you know there were some mighty feasts eaten that night. Another successful get together. February was another busy month between our card games, card party at the Ocala Civic Theatre as a fundraiser and lunch at the Horse and Hound with hostess Nancy Berish plus various other obligations each of us have. The month will be gone before you know it. Then comes the Mardi Gras Ball on March 25. Now this should be a sight to see with the decorations, masks, clothes and the great meal that is planned. If you don't plan to attend this you will be sorry. It seems we have enough to keep us busy for quite some time. Remember that rocking chair you thought you would be sitting in when you retired? I wonder where it is now. I know mine is good for holding things, (not me) and gathering dust. Keep Red Hatting ... it keeps you young, ... *QM Lois Powers.*

**THE CRESCENT RIDGE RED HATTERS:** What a wonderful time the Crescent Ridge Red Hatters had at the Pajama Party! It gets better every year. The imagination and preparations that go into the skits are unbelievable. We finished off the month with an outing in Inverness at Z



## Red Hatters' Pajama Party 2007



Photos by Larry Resnick

### In February, the On Top of the World Red Hat Society chapters held their very own Pajama Party in the Health & Recreation Bedroom ... oops, we mean Ballroom.

Chef's in the McLeod House. Every lunch was a work of art and absolutely delicious. The service was also outstanding and our hostess for the month, Margie Saxon, gave us each a little lady bug magnet to bring us luck. After lunch some of us viewed the Highwaymen exhibit in the old court house and wandered around in the little shops on the square. ... *QM Anne Seales.*

**THE RED GEMS:** We will delight in the memories of the PJ party of '07 for a very long time. We'll view the pictures on our CDs over and over, "laughing all the way!" Our thanks to all the ladies who contributed to this fun-filled evening. Their imagination and amateur talents are amazing. Better and better each year! At this time, we are looking forward to going to the remodeled restaurant in Ocala Palms. Suzi Burdan will be our hostess and making all the arrangements. This month we also plan to go to the High Tea party given by the Sunshine Girls of Fairfield Village. It sure sounds like they have planned an entertaining day for us. Meanwhile, we are getting our "gear" together for the Mardi Gras. This will take a lot of feathers and beads, gilt, spangles and whatever, testing our ingenuity to the utmost. ... *Queen Mother Loretta Troutman.*

**COOL CATS IN RED HATS:** A few cats spent an afternoon making "slippers" for the skit they would be doing at the Red Hat PJ party. What wild ideas we had for fancy foot wear. Our Cats had a wonderful time at the PJ party. From the laughs we got our "slippers" were a hit. We are now looking forward to the Mardi Gras party. It is great being with all the wonderful fun loving Red Hat ladies of On Top of the World. Thank you all. Getting old sure

doesn't make us dull. Muriel Heffner was this month's cat. She picked Ruby Tuesday's for our lunch outing. Sixteen of us were able to enjoy the day. We welcome to our group Carol Soares, Joan Martel, and Bette Morro. Lorraine Erb of Avalon is starting a new Red Hat group with her neighbors. We know they will have a ball. Look out world here comes another group of fun loving "hatters." ... *Queen Mum Janet Fragapane.*

**THE GLITZY GALS** enjoyed all the creative presentations at the PJ Party. Thank you to all who participated to entertain us. Each year is better than the one before. Other activities for January were the High Tea at the Arbor Club and a complimentary High Tea and Red Hat Accessories Show at Lake Port Square in Leesburg. This is an assisted living and nursing home facility. Beautifully decorated tables, good food, an informative presentation about the facility and a Red Hat vendor made this an interesting afternoon. Maria Breeden and Carol Cecala were our birthday girls for the month. Several of us went to Red Hat Day at the Paddock Mall for lunch and to visit and exchange ideas with about 30 other Red Hatters from Ocala. Until next time, "Cultivate an openness to new things." ... *QM Mary Curry by Janet Wahl.*

**THE DIVINE DIVAS** started the new year out with a bang. Our monthly luncheon/meeting, held at Bella Luna's and hosted by Pat Hood and Jean Zrowka, was as joyful an occasion as any new year's party could be. Although the occasion was not "formal dress" as would be most new year's parties, red and purple dominated the Diva colors with boa's, feathers and all the glitz and glitter of a new year's

party. And oh, how we all love an occasion to get "dressed up." The luncheon opened with a short meeting presided over by QM Gail LaRue taking attendance and outlining all the upcoming activities. It wasn't long after the meeting that the Divas got down to real business ... lunch at elegantly decorated tables tastefully done by our hostesses with beautifully decorated champagne glasses, candy at each table setting and new year's confetti and streamers adorning the tables. Of the 20 Divas in the chapter, hard to believe not one Diva was a new year's baby, therefore no Diva birthdays to ring in the New Year. The champagne glasses were then brought to the PJ party on the evening of Jan. 21 artistically decorated by QM Gail to signify the Diva theme for the night "Red Hat Roundup." After much running around by QM Gail shopping for fabrics and red cowgirl hats, as much time was put in by the Divas making horses from purple swim noodles and cowgirl "chaps" to add to the PJ evenings entertainment. All On Top of the World chapters did a beautiful job on entertainment and costumes were all outstanding. The hustle and bustle of each chapter changing into costumes for their skits only added to the evening's fun. Each year PJ night just seems to get better and leaves little room for improvement. The CD of the evening was fabulous and worth keeping. The evening was truly a blast. We wish all On Top of the World chapter sisters a wonderful, healthy, happy year ahead. ... *M Gail LaRue by Bev Nelson.*

Please send your chapter's activities to Vivian Brown, e-mail: [vivjb@cflrr.com](mailto:vivjb@cflrr.com) by the eighth of the month. Questions? Call 291-0246. Thank you. ☺

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**Sewing Bees**  
Rita Miller

As I write this month's article, Punxsutawney Phil has just predicted an early spring. I don't suppose this has much meaning to those of us currently living in Florida. But, I grew up just 50 miles north of Punxsutawney, Penn., and on Groundhog Day we tuned in the early morning news to see if the famous rodent had seen his shadow. Even when he predicted an early spring, we knew deep down in our hearts, that spring does not usually arrive early in northwestern Pennsylvania. We're just prayed that in mid-March, a St. Patrick's Day storm didn't bury us and there were enough snow days left in the school calendar.

Last month I mentioned that the "Bees" were planning to visit Kimberly's Cottage. For those of you not familiar with the Cottage, it's the Marion County Children's Advocacy

Center, which provides services to physically and sexually abused children. The cottage is very "kid friendly" with its "enchanted forest" decor. No children reside there as it is basically a processing and counseling center. Until this center was built, young child victims were shuffled between as many as eight agencies where they had to retell their traumatic story of abuse to many different strangers. The cottage is designed with child-friendly video recording facilities to limit the number of interviews necessary to gather facts related to the case. When a child is brought there, they are assigned to a child advocate who provides support to them through the investigation and prosecution of the case, as well as counseling sessions to deal with the trauma of abuse. When they leave the center, they are given one of Sewing Bees comfort kits, which may be the only thing they have to call their very own. Money for the facility was donated by the Boyd family in memory of their daughter Kimberly who was killed by a drunk driver.

Our February activities included the members making small fabric "wonder wallets" which are a perfect size for carrying a small amount of cash or a bank card in your pocket. These also make great little gifts. Additional wallets will be made to sell at the fall On Top of the World craft show. Several quilts for our on-going "comfort kit" project were also completed.

My monthly plea for new members goes out to anyone who is interested in doing simple sewing for children ... basically quilts and stuffed animals. We also accept donations of juvenile fabric, quilt batting or polyester fiber fill. If you have any questions, call Marcy at 854-1181 or Rita at 237-6660. ☺



**Stitch Witch Quilters**  
Ann Weldishofer

Thirty-one quilters met on Feb. 6 for a very active meeting! There were wonderful refreshments brought in by Ian Johnson and Teresa Randolph. At the same time, members brought in items they no longer need or use, and we had three tables full of goodies for a silent auction. I later found out that we earned \$108 from this fun event! Good job, Alexandra!

Nancy Booth reported that she and Audrey Barnett have prepared several yards of fabric to be used as the background for the flower

garden blocks.

The February comfort quilt workshop was Rag Flannel Fun by Dottie Hinde.

Jane Geary and Ann Weldishofer are working on a queen-sized quilt to be made by our group and given to Guardian Ad Litem to use as a raffle quilt. More information on this project will be coming in the coming weeks.

We also decided that we will make 25 lap quilts for the Alzheimer's unit at the Summer-ville Nursing Home, Ocala West. At this point, with so many projects under way, we decided that we will limit ourselves to the two flower garden quilts, the raffle quilt, these lap quilts, as many wall hangings as we have time for, and to continue concentrating on our main project of doing comfort quilts for the children's agencies we contribute to.

The January workshops were very productive, and the Around the Twist pattern yielded some lovely quilts, several of which were displayed at show and tell. It's a good size, as well as being an especially pretty pattern.

We voted to take a trip to Trenton, to the Suwannee Valley Quilt Shoppe on March 2. We will meet in our parking area at 9:30 a.m. and car-pool over. Also, plan on a good lunch at the Suwannee Rose Tearoom, right in the quilt shop!

All you quilters in the On Top of the World communities, come join us on Tuesdays in the Art Room. We are there every week, and welcome newcomers! Have fun and do good things all at the same time! ☺



**Crafty Ladies**  
Dot Tripp

As mentioned in the February Crafty Ladies column, Arnette House will be our featured charity for this month.

Arnette House was founded in 1981 by Sara Connell Arnette of Ocala, who saw a need to help children, youth and families keep strong and out of trouble. In 2000, through services and programs, close to 9,000 children, youth and families' lives were touched. Arnette

House celebrated 25 years of service in 2006, and recently added a shelter in Lake County.

Arnette House is a "safe house" where children and youth may go when they are troubled. It is the goal of Arnette House to reunite them with their families and encourage resolution of intra-family problems with whatever help they can offer, such as family and/or individual counseling.

If all attempts at resolution of problems are exhausted, the children and youth are allowed to stay as residents at Arnette House until their 18th birthday.

Besides cash donations, Arnette House accepts any and all supplies incidental to operating a home, plus recreational and entertainment equipment, school supplies, clothing, etc.

It is one of Crafty Ladies favorite charities, since it does so much to keep families together, and aids children and youth who are abused, neglected, abandoned, homeless, etc.

Crafty Ladies group meets every Wednesday morning year-round from 9:30 to 11 a.m. 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." ☺



**Wood Shop**  
Ray Utiss

President Cich has asked me to inform you of our new Web site. The address to type in is: [Hometown.aol.com/aaltmans/index.html](http://Hometown.aol.com/aaltmans/index.html)

If you have difficulty reaching this Web site, please call Gordon.

That is the e-mail news for this month.

Please use our equipment carefully. There have been a few bandsaw blades broken recently. Your dues money has to be spent to replace these items. The directors consistently try to keep your dues as low as possible. If they are to accomplish this, they need your cooperation.

Safety is very important at our Wood Shop. No matter what you are doing there, keep safety in mind. It only takes a split second for something to go wrong. If you notice something that needs attention, call a director and report it. The telephone is there for this purpose. ☺



**German American Club**  
Ruth Felschow

Margaret Edmiston agreed to be our new vice president.

One new member joined our group and we welcomed a visitor.

Ruth Goldstine made a presentation about the Marion County Hospice. We appreciated the valuable information and the German Club made a \$100 donation to the hospice.

We decided to have a potluck dinner at our next meeting, which will be on March 13 at 6:30 p.m. in Suite G of the Arbor Conference Center.

Our club is open to all interested residents of on Top of the World.

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

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EVENINGS & WEEKENDS



**Artistic Crafts & Gifts**  
Loretta Troutman

Can spring really be just around the corner? So soon? I have been working on a new collection of hand towels. Guess what? They just happen to be in designs depicting spring themes such as butterflies, birdhouses, fruit

and lovely flowers in pastel colors.

I look forward to seeing the new seasonal items the other crafters will bring.

How about a new handbag by Audrey, or a necklace and earrings to compliment your new spring outfit. Maybe a darling little something for that new little darling in your family would be something you'd like to see. Gail brings plants, some of them flowering, and Rene shows her leaded glass ornaments to enhance the beauty of your home. I know there will be a beautiful display of many handmade items suitable for gift giving or for your home decor. Do come up to the Health & Recreation Ballroom on a Tuesday morning. We are there from 9 to noon. I know you will be pleased. ☺

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# The New Pretenders

Photos by Gary Uhley and Ray Cech

1

Jeanne Maire

2

Larry Wilver, Ed Morgan, Dave Guilford and Moe Weiner

3

Jeannie Nicholls, Edie Dieckman and Carol Shisler

4

Dave Guilford and Bob Conklin



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



From Page 14: Caroline and Merrill Smith

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M.H.



**World Traveler**  
Bill Shampine

From Nova Scotia I want to continue our trip around the world with a brief visit with friends in an area of England called Lands End, located in Cornwall, followed by a visit with friends in Wales. Lands End is in southwest England and is the most westerly point of the English mainland. To get there, we take a 2,881-mile overnight flight from Halifax, Nova Scotia, to London. (NOTE: Essentially all flights across the Atlantic from the U.S. to Europe fly at night so you arrive early the next morning — exhausted!). Then, to get to the Lands End region from London (about 400 miles), we have to take a car, bus, train, or commuter airplane — all interesting experiences. If you drive, be careful with the right-hand steering wheel!

The history and heritage of Cornwall and Land's End focuses on ships and the sea, and the hazards they always faced. Vicious Atlantic storms often blast this shoreline and have wrecked many a ship, both in fact and in fiction. It is a rugged area, with a spectacular coastline. The fit among us might enjoy a walk along the Cornish Coastal Footpath, a dramatic 500-mile hiking trail located along the coast. In addition, the many sand beaches, rock pools, and salt marsh and dunes are prolific breeding grounds for wildlife so bird-watching in the region is popular with the many tourists. Active visitors can enjoy the water



Photos by Bill Shampine

**Pembroke Castle at Pembrokeshire, Wales.**

sports such as fishing, sailing, and water-skiing that are available. I was more interested in simple sightseeing and relaxing so my family spent our time visiting with the locals at a pub for lunch and dinner interspersed with comfortable short hikes at various places around the area. One of the towns on the coast (don't remember the name) was unique in that the primary downtown parking area was the bottom of the bay during low tide. They never had to worry about people parking there too long because when the tide came back in, the bay filled with water!

There are many places to stay in the area, ranging from hotels to B&B's. We stayed with friends in their home where they have five apartments for rent. It is called "Skisdon", which is an old manor house that was first mentioned in print in 1350. It is a beautiful place that is solidly built. The interior walls were about five feet thick at the base and two feet thick at the ceiling, and the outside doors were made with 6"x6" oak timbers! Now that is a house built to last! The grounds were lovely and my wife and I really enjoyed walking around the grounds. I must tell you, however, that we went there in late July and nearly froze to death! We certainly did not expect such cold weather and had to buy heavy sweaters to keep warm. Even chilly, however, we had a wonderful time. There is much to be said for vacationing in the country rather than in the big cities. Although there usually are things of interest there, a big city is a big city is a big city. To really begin to get the flavor of a country, you need to get to the smaller towns and villages and mingle with the local people. There really is nothing else quite like it.

From Cornwall, we then drove to Haverfordwest, Wales, which is almost due north of Lands End, but a very roundabout trip by road. Wales is one of the four constituent nations of the United Kingdom. The Welsh have a very strong cultural identity that goes back to the time when the Romans withdrew from Britain in the 5th century. English is the primary language spoken in Wales although many people speak Welsh, a language with a lot of consonants. Because of the vast coal resources located in the area, most Americans probably think of coal miners when they think



**Some houses along the coast of Lands End, England.**

of Wales (another fine example of how movies impact us). Wales and England have been struggling, usually peacefully, to define a mutually acceptable political status for decades. Progress is being made. If you recall, Prince Charles' title is Prince of Wales.

With a population of about 320,000 people, Cardiff is the largest city in Wales, and was named the capital in 1955. Much of Wales' beautiful and diverse landscape is mountainous, particularly in the north and central regions, with 14 mountains over 3,000 feet high. Although most of the land of Wales is used for agricultural purposes, very little of it is arable land. Instead, it typically is used as pastureland to graze sheep, as well as beef and dairy cattle. Mutton is a mainstay of Welsh diet. Southwestern Wales and Cornwall have many similarities such as wild and rugged coastlines, huge Atlantic storms, and the impact of the sea on their daily lives. No discussion of Wales would be complete without mentioning

music. Wales is famous for its music and musicians. It is particularly famous for harpists and singers. I'm sure there are exceptions, but I don't know a single person from Wales that doesn't love to sing, particularly the men.

Running out of time, we did not do much sight-seeing on this brief visit as we spent most of our time with friends; however, we were pleased to have gone there. The southwestern part of Wales is a beautiful area, and the people there were very friendly. It certainly is worth a trip back. Next time I think it might be nice to follow the coastline up to the northern end of Wales where it is more mountainous.

So far we have traveled about 5,331 air and land miles. Where should we go next month? There are so many places from which to choose!

How about one of the classic locations for a change? Let's see if we can get reservations for France. ☺



**Travel Toppers**  
Jo Swing

Please help us keep costs down. The next brochure will be out in early April and will be printed on white paper. Also, it has come to our attention that our boxes at the mail centers are being used for disposal of junk mail. There are waste bins there for that purpose.

Travel Toppers volunteers work very hard to make these trips possible. They do not receive any special privileges for the long hours that go into any one of these trips. If you have a problem, please do not take it out on them. Please contact the president, Audrey Mangan, at 854-7074 instead.

The next meeting of Travel Toppers will be Wednesday, March 7 at the Arbor Conference Center, Suite A. Until next month, remember it is not the destination, but the journey that put meaning in your life. Happy travels to all. ☺

# St. Patrick's Day

**Saturday, March 17th • Served 4:00 p.m. to 8:00 p.m.**  
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Live entertainment by Silverwood  
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Light refreshments available.

For more information  
or to register an exhibit,  
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On Top of the World  
Communities



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

March 8 is drawing near and we will be celebrating our annual St. Patrick's Day event.

Tickets will be \$10 and a dinner of corned beef and cabbage will be catered by Bruce, and a cash bar will be available. The festivities for the evening will include a piper, the Irish dancers and a visit by Kate O'Neal, who will be singing with her dad, our own Bob O'Neal. Tickets will still be on sale March 2 in the Health & Recreation Ballroom, from 8 until 10 a.m.

As a reminder, our club dues of \$5 are payable in March and Joe O'Brien will be happy to take your money, either when you buy your tickets, or the day of the St. Patrick's Day event.

I am proud to announce that members of the Irish American Club are going on a 10-day trip to Ireland and we have a few more open-

ings. If you always wanted to see Ireland and for some reason just never made it, then now is the time. The trip will run from Sept. 27 to Oct. 6. The price is \$2,470 based on double occupancy; travel insurance is also available for a nominal fee. Included in the cost is transportation to and from Tampa International, airfare, lodging, tours, taxes and the majority of your meals. If you are interested please contact Bob Woods at 854-0702. He will give you all the particulars. You won't want to miss this trip.

In March there are two classes that you may want to check into that are offered at the Master the Possibilities Center. The classes will be on Yates, and on Michael Collins. Please check Master the Possibilities schedule for the date and time.

In addition, on March 12 at the Cultural Center at 7 p.m., the Inisheer Dance Company will be performing traditional and modern Irish Step Dancing. It is open seating and no tickets are required.

As we near St. Patrick's Day, the members of the Irish American Club would like to extend an Irish wish to all our neighbors and friends at On Top of the World.

Like the warmth of the sun  
And the light of day  
May the Luck of the Irish  
Shine bright on your way.  
May the Good Saints protect you  
And bless you today  
And may troubles ignore you  
Each step of the way  
May good luck be your friend  
In whatever you do  
And may trouble be always  
A stranger to you  
Happy St Patrick's Day!  
Until next time, "May your troubles be few  
and your blessings be more." ☺



**New York/  
New Jersey**  
Terry Zarrella

January's meeting featured the "Reader's Comedy Singing Theatre," once known as The Reader's Theatre. Bob O'Neal once again surprised us with witty dialogue and singing by Elaine Hersh accompanied by Walter Koenig. Jo Ciserano and Bill Shampine completed the ensemble and we thoroughly enjoyed their show.

On Feb. 6 two busses left On Top of the World for their yearly trip to Tampa Bay Downs. A day filled with laughter, good eating, admission to the races and if you were lucky a pocket full of winnings. I received many calls from members saying how much they enjoyed this year's trip.

Please note in the accompanying picture featuring many of our board members that Glo Hutchings is missing. (Probably picking up her winnings at the window.) Fanny Balda-

chini did a marvelous job of getting the trip together. If you somehow missed this year's trip make a mental note not to miss next year ... always on the first Tuesday of the month in February.

February's meeting entertainment featured Bunny Barba's quiz show. I will elaborate further on this in next month's column as this column will be submitted before our meeting.

I hope you bought your tickets for March's covered dish at the February meeting. If you haven't and wish to attend our annual covered dish ... please contact me at home (my phone number is in the book) as I will be selling tickets up until one week prior to the meeting.

March's covered dish will be held March 20 at 3 p.m. The tickets are \$3 per person. The club is picking up the rest of the tab. Chicken, rolls, butter, coffee and tea will be served along with all the delicious dishes our members bring including desserts.

Our members really go all out and always bring the most enjoyable casseroles, salads, vegetables, pastas and potato dishes ... not to mention the desserts. Don't forget to write down what you are bringing when purchasing your tickets.

The member of the month is Ida Ging. Ida has been a loyal member of our club for many years. She has lived at On Top of the World for 18 years. She has entered many of our contests. She is a member of the Sunshine Singers and goes to the Health & Recreation for exercise. She is a devoted church member. She is quite a wonderful woman always with a smile and celebrated her 87th birthday in February. I was taken by surprise when she told me her age because I didn't see one wrinkle on that beautiful face. I want to be like her when I grow up!

Until next month ... stay well ... laugh often ... be happy! ☺



**Pennsylvania  
Club**  
Pat Utiss

The Swingin' Singin' Seniors entertained at our February meeting. This group of energetic entertainers had the room jumping. Because the meeting was held on Valentine's Day, the first door prize was a heart box of candy. It was won by a new member, Estelle Ammendola. Eight others also won various door prizes donated by members.

The March meeting will be held on March 14. This will be our Second Annual Spring Carnival. Various games and minor sporting events will be held and participants will win appropriate prizes. As usual, we will meet at 3 p.m. in Suite E of the Arbor Conference Center. Come early though to enjoy refreshments before the meeting.

Plans were made for our April trip to Jai Alai. The trip will be April 18 at noon. We will meet at the Ocala Jai Alai. You will be able to sign up for this trip at the March meeting. If you cannot attend the March meeting, but would like to join us at jai alai, you can give me a call at 861-2831 and I will put your name on the list. Hope to see at the March meeting and at jai alai. ☺

### Temple Beth Shalom Presents Cantorial Concert

A major cantorial concert, "On Wings of Song," is being presented by Temple Beth Shalom and will be held at 4 p.m. on Sunday, March

11, at the Appleton Art Museum, 4333 N.E. Silver Springs Blvd.

This community musical event features Ocala's Rabbi/Cantor Samuel Dov Berman. Joining him are world-renowned tenor Cantor Harold Orbach, Cantor David Sislén, Cantor Riselle Bain, cantorial voices Joy Katzen-Guthrie, Steve Berman and Dale Berman.

Tickets are \$20 and may be purchased by calling Gary Green at 347-2481. All proceeds will benefit the future programs and activities of Temple Beth Shalom of Ocala. ☺



**Great Lakes  
Club**  
Pauline Sinsky

The theme for the February meeting was, of course, about valentines with cookies and candy being served to the members.

We would like to thank Capt. Pam Driggers and her crew of paramedics from our own Friendship Fire and Rescue Station 21. They gave a very informative program on what to expect when a call is placed to 911 for a fire/medical emergency. They demonstrated on a volunteer the questions they would ask, such as where was the pain, when the pain started, what medication was being taken and past medical history. They also connected the volunteer to a monitor that gave them an indication of what was taking place with the person's body. They also explained the equipment and medication that is available on the emergency vehicle. The club members also participated by asking Capt. Driggers and the paramedics a number of very interesting questions about the entire process of 911 and response. We thank them for a super presentation that all club members appreciated.

All former residents of Illinois were recognized and asked to step up to the microphone and tell where in Illinois they were from and give their reason for leaving Illinois and coming to Florida. At the March meeting the states of Indiana and Ohio will be recognized.

At our next meeting on March 6, a pizza party will be held and the Singin' Swingin' Seniors will be the entertainment. ☺



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### Friendship Social Club

Lolly Foos

Our meeting on Feb. 11 was capped off by our own Singin' Swingin' Singers. They always put a smile on our faces. What a great group of entertainers. At our next meeting on Sunday, March 11, we will be entertained by "Live from Chicago." Come and join us.

Please mark your calendars for date changes for April and May. Our meetings will be held the first Sunday of the month (April 1 and May 6) due to Easter and Mother's Day. We will resume our normal meeting day on June 10.

The Friendship Social Club's membership runs from July 1 through June 30. Starting on March 11, dues will be \$4 for March, \$3 for April, \$2 for May and \$1 for June. These amounts have been established to offset refreshment and entertainment costs.

Come by and see us in the near future. Our club is open to all On Top of the World communities' residents, including Indigo East Gateway Pass residents. Membership renewal will commence at our July 8 meeting. Twelve-month dues are \$7 per person (we do not take a break).

If you have any questions, please call me at 861-2165. ☺

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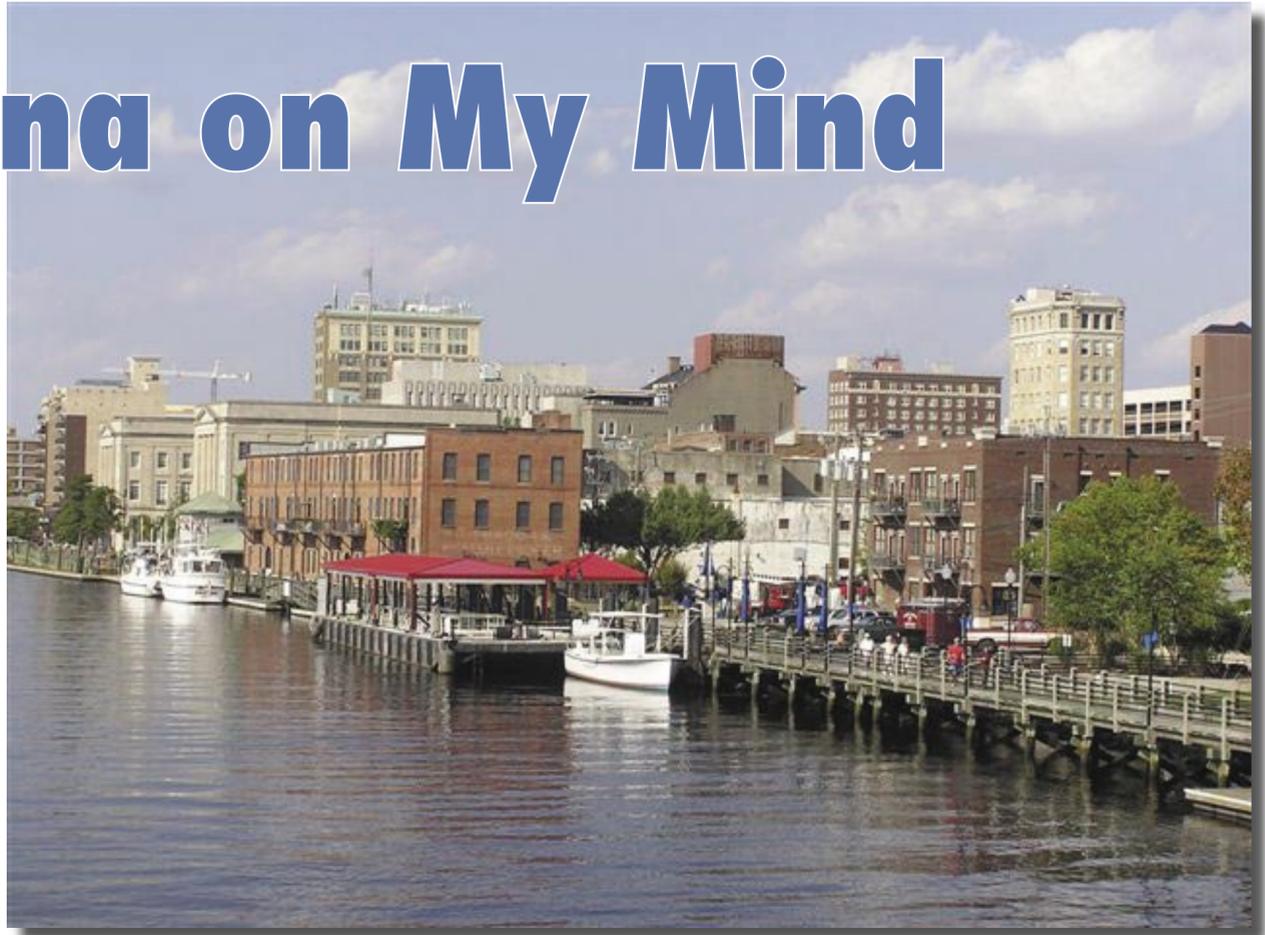
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# Carolina on My Mind

Mosey On Up the Coast to Explore One of North Carolina's Seaport Cities, Wilmington



**W** By BOB WOODS

What a great place to spend a few days or even a long week exploring what North Carolina's coastline has to offer. Everyone has heard of the state's famous Outer Banks, but have you ever explored this region of our country? If not, you should.

My wife, Bev, and I headed out late in September for an adventure that has memories that will last a lifetime. I recommend if venturing on such a trip that you do so during the off seasons, mainly after Labor Day and before Memorial Day. The reason is that the entire area is a mecca for tourists, like us, but most have departed this area of North Carolina and headed back to their permanent homes. Besides fewer crowds, many of the local shops are discounting their wares before closing for the winter season or restocking for spring trade.

Heading north we decided to take the shore route heading up to what we figured would be our first stop and that being Wilmington, which is situated close to the coast on the Cape Fear River.

Just a few miles north of Savannah, Ga., after traversing this section of Interstate 95 we headed up U.S. Route 17, which is the shore route to Charleston and destinations north along the coast, the route we had planned. If one wants, there are plenty of tourist sites such as Freedom Point, where all types of naval vessels are displayed including the aircraft carrier Lexington, and many antebellum homes in the Charleston area. This is a good stop for those not wanting to push their hours of road travel.

Departing the Charleston area, providing no other stops are incurred, it is only a couple of hours drive before passing through Myrtle Beach and then entering North Carolina. Traveling along Route 17 it won't be long before you arrive in the river city of Wilmington, a delightful recommended stopover.

This river city has so much to offer. It seems that most of the city is listed on the National Register of Historic Places. Wilmington is rich in history. At one time it was the largest city in the state with its seaport as the center of commerce along with the railroad that brought freight from all over.

The seaport community was founded back in 1739 and has remained in the center of importance ever since. In fact, the oldest surviving structure in the city is the Mitchell Anderson House, which dates back to 1740. Today the old waterfront section of the downtown area, which at one time was the center of shipping, is now only utilized by private watercraft, a few smaller vessels such as Coast

Guard Cutters and tourist craft.

The main shipping in the region is just a short distance down river from the downtown section of Wilmington where the river is deeper and wider. A cruise on the Riverboat Henrietta III, which I highly recommend, goes downstream to the shipping area as well as cruising along the downtown area itself.

Many of the old warehouses used during the city's shipping heyday have been renovated into restaurants, shops and apartments. There is a 1.2-mile river walk along the river which is a must on the "to do" list. It has many accessible areas and is well worth the walk. Some people utilize the river walk for exercise while most we saw were gazing at all the sights strolling along at a slow leisurely pace.

One site that can't be overlooked is the Battleship North Carolina, which is moored across the river from the city and the center of viewing from any area of the river walk.

The Battleship North Carolina can be either reached by automobile or river craft. The battleship was commissioned in 1941 and is the highest decorated battleship of the World War II era, earning 15 battle stars. One could spend days in Wilmington just visiting all the sights in this community. And if one loves seafood, the restaurants along the river serve some of the finest plates of sea creatures.

One place to stay, and I'm not trying to promote any one hotel, is the Best Western Coastline Inn which is located right on the river walk at the Railroad Museum. In fact, the hotel's building blends right into the museum structures.

Not only was the hotel centrally located but also a continental breakfast is served in your room. Boy did I feel like I was important having breakfast served in my room while watching boat traffic on the river.

There are many ways to tour this city. Most folks take leisurely walking tours by them-



Photos by Bob Woods

**Above, Wilmington's downtown along the Cape Fear River. Left, the U.S.S. North Carolina, which is open for tours.**

selves or utilizing many walking tour guides who will give all the history of those structures being passed. There is even a nighttime haunted tour. The city offers narrated trolley tours along with horse drawn carriage tours, not to mention tours along the river onboard

the Riverboat Henrietta III. Sightseers can spend as many days as deemed necessary in Wilmington gazing at all the historical sights.

From Wilmington we headed further up the coast stopping at Beaufort, a real historic town and area. ☺

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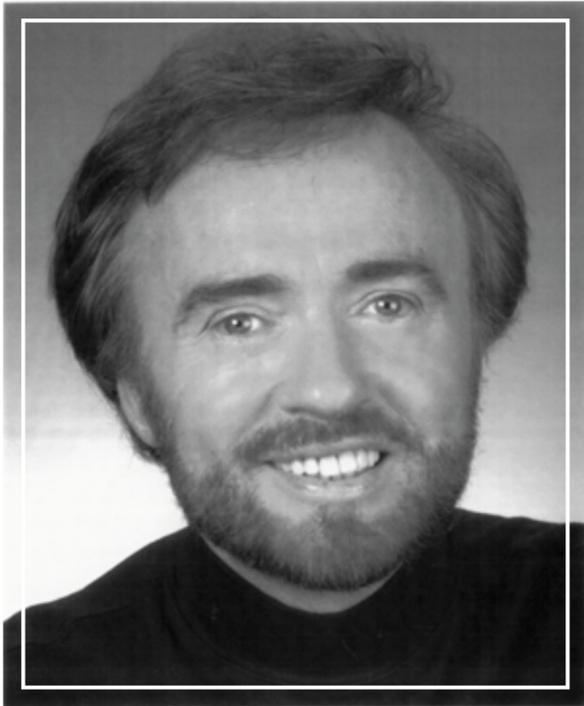
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<p><b><i>Inisheer Irish Dance Company Demonstration</i></b> March 12, 7:00 - 8:00 pm — Circle Square Cultural Center</p>
<p><b><i>Irish Studies with visiting Professor Patrick Keane</i></b> March 14 &amp; 15, 1:00 - 3:00 pm — Master the Possibilities Education Center</p>
<p><b><i>Austin Carriage Museum TRIP, TOUR, LECTURE</i></b> March 15, 10:30 - 3:30 pm</p>
<p><b><i>Legal Series — "Lawyers Hot Seat"</i></b> March 20, 3:00 - 4:00 pm — Circle Square Cultural Center</p>

Call 854-3699 to register!



Cahill Dunne

## Entertainment Group Presents Multi-talented Cahill Dunne

Dr. Robert Linn and his staff at the Foot and Ankle Center of Ocala, in conjunction with the Entertainment Group, bring a favorite performer to the On Top of the World stage on Saturday, March 24 at 7:30 p.m.

Close to St. Patrick's Day, who else to bring back but Cahill Dunne and his Irish dancers!

This will be Cahill's third appearance and he has played to sell-out audiences each time. In fact the Irish-American Club was alerted last May to mark their calendar for this show.

With his white baby grand piano Dunne is a

song writer, masterful pianist, comedian and one of Ireland's best vocalists.

In between his several tuxedo changes, his Irish dancers perform to the delight of the audience. Combining good looks, stage performance and personality, there are ladies in the audience that want to take him home.

Tickets are on sale from 8:30 to 10 a.m. Mondays, Wednesdays and Fridays. Tickets are \$6 general admission and \$8 reserved with maximum of four tickets per purchase and are for residents and their houseguests. ☺



Photo by Larry Resnick

### Happy Hour

Residents enjoy the Feb. 9 Happy Hour at the Arbor Club. For details on the Happy Hours in March, see From Debbie's Desk on Page 4.



Opera  
Tony Donato

vorite Wagnerian opera, followed by "Lohengrin," "Tristan und Isolde" and "Siegfried."

The February 2007 edition of Opera News magazine has a video review article that states that of all the Met's many Wagner productions telecast, "Tristan und Isolde" (1971) and "Tannhäuser" (1982) are widely regarded as the most memorable. The article praises conductor James Levine, his orchestra and the cast.

"Tannhäuser" will be our fourth German presentation, but our first Wagner production. In recent years we have presented "Die Fledermaus," "Der Rosenkavalier" and "The Best of German Opera," (in recording). The latter featured many Wagner gems orchestrally and vocally. However, we plan to present "Lohengrin," Mozart's "The Magic Flute," Beethoven's "Fidelio" and other German works. My German video collection is more limited than my Italian and French works.

Originally I had planned to show Voice of Firestone concerts by Eleanor Steber (soprano), Leonard Warren (baritone) and Franco Corelli (tenor) at our last session on April 5, but I will show them in 2008.

Instead, Joe Fanelli, my friend and class member, will be our guest speaker and he will present a video of Puccini's "Madama Butterfly."

When I taught opera appreciation in Michigan, I presented three different guest speakers on occasions. In fact, one speaker became my successor last year.

Our class meets in the Arbor Conference Center in Suite C on Thursday, March 1, from 1 to 3 p.m. For further information, call Tony Donato at 861-4211. ☺

On Feb. 1, our Opera Appreciation Class IX met for its third session. We had 18 members attend. The group enjoyed the 1982 Met video of Verdi's "Don Carlo." They enjoyed the opera and were interested in learning the historically true facts and the distortions about the characters and the events. The interest, response and the 90 percent attendance made it most gratifying for me.

At our next session Thursday, March 1, we will present Richard Wagner's "Tannhäuser" starring Richard Cassilly (tenor), Eva Marton (soprano) and Tatiana Troyanos (mezzo-soprano). Tannhäuser's overture, preludes, the Pilgrims Chorus and The Song to the Evening Star are among the greatest music gems in all opera. "Tannhäuser" has always been my fa-



Ballet Club  
Eugenie Martin



Sunshine Singers  
Vivian Brown

It is great to see the resurgence of interest in dance recently. The popular television shows "Dancing with the Stars" and "So You Think You Can Dance" certainly testify to the interest in ballroom dancing. Broadway shows feature more dancing than ever. One, "42nd Street," will be performed at the Ocala Civic Theatre this spring. Even ballet is around us. Recently, a small traveling company from The Royal Ballet performed at West Port High School. Unfortunately, I could not attend, but was told they were really wonderful.

In the On Top of the World Ballet Club, we meet once a week to dance and exchange ideas on dance and other subjects, sometimes related only tangentially to dance. We have a lot of fun, even if we sometimes get off the subject. We all have different backgrounds in ballet. One member was a modern dancer who taught dance notation professionally. If the choreographer does not notate the dance steps, they can be improperly recalled. Most dancers have to remember combinations by seeing them, but at our age, we don't need to recall any that are particularly long.

One of our members danced and figure skated in her youth, and took up dancing again here at On Top of the World. A couple of us started in our "mature years." We believe that it is never too late to try something new. This philosophy seems to fit that of many On Top of the World residents who take up new hobbies and activities when they move here.

We meet every Tuesday from 1 to 2 p.m. in the Arbor Club studio next to the indoor swimming pool. All newcomers are welcome, even if they have had no previous ballet training. Ballet is very good conditioning and the music is pretty. Anyone who is interested may call me at 854-8589. Happy dancing! ☺

Spring is just around the corner and we the Sunshine Singers, like spring, are busting out all over the place. On a recent performance at Hampton Manor West, one lady resident, who was celebrating her birthday, requested we sing her favorite song "I've Been Working on the Railroad" because she knew all the words and wanted to sing with us. We put her chair in our front line and sing she did! She did a great job and we all cheered and clapped for her. There was also a gentleman who plays on spoons the melody to all the songs we sing and he is good, we also gave him a round of applause. Just seeing the fun and joy on these faces gives all of us great satisfaction and we know we'll be back.

On Feb. 5, 35 of us descended on Logan's Restaurant for our annual "thank you" party.

The food was delicious and the service great. Laughter and joy filled the room as we all sang songs (what else), told some cute jokes and enjoyed each other's company. We all had a great time!

Carole Dymond and I chaired this event and on Tuesday afternoon we each received a beautiful dish plant from the officers. What a wonderful surprise and it was and greatly appreciated. I have chaired many events over the years but was never thanked so beautifully.

Remember on Friday, March 9, we will entertain at Palm Gardens at 3 p.m.

Till next month, God bless and keep on singing, Vivian. ☺

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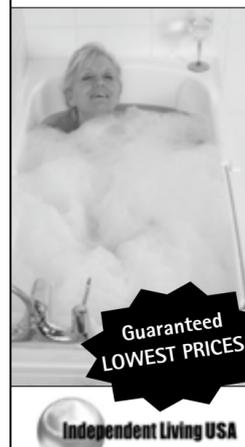
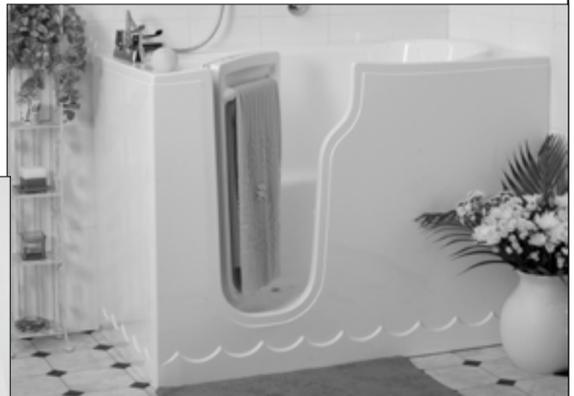
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The Allan Vaché Jazz Quintet will appear at On Top of the World on April 15.



**Bandstand Showcase**  
Dean Gilchrist

**Swingin' Dixieland on Sunday Afternoon**

Unless you read this promptly and act accordingly, you may have to purchase your ticket to the March 4 2:30 concert at the door! Ticket sales got off to a great start on Feb. 5, and March 2 is the last regular selling day ... from 8:30 to 10 a.m. in the Health & Recreation Ballroom.

This may be your last opportunity (my first) to hear trombonist Dave Steinmeyer play live Dixieland. He's on hundreds of records as a featured soloist with the Washington, D.C.-based "Airmen of Note" and others. For the last 10 years of his Air Force career, he was the musical director and conductor of that prestigious group, and has performed for the last seven U.S. Presidents. Now, I'm not trying to slight the other All Stars that JB Scott

has assembled for this event, but I play just enough trombone to know how difficult it is to do what he does and it leaves me a little awestruck!

Of course, I know practically nothing about singing, but Lisa Kelly impresses me almost as much. This concert comes to you with the financial support of Mike Scott Plumbing. Come out and join us on Sunday. I can practically guarantee an outstanding afternoon.

Because of how our dates fell on the calendar, I have this edition and next to brag about the last event of the year, which will occur on Sunday, April 15, at 2:30 p.m. Allan Vaché and his Jazz Quintet will be here for what I think may be his fifth appearance for Bandstand Showcase, and his second time under the sponsorship of the Barbara J. Young State Farm Insurance Agency. Ticket prices will be the same, \$5 and \$7. Sales will begin on Monday, March 19, at 8:30 a.m. in the Ballroom and will continue on Mondays, Wednesdays and Fridays from 8:30 to 10 a.m. through April 13. This group will not need an introduction to many in our audience, some of whom already refer to the players by their first names. So it will be Jeff, Dave, Ed and Charlie joining Allan for what promises to be an exciting end to the season.

Speaking of the "end" of the season, this may be a good time to let you know that Bandstand Showcase is not presently scheduling any events for next year because I have not been successful in finding my replacement. My original commitment was to help save the two concerts that had already been paid for when Bandstand Showcase decided to disband three and a half years ago. It was so much fun I decided to stay a while, but my time is now up. I've been looking for my replacement for the past year, and have already asked everyone I know who may be qualified and interested. If you or someone you know might be interested, now would be a good time to come forward.

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

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**Square Dancing**  
Nancy Clerke

March is upon us and surely that means spring. The robins are back and enjoying my bird bath, together with the cardinals, blue jays and various other assorted "little ones." Next will be the busy nest-building in the bushes just outside my screen room.

Our square dance floor reflects the uplifting feeling that the end of winter, even here in Florida's paradise, brings. Before our snow bird dancers feel the need to retreat to their northern homes we still have many fun opportunities for dancing awaiting them.

February brought us our Valentine's dance with red and white, the colors of the evening. We held a successful banner raid at Orange Blossom Squares in the Villages, and enjoyed a national caller, Nick Hartley, at Oak Run at their Valentine Dance. Just prior to that we joined other guests at Fountain Squares for

their annual soup and clowder dance. Delicious! On Top of the World Circle Squares held its Winter Whirl dance, with Ron Libby calling and Loretta Hanhurst cueing, on Feb. 2. The H&R Ballroom was filled with dancers in their best bib and tucker, to say nothing of the ear-to-ear smiles square dancers wear.

The Beginners' Balls are continuing throughout the area with great success. The second ball was held at Ocala Palms, and the third at Spruce Creek Country Club's Fountain Squares. Large groups of students enjoyed the calling of Don Hanhurst and the relaxed social time with both fellow students, and the more experienced dancers they're getting to know. Square dancing is alive and well in North Central Florida.

A large number of couples from Circle Squares attended the Winter Festival in Lakeland for three days of dancing to six nationally known callers. It was so much fun, but these tootsies knew they'd danced by the end of the third day. The Florida State Convention is coming up on May 25, also in Lakeland, and we're looking forward to that too. Then there's the National Square Dance Convention in Charlotte, N.C., for those who like to travel farther.

Dance by Definition classes are continuing on Thursday afternoons and they tell me our voices can be heard on the golf course. That's the sound of fun!

For those of you who have never tried the world of square dancing, you're missing out on so many wonderful experiences. The people who dance are the friendliest in the world. The atmosphere is always joyful. There's a place for everyone, so let me invite you. Next fall, when you will have an opportunity to try it for yourself, if you don't have a partner, find one. Take him or her by the hand and come on along. We'd love to welcome you. ☺



**Theatre Group**  
Marcia Miller

The On Top of the World Theatre Group is busy and active since our last successful production in November. We are currently in rehearsals for a comedy musical revue. This show has a cast of 10 with at least that many more members working behind the scenes to get ready for the show.

Liz and Harry Ettell are once again taking charge of ticket sales. Tickets will be \$5 each with no special reserve section this time. Tickets will go on sale in the Health & Recreation Ballroom starting March 12 and sales will continue on Monday, Wednesday and Friday mornings between 8 and 10 in the Ballroom. Proceeds from this show will be donated to Hospice.

This show is not a play and not a variety show. It is a revue-type show with music, comedy and short skits. The show is being directed and produced by Elliott Barbour with Dottie Berkowitz as musical director. Dottie is known to On Top of the World audiences for her excellent piano skills, her leadership in the Singin' Swingin' Seniors and for her ever-popular Dottie Shows of which there were several.

Others involved behind the scenes include, but not limited to, include: Marlyn Barbour, technical director; MaryGrace Felt, choreographer; Pat D'Auteuil, property manager; Gary Rodoff, stage manager; and Greg Raymond and Jerry Slovitz, stage crew.

As you can see it takes more than just those few people you see on stage to put on a show. Why not come join in the fun.

The show dates have been changed to April 13 and 14, which are a Friday and Saturday night. Curtain time is 7:30 p.m.

Others in the Theatre Group have also been busy putting on shows. One segment of the group is the Reader's Theatre, under the direction of Bob O'Neal. This group has recently performed for several clubs here at On Top of the World as well as outside our gates. Their program consists of music and short readings. For those of you who enjoy being on the stage, but not sure about memorizing lines, then this group might be for you. Give Bob a call or join us at our next meeting in Suite D of the Arbor Conference Center at 2:30 p.m. on the second Monday of each month.

One more thing in the works is an open house scheduled for this spring on April 18. This will be a chance for you to come and see just what the On Top of the World Theatre Group is all about. More on this next month. ☺



**Harmonichords**  
Betty Barney

Do you have an interest or even a curiosity about the harmonica? Come join us to listen in on our practice session each Tuesday morning at 9 a.m. at the Arbor Club in the end room. If you have a harmonica bring it along and join in the practice. You don't have to be an expert, just like to make music. Having a harmonica in your pocket is like having a pocketful of music.

Some of the places we have played or are going to play are: Rolling Green, Oakwood Nursing Center, Marion Woods, Camelot Chateau, Oak Bend and Hillcrest School for Exceptional children.

Have harmonica, will travel. Again, come join us on Tuesday morning. Try it, you'll like it. We look forward to seeing you. ☺

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# Card Clubs & Games



## Monday Afternoon Bridge

Gar Terheide & Sara Anderson

### Jan. 15

1: Fran Griswold and Betty Morris. 2: Ann and Bill Mahoney. 3: Geri Cassens and Eleanor Giardina. 4: Tie, Phyllis Bressler and Agnes Weber, Mary Carol Geck and Joan Lord.

### Jan. 22

1: Esther Lang and Shirley Stolly. 2: Ida Rosendahl and Carol Thompson. 3: Geri Cassens and Eleanor Giardina. 4: Bill and Ann Mahoney.

### Jan. 29

1: Sara Anderson and Ray Deitz. 2: Ida Rosendahl and Carol Thompson. 3: Eleanor Giardina and Geri Cassens. 4: Maizie Millward and Elsie Helwig.

### Feb. 5

1: Mary Rose Janssen and Cleona Redman. 2: Mildred Lane and Eleanor Giardina. 3: Fran Griswold and Betty Morris. 4: Shirley Stolley and Esther Lang.

### Feb. 12

1: Esther Lang and Shirley Stolley. 2: Marjorie Benton and Betty Morris. 3: Ida Rosendahl and Carol Thompson. 4: Bill and Edith Hunter.

## Monday Night Bridge

Shirley Johnson

### Jan. 15

1: Ray Wilson. 2: Caryl Rosenberger. 3: Phyllis Bressler. 4: Myra Butler. Cons. Gail Tirpak.

### Jan. 22

1: Myra Butler. 2: Ray Dietz. 3: Carol Johnson. 4: Dick Mansfield. Cons. Agnes Weber.

### Jan. 29

1: Ken Mosely. 2: Eleanor Giardina. 3: Joan Sigafoos. 4: Ida Rosendahl. Cons. Miriam McNeilly.

### Feb. 5

1: Burt Mosely. 2: Dick Mansfield. 3: Helen DeGraw. 4: Zane Barrett. Cons. Steven Kidd.

### Feb. 12

1: Myra Butler. 2: Caryl Rosenberger. 3: Paul Agarwal. 4: Jim Smith. Cons. Joan Sigafoos.

## Tuesday Afternoon Bridge

Agnes LaSala & Shirley Johnson

### Jan. 16

1: Shirley Stolly and Betty Morris. 2: Eleanor Giardina and Mildred Lane. 3: Shirley Johnson and Phyllis Bressler.

### Jan. 23

1: Agnes LaSala and Carol Woodbury. 2: Elsie Helwig and Kay Wood. 3: Pat Holmes and Shirley Stolly.

### Jan. 30

1: Shirley Johnson and Phyllis Bressler. 2: Geri Cassens and Eleanor Giardina. 3: Edith and Bill Hunter.

## 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.

### Jan. 16

1: Betty and Bill Raines. 2: Doug Miller and Ernie Lord. 3: Shelly and Forrest Cleaver. 4: Helen Eshbach and Liz Milleson. 5: Doris Keathley and Mary Carol Geck. 6: Jayne Kaske and Caryl Rosenberger.

### Jan. 23

1: Doris Keathley and Mary Carol Geck. 2: Betty and Bill Raines. 3: Ida Rosendahl and Dick Mansfield. 4: Ida and Bill Carlson.

### Jan. 30

1: Doris Keathley and Mary Carol Geck. 2: Liz Milleson and Helen Eshbach. 3: Marjorie and Bruce Benton. 4: Laura Teyral and Ted Jarvais. 5: Jayne Kaske and Caryl Rosenberger. 6: Betty and Bill Raines

### Feb. 6

1: Ida Rosendahl and Dick Mansfield. 2: Marjorie and Bruce Benton. 3: Ruth and Harry Tindall.

## Wednesday Afternoon Bridge

Fran Griswold

Our special contributor to the Rape Crisis Spouse Abuse Center is an eight-year-old from New Jersey, Julianna Franco. Julianna is the granddaughter of Grace Raymond, a tennis friend of Ruth Goldstine. Upon hearing of our monthly donation trips to the center, Julianna wanted to share her stuffed animals with other youngsters.

We are also appreciative of Clair Shea for his generosity. Our world becomes a better place with the kindness and compassionate caring of all people. We are pleased to have one of our latest newcomers Caryl Rosenberger, a Chicago native who moved here in December.

Let's all join in the support of Ruth Goldstine in her annual walk for Hospice. If you choose not to walk, monetary contributions are most gratefully appreciated.

### Jan. 17

1: Helen Eshbach. 2: Helene Sternberger. 3: Caryl Rosenberger. 4: Betty Barney. Cons. Marlene Floeckher.

### Jan. 24

1: Fran Griswold. 2: Caryl Rosenberger. 3: Shirley Stolley. 4: Dick Mansfield. Cons. Helene Sternberger.

### Jan. 31

1: Dick Mansfield. 2: Helene Eshbach. 3: Phyllis Bressler. 4: Fran Griswold. Cons. Marge Starrett.

### Feb. 7

1: Dick Mansfield. 2: Caryl Rosenberger. 3: Pat Goltgart. 4: Marion Brogan. Cons. Helene Sternberger.

### Feb. 14

1: Esther Lang. 2: Helene Sternberger. 3: Helen Eshbach. 4: Mary Culberson. Cons. Betty Frantz.

## Wednesday Evening Bridge

Doris Keathley

### Jan. 17

1: Harry and Ruth Tindall. 2: Nel Bosschaart and Marjorie Benton. 3: Mary Carol Geck and Joan Lord.

### Jan. 24

1: Harry and Ruth Tindall. 2: Doug Miller and Doris Keathley. 3: Bill and Edith Hunter. 4: Bill and Ida Carlson. 5: Bill and Betty Raines.

### Jan. 31

1: Bill and Betty Raines. Tie at 2: Joan Lord and Mary Carol Geck and Nel Bosschaart and Marjorie Benton. 4: Harry and Ruth Tindall. 5: Ida Rosendahl and Doris Keathley.

### Feb. 7

1: Doug Miller and Linda Anderton. 2: Joan Lord and Mary Carol Geck. 3: Ida Rosendahl and Doris Keathley. 4: Bill and Betty Raines.

## Thursday Night Bridge

Helen DeGraw & Ida Rosendahl

### Jan. 18

1: Agnes Weber. 2: Bill Hunter. 3: Bob Buchan. 4: Carl Woodbury. Cons. John Mataya.

### Jan. 25

1: Ray Dietz. 2: Ida Rosendahl. 3: Zane Barnett. 4: Caryl Rosenberger. Cons. Kay Wood.

### Feb. 1

1: Fran Griswold. 2: Agnes Weber. 3: Rita Smyth. 4: Myra Butler. Cons. Ray Dietz.

### Feb. 8

1: Ida Rosendahl. 2: Lyn Hill. 3: Dick Dakin. 4: Betty Barney. Cons. Helen DeGraw.

### Feb. 15

1: Mary Culberson. 2: Carl Woodbury. 3: Ray Deitz. 4: Phyllis Bressler. Cons. Agnes Weber.

## 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.

### Jan. 12

1: Geri Cassens. 2: Fay Rumens. 3: Dick Daken. 4: Joe O'Brien. 5: Catherine Edwards.

### Jan. 19

1: Jan Moon. 2: Mildred Lane. 3: Myra Butler. 4: Geri Cassens. 5: Nel Bosschaart. 6: Dick Mansfield. Grand Slam: Jan Moon and Bill Hunter.

### Jan. 26

1: John Bucci. 2: Caryl Rosenberger. 3: Geri Cassens. 4: Jayne Kaske. 5: Ernie Lord.

### Feb. 2

1: Nel Bosschaart. 2: Jayne Kaske. 3: Ernie Lord. 4: Dick Mansfield. 5: Mildred Lane. 6: Bruce Benton.

### Feb. 9

1: Bill Raines. 2: Eleanor Giradina. 3: Myra Butler. 4: Mildred Lane. 5: Ginnie Barrett. Grand Slam: Liz Milleson and Bill Raines.

## Friday Night Euchre 4 Fun

Irene Pisani & Nancy Kowsky

Beginner, intermediate and advanced players are all welcome, so come and join us on Fridays at 6:15 p.m. at the Arbor Conference Center, Suite A. Come one, come all!

We would like to welcome Karin and Andy Dearness from England, Blanche Schreiber, and Trudy and Larry Bertrand from Belle Riv-

er, Ontario, Canada. Thank you, Connie, for the delicious brownies.

### Jan. 19

1: Del Shinn had a perfect Euchre score of 60. Congratulations! 2: Richard Beisler. 3: Hank Kolb. 4: Irene Pisani. Tie at 5: Hank Hilovsky, Nancy Kowsky and Mary Bartel. 6: Carol Polanowski. Tie at 7: Paul Agarwal and Billy Swing. 8: May Holtz. 9: Richard Bartel. Tie at 10: Jerry Pinter and Gitte Agarwal. 11: Betty Scrivo. 12: Carrie Beisler. 13: Dick Torzewski. 14: Mary Hilovsky. 15: Edith Kolb. Tie at 16: Jo Swing, Rita Pinter, Blanche and Dick Beury. 17: Joe Scrivo. 18: Pat Snable.

### Jan. 26

Tie at 1: Del Shinn and Hank Hilovsky. 2: Nancy Kowsky. 3: Joann Shea. 4: Jerry Pinter. Tie at 5: Billy Swing and Trudy Bertrand. 6: Carol Polanowski. 7: Larry Bertrand. Tie at 8: Hank Kolb and Mary Hilovsky. 9: Jo Swing. 10: May Holtz. 11: Irene Pisani. Tie at 12: Rita Pinter and Edith Kolb. 13: Pat Snable. 14: Blanche Schreiber.

### Feb. 2

1: Larry Bertrand. 2: Betty Bussenger. 3: Del Shinn. 4: Bill Eberle. Tie at 5: Betty Scrivo and Hank Hilovsky. Tie at 6: Pat Snable and Gitte Agarwal. Tie at 7: Hank Kolb, Mary Hilovsky, Dick Torzewski and Irene Pisani. Tie at 8: Edith Kolb and Trudy Bertrand. Tie at 9: Bob Bussenger, Jo Swing and Paul Agarwal. 10: Charles Campbell. 11: Richard Bartel. Tie at 12: Joann Shea and Carol Polanowski. Tie at 13: Billy Swing, Joe Scrivo and Peggy Campbell. Tie at 14: Mary Bartel and Nancy Kowsky.

### Feb. 9

1: Hank Kolb. 2: Edith Kolb. 3: Rita Pinter. 4: Hank Hilovsky. Tie at 5: Joseph Scrivo and Del Shinn. 6: Billy Swing. 7: Mary Holtz. Tie at 8: Dick Beury, Joann Shea, Mary Hilovsky and Gerry Pinter. 9: Carol Polanowski. 10: Blanche Schreiber. Tie at 11: Bill Eberle and Nancy Kowsky. 12: Dick Torzewski. 13: Jo Swing. 14: Paul Agarwal. 15: Pat Snable. 16: Gitte Agarwal. 17: Betty Scrivo. Beginner Table: Ed Desmarest, Beverly Debusschere and Charles (Buck) Chaillet tutored by Irene Pisani.



## Friday Night Euchre

Joe Askenase

### Four-Handed Game

1: Genny Brenner. 2: Zane Barnett. 3: Bridget Hughes. Tie at 4: Helen Foskett, Joan Sigafoos. 5: Rich Miles. 6: Clarence Lietzow. 7: Dolores Barnett.

### Six-Handed Game

1: Virgil Taylor. 2: Marie Marquis. 3: Ray Bock. 4: Vi Horton. 5: Marcy Askenase

### Jan. 19

### Four-Handed Game

1: Zane Barnett. 2: Helen Foskett. 3: Genny Brenner. 4: Marge Fisher 5: (tie) Marcy Askenase, Rich Miles. 6: Shirley Coe. 7: Marie Marquis. Tie at 8: Lou Fisher, Russ Riegler. 9: Dolores Barnett. 10: Pat Luis. 11: Clarence Lietzow. 12: Diana Riegler. 13: Joan Sigafoos.

Five-Handed Game Tie at 1: Maria France, Virgil Taylor. 2: Vi Horton. 3: Lee Morgan. 4: Ray Bock.

Jan. 26 Four-Handed Game

1: Genny Brenner. 2: Clarence Lietzow. 3: Helen Foskett. 4: Zane Barnett. 5: Marie Marquis. 6: Dolores Barnett. 7: Betty Legg. 8: Joan Sigafoos. Five-Handed Game Tie at 1: Marcy Askenase, Richard Miles. 2: Lou Fisher. 3: Marge Fisher.

### Six-Handed Game

Tie at 1: Ray Bock, Lee Morgan. Tie at 2: Vi Horton, Pat Luis. 3: Virgil Taylor. 4: Maria France.

Feb. 2

### Four-Handed Game

1: Joan Sigafoos was unbeatable tonight and scored her first perfect euchre of 60 points. 2: Clarence Lietzow. 3: Lee Morgan. 4: Vi Horton. 5: Virgil Taylor. 6: Marcy Askenase. 7: (tie) Ray Bock, Genny Brenner, Helen Foskett, Lee Phillips. 8: Lou Fisher. 9: Diana Riegler. 10: (tie) Rich Miles, Russ Riegler. 11: Bridget Hughes.

### Feb. 9

### Four-Handed Game

1: Bridge Hughes. 2: Clarence Lietzow. 3: Zane Barnett. 4: Genny Brenner. 5: (tie) Lee Phillips, Dot Weber.

### Six-Handed Game

1: Virgil Taylor. 2: Ray Bock. 3: Shirley Coe. Tie at 4: Vi Horton, Joan Sigafoos. Tie at 5: Lee Morgan, Miriam Gerlach (welcome new member).



## Tuesday Night Pinochle

Viola Horton

January was a great month for new players. We had seven new players: in the single deck, Ginny Angarola and Edith and Hank Kolb; in the double/triple deck game, Shirley George, Joe Scrivo and Joanne and Jerry Willett. Welcome. Hope you all had a great time and will be regular players. It is meant to be an evening of fun and socializing. So all you pinochle players out there come up and join us on Tuesdays at 5:45 p.m. in the Art Room in the Craft Building. No partners needed. All will play.

### Jan. 16

### Single Deck Winners

1: Betty Legg. 2: Vernon Uzzell. 3: Audrey Bartolotta.

### Double/Triple Deck Winners

Table 1: Margaret Sciarrino, James Nottingham and Vi Horton. 2: Billy Swing. 3: Dick Beury. 4: Ray Bock and Virgil Taylor.

### Jan. 23

### Single Deck Winners

1: Lois Uzzell. 2: Alice McDaniel. 3: Ed Fullmer. Double/Triple Deck Winners Table 1: Alberta Sarris, Joe Sciarrino and James Nottingham. 2: Irene Pisani and Jo Swing. 3: Elsie Helwig and Norma Yonke.

### Jan. 30

### Single Deck Winners

1: Vernon Uzzell. 2: Betty Legg. 3: Lois Uzzell.

### Double/Triple Deck Winners

Table 1: Jim Mazzotta, Joe Sciarrino and Vi Horton. 2: Jo Swing. 3: Carol Polanowski, Dick Beury and Jerry Willett. 4: Mary Lou and Frank Chamberlain.



## Saturday Night Pinochle

Elsie Helwig

### Jan. 13

1: Greg Skillman. 2: Rich Fluet. 3: Billy Swing.

### Jan. 20

1: Ed Fullmer. 2: Millie Ferrell. 3: Audrey Bartolotta.

### Jan. 27

1: Millie Ferrell. 2: Greg Skillman. 3: Viola Horton.

### Feb. 3

1: Betty Legg. 2: Al Novotney. 3: Greg Skillman.

### Feb. 10

1: Hank Kolb. 2: Billy Swing. 3: Audrey Bartolotta.



## Cribbage

Dorothy Skillman

### Jan. 12

1: Ed Fullmer. 2: Norma Honke. 3: Anne Jagielski. Cons: Sheila Howell.

### Jan. 19

1: Norma Yonke. 2: Frank Chamberlain. 3: Alberta Sarris. Cons: Anne Jagielski,

### Jan. 26

1: Pauline Eremich. 2: Luke Mullen. 3: Greg Skillman. 4: Daryl Howard. Cons: MaryLou Chamberlain.

### Feb. 2

1: Anne Jagielski. 2: Elsie Helwig. 3: Rich Fluet. 4: Frank Chamberlain. Cons: Pauline Eremich.

### Feb. 9

1: Elsie Helwig. 2: Ruth Earlewine. 3: Ed Fullmer. Cons: Alberta Sarris.



**Bingo**  
Bunny Barba

It is early Thursday morning and I am sitting at the computer after a night at Bingo wondering why I bother to rush through dinner, leave my TV and attend every Wednesday. Then again, why do the other 250 players show up faithfully? Is it to win money? Most people say they come to see friends, meet new people and get out of the house. I say I come to win and someday it will happen, but when? In the meantime we do have fun (I think).

Denise Johnson finished up the month of January with some really great games, and was followed for February by Audrey Mangan

as group leader with her very capable crew, Marian Hoit, Joan Connolly, Carol Bell, Pat Benson, Joan Motchkavitz and Janet Senci.

A thank you to Joan Newell and Carol Bell for working one night when we were missing two runners. Some people are always willing to help.

Big winners for the month, Bess Cecere, Roy Foos, Pam Koch, Danny Collora, Mike Ciserano and Ann Berger. They will be banned from Bingo if they win again.

Welcome to several guests of our regulars: Robin, daughter of Ernie and Gladys LaDuke, and Sharon and Fred Tarolli's mom, Theresa Tarolli.

And now news of those Gorgeous Gourmets: Six of their group had birthdays in the month of February, Jimmy Johnson, Kay Upthegrove, Carol Upthegrove, John Grzeszczak, Peggy Patterson and Sue Meretsky, who was actually born the end of January. The amount of food and the total number of calories consumed was astonishing. The big birthday of the month was Louise Eichenberg who claims to be 87 but looks 15 years younger. Happy birthday to Louise and many more.

Mort Meretsky asked if anyone could provide a home for an 11-year-old spaded male cat. I offered to trade my husband Ernie for the cat. Unfortunately there were no takers.

Bye now till next month. May the wizards of Bingo bring you good luck always in all ways.

If you want to reach me for any reason my e-mail is Thebunster29@aol.com. ☺

**Neighbors Helping Neighbors After Disaster**

Marion Disaster Recovery Network is a non-profit organization comprised of volunteers from throughout the community coming together to assist Marion County disaster victims. Formed a year and a half ago, the network initially focused on rebuilding efforts for folks affected by the 2004 hurricanes but still (post-FEMA) had not gotten their home damage repaired. However, with time the organization's definition of "disaster" has broadened to include tornado, fire, hurricane or pandemic.

The network is recruiting individuals as well as representatives from non-profits, churches, social service agencies and businesses to help in a variety of ways. (Habitat for Humanity and Interfaith Emergency Services are two of the non-profits already participating.)

For more information, call Susan Kennedy, program coordinator, at 369-2922 or e-mail her at mdrn.suzi@hotmail.com. ☺



**Mah Jongg**  
Mary Ehle

The new class of mah jongg is about over. Wow! The first day the people just kept coming and coming. I was thrilled with the turnout but I guess I am losing it. I never expected so many. We all had a good time and everyone started to learn this wonderfully fun game. I am sure now that we must have taught everyone. The next time we teach there probably wouldn't be any one signing up.

The spring tournament is the end of February so I don't have much news now. I will tell you all about the tournament day next time. Remember to order your new cards now. The new card comes in the mail April 1. Jokers to you. ☺

Call the Pressroom at 854-0248 to schedule your anniversary, birthday or new resident photo.



Photos by Larry Resnick

**Health & Wellness Expo**

More than 600 people attended the Health & Wellness Expo on Jan. 27 at the Arbor Conference Center, where 50-plus vendors shared information.

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**Table Tennis**  
Dorothy Link

Hi everyone! It's a beautiful day as I write this and a good day to add some new exercise to your life by joining the On Top of the World Table Tennis Club. We have 32 members who are very active and participate frequently.

In January, we elected officers. All four members were unanimously elected: Lucy Davis, president, Paul Fyfe, vice-president, Dorothy Link, secretary and Richard Miles, treasurer. Our annual luncheon was held on January 17. All club members and spouses were invited to the Golden Corral. We had 39 for lunch. There were two door prizes, Beall's and Olive Garden certificates. Winners were Uncha Yoo and Barbara Bonomo.

We continue to have our intercommunity matches. In November Tony LaBua from Palm Cay brought a group of seven players. In January, Ray Jask from Oak Run brought a group of eight players. Both groups had wonderful great players. Unfortunately neither group had lady players available for those matches.

Also in January, three players from Oak Run came to play against us. This time we had Haye-Yeon Churchill, one of the best lady players. Ray Jask, the captain for Oak Run

and our club's private coach, will schedule the next competition at Oak Run.

Our president Lucy will try to extend our intercommunity matches and plans to invite Ocala Palms, the Villages and Silver Springs Shores. Lucy talked with Debbie Clark, our director of activities, and she confirmed that the carpet at the Exercise Room will be replaced with an aerobic floor. This will be a great change for the table tennis matches.

Come join us for a lot of fun and exercise and intercommunity competition. We play on Tuesday evenings from 6:30 to 8:30 p.m. and Thursdays, Fridays and Saturdays from 1 to 3 p.m.

For information, contact Lucy at 854-0911. ☺



**Southern Club**  
Jeanne Stanley

Rain did not stop 70 or more members from showing up for the February meeting. The Sweet Adeline Singers were wonderful!

The upcoming March meeting will have Linda English Holland entertaining us. We have liked her so much in the past, have asked her to return.

March is also St Patrick's month. Remember, the club is furnishing the corned beef and cabbage for \$2 extra. You are still asked to bring a covered dish; just don't need the meat.

The public is invited to come hear Linda sing at 7 p.m.

See you March 1 at 5 p.m. in the Health & Recreation Ballroom.

Any questions? Call Jeanne at 873-3225. ☺

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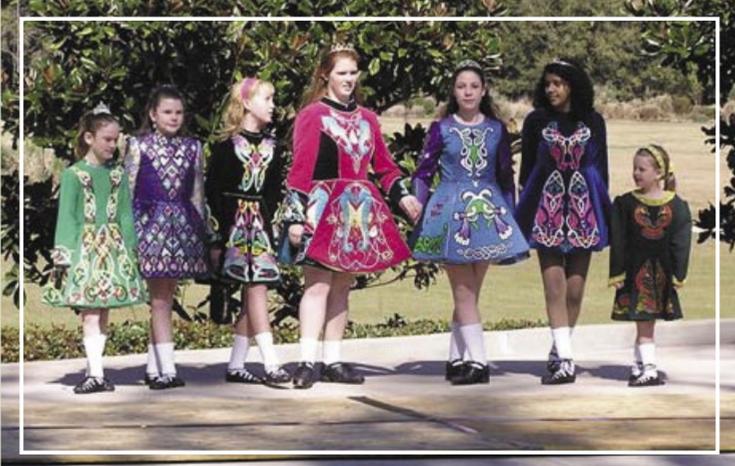
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## Irish Entertainment



Photos by Bob Woods

The Spirit of Ocala Irish Dancers performed at Sholom Park in February.



Soloist Kate O'Neal and her father, Bob O'Neal, sing during an Irish celebration concert at Sholom Park.



David Rogers, a member of the Marion County Sheriff's Pipe and Drum Group, performs.

## POET'S CORNER

Poetry from On Top of the World Residents

### The New Year Brings Hope

HAZEL EHLE

THE NEW YEAR HAS COME ALONG  
BRINGING HOPE FOR PEACE  
AND A BRIGHTER FUTURE  
WITH ALL WARS TO CEASE.

MUCH MORE FAITH AND LOVE  
MANY PRAYERS EACH DAY  
TO HELP OUR BRAVE MEN  
FOR WHAT COMES THEIR WAY.

AS WE LOOK FOR MORE CHEER  
WITH THE SUN RISING EACH MORN  
THE MOON AND STARS SHINING BRIGHT  
HELPS FEELING LESS FORLORN

SO MUCH HOPE IN THE NEW YEAR  
THERE SHOULD BE JOY AND HAPPINESS  
PEACE TO HELP A TROUBLED WORLD  
AND ALL TO BE MORE BLESSED.

KNOWING OUR BELOVED SAVIOR  
WHO HEARS US WHEN WE PRAY  
NEED HIS LOVE AND BLESSINGS  
TO HELP US THROUGH EACH DAY

HOPFULLY THE NEW YEAR  
COMES WITH A CLEAN SLATE  
PROMISE OF BETTER TIMES  
A WORLD WITH LESS HATE

### Thoughts by the Fire

ANNETTE SHARPE

IN THE FLAMES OF THE FIRE  
BRILLIANT SCENES I SEE,  
AS MY THOUGHTS GO FLYING OFF  
LIKE SMOKE FROM MY CHIMNEY.

PICTURE YOUTH THAT ONCE WAS MINE,  
THE HOME THAT ONCE I HAD,  
THE FRIENDS, THE LAUGHTER AND THE TEARS  
OF HAPPY TIMES OR SAD.

HOW QUICKLY YEARS ARE BURNED AWAY  
LIKE LOGS BY FIRE SPENT.  
HOW BEAUTIFUL THESE MOMENTS NOW  
TO REVEL OR REPENT.

THE SOFT LIGHT SOOTHES AND RESTS MY SOUL  
WITH EVERY RISE AND FALL  
MY LIFE HAS BEEN BOTH BRIGHT AND DIM  
LIKE FLICKERS ON THE WALL.

AS THE FINALE MEMBERS DIE  
AND DISAPPEAR FROM SIGHT,  
I MUSE AT HOW THE NEW FLAME,  
HAD ONCE BURNED STRONG AND BRIGHT.

WHEN THE GRATE GROWS COLD AND CHEER-  
LESS,  
ONLY ASHES WILL REMAIN,  
TO SHOW A FIRE ONCE BURNED THERE  
AND MAY DO SO AGAIN.

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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 Customer Service.

- Addresses ending in 0 water Mondays at 4 a.m.
- Addresses ending in 1 water Mondays at 10 p.m.
- Addresses ending in 2 water Tuesdays at 10 p.m.
- Addresses ending in 3 water Tuesdays at 1 a.m.
- Addresses ending in 4 water Wednesdays at 1 a.m.
- Addresses ending in 5 water Wednesdays at 4 a.m.
- Addresses ending in 6 water Thursdays at 1 a.m.
- Addresses ending in 7 water Thursdays at 4 a.m.
- Addresses ending in 8 water Fridays at 1 a.m.
- Addresses ending in 9 water Fridays at 4 a.m.

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# For Sale

**Artist's Supplies:** Brushes, easel, paints, books, tapes, 2-1/2 x 3' canvas. \$125 for all. 861-9728

**Bed:** New orthopedic pillow-top queen mattress set, still in plastic, \$145. Can deliver. 425-4574

**Furniture:** Five-piece dinette set, upholstered chairs, \$99; 30" self-cleaning white gas range, like new, \$200. 237-7758

**Furniture:** Dining room table, six chairs and extra leaf, excellent condition; love seats, \$125. 291-2413

**Furniture:** Six-piece bedroom set, new, still in boxes, headboard, frame, two nightstands, dresser, mirror, \$495. Can deliver. 854-0980

**Furniture:** Swivel rocker, upholstered, blue, like new. 873-6759

**Garage Sale:** March 17, 9 a.m.-1 p.m. Furniture, clothes and other household items, some brand new. 8671-A S.W. 97 St. or 861-3899

**Golf Cart:** 2004 E-Z go, 4 passenger, new batteries, new mag wheels, new low profile premium tires, halogen lights, charger. 873-8600

**Golf Clubs:** Complete set of new hybrid irons, 4 through sand wedge, \$245. 873-2607

**Golf Clubs:** Complete set of women's, bag and push cart; complete set of men's, bag; all clubs have graphite shafts, \$40 each. 237-1103

**Household Sale:** All items in excellent condition. For more details and inquiries call 291-4804 or 262-903-3624 March 4-15.

**Lawnmower:** 20" rotary, 1 year light usage, \$50. 237-3894

**Lift Chair:** Beige, used two weeks, best offer. 854-8568

**Misc. Items:** Ladder, three step, \$12; TV, Toshiba, 17-inch, good condition, \$55; microwave oven, large counter top, carousel, \$35. 873-3433

**Misc. Items:** Commode with armrests, never used, \$25; Bissell wet/dry flip-it vacuum and shampooer, like new, \$50. 854-7516

**Misc. Items:** Eight-piece stainless cookware (Emeril), best offer; leaf blower and vac, obo; paper shredder; George Foreman grill; 854-9785

**Misc. Items:** Golf cart (Club); ladies Schwinn three-speed bicycle. 854-6405

# Classified Section

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

**SERVICE ads will be accepted from residents and non-residents. A three-line minimum rate is \$12; 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.**

**Misc. Items:** Exercise bike, complete, \$50; cane rocking chair, \$50; 5-gallon fish aquarium, pump, filter, heater, water purifier, etc., \$50. 854-3988

**Misc. Items:** Honda lawnmower, electric starter, self-propelled, \$280; rotisserie and accessories, \$125; new dehumidifier, \$150 obo. 854-2256

**Misc. Items:** King-size bedspread, \$100; Krups toaster oven, \$25. 854-2245

**Moving In/Garage Sale:** March 17, 9 a.m.-3 p.m., three homes in Candler Hills, 8377, 8382 and 8385 S.W. 82nd Loop. Follow red balloons for deals.

**Moving Sale:** Sofa, two matching chairs in tapestry with matching drapes, coffee table, two end tables, solid oak entertainment center. 854-7256

**Moving Sale:** March 16-18, 10 a.m.-4 p.m., entire household: furniture, linens, patio set, bikes, lawnmower, dolls and more. 9653-D 84th Terr.

**Music CD's:** Classical, \$2. 873-3735

**Nasa Memory Visco foam mattress set,** never used. 20-year pro-rated warranty. 854-0980

**New:** Dell desktop computer. Windows XP home edition, 40 GB hard drive, 512 RAM, 2.0 GHZ, Epson photo printer with print on CD holder. \$150. 861-6985

**Patio Set;** 48" table and four chairs, \$40 delivered. 286-5544

**Penta purified drinking water** delivered to your door. Liter case (12 pk) \$37 each; .5-liter case (24 pk) \$39 each. Minimum order 4 cases. 873-2100

**Potter's Throwing Wheel:** Brent C electric, includes splash trays and many tools, \$85. 732-3282

**Power Juicer:** By Jack LaLanne, never used, \$80. 237-3347

**S&R sale:** Friday, March 9, 9 a.m.-1 p.m.; Saturday, March 10, 9 a.m.-?, 9355-B S.W. 97th Lane, Crescent Ridge 1. Come and see us.

**S&R sale:** Friday, March 30, 9 a.m.-1 p.m.; Saturday, March 31, 9 a.m.-?, 8411-B S.W. 90th Place, Friendship Colony.

**Sale by S&R:** 8552-C, S.W. 93rd Place, Friendship Colony, Friday, March 16, 9 a.m.-1 p.m.; Saturday, March 17, 9 a.m.-noon.

**Scooter:** Personal mobility, indoor and outdoor usage, \$375. 291-0840

**Solid Oak dining room set:** Oriental antique, six chairs, two leaves, custom table pads. Must be seen. Richard, 873-0102

**Video Projection System:** Color, Panasonic model PT47WX49, excellent condition. 237-3347

**Washer and Dryer:** GE Profile, in good working condition, \$350. 291-0943

# Services

**Actual relief via physics:** Financial, body weight/health and relationships. Call End the Clutter ETC 873-2100 or www.endtheclutter.com

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

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

**Avon:** If you are interested in receiving a current brochure or becoming an Avon rep, call Cessie Marsh, On Top of the World resident, 615-9662.

**Caregiver/Companion:** Light housekeeping. Personal and professional experience. On Top of the World resident. Susan, 237-2276

**Caregiver:** CNA/HHA desires part-time quality personal care, errands to doctor, etc. Call Wanda, 854-1664

**Caregiver, professional:** Available 24/7 for personal care. Includes homecare, housekeeping, doctor's visits and errands. 30 years of excellent reference. Home 854-3101, cell 361-3972.

**Caring Home Health Aide** available for doctor visits, errands. Full or part-time. On Top of the World resident. Call Anna, 873-4761

**Cat Boarding & Sitting** provided by loving experienced Cat Nanny. On Top of the World resident. Call 854-8589

**Cat Care:** Will love yours like mine! Call 291-1862.

**Cat and/or House Sitting** Services for On Top of the World residents. Dependable, trustworthy, affordable and insured. Grammy Sharon, 694-4853.

**Computer Instruction** in your home in front of your computer(s) - customized for your needs. Call End The Clutter ETC at 873-2100 or www.endtheclutter.com

**Computer Setup & Training:** At home service. Senior rates, \$25 per hour! Have fun & learn! Call Kathy at 861-7719

**Computer Solutions by Phillip:** Repairs—upgrades—sales. PC and MAC. Data recovery. Microsoft Certified Systems Engineer and Apple Certified Technician. Licensed and insured. VISA/MC. We come to you! Mobile: 804-8713

**Experienced chair caning:** Reasonable rates. Pick-up and delivery. In-home estimates. Call Sandi at 237-7407 after 5 p.m. weekdays, anytime weekends.

**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 & 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 and Yard Services:** The Sundance Co., mow, blow and go. Lawn mowing, window and gutter cleaning. Lic/ins. 347-7825

**House Cleaning by Evelyn Lee:** I do windows, deep cleaning and move outs. Licensed & insured. 629-0855

**Income Tax Service:** Professionally done — E-file — Fast refunds, federal and all state returns. On Top of the World resident. 291-2413. Salvatore V. Le Donne E.A.

**Laminated wood flooring installation:** Reasonable rates. I am a resident and have references. Call Bob at 237-7452.

**Mobile Notary Public:** On Top of the World resident and commissioned FL notary public comes to you. Bonded and insured. Call Richard at 362-6465.

**Painting by Frank the Painter:** Free estimates, interior painting, specializing in colors, quality service, affordable prices, 30 years experience and licensed. 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 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

**Sewing Machine Service & Repair:** Reasonable, 40 years experience, On Top of the World resident. Call Ed, 854-5572

**Steve's Repairs:** Fans, lights, doors, shelving, general carpentry. On Top of the World resident. Call Steve at 854-4927

**Stop gaining body weight** with true food, pure water and basic physics. One-on-one private consults. 873-2100

**Transportation:** Call 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

**Bookcases:** To buy, two 30w x 70h white. 854-1619, ask for Howard

**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

**Moving in or moving out?** Grandmattic will purchase one piece or entire estate: jewelry, silver, china, glassware, collectibles, dolls, small furniture and junkie. Susan or John, 873-9796

**On Top of the World resident** interested in buying guns, new, old, any condition. 854-2555

**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

**Refrigerator:** Medium size for garage. 291-0343

**Typist:** Volunteer typist to type items (mostly handwritten) for the World News once a month, at home or in our office. Call Lynn at 854-0248.

**Wanted:** Mardi Gras beads to be given to assisted living and nursing home residents by D'Clowns. Call Paula, 873-3433.

**FAMILY**  
**F**  
**F**  
**A**  
**I**  
**R**

**Pressure Washing & Window Cleaning**

**Specializing in "Vinyls"**

Window Tracks & Screens Cleaned "FREE" with service

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- Disposals
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- We also can resurface your existing countertop

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#### BATHROOMS

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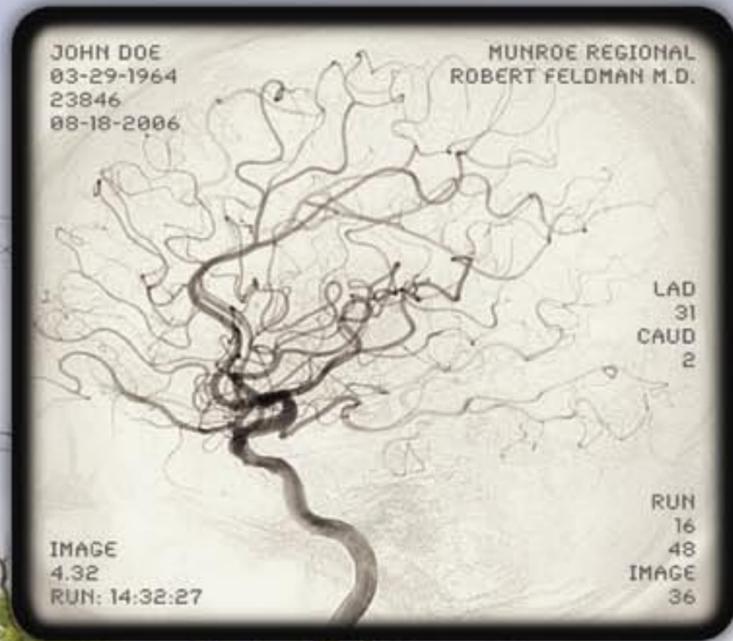
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