



On Top of the World NEWS

Where the News is Always Good

Brush up on your bridge playing skills during Monday morning practice. See story on Page 10



Vol. 22, No. 1 • July 2008

Community News & Update

By Kenneth Colen, Publisher

MASTER THE POSSIBILITIES: The new Master the Possibilities catalog is included in this edition of the World News. You can also find it online at masterthepossibilities.com. This summer's edition continues our commitment to lifelong learning. It has more than 120 opportunities to learn and grow with over half brand new! Summer is a great time to enjoy learning in air-conditioned comfort ... and right here in your neighborhood. Why not bring your friends and experience one of the best reasons to be part of this vibrant community. See you in class!

LEGISLATIVE UPDATE: Now that the Florida Legislature has completed its recent session, we begin to see just what kind of sausage got made! Some of the laws have an important effect on homeowner associations and seniors in particular.

We here on the Board were following with particular interest changes proposed in insurance, HOA regulations and taxes. We watched with particular interest the deliberation of the Florida Constitutional Revision Commission.

With respect to wind risk coverage, the legislature knocked a provision adopted in the 2007 session that offered some reasonable moderation into property insurance limits. It allowed for a Wind Risk Study to be conducted by an association to determine an acceptable level of risk based on the probability of damage from a 250-year storm event. This brought the maximum probable loss down to a manageable number.

When your insured value is more than \$200 million, there isn't enough coverage capacity in the market available any longer to cover that much value. The second problem is that if there were such capacity, the cost would be more astronomical than it already is.

The solution for On Top of the World was to take advantage of the provision allowing for a Wind Risk Study. This brought our probable loss down to around \$16 million from a major storm event. Going forward, the Wind Risk approach is no longer available after October 2008. Rest assured that your Board is investigating other avenues to moderate insurance costs and bind reasonable and adequate limits of coverage in future years.

There was a flurry of activity for the State's Constitutional Revision Commission at the end of the legislative session. This commission is empaneled by legislature and charged in reviewing the state's constitution and developing proposed amendments that are then placed onto the November ballot for consideration by voters. Many of the amendments deal with fiscal matters of the state. Need I remind people that taxes and revenue generating functions of the state affect everyone. In future articles I will be discussing these proposed amendments and analyzing how they may affect seniors.

Some amendments managed to get placed onto the ballot that may be intended as wedge issues to bring voters out in November. Unfortunately, these types of proposals detract from serious issues facing residents of Florida such as funding for roads, indigent care, education and a plethora of other challenges facing residents of this state. Wedge issues do not truly serve the public interest or further the common good of all citizens. Amendment No. 2 appears to be one such wedge issue that made it onto the ballot. This is a strangely worded amendment ostensibly designed to memorialize marriage as being between one man and one woman. I say "ostensibly" because if this amendment does pass it will have much farther reaching consequences for seniors and those who may choose to opt out of marriage because of financial concerns (like loss of a survivor's pension on remarriage). It has the potential to affect all manner of rights, both financial and social, we take for granted including hospital visitations. It is an amendment that clearly poses a threat to seniors and should

➔ Continued on Page 6



Photos by Bob Woods

On Top of the World Golf Instructor Sally Collins collects donated golf equipment to give to area youth golf programs.



Recycling

Residents Donate Used Golf Equipment

By BOB WOODS
WORLD NEWS WRITER

I would be willing to bet that there are plenty of garages and closets in the On Top of the World communities that have been cleaned up after witnessing the huge turnout of folks donating used golf equipment.

This took place at the On Top of the World Golf Club parking lot on Friday, June 13, where there was a trailer available to place the equipment to be hauled away for a worthy cause.

On hand to oversee the donations was Sally Collins, On Top of the World's Head Golf Professional.

The golf material donated consisted of every type of clubs, golf bags, shoes, hats and numerous golf balls. The items will be used in the Gainesville area for Junior Golf and Special Olympic golf programs.

Looking at some of the clubs my mind wondered just how old some of the clubs

were and how many balls this club struck. I realize that if any of these clubs that were donated were of any special value such as an age or the once in a lifetime hole in one that it would be hanging on the wall or mounted to a special plaque commemorating the age or accomplishment. I did talk with one golfer and he stated that he was donating his first putter.

The same thoughts went through my mind again looking at some of the used golf balls whether they have accomplished anything special such as how many sand traps visited or how many lakes or puddles they splashed in. Some of the golf bags must have been the owners' original as some showed their age with many scratches and worn areas. There were many donated items that looked brand new and some of the golf balls were in their original packaging.

Talking to a few golfers who were there to donate old equipment no longer utilized and replaced by more technically approved

equipment, I was informed that they had some great memories with this equipment and just didn't have the heart to get rid of it. I realized golfers prize their clubs, bags and auxiliary items are like an old pair of slippers. They are very comfortable and no one wanted to part with them, even though they are no longer used in the sport.

Helping Sally in the effort of collecting the donated items was Roger Gates, a course ranger. Both would pick up golfing items in the parking lot and bring them to the donated trailer. One gentleman, Alan Mudie, brought a five-gallon plastic bucket full to the brim with golf balls. Just as he was handing the bucket over to Sally, the bucket's bottom let loose and golf balls were rolling in every direction.

I asked Sally approximately how many golf clubs, bags and golf balls that she expected to be donated. She said that she "hoped to fill the trailer completely if not filling another." When I departed the trailer was a little less than half full of donated equipment. ☺



Photos by Ryan Douglas

Marietta Mehani demonstrates how Gymstick users can increase resistance by simply twisting the rubberized band on the stick.

On Land & In Water Residents Embrace Gymsticks as an Enhanced Exercise Tool

By MARY PAT GIFFIN
WORLD NEWS WRITER

It was the first time an Aqua Gymstick was used as an exercise tool in the United States.

And, it was here at On Top of the World, at the Arbor Club.

We embraced this seemingly easy tool, which incorporates a rubberized band for both water and land fitness classes.

By simply attaching a bar to the rubberized band, participants can exercise in a stationary position, traveling or propelling their bodies.

Cammy Dennis, Fitness Director, invited a friend and colleague, Marietta, to introduce this latest tool. It was an overwhelming success. Instructors and residents alike loved it. We found it challenging, versatile and effective.

"The various resistance created by twisting the band helped me accomplish something without switching weights," said Janet Fragapane, 69, who attended both aqua and land-based classes. "I could feel my muscles work out without hurting them and I'm refreshed afterwards."

That's because you can increase the resistance of the bands by simply rolling them on the stick. If you want to decrease



the resistance, unravel the bands from around the stick. The key is to maintain resistance.

"You don't have to keep switching (equipment) because everything is on the stick," echoed Barb Roberts, 65, who especially feels its effectiveness when looped under the feet.

"It improves my balance and works my inner/outer thighs. Besides, it's easy to tighten for resistance and working out with a partner is so much fun."

What's really unique about the Aqua Gymstick is the class can train above the water line in the pool, allowing for a whole body training session.

"Aaah! I discovered muscles I didn't realize I had before," exclaimed Nancy Grabowski, 62, who now uses muscle fibers in the upper body while taking an aqua class.

Personal Trainer Howard Williams, M.S., finds the Gymstick well suited to individual training, too.

"It's an effective tool for toning and strengthening at all levels of fitness, from elite athletes to the wheel-chair bound population." ☺



On Top of the World NEWS

Where the News is Always Good

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

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Is It Legal?
Gerald Colen

Q. Are Medicaid friendly annuities still a good thing for Medicaid purposes?

A. Sometimes they can be quite helpful but you need to know that the State of Florida has to be named as a beneficiary of the annuity up to the amount of any Medicaid benefits paid out. In the case of a Medicaid annuity where there is no living spouse, the State of Florida has to be named as first beneficiary. In the case of a situation where there is a spouse, the State of Florida is the second or contingent beneficiary after the surviving spouse. I am deliberately not going into a detailed discussion of this issue because in my opinion all Medicaid planning is complex and is really not subject to a short type of answer or analysis, which would be the situation in a newspaper column such as this.

Q. If I want to purchase real property from someone I know. Why should I have to have title insurance or why should the seller even have to pay for it? I think I can just pass on having it.

A. Are you serious? In today's market condition, are you really suggesting that a purchaser of real property should "take a pass" on having title insurance regardless of who pays for it? Whew! The only thing I can say is that I believe that everyone who purchases real estate — and I mean everyone — should have title insurance up to the amount of the purchase price or the value of the property whichever is greater.

Q. What is the best way to sell real property?

A. Have a purchaser make a written offer to purchase the property. If you get a written offer, and it is signed by the purchaser, then you know you have a serious offer and that is true even if the price in the offer is unacceptable to you. However, the very fact that an offer has been put in writing and has been signed by the person making the offer creates a situation where, if you choose, you can immediately bind the purchaser to the deal. It is my opinion that what you should not do is respond to a question such as "will you take this much" UNLESS it is in writing. When you respond to a "will you take this much" question, you are opening yourself up to a reply such as "OK, well if you will take this much, will you take less than that?" Thus, you should always make the purchaser put the offer in writing

and have it signed. Once that is done, I would suggest you take the offer to your attorney for his/her review. After that, you can have your attorney handle the closing. You should absolutely issue title insurance to the purchaser. Keep this in mind, even though you might have a signed binding offer, your purchaser might still try to back out of the deal. So you should seek to obtain at least 10 percent of the purchase price as an earnest money deposit. Most folks are much better off having a real estate broker handle such things.

Q. Where do you get your questions for this column?

A. I get them from letters written to me, from e-mails sent to me, from conferences with folks who raise an issue that I think is important; and also, I get them from situations that arise or that I hear about from other elder law attorneys and when I think the issue is of sufficient importance, I will make up a question and put it in my column. After I send in a column I won't know exactly when it will be published and by the time it is published, I more than likely will not remember where I got the question. (Sorry about that.) With regard to letters or e-mails, if I use a question that I got from someone, then as soon as I type up the question, I throw away the letter or delete the e-mail. That way, no one can ever know who sent me a letter or e-mail (not even me, once it's gone.)

Gerald R. Colen is an attorney and member

Golden Oldies Humor

by Stan Goldstein



'It says that three out of four people make up 75 percent of the world's population.'

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 real estate, elder law, wills, trusts, probate, business law and estate planning. This column is not intended to provide legal advice. You should always consult your own attorney for such advice. Mr. Colen is available for conferenc-

es 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 annex, which is near Sid's Coffee Shop. He responds to e-mail at gcolen@tampabay.rr.com or through his Web site: www.gcolen.com.



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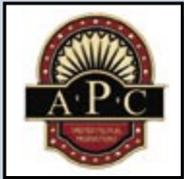
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Days of Disco with Flashback
Thursday, July 17, 2008
Dance the night away! (400 max seating)
Residents — \$15



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



Applause Performance Company
Presents... "Annie" the Musical
Saturday, August 2, 2008
Residents — Gold \$10 Silver \$8 Bronze \$6
Non-residents — Gold \$12 Silver \$10 Bronze \$8



Sock Hop with Rocky & The Rollers
Thursday, August 14, 2008
Dance the night away! (400 Max seating)
Dance floor included - bring your dancing shoes!
Residents — \$15



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



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



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



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



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



On Top of the World Craft Fair
Saturday, October 18, 2008
FREE



Stage Door Theatre Presents...
"Driving Miss Daisy"
Thurs., Oct. 23, through Sun., Oct. 26, 2008
Dinner starts at 6 p.m.
Residents — \$35 Non-Residents — \$40



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



Dueling Divas
Saturday, November 22, 2008
Residents — Gold \$13 Silver \$11 Bronze \$9

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**All Over
Our World**
Lynette Vermillion

Happy Independence Day! We associate Independence Day with fireworks, parades, barbecues and various other public and private events celebrating the adoption of the Declaration of Independence on July 4, 1776, and declaring independence from Great Britain. As we observe the Fourth of July, please stay safe and have fun celebrating the independence and freedoms we enjoy.

Customer Service

On June 4, we welcomed Michelle Vadnais, our new Customer Service Supervisor. She is a returning native Ocala, and we are very happy to have her. Michelle is a welcome addition to our team. She has several years of previous experience in working with community associations. Please stop by and give her a warm welcome and introduce yourself.

As a reminder, Customer Service is located in Friendship Commons behind the Winn Dixie shopping plaza in Suite 200. Hours are Monday through Friday, 8 a.m. to 4 p.m. Please do not call the gates for an after-hour matter. Please call the after-hour number, 236-OTOW (6869).

Anyone from Americana who still may need to pick up their post office box keys may do so at Customer Service. We still have a few keys to hand out as a result of the new post office boxes installed by the United States Postal Service. We offer this service on behalf of the post office to make it convenient for our residents to pick up their new key.

If you have purchased a new golf cart or haven't had yours registered yet, please visit Customer Service to do so. Please make sure that you have the golf cart with you as well as a copy of your insurance policy showing that the golf cart is covered with the appropriate limits.

If you are thinking about making changes to the outside of your home this summer, please don't forget that any exterior changes require an approved modification request. Applications for modification requests may be made at Customer Service.

Post Office Areas

As a reminder to all, please do not park on the sidewalk or grass areas at the post office. The heat from these parked cars, whether left running or not, destroys the grass. Parking spaces are provided for single parking only. Please make sure that you are obeying traffic signs, as some of our post offices have one-way entrances and exits.

Power Outages

Thankfully we are starting to receive afternoon showers and with these showers come the potential for power outages. I mentioned this in my column last month but I want to make sure that everyone is aware of the potential dilemma regarding power outages and irrigation clocks. Please keep in mind that when we have power outages it is a good idea to check your irrigation clock to make sure that it is still on the correct setting. Many times a power surge or outage may cause the clock to revert to its original settings. If the settings are not checked, you may be watering too much or not enough.

Mowing

With the rains we are beginning to see, the community is turning a beautiful green and we are seeing many colorful plants blooming. With the beauty comes the peak mowing season. You will hear the mowers coming by more often and we appreciate your understanding and patience as we deal with the growing season and afternoon rains.

Yard Waste

As a courtesy, Parkway Maintenance picks up yard waste placed at the front of homes along the curb. Please do not put animal feces or household garbage in the yard waste. We ask that you dispose of these items in an appropriate manner. Residents are notified if inappropriate items are found during pick up and are asked to refrain from doing so. Continued placement of incorrect items may result in Parkway's refusal to pick up.

Maintaining Your Termite Warranty

One topic that I frequently get asked about is whether it is necessary to maintain the warranty on my new home's termite treatment. If I live in the On Top of the World Central Owners Association, I receive a probe and spray every three years after the first year as part of my community service fee. And, after all, I am told that the houses in the On Top of the World Communities are concrete structures with limited amounts of wood. What could a termite eat in my house? In fact, there are all sorts of things that termites can eat inside your house and do damage. If the subterranean termites find an entry point, maybe through a crack in the concrete foundation,

they will go after anything with cellulose, wood and wood byproducts. For example, wood baseboards, the paper on the back side of drywall, the wood studs, the trusses and roof sheathing are all susceptible targets for termites. New houses in Candler Hills, Indigo East, Providence, Avalon, Windsor and Renaissance Park were primarily treated with Termidor termite control. This treatment comes with a five-year warranty. However, to maintain the warranty on your home, you will need to have an annual inspection performed by a licensed pest control company that works with Termidor. There is no warranty with the probe and spray provided by the community service fee.

Wastewater Treatment Plant

In June, we started gearing up for the Wastewater Treatment Plant expansion. This will increase treatment capacity from 750,000 gallons per day to 1,250,000 gallons per day, which will allow us to provide service for the next few years — depending on the number of new connections built during that time. This is also another step closer to us being able to provide Public Access Reuse Water for irrigation of common areas or roadside landscaping.

Safe Driving

As you are out driving or walking in the early morning or early evening hours please be aware of traffic, whether it is foot traffic or other vehicles. The sun can be blinding at these times and we may not see walkers or bicyclists. So, please drive safely and watch out for others sharing the roadways. Walkers and bicyclists should wear appropriate colored clothing for time of day and may want to consider reflective safety vests.

Re-roofing Schedule

On Top of the World Central Building Re-roofing Schedule: The following is a list of the buildings that started in June and will continue through August 2008. Due to weather conditions, we are unable to provide exact dates. Buildings: 2196, 2198, 2200, 2205, 2207, 2208, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2235, 2237 and 2401.

Association Enforcement and Correspondence

Residents should refer to their closing documents in regards to enforcement. Once the Association has been notified of a possible violation, it must be investigated for validity. If a violation

is occurring, the Association will write a letter to the homeowner and the homeowner has 30 days to become compliant. If the homeowner does not become compliant within the time frame provided, the Association will take the necessary steps to bring the home into compliance and assess the homeowner accordingly.

E-mails are an easy way to communicate, however, the response from the management company may not occur immediately due to time needed to investigate the complaint, nor do they absolve the Association from the time requirements for a correction to occur.

DCM Internet

As a reminder, if your Internet is not working, try to reset your modem which in most cases will clear up any problems. If not, please call DCM at 873-4817 to report it.

Don't miss the entertainment at the Cultural Center this month: July 17: Days of Disco with Flashback and July 26: Paperback Writer, a tribute to the Beatles. If you have not been able to attend the Farmer's Market on Thursday mornings, I would urge you to do so. And, don't forget Friday and Saturday night entertainment on the square — you will enjoy the fun! The summer hours have changed to 7 to 10 p.m. ☺

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Upcoming Editions

August issue: Thursday, July 31
September issue: Thursday, Aug. 28
October issue: Thursday, Oct. 2
November issue: Thursday, Oct. 30
December issue: Thursday, Nov. 27

Hospitality
Linda Tiffany

The Pub

New hours effective July 18. On Monday, Tuesday, Thursday and Friday, The Pub will be open from 8 a.m. to 4 p.m.; on Wednesday, open from 8 a.m. to 6 p.m.; and on Saturday, open from 8 a.m. to 3 p.m. The Pub is closed on Sunday.

• Daily Breakfast Special, served 8 a.m. to 11 a.m. features one egg, one slice bacon or one sausage, one pancake or two slices toast and coffee for \$3.25.

• Special feature every Wednesday:
First Wednesday of each month: Prime Rib. Lunch, 11 a.m. to 4 p.m., open-faced seven-ounce prime rib served with an onion tower, \$8.95; dinner, 4 to 6 p.m., 10-ounce prime rib with baked potato, vegetable, salad and rolls and butter, \$11.95.

Second Wednesday: 11 a.m. to 6 p.m., half of a baked chicken with salad, mashed potatoes, vegetable and rolls and butter, \$8.95.

Third Wednesday: 11 a.m. to 6 p.m., meatloaf with salad, mashed potatoes, vegetable and rolls and butter, \$8.95.

Fourth Wednesday: 11 a.m. to 6 p.m., open-faced roast beef with salad, mashed potatoes, vegetable and rolls and butter, \$8.95.

Every Friday: 11 a.m. to 4 p.m., large fried whitefish filet on a hoagie roll with lettuce, tomato, french fries and coleslaw, \$8.95.

Candler Restaurant

New menus effective July 14

• Continental Breakfast Buffet, 7:30 to 10:30 a.m. Choose from a variety of quiche, cereal, fresh fruit, muffins and pastries, coffee and juice, \$6.95 plus tax and gratuity.

• Lunch: 11 a.m. to 3 p.m. Choose from Asian Chicken Salad, Braised Spare Ribs, Grilled Chicken Sandwich, Hearty Two Bean Chili, Quiche of the Day, Reuben Sandwich and much, much more.

• Bar Menu: 3 to 8 p.m., Monday through Saturday; 3 to 5 p.m. on Sunday. Enjoy Fish and Chips, Deluxe Cheeseburger, Philly Steak and Cheese, Chili Cheese Nachos, Braised Spare Ribs, Teriyaki Chicken Wings and Chili Cheese Dog, \$6.95 to \$8.95.

• Wednesday Cookout Buffet: Beginning July 2, 4 to 8 p.m., steak, chicken, spareribs, baked potato, coleslaw and baked beans - \$11.95 plus tax and gratuity.

If your group is having an event in the H & R Ballroom and plans to use The Pub bar, please bear in mind the change in Pub hours. If your event will be held during Pub hours please call 861-9188 and advise us of the date, time and number of expected guests, at least three weeks in advance. This allows us to schedule extra staff and stock the bar so that we may better serve you. If your event will take place outside of Pub hours, kindly call 861-9188 to schedule a bartender. Your cooperation in this matter is sincerely appreciated. ☺

Congratulations

Anniversaries • Birthdays • New Residents



Emily & Ross Martino
65th Anniversary



Gordy & Dodie Phillips
60th Anniversary

**Back at
The Ranch**
Larry Menery

Well, folks, summer is officially here. Summer in Florida brings several things: good rains, green lawns, less traffic, and oh yes, heat. It sure does get hot this time of year. I think maybe that's why the traffic lightens so much this time of year. The Florida summer heat can really challenge a person's stamina. Fortunately for you, things are heating up this summer at The Ranch as well.

Whether your favorite pastime is walking or golf or tennis, or maybe it's just shopping for summertime bargains, the heat can certainly take a lot out of you. The best way to combat this is to get in shape. Embrace a good fitness program and you will see improvements in the quality of everything you do.

At The Ranch getting started on a fitness program couldn't be easier. We offer a first-class, intimidation-free experience in our state of the art facility. To ensure each member's success we begin with a complimentary Personal Wellness Journey. A Personal Wellness Journey consists of two sessions with a certified personal trainer. We begin with a health evaluation and a comprehensive fitness assessment. Then we tailor a program to fit each member's individual needs and desires. We do more than just show you the equipment. We explain the benefits; we discuss the frequency, intensity, and time of your workout. And we offer variety. There is no "one size fits all" approach to fitness so our trainers help to find the best approach for you.

At The Ranch we offer a complete line of cardiovascular equipment to improve heart health and stamina. We have an extensive array of strength training equipment to provide strength gains, and quite possibly a few more yards to your golf shots. We also offer an indoor, heated, therapeutic pool for low-impact exercise that is easy on the joints. Oh, and did I mention the group exercise classes? With yoga, Pilates, stability ball, aerobic dance with a Latin flavor, and lots of aqua, you are sure to find a class at a time that fits your liking.

Fitness should be fun, safe and enjoyable. That's our commitment to you. After a good workout be sure to take advantage of our locker room facilities with steam rooms and saunas and all the amenities needed for your convenience and comfort.

As part of our "Younger Next Year" campaign we recently took a field trip to kayak the Rainbow River in Dunnellon. Fifteen members, most who had never kayaked before, paddled the five-mile course for a day of outdoor enjoyment and appreciation of Florida's natural beauty. We burned a few calories that day, too! It was a gorgeous day, not a cloud in the sky, and it was hot. At the end I heard one of our paddlers say, "Yeah, it was hot today, but since I've been working out the heat really doesn't bother me like it used to."

Larry Menery is Fitness Lead at The Ranch Fitness Center & Spa.

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Community News & Update

By Kenneth Colen, Publisher

← Continued from Page 1

probably be rejected by voters. Over the next few months, as the analysis of the impacts on seniors of additional amendments being placed on the November ballots becomes available, we will pass it along in the World News. We have no interest in taking a partisan view; rather, we hope to offer a perspective on issues that may have long-term economic impacts for our residents. We hope you find this information to be useful.

GROUNDS MAINTENANCE UPDATE: The expected rainfall for June fell short; however, with the little that did arrive we have seen an explosion of green in what seemed like a matter of hours. Once again, the time-release fertilizer applied in March waited for significant moisture before activating.

Speaking of fertilizer, the cost has gone out of control. Fertilizer production is heavily petroleum dependent. Couple that with expanding worldwide demand, and you can begin to understand the wild cost increase. Essentially, over half of the entire fertilizer budget was expended on the first application in 2008. The Board will probably be eliminating one application and holding it at two for the year. The Management Company is making up the shortfall.

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

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

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

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



Keeping It Green
Phillip B. Hisey

NEW PRODUCT ON THE HORIZON COULD OFFER RELIEF ON IRRIGATION USAGE:

Hunter Industries recently purchased a patent from Walla Walla Sprinkler Company in Walla Walla, Wash. The Walla Walla Sprinkler Company is known for its role in innovative technology in the agricultural irrigation industry. Walla Walla Sprinkler Company has designed a nozzle that will retrofit onto a regular pop-up spray head while having the same radius of coverage as a rotor and use less water. Seems impossible doesn't it?

The benefit this nozzle has over the leading irrigation method is the ability to apply water at a consistent and uniform rate of application, better know in the industry as "matched precipitation" hence the name "MP" Rotator.

The MP Rotator unveiled its face in the irrigation industry about a year ago before Hunter purchased the patent from Walla Walla Sprinkler Company. The nozzle has proved to be beneficial in many areas around the United States and On Top of the World Communities is currently testing the product in a few areas to see if the nozzle really uses less water. There are a few residents who have already installed the product on their own. I have not yet heard feedback from these residents but I am anxious to see if they are pleased with the performance of this nozzle and the water consumption.

Residents need to be cautious when having this product installed. Yes, the nozzle will install onto an existing spray head but there are other things that need to be taken into consideration. If installed improperly residents could use more water than they were before the change. Proper spacing of the heads is crucial to the efficiency of the system and the difference between a poor and superior installation will determine how efficient the system works. I have heard many residents remark that the nozzle "just threads onto an existing head." I warn anyone who thinks this is all that needs to be done. To do it properly, the yard needs to be flagged for spacing according to the nozzle you wish to use. This will determine if heads can be removed and coverage will still be met. Please contact a professional irrigation contractor if you are thinking about doing this in your yard.

Landscape Tips

In June, the crape myrtles started blooming. For those residents that don't know, if you trim off the old, spent blooms, these trees will keep blooming. In the community last year we had trees that were blooming into the mid-December before the first heavy frost. This is a tip that is pretty common for most plants ... so keep them blooming.

July is also a great month to fertilize for those who maintain their own lawns and landscapes. Following up your spring application, use a fertilizer that is higher in iron and potassium and lower in nitrogen. The iron will give you that deep green you want but without the growth. The potassium will aid in the root production of the lawn, helping it with drought stress and cold stress in the winter months to come. It is better to start getting the lawn ready now than later in the year. The fertilizer I like to use during this time of the year is the Lesco 9-2-24. This product is a slow release fertilizer with the iron content you will need.

The use of too much nitrogen during the summer months will create issues in your lawn. First, mowing will be tougher because the grass will be growing faster than you can maintain it. Secondly, chinch bugs are not only attracted to drought-stressed grass but succulent grass, too. Too much nitrogen applied and the grass will be growing at a faster rate, creating the succulent grass.

Don't forget to fertilize your plants, too. Common blends of fertilizer found at local stores are a good start, but if you are looking for the optimum blend, find something for acidic soil lov-

ing plants such as azaleas-blueberry or camellia blends. These fertilizers have higher amounts of sulfur in them, lowering the pH of the soil and making nutrients more available to the plant and not locked up in the soil. Seminole Feed Stores carries an azalea-blueberry mix that works well; Lesco also carries a 12-2-14 landscape blend that works well too. Application of fertilizers for landscape beds is 10-20 pounds of actual product per thousand square foot of bed area. A 50-pound bag should easily last you two applications.

Make sure after all applications of fertilizer you clean the driveways, sidewalks and roads with a broom or blower; do not wash these products off with a garden hose. Also, watering in the fertilizers on your lawn and landscape is a must. If you don't apply the water to the products as instructed, they often do not work as intended.

Irrigation Checks

Check your irrigation systems monthly for coverage, breaks, clogged heads ... you know the drill. I have seen quite a few residents doing this more often in the communities and this is great to see. You can save yourself a lot of headaches and high water bills by doing these routine checks.



Submit Articles
by E-mail to
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On Top of the World Bus Schedule

PICK-UP ROUTE TIME

Circle Square Cultural Cntr.		8:45 am
Indigo East Community Cntr.		8:50 am
Crescent Ridge 1 & 2	97 th Lane – 99 th Ave – 96 th St	9:00 am – 9:02 am
Americana Village	89 th Ct. Rd – 85 th Terr. Rd.	9:05 am – 9:07 am
Friendship Village	96 th Lane – 84 th Terr – 93 rd St	9:08 am – 9:10 am
Friendship Colony	83 rd Terr – 90 th St – 87 th Ave – 97 th St	9:12 am – 9:15 am
Friendship Park	97 th St – 94 th Lane	9:17 am – 9:20 am
Friendship Village	89 th Ct Rd – 92 nd St Renaissance	9:21 am – 9:25 am
Williamsburg	90 th St – 91 st Cir East 91 st Cir West	9:26 am – 9:30 am
Providence	90 th St – SW 96 th Terr – SW 92 nd Pl Rd – 96 th Ct Rd	9:31 am – 9:32 am
Arbor Club Parking Lot		9:33 am – 9:34 am
Avalon		9:35 am – 9:40 am

OCALA RUN: TUE., WED., TH & FRI ARRIVE PICKUP

1 st run	Lowe's	9:45 am	11:20 am
	Paddock Mall	9:50 am	11:40 am
	Wal-Mart Superstore	10:00 am	11:40 am
	Target	10:15 am	11:40 am
	K-Mart	10:15 am	11:45 am
2 nd run	Gaitway Plaza	10:27 am	11:45 am
	Paddock Mall	11:50 am	
	Wal-Mart Superstore	11:55 am	1:40 pm
	Target	12:00 pm	1:40 pm
	K-Mart	12:00 pm	1:40 pm
Publix (Final Stop of the Day) Heath Brook	Gaitway Plaza	12:00 pm	1:40 pm
	Paddock Mall (Final Pickup)	12:00 pm	1:45 pm
	Publix (Final Stop of the Day) Heath Brook	½ Hour	
	Thursday Grocery Run (local Publix)	4:16 pm	5:15 pm
	Sam's Club – 3 rd Friday of the Month	1:00 pm	2:30 pm
Beall's (Hwy 200/CR 484) 2 nd Friday of the Month	9:50 am	11:40 am	
(No regular runs – only Hwy 200 west of OTOW)			

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Indigo East
Allie Gore

Summer in Florida! Hot, hot, hot! Remember, don't overdo it in the heat. This is one of the times when we need to be easy on ourselves. Drink lots of water, wear a hat, stay indoors during the hottest part of the day and use sunscreen. By the time you realize you have over extended yourself you may require medical care.

Do you carry a current list of medications? Does it identify allergies, and/or other medical alert info? In case of an emergency, first responders and hospital personnel need this information.

www.OnTopoftheWorldInfo.com

"As newcomers to On Top of the World and Ocala, we've visited many churches; and our choice is First Presbyterian. It's only 17 minutes on Sunday mornings (lights cooperating!); we love the presence of all age groups; our new church is very friendly and mission-oriented; and there are both traditional and contemporary worship services!"

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John Gysen, CERT and member, passes along the following. First Responders are trained to look for emergency contact information. Cell phones can provide this information. Enter the acronym "ICE or Ice" which means "in case of emergency" into the area in the phone where you put a name, and enter the emergency contact number into the phone number area. First Responders are trained to look for this on cell phones. Also if you need to call 911, be sure to identify the county/city from which where you are calling. Towers do not always provide this to the person answering the emergency call, and there can be delays in determining where you are and where the emergency response needs to be directed.

Summer activities continue. The pool is inviting to many neighbors. Thanks to Chris Bechtolt for being the initiator of the short notice, "let's get together" Memorial holiday gathering at our pool. These gatherings are some of the best.

The social planning group is already thinking about the holiday party. There are so many parties in December it is necessary to plan well in advance. This year the planning group is considering a gathering with hors d'oeuvres, beverages and music. Will you attend? What are you willing to spend? Very early exploration indicates the cost would be around \$20 per person. It would be helpful if you would respond with your interest or disinterest. I will pass the info on to the planning group. Final commitment is not necessary until October. E-mail or call your comments to: indigo8062@earthlink.net or call 861-4564.

Thank you to our dependable blood donors. You are special people!

Looking for something to do? Check out the events in our community center, such as monthly game nights, weekly line dancing, water exercise, yoga, poker, mah jongg, swimming and hanging out beside the pool. If you have an event or activity you would like mentioned here let me hear from you. Until next month, remember to enjoy life; this is not a dress rehearsal!

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Interior Home Care
Dennis Hisey

Is it warm enough for you? Summer is definitely here and with it comes increased comfort requirements, higher cooling costs and an opportunity for some energy savings.

There are a few things you can do to help save you money on your electric bill and keep from spending more money on service calls for repairs.

Basic Window and Door Maintenance

- Door and window hardware (locks, dead bolts, door knobs) should be cleaned and lubricated at least once a year.

- Lubricate the window jambs and balance rods. Because of constant expansion and contraction of the aluminum frames on most units, windows that remain closed for extended periods of time will stick and become difficult to open. Spray the window jambs and balance rods with silicone spray or lithium grease to facilitate opening and closing of the window.

- Caulk all the exterior joints around windows and doors. Caulking helps keep the house weather-tight and reduces energy bills. It can also help keep bugs and vermin out of your home.

- Shade is a necessary evil in the summer time. Trees are not only pretty to look at, but provide a canopy over our homes, shading them from direct sunlight. Leaves create a lot of work in the yard and also clog gutters that are designed to collect and expel rainwater from the house.

Basic Rain Gutter Maintenance

- Gutters can easily become clogged with leaves and other debris; inspect and clean them. After removing debris from the gutter track, you

also may have to loosen dirt that has blown into the gutters and scrub them with a stiff brush. Flushing gutters with a stream of water from a hose will clear material that has become lodged in the downspouts.

- You can also install mesh screens or a leaf-catching system. If you buy one of these systems, be sure to get a type that can be easily removed for when it's time to clean the gutters.

- Be sure to check the downspouts and gutters for flaking or peeling paint, and leaks, and make sure they are securely attached to the home. Also that the downspouts expel water away from the house.

- Clogged gutters can cause water to backup into the house and lead to roof, wall and ceiling damage. Check the fascia boards themselves for dry rot or other damage. Water damaged building materials should be removed and replaced as soon as possible.

Regular maintenance on your A/C system is a must, it extends the life of your home comfort system and keeps the system running at peak efficiency saving you money on your utility costs.

Another appliance that requires some maintenance is your refrigerator. Following are some "Do It Yourself" refrigerator maintenance tips.

Basic Refrigerator Maintenance

- Clean the condenser coils: The condenser coils located on the under side or on the back of the refrigerator are constantly moving air and get dirty. You can use a toilet brush to loosen pet hair, dust and other such debris from the coils located on the back of the fridge and use a vacuum to remove the debris as you clean. Be very gentle when brushing and vacuuming the coils so as to not damage the coils and other components of the fridge.

- Wipe down the refrigerator door gasket. Syrup, jelly or any other sticky substances that drip down the front side of the refrigerator can dry and "glue" the gasket to the frame. The next time you open the refrigerator door the gasket tears and now you have an expensive (\$100 to \$200) repair. Keeping the seal clean maintains a tight seal and keeps the cool air where it belongs, in the fridge.

- To prevent wear, lubricate the door handle side of the gasket by sprinkling baby powder on a cloth and wiping the gasket down once a month.

- Clear the freezer vents. The little vents on frost-free fridges allow for air to circulate in the freezer. Keep your freezer three-quarters full (it saves energy by retaining cold better), keep food packages away from the vent openings so that crumbs, twist ties and other such items cannot be sucked into the evaporator fan or clog the drain tube.

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Candler Hills
Mary Pat Giffin

In spite of the hot, humid weather, residents continue to swing, chip and putt around Candler Hills Golf Club. Joining the members on League days, Tuesdays and Thursdays, are their On Top of the World neighbors. While these serious golfers are competing during the week, you'll find a group of 60 duffers on the course every Sunday afternoon, starting at 3 p.m.

The Duffers' nine-hole golf group is stress-free. They're out to have a good time and work on their game.

Looking for a good summer read while you're lying around the pool or at the beach? A new Mystery Readers' Book Club has been formed. They meet the last Wednesday of each month at 7 p.m. at Candler Hills Community Center. Any book by Carl Hiaasen is the choice for July and a book by Edna Buchanan is on the slate for August. In September, it's "Fire Wall" by Nelson DeMille. Both Patricia and Al Wassmer welcome readers' suggestions. For more information, give them a call at 237-3749.

What woman doesn't like to shop? Heddy Racimowski is getting a busload together to hit the new outlet stores in Orlando on July 15. Give her a call at 861-6120 to sign up.

The Women's Club is taking a reprieve from its monthly outings. There are no meetings in

June, July and August. Lynda Feld and company will be back at it in September. For more information give Lynda a call at 237-6568.

Our potluck suppers held on the last Monday of the month continue to draw a crowd. If you've participated, you know why. Our neighbors cook up something delectable to share this night.

But it's important to RSVP because tables and chairs have to be set up to accommodate everybody. Depending on the first letter of your last name, you are responsible for entree, dessert, side dish or salad.

Beverly McCarthy is taking reservations. She can be reached at 854-9416.

There are many more events and activities being planned by our Candler neighbors. This article highlights just a few. Each month, I address what's coming up soon rather than fill space with events down the road.

Don't hesitate to call or e-mail me with your suggestions. I welcome your comments. I can be reached at 854-8545 or marypatgiffin@yahoo.com. I hope to hear from you.



Candler Excursion Club
Sylvia Joram

The event for July 15, the Mote Marine Aquarium, located in Sarasota, has seats available, but you'll need to call Diane Podkomorski to register. Time is running short and we need the reservations. The cost is \$62 per person and covers bus, fun and gratuities, a tour of the aquarium and a sea life encounter cruise, led by a marine biologist. Diane's number is 873-3869.

On Aug. 14, lunch on the Magnolia Sun Train, from Eustis to Tavares includes a three-course luncheon. Inge Gaitch is the coordinator and can be reached at 237-7428. The cost is \$32 per person; seats are still available.

You don't want to miss this trip in September: a self-drive to the historic district of Cassadaga, the oldest active spiritualist community in the southeastern United States. Enjoy a 45-minute guided walking tour of the Spiritualist Camp. After the tour we'll have an open forum with a speaker. The tour and speaker costs \$15 per person. Mini readings are 15 minutes for \$20. Contact Patricia Wassmer at 237-3749 for more information and to register for the trip.

We have many more trips planned for the rest of the year and into January 2009. Our brochures are available at the Candler Hills Community Center, Health & Recreation Building, Indigo East and will be published in future columns of this paper.

On June 3, there was a change in the board of directors in our club. Diane and John Podkomorski resigned their positions on the board because of personal reasons. New board members are Mary Giannukos, president; Sylvia Joram, vice president; Marilyn Lube, secretary; and Peter Gaitch, treasurer.

Let me hear from you at 291-1770 or at shantjoram@hotmail.com.

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M.H.



Photo by Ryan Douglas

Marietta Mehani leads the first-ever Aqua Gymsticks class in the United States at the Arbor Club swimming pool in June.



Fitness Happenings
Cammy Dennis

'Down Under' Rises Up to the Top!

Residents recently welcomed Marietta Mehani, an internationally recognized fitness presenter and instructor from Australia. Marietta led residents through five special classes during her two-day visit. We splashed, bounced, sang, laughed and exercised with great enthusiasm! It was inspiring to watch residents challenge themselves as they demonstrated their strength and willingness to try something new.

While a few of the residents were a bit skeptical at first, watching the exercises and trying them out ... eyebrows raised with expressions of disbelief on their faces, they doubted they could accomplish what she was demonstrating. Mari-

etta quickly asked if she should treat the class like "old people"? ... because she saw a group of strong, capable participants willing to take on a new challenge. She was right ... you are all brilliant! Way to go On Top of the World!

The highlight of Marietta's teaching was the introduction of a new type of fitness equipment, the Gymstick. As a result we have both land and aqua Gymsticks ... hooray! Marietta is a master trainer for the Gymstick Company and it was through her that we were able to try out this new and innovative equipment at On Top of the World. The company was so impressed with our facility, but mostly with our residents, that they graciously left us with a generous inventory of Gymsticks for our classes. Please see Mary Pat Giffin's article for the full story on our fabulous new Gymsticks!

Please pick up a new copy of the Fitness and Recreation Program that is coming out this month. It is an extremely useful and informative publication that highlights all of our fitness and recreation programs complete with descriptions and class schedules.

Although rained out once, Water Walking is going strong every second and fourth Tuesday of the month at 1:30 p.m. It's free so be sure to come and join us.

Arthritis class in the water is back on the schedule too. This is a great way to manage pain, increase joint mobility and socialize with your neighbors! Join Pat Woodbury every Tuesday and Thursday morning at the Arbor Club at 10 a.m. for the Arthritis class. Indigo East classes are every Monday, Wednesday and Friday at 10:30 a.m. Monday and Friday classes are Water Aerobics and Wednesday is Yoga. Make sure you use caution when exercising in this hot and humid weather. Keep active but stay hydrated! ☺



Genealogical Society
Elizabeth Kyle

Most genealogical Web sites encourage newcomers to do a surname search. How useful is this at the beginning of a family historian's search? Very, if you understand the threads you can follow to begin weaving a history even with very little with which to start. Finding the most basic vital records such as a death certificate can give you a place to start.

For example, start with a place of birth. My grandparents were born in Northern Ireland. Family word of mouth was that they were born in Scotland. By going to ancestry.com/learn I was able to find what the name means, the distribution of the name in the United States. Knowing that they came from Northern Ireland, I then searched cindislist.com/surnames.

Being able to search the frequency of both surnames Kyle and Patterson resulted in my finding them in County Tyrone. I sent to Belfast for birth and marriage certificates for James, which led to William Kyle, James' father. Knowing now that William was living in Omagh in 1896 when James was married, I sent for a death certificate for Wil-

liam. He died in Omagh at age 47. The death certificate is on the way. James' widow Mary Moore Kyle was living in Campsie when James' family emigrated to the United States. This was enough information to be able to obtain her death certificate. She was a nurse, died at age 66 of a heart condition in the home of a nephew. So the surname search led to all sorts of information that I wouldn't have found any other way.

I cannot speak too highly of the quality and speed of the people at the General Registry Office, Belfast. Little by little the vital records are providing portions of the story of the Kyle family.

By the time you read this, our indexing of Good Shepherd Memorial Gardens will be complete. Thanks to everyone who worked in the field and to those who worked on computer entering the data gathered in the cemetery. We hope that now, and in the future, families looking for their roots in Marion County will find this database helpful.

Don't forget to save Oct. 9 for George Morgan's presentations at the Arbor Club. More information will be available soon. At our June meeting, Ron showed an excellent film of George doing hands-on research in the Sarasota area. This proved to be very practical and educational. I am looking forward to hearing him in person.

Our business meetings are held on the second Monday at 10 a.m. in Room 3 of the Arts and Crafts Building. At our June meeting Rene Beck presented her "brick wall" issue involving Ed's great-grandmother. She is offering a ticket to George Morgan's presentations in October to anyone who solves her conundrum. See Ron's meeting notice for more details. This kind of presentation may become a part of our regular monthly meetings.

We have our educational and mentoring meeting on the third Monday at 10 a.m. in Suites B and C of the Arbor Conference Center. ☺

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Photos by Dave Guildford

Residents dressed up as super heroes for the Happy Hour in June. From left are Buddy and Gracie Raymond, Pat McKenny, Janet Leonhardt and Paula Guildford.



From Debbie's Desk
Debbie Clark

Happy Independence Day! I hope everyone who is attending the 4th of July Celebration in the Ballroom has a great time; I have heard that the resident volunteer group who put this event together has planned a fun-filled day for you.

The Super Hero/Character Happy Hour was a success. When we add this to next year's calendar, we will plan it for earlier in the season so that everyone can partake in the festivities. We had a visit from Lois Lane and Super Man, Daddy Warbucks and Little Orphan Annie along with Pebbles and Bam Bam. Our own Janet and Pat from Candler Hills were Pebbles and Bam Bam, and Daddy Warbucks and Little Orphan Annie were Buddy and Gracie Raymond from Indigo East. These participants were awarded gift certificates to local area restaurants for their creativity in their costumes for this event.

The baseball game on May 15 to St. Petersburg was a huge success. All of us had a great time and it was even more enjoyable to see the Tampa Bay Rays beat the New York Yankees. It is going to be interesting to see if the Rays can beat the Red Sox, though; as of the writing of this article we had not gone to the game on June 30. I had a full bus for this trip also.

I am currently taking reservations for another trip to Tropicana Field on Sept. 4 to watch the Rays take on the New York Yankees again. The time of the first pitch is 7:10 p.m. so we will be leaving On Top of the World at 3 p.m. and will return sometime after the completion of the game. You may register at the Health & Recreation Office Monday through Friday from 8 a.m. to 4 p.m.

I have a trip going to the Sterling Casino on July 15. At the time of writing this article I still have seats available and the cost is \$17 per person, which covers the cost of your round-trip transportation. We depart On Top of the World at 7 a.m. and return between 5 and 6 p.m.



Dave and Paula Guildford.

For the Hard Rock Hotel and Casino, Theresa has quite a few trips scheduled and these take place once a month. The dates are as follows: Thursday, July 24, Tuesday, Aug. 12, and Thursday, Sept. 11. The cost of these trips is \$20 per person, which covers your round-trip transportation, and then you receive \$25 in free play along with a \$5 lunch voucher. You may register for both the Sterling and the Hard Rock at the Health & Recreation office Monday through Friday from 8 a.m. to 4 p.m.

Happy Hours in July are:

- **JULY 4:** No Happy Hour; Independence Day
- **JULY 11:** Barry & Nancy
- **JULY 18:** Themed Happy Hour Western Hoe Down with Ray and Kay
- **JULY 25:** Fred Campbell

A couple of nice residents have brought it to my attention about a new casino ship that is going to be docking at Port Canaveral. In the coming weeks I will be in contact with them to see what I can arrange for a few trips to their facility. Please be patient and keep your eyes on Channel 17 and the Bulletin Boards for announcements regarding this new trip.

As always have a safe 4th and have fun. ☺

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

Happy Hour News...

By popular demand
Effective July 18, 2008

Happy Hour (2 for 1)
will be available at the following
locations and functions:

- **The Pub**
 - **Candler Hills Restaurant**
 - **Friday Night Happy Hour at the Arbor Club**
 - **All Golf and Club private bar functions**
- (All locations at Circle Square Commons excluded)

Happy Hour will include:

- Domestic Beer - can, bottle or single draft (Pitchers and buckets of beer excluded)
 - Wine
 - Well drinks
- (Call, Premium & Specialty drinks with more than 2 liquors excluded)

Happy Hour will be available All Day, Every Day!
2 for 1 @ \$3.99 + tax or \$4.25.

Also effective July 18, 2008
Dinner at Happy Hour in the Arbor Club on Fridays will be **discontinued** (last buffet July 11).
Snack mix will be provided free of charge.

IT'S HAPPY HOUR SOMEWHERE!



**Ask
the Trainer
Howie Williams**

Hello to all from the Health & Recreation Fitness department! This month we are offering 15 percent off personal training and a free consultation to help you improve your quality of life. You are a unique individual and deserve an individualized program specifically designed for your goals.

There is never a better time to invest in you! Summer is here and there isn't a better time to talk about how to lose a few pounds. Here are some excellent suggestions courtesy of the American Dietetic Association (ADA). They took 11 of the toughest diet problems and ran them by some of the top dietitians in the United States: RDs, who, in addition to their private careers, serve as media spokespersons or heads of specialty practice groups for the ADA. Here's what they told us, in their own words. These tips are solid gold, learned from successful experience with thousands of clients. Some tips are new. Some you've heard before, but they're all repeated because they work. This treasure trove of RD wisdom could change your life-starting today. These are a continuation of last month.

70. Are you the kind of person who does better if you make up your mind to do without sweets and just not have them around? Or are you going to do better if you have a limited amount of sweets every day? One RD reported that most of her clients pick the latter and find they can avoid bingeing after a few days.

71. If your family thinks they need a very sweet treat every night, try to strike a balance between offering healthy choices but allowing them some "free will." Compromise with low-fat ice cream and fruit, or sometimes just fruit with a dollop of whipped cream.

72. Try 2 weeks without sweets. It's amazing how your cravings vanish.

73. Eat more fruit. A person who gets enough fruit in his diet doesn't have a raging sweet tooth.

74. Eat your sweets, just eat them smart! Carve out about 150 calories per day for your favorite sweet. That amounts to about an ounce of chocolate, half a modest slice of cake, or 1/2 cup of regular ice cream.

75. Try these smart little sweets: sugar-free hot cocoa, frozen red grapes, Fudgsicles, sugar-free gum, Nutri-Grain chocolate fudge twists, Tootsie Rolls, and hard candy.

How Can I Conquer My Downfall: Bingeing at Night?

76. Eat breakfast, lunch, and dinner. The large majority of people who struggle with night eating are those who skip meals or don't eat balanced meals during the day. This is a major setup for overeating at night.

77. Eat your evening meal in the kitchen or dining room, sitting down at the table.

78. Drink cold unsweetened raspberry tea. It tastes great and keeps your mouth busy.

79. Change your nighttime schedule. It will take effort, but it will pay off. You need something that will occupy your mind and hands.

80. If you're eating at night due to emotions, you need to focus on getting in touch with what's going on and taking care of yourself in a way that really works. Find a nonfood method of coping with your stress.

81. Put a sign on the kitchen and refrigerator doors: "Closed after Dinner."

82. Brush your teeth right after dinner to remind you: No more food.

83. Eat without engaging in any other simultaneous activity. No reading, watching TV, or sitting at the computer.

84. Eating late at night won't itself cause weight gain. It's how many calories — not when you eat them — that counts.

RECREATION CENTER FITNESS SCHEDULE

HEALTH AND RECREATION CENTER GROUP EXERCISE SCHEDULE

EFFECTIVE JULY 1ST 2008

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:15 Aerobics Room	Oxycize 20 min. Video	Oxycize 20 min. Video	Oxycize 20 min. Video	Oxycize 20 min. Video	Oxycize 20 min. Video	Oxycize 12:15 20 Min.
8:00-8:50 Aerobics Room	Cardio Mix Mary Pat	Condition & Stretch Cammy	Cardio Mix Donna	Condition & Stretch Cammy	Cardio Mix Kitti	Sunday
9:00-9:50 Aerobics Room	Primary Pilates Mary Pat	Tai Qi Po* Frank	Pilates Pot Potpourri Mary Pat	Tai Qi Po* Frank	Precision Pilates Kitti	Oxycize 12:15 20 Min.
10:00-10:30 Aerobics Room	Balanced Body Mary Pat	Absolutely Abs Howie	Balanced Body Mary Pat	Absolutely Abs Howie	Balanced Body Mary Pat	
10:45-11:30 Aerobics Room	Light Aerobics Mary Pat	Healthy Living Seminar 1st Tuesday of the Month	Light Aerobics Mary Pat		Light Aerobics Mary Pat	
10:30-11:15 H&R Ballroom	Power Aerobics Kitti		Power Aerobics Kitti	Let's Dance* Kitti (Aerobics Room) 2nd and 4th Thurs.	Power Aerobics Kitti	
12:00-1:00 Fitness Center		Cybox Orientation Howie				
12:15 Aerobics Room	Oxycize 20 min. Video	Oxycize 20 min. Video	Oxycize 20 min. Video	Oxycize 20 min. Video	Oxycize 20 min. Video	
Aerobics Room	All Ball		All Ball			
3:00-4:00 Aerobics Room	Howie		Howie			

*DENOTES A FEE BASED CLASS

New Classes: Pilates!!! And Let's Dance!!!

How Can I Reap Added Health Benefits from My Dieting?

85. Fat-free isn't always your best bet. Research has found that none of the lycopene or alpha- or beta-carotenes that fight cancer and heart disease is absorbed from salads with fat-free dressing. Only slightly more is absorbed with reduced-fat dressing; the most is absorbed with full-fat dressing. But remember, use your dressing in moderate amounts.

86. Skipping breakfast will leave you tired and craving naughty foods by midmorning. To fill up healthfully and tastefully, try this sweet, fruity breakfast full of antioxidants. In a blender, process 1 c nonfat plain or vanilla yogurt, 1 1/3 c frozen strawberries (no added sugar), 1 peeled kiwi, and 1 peeled banana. Pulse until mixture is milkshake consistency. Makes one 2-cup serving; 348 calories and 1.5 fat grams.

87. If you're famished by 4 p.m. and have no alternative but an office vending machine, reach for the nuts. The same goes if your only choices are what's available in the hotel mini-bar.

88. Next time you're feeling wiped out in late afternoon, forgo that cup of coffee and reach for a cup of yogurt instead. The combination of protein, carbohydrate, and fat in an 8-ounce serving of low-fat yogurt will give you a sense of fullness and well-being that coffee can't match, as well as some vital nutrients. If you haven't eaten in three to four hours, your blood glucose levels are probably dropping, so eating a small amount of nutrient-rich food will give your brain and your body a boost.

89. Making just a few changes to your pantry shelves can get you a lot closer to your weight loss goals. Here's what to do: If you use corn and peanut oil, replace it with olive oil. Same goes for breads — go for whole wheat. Trade in those fatty cold cuts like salami and bologna and replace them with canned tuna, sliced turkey breast, and lean roast beef. Change from drinking whole milk to fat-free milk or low-fat soy milk. This is hard for a lot of people so try transitioning down to 2 percent and then 1 percent before you go fat-free.

90. Nothing's less appetizing than a crisper drawer full of mushy vegetables. Frozen vegetables store much better, plus they may have greater nutritional value than fresh. Food suppliers typically freeze veggies just a few hours after harvest, locking in the nutrients. Fresh veggies, on the other hand, often spend days in the back of a truck before they reach your supermarket.

91. Worried about the trans-fat content in your peanut butter? Good news. In a test done on

Skippy, JIF, Peter Pan, and a supermarket brand, the levels of trans fats per 2-tablespoon serving were far lower than 0.5 gram—low enough that under proposed laws, the brands can legally claim zero trans fats on the label. They also contained only 1 gram more sugar than natural brands—not a significant difference.

Eating Less Isn't Enough — What Exercising Tips Will Help Me Shed Pounds?

92. Overeating is not the result of exercise. Vigorous exercise won't stimulate you to overeat. It's just the opposite. Exercise at any level helps curb your appetite immediately following the workout.

93. When you're exercising, you shouldn't wait for thirst to strike before you take a drink. By the time you feel thirsty, you're already dehydrated. Try this: drink at least 16 ounces of water, sports drinks, or juices two hours before you exercise. Then drink 8 ounces an hour before and another 4 to 8 ounces every 15 to 20 minutes during your workout. Finish with at least 16 ounces after you're done exercising.

94. Tune in to an audio book while you walk. It'll keep you going longer and looking forward to the next walk—and the next chapter! Check your local library for a great selection. Look for a whodunit; you might walk so far you'll need to take a cab home!

95. Think yoga's too serene to burn calories? Think again. You can burn 250 to 350 calories during an hour-long class (that's as much as you'd burn from an hour of walking)! Plus, you'll improve muscle strength, flexibility, and endurance.

96. Drinking too little can hamper your weight loss efforts. That's because dehydration can slow your metabolism by 3 percent, or about 45 fewer calories burned a day, which in a year could mean weighing 5 pounds more. The key to water isn't how much you drink, it's how frequently you drink it. Small amounts sipped often work better than 8 ounces gulped down at once.

How Can I Manage My Emotional Eating and Get the Support I Need?

97. A registered dietitian (RD) can help you find healthy ways to manage your weight with food. To find one in your area who consults with private clients call (800) 366-1655.

98. The best place to drop pounds may be your own house of worship.

Researchers set up healthy eating and exercise programs in 16 Baltimore churches. More

than 500 women participated and after a year the most successful lost an average of 20 lb. Weight loss programs based on faith are so successful because there's a built-in community component that people can feel comfortable with.

99. Here's another reason to keep level-headed all the time. Pennsylvania State University research has found that women less able to cope with stress — shown by blood pressure and heart rate elevations — ate twice as many fatty snacks as stress-resistant women did, even after the stress stopped (in this case, 25 minutes of periodic jackhammer-level noise and an unsolvable maze).

100. Sitting at a computer may help you slim down.

When researchers at Brown University School of Medicine put 92 people on online weight loss programs for a year, those who received weekly e-mail counseling shed 5 1/2 more pounds than those who got none.

Counselors provided weekly feedback on diet and exercise logs, answered questions, and cheered them on. Most major online diet programs offer many of these features.

Absolutely Abs

This group exercise class meets Tuesday and Thursday at 10 a.m. here at the fitness center and is a 30-minute class dedicated to those hard to work abdominals.

It's quick, efficient and fun. It's a great way to get those abdominals/core work in for the week.

All Ball

This class is Monday and Wednesday at 3 p.m. at the fitness center. It is dedicated to teaching residents how to use the mysterious stability ball. The ball is absolutely a versatile fun challenge to improve your strength, core muscles and balance. Class member of the month is Beverly VanArsdale as she doesn't even need feet on the floor to balance on top of the ball! Kudos to Beverly!

Orientations and Personal Training

Orientations to the fitness center are free and every Tuesday at noon. Come by and start your new program or refresh your current program. Everyone is welcome and can have a program adapted to your individual needs. Personal Training is also available at reasonable rates and the quickest way for you to effectively and safely meet your goals.

That's it for this month gang! Come by and see me and get started! ☺

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Photos by Bob Woods

From left, Alice MacDaniel, Phyllis Silverman, Mary James and Gloria Richards practice their bridge skills in the Card Room on Mondays.

The Game of Bridge

Revisit the Card Pasttime

During Monday Morning Practice

By BOB WOODS
WORLD NEWS WRITER

In the past, have you ever played the card game of bridge? Do you think you might like to start playing this card game again? Every Monday morning at the Card Room located in the building where the wood working shop is located is a group of folks who play Monday Morning Practice Bridge.

This is the place to brush up on your skills of playing bridge. You will be playing against those residents who enjoy the game while at the same time redeveloping your playing techniques and skills.

Think of it! At one time you used to play bridge but for some reason you no longer partake in this card game. Was it that you were too busy bringing up children, or perhaps working for a living made you stop for various reasons. Let's face it, you are retired now and in reality you have all kinds of time on your hands. A good game of bridge being played for fun the first thing on Monday morning just might start your day off great, not to mention your entire week. The Monday morning group can use more players.

If you desire additional information about the Monday morning group, please call Phyllis Silverman at 854-2592.



Community Patrol

Ann Berger

At our last meeting, Sheriff Ed Dean addressed our members and guests. He told us that the Marion County Sheriff's Department received the Sterling Award. This is the first time that a sheriff's department in the state of Florida has received this award. It is given for excellence in accountability, ethics, guiding strategies, vision, leadership and strategic planning. He also answered any questions our members had.

We would like to advise all of our community that many of our residents are away for the summer. Please be aware of your neighbors' homes

and if you see any strangers or vehicles that are suspicious, call our sheriff's department. It is better to be safe than sorry.

If anyone in our community is interested in becoming a member of the Community Patrol, please contact either Gary Rodoff at 291-2153 or Jim Miller at 854-4947 for an application.

Photo IDs

Customer Service, Friendship Commons, Suite 200
8 a.m.-4 p.m. Monday-Friday



Photo by Roger Werner

Baby Aningas were spotted during a sunset cruise on Lake Rousseau.



Birders' Beat

Jane Callender

The Unique Birders do not meet in June, July, August and September. After a group discussion we decided the September attendance was too small ... so our first meeting of the new season will be Tuesday, Oct. 21. Meeting time is 1:30 p.m. in Suite H of the Arbor Conference Center. For further information please call Roberta Campbell at 854-4814, or me, at 861-2983.

Anita and Tom Martinetto organized our May field trip — a delightful sunset cruise with Captain Mike on Lake Rousseau. The weather was perfect and the birds were plentiful.

Roger Werner took the accompanying photo. The fluffy chicks are baby Aningas. This was a surprise since the adult birds are mostly black with white markings. They have a wingspan of 45 inches. It is often called a "snake bird" because it swims with just its head and long neck out of the water. It spears fish, frogs and small crustaceans with its dagger like bill.

Unlike ducks and other diving birds, the Aninga feathers become waterlogged which helps diving and maneuvering under water. Afterward it can be seen perched on a stump or branches with wings outspread to dry.

The Aninga nests in colonies along with egrets, herons and other birds: building a nest of twigs and sticks lined with green leaves. Sometimes they take over an old herons nest.

The "bird island" we saw was full of hundreds of noisy birds coming home to roost for the night. A mystery seen on this Island was a brown bunny rabbit!

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Native Plant Club
Robert Riedeman

Our plant of the month for July is Britton's Beargrass or Scrub Beargrass, *Nolina brittoniana*, a member of the lily family. It is a clump-forming perennial that grows from a short, thick, fleshy, bulblike rootstock. The narrow, leathery and straplike leaves (up to six feet long) grow in the form of a rosette with the outer ones lying nearly flat on the ground and the younger inner ones being more or less upright. In April, a tall flowering stalk appears with several branches, which are covered with small



Photo by Robert Riedeman

Britton's Beargrass in the Native Plant Garden.

white six petaled flowers. Male and female flowers occur on separate plants. The seeds which follow are contained in pods. The heaviest flowering occurs in the first post fire season with dramatic reductions in years following.

Britton's Beargrass is found in central Florida in sandhill and scrub communities. It ranges from the south end of Lake Wales Ridge in Highland County north to Marion County and northern Lake County. It has recently been identified at a site in the Ocala National Forest. It is endemic to Florida.

This species is listed as endangered in the Federal Register. Like so many of our native plants, loss of habitat to agricultural and residential development is threatening this species. Aggressive land acquisition and conservation efforts by the state of Florida and the U.S. Fish and Wildlife Service are helping to preserve the species, but such efforts cannot cover all of the identified sites where it occurs.

Scrub Beargrass is well adapted to cultivation and makes an excellent border plant. It can be cultivated from seed and is also found in the central Florida nursery trade.

There are no membership meetings of the Native Plant Club during the summer months. However, the Wednesday morning maintenance sessions do continue. There will be two such sessions for work on the Longleaf Pine Trail on July 2 and 16 at 8 a.m. and one session to work on the traffic circle garden (Southwest 94th Street and 89th Court Road), also commencing at 8 a.m. The first membership meeting will be held at 1:45 p.m. on Wednesday, Oct. 8.

SPCA

Melanie Vittitow

We have suspended meetings for July and August but as our work continues, I figured the column should also. I'm sure most of you read the news articles on the horses that were confiscated by Marion County Animal Control. The SPCA donated \$500 to the county Animal Center to help with their care and feeding. We also continue to provide veterinary care for needy pets, when requested.

We are again asking for volunteers to foster unwanted pets for a short time while we work to find them homes. There are several right now that need new homes. Devon is a male Whippet that weighs 25 pounds and stands about knee high. He likes exercise but is a couch potato in the house.

Cleo is a female Dachshund who is quiet and shy so would do best in an adult only home. Frankie is a male Dachshund who likes to play. He gets lonely when no one is around so he needs a home with a retired person.

Don't forget Sheba, the German shepherd dog who is still waiting for a home. She is used to other dogs and would do well in On Top of the World if you are willing to take her to the Dog Park for a little exercise.

We also know of a cat and a kitten that are looking for homes. They have adopted a lady who already has pets so she can't keep them.

To find out more about any of these pets, or to volunteer as a foster home, call one of these numbers: Jodie at 861-9765, Melanie at 873-8690, or Jeannie at 873-2354.

My pet topic for this month is doggie odor. Even dogs that aren't dirty and are kept indoors can develop a certain aroma and leave that smell on the carpet and furniture. There are various colognes made for animals but some can be rather overwhelming, so choose a light, fresh scent with natural botanical ingredients. These will also tend to be less allergenic. If you find your dog, or yourself, sneezing whenever the cologne is used, then switch. Avoid those with alcohol and harsh chemicals that could irritate your dog's skin. Some colognes actually help neutralize, rather than just mask, the odors, so read the labels. If you don't like using a spray, there are disposable wipes that work well.

I also just read about Ionic brushes. These remove smells by releasing safe levels of ozone into the air as you groom your pet. They work by breaking down water molecules in your dog's coat so they work well after a bath reducing drying time. They can even be used instead of a bath. I'm sure cats will find that a plus. They can be found at pet stores or pet departments at major retailers, or online.

For more information on the SPCA, call Jodi at 861-9765 or Melanie at 873-8690. New members and new ideas are always welcome.

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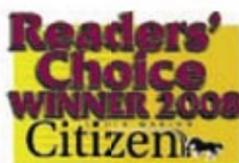
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Kitti's Corner
Kitti Surrette

Want a Happier Life?

Try this: Ponder positives; take a moment to appreciate what's great about your life. It's instant therapy. A gratitude adjustment is simple therapy...and it works!

Does your happiness depend on your circumstances — or your attitude? I've asked myself that question so many times that I could relate when a friend of mine couldn't figure out why she wasn't happy. She had a great guy, just got married and still wasn't happy. She asked me "What's wrong?" she asked, so I tried to help her. I suggested that she would feel much better if she developed an attitude of gratitude, the ability to focus on what's good and right in life.

Let's try it together. First, on a scale of one to 10, with one being blah and 10 being the best you ever felt. Give yourself a number. Next, write down or think about the things you're grateful for. Now rate yourself again. Did your number go up, even a little?

At every moment, you have a choice to look at what's right or wrong with yourself and your life. Gratitude is like a flashlight, shining on what's good. When you turn it on, you feel happier, no matter what else is going on.

This is most powerful when my sister was in the hospital and close to dying. At that time every breath was a struggle for her. I asked her whether her life was still worth living. Her reply: "I like to read romance novels, hearing a bird sing outside, having you as a sister, watching ice skating on TV. My life is good."

Science is now confirming the power of my sister's good attitude. Studies show that being grateful increases happiness by 25 percent and boosts the amount of time people spend exercising (a big bonus for those who struggle to get to the gym). Being positive even seems to create greater equality in dividing up chores between partners.

I explained all this to my friend who agreed to start paying attention on a daily basis to what she appreciated about her life. Sure enough she did get happier. I heard from her on occasion and she is still smiling.

The great thing about the gratitude flashlight: It works no matter who you are — young or old, fat or thin, rich or poor, sick or well. All you need to do is turn it on.

- Six ways to do gratitude:
- 1: At dinnertime, take a moment to say one thing you are thankful for. Be specific.
 - 2: Remember why you love your spouse, kids and friends when they're annoying or frustrating you.
 - 3: Don't compare other people's lives with yours. When you're envious, ask yourself, "How can I create more in me of what I see in them?"
 - 4: Give thanks for your body. What can you appreciate about it right now?
 - 5: Look for the hidden blessings in challenger. How have you grown?
 - 6: Practice daily. Keep a gratitude journal and e-mail it to a gratitude partner, someone with whom you want to share positive thoughts.

ARBOR CLUB FITNESS & AQUATIC SCHEDULE

ARBOR CLUB FITNESS SCHEDULE

EFFECTIVE JULY 1ST 2008

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15-10:00 Arbor Club Indoor Pool	Deep Water Aerobics* Cammy	Shallow Water Aerobics* Barbara	Deep Water Aerobics* Cammy	Shallow Water Aerobics* Barbara	Deep Water Aerobics* Rob	Open Swim	Open Swim
9:15-10:15	Yoga* Ronnese AC Ballroom	Advanced Yoga* Ronnese Fitness Room	Yoga* Ronnese AC Ballroom				
10:00-11:00 Arbor Club Outdoor Pool		Arthritis Water* Pat *Starts 5/13		Arthritis Water* Pat			
10:15-11:15 Fitness Room	Chair Yoga* Claudia Fitness Room		Light Yoga* Claudia Fitness Room			Yoga* Bryony Fitness Rm	
11:45-12:30 Arbor Club Ballroom	Get Fit While You Sit Kitti		Get Fit While You Sit Kitti		Get Fit While You Sit Kitti		
1:30-2:15 Arbor Club Indoor Pool	Shallow Water Aerobics* Cammy	Water Walking Outdoor Pool 2nd&4th Tues.	Shallow Water Aerobics* Therese				

*DENOTES A FEE BASED CLASS

NEW: Yoga on Saturdays, Arthritis in the Water, and More Pilates at H&R!!!

WATER WALKING Every 2nd and 4th Tuesday at 1:30 pm FREE!!! Starts 5/13

The Eyes Have It

Dr. Martin E. Cohen, O.D.

How many of us are now walking around with red, itchy, tearing eyes? It is the beginning of the allergy season, and like the nasal passages, the eyes are particularly sensitive to many allergens.

Sometimes it is difficult to distinguish a difference between a dry eye problem and an allergy.

Statistics show that one in five Americans suffer from allergies, and that allergies are the third most common chronic conditions among children. Most allergy patients say their symptoms affect their lifestyle- everything from sleeping to driving, and many allergy patients also suffer from dry eye.

Despite this prevalence, many doctors minimize or overlook the severity of the quality of life issues related to ocular allergy.

In my last lecture at Master the Possibilities I asked, "How many of you who have had a recent eye exam had the eye doctor turn your eyelids?" No one responded.

Turning the lids and viewing if there are lumps or bumps under it is a classical sign of an ocular allergy. It is called Giant Pappillary Conjunctivitis. Together with an itchy, watery, red eye, one can be fairly certain that the patient has an ocular allergy.

There are many fine medications to treat the condition. Two of them, Pataday and Zylet, do a wonderful job. Most of the over the counter eye drops give only short temporary relief. Getting the red out is not treating the underlying condition. Many systemic antihistamines do not help eye allergy as well. If you wear soft contact lenses you may have more sensitivity than others. Get an eye exam and stop suffering.



Bloodmobile
Don Pixley

We dropped from 50 donors on the last drive to 40 this time. The exodus of our snowbirds reduces our potential donors, making it all the more vital those of us still here to make a real effort to donate on the next drive Aug. 4 and bring

a friend or two!

Our donor lists continue to show several newcomers and we extend a hearty welcome and thanks to all. We hope everyone's experience was gratifying with the knowledge you have helped save a life or hastened someone's recovery.

The names of those reporting June 6 follow:
Barbara Anderson, Sherman Axinn, Jane Bauer, Maurice Blackwell, William Boone Jr., George Borgia, Rosemary Borgia, Kay Breyfogle, Nancy Burhill, Margitta Claterbos, Linda Sue Clifford, Don Conroy, Loretta Conroy, Henry Erikson, an ALYX donor, Donna Fey, Julius Fey, John A. Grimshaw, Henry Hawkins, John Hood, Judith Kane, Ruth Kinney, Edward Klodzen, Linda Koenig, John Kreps, Edward Lalonde, Beatrice Maxwell, Karen McNeely, Dorothy Metcalf, Claudette Mohr, Marie Monroe, Jeanne Nicholls, Don Pixley, Donna Pyers, Joan Rappa, Gary Rodoff, Marie Roppel, a 2-plus gallon donor, Raymond Schimelfanick, John Sehler, William Sides, Florence Soens, nearing 12 gallons, Sara Summers, Ernie Tripp, and Carl Zeiler.

A big thank you. We hope to see you Aug. 4. Don't forget, we are the sole supplier of Marion County hospitals and we need all of you to maintain a constant supply of blood!

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ARE YOU ONE OF THE 7 OUT OF 8 WHO DO NOT HAVE A WILL ?

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Arbor Club Tennis
Jorge Privat

Hello everyone!
Time sure flies when you're having fun! It seems we had just started the year, but then, June is already gone. However, in between we've had many good days, fun tournaments and friendly competition with neighboring communities, and the activities around the courts have never ceased. In fact, we now have welcomed a group from the community of Rainbow Springs coming to play with us on the first Tuesday of every month. Their first visit took place on June 3. I believe everyone had a terrific time, and the visitors were very appreciative of us opening up our courts and our community to the beginning of new friendships. Those of you interested in participating in these events, I encourage you to put your names on the sign-up sheet at the Arbor

Tennis Association
H&R Center Courts Schedule

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

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

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

All Resident Tennis Players Welcome.

Club.
In early June we held a demo day where many members had the opportunity to test new racquet models. Chigozie Offor, owner of Top Seed Tennis and Soccer shop, was kind enough to bring a good selection of racquets for us to try and he offered to do the same later in the fall when the snowbirds come back.
I would also like to remind you that Stan Ma-

gen is still accepting used shoes you may wish to donate to Interfaith Charities.

Tennis Tip

By now, you probably know that in some fashion, I always try to make a pitch on behalf of tennis as a great sport, and to support my enthusiasm, let me give you some statistical information which may open up your eyes and encourage you a little more to participate in it if you haven't, or continue to work on your game if you are a regular.

No. 1 Traditional Sport in USA: Tennis

According to a study by TIA and USTA, tennis participation is on the rise. More than 25.1 million people played in 2007. The Sporting Goods Manufacturers Association agreed, naming tennis as No 1 in growth for traditional sports. SGMA reported that tennis has grown 12.2 percent in six years, 10 percent more than its nearest rival, golf. The number of frequent players has also been on the upswing, with 5.3 million playing at least 21 times a year. Frequent players increased by 15 percent since 2003. In 2007, 5.7 million played tennis for the first time. Equipment sales are also up. Since 2003, racquet shipments to retailers increased 42 percent and ball shipments rose by 15 percent.

And, to keep you informed, let me pass this on to you: Pro tennis adopts electronic challenge. The ITF, ATP, WTA and Grand Slams agreed to adopt a unified electronic line calling challenge system in all professional tournaments and team competitions. The common protocol will allow players/teams a maximum of three unsuccessful challenges per set, plus an additional unsuccessful challenge if a set reaches a tie-break. This unified challenge system will be implemented at all events where an electronic line-calling system is in place.

Please, stay healthy and keep it fun! ☺



Nature Around Us
Marion-Alice Burke

I recently learned the latest news regarding integrated pest management and how to use safe controls, administered properly, to attain results worth studying. Cultural control is done by selecting the right plants, and keeping sanitary and proper maintenance in your gardens and homes on a regular basis. If your plants are kept pruned, not overcrowded, then mulched and tilled, as they should be, those are the important steps to getting started on integrated pest management.

Learn about protecting a pest's natural enemies (ladybugs for instance) and not exposing the "good guys" to harmful chemicals. If that is not working for you, then we must go to items like Safer Soap, among a few other products which are safe when used as directed. This increases effectiveness without harming humans or the environment.

Many studies at UF have been successful regarding the honeybee problems we've been having recently. Bees in your garden shouldn't be harmed, as they're not all the bad guys. There is the Varroa Mite from Asia, which kills colonies and reduces honey production and pollination by one third; also the Small Hive Beetle from South Africa that causes a healthy hive to abandon the hive.

Then there's a spore-forming bacterial disease called American Foul Brood. That is the most destructive of honeybee brood diseases. A very aggressive bee is the African Honey Bee that I've previously written about. You may wonder why I'm telling you about these bees and their problems, but bees are extremely important for crops, plants, flowers, vegetables and citrus growing, because without them working for us by pollinating all those crops we need for food, we'd be in big trouble!

The University of Florida Institute of Food and Agricultural Sciences (UF/IFAS) ... think Marion County Master Gardeners ... will have two new leaders this summer. Ray Huffaker will be the new food and resource economics chairman as of Aug. 1. Nick Comerford was named North Florida Research and Education Center and will be focusing on soil-tree root interactions, soil nutrient bioavailability, tree nutrition soil fertility, degradation, soil ecosystem services in tropical and temperate environments.

In the June-July edition of the National Wildlife magazine there's an interesting article about Monarch butterflies and it shows a picture of a Monarch butterfly wing, magnified 380 times by a scanning electron microscope. Thousands of scales overlap like shingles on a roof. Please remember that if someone touches any butterfly with their fingers, they remove some of the vital scales covering their wings, harming the flying ability of the butterfly and making it impossible to fly. I enjoy my butterfly garden tremendously and was able to plant 12 butterfly weeds and they are now busy laying teeny eggs under the leaves, and wee little caterpillars are chomping on the leaves. Don't worry when the leaves are gone, the Milkweed very quickly starts new ones!

If you have any questions about my articles, please e-mail me at nutmeg02226@juno.com and put NATURE in the subject area. If I don't know the answers, I'll be glad to research information for you. Thank you for your phone calls and e-mails. ☺

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Lions Club
Dianne Lovely

By the time my article went out last month I did not know who the speaker of the Memorial Day Service was going to be. The On Top Of The World Lions Club would like to thank Gwenn Welch for an Inspiring message about our troops and servicemen and women overseas. Gwenn is a writer for the Star-Banner.

Now we have our new officers set and installed we will be getting ready for up and coming events. Watch my column for any events that you may be interested in and their details.

You say you would like to become a Lion and do not know what we actually do. Let me tell you a little. We provide eyeglasses to those who need them. We provide eye surgery for those who can't afford the cost. We also provide guide dogs for the blind and hearing dogs for the deaf at no cost.

We operate the only school for the blind with other disabilities. We also provide services for seniors citizens, besides several other things the Lions do.

Come check the Lions out. We meet every second and fourth Tuesday at Candler Hills Community Center at 8:30 a.m. Call Marty Schley, membership chairman, at 307-1286. ☺

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Citizens Emergency Response Team
Caroline Scott

If you read Ken Colen's column last month you have all the information that I could give you for protecting you and your family in the current hurricane season. Of course there are always myths about protection going around. Norman and I attended a CERT Conference recently, and learned some of these myths and the facts to debunk them.

MYTH: Tape your windows — it's cheap and easy.

FACT: Shuttering is best. Board windows with 7/16" plywood or use a commercial system.

MYTH: It costs too much for a survival kit.
FACT: You can buy kits, but they are expen-

sive. Build your own, use supplies already in your home, or buy a little each week and buy only what you will use.

MYTH: Winds can't be worse than a bad thunderstorm

FACT: Winds will be stronger than expected — 120 mph winds are nine times stronger than 40 mph winds. Flying missiles can be thrown by high winds. Even cars and Dumpsters can be tossed around.

MYTH: The government agencies will provide for me.

FACT: We live in well-built homes. The agencies will go to mobile homes first. Agencies open up hospitals, open stores, etc. and may not come to us for three to seven days.

MYTH: If things are too bad, I'll go to a shelter.

FACT: Shelters are over crowded. You may have to sleep on the floor. You have to provide your own creature comforts such as books, TV, games, etc. Food provided may not be enough for you. Shelters should only be utilized as a last resort.

These are only a sampling of myths and facts, but, the final fact is that it is only a matter of time before the hurricanes arrive so be prepared, monitor your weather and prepare your home and family.

In our CERT meetings we try to prepare for what may come, however there are only 30 of us and somewhere near 10 thousand residents in On Top of the World, so you can see the importance of doing the best that you can to protect yourselves.

Our meetings are the second Tuesday of each month at the Arbor Conference Center at 9 a.m. You are welcome to come and observe. ☺

Women of the World
Terri Molnar

Your new board for Women of the World is already hard at work for the upcoming year. President Nancy Grabowski is leading the way with new and exciting ideas.

The summer, with clubs on sabbatical, is when all the work behind the scenes goes on. So, in the coming months, this column will be introducing some of the women who work diligently, year-round, to make this organization one of the best in On Top of the World.

Our second vice president this year is Sharon Wasmund. Sharon has lived in On Top of the World for three and half years, moving here from Buffalo, N.Y. Prior to retiring, Sharon was executive director of an insurance company. She is active in mah jongg and enjoys crafts, family and friends. She became active in WOW to aid the community.

Nancy Delp, communications chairperson, and her husband Don have lived here for five

years, coming to us from Des Moines, Iowa. She is active in exercise classes, shopping, enjoys mah jongg, bridge, reading, watching TV and savoring an occasional glass of wine. She hopes to take up golf one day soon. She became active in WOW to meet new people and to become involved in various charities. She is most passionate about family, friends and the Green Bay Packers.

Janice Giuliano and her husband George moved here four years ago from northern Virginia. Prior to moving here, Janice was a homemaker and worked part-time in county government. She is an avid reader, still handwrites her letters, and likes homemade cookies and genealogy. She is most passionate about her family. Janice was drawn to WOW to meet her neighbors and to become involved in volunteering.

Carla Magri, co-historian, and her husband Tony, became residents here three years ago, from Baldwin, N.Y., where Carla was employed as a crossing guard. She is active in Pattern Dancing, Red Hatters and water aerobics and enjoys reading, pets and any other water activities. She is most passionate about her family and dancing. She became involved in WOW because of its community involvement.

Have a safe and enjoyable summer. We will continue to keep you posted in this column to upcoming events. ☺

American Jewish Club
Paula & Len Kofsky

Praise Break
Connie Walters

Just to let y'all know, your board members are "hitting the books" all summer in order to let everyone have a wonderful 2008-09 new season. We have a new board working very hard to make our forthcoming meetings and social events interesting, informative and most especially entertaining.

We will keep you all apprised of our news via this column. For any contact, please call our cell phone at 425-2862. It is always on. Also call us for new member information. Dorothy Bresky can be reached at 854-0284 for all of your card needs. She is our wonderful Sunshine Lady.

Have a wonderful summer and stay cool. Our first meeting will be Sept. 14 at the Arbor Club. More to come. ☺

Praise Break will be on July 8 this month at Indigo East Community Center at 10:30 a.m.

If you have not been attending you have already missed a blessing, so come and make a joyful noise to the Lord with us. Be inspired, encouraged, and refreshed in your faith. John and Connie play keyboards and sing praise and worship music for an hour. This is an activity for anyone living at On Top of the World Communities — know that you are welcome. ☺

American Red Cross Urges Hurricane Season Preparedness

Hurricanes took a two-year break, but you shouldn't take a break from preparedness

The Florida Coast to Coast Chapter of the American Red Cross urges everyone to dust off their disaster supplies kit and get better prepared now for a variety of disasters such as hurricanes and the high winds, flooding and tornadoes that may accompany them.

"By taking three basic preparedness actions you can get 'Red Cross Ready' for disasters and other emergencies (1) get a kit, (2) make a plan and (3) be informed," said Dan Roll, executive director for the chapter.

"The chapter, which includes Marion, Lake, Sumter, Citrus, Hernando, Flagler and Volusia counties, is here to help you get prepared for specific disasters like hurricanes. Even if you took action to prepare last hurricane season, it's important that you revisit and update your communication plan and check your disaster supplies kit for expired items."

The American Red Cross recommends the following preparedness actions:

- Get or assemble a disaster supplies kit: Gather enough emergency supplies to meet your needs for three days. Residents should also keep a smaller kit in the trunk of your car. Check your kit and replace the stock every six months.

- Prepare a personal disaster and evacuation plan: Every household should develop a household disaster plan. Meet with your family to create a plan. Discuss the information you have gathered.

- Be informed: Find out how local authorities will contact you during a disaster. Listen to local media broadcasts or NOAA Weather Radio for the latest storm conditions and follow the advice of local authorities.

For more information regarding how individuals and families can prepare for disasters or to purchase emergency preparedness and first aid kits, visit www.redcross.org or contact the chapter at 1-866-245-9180.

All American Red Cross disaster assistance is free, made possible by voluntary donations of time and money from the community.

You can help victims of any disaster by making a financial gift to the Florida's Coast to Coast Chapter of the American Red Cross, which enables the chapter to provide shelter, food, and other assistance to those in need. Contributions can be sent to the local Red Cross Office or call toll free 1-866-245-9180 or visit www.flcoasttoastedcross.org. ☺

Don't wait for a rainy day to Prepare for a Hurricane

GET A KIT essential supplies include food, water, radio, flashlight, first aid kit and medications

MAKE A PLAN include an evacuation plan, out-of-area people to contact and a meeting place

BE INFORMED if a hurricane is forecasted, listen to local radio and TV and follow the guidance of local officials

To find out more about how you can be Red Cross ready during hurricane season, contact your local American Red Cross chapter or visit www.redcross.org/beredcrossready

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Activities July

To make changes, call Theresa at the Activities Office at 854-8707, Ext. 11

Monday

7:00	Lap Swimming	AC
7:15	Oxycise	H&R
8:00	Mixed Tennis D	CTS
9:00	R.C. Flyers Club	Field
	Golden Slippers	BRS
	Woodworking	WW
	Bocce League	BCTS
	Ceramics 9-2p.m.	Art
	Practice Bridge	CR
	No Bus on Mondays	
	Ladies Billiards	PLR
	Dancing Toppers	H&R
9:00	Shuffleboard	CTS
10:00	Tennis Doubles	CTS
	Ladies Billards	PLR
	Water Walk	AC
	Boccee League	BCTS
11:00	Lap Swimming	AC
11:30	Ladies Poker	MR3
12:00	Line Dance (Level Two)	H&R
	Mah Jongg	CC:A
	Mens Golf Group	CR
12:15	Oxycise	H&R
12:30	Bridge	CR
	Northern Lights Mah Jongg	CC:G
	Aqua Belles	AC
	Pan Club	CC:MR3
1:00	Bocce League	BCTS
	Computer Lab	H&R
1:15	Line Dance (Int.)	BR
1:30	Shuffleboard	CTS
2:00	Happy Hookers	Art
	Rummicube	CC:E&F
2:45	Line Dance (Level Two)	H&R
4:00	Line Dance (Level One)	H&R
5:30	Mah Jongg	CC:A
6:00	Poker	MR3
6:30	Bridge	CR
6:30	Euchre II	CC:H
7:00	Wood Shop	WW
	Dominoes	CC:G

1st Week

7:30	Marion Blood Bank (All Even # Months Only)	PL
9:00	Life South Blood (All Odd # Months Only)	PL
	RC Flyers Club	CC:B&C
1:30	D'Clowns	CC:B & C
2:00	Bocce	CC: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

3rd Week

10:00	Genealogical Workshop	CC-B&C
2:30	Readers Theatre	CC:D
1:30	D'Clowns	CC:B&C
4:00	Billiards Club	Art 00
7:00	Sunshine Singers	BR

4th Week

3:00	Community Patrol Prog.	CC:B&C
------	------------------------	--------

Tuesday

7:00	Lap Swimming	AC
7:15	Oxycise	H&R
8:00	Men's Tennis	CTS
	Clogging	BR
8:30	Women's 18-Hole	GC
	Raquetball	HR CTS
9:00	R.C. Flyers Club	Field
	Computer Club	CC:B&C
	Hand & Foot Canasta	CR
	Woodworking	WW
	Arts & Crafts	BR
	Bus Ocala Run	
	Women's 9-Hole	GC
	Horse Shoe League	CTS

9:30	Miniature Golf	MGC
	Shuffleboard	CTS
	Pinocle	MR3
	Stitch Witches Quilters	Art
10:30	Horseshoe League	CTS
11:00	Walleyball	CTS
11:30	Lap Swimming	AC
12:00	Lap Swimming	AC
	Men's Poker	MR3
	Cybox Orientation	GYM
12:15	Oxycise	H&R
12:30	Bridge	CR
	Stitch Witches Quilters	Art
1:00	Mah Jongg	CC:A
	Badminton	H&R
	Swingin Singin Seniors (Racquetball Cts)	HR
1:30	The New Pretenders	HR
3:00	Shutterbugs	CC:B&C
5:15	Square Dance Class	AC
5:30	Mah Jongg	CC:A
	Miniature Golf	MGC
	Table Tennis	HR
5:45	Mah Jongg	MR2
6:00	Pinocle	MR3 & Art
6:30	Duplicate Bridge	CR
	Mah Jongg	CC:G
	Pattern Dancing	BR
7:00	Mixed Poker	CC:H
	Pattern Dancing	BR
	Square Dance Class	AC

1st Week

8:00	Men's 9 Hole Golf	P.R.
3:00	Great Lakes Club	BR

2nd Week

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

3rd Week

Unique Birders (No Meetings June through Sept.)		
7:00	*Sterling Casino 7-15-08	HR
3:00	NY/NJ Club	BR
7:00	Democratic Club	CC:E&F

4th Week

8:00	Lions Club	Pub
1:00	Scan/American	CC:E
3:30	Alpha Investment	Art
4:00	Diabetes Support Grp	CC:G
7:00	Karaoke	CCC

Wednesday

7:00	Lap Swimming	AC
7:15	Oxycise	H&R
8:00	Ladies Tennis	CTS
8:30	Men's 18 Hole	Golf
9:00	Taps on Top	BR
	R.C. Flyers Club	Field
	Woodworking	WW
	Bus Ocala Run	
	Ceramics 9-2:30p.m.	Art
9:30	Pinocle	MR3
	Crafty Ladies Billiards 101	CR
	Billiards 101	PI RM
11:30	Lap Swimming	AC
12:00	Ladies Poker	MR3
12:15	Oxycise	H&R
12:30	Mah Jongg	CC:A
	Bridge	CR
	Japanese Emb	CC:C
	Aqua Belles	AC
	Mah Jongg	CC:A
	Pan Club	CC:MR3
1:00	Bocce League	BCTS
3:00	Dance Committee	CC:B&C
4:00	Softball Practice	SBF
5:30	Bingo	BR
6:00	Poker	MR3

6:30	Pickleball	CTS
	Duplicate Bridge	CR
7:00	Poker	MR3

1st Week

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

2nd Week

Native Plants (No Meetings June through Sept.)		
3:00	Pennsylvania Club	CC:E & F
3rd Week		
1:00	Stamp Club	Bank PAB

Thursday

7:00	Lap Swimming	AC
7:15	Oxycise	H&R
8:00	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
	Bus Ocala Run	
	Miniature Golf	MGC
	Shuffleboard	CTS
10:00	Round Dance Class	CC:E&F
10:30	Water Walk	AC
	Advanced Tap	HR
	OTOW Concert	
	Chrous	HR
	Friendship Bible Study	MR3
11:00	Walleyball	CTS
	Water Walk	AC
11:30	Lap Swimming	AC
12:00	Lap Swimming	AC
	Advanced Square Dancers	CC:E&F
12:15	Mah Jongg	CC:A
	Oxycise	H&R
12:30	Sewing Bees	Art
	Theatre Group	BR
	Mah Jongg	CC:A
	Bridge	CR
1:00	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	Pickleball	CTS
	Bridge	CR
7:00	Chess Club	ART
	Poker	MR3
	Mixed Poker	CC:H

1st Week

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

2nd Week

9:30	Scrabble Club	AC
10:30	Latin Cardio	AC
	Singles Club	CC:G&H
	NARFE Chapter 2279	CH
7:00	Karaoke Night	CC:E,F&G

3rd Week

9:00	Hand & Foot Canasta	CR
1:00	Rubber Stamping Card	CC-D
	Bunka Dice Game	MR3
	S.P.C.A.	CC-H
1:30	Orchid Club	CC:B&C

4th Week

8:00	*Seminole Hard Rock Casino 7-24-08	HR
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Friday

7:00	Lap Swimming	AC
7:15	Oxycise	H&R
8:00	Ladies Tennis	CTS
8:10	Water Walk	AC
8:30	Dancing Toppers	H&R

9:00	Woodworking	WW
	R.C. Flyers Club	Field
	Dominoes	MR3
	Bocce League	BCTS
	Bus Ocala Run	
10:00	Racquetball	H&R CTS
10:30	Light Aerobics	H&R
	Power Aerobics	H&R
	Water Walk	AC
11:00	Bocce League	BCTS
	Water Walk	AC
11:30	Lap Swimming	AC
12:00	Ladies Poker	MR3
	Mah Jongg	CC:A
	Mens Golf Group	CR
12:15	Oxycise	H&R
12:30	Aqua Belles	AC
	Mah Jongg	CC:A
1:00	Table Tennis	H&R
	Canasta the Old	CR
	Fashion Way	
	Square Dancing	H&R BR
2:00	Fun In The Water	AC
5:00	Happy Hour	AC
6:00	Cribbage	Art
6:15	Nickel Nickel	MR3
	Euchre 4 Fun	CC:A
6:30	Advanced Bridge	CR
6:45	Euchre	H&R

1st Week

1:00	Women of the World (July 4th Celebration)	CC:E
4:00	Happy Hour 7-4-08	AC

2nd Week

9:00	RC Ladybirds	CC:A
2:00	New England Club	CC:E,F
7:00	Republican Club	CC:E,F&G

3rd Week

2:00	Blackjack Poker (Western Hoe Down)	CC:E
4:00	Happy Hour 7-18-08	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

Sunday

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

2nd Week

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

3rd Week

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

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

Location Codes

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

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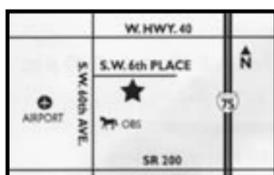
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Red Hat Society
Vivian Brown

Ladies, please note our July 27 Hawaiian themed function has been moved to October. Please mark your calendars.

We are planning a bocce Red Hat team to start in the fall. More details to follow next month. If you have any questions contact your chapter's Queen Mother.

Remember your Red Hat "Hattitude" to live it up, laugh a lot and love one another cause life is really beautiful with all our wonderful friends and neighbors here at On Top of the World. Till next month, God Bless.

THE RAZZLE-DAZZLE RED HAT DAMES are just slowing down a bit this summer. Most of us are either traveling or family and friends are visiting us. We are hoping to be able to get reservations at Mimi's Restaurant. They said they had so many requests they were not going to be doing it for a month or so. Gals, I will let you know as soon as possible. I've missed seeing you all, as you are a special part of my life. If you have any suggestions or thoughts about what you would like to do, let me know. Stay well and keep smiling. God bless! ... *QM Vivian Brown*

THE GLITSY GALs: Several of our gals attended the Picnic in the Park and Swap Meet at Inverness: What a great time we had and the weather was perfect. Betty Tesmer won first prize, Aldona

Sacks won second prize and Mary Curry won third prize in a hat contest. Mary Curry won second prize in the parasol contest. We were able to sell a lot of our things we no longer wanted but of course we were also able to find things we couldn't do without. For our June luncheon, we attended Mimi's, which was enjoyed by all. Sara Riehm and Dottie Hinde won door prizes. After lunch we again had to do our favorite sport, shopping at Dillard's. We also discussed our final plans for the International Convention, which is held in Orlando this year. We will give all the details next month. Our Motto "It's all about each other." ... *QM Mary Curry*

THE COOL CATS: Gloria Ezzo was in charge of our outing for the month. What a great job she did. She planned a day of being pampered. Were these Cats ever so pampered. You could hear us purr. We went to the cosmetology department of the Central Florida Community College in town. There we were treated by some very nice young people who are learning the beauty services. We had our hair shampooed, conditioned and styled. Next we were treated to manicures. After that glamour we traveled to The Pub for a very nice lunch served to us in the Ballroom. Did we ever look spiffy. ... *QM Janet Fragapane*

THE SCARLET FOXES are busy planning a safari to Monkey Island. It is a safari because it is So - Far - i, and so far we don't know how to get there. In May, we welcomed Marie Kearney back from "up north," minus a walker. Nice surprise! Following a great lunch at Carmine's, we gathered at Patty Corden's house for birthday cake and an enjoyable meeting. So many places to go and so little time! Ann Marie Russo and Edwina Cogar were are hostesses in June at Felix's. Luau plans in July include a scavenger hunt for grass skirts, palms, fish, and poi. Always remember, watch out for the Purple People Eaters! Celebrate your "Hat-titude everyday of the Week! ... *QM Phyllis Kraus*.

THE RUBY VIXENS had a delightful lunch overlooking the golf course at Stone Creek Golf Club. Betty Dean, our hostess, knew how to make the day special. Once lunch was done we traveled to Betty D's house for coffee and cake and good company. A lovely outing with a wild bunch of women. Enjoy your day. ... *QM Betty Thayer*.

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



View from the Library
Doris Knight

David Baldacci is a very popular author of several thriller novels that are greatly enjoyed in the United States and around the world.

We are going to look at one of his recent works called "Simple Genius, which revolves around the lives of two private detectives, Sean King and Michelle Maxwell. They had met after both had left positions in the Secret Service. Through a friend

of King's who owns a private detective agency he is given the task of determining whether a recent death was a murder or a suicide. The victim was a computer scientist employed at a private think tank called Babbage Town on the outskirts of Washington, DC.

Sean takes on the assignment, moves to Babbage Town and is soon followed by Michelle. From that point, action shifts rapidly from Babbage Town, to the river flowing beside the think tank, to the CIA installation right across the river. There are close calls with members of the CIA as well as uncomfortable moments with the computer experts who make up Babbage Town. Baldacci throws in some lightly skimmed over descriptions of torture conducted by rogue members of the CIA, in keeping with the techniques advocated by the Bush administration. The results are of no value since Sean could not be weakened enough to talk. And the plot quickly moves in another direction.

One technique, which Baldacci uses very effectively, is to tell his story in short chapters — three or four pages. As a result the action moves along very quickly, shifting from place to place, and never seems to bog down. My only complaint is that in the final pages several vital issues were resolved in a very fortuitous manner. But then such tying up of loose ends often occurs in thriller novels.

I recommend "Simple Genius" for its interesting characters, its convoluted plot, and its lively and stimulating style. ☺



Friendship Amateur Radio
Ed Brendle

The June meeting of the Friendship Amateur Radio Club dealt with a discussion on radio pioneers, specifically Armstrong, DeFry and Sarnoff.

President Lukas made reference to a book dis-

cussing their role in the advancement of radio. The club's Web site continues to show the 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 will remain in the club's treasury awaiting disposition.

The next meeting is scheduled for July 14 at 1:30 p.m. at the auxiliary Sheriff's Station on West SR 200. All Hams are invited and members are urged to attend and to bring a guest.

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

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

We have members who offer their expertise in radio and computers.

The club newspaper and notices inform members of the club's many activities. In addition, the FARC has a 2-meter net that meets on Monday at 4 p.m. on 145.170 MHz (except for Monday of the monthly meeting), and a CW net on Tuesday at 7 p.m. on 21.145 MHz.

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



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175-80R-13	175-65R-14	195-70R-14	215-70R-15	205-65R-15	225-60R-16
185-80R-13	185-65R-14	195-75R-14	215-75R-15	205-60R-15	
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D'Clowns
Paula Magen

D'Clowns are on a well-deserved break for July and August. We look forward to resuming our activities in September, as do the people we regularly entertain.
Quoting from "Creative Clowning," "all the world loves a clown." Why are clowns so popu-

lar? Because they are fun! And clowning is fun too. Thousands of ordinary people are discovering the truth of this statement as they step into the fascinating and rewarding world of clowning.

Clowns are not strictly children's entertainers. Most adults love clowns as much as the youngsters do. Clowns are artists who perform a variety of special functions and skills. They do fun skits, magic, make balloon animals, tell jokes, do fairs and grand openings, participate in fund raisers, entertain in assisted living residences, nursing homes and schools and then there's the rodeo clown. The purpose is to entertain, to bring smiles and laughter to audiences of all ages.

The art of clowning as we see it today is the culmination of thousands of years of evolutionary development. Clowns share a common origin with comedians, magicians, actors and other performing artists.

This is your special invitation to join D'Clowns ... boy clowns, too. We are a fun group who enjoy what we do. We will teach you all about clowning and you'll be hooked! Our meetings are on the first and third Monday of the month at 1:30 p.m. in Suites B and C of the Arbor Conference Center starting in September. Info? Call Paula 873-3433. Enjoy a wonderful and safe summer. ☺



Ocala Clown Express
Kathy & Charlie Petrosky

The "lazy, hazy days of summer" are here. With that comes a slow down for the activities for the Ocala Clown Express. However, we do not shut down for the summer.

By the way, if you are thinking of joining us, summer is a great time. At our last meeting it was voted to just hold training meetings in June, July and August. So call our president, Dotsy, aka Carol White, at 873-9223. We are always glad to meet new people who are interested in being

a clown. We meet at TimberRidge in the Collins Resource Center on the third Monday at 3 p.m. for training.

If you were watching our last training meeting, you would have had a chuckle. Carol had gotten us mannequin heads so we can practice face painting. Here we come with "head" in tow to paint. We watched a video to refresh ourselves and we talked about what was learned at the workshop we attended. Then out comes the paints and water and all had a good time!

We ended our hospital program for the school year. We will start up right after Labor Day. In August we will have a refresher on that program.

We were asked to return to help out with the Eighth Street School Summer Program. Many children attend and we will be very busy. We can do this comfortably because we will be indoors.

Cricket, Ferrell Van Horn, has reorganized our Clown Bell Ringers. We entertained at Quiet Oaks and will also be going to other assisted living residences and nursing homes throughout Marion County. What a happy group of people. Everyone had a bell and was singing and ringing to old tunes. Some of the residents even had suggestions and led us in song. We had lots of laughs and a wonderful time. When we were leaving, the residents said they would miss us and wanted us to return again.

So as you can see, we continue to have happy days! You can always call Dotsy, Carol White, at 873-9223 or Rosey Nosey, aka Marge, at 291-0077. Why not come and join us at a training session on the third Monday of the month and see if this is something you might like to do!

Gum Drop and Toot

They also salute our flag
As it is carried high in the air
How wonderful to see
And handled with much care.

Many speeches are made
Large gatherings everywhere
Many games are played
With plenty of food to share.

It takes us back to years ago
When America fought and won
Its freedom from tyranny
As they bowed then saying "well done."

America we are proud of you
So many reasons why
More crowds every year
To celebrate the Fourth of July. ☺

POET'S CORNER

Poetry from On Top of the World Residents

July 4th —
Hurrah

BY HAZEL EHLE

The streets are crowded with people
Waving as the parades go by
And at night the glowing fireworks
Will light up all the sky.

Sherry's Mac Computer Tip

By SHERRY SURDAM

As a previous PC user, I'd gotten used to the way Windows alphabetizes the applets in its Control Panel and found it difficult to remember where in the System Preferences folder each file was located. Much to my surprise I recently discovered that I could change that order to alphabetical!

You long-time Mac users probably already know this but to make the change from categories to alpha, simply open the System Preferences folder, click on the View menu and there you'll see an option to "Organize by Categories" or "Organize Alphabetically." Now everything is as (in my mind anyway) it should be!



Stephanie's PC Computer Tip

By STEPHANIE ROHDE

StickyKeys

StickyKeys is designed for people who have difficulty holding down two or more keys on the keyboard simultaneously. When a keyboard shortcut requires a key combination such as "CTRL + P" to print as an example, the StickyKeys feature will enable you to press a modifier key (CTRL, ALT, SHIFT, or the Windows logo key) and have it remain active until another key is pressed. To activate or deactivate this function go into the Control Panel, into Accessibility Options, the Keyboard tab. However, pressing the SHIFT key five times quickly or holding down any modifier key for 5 seconds can automatically activate StickyKeys.

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100 Grandparents
Barbara Greenwood

The Romeo Elementary School in Dunnellon officially ended on June 5th with a wonderfully delicious luncheon. All who volunteered during the school year were invited. We, the "100 Grandparents", were recognized with a certificate of appreciation for our contribution to the children of

Romeo. It is not only a real pleasure for us to be part of the Romeo Volunteers, but it is an honor too. The staff has always welcomed us warmly. The children have always greeted us with smiling faces and respect. So it is with heartfelt feelings that we say thank you Romeo Elementary School, and thank you Mrs. Hultman, Mrs. Coy and Mrs. Thomas for all you have done to make our visits so rewarding.

The "grandparents" thank all of the residents who contributed in one way or another to make life easier for the children. You've donated food, inner clothing, coats, hats, mittens, shoes, cash and those Campbell soup labels and Box Tops for Education labels. These gifts have brightened the lives of many of Romeo's school children. We appreciate so much what you've done, especially when we get to realize the benefits to the students.

We will not be collecting food for the "Food-4-Children" backpack program during the summer months. However we will begin again in September.

We will still be looking for the Campbell soups labels and Box Top for Education labels. If you have some to contribute, please take them to the little Red School House located under the stairs on the first floor of the Health and Recreation Center. Thank you.

Enjoy a wonderful and safe summer. ☺

Concert Chorus
Joanie Boling

Summertime and the living is easy. Summertime here at the Health & Recreation Building is very busy. Our director, Jean Monroe, is teaching a "Beginner's Music Class." Each week our enrollment continues to grow.

The musical alphabet for both staffs are being taught in order to learn how to read music. The classes include instructions on note reading,

note values, key and time signatures and various other musical and sign symbols. This class enables you to understand a piece of printed music.

If you are interested in attending, the classes are held every Thursday at the H&R Building from 10 to 11 a.m. and regular chorus from 11 a.m. to 12:30 p.m.

The latest news for our residents is that our Concert Chorus has begun rehearsals for our fall mini-concert. This will be held at the H&R Building on Sept. 7. There will be more details of our upcoming concert in the August issue of the World News. So be watching for it!

JOANIE'S NOTEABLE QUESTION: Who are our two most important staff members? Answer: Treble and Bass! ☺



Going Out of Town?

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Mid-Florida PHYSICAL THERAPY



Sydney Salat, PT



Brian Peterson, PTA

Sydney M. Salat, PT graduated from the University of Florida earning a Bachelor's degree in Physical Therapy. Sydney interned at the Woodrow Wilson Rehabilitation Center in Fishersville, VA. She has been a physical therapist with Mid-Florida Physical Therapy for 25 years. Sydney specializes in orthopaedic rehabilitation.
Brian Peterson, PTA graduated from Central Florida Community College's Physical Therapist Assistant program. Brian specializes in treating vertigo and vestibular conditions.

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Brighton & Kazuri Beads June 27th - July 27th, 2008

Brighton continues its tradition of creating jewelry to support organizations that empower women with an exciting new jewelry promotion. In an impoverished community of Kenya, Africa, unemployment is high and one jobholder often provides for an extended family of 20 or more. Through Kazuri Ltd., which was started by an Englishwoman, Lady Susan Wood, women and their families now have an opportunity for better lives.

Over 120 women produce gorgeous handmade beads shaped from clay taken from the soil of Kilimanjaro. They fire and hand-paint the one-of-a-kind beads in the rich colors of Africa. These artisan beads which allow the women to proudly earn three times the national average will adorn a special limited edition jewelry collection. As with Power of Pink and Go Red, Brighton will donate a portion for each piece of jewelry purchased during this promotion.

Can you imagine a world where a luxury is a clean glass of water? Kenya is such a troubled country at this time. Brighton would like to do something good in a country and community that is making our jewelry. Depending on the success of the promotion we hope to make a difference; helping to build a hospital or library, supporting an orphanage or building facilities to provide that luxury item of a clean glass of drinking water. Join us in this effort to support our "sisters" in Kenya.

To learn more about how purchasing these beads can help disadvantaged families, visit www.kazuribeadsusa.com

We invite your consumers to support this very worthy cause by purchasing an exquisitely designed Kazuri Bead jewelry collection which consists of a bracelet, retailed at \$50, a necklace, retailed at \$69 and a pair of earrings, retailed at \$36.



Proceeds from the sale of the Kazuri Bead collection will fund another important need in Africa: clean water.

Brighton will donate \$15 from the sale of every \$69 Kazuri Bead necklace to Charity:Water and other non-profit organizations dedicated to providing clean water and basic sanitation to impoverished communities around the world. In addition, \$10 from every \$50 Kazuri Bead bracelet and \$5 from every \$36 Kazuri Bead earrings will fund clean water projects.

Clean water is something most of us take for granted, we simply turn on the tap and water comes out, clean.

Yet more than 1.1 billion people on the planet — one out of every six — do not have access to this most basic human need. Unsafe water and lack of basic sanitation cause 80 percent of all sickness and disease, and kill more people every year than all forms of violence, including war. Each of us can start by helping one person, and together we can help thousands.

To raise awareness and additional funds for this important cause, all 125 Brighton Collectibles stores will also be selling bottles of Brighton water for \$20 and water awareness wrist bands for \$5 throughout the month of July. A full 100 percent of the proceeds from the sale of those items will go to support

Charity:Water's efforts to build freshwater wells in villages where they are most needed.



Select styles of retiring
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On Top of the World NEWS

Where the News is Always Good

Photographers capture
a day in the life
of On Top
of the World,
Pages 28 & 34.



Section 2

Vol. 22, No. 1 • July 2008

Want to Help?

Want to make a difference? Monetary donations can be made by sending your remittance to the Marion County Animal Services, 5701 S.E. 66th St., Ocala, Fla. 34480. Make sure you write on the check "for the horses." Donations of coastal hay and other horse grooming supplies can be made by visiting the Midwest Feed and Farm store at 3352 N.W. Blitchton Rd. Ocala. The phone number is 351-8008.

Good Samaritans Help Starving Horses

By BOB WOODS
WORLD NEWS WRITER

You all have probably heard the news story concerning 107 animals being mistreated in Marion County. One On Top of the World resident decided to do something about it after learning that these horses, ponies, mules and miniatures were drastically underfed and the county officials took the animals under their control.

Harry and Josephine Gustafson decided to offer their help to the poor animals by donating food. After some delay and after being turned down by three feed stores, the Gustafsons found one feed store, Midwest Feed and Farm, that was willing to help.

An employee of Midwest Feed and Farm tried to contact the officials at the Marion County Animal Center to see what they needed to start feeding these animals. A reply was long in coming due to many folks around the state e-mailing. Finally, the Gustafsons were told the feed needed was coastal hay. Harry and Josephine donated 62 bales at a little over \$7 per bale. In fact, the feed store delivered the hay to the animal's location free of charge plus giving a discount.

I asked Harry if he received any thank you or other recognition for his donation and was told he was interviewed over the telephone by the Star-Banner. Harry told me he is not looking for anything, he just didn't want to see these animals suffering. According to an article published in the Star-Banner, the horses numbered 120 and are suffering from many things including white line disease and thrush. They have hoof problems caused by lack of farrier services and damages were as a result of malnutrition.

Josephine told me she "saw the horses eating dirt as a result of having nothing to eat. The animals were nothing but skin and bones." Both Harry and Josephine stopped by Midwest to thank their contact for helping them. They plan sometime in the near future to visit with those animals they helped.

After telling me they are not looking for anything as far as recognition is concerned, Harry commented, "we are simple people and wanted to make residents in On Top of the World aware." He continued, "There are many horse loving people residing in On Top of the World. We are a giving and caring community."



Photo by Bob Woods

Barbara Bonomo is one of several residents who enjoy working on jigsaw puzzles.

Puzzled to Pieces Jigsaw Puzzles A Favorite Pastime

By BOB WOODS
WORLD NEWS WRITER

There are many folks living here in On Top of the World that partake in the favorite pastime of doing jigsaw puzzles. It can be a very relaxing endeavor or a hair-raising event trying to find and fit the right piece of the puzzle in its proper location. There are many folks that spend many hours doing these puzzles; in fact, there are many who burn the midnight candle trying to complete the majestic masterpiece.

There are some folks who have resided in On Top of the World for many years who know where there is a ready supply of puzzles which number from under 500 pieces to more than 2,000 pieces in each puzzle just waiting for someone else to complete the picture.

According to the New World Dictionary, "a jigsaw puzzle is a puzzle made by cutting up a picture into pieces of irregular shape, which must be put together again to re-form the picture."

There is a never-ending supply of new puzzles being incorporated right here in On Top of the World, coming mainly from folks who have either purchased a new puzzle or been given one and after having completed placing all the pieces together to form the finished picture put that puzzle in the jigsaw puzzle lockers.

Where are these lockers where there is an endless supply of these mind-boggling puzzles? The locker is at the information desk located in the lower lobby of the Health & Recreation Building. As you approach the counter of the desk, the puzzle locker is located on the left rear side and is open to all residents during normal hours the H&R building is open. The idea of this supply locker is that you can take as many puzzles as you wish, hoping that you will return those puzzles after you have completed putting them together.

See some interesting puzzles at a garage sale somewhere off the On Top of the World premises? Why not purchase them, put them together and after completion donate them

to the locker for someone else to try and complete. This is how the supply of puzzles started and how it has continued.

I came across one lady who is a wiz at jigsaw puzzles and that is Barbara Bonomo. She told me she usually completes a puzzle in just a few days — that's 2,000 shaped pieces. She also told me that there are times she is so engrossed in the puzzles that time just slips by and she finds herself pondering over pieces of a puzzle well after midnight. Talking to other jigsaw puzzlers, this is not uncommon. Some ladies told me they work on them for a few hours at a time coming back many times during the day fitting more pieces of the puzzle together until completing the finished picture.

Volunteers man the information desk Monday through Friday from 8:30 until 11:30 a.m. If you need assistance in locating the lockers, just ask whoever is behind the desk. If later in the day, ask any of the ladies in any of the downstairs offices.

Happy puzzling. Hope your completed jigsaw puzzle picture turns out OK. ☺

Couple Hosts Exchange Student

By BOB WOODS
WORLD NEWS WRITER

There is a young Turkish lady that has been residing right here in On Top of the World since last September who has been attending West Port High School as an exchange student. Basak Basbayraktar has been living in the Avalon section of On Top of the World at the residence of Mike and Marie Roppel who have hosted this exchange student while she studied right here at our local high school in Ocala.

Talking to Basak she informed me that she had already graduated from her Turkish high school last June and has been studying selected courses at West Port with drama being one of her favorite courses. The 17-year-old lady hails from Ankara, Turkey.

Marie Roppel has been involved with the student exchange program since 1996 while residing in Palm Beach. She saw an advertisement about the exchange program back then and applied. Since then she has been the host parent for many foreign students but Basak has been the first exchange student of the Roppels since the couple moved into Avalon. Basically, Marie said, a host family just supplies room and board for the student and includes that student in the family's everyday life just as if that student was an offspring.

While talking to Basak, who I might add speaks excellent English and every once in a while she would pronounce a word differently than we do here, and that is the only giveaway that she is a foreign student. Basak told me she wants to become a medical doctor specializing in pediatrics.

Basak also informed me that at her completion of high school she had high enough grades to receive a full six-year scholarship to a state medical school in Turkey. "There is one catch," she informed me, "at the completion of my medical schooling I have to serve my two-year internship in the section of Turkey that borders Iraq and Iran." She also added that she doesn't cherish the idea but to get her education she had to agree to this arrangement. "The people living along these borders are Kurdish people," she added.

Since being in America, Basak has seen more of the states than most Americans. She told me she has been to California, the Grand Canyon and of course New York City and she really elaborated that during her stay in the Big Apple she attended five stage plays. Mike Roppel works at the Ocala Civic Theatre with set

decorations. Basak has often assisted Mike dismantling the sets at the completion of the theater's plays.

Marie Roppel is the area's representative for the Pacific Inter-cultural Exchange program. She not only oversees Basak at West Port but also has the responsibility for a few other students in Brooksville, Gainesville and Orlando.

During a period between May and June the Roppels took Basak to New England to visit some of the Roppels' relatives and showed Basak the northern New England states. This fall, the Roppels are heading to Europe to visit their son who is presently stationed in Afghanistan but his family is in Germany and they plan on visiting some of their past exchange students while in Europe. Each exchange student must have a working knowledge, both spoken and written, of the English language before applying for the exchange student program.

The exchange program sponsored Basak's trips to New York and the west coast. Basak returned to Turkey in June and will begin her medical schooling come September. She stayed in contact with her family in Turkey while living at the Roppels weekly by the use of her computer.

While visiting the Roppels I asked Basak if she just happened to have a map of Turkey. Presto, there was a world atlas produced. Pointing to her home town of Ankara I did notice a little swelling of the eyes and an octave higher in her voice. Clearly she misses her parents and homeland. She and Marie were wondering if Turkey was larger than Texas. A smile came over Basak's face when she found out that Turkey is larger.

I had asked Basak about a recent Travel Toppers day trip celebrating Mother's Day on the Rivership Romance out of Sanford. She informed me that she had been on a number of Travel Toppers trips especially mentioning the trips to the Show Palace, a dinner theater in Hudson.

I received this information from an On Top of the World resident, which is the final paragraph of a piece, Basak wrote to Travel Toppers about her trip on the Rivership Romance. "As an exchange student from Turkey not just this north-flowing river trip with its natural beauties but with great arrangements of Travel Toppers, I am glad that I had a chance to see Florida. I saw this not just the 'tourist' way but as a resident. The trips I took with this group not only let me have a good time but helped me meet new people and learn new things." ☺



Photos by Bob Woods

Marie Roppel, left, and her husband Mike look at a map of Turkey with their exchange student Basak Basbayraktar.



**Director
of Golf**
Jeff McDonald

All Around Golf News

The heat has been turned up! So, please don't forget to drink plenty of fluids and stay hydrated.

We are very proud of all of you guys for the way that you have handled the changes for the summer, when playing at Candler with the different golf associations. It looks like you are all enjoying it more than you thought you would. I have witnessed firsthand a couple of new friendships that have already developed from the MGA playing together.

It is exciting to watch all the work getting done on the Links Course. Andy and his staff are working hard to improve the playing conditions on the Tortoise & Hare Course. We would like to thank all of you, for the support you continue to give, while we are at less than 100 percent.

It appears that the system that Sally and Nick worked out for Mondays and Fridays are going

smoothly. The groups and regular play seem to be mixing in just great.

Be kind to your feet month! All shoes that are in stock are on sale for 20 percent off. The 20 percent is off of the retail price and off the shoes that are in stock only. Here is your chance to get those shoes at the right price.

Sally, Nick, Mike and myself would like to thank all of you who played in the Andy Revenge golf event. It was too bad that the weather stopped you from playing; Andy had the course set up in a very challenging way. It was nice to hear how good the food was and Sally said that the Happy Hour prices were a big hit for the bar.

The Fourth of July event will be held at Candler and lunch will be at the Candler Community Center immediately following golf. The event will be for the first 30 couples (one man plus one woman) from On Top of the World plus the first 30 couples (one man plus one woman) from Candler Hills.

The golf shop will pair the couples together: one couple from On Top of the World plus one couple from Candler Hills. Therefore each team will have two women plus two men. If you are a single man or woman and would like to play, please sign up and we will try to find someone to pair with you. Call the golf shop for details (352) 861-9712.

Note that the meal for the Fourth of July is barbecue ribs or garlic ribs or barbecue chicken, baked beans, coleslaw, corn on the cob, strawberry shortcake and iced tea.

Candler Hills Golf Club

Sally and I would like to ask all of you to help us welcome Karen Hart to our golf shop staff. Also, we are going to be losing Jessica to college, so be sure to say goodbye.

Attention: Men, we will be getting together with you; we have been asked to join Southern Woods and Harbor Hills in an inter-club match this summer. Details will follow as soon as they come to me.

Play well and have fun. ☺



**Handicap
Committee**
Patricia Del Vacchio

What a beautiful day we had for my ever favorite Scotch Twosome. It got hot toward the finish but we all made it.

We were divided into two flights. Winners in Flight 1 were Art and Barb Buecher with a net 59. Barb told me at the start that we could come in second; I think she knew what she was talking about (we didn't place but she knew they were going to have a good round!).

Second was a tie with net 63; F. Cipoloso and B. Gustafson and B. Ovrebø and M. Sadler. Fourth place was also a tie with net 65; R. Hoover, E. Klodzen and C. and N. Nicholas. Holding their own at sixth place was T. and R. O'Neil with net 66. Three couples tied with net 68 for seventh place: D. and F. Griswold, M. and J. Flynn and J. Pachin and C. Smith.

The Flight 2 winners with net 56 were Joseph and Kathy Bologna. Second place was C. Bell and B. Cronin with net 60. Tying for third place was I. Gackowski and M. Marquis and R. and D. Mallard. J. and R. Border held fifth with net 63; B. Harris and E. Rapacz held sixth with net 65; J. and J. Rappa held seventh with net 66 and E. Lang and P. Peterson held eighth with net 67. Congrats to all the winners and players.

Not everyone plays golf with an association. I'm one who doesn't and therefore I'm listed as an independent. I sort of represent the independents on the Handicap Committee. The committee is looking for volunteers from the roster of independents. I am resigning this fall and someone needs to fill my spot. If any of you may be interested please give Paul or me a call (873-6215) and we will be glad to give you a general idea of what we do.

July is our Flag Tournament event. This will take place on Saturday, July 5. Please sign up in the Pro Shop for the tee time you would like and then be sure to check back to make sure that time is yours. This tournament is very simple and fun. You will be given a flag with your name on it and you will plant it wherever you finish par 72 strokes plus your handicap. When I say "plant it" I mean if you finish in the fairway you will plant your flag to the side of the fairway, if you finish on the green you will plant your flag to the side of the green and if you finish in the hole you will plant your flag on the next tee box. Sign up, show up, have fun. Phil and Connie Shirley will host.

See you at the flags. ☺



**On Top of the
World Golf Club**
Sally Collins

Here it is, nearly the Fourth of July, and the Links golf course is already taking on a fresh and exciting new face! Andy Jorgensen and Company quickly jumped into action on June 2 and removed the old green surfaces, but not before Andy attempted to get the last straw during Andy's Revenge. (Unfortunately, it was Mother Nature who truly offered the revenge.)

During this time of renovation we ask that residents refrain from riding, much less practicing, on the Links. This is for your safety as well as respect for the golf course workers. So that the 18th fairway on the Links is in top condition when we reopen the south course, we ask that the golfers use the cart path behind the 18th green when going to the first tee of the Tortoise and the Hare or returning to the Golf Shop.

The Independence Day weekend promises to be busy with several golf activities planned.

Friday, July Fourth, will feature an On Top of the World/Candler Hills mixed event at Candler Hills Golf Club in an 8:30 shotgun start. A barbecue lunch will follow the tournament. The annual Flag tournament will be held on the Tortoise and the Hare, Saturday, July 5. The person who goes the farthest with their actual score plus handicap gets to set off the loudest firecrackers that day! Make your foursome and sign up for the tee time of your choice.

All three golf associations are settled into summer play and enjoying the camaraderie of joining the Candler Hills league members. The MGA tees it up on Tuesdays in an 8:30 shotgun. The ladies have the links Thursdays with both the 9- and 18-hole leagues going off at 8:30.

The hot golfing days of summer are here. Please respect the heat and be certain you adequately hydrate your body so you can achieve peak golfing performance throughout the entire round. In addition, keep an eye to the sky for those thunderstorms that pop up rather unexpectedly. As we found out during Andy's Revenge You can't mess with Mother Nature! ☺



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

It's a sure bet that you will like playing golf at Candler. On June 3, we had 63 members playing. Please, if you have not played there, try it once and you will come back. Just for your information out of the \$5 fee for MGA at Candler \$1 goes into the refreshment fund for On Top of the World MGA each week.

Here's the procedure for playing Candler Hills this summer.

Tuesdays are MGA day at Candler Hills. The fee will be \$5 for 18-hole play, \$3 for nine-hole play. Please pay your captain. The rally point is behind the cart barn. Our nine-hole players will rally at 7:15 a.m., on the tee at 7:45 a.m. Eighteen-hole players will rally at 8 a.m., on the tee at 8:30 a.m. shotgun.

Sign up will be at On Top of the World. Closing day for sign up will be Sunday, noon, for the Tuesday event.

Eighteen-hole players will be teeing off from the blue tees; nine-hole from white tees. Prizes are in chits. Candler Hills MGA rule for not calling to cancel is: If you sign up and do not show up without calling the Pro Shop to say you have to cancel you cannot play the next week. Please, everybody, keep this in mind!

WORDS OF WISDOM: "Club: A thin metal pole used to test your throwing ability and knee strength." By a Glossary of Golfing Terms
See you at Candler Hills.

MGA 18-Hole Gross & Net Flighted

May 14
Low Gross/Low Net
Flight: Tortoise & Hare D

Gross: 84—Miguel Cruz; 92—Bud Borders; 93—Bill Koch; 94—Harry Brower; 95—Scott Fraser.

Net: 65—Carl Arnold; 66—Alfred Wells; 67—Bob Moran; tie at 68—Frank Palotta, Bob Bealle.

Flight: Tortoise & Hare A

Gross: Tie at 89—Bill Hawk, Charles Casale, Clifford Jones; 90—Ross MacDonald.

Net: Tie at 66—Thomas Bednar, Bob Selmon, Jimmy Johnson; 68—Jack Marin; 69—Armando Pena.

Flight: Links B

Gross: 82—Richard Schiller; tie at 84—Phil Johnson, Harvey Howd; tie at 86—Dick Grimm, Bill Carlson.

Net: Tie at 67—Ronald Wilson, David Miller, Ralph Solvold; 68—Roy Myhr; 69—Calvin Apperson.

Flight: Links A

Gross: Tie at 80—Tim O'Neil, William E. Young Jr.; 81—Rick D'Addio; tie at 82—Dick Gray, Michael Drabicki.

Net: 66—Paul Del Vacchio; 69—Ron Thompson; tie at 70—Millard Sadler, Sherm Hutchings, Raymond Beloin.

MGA Red, White & Blue Scramble

Gross

65—Raymond Beloin, Vince Nucaso, George Deignan, Joseph Wilssens; tie at 66—Michael Drabicki, Dick Fields, Dick Dzik, Jose Cura; Jon Hill, John Bauer, Francis Caprez; tie at 67—Carl Zeiler, Bud May, Tom Marta, Frank Palotta; George Blankenship, Richard Schiller, Bill Hawk, Ralph Schmidt.

9-Hole Low Net
May 21

30—Gordon Blanchard; 35—Rick Benzing; 36—Albert Novotny; 37—John Gartung; 41—John Ricciardone.

3 Best Ball Net

May 28

188—Blind, Tom Fragapane, John Hodd, Kaske; 191—Joseph Bologna, Bob Bell, Harry Brower, John O'Neil; 192—Sherman Hutchings, Tony Magri, Jack Martin, Joe Sinsky; 193—Dick Gray, Dan Carty, Clifford Jones, John Bauer; tie at 194—Colin Adamson, Ronald Wilson, Tary Bole, Ed Benz; Paul Perrault, Calvin Apperson, George Deignan, William McGarry; John Langville, Douglas Coleman, Miguel Cruz, Art Frescura.

9-Hole Low Net

May 28

35—Albert Novotny; tie at 37—Rick Benzing, John Ricciardone; 45—Gordon Blanchard; 48—John Gartung.

2 Best Balls

June 3

109—John Diaz, Frederick Jankowski, Ron Thompson, Bruce Venslavsky; 115—Bill Anger, Ed O'Leary, Charles Spain, Joseph Wilssens; tie at 116—Paul B. East, Paul Perrault, Ed Pozsony, Guy Russell; Carl Arnold, Tom Garrison, Fred Hobbins, Arthur McTague; Charles Casale, Art Frescura, Nicholas Nimerala Jr., Bob Shively.

4-Man Three Best Ball

June 10

SCR

-24—Bruce Venslavsky, Tom Fragapane, Bud May, Jack Martin; -19—David Schultz, Anthony Miserly, Fred Hobbins, John Diaz; -17—Tim O'Neil, Robert Starret, Bob Cowie, Joe Rappa; tie at -16—Raymond Beloin, Arthur McTague, Francis Caprez, Bill Horton; Jack Gustafson, Stephen McDonald, John Pachin, Steve Molnar.

9-Hole Low Net

June 10

37—Gordon Blanchard; 38—John Ricciardone; 42—Rick Benzing. ☺

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Ladies 9-Hole Golf
Diane Dzik

The awards luncheon at Royal Oaks Country Club was attended by many members old and new. How nice it was to meet and visit again with social members we no longer rally with on the links. Thirteen of our 19 social members attended. We were entertained by golf jokes, poems and "New Rules for Senior Players." Carol Bell and Grace Bock led the list of chip-in winners for the year, each getting four chip-ins. Birdie awards went to Grace Bock and Vi Sica who scored birdies twice. In all, there were 12 birdie winners for

this playing season. Way to go, Ladies!
Our tournament committee for next year will be chaired by Jeanette Messer, with co-chair Charlie Hasset and committee members Joan Rappa and Vi Sica. The installation of new officers Jean Flynn, president; Helen Bailey, vice president; Mike Beyer, secretary; Kathy Bologna, treasurer; and Betty Tully, assistant treasurer, marked the end of our 2007-08 season.

Summer Play: We are rallying at Candler Hills at 8 a.m. with a shotgun start at 8:30 a.m. Final sign up to play will be 5 p.m. on Mondays. Candler Hills and On Top of the World Ladies will be enjoying this nine-hole round until Oct. 13 when regular league play begins again.

May 13
Low Gross

Flight 1: 48—Mary Hart; tie at 49—Marlene Floeckher, Millie Nucaso, Grace Bock, Agnes Tetti; tie at 52—Violet Sica, Carol White, Lois Tatonetti, Deni Dehart.

Flight 2: 49—Marie Palombo; 52—Cathleen Hathaway; 55—Sumiko Bridges; 56—Marie Segovis; 57—Evelyn Stewart; tie at 60—Kathy Bologna, Jeanette Messer, Alice Mcdaniel, Helen DeGraw.

May 20
Low Net

Chip-Ins: Raquel Berdichevsky, Jeanette Messer.
Flight 1: 33—Ruth Koch; tie at 37—Darlene Clark, Grace Bock.
Flight 2: Tie at 36—Marlene Floeckher, Jan Moon,

Carol White.
Flight 3: Tie at 37—Carol Bell, Sumiko Bridges; 38—Marie Palombo.
Flight 4: 40—Jeanette Messer; tie at 45—Pat Black, Patricia Howd.

May 27
Low Gross

Chip-Ins: B.J. Leckbee, Jeanette Messer, Mary Carson.

Flight 1: Tie at 51—B.J. Leckbee, Grace Bock; 53—Agnes Tetti; tie at 55—Mary Hart, Millie Nucaso.

Flight 2: 53—Jan Moon; 58—Joyce Auckerman; tie at 59—Thelma Smith, Raquel Berdichevsky.

Flight 3: 61—Alice McDaniel; tie at 62—Phyllis Smith, Mary Carson; tie at 63—Cathleen Hathaway, Marie Segovis.

Flight 4: Tie at 57—Marge Warren, Ida Rosendahl; 61—Jeanette Messer; 63—Kathy Bologna.

June 2
Modified Scramble

40—Ina Menzies, Joan Rappa, Shirley Stolly, Agnes Tetti; tie at 43—Carol Bell, Pam Carpenter, Diane Dzik, Donna Smith; Grace Bock, Donna Fey, Evelyn Stewart, Carol White; tie at 45—Cathleen Hathaway, B.J. Leckbee, June Tassinari, Carol Venslavsky; Tina Hauer, Sandra Lundborn, Thelma Smith, Lois Tatonetti; Catherine Becraft, Marlene Floeckher, Jeanette Messer, Jan Moon.

June 9
Low Gross

Flight 1: 43—Donna Smith; 48—B.J. Leckbee; 49—Pam Carpenter; 50—Lois Tatonetti, Agnes Tetti; 51—Grace Bock.

Flight 2: 55—Heddy Racinowski; 58—Ann Hetzel, Dorothy Wagner; 59—Sumiko Bridges, Ina Menzies, Jeanette Messer; 60—Cathleen Hathaway. 🌟



On Top of the World/Candler 18-Hole LGA
Marilyn Rose

As you can see, we have a temporary new name. We are excited about playing with the ladies from Candler and hope that they feel the same way. We had a nice welcome from Patty Ware, the Candler president, and each team was a mix of ladies from each group. The day was lovely and all participants had a good time.

After the game was over, the ladies from On Top of the World/Candler were treated to a wonderful buffet of endless goodies and soft drinks that were donated by the Candler ladies. The ladies from Candler certainly outdid themselves and we enjoyed each and every bite, for sure.

I thought it would be a good idea to print the schedule for the month of July.

July 3: Add hdcp. to 72; plant flag when you have reached that no. of shots, then finish round. Individual.

July 10: 2 BB ABCD; Team.

July 17: 1/2 handicap; Individual.

July 24: Best 9; choose front or back.

July 31: ONES; Count all holes starting with O-N-E-S; 1/2 handicap.

Now for the winners during the last month.

18 Odd Hole
1/2 Handicap

ABCD
Low Gross/Low Net Results
May 13

Gross: 191—Mary Lyon, Lou Borders, Ruth Border, Shirley Smagner; 202—Vel Rose, Nancy Zielinski, Flo Emanuel, Ginny Huckel; 207—Euny Moore, Rosemarie O'Neil, Patty Bourgault, JoAnn

Roney.
Net: 137—Glenna Swank, Doris Holman, Iro Lisinski, Elsie Calabrese; 149—Helen Bextermueller, Angelita Pena, Jo Apperson, Carol Joseph; 151—Marilyn Rose, Yoshiko Young, Fran Griswold, Linda Bervinkle.

Low Gross/Low Net
May 20

Flight 1, Gross: 80—Mary Lyon; 84— Iro Lisinski, tie at 88—Jerry Gill, Nancy Zielinski.

Net: Tie at 71—Gretchen Normandin, Linda Bervinkle; 74—Janet Juhlin.

Flight 2, Gross: 91—Carol Joseph; tie at 94—Rosemarie O'Neil, Mary Driver; 100—Betty Gustafson.

Net: 71—Angelita Pena, 72—Jean Culp; tie at 77—JoAnn Roney, Serine Rossi.

Flight 3, Gross: 94—Shirley Smagner; 100—Flo Emanuel; 102—Velma Rose.

Net: 69—Andrea Flannery; 74—Glenna Swank; 76—Marti Marta.

Flight 4, Gross: 108—Helen Bextermueller; 111—Yoshiko Young; 123—Mary Skennion.

Net: 72—Elsie Calabrese, 81—Marie Marquis; 87—Helen Foscatt.

ABCD Shamble
May 27

104—Beverly Ovrebø, Glenna Swank, Marti Marta, Elsie Calabrese; 106— Iro Lisinski, Velma Rose, Flo Emanuel, blind; 108—Sandy Chase, JoAnn Roney, Ginny Huckel, Yoshiko Young; 109—Mary Lyon, Doris Holman, Shirley Smagner, Mary Skennion; tie at 117—Joan Daddio, Georgette Perrault, Elsie Rapacz, Ruth Border; Rosemarie O'Neil, Blind, Esther Lang, Helen Bextermueller.

ABCD Points
June 5

16 under par—Carol Joseph, Mary Jane McAttee, Maureen Brooks, Helen Bextermueller; tie at 14 under par—Betty Gustafson, Gail Banavice, Jo Apperson, Andrea Flannery; Iro Lisinski, Shirley Smagner, Serine Rossi, Barbara Masaschi; Joan Daddio, Blind, Marti Marta, Linda Buschur.

Good golfing ladies. Remember to sign up at either On Top of the World or Candler and be ready for a Thursday 8 a.m. show for an 8:30 a.m. go at the Candler course. Hit 'em long and straight. See you there. 🌟



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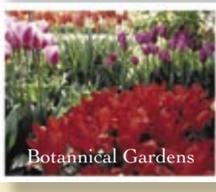
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**Candler Hills
Men's Golf**
Garry Gerlach

At this writing we have had two events with our friends from the On Top of the World courses. We have had nearly 100 players at each event. What a great time and what a great way to make even more friends. We have had a few growing pains, but with the great help from the staff everything has gone generally pretty well. They will improve as time goes on.

Tuesdays are now 8:30 a.m. shotgun starts. As we get more players, it is really important to be on time Tuesday mornings. Be ready to go at 8 a.m. So if you want to hit balls and putt, get there earlier.

The Member/Guest is scheduled for Oct. 9 through 11. The cost will be \$300 per team. There will be a boat ride on the Withlacoochee River for the spouses for \$11 per person. Remember, there are also hole sponsorships available for \$100 and \$250. The \$100 level includes four rounds of golf (not including carts) and a sign for a hole. The \$250 level includes eight rounds of golf (not including carts), a sign for a hole and an invitation for two to the Saturday evening dinner. Members need to sign up their teams no later than July 1 and need to pay no later than Aug. 1. All guests must have a valid handicap that can be verified either through the GHIN system or from their home course.

If you are a player here at On Top of the World who would like to play as a guest or a CHMGA member that needs a guest, contact the Tournament Committee and they will work to accommodate you, if possible. Any questions on the Member/Guest can be directed to Bryant Giffin at bryantgiffin@yahoo.com.

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

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

See you on the links.

Candler Hills Men's League Results

**Four Man Team
Stableford**
May 13

160—Paul Moltisanti, Mike Buschur, John Menzies and Tom McGurk; 159—Bill Horton, Rick D'Addio and Rich Dupras; 158—Gerry Lisinski, Ken McDonald, Tom Garrison and Dick Master-son; 157—Bryant Giffin, Tony Misterly, Bill Anger and Bob Shively.

Individual Net
May 20

64—Dave Masaschi and John Diaz; 65—Tom Garrison, Jack Gustafson and Bruce Venslavsky; 66—Dick Williams; 67—Tom McGurk and Garry Gerlach; 68—Frank McCray, Al Wassmer and Gil Schofield.

May 27

Course closed

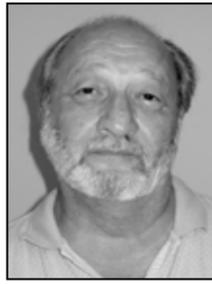
**Four Man Team
2 Best Balls**
June 3

109—John Diaz, Fred Jankowski, Ron Thompson and Bruce Venslavsky; 115—Bill Anger, Fred Spain, Ed O'Leary and Joe Wilssens; 116—Paul East, Paul Perrault, Ed Pozsony and Guy Russell and Carl Arnold, Tom Garrison, Fred Hobbins and Art McTague and Charles Casale, Art Frescura, Nick Nimerala and Bob Shively; 117—George Deignan, Paul Del Vacchio, Jim McGrath, Bill Walker; 118—Douglas Coleman, Steve Kupsch, John Podkomorski, Al Wells; Bryant Giffin, Dick Mastreson, Hira Roy and Marc Schaffer.

**Four Man Team
3 Best Balls**
June 10

(Rain shortened 12 holes—147 was par)

123—Bruce Venslavsky, Tom Fragapane, Bud May and Jack Martin; 128—Dave Schultz, Tony Misterly, Fred Hobbins and John Diaz; 130—Tim O'Neil, Bob Starrett, Bob Cowie and Joe Rappa; 131—Jack Gustafson, Ken McDonald, John Pachin and Steve Molnar and Bill Horton, Francis Caprez, Art McTague and Raymond Beloin; 133—Paul Moltisanti, David Miller, Barry Barringer, Fred Phin and Jim Hewes, Dick Masterson, Hira Roy and John Hodd and Norm Lallier, Lenny Pabon, John Podkomorski and Mike Drabicki.



Billiards
Richard Impressa

Our next meeting will be held at 4 p.m. on Monday, July 7, in the Ceramic Room of the Crafts Building. The agenda will include submitting nominations to serve on the Billiard Club board for 2009. Election to the board will be held at the Oct. 6 meeting. We encourage our members to volunteer for president, vice president, treasurer and recording secretary. The ideal scenario would be for a complete slate of new officers every year or two who could bring a fresh set of objectives and energy to our club.

Since going to quarterly meetings requires

much less commitment than monthly meetings we should have several capable members who can fill these positions.

There will be a pot luck dinner immediately following our July 7 meeting. You may either make a covered dish, or pay \$4 to attend. Please call Penny Wilson or Esther Lang. The sign-up sheet for covered dishes is posted on the bulletin board in the pool room.

Many of our members are part of "the Greatest Generation" who stood up for our country during World War II. One of those who fought in Europe is Leo Blumenthal, who came back from the war with some very interesting memorabilia and has agreed to share it with us at our July 7 meeting. I have seen this collection and am sure you will find it fascinating.

Our Marion county men's league teams aren't sitting idly by waiting for the season to resume this fall. They have used the summer sabbatical to play intra-community mixed team matches in order to stay sharp. It looks like we will be fielding three very competitive teams this year. New additions and newly acquired skills have led to hopeful anticipation for the upcoming season.

Time will tell, but I have seen dramatic improvements in some of the player's game. Two of the most improved players are George Tookmanian and Fred Bakula. These guys have put in the extra time required to improve, and it shows.

To paraphrase Yogi Berra "Pool is 90 percent mental, the other half is physical."

So, as George says, "practice, practice, practice." 🎯

Golf Cart Show Rescheduled for July 12

The Circle Square Cultural Center will host a golf cart show at 5 p.m. Saturday, July 12.

Resident carts and local dealers will be present.

We will have four main categories: best in show, most creative, best classic and people's choice. Winners of each category will receive a donated prize. Before the judging we will have a parade for the participants of the show. There will be golf cart vendors in addition to food, drinks and entertainment. 🎯

Ladies Billiards Travel Team

Penny Wilson

This year, we started the tournament with such a wonderful, hard working group. We are now playing much better. Our skills are improving thanks to practicing.

The travel team did extremely well in the tournaments. April 21 was our last tournament of the season. I am happy to say that we came out on top; we are the champs.

Hope to see everyone on Mondays. 🎯

On Top of the World Communities

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**Candler Hills
Golf Club**
Sally Collins

With the advent of the hot summer days, the golfing activity at Candler Hills Golf Club tends to occur mostly during the mornings. Both the men's and ladies' golf leagues have welcomed their On Top of the World counterparts to jointly compete while the Links at On Top of the World undergoes renovations this summer. Tuesday mornings are devoted to the MGA while both the 9 and 18 LGA leagues have the course on Thursdays.

We hope all of you have had an opportunity to meet Karen Hart, our new golf shop assistant. Karen joins Jessica and Russ on the Golf Shop Customer Assistance team.

Friday, July 4, will feature a mixed team golf event. A Candler Hills two-person mixed team will be paired with a two-person mixed team from On Top of the World. Format will be Better Ball of the two men plus Better Ball of the two women. The festivities continue with a barbecue lunch following golf. This event features an 8:30 shotgun. Cost is applicable golf fees plus \$21.50 per person (\$5 prizes plus \$16.50 inclusive for lunch). The lunch will feature barbecue ribs and chicken, baked beans, corn on the cob, coleslaw, iced tea and strawberry shortcake. Sign up by July 1 for this fun day of golf!

The Just Us Girls Scramble and Dinner outing is scheduled for Wednesday, July 16, at 5 p.m. Cost is \$25 per person (Candler Hills residents \$17) for golf, cart, prizes and dinner. Make your own foursome or the Golf Shop will pair you up. What a great way to get out and have some fun with your girlfriends!

The Sunday Duffers group continues to have a great time on the course every Sunday at 3:30 p.m. Whether you've played a lot or a little, you'll enjoy meeting other golfers who share your passion for the game. Please register by Saturday at noontime for the Duffers group.

Summer golf can be challenging between the heat and the thunderstorms — listen to your body and keep an ear to the sky. Please don't take chances with either one. 🎯

Handicap Equipment

Handicap equipment is loaned free to On Top of the World residents during their convalescent term—walkers, crutches, canes or wheelchairs.

If residents would like to donate equipment, it would be most helpful.

For more information, call the Health & Recreation Department at 854-8707.



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joyocala@embarqmail.com

Summer Hours through Sept. 7:

Sunday Worship: 10 a.m.

No Sunday School during the summer
Wednesday Evening Worship: 6:45 p.m.

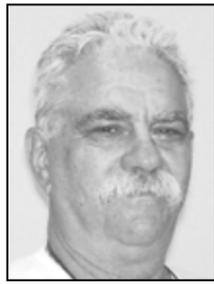
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Social Club
Mort Meretsky

I apologize for the misinformation regarding upcoming play dates in my last month's column. I think I have them correct now. There will be no poker/blackjack in July.

We will have one on Friday, Aug. 15, from 2 to 4 p.m. at the Arbor Conference Center. At this meeting we will be taking reservations for our chicken dinner on Friday, Sept. 19, at the Arbor Conference Center. The price for the dinner is \$3 per person. Members only (this could possibly be changed). There will not be any dealers, so feel free to bring your own games.

Have a terrific Fourth of July and I'll see y'all in August. 🎯



**Democratic
Club**
Lee Wittmer

There will be no general meeting in July. Our meeting in August will include candidates for federal, state and county offices. Also we are planning an indoor picnic/barbecue for September. We will keep you advised.

In November voters will have an opportunity not only to elect candidates for office but the ballot will contain various amendments to the constitution. The Taxation and Budget Reform Commission has seven ballot proposals itself.

Please join us on the third Tuesday of the month at 7 p.m., with refreshments at 6:30 p.m. 🎯

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Sports Program Needs Volunteers At Joy Lutheran

Volunteers are needed to coach and referee flag football at Joy Lutheran Church.

Anyone interested in helping out with this endeavor should contact Pastor Sean at 854-4509, Ext. 222, as soon as possible. Planning and organizing for this event needs to begin prior to the participants practice starting in September.

Flag football is a great sport for boys and girls in the elementary grades, from kindergarten on up. Student registration will occur in late July and August. ☺

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POET'S CORNER

Poetry from On Top of the World Residents

True Love

By MARY CULBERSON

True love never sees any wrinkles
Nor notices that your hair is grey
The only thing that's really important
Is anticipation of another day.

True love overlooks imperfection
And is oblivious to the frailties of life
The only thing that's really important
Is another day with your husband or wife.

True love never becomes impatient
Nor cranky about miniscule things
The only thing that's really important
Is the happiness that your love can bring.

Time runneth swiftly backward
The road love walks along
And disappears forever
In the melody of a lover's song. ☺



Anything But Bland

Executive Chef Dave Bland

Food in Crisis

The state of food in the world appears to be in crisis. There are many factors that have led up to this.

One of these is the use of corn to produce ethanol, which made the price of corn and many other foods skyrocket. Cattle eat corn, people eat corn and corn's byproducts are in nearly everything on grocery shelves. Using food for fuel is a dangerous decision that has already affected our fragile food supply.

In this year alone food costs have risen by six percent. This has a devastating impact on the American family and on hospitality businesses in the United States.

Although this is a problem in our country, developing countries are even more devastated. The United Nations is having difficulty responding to the growing poverty level. There has been

rioting as a result of food shortages in Mexico, Egypt and Haiti. As a result of these growing concerns, Saudi Arabia is promising to increase oil production in hopes of alleviating some of these food crises. As we have now become aware more than ever, food is linked with oil.

A recent local food problem is the Florida tomato industry. In the past month the FDA made a decision to ban the sale of tomatoes after an outbreak of salmonella in raw tomatoes. Only 145 out of 303 million Americans became ill due to tomatoes with salmonella food poisoning.¹ At On Top of the World we stopped serving raw tomatoes as a result of the growing concerns. The Florida tomato producers were in crisis because although there has been no salmonella cases linked to Florida tomatoes, until the FDA released them, no one would eat a tomato. On June 12, US foods, which supplies most of the food for On top of the World, notified me that Florida tomatoes were approved safe by the FDA. Unfortunately, because of the media fear campaign, Americans are not interested in eating tomatoes for the fear of getting sick. Customers at The Pub tell me they did not want to take a chance and it is understandable.

So as an American in Ocala what do you do to protect yourself from unsafe food potential food shortage and the high cost at the grocery store? One thing for sure, if more Americans had their own garden, they would be doing their part to help the environment; and they would know where their food comes from. Also I would recommend supporting our local farmers, which stimulates local growing of fruits and vegetables and ensures that we are eating safer, delicious food. My wife and I go to the Farmers Market weekly to buy our fruits and vegetables. This is a great addition to the community.

We may not be able to fully understand the food situation in the world but by eating locally produced food we are doing our part to stimulate the local economy and ensuring that there will be local growers for years to come. ☺

Magic Touch Salon

Lisa
Michele
Alice
Teresa
Amanda
Nancy
Suzie
Debbie
Judy
Dafney
Nelly

Welcome Nelly
Nails by Dafney

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



Irish American Club

C.M. Casey

PHRASE: Go raibh mile maith agat!
PRONOUNCED: Guh ruh meal/ ah maw tag/gut
MEANING: May you have a thousand good

things

I am happy to say that our officers from last year have graciously accepted another term of office. Hats off to them! Being an officer can be very rewarding to the person nominated and elected, our leaders take pride in watching the club prosper and grow. But like anything else it is often a thankless position especially when decisions must be made or plans are formulated for the good of the club. They spend many an hour planning to make sure our events are successful. We have been very lucky to have had a great group of officers since the club's inauguration, the Irish are natural born leaders, there is no doubt this trait will continue.

You as a member have a very important role as well. Without you, we would not continue to thrive each year. You are a very intricate part of our club and we are glad that you are members. If you wish to take on more responsibility, we can always use volunteers to assist with our events, if you are interested please see Bob O'Neal, Dan Bub or Joe O'Brien; they will welcome your help. To our officers, and to our members, thank you for a wonderful year.

Mark Oct. 16 on your calendar as it will be an Irish night to remember. We have some excellent entertainment lined up and it definitely will be an enjoyable night. More on this event will be released in the next two months.

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

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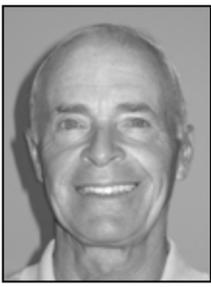
Town & Country PHYSICAL THERAPY

Beth Pantages PT Clinical Director

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

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Favorite Recipes Dinner Club Luke Mullen

This month marked our third year of celebrating fine food and fun since our first dinner in May 2005. On May 17, 20 members participated at three dinners.

Hosts for our first dinner were Jean and Joe Breslin. Their evening started off with two hors d'oeuvres prepared by Tish and Don Dertien. The first was a Mexican quiche, baked and served warm. The second was a baked artichoke dip served hot with tortilla chips.

Following the appetizers, Jean and Joe served the main meal. The salad was large stuffed portobello mushrooms sprinkled with feta cheese on top. Braised beef was served in mushroom gravy that had a slight hint of horseradish. Accompanying the entree were mashed potatoes containing sautéed onions and cottage cheese. Carrots, with a creamed dill sauce, and asparagus with buttered breadcrumbs were also served. Following this delicious meal was a dessert brought by Sue and Howard Bourland. It was an orange fluff

pie and was a big hit at the dinner. Also enjoying the fun evening were Sylvia Andrews and Ollie Aube.

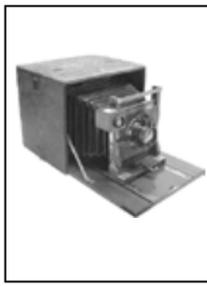
Pat and Robert Riedeman hosted our second dinner. Debbie and Dan Partin made two appetizers. The first was brie covered in apricot jam and sliced almonds, baked and served on crackers. The second was eggrolls glazed with sweet and sour sauce, served hot. Pat and Robert then served the salad. It was Romaine lettuce, grape tomatoes, with crumbled blue cheese a blue cheese homemade dressing. The main meal followed and was a Flemish pot roast, braised in beer with onions. They also served little new potatoes and green beans from their garden. A chili corn dish accompanied the meal. Gitte and Paul Agarwal provided the dessert, a delicious marzipan tart. This is a Danish recipe that consists of almond paste creamed with sugar, butter, eggs and flour and then topped with ground, roasted hazelnuts.

Joan Sigafos and Richard Miles hosted our third fun dinner of the evening. Appetizers were the first order of business for the activities. Mary and Bob O'Neal prepared them. The first was Black Forest ham rolls with cream cheese and pineapple.

The second was smoked salmon, with a Vidalia onion, chive cream cheese combination on a water cracker. Following hors d'oeuvres Joan and Richard served the salad a "pizza salad," consisting of baby greens, grape tomatoes, pepperoni, red pepper and bleu cheese with Italian dressing. The main course was pork tenderloin glazed with a grapefruit butter/soy sauce and garlic marinade, duchess potatoes and sautéed fresh summer squashes.

Eddie and Fritz de Holl made dessert, a cream cheese pie with chilled cherry pie filling and a blueberry topping. All enjoyed a great evening.

If you are a couple who could attend eight to 10 club dinners per year, enjoys cooking and entertaining people in your home, consider calling Luke at 304-8104 for membership information.



Shutterbugs Photography Marilynn Cronin

ShutterBugs — On Top of the World Photography Club keeps growing with new members! No matter what your skill level is, our officers and fellow members are always happy to share and help answer your questions.

On June 10, there was a question and answer period with questions being thrown out on every topic concerning photography — cameras, modes, etc. Our May challenge was landscapes and those photos were also shared. July's challenge will be humor, followed by action shots during August.

June's field trip was to Kanapaha Gardens, Gainesville — more on this next month. The group won't be traveling anywhere in July, as we will be having a club barbecue.

The challenges and shootouts are opportunities to learn about our cameras and photography, as well as observe during the monthly show

'n tell how we frame/see the same subjects from different perspectives. The shootouts have been a wonderful venue to get to know each other.

Tom Frostig continues to teach us Photoshop Elements 4 through 6. On July 8, member Sid Russell will give a class on portrait lighting.

Tom and Betty Frostig will be leading a cruise to Alaska next year — working with a cruise company to make as many opportunities for great shots by our photographers. Contact Tom at webmaster@otowspc.com if you are interested and would like more information.

ShutterBugs members are already planning for the November exhibit. Remember, you must be a member to enter your photos. More information will be coming in the following months.

Photo Tip

Use the fill flash when taking photos outdoors, because the biggest mistake you can make is to assume that you don't need a flash if the sun is out. Bright sunlight — especially the direct, overhead, middle-of-the-day sun — is the most unflattering type of light you can use to take "people" pictures. Children are particularly susceptible to "raccoon eyes," or dark circles under their eyes due to shadows cast from the sun. Setting your camera on "fill" (or "forced") flash mode will automatically trigger the flash with every picture, helping to soften facial features and fill in unwanted shadows.

ShutterBugs — On Top of the World Photography Club stresses education, sharing and fun! The ShutterBugs meet on the three Tuesdays of the month with a field trip on the fourth Tuesday (no meeting if there is a fifth Tuesday) at 3 p.m. in Suites B and C of the Arbor Conference Center. All On Top of the World residents at all skill levels are welcome to join. Visit us at www.otowspc.com and see what we are all about — contact info, links, events, field trips, etc. If you would like more information about ShutterBugs, please contact Gary Uhley at 854-8536 or e-mail him at bugs@otowspc.com.



Dish & That Recipes Jean Breslin

Here are two recipes that will work well for a 4th of July party.

Fettuccine Slaw with Chicken

Serves 4

8 ounces uncooked fettuccine
2 cups cooked chicken (cut in pieces)
3 cups finely chopped cabbage
4 celery ribs, thinly sliced
2 cups thinly sliced cucumbers
2 cups shredded carrots
1 cup (8 ounces) plain yogurt
1/2 cup mayonnaise

2 tablespoons white vinegar
2 teaspoon sugar
1/2 teaspoon salt
1 teaspoon mustard
1/4 teaspoon pepper

Break fettuccini into thirds. Cook according to package directions. Drain and rinse in cold water.

In a large bowl, combine the fettuccine, cabbage, celery, cucumbers and carrots. In a small bowl, combine the remaining ingredients. Pour over fettuccine mixture and toss to coat. Refrigerate until chilled.

Pumpkin Chocolate Chip Cookies

1 cup sugar
1 cup shortening
1 cup canned pumpkin
2 eggs, slightly beaten
1 teaspoon vanilla
2 cups sifted flour
2 teaspoons baking powder
1 teaspoon baking soda
1 teaspoon salt
1 tablespoon cinnamon
1 cup semisweet chocolate chips, or pecans (or I like to put 1/2 cup each, chips and nuts)
Preheat oven to 350 degrees.

Cream together sugar and shortening. Add pumpkin, eggs and vanilla. Sift in flour, baking powder, baking soda, salt and cinnamon. Stir in chips, and/or pecans. Drop by teaspoonfuls onto greased cookie sheet. Bake at 350 degrees for 12 to 15 minutes. Cool on rack.
Enjoy a sparkling 4th of July.

Stop Signs In On Top of the World

By BOB WOODS
WORLD NEWS WRITER

I see, as I know many of you have, people not observing the stop or yield signs that are posted along our roads not to mention the speed limit signs. The maximum speed limit within On Top of the World on the main roads is 30 MPH. I don't know how many times I head towards the main entrance doing the speed limit and I might as well have been walking for every car and pick-up that passed me as if I was crawling. I hate to say this but the worst offenders were our own residents. I realize I often see contractors or guests flying by me but for the most part, the residents are the worst offenders. I don't know if they are late for the beauty shop or barber shop. I will admit there was the time I saw a car pass me with four inhabitants. They passed me and I watched to see where they were heading in such a hurry. I watched this car head out the gate and head right into McDonalds.

I have seen countless times golf carts going right through stop signs without even slowing down. I will admit there have been times I noticed the driver looking but if no one is approaching the intersection from the other direction, it must be OK not to obey the signs. The worst offenders with the golf carts that I have witnessed are golfers. I saw two recently as I was walking along the sidewalk crossing 94th Street at 99th and two carts with one occupant each carrying golf clubs turn right onto 99th after rounding the corner and never coming close to stopping. They must have been late for tee-time.

Another sign that is not observed is the ones just outside the gate that say yield to pedestri-

ans and golf carts. There is also a sign on 94th stating to yield to golf carts. I will have to admit the yield signs only state yield in one direction while those vehicles entering towards the front entrance warn the motorist of a golf cart and pedestrian crossing. But regardless, pedestrians have the right of way and motorists should stop — it's the law.

It has been published in columns in the World News that at times the county Sheriff's office has had officers within the confines of On Top of the World stopping speeders and those forgetting to stop at stop signs. I understand the officers have mostly been issuing warnings, well, those warning tickets are about to stop and real tickets, that not only are going to cost you violators money but points on your license as well which could mean extra Paso's being paid out for car insurance.

Not too long ago at the four way stop signs at the intersection off 99th and 90th there were three cars already stopped heading in different directions when this elderly person, who must have seen the other vehicles stopped, approached the stop sign, never slowing down and went right through narrowing missing one of the three vehicles which started across the intersection. All three cars blew their horns but the person in the wrong never acknowledged the horns nor battered an eye in any one's direction.

Slow down, you can't be in that much of a hurry, after all, you are retired and are suppose to have plenty of time on your hands. I know everyone living here must be able to read those signs that say Stop or Yield or those limiting speed. Take your time. Remember, we are all retired.



New York/ New Jersey Terry Zarrella

First I want to thank Bunny Barba for writing the column last month. She did such a great job ... I may ask her to continue writing as she has an excellent way with words. I guess our mouths work the same way! (inside joke).

Our May meeting consisted only of coffee, tea and dessert. Many of the members had left for vacation or were busy with other pressing matters. We did not have our yearly "Not So Newlywed Game." The board members voted and decided that we will discontinue that entertainment and have games and entertainment that all members can volunteer to be in. Also, the board has voted that the season will end in May versus June. It will end with an end of year party.

In next month's column I will elaborate on this year's end of year party that was held after this column was due. There will be no meetings in the months of July and August. Our next meeting will resume on Sept. 16.

I want to take this opportunity for all residents who reside in all areas of On Top of the World including Candler, Avalon, Windsor, Providence and Indigo that resided in New York and New Jersey to consider joining our club when the new season resumes in September.

If you have any questions, please do not hesitate to contact Liz Ettell, our president, for further information. Her number is in the phone book. In the meantime, stay well, laugh often be happy!

Avalon Social Club Lorraine Rourke

We had a small but fun crew for the June bring-a-dish with Sandy teaching everyone a lively Cuban line dance. The food was a delicious variety. Due to the holiday in July we will not have an event. We do challenge our residents to deck out in American themes and colors to show support for our great country and servicemen. Ed Barnes has small American flags you can pick up by contacting him at 304-8206 or stop by at 10083 S.W. 90 Loop. The cost is 50 cents per flag, well below cost.

Our next event is our Beach Party Bring-a-Dish on Monday Aug. 4. Setup is at 4:30 p.m. with start at 5 p.m. Come dressed for a beach party, bring a dish to share and join in the fun we have planned. We plan to hit the pool afterwards for those that want to cool off. Contact Lorraine at 390-2120 for questions.

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Line Dancing
Sherry Ashenfelter

Because of our dedicated and enthusiastic dance students, the September 2007 through June 2008 dance year was great fun. Joining our returning students were more than 100 newcomers to line dance. We instructors taught a total of 45 dances. Our dancers demonstrated their skills at the Big Deal party and at the new Town Square.

During summer break, Jack and I prepare for the next dance year. We attend out-of-town workshops, consider recommendations from other instructors and from our students, and read through our 20-year collection of stepsheets to choose line dances and music. We will be refreshed and prepared to teach new and returning dancers on Monday, Sept. 8. For information about line dance classes and the Sept. 6 pre-class meeting for newcomers, phone 873-9440.

Upcoming Publication Date
August issue: July 31

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Ballet Club
Eugenie Martin

If it is summertime, it must also be time for the television series, "So You Think You Can Dance." I am already watching the show and enjoying not only the dance techniques but also the spirit of these young dancers. They are all winners in one way or another!

Here at home, the On Top of the World Ballet Club continues to grow. When we started a few years ago, we had only four members, but now, we have 12 — not a large group by most standards, but still three times our original size. In New York City and other major metropolitan areas, adult ballet classes are quite commonplace. However, in smaller areas like Ocala that is not the case. So, we are pleased with our growth and, in the fall, will be adding a fourth ballet barre to accommodate the larger class size.

During a recent class, I looked out of the studio and saw another dance group, dressed as cowgirls, lined up to perform in the Arbor Club Ballroom. They looked great, and reminded me of the many performing arts groups here, including the chorus, which I recently joined. This certainly speaks well of On Top of the World.

For any of you who wish to perform or just exercise doing ballet, you are welcome to join our classes Tuesday and Thursday 1 to 2 p.m. in the Arbor Club Exercise Studio overlooking the indoor pool. We will be meeting all throughout the summer. If you are hesitant to do the class, just drop in to watch. The music is beautiful, believe me.

For any questions, feel free to call me any time at 854-8589. Happy dancing!

www.OnTopoftheWorldInfo.com



Square Dancing
Maureen Lea

Well, the weddings, graduations and late spring and early summer events, as well as square dancing, are coming to an end for another

year. July will be our last dancing for this season, and we will have August. If you are planning to travel, this might be a good time to do so. You don't want to miss any dancing if it isn't necessary. We will start up again in September.

July 29 will be the ice cream social and class graduation, which marks the end of the season and completion of the Mainstream and Plus classes. Please try to attend and show your support for the graduates. Classes will begin again in October. Remember, any new people you meet are potential square dancers, so talk it up and get them ready for lessons in October.

Anyone who has a little time on his or her hands and wants to help out and volunteer will be appreciated. There are always functions to be filled and people looking for a break. It seems the same people are always stepping up to the plate. If you are interested in helping out, please give Tom or Rita Miller a call, or tell any officer.

I'm taking off the month of August and will not be submitting an article again until the September edition. If you have anything you would like me to cover in future articles, you can contact me at lea_maureen@yahoo.com. I am always looking for suggestions. Have a great summer and see you in September.



Karaoke Friends
Vivian Brown

Recently at one of our get togethers, I wore a cowboy hat and boots to sing "These boots are made for walking." Not to be out done, the next time Shirley wore a black cowboy hat as she sang and yodeled her song. Everyone got a kick out of it, so I decided to make the first Monday of the month Karaoke Friends "Show and Sing." Bring your own props — you can wear them, play them,

ride them or dance with them. Sounds like fun! You do not have to participate in using props. Anyone and everyone can do regular karaoke. It's your choice! We'll try it. If we find it doesn't work out it will be discontinued.

We welcome two new ladies, Jean and Estelle. It was their first time doing karaoke. They seemed to enjoy it and we look forward to them coming back.

Ferdie and Marietta returned. Ferdie did an excellent rendition of "My Way" and Marietta thrilled us with "The Impossible Dream." After a long absence, Rudy joined us and sang his heartfelt spiritual songs. He also treated us with a large box of cookies ... mmm mmm good. Thanks Rudy!

Donny sang "Keeper of the Stars" to his beautiful wife. It was the song they played at their wedding. It is a beautiful song and Donny sang it with such love and tenderness it brought tears to my eyes. Since we were on the love train that night, Norma and Hubby Bob, Kathy and Hubby Charlie, hugged their wives as they gazed loving into each other's eyes. And after all those years (can you believe it)? Love just seems to get better with age.

Come join us the first and third Monday and the second Thursday of the month in Suites E and F of the Arbor Conference Center from 6:30 9:30 p.m. and the fourth Tuesday of the month at Candler Hills from 7 to 10 p.m. For information, call Vivian at 291-0246. Keep on singing.

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Pattern Dance
Barb McArdle

Are you enjoying the dancing at The Town Square? Even if you don't dance, the music is good and it's fun to watch all the different dance renditions e.g., the line dancers and the pattern dancers.

Our instructor Carla Magri wants to refresh our memories on all the routines we have learned so we can dance to all the types of music that are offered at The Town Square.

Here is a handy list to cut out and put on your refrigerator to remind you of special practices:

- Tuesday evening, July 22, from 6:15 to 8 at the Health & Recreation Ballroom.
- Tuesday evening, Sept. 2, from 6:15 to 8 at the H&R Ballroom.
- Every Sunday evening starting Sept. 7 from 5:30 to 6:30 at the Arbor Club.

We will be starting new classes and welcoming new members on Tuesday, Oct. 14, from 6:30 until 8 at the H&R Ballroom. Thereafter, classes will be every Tuesday. For information call Barb at 369-1220, Carla at 873-8387 or Verna at 873-0385.



Swingin' Sisters
Sue Moody

In the month of May, we performed for the Summerville Assisted Living Facility. As usual, they were very appreciative. It is so satisfying to perform for them and bring a little sunshine into their lives.

Later in the month about six of us went to the "Sex and the City" premiere and were interviewed and photographed by the Star-Banner. What fun!

We're winding down for the summer, but I'm still taking new girls to learn the routine on Saturdays. Please call Sue Moody at 291-7679 for more info. Remember, keep on dancin' love n' kisses!

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Caribbean Hide-a-ways

San Blas Islands Offer Rare Glimpse of Island Life

By BOB WOODS
 WORLD NEWS WRITER

Over the years I have traveled from one end of the Caribbean to the other visiting many ports especially islands either as a sailor in Uncle Sam's Navy or as a civilian tourist traveling with my better half, Miss Beverly, my wife on cruise ships.

The first place I would like you all to visit along with us is an exotic group of islands that remind me of something right out of the movies. There are beautiful white sand beaches that are home to large coconut palms shading grass huts, homes to its local inhabitants. Most of the inhabitants of these islands live in houses only a few feet from the water's edge and just a few feet above sea level. I found out these islands are protected from storms by off shore reefs and no hurricane has ever reach these islands. Looking at these islands from a distance you think you are in a tropical paradise, which you are.

Are you wondering where these islands are located and how you would get there? The tropical islands are called San Blas Islands and they are an archipelago of some 365 islands of various sizes running from the Panama Canal to the Colombian border just off the eastern coast of Panama. Out of all those islands there are only 48 villages. Some reports state the population of these islands number some 20,000 while other reports state the 2000 census quotes the population at some 61,000 plus. Those inhabitants are the Kuna Indians.

Now for the disappointing fact: The only way one can reach these islands is by cruise ship, except for the occasional small aircraft flight to one of the islands from the Panama Canal Zone which I will explain later. One of these islands, El Porvenir, is an island that caters to the cruise ship industry. There are no inhabitants living on this island but the island is a business hub for the locals when a cruise ship drops anchor near the island. It seems all the locals from many islands in the area flock to this island that is capable of handling the ship's excursion craft.

It seems no matter where anyone goes in this world there just happens to be one common language familiar to all especially those not speaking the English language. That is the American dollar, which believe it or not, is the local currency used on the island. What is funny is that supposedly no one on these islands speaks English but everything on the islands is in dollar increments.

If you want to take a picture of a woman sewing or a child at play, well, it costs one dollar. Stop in the local bar, the only drinking establishment on the islands and caters only to cruise ship passengers, which is something right out of an old Pacific movie set and purchase a beer or coke. You are right, the cost is one dollar. By the way, this bar is located on a neighboring island from where the ship tenders land. It was a grass hut with a dirt floor and a single light bulb hanging from a rafter pole.

The light would glow when a little generator was started. The sign outside offered cold drinks but when served the drinks were only a few degrees cooler than the tropical air. I got caught up in this menagerie just walking around the island taking pictures here and there. I was be-

ing chased by kids, women in their native dress holding up their fingers simulating I owe them a dollar.

The price tag would rise when needing transportation to another island. Ten dollars would enable one to ride in a dug out canoe powered by a Kuna Indian at the controls of a 15-horse-powered outboard motor just in case you would like to do a little, and I mean little shopping on a nearby island.

The main income to the island residents is a product called molas. Molas are a hand-sewn design on a fabric having some tribal designs or other designs from geometric or abstract representation of birds, fish, turtles and many other subjects.

It is quite a sight to watch the Kuna women sewing the molas at the same time keeping the ever-watchful eye for tourists taking pictures. Most of the molas would start around \$15 and of course many costing more. Bargaining is accepted and it is funny to see women, who supposedly do not speak anything but their native Kuna language, bicker back with dollar amounts uttering broken English and using hand signals.

Molas are panels of cloth appliqué that are sewn in the fronts and backs of blouses; in other words, wearable decorated women's blouses. Molas can be purchased on all the islands as it is Panama's and the Kuna Indians' best-known native craft. Bev and I purchased a couple of molas and after having them framed, they now decorate our home's walls.

The language spoken by the Kunas is their own. Most men also speak a little Spanish, but only the men. Women and children only speak their Kuna language. Most of the women and children do business with the tourists by selling the popular molas. The men run the dugouts transporting tourist from island to island.

The Kunas are politically independent, having run their right of self-government in a 1925 revolution with Panama. The Kuna law prohibits anyone but a Kuna from owning any land on their islands and they also acquired a strip of land on the Panama coast. The law also prohibits fishing in their waters by boats with machinery, or taking anything from the sea that a diver cannot reach with air from his own lungs.

Scuba diving is prohibited but tourists snorkel in the reefs around the islands, which are some of the oldest and best-preserved reefs in the world.

It seems the Kunas have no worries in the world. They are independent of Panama. Most male Kunas are aware of the outside world having experiences in Panama City but have returned to the islands to live the way they do. The islands are generally untouched by the outside world except for cruise ship passengers spending dollars seeking their famous molas and touring their islands.

I was told there are daily flights to the mainland from some of the larger islands. El Porvenir Island has a mighty narrow and short runway. While on the island we noticed a small Piper Cub had landed and dropped off a couple of people before departing for the mainland. All the goods including gasoline for the few generators, water, food items are transported by canoe from the mainland, some 60 miles away.

Does a trip to the San Blas Island sound intriguing? Make sure if you decide to take a cruise that makes stops in Panama or Cartagena, Colombia, that the ship you choose stops for a day in the San Blas Archipelago. I have noticed in recent years going through cruise ship catalogs that fewer and fewer ships stop at the San Blas Islands. ☺

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A Day in the Life of On Top of the World

The Shutterbugs Photography Club sponsored a project in which residents of On Top of the World were asked to capture "a day in the life" of our community. About 30 photographers rose to the occasion, and here is a sampling of their snapshots. More photos are on Page 34.



Photo by Charlie Smith



Photo by Daisy Rowell



Photo by Margaret Edmiston



Photo by Mike Roppel



Photo by Roger Foley



Photo by Mike Roppel



Photo by Ray Cech



The Bachelors perform as part of the Entertainment Group's 2008-09 season on Jan. 24.

The Entertainment Group Announces 2008-09 Season

The Entertainment Group has its lineup ready for the 2008-09 season.

Canada's favorite male vocalist, Brian Roman, will open the series on Saturday, Sept. 27, at 7:30 p.m. at the Health & Recreation Ballroom. Over the past 20 years, Toronto-born Brian has attracted loyal and enthusiastic audiences that follow him wherever he performs.

This spring, Brian completed a tour of Great Britain and will kick off his United States tour here at On Top of the World. Brian is the complete package with just the right style, sincere stage presence and a voice that does justice to Elvis, Sinatra and Tom Jones standards.

His evening will be opened by Bev Bergeron with his "Magical, Laughter, Comedy for Everyone" show.

Bev has perfectly timed comedy patterns, funny moments and great rapport with the audience and incorporates sight gags and comedy magic routines. For 16 years, he was the star in Disney's Diamond Horseshoe Review. In fact, when he takes the stage with his bag of funnies, some say he is in the mode of Benny Hill.

On Saturday, Oct. 25, if you close your eyes, you will believe you are at a Neil Diamond concert. The show starts at 7:30 p.m.

But this is not New York's Neil Diamond. This is Chicago's Denny Diamond, accompanied by his five-piece backup band.

Denny is careful to emphasize that he is not a Neil Diamond impersonator but rather a stylist or cover artist. He draws from Neil Diamond's anthology "Song Sung Blue" to "Brother Love's Traveling Salvation Show."

Women in the audience will love Denny's collection of glittering glass-beaded shirts that weigh 40 pounds. He brings down the house comically crooning "You Don't Bring Me Flowers" with his burly Longfellow drummer.

On Saturday, Nov. 29, Suzi Cruz brings her "An Act to Remember" show to the On Top of the World stage at 7:30 p.m.

This musical comedy act has a variety of songs from Broadway's greatest hits, impressions of some of your favorites, to the nostalgic 1940s, 1950s and 1960s.

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

Opening the show is Timothy Hawkins, who is one of those unique entertainers that lights up a room as a comic vocalist, magician and improv humorist. He offers hysterical humor with loads of laughter.

As with all the Entertainment Group's shows being sellouts, the performance coming on Saturday, Jan. 24, promises to be sold out long before show time.

"Memories of the Mills Brothers," featuring the three Bachelors in their white tuxedos, bring to the stage superb harmonies and crowd-pleasing personalities and charisma in a high-quality Las Vegas style-show.

Their vocal style, reminiscent of the Mills Brothers, Ink Spots and the Platters, will take you down memory lane with songs such as "Up the Lazy River," "Glow Worm" and "You're Nobody til Somebody Loves You." The Bachelors perform these songs in a style that preserves the tradition, quality and showmanship of these well-loved performers. The Bachelors take the stage at 7:30 p.m.

The most unique show to come to the On Top of the World stage will be at 7:30 p.m. Saturday, Feb. 14.

Re-Creation presents "The Best Dressed" songs in America to take to the stage in grand musical fashion.

The 1920s come alive with the Barbershop and Flappers. The 1940s get swinging with Zoot Suits and Spats. Tuxedos and Taffetas will take you back to the prom. Polyester Party brings back the icons of the 1960s and 1970s, and Boots and Bandanas bring back the best of country.

The cast of young people is all volunteers who give up at least a year of their lives to travel the country providing the only program of therapeutic entertainment to our nation's hospitalized veterans.

By booking this show, the Entertainment Group is helping send the same entertainment to the men and women receiving care in the Veterans Administration health care system.

The Entertainment Group concludes its 2008-09 season on Saturday, March 28, at 7:30 p.m.

And what a show it is. "Live from Broadway" stars Ken Shepski. "None sings better than Ken Shepski" says Patrick Vaccariello, Broadway musical director of "A Chorus Line," "La Cage," "Cabaret" and "Gypsy."

On Broadway, Ken shared the stage with Patti LuPone in "Anything Goes" as well as with Betty Garret and George Hearn in "Meet Me in St. Louis." Ken has also shared the stage with John Davidson, JoAnne Worley, John Raitt, Leslie Ugams, Rita Moreno and many more.

Showcased will be a Gershwin melody, the wit of Cole Porter, the rhythm of Ellington, the music of Broadway, and the pop songs of today while invoking an era of yesteryear.

Opening the show is "Chicago's Own Tony Bennett," Frank Pisani. The Chicago Tribune calls it "The Ultimate One-Man Show."

Hear the sounds of Sinatra, Dean Martin, Bobby Darin, Louis Prima, Elvis, Bobby Vinton and many more. Hear the comedy of Jackie Mason, Rodney Dangerfield, George Burns and others.

Frank has shared the stage with Randy Travis, the Pointer Sisters, Brenda Lee, Bobby Vinton and Frankie Valli.

It is a great show to close out the Entertainment Group's show series.

Information on ticket sales will be in future issues of the World News. ☎

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Theatre Group
Marcia Miller

Second time is the charm, as they say. The play, "Meet My Husbands," that the group was unable to cast last spring, is now a go. The cast includes several newcomers to the On Top of the World stage as well as some veteran performers.

Newcomers include: Raquel Berdichevsky, Rick Nelson and Bob McGrath. Raquel and Rick are both new to acting. Bob has been involved in community theater. JoAnn Nyren, Marilyn Bettinger, Emery Bjerkmann and Marcia Miller were all seen last November in "The Odd Couple, Female Version." Dick Phillips previously played the rabbi in "Bermuda Avenue Triangle."

Beverly Russell, who was also in "The Odd Couple," will be serving as stage manager for this show. Shirley Coe, who in recent years has been the group's excellent prompter, is going to take charge of props for this production.

The play, written by Fred Carmichael, will be directed by Tom McHaffie. Before coming to On Top of the World, he played the lead role in this play.

The play is a comedy involving too many husbands and a case of mistaken identity. Performances are scheduled for Nov. 14 and 15. The cast members already have their books and will be working on learning lines over the summer.

Regular monthly meetings of the Theatre Group will resume in September. ☎

Where the News is Always Good

Upcoming Editions

August issue: Thursday, July 31

September issue: Thursday, Aug. 28

October issue: Thursday, Oct. 2

November issue: Thursday, Oct. 30

December issue: Thursday, Nov. 27

The Movie Club Presents 'Mad Money'

By MARY EHLE

The movie for July will be a comedy. It is called "Mad Money" and stars some of our favorite people, Diane Keaton and Ted Danson.

They are a couple who have always had an above average lifestyle and then he loses his job and can't find work. She has to go to work and she goes to the Federal Reserve Bank where she works as a janitor. She teams up with fel-

low worker Queen Latifah and Katie Holmes. The story is very funny and I think very plausible in today's world.

As always, the movie is in the Ballroom of the Health & Recreation Building and is open to all residents and their overnight guests. You can pay \$2 at the door if you are not a member. The movie starts promptly at 6 p.m. The date of this month's movie is July 13. Hope to see you there.



The Happy Hookers
Yvonne Bednar

A happy July 4th and summer to all Happy Hookers and our readers. We will continue to meet on Mondays from 2 to 3 p.m. in the Arts/Ceramic room throughout the summer months. One never knows who will show up, because we are a small informal group from the various communities here. We do not collect any dues, have no officers and no minutes are read. Just bring your item you're working on and join in.

I continue making military helmet liners for our troops in Iraq, as I mentioned in the June article. Several others are also planning on doing this.

The various projects that are being worked include: Joan Rappa is knitting an adult sweater in colors of mauve, pink and burgundy. It is very attractive. Jackie Palotta is knitting a sweater with mohair yarn, which is a gift. Jackie Nolte

is also knitting with mohair yarn, a multicolor green lap robe and she has created her own pattern for this. Kaye Kazen enjoys making vests, hats and scarves for the Seamen's Organization, which she has been doing for many years.

Naomi Berman finished the Irish welcome greeting in counted cross stitch, and is now starting a Hebrew welcome "Shalom" in gold and green colors. These will someday be framed and hung in her home. Cecily Lucus is cross-stitching a Jacobean ABC's sampler, which has flowers, animals and the alphabet; when completed this will be framed.

Pat Utiss is helping out a friend with crocheting baby hooded sweaters in very soft yellow yarn. Carol Toye brought in her completed teal cloth table cover, which is done with crewel embroidery stitching in shades of pink, mauve and burgundy, a beautiful work of art.

Nancy Scott is finishing up a kelly green hat that she is knitting. Hilda Woodcock has completed a child's sweater in white and yellow that will be donated to a needy child through the Guidepost's Knit for Kids program and has also started knitting the military helmet liners. Mary Lou Welsh is completing a lovely soft white yarn prayer shawl in an unusual pattern. This will be donated to the Druid Hills United Methodist Church.

In June, The Happy Hookers had their bi-monthly luncheon at the new Carmine's Café. I did not attend but I heard the food was delicious. Our group just loves to eat, and there are so many places to do this and new ones opening up all the time. August we will again dine out for lunch the first Monday of that month. Check out the August World News for the restaurant of choice that month.

If you would like more information or are interested in joining our group, you may call Jackie Palotta at 854-4555 or come on up and check it out. Till next month knit one and purl two.

Embroidery Chicks

Jan Johnson

The Embroidery Chicks are getting lacy! Designs specifically designated as "free standing lace" or FSL are created with the help of a water-soluble stabilizer. Some kind of backing or stabilizer is needed for all embroidery, but FSL requires a non-woven dissolvable mesh stabilizer that will disappear in water after the design is completed.

Picture a lace holiday ornament or a lace bookmark. The stabilizer used may be something like Vilene, which is imported in to the United States in large rolls and sometimes repackaged under different brand names. Two renamed brands are Aqua Magic and Wash-Away. However, we used Solvy, a different, film-type of stabilizer. There are three weights of Solvy and so we experimented. I made miniature FSL holiday ornaments in white thread, such as a shining candle, a holiday stocking and a Santa. They are quite amazing and will look lovely on a green holiday tree. The orna-

ments are small and can also be inserted in to a holiday card for mailing to friends and family.

Several other ladies made small bookmarks on stiff felt. They were very interesting and provide another project for the rest of us who were doing the lacework.

Our next project tentatively will be making embroidered notepad holders with a place to hold a pen. A small notepad can be inserted for those grocery lists and the attached pen will be very convenient.

Now, a new topic ... I have discovered a book at our fabulous On Top of the World library, a book entitled, "Blessed Unrest," by Paul Hawken. It is about the quiet movement of everyday people of the world who endeavor to make changes to benefit the world and its inhabitants. "It is a sacred act." And so, I too recognize all those organizations and ordinary On Top of the World residents who participate in creating a better world. I think especially of the Embroidery Chicks, the Stitch Witches Quilters and the Sewing Bees, who are all concerned with the welfare of children. There are many such participants and many organizations here at On Top of the World and we are creating a better world bit by bit. We are not content to sit and rest in caring for the world; we are beset with a "blessed unrest." I salute you all!



Stitch Witch Quilters
Ann Weldishofer

It is pretty evident that this group likes to gad! There were only 18 members at our June meeting, but we really enjoyed the super refreshments provided by Jane Geary and Lorraine Rourke. We just hope all our wandering pals don't find too many wonderful quilt shops in their travels! They can be hard to resist! We welcomed new members Danielle Williams and Lin Edge. We hope you have as much fun as we do!

Our June Comfort Quilt workshops were on half-square triangles, and Tekla Krause showed us two lovely examples. In July and possibly August, we will work on "re-run" quilts, and we voted on the Jar quilt, the Buttonbox quilt, or the Mutts and Bones quilts. These are quilts we've made in the past and have determined are favor-

ites. We may decide to work on the No. 1 choice for July, and the No. 2 choice for August workshops. Tekla will announce the outcome later.

We also determined that we are in need of new cutting mats, as ours are old and pretty much cut up beyond good use. We will look into this and see where we can get the best deal. There was a question about the distribution of our comfort quilts, and explanations were made as to how this is handled. Ann said that the next series of beginner quilt classes will not begin until sometime in January 2009.

In the meantime, most of our efforts are being used to make items to sell at the On Top of the World Fall Arts and Crafts Sale. We are making many small items useful around the house, and also will be selling some of our best child-friendly quilts. These will include the fish, the puppy, jars, and ice cream cones — ones that make perfect gifts for your new grandchild or any favorite child in your life. Every child loves his or her blankie, and these small quilts fill the bill perfectly. The proceeds from our sales will be used to continue buying all the supplies we need to make the comfort quilts we donate to area child advocate agencies.

We had another really good show and tell, at least eight quilts were shown, and added to our supply.

We meet all summer, every Tuesday in the Art room of the Crafts Building, and our business meeting is at 1 p.m. on the first Tuesday. Most of our workshops and classes are at 9:30 in the morning, at the same place. Every Tuesday at least some of our members are there, working on unfinished projects, starting new ones, or working on personal items. We welcome any On Top of the World resident to join us and see what we are all about. Someone is always ready to give a helping hand.

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Crescent Ridge 1 & 2
Renaissance Park
Windsor



Rubber Stamping Greeting Cards Margaret Hanrahan

We had so much fun recently making two different cards, one for the guys and one for the gals. The guy card featured three embossed and colored fish swimming across a fishnet background, which in reality was "heat and bond" melted onto the cardstock and enhanced with pigment inks.

The other card was a lady's purse made from double sided scrapbook cardstock. It was embellished with straps, shiny "metal" studs and a jewel fastener. This handled "purse" opened to reveal a message inside.

We meet to encourage, inspire and assist one another. Our first group is full but we have space in the third Thursday of each month. If you have questions or want to join us please call Margaret at 732-3282. ☎



Photo by Bill Shampine

One of the many lakes near Kuusamo, Finland



World Traveler Bill Shampine

lakes (who counts these things?) With ready access to this much water, the Finns love outdoor water sports such as fishing, swimming, water skiing, and canoeing.

Finland is not like any other country in Europe. The first thing noticeable to me when we visited was the lack of stone castles and ancient buildings that are so common throughout the countries of central Europe. Because Finland was heavily forested the building material of choice historically was wood.

Unfortunately, fires and termites tended to wipe out the older wooden buildings, so you only see the steel and glass structures built in more modern times.

Homes in Finland typically are small by American standards; however, every home has a walk-in, cooled pantry in the kitchen (equivalent to a root cellar in the United States), and a sauna (the national passion of Finland). Finns also are passionate about the outdoors and most homeowners have a second, vacation home in the countryside.

Finland also is far enough north that the sun does funny things to you. In late June, Helsinki will only get about one hour of "night" or less above the Arctic Circle! While visiting, Faye and I took a bus tour to northern Finland, the land of the Lapps, where raising reindeer is the major agri-business. Reindeer are so popular and useful that the meat is served at every meal! Actually, reindeer meat is very good; not "gamey" at all.

I also like many of the Finnish approaches to life. For example, they are serious about drunk driving. According to Pekka, the penalty for a first offense is loss of your car and license (for one year, I think he said) and a one-year jail sentence. Students take three foreign languages in their 12 years of school; four years each of Swedish, English, and Russian (I think he said).

Finns tend to be fun-loving folks. They have combined their love of sport to some less conventional and sometimes eccentric competitions. For example, they sponsor a wife-carrying competition in July, a mobile-phone throwing contest in August, a sauna bathing contest in August, an air guitar playing contest, a winter swim meet (they cut lanes out of the ice), a swamp football game, a mosquito swatting contest, and, not the least, a topless winter jogging race (for the men?) How can you resist the competition?

My spouse has now been limited so I am going to forego the running mileage tab.

As always, if you have traveled overseas and are willing to share your pictures and story with me and the On Top of the World community, I would love to hear from you (fab62@cfl.rr.com or 873-0753)! ☎

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Card Clubs & Games

Monday Afternoon Bridge

Sara Anderson

May 19

1: Ida Rosendahl and Carol Thompson; 2: Joe and Phyllis Zwick; 3: Fran Griswold and Betty Morris; 4: Joanne Jones and Joyce Walchak.

May 26

1: Sara Anderson and Ray Deitz; 2: Bill and Edith Hunter; 3: Joan Lord and Mary Carol Geck.

June 2

1: Caryl Rosenberger and Marjorie Benton; 2: Jayne Kaske and Esther Lang; 3: Betty Morris and Fran Griswold; 4: Ida Rosendahl and Carol Thompson.

June 9

1: Caryl Rosenberger and Marjorie Benton; 2: Ray Dietz and Sara Anderson; 3: Jayne Kaske and Esther Lang; 4: Fran Griswold and Betty Morris.

Monday Night Bridge

Ginny Barrett & Myra Butler

May 19

1: Eleanor Giardina; 2: Edith Hunter; 3: Ida Rosendahl; 4: Ginnie Barrett; cons.: Elsie Helwig.

May 26

1: Fran Griswold; 2: Ida Rosendahl; 3: Helen DeGraw; cons.: Ray Dietz.

June 2

1: Myra Butler; 2: Betty Barney; 3: Flo Penn; cons.: Marion Turbin.

June 9

1: Betty Barney; 2: Edith Hunter; 3: Mary Culberson; 4: Ginnie Barrett; cons.: Dick Mansfield.

Tuesday Afternoon Bridge

Agnes LaSala

May 6

1: Geri Cassens and Agnes Weber; 2: Bernie Kelly and Joe Zwick; 3: Ray Dietz and Mazie Millward.

May 13

1: Bob Buchan and Marion Wade; Ray Dietz and Mazie Millward; 3: Elsie Helwig and Richard Fluet.

May 20

1: Ray Dietz and Mazie Millward; 2: Betty Morris and Shirley Stolly; 3: Joe Zwick and Bernie Kelly.

May 27

1: Agnes La Sala and Carl Woodbury; 2: Betty Morris and Shirley Stolly; 3: Mazie Millward and Ray Dietz.

Tuesday Night Duplicate

Margorie Benton

We welcome new duplicate bridge players to our game. For more information, or to find a partner, call 861-5700

May 13

1: Ernie Lord and Doug Miller. 2: Helen Eshbach and Liz Milleson. 3: Ida Rosendahl and Rose O'Rourke. 5: Doris Keathley and Mary Carol Geck. 6: Marjorie and Bruce Benton.

May 20

1: Ida Rosendahl and Mary Carol Geck. 2: Joni and Ted Jarvais. 3: Betty and Bill Raines.

May 27

1: Marjorie and Bruce Benton. 2: Helen Eshbach and Liz Milleson. 3: Joan Lord and Nel Bosschaart. 4: Joni and Ted Jarvais 5: Edith and Bill Hunter.

June 3

1: Helen Eshbach and Liz Milleson. 2: Ida Rosendahl and Mary Carol Geck. 3: Doug Miller and Ernie Lord. 4: Betty and Bill Raines. 5: Caryl Rosenberger and Jayne Kaske.

June 10

1: Betty and Bill Raines. 2: Ida Rosendahl and Dick Mansfield. 3: Edith and Bill Hunter. 4: Joan Lord and Nel Bosschaart.

Wednesday Afternoon Bridge

Fran Griswold

Good news for all card players. We have been told new chairs are coming. Makes one wonder what we can complain about next. The comfortable chairs will certainly be welcome.

If you want to spend a cool afternoon with special people, come join us at 12:30 p.m. each Wednesday. All you need to bring is a quarter and a happy face.

May 14

Phyllis Silverman, 5230; Mary Culberson; Joyce Walchak; Bernie Kelly; cons.: Margo Thomas.

May 21

Bernie Kelly, 5810; Margo Thomas; Ida Rosendahl; Serene Rossi; cons.: Jeanette Oswald.

May 28

Bernie Kelly, 4950; Ester Lang; Ida Rosendahl; Phyllis Silverman; cons.: Barbara Munderloh.

June 4

Shirlee Wolcott, 4330; Mary Culberson, Joyce Wolchak, Jeanette Oswald; cons.: Mary Roberts.

June 11

Gloria Richards, 4530; Joyce Wolchak; Flo Penn; Ester Lang; cons.: Margo Thomas.

Wednesday Evening Duplicate Bridge

Doris Keathley

May 14

1: Bill and Edith Hunter; 2: Bill and Betty Raines.

May 21

1: Nancy Dreimiller and Rose O'Rourke; 2: Ted and Joni Jarvais; tie at 3: Bill and Betty Raines, Harry and Ruth Tindall, Bill and Edith Hunter.

May 28

1: Ted and Joni Jarvais; 2: Marjorie Benton and Nel Bosschaart; 3: Joan Lord and Mary Carol Geck; tie at 4: Bill and Edith Hunter, Ida Rosendahl and Carol Thompson.

June 4

1: Joan Lord and Mary Carol Geck; 2: Marjorie Benton and Nel Bosschaart; tie at 3: Bill and Edith Hunter, Bruce Benton and Caryl Rosenberger.

June 11

1: Nel Bosschaart and Marjorie Benton; 2: Bill and Betty Raines; 3: Bruce Benton and Caryl Rosenberger.

Thursday Afternoon Bridge

Betty Legg

May 15

1: Marie Dare, 6300; 2: Joanne Jones; 3: Betty Legg.

May 22

1: Marie Dare; 2: Marge Starrett; 3: Agnes LaSala.

May 29

1: Marion Turbin; 2: Alice McDaniel; 3: Marge Starrett; 4: Phyllis Silverman.

June 5

1: Alice McDaniel; tie at 2: Shirlee Wolcott, Marie Dare; 3: Nancy Detweiller.

June 12

1: Marge Starrett; 2: Phyllis Silverman; 3: Mazie Millward.

Thursday Night Bridge

Helen DeGraw & Ida Rosendahl

May 22

1: Elsie Helwig; 2: Ida Rosendahl; 3: Jan Moon; 4: Lee Sheffer; cons.: Flo Penn.

May 29

1: Myra Butler; 2: Ginnie Barrett; 3: Paul Agarwal; 4: Mickey Martin; 5: John Mathias; cons.: Don Lamb.

June 5

1: Ray Dietz; 2: Jack Martin; 3: Fran Griswold; 4: Caryl Rosenberger; cons.: Jim Mahoney.

June 12

1: Edith Hunter; 2: Paul Agarwal; 3: Jan Moon; 4: Ida Rosendahl; cons.: Jack Martin.

Friday Night Bridge

Hazel & Phil Merchant

May 23

1: Mary Culberson; 2: Bill Raines; 3: Bruce Benton; 4: Ginny Barrett; 5: Myra Butler; 6: Betty Raines. Grand Slam: Betty Raines and Katherine Edwards; Ray Dietz and Shirley Ebert

May 30

1: Ray Dietz; 2: Joe O'Brien; 3: Virginia Blanchard; 4: Bill Hunter; 5: Phyllis Bressler; 6: Kay Wood; 7: Elly Rapacz.

June 6

1: Bill Hunter; 2: Dick Dakin; 3: Betty Raines; 4: Ray Dietz; 5: Caryl Rosenberger.

June 13

1: Jan Moon; 2: Clair Shea; 3: Shirley Ebert; 4: Marge Benton; 5: Myra Butler.

Friday Night Euchre 4 Fun

Irene Pisani & Nancy Kowsky

Come and join us on Friday at 6:15 p.m. at the Arbor Conference Center, Suite A.

Come one, come all. For more information call Irene 873-4173 or Nancy 237-2679.

May 16

Out of 34: tie at 1: Paul Agarwal and Joe Scervo; tie at 2: Mary Bartel and Nancy Kowsky; 3: Billy Swing; tie at 4: Bill Eberle, Hank Hilovsky and Edith Kolb; tie at 5: Joan Sigafos and Genny Brenner.

May 23

Out of 33: 1: Jan Harris; 2: Joe Scervo; 3: Beverly DeBusschere; 4: Phyllis Wall; tie at 5: Sami Odeh and Joan Sigafos.

May 30

Out of 32: 1: Jerry Dean and Hank Kolb; tie at 2: Mary Roberts, Paul Agarwal, Bill Eberle and Jo Swing; tie at 3: John Wall and Billy Swing; tie at 4: Edith Kolb and Joann Shea; 5: Zane Barnett.

June 6

Out of 36: 1: Genny Brenner, a perfect game of 60; tie at 2: Dick Torzewski and Bill Eberle; tie at 3: Jo Swing and Lee Phillips; tie at 4: Hank Hilovsky and Irene Pisani; tie at 5: Gerry Pinter, Pat Snable, Gitte Agarwal, Joan Sigafos, Dolores Barnett and John Wall.



Friday Night Euchre
Joe Askenase

May 16

FOUR-HANDED GAME: 1: Clarence Lietzow; tie at 2: Viola Horton, Russ Riegler; 3: Helen Foskett; tie at 4: Diana Riegler, Virgil Taylor; 5: Marcy Askenase.

May 23

FOUR-HANDED GAME: 1: Virgil Taylor; 2: Marcy Askenase; 3: Helen Foskett; 4: Maria France; 5: Diana Riegler.

May 30

FOUR-HANDED GAME: 1: Helen Foskett; 2: Vi Horton; 3: Diana Riegler; 4: Marcy Askenase; 5: Shirley Coe.

June 6

FOUR-HANDED GAME: 1: Helen Foskett; 2: Maria France; 3: Diana Riegler; tie at 4: Shirley Coe, Marcy Askenase; 5: Viola Horton.



Tuesday Night Pinochle
Viola Horton

Two new people joined us this month: Ed Gaetner and Jerry Thompson. Welcome. All pinochlers are welcome. Do come and join us on Tuesday nights at 5:45 p.m. in the Art Room of the Craft Building.

May 6

Single Deck Winners: 1: Hank Kolb; 2: Rita Pinter; 3: Betty Legg.

Double/Triple Deck Winners: Table 1: Alberta Sarris, Margaret Sciarino and Vi Horton; table 2: Elsie Helwig and Norma Yonke; table 3: Rich Fluet and Charles Distler.

May 13

SINGLE DECK WINNERS: 1: Vernon Uzzell; 2: Millie Ferrell; 3: Greg Skillman.

DOUBLE/TRIPLE DECK WINNERS: Table 1: James Nottingham; table 2: Elsie Helwig and Norma Yonke; table 3: Ray Bock and Virgil Taylor.

May 20

SINGLE DECK WINNERS: 1: Al Novotny; 2: Jerry Thompson; 3: Gerry Pinter.

DOUBLE/TRIPLE DECK WINNERS: Table 1: James Nottingham; table 2: Jo and Billy Swing; table 3: Rich Fluet and Charley Distler.

May 27

SINGLE DECK WINNERS: 1: Al Novotny; 2: Gerry Pinter; 3: Millie Ferrell.

DOUBLE/TRIPLE DECK WINNERS: Table 1: Norma Yonke, Joe Sciarino and Vi Horton; table 2: Jo Swing and Joe Scervo; table 3: Virgil Taylor and Ray Bock.



Saturday Night Pinochle
Elsie Helwig

May 17

1: Greg Skillman; 2: Gerry Pinter; 3: Norma Yonke.

May 24

1: Gene Hubbard; 2: Betty Legg; 3: Vi Horton.

May 31

1: Norma Yonke; 2: Greg Skillman; 3: Vi Horton.

June 7

1: Dot Findlay; 2: Audrey Bartozotta; 3: Anne Zagielski.



Cribbage
Dorothy Skillman

May 16

1: Alberta Sarris, Rich Fluet; 2: Craig Ehle; 3: Greg Skillman; cons.: Ray Bock.

May 23

1: Rich Fluet; 2: Anne Jagielski; 3: Alberta Sarris.

May 30

1: Craig Ehle; 2: Ed Fullmer; 3: Anne Jagielski; cons.: Alberta Sarris.

June 6

1: Ray Bock; 2: Luke Mullen; 3: Greg Skillman; cons.: Sheila Howell.

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New Nail Technician! Making Waves has added a second nail technician to our staff. We are proud to present Melissa Blair. You may already know Melissa. She was formerly employed with Bridal Day Spa. Go a-a-ahhh with her pedicures. Melissa's manicures are great. If you've never tried acrylic nails, try an "overlay." It makes the nails look beautiful and feel strong. My nails were brittle and cracking from being in the water and shampoo much of the time, and they feel beautiful and strong now. (Testimonial from Judy the owner!) Stop in and get one of our menus! See the many types of manicures, pedicures and other services we offer.

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Travel Toppers
 Jo Swing

Welcome July, month of lazy days and summer fun. Travel Toppers has two trips this month. For those of you interested in Florida history and literature, we will be traveling to Cross Creek to tour the Marjorie Kinnan Rawlings home on Tuesday July 15. After the tour we will travel to Gainesville to visit the Natural History Museum and see the Butterfly Rainforest. The cost of this informative and fun trip is \$40. The coordinator is Claudette Moher.

Join us Tuesday, July 29, at Sleuths Mystery Dinner Show in Orlando. The play being presented is "Kim and Scott Tie the Knot." Cost is \$55 plus \$3.20 if you chose prime rib. Sleuths Mystery Dinner Theater was a big hit last year. Contact Kathy Peterson, the coordinator, for availability.

There will be a shopping trip Thursday, Aug. 5, to the Florida Mall in Orlando. This is Florida's largest mall and the price is \$19, which covers the cost of the bus and tip for the driver. Lunch will be on your own. Call the coordinator, Joan Connolly, to make reservations.

Reservations will start July 10 for two trips in September. "Smokey Joe's Cafe" at the Show

Palace Dinner Theater in Hudson will be on Sunday, Sept. 14. Trips to the Show Palace are always popular. The cost is \$55 and the coordinator is Jo Swing.

On Thursday, Sept. 25, we will visit the Florida Carriage Museum in Weirsdale and the Lakeridge Winery in Clermont. The cost of \$49 includes tour of museum and winery, lunch at the museum, bus and tips for driver and meal. The coordinator is Kathy Hess.

Reservations will start July 31 for the Oct. 22 Starlite Cruise from Clearwater to Tarpon Springs. The cost is \$62 and includes bus, cruise, meals (continental breakfast and buffet lunch) and tips for driver and meals. The coordinator will be Allan Rickards.

There is still room on the 11-night cruise to the Panama Canal. The ship departs Monday, Jan. 19, and returns Friday, Jan. 30. Call Audrey Mangan if interested.

Speaking of cruises, Travel Toppers would like to hear from anyone who would be interested in a cruise to Alaska on Royal Caribbean's Rhapsody of the Seas. It is a seven-day cruise from May 29 to June 5.

It has been brought to our attention that someone is taking all the brochures from the box located at the 90th Street Postal area and throwing them away. Brochures are the biggest expense that Travel Toppers has and this hurts all of us. There is also a problem with people using the bins to dump their junk mail. Please do all you can to watch for this behavior.

Inadvertently, Kathy Hess's name was left off the list of new Travel Toppers officers in last month's column. Kathy is our new publicity secretary and is doing a wonderful job of it already.

If anyone has a suggestion for future trips that might be of interest to Travel Toppers, please contact one of the officers. We welcome your input.

There will be no meetings of Travel Toppers during July and August. Meetings will resume in September. Until then Travel Toppers wish all a safe and healthy summer.

Happy Travels to all. ☺

Visit the Jimmy Carter Presidential Library

By BOB WOODS
 WORLD NEWS WRITER

It is hard to believe that within eyesight and less than five minutes from downtown Atlanta, Ga., is a 35-acre park which is the Carter Presidential Center. Within this center is the Jimmy Carter Presidential Library and Museum. A group of On Top of the World residents visited this historic center while on a recent motor coach trip to the Asheville, North Carolina area and on the way back to Ocala, stopped to view the library and museum.

Regardless of any political party affiliation, the library is a historical record of a past United States President, which by the way, there are only 12 such libraries and museums displaying the history of our presidents. This facility is part of the Presidential Library System administered by the National Archives and Records Administration, a Federal government agency.

Jimmy Carter was the 39th President of the United States (1977-1981). Marrying his childhood sweetheart, Rosalynn upon graduation from the Naval Academy in 1946, the couple had four children, three boys and one girl. The little girl, Amy, was always in the limelight.

There were many things Carter accomplished while president, not all those in the public's favor. One of his most controversial moves during his presidency was the final negotiations and signature of the Panama Canal Treaty in September 1977 where that treaty would transfer the control of the American-built Panama Canal to Panama. The majority of the American public was opposed to the transfer as was the entire Republican Party.

While on the other hand, one of President Carter's most important accomplishments as president were the Camp David Accords on September 1978 where a peace agreement was signed between Israel and Egypt. Carter was an advocate in U.S. Foreign policy with an emphasis on Human Rights.

Besides all the historical displays such as a replica of the Oval Office and a photograph of Carter and Rosalynn at his graduation from the Naval Academy where Carter is shown in his uniform. That uniform and the dress worn by Rosalynn are displayed.

The library and museum hold vast archival materials related to President Carter's era. There are more than 27 million pages of documents, one million feet of film, 600,000 photographs and some 3,750 hours of audio and videotape.

This library and museum are part of our his-



Photo by Bob Woods

tory, the history of the United States regardless of what the president did or did not do. It is hard to believe that his presidency ended 27 years ago; it just seems like the other day he was in office, as were all the other presidents in recent years past.

"I want the Jimmy Carter Library to be a great resource for the people of Georgia, the nation and the world and an expression of my gratitude for having been able to serve," Jimmy Carter said.

The grounds around the library and museum are beautifully landscaped. Visitors can stroll through a rose garden in which 40 varieties of roses are planted including the coral Rosalynn Carter rose. There are two lakes on the premises with waterfalls. Looking across both of the small lakes the skyscrapers of Atlanta dominate the background.

If you are in the Atlanta area, I strongly recommend a visit to the Jimmy Carter Presidential Library and Museum. A visitor can see most of exhibits, view a short film about Carter's presidency, and walk through the gardens, all within a couple of hours. ☺



Mah Jongg
 Mary Ehle

There is not much going on this summer. We still are getting used to the new card. There are mixed emotions about it. Some like it and some others do not. I have no opinion.

We will start another class in late September or early October. You can call me at 873-7507 but wait until after the middle of August — then I will have the dates for you.

Our tournament is three-quarters full. If you are planning on playing, don't delay. Call me for all the information. The tournament will be held on Saturday, Oct. 4. The jackpot still has not been won so you need to come and try to win it. Jokers to you. ☺

A Day in the Life of On Top of the World

Continuation of photos from Page 28.



Fabulous Friday - Exercise

Photo by Gary Uhley



Community Service - Puppy Guide Dogs

Photo by Linda Uhley

On Top of the World.
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<p>Independence Day Celebration July 4, 2008 4 - 10 p.m.</p>	<p>Roger July 5, 2008 Classic Oldies</p>	<p>The Twins July 11, 2008 Oldies</p>
<p>Fred Campbell July 12, 2008 50s & 60s Revue</p>	<p>Karen Hall July 18, 2008 Big Band, 50s and 60s Country and Dance</p>	<p>Gold Fever July 19, 2008 50s and 60s Rock and Roll</p>
<p>Ray & Kay July 25, 2008 Variety</p>	<p>Sounds of Time July 26, 2008 Guitar and Vocal Stylings</p>	

INDEPENDENCE DAY CELEBRATION JUL 4
GOLF CART SHOW (RESCHEDULED) JUL 12
CLASSIC CAR SHOW AUG 9
ISLAND FESTIVAL AUG 22-23

New summer hours for live entertainment on The Town Square 7 - 10 p.m.

Visit our website for more information: www.CircleSquareCommons.com

For Sale

Appliance: GE 30" self-cleaning gas range, white, like new. 237-7758

Bar with 2 stools: Solid wood, 39" w x 36" h x 23" d plus drop leaf, 2 shelves, 1 adjustable, 1 drawer. \$100. 615-7785

Bicycle: 26" Huffly 3-speed, \$20. 854-2247

Bicycles: One woman's roadster, 24", one Man's roadster, 26", both like new. One bike lock, one bike basket. 861-7447

Color TV: Flat screen, not flat panel. 27" Apex with remote and manual, 3 years old. Excellent condition. \$100. 615-7785

Exercise Bike: Schwinn Airdyne, like new. 854-2773

Garage Sale: 8556-F S.W. 90th Lane, July 11-12, 9 a.m.-noon. Tools, sports equipment, tray tables, household items, garden trimmer.

Golf Car: Yamaha, new batteries, full curtains, turn signals, brake lights, horn, excellent condition. 873-8600

Golf Cart: 2000 Club Car, like new, hardly ever used. 854-7858

Golf Clubs: Call for details. 854-6351

Gun Cabinet: Handmade oak, three full-length glass panels, crafted by Amish in Lancaster, PA. \$500 firm. 873-1739

Hummel Figures: One boy, 2 girls, 3-1/2", 4", 4-1/2". Make offer. Also, many home and wall décor. 237-4143

Lawnmower: Black & Decker electric mulching mower, \$65. 873-9477

Misc. Items: Craftsman bench top joiner/planer, \$150; Craftsman bench top shaper/router, \$175; Minolta autofocus camera, case, \$45. 237-4242

Misc. Items: Beautiful original oil painting of European street scene; fiction and non-fiction books, lovely costume jewelry and cameos. 854-7516

Misc. Items: Bowling balls, bags, shoes; graphite senior clubs, bag; toaster; coffee maker; step-ladder; golf cart. 856-340-8159 only between 3-7 pm.

Mountain bike: 21-speed, with helmet, Pacific Elite SX aluminum frame, quick disconnects, \$75. 873-4328

Mower: Honda 22" Harmony II 4-in-1, self-propelled mulching mower, \$250. 854-2247

Oak entertainment unit: 60" long by 72" high; excellent condition. \$600. 873-1646

TV: Sony 42" flat screen. Very good condition. \$400. 873-0303

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.

Telescope: Saturn 60mm Equatorial Mount Refracting adjustable tripod with tray, 3 lenses, view finder, software, extras. \$50. 873-4328

VCR and DVD Combination: Panasonic, 2004. Good condition. \$75. 873-3433

Umbrella and Stand: Large size, pretty colorful print. Great for your birdcage for extra shade. \$75. 237-9073

Valve Tubes: Two airlock Schrader valve tubes, self sealing, fits 26x1.5x2.2 tires, never used. \$10 for both. 861-2540

Water to drink: Penta ultra-purified, antioxidant and energized water with no additives delivered to your door. Call 873-2100 for info.

Carpet Cleaning: Countryside Chem-Dry, serving On Top of the World residents for eight years. Dry in hours, not days. 10 percent off first-time clients. 307-4100

Cat Boarding and Sitting provided by loving experienced Cat Nanny. On Top of the World resident. Call 854-8589

Cat And/or House Sitting Services for On Top of the World residents. Dependable, trustworthy and affordable. References provided upon request. 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

Countertop sale! Countertop resurfacing and solid surface countertops! Granite, Silestone, Jet-tastone, Coria, Avanza, Formica. Family business. Call for free estimate, (352) 342-0505.

Dave's CDs: Turn your records and audiotapes into CDs that you can play at home, in your car. Direct disc labeling for that professional look. 237-4482. On Top of the World resident.

Dynamic Christian 27-year-old company: Part-time opportunity. You work from home. A wonderful business for you, your family members or associates. Choose the division of your interest. Jerry (303) 469-4537 or visit www.ecoquestintl.com/jdb. Patented products.

G&G Cleaning Services: Housework, light yard work, gutter cleaning, shrubs trimming. Fee based on job size. Call 237-8873

Going Away? I can keep an eye on your house. Call for a free estimate. On Top of the World resident. 237-7042

Hair care in your home: Licensed, experienced beautician comes to you. Full service. Call Cathy, PCA, resident, 237-3347. Service homebound.

Handyman Bill: All home repairs. No job too small. Tile and grout, screens and windows, doors and woodwork. Phone, cable and computer wiring. Free estimates. Reasonable prices. 873-0179

Handyman: Kruman Services, Inc. Licensed and insured. Remodeling, repairs, replacements and preventative maintenance. Call Daniel at 361-4055.

Help-U-Fix-It! We do honey "do's" and odd jobs! Installations, repairs, renovations, maintenance. Keep up your properties. Call (352) 694-3366.

Housecleaning by Evelyn Lee: I do windows, deep cleaning, move outs. Licensed and insured. 629-0855

Housekeeping by Terry: Excellent service, great rates, flexible hours. Call (352) 342-6808.

Interior Painting: Perfectionist painting! We take our time and do it right! Call Josh at 209-9441.

Laminated wood floor installation: Quality work at reasonable rates. Free estimates. I am a resident. Call Bob at 237-7452.

Landscaping: Beautify your yard and home! Trimming, weeding, edging, pressure wash driveways and gutters, wash windows and general maintenance. On Top of the World resident. Steve, 237-5338 or 216-6951.

Notary Services: Will come to your home for your notarization needs. Bonded, insured. Reasonable rates. Call Kathylee at 861-6965. Lives in On Top of the World.

Painting by Bruce LLC: 38 years experience. Interior, exterior, staining, drywall repair, pressure washing, specializing in repaints. Licensed, insured. (352) 546-4553.

Painting by Frank the Painter: Free estimates, interior painting, specializing in colors, quality service, affordable prices, 30 years experience and licensed, summer specials. 237-5855

Painting: Free estimates. Licensed and insured. Interior/exterior. Quality work, reasonable prices. Porter and Porter Painting. Call anytime: (352) 207-7704 or (352) 209-3446.

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Private Home Care RN/LPN team: Long/short term, respite and weekend care. Excellent rates and references. 362-5073

Registered Nurse Home Health Care: Licensed, insured, 22 years experience. Reasonable rates. Call Kathylee at 861-6965. Lives in On Top of the World.

Small Clock Repair: School and wall clocks, mantel, steeple, etc. On Top of the World resident. 854-1099

Steve's Handyman Service: Fans, lights, doors, shelving, general carpentry. On Top of the World resident. Call Steve at 854-4927

Transportation: Call Bonnie, On Top of the World resident, to doctors, hospitals, shopping; excluding airports. Dependable, safe driver. 854-7516

Transportation: I'll drive you to local appointments, grocery shopping, errands and more. Joan at 237-8240

Transportation: Personalized door-to-door transportation to airports, cruise ports, doctor appointments, shopping. Call Betty, 861-1163

Transportation: Call Kim for personalized door-to-door transportation to airports, cruise ports, any destination. Call 207-8237.

Why Stuff Happens seminars by End the Clutter Etc. 873-2100

Services

Alterations by Betty: Alterations by appointment only. 50 years experience. A Pine Run resident. Call Betty at 237-9909

Alterations by Ernestine: Alterations, experienced. On Top of the World resident. Call 861-0259.

Ardell's Moving and Delivery Service: Let us help you move. Big, small, move around furniture. Load, unload. Pickup. 261-1400 or 266-6175

Bob's Screening Service: Garage door screens, window screens, porch enclosure screens. We re-vinyl windows. Complete rescreening service. Free estimates. 586-8459. Bob

Cardinal Window Cleaning, LLC: 38-year local resident. Windows, screens, tracks, inside and outside. Free estimates. 817-2979. Phillip.



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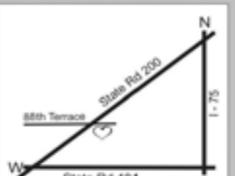
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Wanted

3-wheel adult bicycle: 237-2013

Needlepoint help: I am looking for someone to complete a needlepoint picture that I wish to donate to a temple. 873-4289

Foster Homes: SPCA is looking for animal lovers willing to foster pets waiting for adoption. Call 861-9765 or 873-8690.

Coin collector wants to buy old coins, gold and proof sets. On Top of the World resident. Ted at 861-6964

Guns: On Top of the World resident interested in buying guns, new, old, any condition. 854-2555

Area hospitals that
have been named to the
Thomson **Top 100**
for heart care:

Munroe Regional Medical Center

(1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007)

Ocala Regional Medical Center

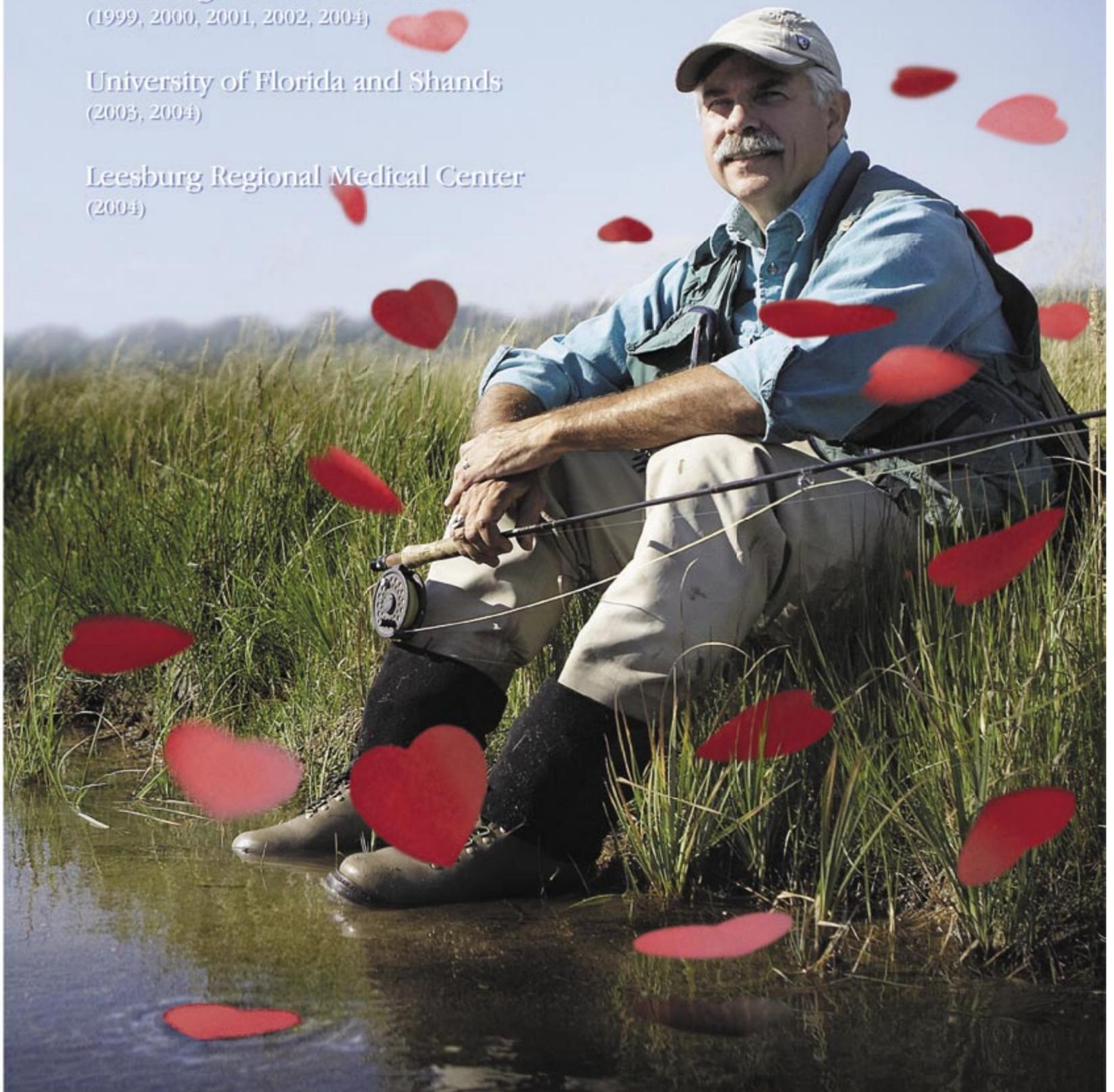
(1999, 2000, 2001, 2002, 2004)

University of Florida and Shands

(2003, 2004)

Leesburg Regional Medical Center

(2004)



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