



On Top of the World NEWS

Where the News is Always Good

The December issue of the World News will be available on Thursday, Dec. 4

Vol. 22, No. 5 • November 2008

Community News & Update

By Kenneth Colen, Publisher

To say it has been a wild ride for all of us this past month would be a complete understatement. I have no doubt that many residents of this community are concerned with the state of the markets, their investments and the inevitable impact on personal savings.

From the community management level, we are seriously considering the long range impacts. With new budgets coming right around the corner, we are looking for additional places to reduce operational costs. At this juncture, I cannot say how the budgets will be impacted, but we are challenged with rising costs and the diminished income many members may experience. We are considering all opportunities for savings that can be reasonably made without jeopardizing delivery of services.

Even though we may be concerned or even frightened by this financial turmoil, it is always worthwhile to pause for a moment, take a step back and consider all the positive events that are in our lives. I know that is hard to consider when we are bombarded by the minute with negative economic news. But taking stock and being grateful for all we do have is a very positive thing to do. It can change your entire outlook.

Master the Possibilities

We are finishing the 2008 Master the Possibilities on a very strong note. In November, we have 32 classes/presentations; most are new and have openings ... all are great ways to learn, grow and have fun! I would like to draw your attention to the "open classroom" on Nov. 4 from 2 to 3:30 p.m. Stop by and learn about what we have planned for 2009. Your ideas are important, so feel free to share what you would like to see in the coming year. Master the Possibilities is lifelong learning -- your way! Your support is most gratifying.

As we conclude this year of classes at the Master the Possibilities Center, I would like to recognize both staff and faculty who have made a great idea become a greater event. When I look through the (literally) hundreds of classes held this year and when I read the "Faculty Facts," I can understand why this program has become a vital part of an active lifestyle. Most importantly, I'd like to thank you -- "the students" -- without whom this idea would have remained just that.

Considering the Constitutional Amendments

I have received some positive feedback on my previous articles dealing with the constitutional amendment process. While it is never my intention to tell someone how to vote, I do believe offering a broader view of the impact of the amendments on the senior community is worthwhile.

Previously, I've written on Amendments, 1, 2 and 4. To recap, proposed Amendment 1 strikes from the State Constitution language that is clearly discriminatory and dates back to the Civil War reconstruction period. In my opinion, it deserves passage.

Proposed Amendment 4 will require Legislature to provide for classification and assessment of land used for conservation purposes, and not perpetually encumbered, solely on the basis of character or use. I believe the point of this proposed amendment is to create incentives for property owners to set aside dedicated green space and to practice land preservation. There is no downside for retirees in supporting this amendment. If anything, it may be an opportunity to craft public policy that favors more dedicated natural lands for future generations of Floridians.

In the March elections, Amendment 2, entitled, "Marriage Protection Amendment," made it onto the ballot. The proposed amendment summary reads: "This amendment protects marriage as the legal union of only one man and one woman as husband and wife and provides that no other legal union that is treated as marriage or the substantial equivalent thereof shall be valid or recognized."

The most disturbing part of the ballot language is that the amendment states that "no other legal union that is treated as a marriage or the substantial equivalent thereof shall be valid or recognized." The language I mentioned threatens to strip entire classes of citizens of their rights. Senior citizens have cause to be frightened by this broad wording because it has far-reaching and adverse consequences for anyone (especially seniors) who may choose to become life partners or opt out of marriage because of financial concerns (like loss of survivor's pension, social security benefits, possible estate complications and inheritances).

Florida already has very specific legislation prohibiting marriage between same sex couples. The fact is that until same sex unions have federal recognition, none of the benefits that accrue to married couples can be recognized by same sex couples. Although symbolic, same sex unions are basically meaningless. The point is that this amendment seeks to fix what isn't even broken by attempting to prohibit that which is already prohibited. Unfortunately, this overly zealous amendment would go further to the point of potentially causing harm to any folks who may be cohabiting without being married.

➔ Continued on Page 6



Photo by Bob Woods

The Swinging Bavarians (above) provided the entertainment for the evening.



Photo by Bob Woods

Renate Adams, Ilse Goodwin, and Hildegard Cruz (above) drink from beer steins. All three ladies are members of the German/American Club of Marion County.



Photo by Fred Robinson

Oktoberfest 2008



Photo by Bob Woods

By BOB WOODS
WORLD NEWS WRITER

It sure was an evening full of fun and laughs as Circle Square Commons celebrated Oktoberfest on Oct. 18. Various German/American clubs from around the county, as well as The Villages and Citrus County populated this festive event.

I will say the fest was true to form. Many club members dressed in German attire, men in Lederhosen and women in Dirndls. German as well as American beer flowed throughout the event along with authentic German food being served by Yalaha Delights. For this special occasion, beer steins were brought by some.

The entertainment was plentiful as the Ocala musical group, The Swinging Bavarians, kept everyone on the dance floor. The band played lots of German songs along with the ever-popular polkas. The group had one young Fräulein playing a song utilizing different sized bells.

I talked to Dave Larkin from Yalaha Delights, who was filling food orders faster than he had imagined. Dave told me he had no idea his German menu of grilled Bratwurst or Bauernwurst served with bread and sauerkraut would be so popular.

At one point, I estimated the crowd to be around 700 (give or take a few). Normally, Circle Square Commons provides seating for about 100 people, however, there were an additional 450 fold-up chairs provided plus some folks brought their own chairs or sat in their golf carts. Not to mention, some folks just stood around.

The highlight of the evening was when members of all of the German/American clubs marched around the dance area in German attire carrying various flags. The procession was led by a Sheriff's Department golf cart with flashing lights, followed by club members carrying the German and American flags, as well as various state flags from Germany. It was a spectacular event.

During evening, there were German dances performed by members of many of the clubs.

I overheard some in attendance, who were not of German descent, stating they hoped such an event could be planned for the future but have an Italian or Irish theme.

All, especially those of German ancestry and those want-to-bes, had a fun time.

9th Annual Community Holiday Festival

By LOLLY FOOS

On Top of the World Communities and On Top of the World Residents cordially invite you to attend and participate in our annual Community Holiday Festival on Wednesday, Dec. 10.

First, there will be a golf cart parade from 2 p.m. until approximately 3:30 p.m. Last year we had over 50 carts accompanied by the Marion County Sheriff's Department and Friendship Fire Station 21, plus many other participants.

A route has been established and will be announced in the December issue of On Top of the World News.

If you are interested in decorating carts and participating in the event or have any questions, please call Kay Chandler at 237-3139, Mary Curry at 237-5515 or Betty Thayer at 854-8462. Sign-up sheets are also available in the lobby of the Health & Recreation Office.

Donated cookies (homemade or store bought) are needed for the evening festivities. Sign-up sheets are also available at the Health & Recreation Office. Take cookies to the Health & Recreation Ballroom between the hours of 3 - 5 p.m.

The evening festivities begin at 6 p.m. with refreshments, holiday mu-

sic and entertainment by the On Top of the World Concert Chorus, Singin' Sisters, Bob O'Neal, Peggy Campbell and residents who will present the 12 days of Christmas (southern style). Call Kay Chandler at 237-3139 if you need additional information.

On Wednesday, Dec. 17 a group of residents will visit housebound residents, sing a few songs and present them with a poinsettia plant donated by The Movie Club. The residents will be transported by the On Top of the World bus leaving from the ramp at the Health & Recreation Building at approximately 2:30 p.m. returning by 4:30 p.m. They will also make a stop at Summerville at Ocala West.

In addition to the golf cart sign-up sheets, there will be sheets available for cookie donations for Dec. 10, along with sheets for housebound residents (please check your neighborhood) and carolers for the Dec. 17 event. Any questions, please call Mary Ehle at 873-7507.

Come join us for a fun-filled day and evening on Dec. 10 and get your voices in tune for the visit to housebound residents and Summerville.

If you have any questions, please call Lolly at 861-2165.



VOTE General Election Nov. 4

Polls are open from 7 a.m. - 7 p.m.

Early Voting Runs from Oct. 20 - Nov. 1

Precincts within On Top of the World:

Precinct 4100

Card Room, Arts & Crafts Building (next to Health & Recreation)

Precinct 4090

Arbor Conference Center, left side Suites E, F, G and H

Precinct 4091

Arbor Conference Center, right side Suites E, F, G and H

Your voting card identification will indicate what precinct you are assigned to. However, you only need your photo ID to vote. For more information, visit <http://votemarion.com>.



On Top of the World NEWS

Where the News is Always Good

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

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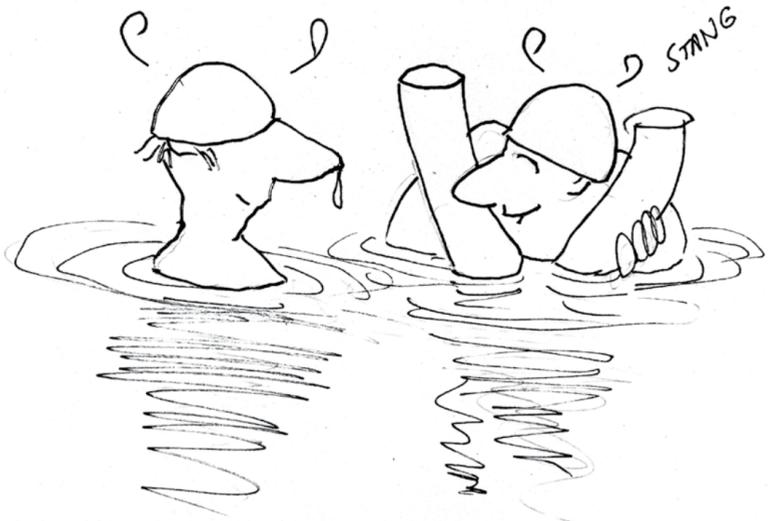
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Golden Oldies Humor

By Stan Goldstein



'I know how to prevent sagging ... I eat until the wrinkles fill out.'



Is It Legal?
Gerald Colen

Q. Many of us elderly folks are really worried about what is happening in the stock markets as well as the brokerage firms. We worry about our investments and the potential loss of much of what we worked so hard to save for our retirement. Have you any suggestions for us on how to manage our money and investments in these frightening times?

A. First and foremost, you must understand that I do not give any investment advice. I give legal advice. So, I can't begin to suggest how to

manage your money and your investments. Unfortunately, it would seem that some of those large investment companies upon whom many of us relied for years and years weren't able to manage their own money and investments. (And yet, they dispensed advice to their customers on those subjects quite freely.) If you have a trusted investment counselor, you might want to make an appointment and sit down with him or her—not over the telephone, but an actual sit-down meeting.

You could also consider making an appointment with a fee-only investment counselor. Unfortunately, since I cannot provide investment advice, I am not able to give you the name of such counselors. I can say this: for many, many years, I have said that the most important thing for senior citizens to do is avoid risk and preserve principle. So, it would seem to me that this is a very good time to check and make sure your investment portfolio contains as little risk as you can tolerate. If you are someone who has your individual stock certificates in your possession, you might want to think that through. I don't know whether that's a safe idea or not. So, you should raise that with whomever you visit.

I would also check to make sure that you do not have more than \$100,000 per person in any one account at a bank. This can be tricky by the way as the Federal Deposit Insurance Corporation (FDIC) rules must be clearly understood if you are to protect what you have in the bank.

As with visiting your investment counselor, I would also suggest you make an appointment with an officer of your bank, go in, and discuss the accounts you have. Do not be afraid to move some funds out of one bank and into another in order to be safely within the FDIC requirements.

Q. What is your thought on switching our investments into Treasury bills?

A. As I wrote, above, I do not give investment advice. I certainly think, though, that Treasury bills might offer protection of principle but you need to discuss this with your investment advisor because there might be adverse tax consequences to selling off your investments and buying T-bills.

Q. I have all my investments held in my living trust—that is, they are with my brokerage company but in my trust. Will that protect me in the event that my investment company goes bankrupt?

A. No, a living trust won't protect you. However, keep in mind that the Securities Investors Protector Corporation (SIPC) provides up to \$500,000 insurance for securities accounts where the securities are stolen by a broker or put at risk by the bankruptcy or failure of a brokerage. Most annuities are not protected by SIPC.

Cash and securities such as stocks and bonds held by a customer at a financially troubled brokerage firm are protected by SIPC. The securities must be registered in the name of the customer. If a loss occurs, the firm's assets are divided

pro-rata among its customers and if there are not enough funds left then SIPC's reserve funds make up the difference. Cash claims are limited to \$100,000; however, many investment firms have purchased insurance over and above the SIPC limits. You should check with your firm to learn more about this.

Gerald R. Colen is an attorney and member of the National Academy of Elder Law Attorneys and the Elder Law section of the Florida Bar Association. He concentrates his practice of law in the areas of 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 conferences at his law office at 7243 Bryan Dairy Road, Largo, Florida 33777; Ph. (727) 545-8114 or at On Top of the World, in Clearwater, Florida. In Ocala, Florida, Mr. Colen is available, by appointment, for legal conferences at the On Top of the World sales office, which is near Yalaha Delights. He responds to e-mail at gcolen@tampabay.rr.com or through his website: www.gcolen.com.

Going Out of Town?

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the World News at
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Chefs' Cooking Demonstration Proves To Be A Tasty Success

By ADRIA BYERS

On Top of the World's highly talented chefs are sharing their favorite recipes at free cooking demonstrations during the Farmer's Market this fall on The Town Square on Thursdays at 10 a.m. You'll discover recipes created for the home cook, watch professional culinary techniques in action and learn some tricks of the trade before sampling the finished dish.

The inaugural exhibition was presented by Candler Restaurant's Executive Chef Dave Bland. Chef Dave, with his ingredients and pans on hand, carefully explained and demonstrated the step-by-step process of cooking up two of his tastiest meals, the Fresh Pasta Affumicato and Fresh Pasta with Butternut Squash Sauce and

Fried Sage Leaves. As he prepared the meals, he also included great kitchen tips that can be used by even the most amateur of cooks.

After the presentation, Chef Dave opened the floor for any questions from the audience and invited viewers to complimentary samplings of each dish. Recipe cards were available so the audience could easily prepare these exciting meals at home.

All in all, the weekly cooking demonstrations at the Farmer's Market will not only teach you how to cook delicious dishes but it will highly entertain you as well. Visit www.circlesquarecommonsfarmersmarket.com for recipes and videos of past demonstrations.

Marco ... Nana ... Omar ... Are you prepared?

Ontopoftheworldinfo.com has a Hurricane Preparedness section with links to printable tracking maps and preparedness checklists and other handy information.

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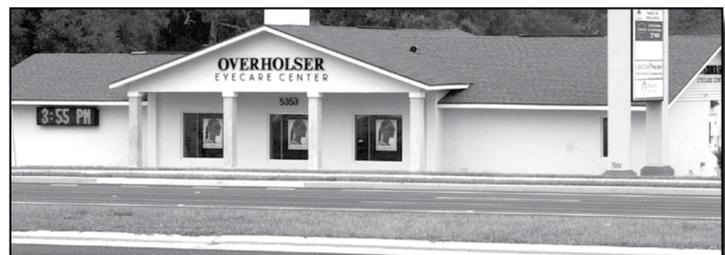
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Photo by Mike Roppel

These photos were taken by the Shutterbugs and are display at Master the Possibilities in Circle Square Commons. A larger display will be at the Arbor Club from Nov. 3-8.



Shutterbugs Photography Marilynn Cronin

ShutterBugs has had over 100 photographs entered into our Third Annual ShutterBugs Exhibit. They will be displayed from Nov. 3 through 8 at the Arbor Club. A "Meet the Photographers Reception," open to all, will be on Tuesday, Nov. 4 from 3 to 6 p.m. Reservations are required, please call Theresa Fields at 854-8707 x10. Please come up to the Arbor Club during that week and support your neighbors.

Our judges were from West Port High School: Karin Gunn, photography instructor; Christopher Hanes, math teacher/photography lover; Samantha Feldmann, Senior, photo 4 student; and Robin Gordon, Senior, photo 3 student. Our judging system is very fair; judges have no idea whose photo they are assessing—we go by numbers only. Photos are judged on composition, lighting, impact, originality/creativity and technical quality. Each photo receives a tally sheet from each judge along with comments (and they aren't allowed to talk to each other during the judging). These judges freely give their time and expertise—we only have to feed them!

We will also be having the People's Choice Award again this year, voted for by all attendees during the week. Hope everyone went to the Master the Possi-

bilities building during October to view the photos displayed by our board. During December, there will be a display of holiday photos taken by our members last year.

The meeting on Tuesday, Oct. 7 was well attended with our "senior" photographers helping everyone to learn more about their cameras. The third Tuesday in October was a class on shooting in raw given by Tom Frostig. Tom will resume his classes on Photoshop Elements in December.

October's field trip was to Tarpon Springs (more on this next month). No field trips are planned until January 2009 because of the holidays.

Photo Tip: I hope you all know that half-pressing your shutter button on your camera will freeze both the focus and the exposure. By doing that, shutter lag is greatly reduced, often to just 0.008 second. Why? Mainly, because the camera doesn't have to find focus. After you focus your subject, you can move your camera (putting your subject in a different location (Rule of Thirds). Doesn't matter where your subject winds up in the photo, it will be in focus!

ShutterBugs 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 the Arbor Club Conference Center, Suites B and C. 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.



Photo by Gary Uhley

Lighthouse at Ponce Inlet.

World News Deadline: Noon, 13th of the month

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- | | |
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| Whitefish Almandine | Seafood Bisque |
| Sausage Sage Stuffing | Rolls and Butter |
| Sweet Potatoes | Apple Pie, Pumpkin Pie |
| Red Skin Mashed Potatoes | and Chocolate Cake |
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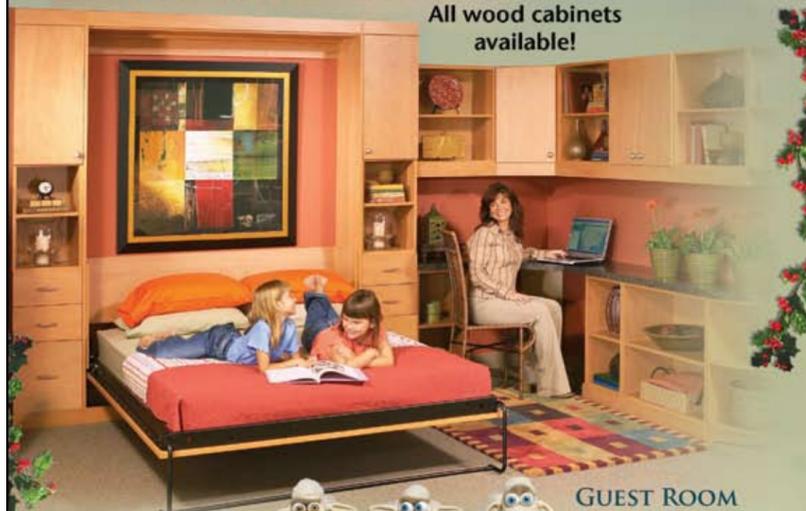
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All Around Our World Lynette Vermillion

I want to wish everyone a happy Thanksgiving. This is the season of togetherness and I look forward to spending time with my family and friends. We wish a safe and happy holiday to everyone.

Daylight Savings Time

On the first Sunday in November, clocks are set back one hour at 2 a.m. local time, which becomes 1 a.m. local time.

Arbor Tennis Courts

In October, construction for a new tennis court began, as well as the resurfacing of three additional courts. The new court and resurfaced courts consist of an asphalt base with a 10-ply rubberized playing surface. Members of the tennis club picked the colors of the new and resurfaced courts, and we are very excited that the members will be able to enjoy the courts during this gorgeous time of year.

New Fitness Center Hours

The fitness center at Health & Recreation

is scheduled to start closing at 8 p.m. Monday through Saturday and at 5 p.m. on Sundays beginning Nov. 1. The only hours of operation that will be affected are the closing times. We have monitored the use of the fitness center over the last several months and closing an hour earlier was warranted due to the lack of use during this timeframe.

New Fences

Many of you may have noticed the new fencing around the garden areas as you travel down the boulevard or 90th Street and the new fencing around the 90th Street and Friendship Compactor areas. We are continuing to make repairs and changes to enhance our community.

Repaving and Cart Striping

We appreciate everyone's patience as we worked through the paving and striping of the main entry. At the time of this writing, the cart path striping is scheduled to begin the first week of November. All vehicles should obey the Florida rules of the roadway and pay close attention to the traffic patterns and golf cart lanes.

Pool Cover at Health and Recreation

We received a request to add a pool cover to the pool at the Health & Recreation Building. We do add the cover to the pool during the winter for weekend use. In the meantime, residents may wish to use the heated pool at the Arbor Club.

October Seminars

In October, we offered three outstanding seminars – the first was entitled "Protecting Your Home." The seminar was conducted by Marion County Sheriff Captain, Jim Burton, and volunteer Citizens Observer Patrol (COP), Richard Stuart. Both were on hand to offer tips on safeguarding your home and how to make it more secure.

Our district is one of fourteen in the county and consists of 88 square miles, 43,000 people and 14 deputies. You will be happy to know that our district has the lowest crime rate.

They reported, burglaries occur every 15 sec-

ing. Dab a little on a clean cloth and gently blot the stain. Rinse the area with soap and water. Be sure that you don't pour the brake cleaner directly onto the carpet; it could dissolve the adhesives that hold the fibers in the carpet.

Many of us have pets, unfortunately, on occasion, our furry friends have accidents and the smell and the stain just won't come out. Here's what you do: first try an enzyme product designed to remove pet stains and odors. Pour enough onto the spot to saturate the pad and treat an area twice the size of the stain (urine hits the pad and spreads). Let it set for a couple of hours. If that attempt was unsuccessful, a solution of baking soda and peroxide may be the best option. Mix a 30/70 solution of peroxide to water adding a 1/2-teaspoon of baking soda per cup of mixture. It will bubble and fizz, but not before it removes the stain and smell. Always be sure to test an inconspicuous spot first for colorfastness. Blot up as much as you can with an old towel and rinse well with 1/2 cup of vinegar per quart of water.

Oils, grease, magic marker and ink stains can be a major hassle to remove. There's a product available in most stores called, DeSolvit to remove these types of stains. WD-40 and Orange Clean also work well to remove these stubborn stains. Rubbing alcohol removes ink stains, simply blot it on the spot, and let it set for 30 minutes, then blot again to remove and rinse with sudsy water. Magic marker is generally permanent and you may not be able to remove it.

If gum gets on the carpet, freeze the gum with ice cubes, chip away what you can with the blunt side of a kitchen knife, WD-40, DeSolvit or Goo Gone will remove the rest.

Please remember that before attacking a stain or cleaning carpets with a new solution or spray, you may want to test a small, inconspicuous area for color fastness.

As always, I welcome and look forward to answering any questions or concerns you may have regarding: Mold, Indoor Air Quality, air conditioning issues, or any other home maintenance matters. Please submit your questions to Customer Service or customerservice@otowfl.com. Answers to your inquiries will appear in the next issue of On Top of the World News.



Interior Home Care Dennis Hisey

Carpet Cleaning Tips for Do-It-Yourselfers

Taking proper care of your floor extends its life and keeps it looking new for years. What is proper care for your flooring?

Do you enjoy going barefoot? Even if you don't, kick your shoes off at the door. Why take your shoes off? Guess what's on the bottom of your shoes? Take a closer look and you'll see oil, sand and dirt that grind away at the fibers in your carpet, and possibly even left over bits of pet deposits. Do you wear slippers or socks inside? You should, because even the oils from the bottoms of your feet dirty the carpet. Is it any wonder why the carpet doesn't seem to come clean, ever?

You should vacuum your carpet regularly. Use high quality vacuum cleaner bags and change them frequently. Avoid using liquid carpet shampoos to clean carpets. Have you ever washed your hair, only to realize as you got out of the shower that there was still shampoo in your hair? Well, the same thing happens with carpets. All of the shampoo can't be properly rinsed out and leaves a sticky residue, which acts like a magnet pulling dirt from the soles of your shoes. The bottoms of your shoes may be a little cleaner, but your carpet is even dirtier now. Use dry carpet cleaners instead. Stores that sell vacuum cleaners carry dry carpet cleaners.

Before attacking a stain or cleaning carpets with a new solution or spray, you may want to test a small, inconspicuous area for color fastness.

There's a trick to getting old shampoo out of your carpet. First, rent a carpet shampooer that cleans with water. Mix 1 cup of vinegar for every 2 1/2 gallons of water, and clean the carpet according to the directions on the machine. The vinegar pulls out the old shampoo, cleaning the carpet as well. Go back over the carpet using only warm water to reactivate the old shampoo residue providing some cleansing action in the process.

Stains are always a hassle to remove from carpet. Never rub a stain, always blot. Rubbing breaks down the carpet fibers and spreads the stain. Most food stains can be removed using regular shaving cream. Spray it on (don't rub it in) and let it set for approximately 15 minutes. Rinse the spot with the water and vinegar solution (1 cup of vinegar for every 2 1/2 gallons of water).

Club soda is widely accepted as the best remedy for red wine stains.

To remove red dye (drink mixes, popsicles, dog and cat food) stains use a 30/70 solution of peroxide to water. It is important to remember that peroxide is bleach, so before you attack a large stain in the carpet, you may want to test a smaller, less conspicuous spot for color fastness. Apply the mixture, wait 30 minutes, then remove as much moisture as possible and rinse with a vinegar and water solution. If the stain remains, add a bit more peroxide to the mixture and re-treat.

Believe it or not, brake cleaner also does a good job of removing most food stains. Brake cleaner contains the same chemical that professional dry cleaners use to remove stains in cloth-

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8 a.m. to 4 p.m.
Mondays through Fridays

onds and most take place during daylight hours. Light, noise and visibility are the biggest deterrents. Keeping the bushes trimmed around the house, installing motion sensors on lights and a peephole in the front door are some of the safety tips provided. Keeping your doors locked on your home and vehicle along with making sure valuables are not visible can help take away temptation. Make sure that you photograph jewelry as well as other valuables and write down serial numbers for major appliances and equipment such as stereo, video and computers.

Don't hide keys under the doormat or outside in the flowerpot...these tend to be the first place anyone would look. If you plan to be away, leave a radio or a TV on, add timers to lights, or you may want to let your trusty neighbor know to keep an eye out for your home. Last safety tip, but very important, never acknowledge you are home alone and never let strangers in your home.

The second seminar offered was on golf cart safety, insurance and maintenance. The Marion County Sheriff's Office conducted the safe driving portion of the seminar. Officer Arthur Oubre offered the following advice: carts must follow the same traffic rules as regular vehicles, modifications to the cart can void your insurance, no drinking and driving, carts were not designed to share the roadways with larger vehicles, so be careful and follow all traffic rules. Officer Oubre reiterated over and over, please use caution when operating a cart. Use your turn signals, check your blind spots when you move out to pass someone and drive defensively.

The insurance portion was presented by Kevin McDonald, who advised cart owners to make sure that they have proper coverage on their cart. If you have coverage under your homeowner's policy, it is important to ensure that the policy actually covers more than just to and from the golf course. A separate policy is available just for golf carts; it covers beyond the trip to the course. If you do own a low speed vehicle, which operates between 20 and 35 mph, you must have a registered license plate, be insured to operate on

roadways and be a licensed driver.

Cart maintenance was presented by our very own Gerald Hancock, who discussed why maintenance on your cart is so important. There is weekly maintenance that an owner can perform, such as checking all lights, turn signals, horn and reverse buzzer. And, don't forget to inspect tires for wear and tear, brakes for proper operation and batteries for water. To avoid unintentional starting of the vehicle, the key should always be in the off position and the forward/reverse switch should be placed in neutral when the cart is not in operation. Dirty batteries can provide a path for a small current draw that can slowly discharge batteries thus wasting energy. And, filling the battery to the correct level and not beyond can prevent headaches in the future by not limiting capacity and preventing corrosion of the metal parts around it.

The third seminar offered was Operating Your Irrigation Controller. It was presented by Phillip Hisey, On Top of the World Landscape. Professional. This was a hands-on class and topics included programming the date and time on the controller, setting up run times, program adjustments and seasonal adjustments as well as how to save water and money with the proper use of the controller.

I would like to thank our attendees and presenters for making the seminars informative and useful.

New Winter Hours

On Nov. 6, the Farmer's Market will start its new hours, 9 a.m. - 1 p.m. Hours will change for entertainment at Circle Square Commons starting Nov. 7, 5 - 9 p.m.

Don't forget to exercise your right to vote on Nov. 4, Election Day. Most importantly, let's remember our veterans on Veterans' Day, Nov. 11. We honor and thank all the men and women who have proudly served our country.

Curbside Landscape Debris Pickup Schedule

Monday*

Americana Village
Friendship Village
Friendship Park

Wednesday

Friendship Colony
Candler Hills**
Indigo East**

Thursday

Avalon
Providence 1 & 2
Williamsburg

Friday

Crescent Ridge 1 & 2
Renaissance Park
Windsor

* Due to volumes, pick-up may extend into Tuesday

** Begins at 7:30 a.m.

Emergency After-Hours Phone Number

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Sunday School: 9:45 a.m.

Wednesday Evening Worship: 6:45 p.m.

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From Debbie's Desk Debbie Clark

Where has the time gone? We flew past October and would you look, it's November already. Ah, Thanksgiving! To most of us, the word calls to mind images of turkey dinner, pumpkin pie and watching football with family and friends.

Speaking of family and friends, I would like to wish all of you; my extended family here at On Top of the World the very best life has to offer. My husband and I are moving back to New Hampshire and I will be leaving my employment with On Top of the World on Nov. 20. It has truly been a pleasure to serve all of you as your program supervisor for the recreation department. You will all be dearly missed.

Well onto the good stuff: October flew by and we had some pretty exciting events that took place. Our Second Annual Club Fair was held on Sept. 25, and it was such a big success. We want to thank all of the clubs that participated. Please remember that this is an annual event held each fall so watch for next year's event. You may even learn about a club you would like to participate in and just did not realize that it exists.

There are two other events yet to have taken place at this writing: the Sixth Annual Craft Fair and our Bi-Annual Rags to Riches sale.

These events are always a huge success and you will hear more about them in my next article.

Activities scheduled for November include our Friday Night Happy Hour and the entertainment scheduled is:

- Friday, Nov. 7 - Tomaura
- Friday, Nov. 14 - Barry & Nancy
- Friday, Nov. 21 - Roger
- Friday, Nov. 28 - No Happy Hour

Do not forget Sunday, Nov. 2 is the day you will need to turn your clocks back.

There is going to be a wonderful digital photography exhibit at the Arbor Club, Nov. 2 - 8. This will include an open reception for the photographers to be held on Nov. 4 from 3 - 6 p.m. with light refreshments and a cash bar. Come enjoy the wonderful photography and meet these very talented photographers.

We had a tremendous turnout for our first Flu Vaccine Clinic of the season on Monday, Oct. 13. If you missed getting your flu vaccine, please call the Health & Recreation Office at 854-8707, ext. 10 to register for our next Flu Vaccine Clinic to be held on Monday, Nov. 10 at the Arbor Conference Center in Suites E and F from 8 a.m. to 1 p.m. If this date does not fit into your busy schedule, we will have another clinic on Dec. 8.

For our holiday gambler, another trip is planned to the Seminole Hard Rock Casino on Nov. 20. This would be a great trip to take your friends and family during their holiday visits. The cost is \$20 per person, which includes round-trip transportation, \$25 in free play and a \$5 lunch voucher. These trips do fill up fast, so don't miss out on the fun. Call the Health & Recreation Office during the hours of 8 a.m. to 4 p.m. to sign-up. We already have a second bus.

As you are marking your calendars, there is one item for the month of December to note. Our New Year's Eve Celebration will be held at the Arbor Club on Wednesday, Dec. 31. Entertainment for the evening will be provided by Johnny Alston. Tickets for this event will go on sale Monday, Dec. 1 at the Arbor Club from 8 a.m. to 3 p.m.

Please stay tuned to Channel 17/22 and look for posters as more information becomes available. If I know Dave, this is going to be a night to remember.

One last bit of information to note is that all employee-based facilities will be closed on Thursday, Nov. 27 as we recognize the Thanksgiving holiday. As always, play safe, have fun and have a safe and happy holiday.

Hospitality

Linda Tiffany

Candler Hills Restaurant

Residents have been heartily enjoying our Brunch Buffet every Sunday from 8 a.m. to 1 p.m., as well as the bountiful meals and festive atmosphere of our Italian Night buffet every Monday, Cookout buffet every Wednesday, and our Prime Rib Special every Friday and Saturday. Time is 4 p.m. to 8 p.m. for each. Call 861-9720 for more information.

It's hard to believe that Thanksgiving is already upon us! It's been a beautiful summer, and many of us are happy to see cooler temperatures arriving. Candler Hills Restaurant and Friendship Catering will again offer their ever-popular Thanksgiving dinner. The information and menus are shown below.

Thanksgiving Day at Candler Hills Restaurant

Thursday, Nov. 27

Dinner will be served from noon until 6 p.m. Reservations are recommended, please call 861-9720. Featured Dinner Menu includes choice of soup or salad.

Soup

Butternut Squash Bisque

Salad

Baby field greens with tomatoes, red onion, walnuts and craisins with raspberry vinaigrette

Entrée

Carolina herb roasted turkey and Virginia glazed ham served with sage stuffing, mashed potatoes, turkey gravy, cranberry sauce and candied yams

Dessert

Pumpkin pie with cinnamon spice fresh whipped cream

Set menu \$14.95 (tax and gratuity not included) Limited menu available upon request. Candler Restaurant will not serve breakfast or lunch on Thanksgiving Day.

Thanksgiving Day Buffet at the Health & Recreation Ballroom

Thursday, Nov. 27

Choose either noon seating or 2 p.m. seating. Reservations required by Nov. 20, please call 861-9188. \$17.00 per person includes tax and gratuity; \$8.50 per child between the ages of 8-12.

Buffet Menu

Chef Carved Virginia Ham
Roast Turkey with Gravy

Whitefish Almandine

Sausage Sage Stuffing

Sweet Potatoes

Red Skin Mashed Potatoes

California Blend Vegetables

Tossed Salad with Assorted Dressings

Carrot Raisin Salad

Seafood Bisque

Rolls and Butter

Apple Pie, Pumpkin Pie and Chocolate Cake

Coffee and Iced Tea

The Pub

As colder weather approaches, check out the hearty soups Chef Greg prepares daily, along with other specials. One of The Pub's features is a really great chef's salad with the finest of ingredients. For hours of operation and specials of the day, call 854-0761. The Pub will be closed Thanksgiving Day.

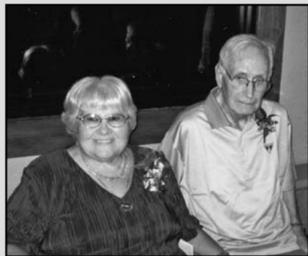
The Hospitality Department is thankful for a great team under the leadership of Chef Dave Bland. The entire staff including Chef Greg Beal, Candler Restaurant Manager Donna Little, and The Pub Manager Sonya James offers its thanks to our residents for their support.

Emergency After-Hours Phone Number

236-OTOW (236-6869)

Congratulations

Anniversaries • Birthdays
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Tina & Allan Belden
60th Anniversary

Super Bingo

Wednesday, Nov. 12

Health & Recreation Ballroom
6:15 - 9 p.m.

Cards sold at 5 p.m. (no cards sold after 6 p.m.). Residents only - sorry, no guests. On Top of the World Resident ID cards must be presented to participate, no exceptions.

3 cards for \$5.00 - Maximum

3 cards per person

17 games - \$50.00 per game

3 jackpots - \$250.00 each

For more information,

please call Mort 237-5112 or Lolly 861-2165.

Medicare Information

By KATHY DUCZ

In 2006, millions of Medicare recipients signed up for their first Prescription Drug Plan. What worked in 2006 may not be the best option for them in 2009.

Every year there are new plans being offered with different costs and coverages. It is important that Medicare recipients review their coverage every year between Nov. 15 and Dec. 31.

Don't be left behind with a plan that is more expensive than necessary and doesn't provide the coverage needed.

Master the Possibilities has counselors available from SHINE (Service Health Insurance Needs of Elders), an outreach of the Florida Area Agency on Aging and Centers for Medicare and Medicaid Services. Individual counseling is free and is offered every Wednesday at the Master the

Possibilities from 10 a.m. to noon with extended hours as necessary.

A monthly class is also available at Master the Possibilities providing information on the difference between Original Medicare and Medicare Choice Plans, Supplemental Plan Choices, Prescription Drug Plans, and various other topics that a new Medicare recipient needs to know to make an informed decision. This class will be held on Nov. 18 from 9 - 10 a.m. You can register for this with Master the Possibilities.

The Master the Possibilities Pharmacology Series will also have a presentation on the Medicare Prescription Drug Plan for 2009. This will be on Friday, Nov. 14, 11 - noon at Master the Possibilities.



Vote

Sandy Hawkins

Candidate for
Circuit Court Judge, Group 3

As an Assistant State Attorney of 11 years, I am the only candidate with the skills, knowledge, training, and experience in both the criminal and civil law. This will be an asset in assuming the duties of the newly elected judge.

I am an experienced trial attorney with over 100 jury and non-jury trials combined. I have practiced in both civil and criminal courts. I have spent 1000s of hours in various courtrooms and have litigated 1000s of cases. I have prosecuted domestic violence as well as injunction violations for 4 years and have been on felony dockets for 7 years.

The docket assignments for the new judge will include back-up for the felony criminal judge, criminal juvenile delinquency, drug court, domestic violence injunctions, and child dependency. I have experience in all criminal areas. I have attended shelter and dependency hearings. I have also worked with DCF and their family plans when parents are involved in the criminal justice system.

As the mother of 6 boys, whom I have raised for the last 20 years as a single working parent, I have the maturity, wisdom, and knowledge of 53 years of life experiences to bring to the bench. I will listen to both sides of the argument, examine all evidence, treat all parties with respect, follow the law, and be fair and impartial when making decisions that effect the lives of others.

I appreciate the support of the voters in the primary election, and ask for your support in November.

Community News & Update

By Kenneth Colen, Publisher

Continued from Page 1

The harmful consequences of Amendment 2 are not limited to seniors. Certainly, the AARP recognized this when they came out against this proposed Amendment 2. According to the Florida Legislature's own analysis of the proposal, all unmarried couples risk losing family protections that an overwhelming majority of Floridians support. "If domestic partnership registries are deemed substantially equivalent to marriage, their termination could place registrants at risk of losing specified rights and benefits, such as those related to health insurance," according to the Office of Economic and Demographic Research, which is required to identify the impact of any proposed amendment.

The Florida Alliance for Retired Americans (FLARA) is committed to educating seniors on the harm this measure poses (www.VoteNoOn2.com). FLARA has joined the Fairness for All Families Campaign, a coalition of more than 200 civil rights groups, senior, labor, faith and student groups working to defeat Amendment 2.

Amendment 2 has the potential to create not only economic hardship for seniors and other groups of citizens, but may also result in the disruption of caring or loving relationships. Adoption of Amendment 2 would be bad public policy in the long term.

Circle Square Cultural Center

The line-up for the first six months of 2009 is almost set. A few of the names coming in 2009 include Gary Puckett, Lovin' Spoonful, The Association and The Letterman. You told us and we listened. For example, Sock Hops will become a regular feature with top notch live bands!

In 2008, thousands of you attended shows and we heard very positive feedback on the quality of entertainment, almost all of the time. On that rare occasion when you didn't particularly care for a certain performer, we took your feedback or non-attendance and made sure that we didn't book that genre again.

We also had great feedback on the comfort of the chairs for concerts. Now my only complaint is that they are too comfortable and I tend to doze off during the slow numbers!

The Town Square has proven to be a big hit with all of you coming out Friday and Saturday nights to dance the night away! The festivals created by our team lead by Antonio Crews have been exceptional and attendance keeps growing significantly during these events. It has been

heartwarming to see you all come out and enjoy the beautiful nights (thank goodness the summer heat is moving out), join in the camaraderie that is always present among friends and neighbors. We will have new hours, 5-9 p.m., this month beginning on Nov. 7 and 8.

The Farmer's Market continues to grow with the number of vendors (we're staying pretty constant with 33-35 vendors). Our goal is still to have 50 vendors per week. As the reputation of the Farmer's Market grows, new vendors are coming almost every week. Attendance by all of you has been fairly constant throughout the hot summer months and that has helped to grow the number of vendors who are attending on a regular basis.

In October, we added cooking demonstrations led by our own Chef Dave Bland and those have been a big hit. The emphasis was and will continue to be on seasonal produce and other items found at the Farmer's Market and how to creatively prepare them. Recipes are being handed out at each demonstration and may be picked up online at www.CircleSquareCommonsFarmersMarket.com.

Annual Association Meetings

December begins a cycle of annual meetings for the various neighborhood owner associations. This is the schedule and location for the respective meetings:

- Master Association Meeting & Budget Adoption: Dec. 4, Master the Possibilities at 9 a.m.
- Candler Hills Meeting & Budget Adoption: Dec. 5, Circle Square Cultural Center at 9 a.m.
- Indigo East Meeting & Budget Adoption: Dec. 5, Circle Square Cultural Center at 1 p.m.
- On Top of the World Central Owners Annual Meeting Election: Dec. 17, Health & Recreation Ballroom from 9 a.m. to noon

Among the other matters to be discussed at each annual meeting will be matters of general interest to your community, an update of progress on additional recreation and meeting facilities, how the Board of Administration functions through the setting of policies and through the review of the projected budget for the coming year, and any legislative changes affecting your community. There will be a question and answer period following the main body of each meeting.

We wish everyone a very Happy Thanksgiving.

DCM

Lonnie Smith

I'm sure that you have probably noticed our system upgrade announcements on Channel 12. The purpose of the enhancements to your cable system is to provide you with a better overall picture and Internet service to assure a more reliable system.

Part of the process of enhancement is to thoroughly go through all of the different pieces and parts that make up the total system and confirm that everything is performing as designed. We have recently completed a "full system sweep" which, consists of electronic testing of all underground cabling and electronic components, and making corrections/repairs, if required.

There have been numerous improvements made, cabling sections have been replaced or repaired, and any interference problems have been eliminated. Maintenance and upkeep is a continual process and we take this area very seriously. We are constantly looking for ways to improve the system and enhance the service delivery. We have also upgraded our technical management team and their focus will always be to provide superior service and to make the customer #1.

The format of these monthly articles will be to keep everyone informed of what we are doing here at Digital Communication Media (DCM). We will provide monthly tips and tricks for utilizing the system better and more effectively. We will also keep you up to speed about what's happening in the CATV (Cable TV) industry as a whole.

Keep an eye out for various specials that we will be running in the coming months. We have made some great adjustments to our pricing and offerings. You are welcome to come by and visit our Customer Service office in Friendship Commons to discuss how we can customize a cable TV and internet package for you.

DCM will be providing some informative instructions by presenting a few classes at the Master the Possibilities facility in the Town Square. The following class dates are available: Nov. 12 and 19.

Dave Ashworth, our Network Administrator, will be presenting various topics of interest for those that want to learn how our system works and to get the best performance possible from your computer and the internet. Dave will also offer some monthly tips at the end of this column for those of you that can't make it to the classes.

On Feb. 17, 2009, by law, digital TV broadcasting will be the only way television stations across

the country will transmit TV signals. If you are a current analog or digital DCM customer, you will not be affected by the digital transition.

How do I know if I have an analog or digital television set?

To check if your TV set can receive over-the-air digital broadcast signals, look at your owner's manual or look for an indication on the set that it has a built-in Advanced Television Systems Committee (ATSC) tuner. You can also look at the manufacturer's Web site and check the capabilities of the set by the manufacturer model number. Everyone can use a converter box in an emergency, even if you have cable or satellite, unless you have a TV set with a digital tuner. In a storm, when the cable or satellite goes out, (if you don't have a TV set with a digital tuner) you won't be able to hook up your rabbit ears to your TV set to get local weather and news without a converter box.

When you lose power, a portable TV is a great choice. Old portable TVs without digital tuners won't work. You will need a new portable digital TV.

What is a digital to analog converter box?

A digital television (DTV) converter box is an electronic device that converts the new over-the-air digital signal into an analog signal viewable on older analog television sets. The digital to analog converter box connects your antenna or rabbit ears to your TV set. It will allow you to continue watching TV after Feb. 17, 2009, when the conversion is complete.

Dave Ashworth's Windows Tip

Improve overall system performance and boot time and get rid of programs you don't want running in the background by choosing to do a Selective Startup in msconfig.

Click Start, Run and type: msconfig and press enter. In the System Configuration Utility click the Startup tab. Uncheck programs you do not wish to load each time your computer starts. Once done click ok and restart the computer. After the computer boots back into Windows you will receive a prompt about Windows being in a selective startup. Check the box to not receive the prompt and click ok.

Stay Informed!

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Keeping It Green

Phillip B. Hisey

First of all I would like to thank those who attended the "Operating Your Irrigation Controller" class that was held at Master the Possibilities. I thought the class was a success and hopefully those that participated did too. For more information on future classes, please visit the Master the Possibilities web site at www.masterthepossibilities.com or you can go to Master the Possibilities located in Circle Square Commons next to Yalaha Delights.

As we begin to get into the winter months with cooler evening temperatures, there are a few things to be watching for or things you should know. Growth rate of St. Augustine grass is dependent on temperature, moisture availability and nutrient availability. Any one of these factors can limit the rate of growth of this species. This time of year typically allows you to begin cutting back on water usage. Try reducing the usage by reducing run times by 10% using the sea-

sonal adjust function of the irrigation controller or by reducing the time by 10% on every zone. Fertilization with high nitrogen fertilizers during the winter months is not recommended. If you desire a little more color in your lawn, try applying iron-based products such as Milorganite or Ironite. These products will provide you a nice green up and should push through to the first frost at which time the sod will go dormant.

Some landscape plants during the months ahead will also begin to slow down in growth. Plants such as Lantana, Daylilies, Crape Myrtles and Laurel Oaks will go dormant. Trimming these plants can be done in late January. Crape Myrtles and Laurel Oak leaves can be used as mulch in the landscape beds. By reusing the leaves, you will incorporate organic matter into the soil that in turn will break down and provide some nutrients to the plants. The leaf matter also provides some help with weed control in the bed by keeping the weed's seeds from germinating.

Crape Myrtle trimming is also a topic of discussion around the winter months. Typically, I prefer "pencil pruning" as to "pollarding" or "topping." Pencil pruning is only removing the branches pencil size and smaller. Pencil pruning is more time consuming than the other methods but testing completed by the University of Florida has shown that pencil pruning produces longer blooms that seem to hang around a little longer as compared to topping or pollarding that produces lots of smaller blooms that do not hang around as long. This is probably attributed to the fact that Crape Myrtles only bloom on new growth. Again, you don't want to trim too early but rather try to hold off until the last week in January.

There are not too many insects or diseases to worry about during the winter, but watch out for the warm days that we sometimes see. With cooler evening temps and hotter than usual daytime temps, fungus issues can sometimes be a problem.

Have a great Thanksgiving!

Winds of Windsor

Joyce Wood

The winds here at Windsor are indeed unique. Maybe it's our elevation? The winds are still blowing as the season changes. Our gardeners are doing a great job keeping the lawns and flowerbeds under control. The landscaping of the drainage areas is almost complete. It will give a more finished look to those areas when the ornamental grasses start growing.

We have two more homes occupied plus four homes almost ready for their closings. Welcome to the Henzys from Connecticut and the Johnsons from Ohio. Your new neighbors will be more than willing to answer any questions you might have as you settle in to On Top of the World.

Here are a few activities that have kept our community busy this past summer. Thanks to the Travel Toppers, some have gone to the Rays baseball games in Tampa. Some ladies have joined Women of the World. Many couples can be seen at the Town Square dancing to their favorite songs. A popular vacation site this past summer was Alaska. Welcome back to those who went to see family and friends in other states.

In response to finding volunteers to write this column, you will notice that the columnist's name will change on a rotating basis. My thanks go to those who are willing to do so.

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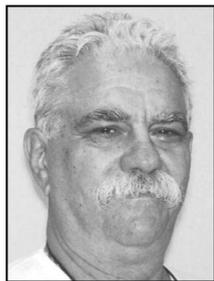
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Social Club
Mort Meretsky

We have a trip scheduled for Biloxi over Christmas. We leave On Top of the World on Dec. 23 and return Dec. 26. We will be at the Imperial Palace Biloxi for four days/three nights. There will be two breakfasts plus \$25 in free play at the hotel. There will be two casino visits: Isle of Capri - \$20 in slot play; and Palace - \$15 in slot play. The cost is \$159 per person (double occupancy) or \$248 per person (single). Cancellation waiver is \$13. No refund without waiver. The money is due by Nov. 22. There could be a price change due to fuel cost. Contact Marie at 853-8525 to make your reservation.

The club is selling raffle tickets for a Bahamas cruise for two. It's for five days/four nights from Port Canaveral. It will be on Royal Caribbean's Monarch of the Seas. All proceeds to benefit Hospice. The drawing will be Feb. 14, 2009 at the Health & Recreation Ballroom. The winner will be notified.

The winner will call Affordable Travel for sailing options. Port charges & government fees of approx. \$125 per person are not included. Tickets are on sale in the Health & Recreation Ballroom Monday, Wednesday and Friday from 8 to 10 a.m. For more information, contact Margaret at 854-7306 or Ruth at 854-1128.

Our next poker/blackjack is on Friday, Nov. 21 at the Arbor Club Conference Center from 2 - 4 p.m. This is a good time to renew your membership or if you're not a member, but would like to join, come on over and we'll sign you up.

Friendship Social Club
Marilyn Nielsen

The Friendship Social Club met on Sunday, Oct. 12. The refreshment committee served delicious spice cake with coffee and iced tea.

President Eileen Utiss called the meeting to



Lions Club
Dianne Lovely

The end of the year is fast approaching but the Lions are roaring. We had two major events at the end of October. White Cane Day which was chaired by Lion James Delfraisse. Thanks to all the Lions who were outside in front of Winn-Dixie and Publix.

Thank you to Wal-Mart on State Road 200 who gave us a grant for \$1000. All monies contributed go to the Florida Center for the Blind.

We also had another major event at Carmine's Cafe on State Road 200. The Lions had a pasta dinner with all the fixings. Thanks to all those who sponsored this event at Carmine's.

Don't forget on Tuesday, Nov. 11 the Lions will have their annual Veterans Day Service at 11 a.m. in front of the flagpole of the Health & Recreation Building. The Sunshine Singers will perform for us again this year. Many thanks to Lion Ralph Mills for chairing this event.

As a reminder, on Nov. 28 the Lions Christmas tree will go up in the foyer upstairs in the Health & Recreation Building for underprivileged children to have a merry Christmas. Please take a tag off the tree, buy a gift, attach the tag to the gift and place it under the tree. Do not wrap the gifts. We will be collecting gifts from Nov. 28 to Dec. 15.

We meet every second and fourth Tuesday of the month at Candler Hills Community Center. For details, call Marty Schley, membership chairman, at 307 - 1286.

order at 3 p.m. and led the Pledge of Allegiance. She then reported on club business.

The Nov. 9 meeting will feature Jean Monroe with a musical program.

After the officer reports were read and announcements were made, 2nd Vice President Pat Porter introduced the On Top of the World Circle Square dancers. There were three squares and they gave us a variety of toe tapping dances and looked great in their colorful costumes. We have lots of talented people at On Top of the World.

The Friendship Social Club is open to any and all residents of the communities.

Avalon Social Group
Lorraine Rourke

In October, we had a light turnout, but there was plenty of delicious food. Plans are to do a phone survey to determine why folks are not attending and what they would like to see. This will be put together shortly and handed out to the phone team to make the calls.

Our neighborhood gets together the first Monday of the month with the next one scheduled for Nov. 3, and the holiday get-together on Dec. 1. We always have a wide array of foods made or purchased to make for a varied meal while chatting with your neighbors. Sandy's trivia contest had many of us stumped and surprised with the answers. Way to go, Sandy.

The November event is Nov. 3 at the Arbor Club Ballroom; with set-up at 4:30 p.m. and start time at 5 p.m. Food is served around 5:15 p.m. with two separate lines to ensure everyone gets a main dish and sides.

Bring a dish to share (appetizer, salad, fruit, pasta, main dish or meat) and please, no deserts. Please also bring your own non-alcoholic beverage and serving spoon, if you need one. Other On Top of the World communities are welcome to join us by coming with a dish. We will also have a 50/50 raffle.

We plan to discuss how frequently we want events in 2009, event start time, event day and the possibility of different groups of people in charge of each month. So, please come so your voice may be heard.

Keep an eye on TV, e-mail and the On Top of the World News for updates. For questions, call Lorraine at 390-2120.

Singles Club
Lorraine Serwan

Where has the year gone? It's not too early to start planning for the holidays.

We had such a pleasant experience at Stone Creek Golf Club when we held our birthday luncheon there that we decided to return for our holiday party. It will be held on Friday, Dec. 12 at noon. Payment will be accepted at the November meeting. Call Ellen at 873-4048 or Lorraine at 854-1365 for info.

Holidays should never be spent alone. We have made reservations at The Ivy House in Williston for Thanksgiving Day. If you would like to join us, please call Lorraine, as reservations are necessary.

Our November meeting will feature a speaker from the Ladies in Red who will give us some important information about cardio-vascular disease.

On Nov. 20, we will be carpooling to the Christmas House in Brooksville for a beautiful start to the holiday season. Call Diane at 854-8152 for details.

There are still a few seats left for the luncheon/play at the CFCC Webber Center on Jan. 31. Cost is \$50 and should be paid at the November meeting. Call Lorraine at 854-1365 for information.

Our next meeting will be Nov. 13 at 2 p.m. at the Arbor Conference Center, Suites G and H. We look forward to having you join us for an interesting program.

Have a happy and safe Thanksgiving.

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Red Hat Society
Vivian Brown

The holiday season is upon us! As I sat contemplating what I should do or maybe not do this year, I remembered my mother telling us that you can give gifts even if you have no money. Give the gift of you, your time and your talent. For instance you can give your friend a card saying you will give her two or three hours of yard work, weeding or whatever she needs done. Invite your favorite couple over for a home cooked meal. Walk your friend's dog or look after it when they are away. These are called gifts from the heart, and are truly appreciated and cost nothing but show you care.

So this year, let's all keep the holiday spirit alive and well with gifts from the heart. Happy holidays and God bless.

The Razzle-Dazzle Red Hat Dames

Some of our ladies went on a shopping trip to Orlando and had a very enjoyable time. We picked up some great bargains. We are looking forward to our holiday luncheon at Felix's and will give you details later.

Happy Thanksgiving, my dear ladies, and may God bless you with good health and happiness. You are the sunshine of my life and always remember to "do all you can, for whom you can, whenever you can." QM Vivian Brown

The Glitzy Gals

We enjoyed a luncheon at Stone Creek with Faye Shampine and Kitty Wills as hostesses. The table was decorated with fall decorations. Sara Riehm was the winner of the centerpiece.

I apologize to our September hostesses QM Mary Curry and Carol Cecala for our great outing to the Tea Plantation in The Villages that I neglected to mention in our news last time. Some of our group traveled to the Oaks Mall in Gainesville for the box lunch and fashion show presented by Belk's. Purple Paula entertained us and kept us laughing. Good food, a lovely fashion show and of course shopping made for a most enjoyable day.

Queen Mother, Mary Curry and Vice Queens, Dottie Hinde and Bea Maxwell attended the Nature Coast Royal Queens outing at Clawdaddy's Restaurant in Crystal River where the Vice Queens were honored. A few from the group will be participating in open bocce and we are all getting ready for the Hawaiian Luau later this month at the Health & Recreation Ballroom. "Laughter is a gift everyone should open." QM Mary Curry by Janet Wahl

The Crescent Ridge Red Hatters

We have been enjoying many restaurants in the area: The Verandah, Nancy Lopez's Legacy, Ipanema, Hilton, Ayuttaya Thai and Horse & Hounds. Our hostesses, Joan, Kathryn, Margie, Arlene, Phyllis and Dottie, have done an outstanding job. After most outings, we find ourselves somewhere like Scoops or Baskin-Robbins having ice cream - dietetic, of course.

In August, we visited the Stone Creek Grill for lunch and returned to our Queen Mother's home for our annual unorganized meeting. Here we solved all the world problems, planned our coming year of fun in Red Hats and celebrated our sixth birthday with a delicious cake and ice cream. We sang Happy Birthday to ourselves and voted to continue having great times for another year. QM Anne Seales

The Cool Cats in Red Hats

We found out first hand how widespread the red hat fun is around the world.

Our group of ladies went to the Olive Garden for lunch last month. We were being seated when a lovely lady came rushing up to us all excited. Her name was Karina Zayas from Madrid, Spain. She is a Pink Hatter from her hometown group called "Ponce de Leon Red Hatters."

Karina was delighted to meet American Red Hatters. She took videos of us to show her red hat sisters back home. She said next month was her birthday and she was looking forward to becoming a Red Hatter.

We promised to send her a copy of this column for her chapter. Happy Birthday Karina! You made our day special. QM Janet Fragapane

The Red Gems

October was a busy month with some of our ladies taking part in various events. However, everyone signed up for the luau!

Four ladies went to the Belk's Fashion Show in Gainesville. Six started Bocce. Although line dancing classes are for anyone and everyone, I met four Red Gems in the Monday class. On our regular meeting day, the second Tuesday, we will enjoy lunch at Chili's.

This date will give us a chance to renew the information for the coming events. We will emphasize the appropriate dress and colors for Red Hat events. Red Hatters wear purple and red. QM Loretta Troutman

Please e-mail your chapter's activities by the 9th of the month to Vivian Brown at vivjcb@cfl.rr.com.

Friendship Club
Marilyn Nielsen Sestry

The Friendship Club got off to a good start at its first meeting on Sept. 14 at 3 p.m. We were glad that many had checked the TV screen for meeting information.

After refreshments, the meeting went according to schedule. The program was given by Dave Garfol, who did great Elvis impressions.

The entertainment for the meeting on Oct. 12 was the Square Dancers.

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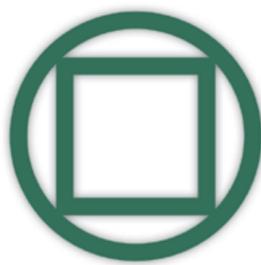
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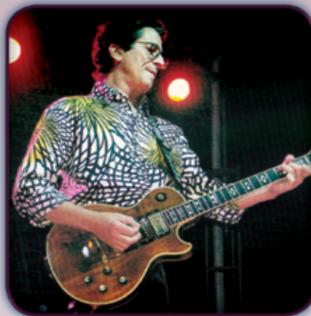
March 31 - Rising Stars of Tampa Bay Opera
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May 16 - The Lettermen
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January 17 - Beehive
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February 20 - Gary Lewis & the Playboys
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April 18 - Lovin' Spoonful
Resident Ticket Prices:
Gold \$17 Silver \$16 Bronze \$15



May 22 - Save the Last Dance with Margo & Rodeo Drive
Dance the night away!
Resident Ticket Price: \$8
(Seating limited to 400)



January 31 - Lover's Lane with Norman Lee Schaffer
Dance the night away!
Resident Ticket Price: \$8
(Seating limited to 400)



March 7 - The Music of Frankie Valli & The 4 Seasons
Resident Ticket Prices:
Gold \$15 Silver \$14 Bronze \$13



April 23 - 26 Arsenic & Old Lace Dinner Show
Resident Ticket Price: \$35



February 7 - Gary Puckett
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March 21 - A Night of Broadway Stars
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Fitness Happenings
Cammy Dennis

Make Your Holidays Happy and Healthy!

The holiday season is fast approaching; we are certain to be surrounded by festivities and food! The average American gains two to six pounds between Thanksgiving and Christmas. You don't have to become part of that statistic! It is possible to engage in all of the holiday happenings without overindulging. Seasonal treats abound...read on to discover how to make your holidays healthy ones.

One of the best things you can do through the holiday season is to keep active. Think of calories as fuel for energy. Your body requires fuel for physical activity. Exercise will help to burn any extra calories that might creep onto your plate or dessert fork during this time of year. Remember that cardiovascular activity (walking, swimming, biking, etc.) and strength training (strength machines, free weight and rubber resistance) are both important! Cardio activity demands energy and, therefore, uses up calories and fat stores during your exercise. Strength training builds muscle, which increases your metabolism, this raises the amount of calories that your body demands even at rest.

Consider this, if we know that calories serve as fuel for our bodies, when we take in more fuel than we will use, our body will store that away for another day. Those extra calories are stored as fat. The smart way to manage your nutrition is to choose foods that have high levels of nutrients and low levels of calories. This is what we refer to as "nutrient density."

Unfortunately, we have become a nation of overfed and undernourished people. We need to look at food several ways: what foods we eat, the amount of food we eat and how we prepare our food. For example, turkey (a Thanksgiving must!) is actually a very healthy protein choice. What makes a serving of turkey unhealthy is when we eat too much of it and cover it with gravy and salt!

There are three macronutrients that make-up our diet: carbohydrates, protein and fat. You should limit your consumption of fat to no more than 30% of your daily calories. Assuming that you are not under a medically supervised diet, 20% of your daily intake should come from protein and 50% from carbohydrates (healthy, complex carbohydrates; not too much pumpkin pie). Empowering yourself with information will

RECREATION CENTER FITNESS SCHEDULE

HEALTH AND RECREATION CENTER GROUP EXERCISE SCHEDULE

EFFECTIVE NOVEMBER 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
8:00-8:25			Tai Chi H&R Lawn			
8:00-8:50 Aerobics Room	Cardio Mix Rebekah	Condition & Stretch Cammy	Cardio-Kick & Tone Susan	Condition & Stretch Cammy	Cardio Mix Kitti	20 Min. 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 Oxycize
9:30				Sholom Park Walk		
10:00-10:30 Aerobics Room	Balanced Body Mary Pat	Absolutely Abs Howie	Balanced Body Mary Pat	Absolutely Abs Howie	Balanced Body Mary Pat	12:15 20 Min.
10:30-11:15 H&R Ballroom	Cardio Jam Kitti	Healthy Living Seminar 11/11/08 10:30	Cardio Jam Kitti		S.O.S Serious on Strength Kitti	
10:45-11:30 Aerobics Room	Light Aerobics Susan		Light Aerobics Susan		Light Aerobics Susan	
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	
3:00-4:00 Aerobics Room	All Ball Howie		All Ball Howie			

* Denotes a Fee Based Class

enable you to make nutritious food choices, control your portions and ensure that your meal preparations are healthy. Portion Guide:

- 3 ounces of meat - deck of cards
- ½ cup - golf ball
- 1 cup - tennis ball
- 1 teaspoon - tip of thumb
- 1 tablespoon - whole thumb

Health & Recreation has several opportunities to help you with nutritional guidance and support! Have a look at our line-up of programs to help you get started or keep you on track. We want your holidays to be happy and healthy! For additional nutrition information, visit www.mypyramid.gov.

Supermarket Survivor - Tuesday, Nov. 11 at 10:30 a.m. Meet at H&R in the Aerobics Room, we will demystify food labels then head over to Publix for a healthy shopping competition! Which team will shop the most nutritious?

Maintain Don't Gain - This lifestyle management class includes weekly discussions and workouts to help you manage your weight during this challenging time of year. Last year's program was such a success that almost every participant not only maintained their weight, but lost weight! The cost is \$25 for 5 weeks and runs Nov. 18 - Dec. 16; sign-up at the Fitness Desk at H&R.

Walking at Sholom Park - Thursday mornings at 9:30 a.m. Meet at Sholom Park, choose between

one and two mile walking routes.

Tai Chi for Free - Every Wednesday morning on the H&R lawn at 8 a.m.

Bicycle Clinic - Back by popular demand, in the H&R parking lot on Sat. Nov. 8 from 9 - 11 a.m. The Ocala Bicycle Center will be here to service bikes. If you need tires, tubes or have a special request, please call ahead at 291-5268.

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Lose Weight, Stay Fit and Have Fun

By BOB WOODS
WORLD NEWS WRITER

I know that most of you are afraid to step on that little machine lying on your bathroom floor called the scale; afraid that the scale is going to tell you a lie or really tell you the truth.

Losing weight is a hard task. I know people living right here in On Top of the World that are losing weight. Some are just watching what they eat (especially the amounts). They all tell me that pushing themselves away from the table is the toughest part of dieting while others are telling me they are on special diets that provide their daily meals for them.

I have other friends who are attending weight loss programs where they attend a meeting once a week to be weighed in. Regardless of the weight loss program one chooses, they all say you must exercise at the same time while dieting.

Dancing is one of the best exercises you can do to stay fit and lose weight. Friends of mine, living within our community, are losing weight while doing something they both love, and that is dancing. This couple not only partakes in ballroom dancing, but line and pattern dancing as well. They dance almost every day of the week, or at least five days. They are really beginning to show off their weight loss endeavors. She has lost over 45 pounds while he has lost over 25.

In On Top of the World, we have all types of dance classes available to those who wish to participate. Some of these classes are free while others cost a few pennies for each class. Let's face it, we have ballroom dancing, line dancing, pattern dancing, clogging, square dancing and other

forms of dance. There are groups forming all the time. You can also enjoy dancing every Friday and Saturday evening at the Circle Square Commons Town Square

What about line dancing? This is a great dance for singles, no partners needed. When I first started line dancing, I thought it was for ladies only. Boy was I ever wrong. What a great workout in only 45 minutes of instruction! You will work up a good sweat.

Take up one or more of the dancing types provided at either the Health & Recreation Ballroom or the Arbor Club, practice eating only one serving while at the same time limiting your portions of food and not eating those foods mostly craved that are loaded with calories, you are bound to loose weight while at the same time staying fit. You can supplement dancing with some of the exercise programs offered by our physical fitness department. You can join anyone of the group exercise programs or have your own private fitness tutor.

I know I have to start pushing myself away from the table after a moderate first serving. I also have to leave those luscious and delicious hamburgers and other types of foods including pizza out of my daily intake of food. Yes, I partake in line and ballroom dancing but I am not watching what I am eating. I keep blaming my wife for washing my clothes in hot water, shrinking them so they no longer fit. Does this excuse sound familiar?

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Entertainment Group Brings 'An Act to Remember'



Suzi Cruz

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

This musical comedy act has a variety of songs from Broadway to impressions of some of your favorite female performers to the nostalgia from the 40's, 50's and 60's.

Suzi loves to involve her audiences in what she does by creating various characters and visual costumes changes that will 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. Expect loads of laughter!

Tickets go on sale Oct. 27 from 8:30 to 10 a.m.

Timothy Hawkins



(Monday, Wednesday and Friday) in the Health & Recreation Ballroom. General admission is \$6 and reserved is \$8. This event is open to all residents and their houseguests in all communities. As usual, a limit of 4 tickets per person can be purchased.

The New Pretenders

The New Pretenders, under the direction of Bill Shampine, are about to inaugurate rehearsals twice-a-week in preparation for their 2009 stage show, "Memory Lane," on Feb. 6 and 7 in the Health & Recreation Ballroom.

This performance will have the largest cast ever with the addition of four new members including two new musicians in the Pretender's 12-piece band.

Mark your calendar now. Previous productions have been sold out and this show will be the biggest one yet!



On Top of the World's Blues Brothers

2008 Food Drive

Friday, October 31st – Saturday, November 15th, 2008

On Top of the World Communities



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| Canned Veggies | Toothbrushes |
| Pasta | Diapers |
| Pasta Sauces | Wipes |
| Peanut Butter | Toilet Tissue |
| | Tissues |

It's time once again to help those less fortunate... Let's help make someone's holiday brighter. *Please make sure your food donation has valid dates.* This is a combined effort of employees and On Top of the World residents to help Interfaith Emergency Services.

Let's all donate big!

Donation boxes will be located in each department office, community buildings, The Ranch Fitness Center & Spa, Circle Square Cultural Center & The Town Square on Friday and Saturday evenings.

Let's make a difference!



World News
Deadline for Dec. issue:
 Noon, November 13, 2008



Birders' Beat
 Jane Callender

The Unique Birders will meet Nov. 18 at 1:30 p.m. in Suite H of the Arbor Club Conference Center. Ann and Conrad Massa will present a program about Hawaiian birds. There will not be a field trip this month...a trip to the Thanksgiving table instead!

The deadline for news of the October field trip comes before the trip lead by Robert Riedeman. There will be a report on that trip in the December issue of On Top of the World News. For further information please call Roberta Campbell at 854-4814 or myself at 861-2983.

The accompanying photo is of a group of Roseate Spoonbills feeding in the marshes at J. N. "Ding" Darling National Wild Life Refuge on Sanibel Island, Florida. An unmistakable bird of South Florida's mangroves and freshwater estuaries, the Roseate Spoonbill population is now on the increase.

Nearly extinguished by "feather hunters", they now nest in large Florida Bay colonies and have recently returned as breeding species to Tampa Bay and Merritt Island.

Spoonbills feed by swinging their spoon-shaped bills back and forth in shallow water and mud to catch small fish, crustaceans and sometimes plant material.

Although the population is up, the feeding habitat for this attractive wader is being lost at an increasing rate. The survival of this species depends upon maintaining its shallow feeding grounds.



Photo by Guy Collins

Roseate Spoonbill at the Ding Darling Wildlife Preserve on Sanibel Island.

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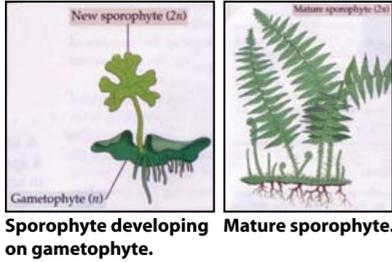
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Sporophyte developing on gametophyte. Mature sporophyte.



**Native Plant Club
Robert Riedeman**

boniferous period that followed. Today, there are about 12,000 species of ferns found in a wide variety of habitats. Since they require moisture for fertilization, they are not common in desert situations or the arctic and antarctic regions.

Although they tend to be small in size, they are capable of developing into quite tall plants such as the tropical tree ferns, which attain heights of over twenty feet.

There are three species of ferns, which dwell in the area of our nature trail next to the Arbor Conference Center. The tiny Resurrection Fern is an epiphyte, which lives most commonly on the branches of oak trees. The common name came about because this fern tends to wilt in dry weather but remarkably springs back to normal when moisture returns.

Another is the Bracken Fern, a much larger plant with its leaves divided into three distinct sections. It grows in soil and prefers partial sun.

The third one is the Cinnamon Fern, which forms graceful vase-shaped clusters of leaves. The name is derived from the appearance of the fertile leaf, which resembles a cinnamon stick when mature.

The next membership meeting of the Native Plant Group will be on Wednesday, Nov. 12, at 1:45 p.m. in Suite H of the Arbor Conference Center. The featured speaker will be resident entomologist, Tom Miller, who is not speaking on insects but will enlighten us on the subject of "Florida's Fabulous Snakes."

The Marion County Chapter of the Florida Native Plant Society will hold its regular monthly meeting on Wednesday, Nov. 19. Meetings are held in the auditorium of the Agricultural Center on old 301 (NE Jacksonville Road). Meetings start at 6:30 p.m., and finish with a raffle of native plants. Program speakers are always educational and entertaining. Refreshments are provided, and interested public is invited. For more information, call 307-1621.



Photo by Robert Riedeman

Resurrection ferns on oak bark.

In last month's column, we described the mosses - their distribution, reproduction, and importance as members of plant communities. This time we'll take a step up the evolutionary ladder and describe another group, the ferns.

Like the mosses, ferns are non-flowering plants, which reproduce by spores. Unlike mosses, however, the ferns have developed special water conducting tissues. These tissues enable the plant to transport moisture more efficiently and also add considerable strength to their roots, stems and leaves which means that they can attain much larger sizes than the mosses.

Ferns are considered to have true roots, stems and leaves (because of the conducting tissue). The part of the fern plant that is most conspicuous is the leaf (or frond). The stems (rhizomes) are usually located in the substrate and have the roots attached to them.

As in the mosses, reproduction of ferns involves an alternation between sexual and non-sexual stages. The sexual stage is called the gametophyte (i.e. gamete producing) while the non-sexual stage is the sporophyte (spore producing).

The above-ground leaf is part of the sporophyte. The spores are produced on the underside of certain leaves and are contained in tiny sacs. These sacs (or sporangia) are sometimes misleadingly referred to as "fruit dots." When ripe, the spores are released into the air and, if they end up in a suitable environment, will germinate and develop into the gametophyte stage. This stage is not familiar since it is small and inconspicuous, usually hidden among leaves or other debris.

These tiny gametophytes are completely independent of the sporophyte. They contain the organs that produce sperm and egg cells. Sperm cells move to the egg in a film of water to bring about fertilization. What develops from the fertilized egg is, as you guessed, the new sporophyte with its roots, stems and leaves. Thus, we have an alternation from one generation to another, which is typical of plant reproduction.

Ferns appeared on the earth in the Devonian period (400 million years ago) and were important residents of the extensive forests of the Car-

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Norman Lee
November 21, 2008
'50s, '60s, '70s, '80s and today

Barry and Nancy
November 22, 2008
Variety

Tomaura
November 28, 2008
Variety

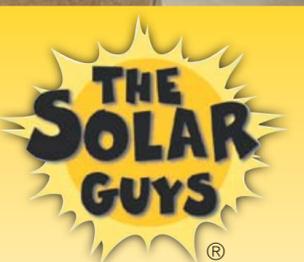
Mike Merrill
November 29, 2008
Oldies

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**View from
the Library**
Doris Knight

A new book has just come out about the Holocaust, "Sarah's Key," but this one is fiction. Therefore, it is not quite as harrowing in its effects as first person accounts like "Weisel's Night."

The author Tatiana de Rosnay, a French woman, has become aware of French treatment of the Jews during World War II. The French, for a long time, refused to admit that they had assisted the Nazis in their horrendous treatment of the Jews, many of them refugees in France.

Ms. De Rosnay's novel tells the story of two figures, Sarah, a 10 year old Jewish girl who was captured along with her father and mother in the round up of Vel de' Hiv, a shortened version of the name of the velodrome which served as the holding area for 15 thousand Jews in the stifling weather of July 1942.

After a few days the children were separated from their parents who were sent off to Auschwitz. The children were held in a small town outside Paris.

This is where the history ends and the novel begins. Sarah manages to escape from the control of the French police, because she had left her young brother locked in a hiding place, promising to return that afternoon. In a series of events, Sarah was able to find an elderly French couple who helped her reach the apartment - now occupied by a French family - and sees the fate of her brother when she opens the hiding place with her key.

Ms. De Rosnay picks up the story of Julie an American who has come to France and married a French man whose family had purchased the apartment previously occupied by Sarah's family. She learns about the round-up, about Sarah, and tracks down the story of the little girl.

As a journalist Julie has the knowledge and the connections eventually to learn that Sarah went to the United States after the war, married, and had a family.

But Julie's own marriage is in difficulty, because of her insistence on tracking down Sarah. Her husband's father had helped Sarah with money for several years, but had never told his family. It was not accepted in France in those years to admit any guilt for what happened to the Jews. It was all just blamed on the Nazis.

Julia's husband, unaware of past events, was not happy with her investigation into Sarah's life and the whole story of the Jews in the velodrome (President Chirac finally recognized it on the 60th anniversary).

Julie leaves her husband in Paris, returns to America and meets Sarah's grandson. Enough said.

But the book does raise questions about the French role in the actions of the Nazis, about the terrible pressure placed upon the Jewish children, and the problems which may still exist for the French families who were trapped in a defeated country occupied by rulers with no scruples, no morals, no human feelings.



**Southern
Club**
Charlotte Hancock

On Oct. 2, the Health & Recreation Ballroom was buzzing with the ladies decorating the tables in a Halloween tradition. There were jack-o-lanterns with their tea lights flickering. Bags decorated with black cats and their eyes were glowing.

Thanks to Edith Owens and the decorating committee, our tables were color coordinated for the occasion of the month. In November, it could be fall or turkeys flying around, guess I will have to wait and be surprised.

Our Southern ladies are getting more and more creative in their cooking.

We had a delicious meal once again. Our Southern dinner would not be complete without Ed Beck's crock-pot full of collard greens. Jeanne Stanley, we missed your famous bread pudding.

We were delighted to have Dottie and John Metcalf; Peggy and Chuck Campbell; Jeanne Nichols, Jodi Szymanski and Dick Moss return to the Southern Club. Welcome to our new members Earl and Patricia Hancock. (Yes, other members of the Hancock family have moved to On Top of the World.) Just a little note, you probably do not have double vision, Gerald and Earl Hancock are twins.

Our entertainment for the evening was a lovely, sweet lady known to all of us as Judy Furfaro. She sang some oldies but goodies for us. Thanks Judy, come back again.

Nov. 6 will be our Thanksgiving dinner with Bruce providing the turkey, dressing (no raisins) and gravy. Hope you have purchased your \$4 ticket and are planning to bring a side dish complementary with turkey.

By the time you read this article the deadline for sale of tickets will be over, but check with Jean Monroe at 861-0323, in case, there were some cancellations. Our entertainment for this event will be Don Leonard, a storyteller. He promises to delight everyone with his tales of truth and fiction.

If you would like more information about the Southern Club, please call Bob Bland at 369-8566 or Charlotte Hancock at 237-9523.

Movie Club Presents 'The Game Plan'

By MARY EHLE

The movie for November will be held on Sunday, Nov. 9. It is in the Health & Recreation Ballroom and is open to all residents and their overnight guests. The cost is only \$2 for non-members, payable at the door.

The movie will be "The Game Plan." This stars Dwayne "The Rock" Johnson of football fame. This is a comedy about a football star who abandons the gridiron to answer the call of fatherhood. It also stars Kyra Sedgwick from the hit show, "The Closer." It is a sure pleaser and I know that you will enjoy it. The show starts promptly at 6 p.m. See you there.



**New York/
New Jersey**
Terry Zarrella

I'm back! Thank you to all of you for your cards, calls and visits while I recuperated from arm surgery. Thank you especially to Bunny Barba for writing this column for the past two months.

At September's meeting, we had a wonderful turn out for returning members and new residents joining our club for the new season. Pat Gabriel, president of the 200 Coalition Committee spoke at our last meeting and she was quite informative about the comings and goings in our neighborhood. She is always a welcome guest.

Walter Koenig and the Sentimentalists performed at the October meeting. I will elaborate more on this in next month's column.

Tickets for the Tampa Bay Downs trip were sold at the October meeting to members only. We are only having one bus this year and if you desire to go, please contact Bunny Barba for information.

At our November meeting, we will be having our ever-popular "Horse Racing Day." John Zanazzi will be hosting again this year with his volunteers, including "The Saint" (Andy Zarrella). Mark your calendars for this event on Tuesday, Nov. 18.

If you have not renewed your membership, the dues are \$10 per person for the year. If you've resided, visited or passed through New York or New Jersey and want to become a member, please attend our next meeting. Meetings are held every third Tuesday of the month and start at 2:30 p.m. with coffee and dessert.

Well, my broom is reeved up and away I go until next month. Happy Halloween! Stay well, laugh often and be happy!

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**Pennsylvania
Club**
Pat Utiss

At the October meeting of the Pennsylvania Club, we had a speaker on "Hearing Awareness." He told us about the advisability of having regular hearing evaluations. Hearing can deteriorate in a matter of months. Several door prizes were awarded; candy-filled pumpkins were won by Anita DeVito and Eileen Utiss.

Our entertainment at the November meeting will be music by the Sentimentals. This meeting will be on Nov. 12 at 3 p.m. at the Arbor Club Conference Center in Suite E. As usual, I urge you to come early for refreshments and fellowship with other members.

If you haven't already done so, mark your calendars for our Christmas party. It will be a covered dish dinner in the Arbor Club Conference Center, Suite E at 5 p.m. on Dec. 3. We will again be collecting new toys for the Salvation Army. We have done this ever since our first Christmas party in 1999.

Also, we ask each attendee to bring a white elephant gift for a gift exchange. Another tradition that will continue is -- our first door prize will be a basket of Pennsylvania products. This is also something we have done since our first year and the basket keeps getting bigger and bigger. Last year, it took two men to carry it.

If you are new to On Top of the World, we welcome you to come to our meetings. We are the Pennsylvania Club, but we do not have any rules about who can join. We are a fun, social club and you are welcome to come to any meeting and try us out.

I would also like to take this opportunity to wish you all a Happy Thanksgiving. It seems really strange to be saying that already but the Christmas decorations are in stores and time is flying.

The holiday social will be held on Friday, Nov. 14. Tickets are available from Judy Dunn at 291-0887.

It is very difficult to write about the candidates and what they stand for. I prefer to leave it to them. Their mailings and their speeches at our meetings say it all. Remember the basic differences between Republicans and other parties and you will know how to vote. Normally, Republicans stand for fewer taxes (preferring to let you decide how your money should be spent) and smaller government. Whatever your political position is, you have the right to vote and you should exercise that right on Election Day on Tuesday, Nov. 4.



**Republican
Club**
Tony Tortora

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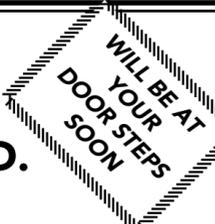
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Irish American Club
Bob O'Neal

Here's your Gaelic language lesson of the month. One of the most common and easiest to pronounce Irish sayings is "Erin go braugh," which I've always understood to mean "Ireland forever."

After further review and exhaustive research on the subject, I found that it's spelled incorrectly and essentially meaningless. "Erin go brea" is the correct phrase and means "Ireland the beautiful;" "Erin go deo" means "Ireland forever."

The researcher went on to explain that the various misspellings of "go brea" are possibly due to the Americanization of the phrase. But please don't discard all those things you own that say "Erin go braugh." You and I are the only ones that know the truth.

One member of our club was particularly attentive during the recent Los Angeles Angels and Boston Red Sox series. Tony Marucci's grandson is Mike Napoli, the Angels' catcher. Mike is the one that hit two home runs over the "green monster" that clinched the only game the Angels won. Mike and his wife of four years, Muriel Hannon (a charter club member), flew out to Los Angeles for the first two games (losses, unfortunately) and then rooted for the team here at On Top of the World as they won and then lost the deciding fourth game.

Tony is originally from Orange, New Jersey and before he formed an allegiance for his grandson's team was a Yankees and Giants fan. He moved to Miramar in 1966 where he worked as an inventory control specialist with Eastern Airlines. He retired just before Eastern went out of business.

He's been watching and rooting for his grandson since he started playing baseball at age five. He mentioned some initial assistance with early training but credits his daughter, Donna, with being the driving force behind Mike's successful baseball career. It's a career that blossomed at Flanagan High School in Hollywood, Florida where he first started catching, and then progressed through the minors in the California League (A), Little Rock (AA) and Salt Lake (AAA) before his call up to the Angels in April 2006.

Catching comes naturally to the Marucci family. His seven brothers were catchers. And the only one that wasn't? Can you guess? Tony! "Couldn't quite get the hang of it," he said. Mike Napoli obviously got the hang of it.

Our next meeting is a Christmas program on Thursday, Dec. 11. It features the Ocala Palms chorus. This group is as professional as you will find in this area and they are led by conductor, Bob Brouillard, and his wife, Noel, who is the director and pianist. According to their CEO, Elaine Liebegott, we can expect an outstanding selection of traditional and new Christmas music. And there just might be a little sing-a-long, as well.



German American Club
Judy Dunn

On Sept. 25, we participated in the Club Fair where we had several people stop and inquire about the club and hopefully will join us in having fun.

Our Oct. 14 meeting was a success with our silent auction of a book on Germany. Instead of our usual cake and coffee, we had Chinese take-out. Perhaps we will do it again.

By the time this article goes to press, the Oktoberfest celebration will have taken place at Circle Square Commons. I am sure everyone enjoyed themselves.

In November, we are looking forward to another program on Germany with our usual refreshments. Come to the meeting, bring your friends and hear about our big plans for December. See you Nov. 11 at 6:30 p.m. at the Arbor Conference Center, Suite E.

Italian American Club
Jerome E. Cauda

With a great Columbus Day meal and entertainment behind us, the club looks forward to Thanksgiving, Christmas and the New Year.

The Nov. 5 meeting is scheduled for 3 p.m. in the Health & Recreation Ballroom. Refreshments are at 2:30 p.m. Ann Vivarronda has an exciting and entertaining program planned for the meeting.

The Christmas party is scheduled for members and guests on Dec. 3 at 2:30 p.m. in the Arbor Conference Center in Suites G and H. Members and guests are requested to bring a grab bag gift in the \$5 range. Tickets will be available at the November meeting or from Carole Dymond (291-7670). Tickets are \$5 and will be available until Nov. 21.

The January meeting is an important meeting to attend. Pat Gabriel, of the 200 Corridor Coalition, will present the future growth outlook for the 200 corridor. This meeting is scheduled in the Health & Recreation Ballroom on Jan. 7 at 3 p.m. Refreshments will be provided at 2:30 p.m. The next board meeting is scheduled for Nov. 19 at the Arbor Conference Center in Suite H at 1 p.m.

I will not be writing a column in the December issue, as I'll be leaving for Rome the beginning of November. Wishing you all a Happy Thanksgiving and Merry Christmas.

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Women of the World
Terri Molnar

We had a terrific turnout, of both returning and new members, at the second meeting of the 2008-09 Women of the World held on Oct. 3. As always, our members' generosity for this month's charity, Romeo Elementary School, was overwhelming.

Our refreshment committee did a wonderful job serving tempting snacks provided by the membership.

This month our guest speakers were two ladies from the On Top of the World Genealogy Society. Helen Grollmusz and Julia Hendrick provided us with information on how to go about discovering "our roots." These women were not only informative, but also very entertaining.

President Grabowski presented Lena Snead with a Lifetime Membership Certificate to WOW. Miss Snead is the only original member still active in our club.

Members with October birthdays were recognized and their photographs taken.

Our November speaker will be Mary Harper of "Operation Shoebox." "Operation Shoebox" will also be our charity for November. We are asking for donations of individually wrapped packages of cookies, crackers, trail-mix, along with packets of powdered drink mix (Crystal Light, Tang, Gatorade, etc.). Personal hygiene items are also needed for men and women, along with stamps, stationary, white calf-length socks (for both sexes), lip balm, hand sanitizer and eye drops. These donations will be boxed and sent to our men and women serving in the military.

If you are not a member of WOW, but would like to contribute to this worthy cause, you may contact Nancy Grabowski at 873-4315 or Marsha Vieu at 237-4164 to make a donation.

We have some terrific holiday entertainment scheduled for our December meeting, so mark your calendars for Dec. 5.

For an enjoyable time, please join us at our next meeting, Friday, Nov. 7, at 1 p.m. in the Arbor Club Conference Center.

Members, as a reminder, don't forget to sign up to bring either a dessert or healthy snack to one of our upcoming meetings.

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Bingo
Bunny Barba

You know that I only do the column if a very important event is about to occur. Yes, that eagerly awaited evening has almost arrived. Super Bingo night is Wednesday, Nov. 12.

The doors will open at 5 p.m. No cards will be sold after 6:15 p.m., the games start promptly at 6:30 p.m. There will be 17 games of \$50 each and three super jackpots of \$250. Three cards are sold to each player at a cost of three for \$5.

As usual we expect a very large turnout of Bingo maniacs, therefore please try to arrive



R/C Ladybirds
Barbara Toeppen-Sprigg

The Ladybirds are back to full strength now that the snowbirds have returned to their southern venue, joining the stalwart year-rounders for educational and social activities.

The lunch event for October was held at a new local restaurant, "The Schnitzel Factory," where members enjoyed European food.

The Fall Festival on Oct. 25, a potluck dinner, featured food from many regions, including some from the famous Ladybirds Cookbook (of which there are still some available for purchase for \$5).

An important amendment to the by-laws occurred in October, when the club voted to continue the opportunity for membership in the Ladybirds if their spouses are unable to continue in the RC Flyers for any reason. This allows Ladybird members to remain in their own club, although the ties to the RC Flyers Club remain strong.

On Nov. 1, we will start with support for the RC Fly-In, followed by the membership meeting on Nov. 14. At the meeting, Master Gardeners of Marion County will offer suggestions on Florida friendly lawns and gardens.

Our featured member this month is Peggy Trousil, who has recently joined the Board of Ladybirds as vice president. Born in Elizabeth City County, Virginia (just outside of Fort Monroe Army Base), Peggy is the oldest of two children, and her younger sister now lives in Naples, Florida. During World War II, the family had a very mobile life, and Peggy may hold the record among the Ladybirds for schools attended - during fifth grade she went to eight different schools! She married her husband, Gene, in Rock Island, Illinois in 1952. They spent most of their married life in the north - Chicago, Cedar Rapids, Hagerstown and then back to Rock Island. During that time they had two boys and two girls, all now happily married, with seven grandchildren and two great-grandchildren. In addition, Peggy worked as a nurse and as a licensed administrator of small hospitals and nursing homes. In 2003, Peggy and Gene decided to move south, and came to On Top of the World. They are happy with their choice, having made many friends, so now they consider it home.

early. Please make sure to show your identification cards as this night is for residents only and guests will not be permitted.

It is very important to remember you may not save more than one seat. First come, first served.

When you have a bingo, please shout out BINGO and raise your hand. It would be a great help if those players sitting near the swatters signal when there is a bingo at the table.

Denise Johnson and her very capable group will be in charge of the evening and Mort Mertsy will be the caller.

We know that everyone brings snacks and request that you remember to clean up your table when the evening is over. Please be very cautious when leaving, walk on the sidewalk and watch out for moving vehicles. In turn, drivers, please be careful of pedestrians.

At this time, we would like to welcome all the new residents who have become regular players, such as: Georgi and Jerry McGuire; Brian and Jan Fay; and Caroline Saprano. How come they win and I have not made bingo for over a year? Lucky in love, unlucky at bingo, I guess.

May the wizards of bingo bring you good luck always.

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Photo by Bob Woods

A ship sails past the seawall on River Street on its way into the piers of Savannah. Tied up along the sea wall is the brigantine Peacemaker belonging to a religious group.



Photo by Bob Woods

Shops and restaurants now dominate what was once storage warehouses for cotton along the river in Savannah.

Invasion of Savannah

By BOB WOODS
WORLD NEWS WRITER

It all started out with a few On Top of the World residents asking me about a trip to Savannah. Finding a trip was not a difficult task and once I confirmed a coach trip, many of our residents wanted to travel to this destination. We actually invaded this seaport city, as well as some of the more popular islands on Georgia's Atlantic coast.

Spending the first night in Savannah, the next day found this hearty bunch of On Top of the World invaders descending on Jekyll and St. Simon Islands. We toured both islands and found it very interesting how the rich and famous of yester-year made their playtime cottages on these islands, in particular, on Jekyll Island.

The On Top of the World troops even boarded another vehicle for a tram ride through the historic district with stops at restored residences once known as the private millionaires club.

We also headed north into South Carolina where the invasion force rode into Beaufort, where we had a fascinating tour with a local guide.

Then we crossed another bridge and were about to conquer the Marine Corps Base located on Parris Island when our tour guide told this staunch crew we were about to be spoken to by a member of the Marine Corps Museum located on this base. This big guy wearing a white coat stepped onto the coach and with a deep, yelling Marine Corps voice told us about the museum we were about to enter along with the do's and don'ts.

The museum depicted Parris Island from its beginning and the Marine Corps from its early

forming until Desert Storm. I found this museum very interesting demonstrating the Corps from its meager beginnings until present day.

After we departed the Marine Corps Base, we then descended on Beaufort itself walking around this quaint town seeking out a place to have a light lunch. We found out the first day while in Savannah not to eat a hearty lunch as the dinners provided on this trip were more than plentiful.

Departing the Beaufort area, the army of On Top of the World residents descended on Hilton Head Island where we browsed around Harbour Town before another feast. This feast was enjoyed at the Crazy Crab Restaurant.

The next day we arrived at the river area of Savannah where On Top of the World soldiers marched into every possible store located along the river.

One of the famous statues along the river is that of the "Waving Girl." As the story goes, this young lady waved at every ship entering or departing Savannah hoping to attract her long lost sailor lover who promised to return.

The group also toured the historic city by coach with a stop at the Juliette Gordon Low Birthplace House and was given a tour of this historical home. Low was the founder of the Girl Scouts of America.

The group was just about beaten tired from all the sights encountered on this whirlwind tour that on the fifth day of their concurring invasion, the group retreated back to On Top of the World with plenty of pictures for some and great memories for all.



Candler Hills
John Podkomorski



Bloodmobile
Don Pixley

Elections of the 2009 Candler Connection Board of Directors and the annual business meeting are scheduled on Thursday, Nov. 6 at 4 p.m. in the Arbor Club Ballroom. Please plan to join your Candler Hills neighbors at this important meeting and the cash bar social hour will follow. For more information, please contact Richard Wirth at 873-2610 or rwwirth@embarqmail.com.

Seven board members will be elected from the following ten candidates (in alphabetical order): Ray Cech, Bob Davis, Inge Gaitch, Don Grosner, Kathy Grosner, Fred Jankowski, Marilyn Lube, Jerry Maguire, Diane Podkomorski, Heddy Racinowski. All Candler Hills neighbors should have received pictures and brief biographies of the candidates via e-mail, and in some cases hand-delivery or physical mail. If you have not received the biographies, please call John Podkomorski at 873-3869 and I'll get them to you.

For Candler Hills Excursion Club members, you'll have your chance on 12/2 to elect new members for the Excursion Club 2009 Board. There'll be more information available during November.

The Duffers will be playing with a golf professional on Nov. 23, with dinner to follow. We'll be starting at 2:30 p.m. (that is one hour earlier than usual). For more information, please visit the web site, or call Sherman Axinn at 873-8731.

Chef Dave Bland from the Candler Hills Restaurant hosted "An Evening of Wine, Cheese and Chocolate" on Oct. 26. This sold out event was terrific!

Our Holiday Party Planning Committee is working hard to make this year's gala a truly memorable event. On Wednesday, Dec. 3 we'll all gather at the Circle Square Cultural Center for an exceptional meal and five-piece band. This event is open to all On Top of the World residents. Tickets are \$45 per person, and available by calling Heddy Racinowski at 861-6120.

Have you donated blood lately? The Florida Blood Centers have made arrangements to position one of their Big Red Buses at Candler Hills at or near the Circle Square Cultural Center on Monday, Nov. 3 from 9 a.m. until 1 p.m. to make it easier for Candler Hills neighbors to donate.

October was Breast Cancer Awareness month. Candler Hills neighbor Karen Leech led a team dedicated to supporting breast cancer research. For more information, call Karen Leech at 237-7042.

New to Candler Hills? Please join us on the third Tuesday of each month, at 3 p.m. at the Candler Hills Community Center to meet some neighbors and enjoy an introduction to the many social opportunities available in Candler Hills. To RSVP, please call Bob Davis at 237-9332.

We anticipated an increase in the number of donors for our Oct. 6 drive, but it failed to materialize. We only had 35 donors and while we are most appreciative of those who did donate, we should be doing far better. Inasmuch as we are the sole supplier of Marion County hospitals, it is incumbent on all of us to do all we can to fill that commitment. It is not possible to know when any of us may find a family friend or ourselves in need.

Not only are we in a never-ending need for human blood, for which there is no substitute, we need to constantly add to our list of donors. If all our "regular" donors would bring a friend we would come much closer to our goal.

Florida's Blood Centers (FBC), the local blood bank, is asking for donations immediately. Many blood types are needed, especially O Negative. Each donation will likely be transfused into a patient in a local hospital within 48 hours, and will benefit people needing routine surgeries, trauma patients and cancer patients to name a few. FBC is currently at a three-day supply of blood.

We are very happy to announce that on Nov. 3, we will have a bus in the Commons area of Candler Hills. The initial visit will be from 9 a.m. until 1 p.m. and we hope this added convenience will attract many Candler Hills residents to participate in this, one of our most needy causes. An hour of anyone's time may well save a life or hasten a recovery from a serious illness or injury.

Donors at the October drive were: George Borgia, Jean Braswell, Kay Beyfogle, Kay Chandler, Barbara Cook, Alfred Coonradt, Henry Erikson, Donna Fey, Julius Fey, Janet Fragapane, Rosalie Fridell, Henry Hawkins, John Hood, Richard Kaminske (donated over 22 and a half gallons, and is a ALYK donor), Judith Kane, Ruth Kinney, Diane Kirol, Melvin Klosterman (ALYK donor), Elizabeth Kyle, Edward LaLonde, Charles Lentz, Michael Mangan (ALYK donor), Carol Mayer, Karen McNeely, Marie Monroe, Don Pixley, Joyce Pixley, Joan Rappa, Marie Roppel (donated well over 20 gallons), Ervin Schamal, Hedy Schamal, John Seiler (ALYK donor) Billy Swing, Josephine Swing, Emili Vagner, and Carl Zeiler.

Won't you add your name to this list when the Big Red Bus will be in the Health & Recreation Building parking lot on Monday, Dec. 1 from 7:30 a.m. until 2:30 p.m.?

Your Blood is Needed

By ED MORGAN

Monday, Nov. 3 is the day ... LifeSouth will be in the Health & Recreation parking lot from 8 a.m. to 4 p.m.

Mark your calendar. Bring your ID and you will receive your cholesterol screened for free. For more information, please call 633-3544 or visit www.lifesouth.org.

Upcoming Publication Date
December issue: Thursday, Dec. 4

World News Deadlines
Advertising, Cards/Scores and Columns:
Noon, 13th of the month

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Kitti's Corner
Kitti Surrette

INSTANT MOTIVATION TO GET FIT - PART 4

Bounce Back from Injury See a Doctor

Sometimes injuries like broken toes or shin splints tempt us to avoid the doctor out of the mistaken belief that "nothing can be done." This isn't the time for self-healing ... get to the doctor.

Request a Scorecard

While you're at the doctor's office, have them do some blood work -- your earlier weight loss efforts may have resulted in a drop in your cholesterol, triglycerides and blood-sugar levels, says Jenna Anding, PhD, RD, assistant professor of nutrition at the Texas Cooperative Extension in College Station. Even if your injury tempers your weight loss rate, you can draw motivation from this hard evidence of how your health has already improved. If your doctor can't squeeze in a quick blood check during your visit, schedule an annual physical exam before you leave the office and you can look forward to having these measurements taken.

Get a Referral

Your primary physician may tell you just to rest and "stay off it" for a while; in that case, ask your doctor if a physical therapist can help. They can give you appropriate stretches, show you alternative weight exercises, or introduce you to a new activity, like yoga, that could help your injury heal sooner and may even help prevent a recurrence.

Learn from Mistakes

Injuries are our body's way of telling us we're doing something wrong--and better to learn from your mistakes sooner rather than later. Trying other activities will challenge and shock your body, which will get you faster results. After you've healed, you'll jump ahead even faster.

Reclaim Control

Instead of getting stuck in the "poor me" mind-set, focus on something you still have total control over: your eating. "Now is an excellent time to evaluate your eating habits and look at ways you can minimize this minor roadblock," says Anding. Few things are more frustrating than doing all the right things and getting none of the expected results. If you feel like you're not getting anywhere, ask yourself the following questions.

Are You Weight Training?

Many women hold off on weight training until they lose some weight because they think cardiovascular workouts are faster at burning calories. But depending on how intensely you work out with weights, your metabolism can stay elevated for as long as 48 hours afterward.

Are You on Medication?

Some prescription drugs, such as antidepressants, hormone replacements and steroids, list weight gain as a possible side effect. Check with your doctor to see if your medications may be to blame.

ARBOR CLUB FITNESS & AQUATIC SCHEDULE

ARBOR CLUB FITNESS SCHEDULE

EFFECTIVE NOVEMBER 1ST 2008

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15-10:00 Arbor Club Indoor Pool	Deep Water Aerobics* Rebekah	Shallow Water Aerobics* Barbara	Deep Water Aerobics* Cammie	Shallow Water Aerobics* Barbara	Deep Water Aerobics* Rebekah	Open Swim	Open Swim
9:15-10:15 Fitness Room	Yoga* Ronnese AC Ballroom	Intermediate Yoga* Ronnese Fitness Room	Yoga* Ronnese AC Ballroom				
10:15-11:15 Fitness Room					Yoga* Bryony Fitness Room		
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* Rebekah		Shallow Water Aerobics* Therese				

*DENOTES A FEE BASED CLASS

Are You Getting Enough Sleep?

Sleep not only gives you energy, but it also protects your body's muscle-building and fat-burning efficiency. Trade Leno in for an extra hour of sleep and help your body adjust to an earlier bedtime with a soothing shower, a cup of warm milk, and low lights.

Are You Eating Breakfast?

Your hectic morning schedule could be robbing you of your easiest metabolic rewards. When you skip breakfast, your metabolism slows by 5%--definitely enough to keep the last 10 pounds clinging on.

Are You Already at a Good Weight?

Excited by the initial results of your weight loss plan, you may have readjusted your goal downward to a more ambitious weight, a goal that may now be frustrating you. Ask yourself if you really need to keep losing or if you're just fixated on a number. Sometimes a plateau is actually a good, comfortable weight.

This is the end of the series Instant Motivation To Get Fit. I hope it brought you some hints in getting fit or staying fit.

I'll be looking for you in class. My classes are as follows:

10:30 a.m.
Monday: we jam with some cardio and tighten up the upper body with weight training.

Wednesday: we jam again with cardio and tighten up the lower body (no weights).

Friday: SOS, one of my favorite classes, strength training for the whole body with weights.

8 a.m.
Friday: for the early risers, I have cardio mix; cardio and lower body training.

9 a.m.
Friday: we have precision pilates. 11:30 a.m. (Arbor Club Ballroom)

Monday: we have a great time playing with small balls.

Wednesday: we work hard at strength training.

Friday: we work with an elastic band.

In all of my classes, we practice balance, agility and flexibility. These are an important part of our lives, as we get younger. Come play with us, we'd love to see all of you there.

Killer Kitti



Ask the Trainer
Howard Williams

We welcome back our snowbirds and hope you were good while you were gone.

This is the best time of the year to start working outside or start a fitness program while the weather is cooler.

We have the following ongoing programs: 26 in 6 - that's 26 miles in 6 weeks. Start date was Oct. 16 but you can catch up fast in this beautiful motivational weather.

Feb. 22 in Gainesville, we have a half marathon we are excited to participate in. We have a training program to help you achieve this goal at the desk in the Health & Recreation Building.

Tai Chi classes outside the Health & Recreation Building every Wednesday at 8 a.m. featuring the ever popular master Frank Gonzalez.

Want to have a fun way to work your abdominals? Our class led by yours truly is every Tuesday and Thursday at 10 - 10:30 a.m. It's a great way to work those hard to train abdominal and core muscles and have a great time.

Ever wanted to know all you can do with a stability ball? We have a class that shows you all of that and more. It is 50 minutes on the ball with bands, weights, gymsticks and is always different and fun. It is 3 p.m. on Mondays and Wednesdays and is never the same or boring.

Orientations are free of charge every Tuesday at noon. They are a great way for anybody to learn how to use our fitness center and start an

exercise program.

I have written about Helen Schlaifer before but have to write about her again because she is such an inspiration. She has lost around 10 pounds and has a flat belly anyone would be proud of. This is a courageous woman that was told by a doctor she wouldn't be able to use weights, had a right knee replacement, right shoulder rotator cuff surgery, a heart attack, osteoporosis and an irregular heart rate.

Helen now participates in the ball class, lifts weights up to 60 pounds on a pull down movement 3 times a week, and is better than ever. She no longer suffers from dizziness or lightheadedness and has great posture and outlook on her exercise regimen. She just had a bone density test and showed no signs of osteoporosis and her doctor attributed it to her weight training regimen.

I cannot tell you how proud I am of her.

Personal training is also available for anyone wanting an individualized exercise program.

That's it for November! Please come by, see me, and get a free consultation or orientation. Never is it too late to start!

Safety in the Community

All are welcome to attend a free safety workshop focusing on issues affecting the elderly and learn more about what services are available to assist them. You do not have to be a victim to be educated on the type of services that are available for those in need. The workshop will be held in the Community Room at the Ocala Police Department on Nov. 12 from 1:30-3:30 p.m.

Topics will include: elderly abuse, scams, Senior Medicare Patrol (learn how to read your statement to protect yourself from fraud), Alzheimer's Disease and other related Dementias, Memory Impaired Program (an identification program to assist citizens with memory impairments), and senior services (learn more about resources in our community).

For more information, please contact the Ocala Police Department Victim Advocates at 369-7139.

Stay Informed! www.ontopoftheworldinfo.com/stayinformed

December issue: Thursday, Dec. 4

DR. HARTER & ASSOCIATES

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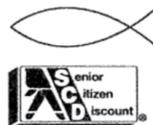
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Photo by Bob Woods

The R.C. Flyers Club demonstrates some of their member's model aircrafts at the Club Fair.

2nd Annual Club Fair

By Bob Woods
WORLD NEWS WRITER

The second annual On Top of the World Club Fair was recently held on Thursday, Sept. 25 in the Health & Recreation Ballroom where some 50 clubs eagerly accepted new membership.

Those in attendance at the fair were treated to a host of clubs with members explaining the club's functions. Attendees were treated to coffee and donuts, helping to support our own On Top of the World S.P.C.A. By far, the most popular club displaying the most contents was the R.C. Flyers, who had many model vintage World War I and II aircrafts.

Other popular attended clubs were the travel clubs such as Travel Toppers, On the Road Again, Candler Excursion Club and many other cruisers. The clowns were present as were dance groups such as line, pattern, Fun Time Cloggers and other dance groups. There were also many sporting clubs seeking more membership, including

bocce, shuffleboard and racquetball.

The event was primarily designed to make new residents and those not involved in any club aware of the different type of clubs and organizations available to them. There are many residents living in On Top of the World that have no idea how many clubs and organizations there are.

If you don't see club that may be of interest to you, then you can always start a new one. I am sure there are plenty of residents who would like to join. For instance, there is a model railroad club trying to get off the ground and rumors have it that there is the possibility of a RC Model Boat group that wants to get started.

Have any questions? Contact those in the offices in the lower level of the Health & Recreation Building or consult your On Top of the World telephone directory, pages 11 through 16.



Photo by Bob Woods

Jerry Tolavera and Hud Huddleston are trying to get a model train club established in On Top of the World.



Photo by Bob Woods

Carol Drost, professional artist and head of the art league club, sketches a portrait of Paula Magen, member of D'Clowns, during the recent Club Fair.

2008 ENTERTAINMENT SERIES

Circle Square Cultural Center

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at www.CSCulturalCenter.com or at the ticket office.

Joey Dee & The Starliters with Soul Survivor and Tommy Mara
Saturday, November 8, 2008

Residents —
Gold \$19 Silver \$17 Bronze \$15
Non - residents —
Gold \$21 Silver \$19 Bronze \$17

Dueling Divas
Saturday, November 22, 2008

Residents —
Gold \$13 Silver \$11 Bronze \$9
Non - residents —
Gold \$15 Silver \$13 Bronze \$11

HOT NEW SHOW!

Holiday Sock Hop with Rocky & The Rollers
Thursday, December 4, 2008

Residents \$15
Non-residents \$17

JUST ADDED!

On Top of the World Communities

All shows begin at 7 p.m. and doors open at 6 p.m.

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

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- ☆ Innovator in community policing
- ☆ Strong advocate for children and seniors

- ☆ We treat your money like it was our own: Jail expansion finished UNDER budget by \$1,000,000!
- ☆ Our Inmate Work Farm reduces meal costs
- ☆ Implemented cost saving for inmate medical system
- ☆ Adopted servant leadership culture
- ☆ Implemented strategic planning, employee empowerment and agency accountability
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- ☆ Leadership recognized throughout the state
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Ed Dean

SHERIFF

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Activities November

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

Monday

6:00	Lap Swimming	AC
7:15	Oxycise	H&R
8:00	Mixed Tennis D	CTS
9:00	R.C. Flyers Club	Field
	Woodworking	WW
	Bocce League	BCTS
	Ceramics 9-2p.m.	Art
	Practice Bridge	CR
	Ladies Billiards	PLR
	Dancing Toppers	H&R
9:30	Shuffleboard	CTS
10:00	Tennis Doubles	CTS
	Ladies Billiards	PLR
11:00	Bocce League	BCTS
11:30	Lap Swimming	AC
12:00	Ladies Poker	MR3
	Line Dance (Level Two)	H&R
	Mah Jongg	CC:A
	Men's 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
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
6:45	Ballet Club	ACF
7:00	Wood Shop	WW
	Dominoes	CC:G

1st Week

7:30	Marion Blood Bank	PL
	(All Even # Months Only)	
9:00	Life South Blood	PL
	(All Odd # Months Only)	
	R.C. 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
6:30	Karaoke Friends	CC:E&F
7:00	Sunshine Singers	BR

2nd Week

8:00	Flu Shots	CC: E-F
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
6:30	Karaoke Friends	CC:E&F
7:00	Sunshine Singers	BR

4th Week

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

6:00	Lap Swimming	AC
7:15	Oxycise	H&R
8:00	Men's Tennis	CTS
8:30	Women's 18-Hole	GC
	Racquetball	HR CTS
	Fun Time Cloggers	BR
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
	Pinochle	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
	Cybex Orientation	GYM
12:15	Oxycise	H&R
12:30	Bridge	CR
	Stitch Witches Quilters	Art
1:00	Mah Jongg	CC:A
	Badminton	H&R
	(Racquetball Cts)	
	Ballet Club	ACF
	Shuffleboard	CTS
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	Pinochle	MR3 & Art
6:30	Duplicate Bridge	CR
	Mah Jongg	CC:G
	Pattern Dancing	BR
7:00	Mixed Poker	CC:H
	Pattern Dancing	BR
	Circle Squares Dance	AC

1st Week

8:00	Men's 9 Hole Golf	P.R.
3:00	Shutterbugs Open Reception 11-4-08	AC
6:30	Candler Excursion	CCC

2nd Week

8:30	Lions Club	CCC
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

1:30	Unique Birders	CC:H
2:30	New York New Jersey	HR
3:00	NY/NJ Club	BR
6:00	Caribbean Club	ICC
7:00	Democratic Club	CC:E&F

4th Week

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

Wednesday

6:00	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	Pinochle	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
	Mah Jongg	CC:A
12:30	Bridge	CR
	Japanese Emb	CC:C
	Aqua Belles	AC
	Mah Jongg	CC:A
	Pan Club	CC:MR3
1:00	Bocce League	BCTS
1:30	Shuffleboard	CTS

3:00	Dance Committee	CC:B&C
4:00	Softball Practice	SBF
5:30	Bingo	BR
6:00	Poker	MR3
	Pickleball	CTS
6:30	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

1:45	Native Plants	CC:H
------	---------------	------

3rd Week

3:00	Pennsylvania Club	CC:E & F
1:00	Stamp Club	Bank PAB

Thursday

6:00	Lap Swimming	AC
7:15	Oxycise	H&R
8:00	Men's Tennis	CTS
8:30	Racquetball	HR CTS
	Fun Time Cloggers	BR
9:00	Woodcarvers	Art:B
	Art Group	Art:A
	Wood Working	WW
	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
9:30	Shuffleboard	CTS
10:00	Round Dance Class	CC:E&F
	Ballroom Dance	AC
10:30	Advanced Tap	HR
	OTOW Concert Chorus	HR
	Friendship Bible Study	MR3
11:00	Walleyball	CTS
11:30	Lap Swimming	AC
12:00	Lap Swimming	AC
	Advanced Square Dancers	CC:E&F
	Mah Jongg	CC:A
12:15	Oxycise	H&R
12:30	Sewing Bees	Art
	Theatre Group	BR
	Mah Jongg	CC:A
	Bridge	CR
1:00	Bocce League	BCTS
	Badminton	H&R
	(Racquetball Cts)	
	Ballet Club	ACF
	Ten Pen	CTS
	Square Dancing DBD	CC:E&F
	Table Tennis	H&R
	Swingin Sisters	H&R
1:30	Shuffleboard	CTS
3:00	The New Pretenders	HR
4:00	Bus Grocery Run	
5:30	Mah Jongg	CC:A
	Card Game	CC:B
	Miniature Golf	MGC
6:00	Poker	MR3
	Pickleball	CTS
6:30	Bridge	CR
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:G
	Opera Appreciation	CC:C
5:30	Southern Club	BR

2nd Week

9:30	Scrabble Club	AC
2:00	Singles Club	CC:G&H
	NARFE Chapter 2279	CH
7:00	Karaoke Night	CC:E,F&G

3rd Week

8:00	*Seminole Casino 11-20-08	HR
9:00	Hand & Foot Canasta	CR
1:00	Rubber Stamping Card	CC:G
	S.P.C.A.	CC:H
1:30	Orchid Club	CC:B&C

4th Week

10:00	2nd Annual Club Faire	H&R
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Friday

6:00	Lap Swimming	AC
7:15	Oxycise	H&R

8:00	Ladies Tennis	CTS
8:30	Dancing Toppers	H&R
9:00	Woodworking	WW
	R.C. Flyers Club	Field
	Dominoes	MR3
	Bocce League	BCTS
	Bus Ocala Run	

9:30	Shuffleboard	CTS
10:00	Racquetball	H&R CTS
11:00	Bocce League	BCTS
11:30	Lap Swimming	AC
12:00	Ladies Poker	MR3
	Mah Jongg	CC:A
	Men's Golf Group	CR
	Oxycise	H&R
12:15	Aqua Belles	AC
	Mah Jongg	CC:A
	Table Tennis	H&R

1:00	Canasta the Old Fashion Way	CR
	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

10:00	Emb. Chicks	CC:B&C
1:00	Women of the World	CC:E,F,G&H

2nd Week

9:00	R.C. Ladybirds	CC:A
2:00	New England Club	CC:E,F,G
7:00	Republican Club	CC:E,F,G

3rd Week

2:00	Blackjack Poker	CC:E
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4th Week

10:00	Emb. Chicks	CC:B&C
12:00	High 12 Club	TBA
4:00	No Happy Hour 11-28-08	AC

Saturday

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

2nd Week

9:00	Bike Clinic	HR
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Sunday

9:00	Racquetball	HR CTS
	Miniature Golf	MGC
	Wood Working	WW
12:00	Mah Jongg	CC:A
	Scrapbooking	CC:B&C
12:15	Oxycise	H&R
5:30	Mah Jongg	CC:A
	Miniature Golf	MGC
6:00	Pickleball	CTS
7:00	Mixed Poker	CC:H

1st Week

7:00	K-9 Club	CC-G
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2nd Week

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

3rd Week

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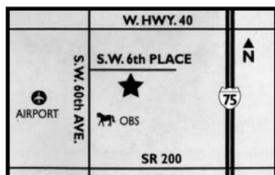
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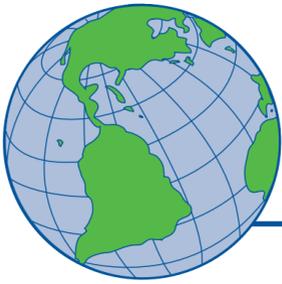
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On Top of the World NEWS

Where the News is Always Good

See the winners from the Roaring '20s Happy Hour, page 26.



Section 2

Vol. 22, No. 5 • November 2008



Photo by Bob Woods

An animated section of Jerry Talavera's model railroad (above) showing a carnival with a working monorail. Jerry's model layout encompasses over two-thirds of his two car garage. Jerry and other model train enthusiasts are trying to promote a model railroad club here in On Top of the World.

By BOB WOODS
WORLD NEWS WRITER

All aboard ... Want to be a train engineer? Or perhaps a train conductor? Want to play with some trains? I'm referring to model trains and at present there is a group of On Top of the World residents who have a hankering to start playing with model trains.

Remember years ago when you were a kid and you had a train set or you wanted one? Back then the only electric trains available were either the American Flyer or Lionel. American Flyer utilized two tracks while Lionel had three. Then by the time you grew up you either went into the military or continued your education in college or university.

You spent all your time trying to better yourself, raise a family, while at the same time model railroads were in the back of your mind.

Now that you are retired and have plenty of time on your

hands. There are a bunch of guys right here in On Top of the World that want to form a model railroad club. There are about 15 guys at present and the club forming is in its initial stages. You have to start somewhere some of the guys mentioned as they visited one model railroad enthusiast whose garage in one humongous train layout. This fellow has a two-car garage and with his layout there is just room enough left for his lawn mower and golf cart.

I talked to a couple of fellows interested and one excuse was he had a Lionel train set when he was a youngster and after marriage he passed the train set to his son. Now that the train set was brought out of storage last Christmas for his grandson, this granddad wants to start his own model railroad.

At present, there are so many model railroad sizes that

the excuse of space is no longer an issue. You can have a complete layout with buildings and scenery that can fit inside an attaché case. Then there are sizes that can take-up your entire extra bedroom or den, not to mention your garage. Mostly, train enthusiasts have their train layout on a table no larger than 4x8 feet. The smaller sizes can fit in the corner of any room or under the bed.

If interested in joining, please call Hud Huddleston at 861-6221. Hud can fill you in with all the details or you can attend this their next gathering at 9 a.m. on Nov. 5 in meeting room 2 of the Health & Recreation Building. The meeting room is situated off to the side of the physical fitness area. The group is hoping to have enough folks interested in forming a club. Give Hud a call, bring back those childhood memories.

Photo by Bob Woods



Traveling Gnome Update

By LORRAINE ROURKE

Well this has been a busy little guy as he searches for his two sons in On Top of the World. To be honest, phone calls died down and it looked like the boys and dad were lost in the greater vastness of On Top of the World. Had the On Top of the World steers had a run in with them? Turns out the traveling gnome decided to extend his stay at a home in Candler Hills, having heard they were expecting visitors and this place certainly must be party central. I hear the folks are often kicking up their heels at Circle Square Commons on the weekends. He didn't want to miss out on a good time with some elbow bending practice. However, all partying must lead to the inevitable weight gain and workout time.

He was next spotted at the desk in the Arbor Club visiting with Maggie, Dave and the crew that work there while swimming his laps. Long chats with the resident frog on his family. The boys were still missing in action with dad busy working out.

Then to my surprise I got booted. Yes, booted! I went out my front door one day to find a bag of goodies on my stoop and two gnomes decked out in Halloween finery. They had joined forces to find dad and were out trick or treating. Well, if you haven't been booted you are supposed to hang a ghost on your door and then anominously boo two other residents. The fun begins! Was the person who booted me of human nature or were the gnomes having a bit of fun with me. Their visit was short-lived. Seems dad finally located the little rascals and retired them all to the Health & Recreation Building to work out in preparation for the Halloween fun. If you happen to be up in the Health & Recreation Building, check out the united family. The boys are still in costume. Can you find them? Last minute update, a baby gnome of eight-inches in height was found this morning in the mouth of the lion in Crescent Ridge II. It looks like we have some little ones now. Stay tuned for further updates. Call in any gnome sightings to Lorraine at 390-2120.

Marion County's Hungry Families Need Our Help

By PATTY FRANK

On Top of the World employees and residents have worked hand-in-hand for the past six years to collect non-perishable food items and other sundries for needy families across Marion County. This year is no exception! The collection drive dates are scheduled from Oct. 31 to Nov. 15.

Our goal, this year, is to collect 4,000 pounds of non-perishable food and sundry items. All items collected will be donated to Interfaith Emergency Services, Inc., which feeds over 3,000 people per month. This number is expected to grow as more and more families face tough economic losses.

Please join your neighbors and fellow community members in helping those less fortunate by donating a non-perishable food item.

Drop-Off Locations

- Health & Recreation Building
- Arbor Club
- Candler Hills Community Center
- Indigo East Community Center
- Accounting Office
- Sales Office
- Administration Building
- Circle Square Cultural Center
- The Ranch Fitness & Spa
- The Town Square (on Friday & Saturday evenings)
- Master the Possibilities
- Customer Service Office
- Candler Hills Golf Course Maintenance Building & Pro Shop
- On Top of the World Central Golf Course Building & Pro Shop



Photo by Mike Roppel

Committee members: Carol DeYoung, Cindy Lanier, Patty Frank, Barbara Thomas (chair), Candie Vollmer, Kathy Bowes, Krystal Torres.



Photo by Ryan Douglas

Residents and employees donated non-perishable food and other items last year.

Suggested Donations

- canned foods
- snack foods
- applesauce
- juice boxes
- cereal
- macaroni and cheese
- raisins
- peanut butter
- jelly/jams
- soup
- canned vegetables/fruits
- toiletries
- shampoo
- toothpaste
- soap
- diapers
- paper goods



**Candler Hills
Golf Club**
Sally Collins

"Extreme" is the buzzword around the Candler Hills Golf Club for the next several days. Yes, it is time for the Third Annual Extreme Demo Day on Saturday, Nov. 8 from 9 a.m. until 3 p.m.

The major equipment vendors are committed: Cobra, Titleist, Ping, Cleveland, Callaway, Nike, Taylor Made, Mizuno, Nancy Lopez Golf and Black Magic Wedges. Stop by and check out the Bionic gloves - if you have arthritis or carpal tunnel issues, you may be amazed by your new grip! And if you want to see what long really is, check out the Dan Boever exhibition.

Tuesdays will continue to play host to the MGA; the LGA 18 will tee off Thursday mornings and the newly formed LGA 9 hits the course at 1 p.m. Come out and join the fun! The Duffers group plays in a 3:30 p.m. shotgun Sunday afternoons. They will have a Scramble with the Pros on Nov. 23 at 2:30 p.m.

You can sign-up for all golf events at the Candler Hills Golf Pro Shop counter. New merchandise is arriving daily - stop by and check out some of the new lines.

To make your holiday shopping even easier, mark your calendars for the Candler Hills Golf Shop holiday party on Tuesday, Dec. 2. Watch the Candler Hills Golf Pro Shop for more details!

A reminder about advance tee time reservations: Candler Hills Golf Club members may reserve seven days in advance; residents of any On Top of the World community five days out; and non-members or residents receive a three day advance.

We ask that all golfers observe the no cart areas and strive to keep all four-cart tires on the paths around tees and greens.

Don't forget to fix your ball mark plus one other on the greens. Now that daylight saving time is about to end, the Candler Hills Golf Pro Shop hours will be 7 a.m. until 5 p.m.



**Handicap
Committee**
Patricia Del Vacchio

What a beautiful Saturday we had for the October Scotch Twosome. I love this format. I was of no help to my wonderful husband, who never said a nasty word about the horrible way I played. I believe I had one drive and one putt...that was all the help I was. He did tell some friends later that he had never seen me play so badly. It's a good thing I wasn't playing like this when I met him or he would probably never have called me for that second date that led to lots of other dates. Now that the weather is cooling down, I may just have to try out the driving range.

Ten couples had pretty nice scores for the Scotch Twosome. Art & Barb Buecher had a net 59, nice score. Rocky Groomes & Mary Jane McAtee followed with a 63, not too shabby. Five couples tied for third place with net 64: E. Klodzen/R. Hoovler, J. Johnson/C. Rosinski, C & J Zeiller, T & M Marta and M. Drabicki/B. Ovrebo.

We haven't had the normal turnout for the Saturday Scrambles that we usually do. I know some of that is due to the hot weather. We did, however, have 52 sign-up for this scramble and we, the committee, want to thank you for sticking with us all summer and for the great turnout in October.

The November game should be a fun one. It's "One Best Ball", however, the ball will be a colored or different ball. Each person in the foursome will play with that ball on the hole that will be marked on the scorecard and whatever you score with that ball will go on the scorecard. If the ball should become lost, your foursome may continue to play golf but you will not be competing any longer. This should really be a lot of fun, so bring your laughter and sense of fun that day.

As of Nov. 1, we will begin our "winter hours", rally at 8:30 am and tee off at 9 a.m.

I'll see you at the driving range or at the flags.



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

By the time this gets printed, our friends from On Top of the World have returned to their refurbished Links course. We wish them well and maybe we will get to play with or against each other in the future. Do I smell a Ryder Cup type event?

We have had 98 players at the final scramble before they returned and what a great time was had by all. I know many guys have made a few new friends. It was a great way to bring the golfers together.

Tuesdays remain with 8:30 a.m. shotgun starts. It is really important to be on time. Be ready to go at 8 a.m. Remember, the group you need to stay in contact with is the one in front of you.

Special events this month include Dick Pleinis' eagle on number four. It occurred on Sept. 23. Dick also gets two strokes on that hole for a net (and very rare) double albatross (a net 1 on a par 5).

The CHMGA Member/Guest was a great success. We need to thank Friendship Catering and the staff at Candler Hills for the great support. We had 34 teams, slightly lower than last year due to a couple of illnesses. We also had great weather and a fun putting contest. The overall winners were Marc Schaffer and Jay Davis who won a playoff with the winners from the other three flights. The flight winners are shown below.

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

If you are not receiving the weekly e-mail update, contact Garry Gerlach at bubba@otow-homes.com.

See you on the Links.

Candler Hills Men's League Results

Individual Stableford

Sept. 16

Flight 1: (43) Steve Kupsch; (42) Paul Moltisanti & Tom Garrison; (41) Joe Alfano; (39) Rudy Normandine; (38) Fritz Langville, Jack Ashenfelter, Garry Gerlach & Bruce Venslavsky

Flight 2: (42) George Blankenship; (41) Carl Zieler; (39) Charles Senci, Dick Williams, & Charles Casale; (37) Tom Fragapane, Ed Klodzen, & Rocky Groomes

Flight 3: (46) Steve Gregory; (42) Art Frescura; (41) Dick Pleinis; (40) David Miller; (39) Ross McDonald; (38) Richard Schiller, Robert Huegeli, Ron Thompson, John Bauer, Lee Goss & John Doyle
Flight 4: (44) Tary Bole; (43) Armando Pena; (42) Norm Lallier; (41) Marc Schaffer; (40) Pete Peterson & Joe Hopper; (36) Bill Hawk

Four Man Teams One Best Ball

Sept. 23

(53) Steve Kupsch, Jack Ashenfelter, Dick Pleinis, & Fred Rodriguez and Gil Schofield, Rocky Groomes, Jeff Ware, & Dan Bellefontaine; (54) John Massari, Larry Rourke, Bud May, & Joe Hopper; (55) George Blankenship, Tony Misterly, Charles Mattingly, & Norm Lallier; Bruce Venslavsky, Dan Carty, Marc Schaffer, & Raymond Wilson; Fritz Langville, Sherman Hutchings, John Bauer, & Stan Jarmel; Frank Smith, Glen Swiger, Bob Cowie, & Armando Pena; and Bryant Giffin, Mike Driver, Steve Gregely, & Art Frescura

Four Man Team Scramble

Sept. 30

(62) Paul Moltisanti, Leonard Ruble, Phil Johnson, & Jonathan Raupach; (63) Bruce Venslavsky, Dennis Norris, Ed Pozsony, & Joe Rappa and Ray Hellman, George Blankenship, Jerry Segovis, & Steve Molnar; (64) Frank Smith, Ralph Solvold, Jimmy Johnson, & Joe Hopper; Tom Garrison, Bill Flannery, Bob Cowie, & Frank Palotta; Larry Lucieir, Harvey Howd, Art Frescura, & Bill Koch; and Steve Kupsch, Rocky Groomes, Freddie Moody, & Scott Fraser

Four Man Team Two Best Balls

Oct. 7

(116) Paul DelVacchio, Paul Fratarangelo, Freddie Moody, & Doug Graham; (117) Leo McCormick, Gary Hasset, & Fred Rodriguez; (118) Gil Schofield, Bruce Venslavsky, Larry Rourke, & Joe Rappa; (120) Paul Moltisanti, Sherman Hutchings, Vince Nucaso, & Ben Monteith; (122) Marvin Williams, Franc Garcia, Art Frescura, & Stan Jarmel; Fritz Langville, Bob Cooke, Phil Johnson, & Frank Palotta and Ray Hellman, Tony Misterly, George Deignan, & Steve Molnar

CHMGA Member Guest

Oct. 10 and 11

Palmer Flight: (127.9) Dick Williams & Ron Audi; (135.9) Larry Pairo & Larry Pairo; (136.3) Chris Jett & Tim Martin

Nicklaus Flight: (126.9) Marc Schaffer & Jay Davis; (129.8) Garry Gerlach & Dave Blanchard and Jim Hewes & Jim Black

Trevino Flight: (132.7) John Menzies & Jim McClurg; (141.6) Tom Racinowski & John Sztapka; (141.6) Bryant Giffin & Bob Hurst

Player Flight: (136.9) Nick Nimerala & Rich Smith; (141.9) Bob Starrett & John Hoth; (143) Fred Hobbins & Tom Willey

Emergency After-Hours

Phone Number

236-OTOW (236-6869)

POET'S CORNER

Poetry from On Top of the World Residents



Angel of the Twilight

By MARY CULBERSON

The angel of the twilight
has a little silver key
with which she opens
every door
we close so secretly.

We shut a door of memory
and drape the ivy round
and now the secrets
hidden there
shall never more be found.

But in some dreaming
evening hour
when the twilight angel nears
in that hidden little door
a memory appears.

And then we know
how vain it is
how useless are all
our schemes
to close forever to our sight
that little door of dreams.



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

By the time this column is published, our election will have taken place. Results of the election will be in my December column.

The Memorial Tournament is on Nov. 12, 14 and 19. Players will be divided into flights. We will use 100% handicap. Every flight will play from the white tees except the championship flight, which will play from the blue tees. Players will be assigned tee times, which will be posted. On the last day, please do not leave until you are sure you are not in a playoff.

MGA dues are due by Dec. 1. You can pay your 2009 dues of \$10 by putting the money or check in the envelopes provided along with your name, address, telephone number and GHIN number. The envelopes can be dropped off in the box in the lounge (this is the same box you used for the \$5 paid for Chicken Day).

Upcoming Publication Date

December issue: Dec. 4



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On Top of the World Golf Club
Sally Collins

By now, the long awaited opening of the renovated Links course has indeed arrived!

The "Christening of the Links" golf tournament afforded over 130 On Top of the World golf club members a fun-filled day on the course. Once the overseeding is complete on the Tortoise and the Hare, all 36 holes will be back in play. Please respect the golf courses by keeping carts 30 feet from greens and tees.

November will be the first complete month that all the MGA and LGA groups have returned

to conduct their competitions on their On Top of the World courses. There have been changes in the GHIN system that no longer allows golfers to register for the leagues on the handicap computers. Please sign-up at the Golf Pro Shop computer for these events.

The monthly Saturday Scramble is set for Nov. 1. Sign-up in the Golf Pro Shop; your host for this event is Carol Johnson. For those golfers wanting to support a local cause, the Florida Center for the Blind benefit golf tournament will be on the Links Saturday, Nov. 22. Details are available in the Golf Pro Shop to enter this four-person scramble event.

The Extreme Demo Day is set for Saturday, Nov. 8 from 9 a.m. until 3 p.m. at Candler Hills Golf Club. Try out clubs from Cobra, Titleist, Ping, Cleveland, Nike, Taylor Made, Callaway, Mizuno, Nancy Lopez Golf and Black Magic Wedges. Bionic Glove will be there to showcase the new gloves to benefit those with hand considerations. Don't miss Dan Boever's exhibition; how does he hit it so long?

Although it seems that we just closed the Links but here it is with the holidays just around the corner! Mark your calendar for the On Top of the World Golf Pro Shop holiday party on Tuesday, Dec. 9; watch the Golf Pro Shop for more details!

How about all the hole-in-ones? Congratulations go out to these On Top of the World Golfers! The Tortoise and the Hare hole #8 succumbed to these lucky golfers: Johnny Gill on Aug. 27; Bill Flannery on Sept. 3; Carl Arnold on Sept. 26 and Charles Mattingly on Oct. 10. Dick Grimm aced hole #15 on Oct. 3.



Ladies 9-Hole Golf
Diane Dzik

It was a beautiful morning Tuesday, Oct. 7, as 51 ladies rallied for the opening of the LGA 9's 25th year. Seven new members have joined our league. Welcome Marilyn Bettinger, Peggy Borrow, Ginny Huckel, Sondra Lundborn, Phyllis Parker, Lorraine Rourke and Jane Wilson!

Remember ladies, that our \$10 golf league membership is due from now until the end of this year (checks go into the box in the league room or cash into the small brown envelopes and then into the box).

The handicap committee reminds all players that to be in the GHIN system, a fee of \$21.30 is payable at the Pro Shop. We also wish to thank the handicap committee for their donation to our treasury coffers. It is most appreciated.

Because the Florida State Golf Association's new computer system will not be compatible with tournament sign-up, members will need to use the sign-up sheet at the Pro Shop each time they sign up for league play.

The 2008-2009 membership books will be available at the Nov. 4 meeting for those who have not already received them. In it, members will find a new game, "The 9-Holer Game Event."

At our first meeting of the new season, members voted unanimously for returning to white as the pant/short/capri of choice to compliment our blue golf shirts when we dress out on the first league day of the month or at invitationals. Members also voted unanimously to play on The Links more than once a month.

The Charity Scramble is scheduled for Nov. 25. Last year our donations netted over \$500 and benefited the Interfaith Emergency Services Child Backpack Fund.

Invitationals: The first invitationals of the new season have already begun. At Oak Run on Oct. 2, Joan Rappa scored closest to the line; Darlene Clark's team came in first place and Marlene

Floekher's team placed third. The Oct. 8 rally at Hacienda Hills ran three courses. Gretchen Saker's team placed 3rd. Gretchen and Marie Segovis won huge beautiful baskets. Congratulations ladies!

Points to Ponder: Tree interference - relief only from new trees identified by stakes, or if the ball comes to rest within or adjacent to trees with "water wells" or support ropes. Ball may be moved to nearest point of relief which affords relief from the interference to the player's swing or stance. Drop with one club length, no penalty; other trees, no free relief.

Sept. 18
Low Gross

Chip-In: Heddy Racinowski
Flight 1: (51) Lorraine Rourke; (52) Pam Carpenter; and (54) Ginny Huckel.

Flight 2: (58) Mary Carson; (59) Marie Palombo, Cathleen Hathaway; and (60) Sumiko Bridges, Donna Swiger.

Flight 3: (60) Alice McDaniel; and (63) Tina Hauer, Ina Menzies, Evelyn Stewart.

Sept. 25
Low Net

Flight 1: (35) Grace Bock; (36) Ginny Huckel; (37) Lorraine Rourke.

Flight 2: (39) Marlene Floeckher; (40) Shirley Stolly; and (41) Michaela Beyer, Virginia Blanchard, Donna Swiger.

Flight 3: (36) Carol Venslavsky; (42) Carol Bell; and (44) Sumiko Bridges, Alice McDaniel.

Flight 4: (45) Evelyn Stewart; and (46) Heddy Racinowski.

Sept. 30
Low Gross

Birdies: Betty Tully, Carol White
Chip-ins: Diane Dzik, Thelma Smith.

Flight 1: (49) B.J. Leckbee; (50) Joan Rappa; and (52) Lorraine Rourke.

Flight 2: (52) Marlene Floeckher, Carol White; (53) Michaela Beyer; and (56) Jan Moon.

Flight 3: (54) Mary Carson; and (55) Betty Tully.

Flight 4: (62) Carol Bell; and (66) Helen Degraw, Lucy Quaranta, Ida Rosendahl.

Oct. 7
Modified Scramble

(42) Darlene Clark, Virginia Hawk, Sondra Lundborn, Marie Palombo; (42) Darlene Bole, Diane Dzik, Ruth Koch; (43) Joyce Auckerman, Michaela Beyer, Helen Degraw, June Tassinari; (44) Tish Dertien, Linda Heenan, Jan Moon, Dorothy Wagner; (44) Sumiko Bridges, Judy Garrett, Lucy Quaranta, Lorraine Rourke; and (44) Racquel Berdichevsky, Pat Black, Mary Carson, B.J. Leckbee.



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Bocce Club celebrates a successful summer program.



Bocce
Ray Shultz

On Wednesday, Oct. 8 our 2008 summer bocce program drew to a close. This event was celebrated with the attendance of over 150 bocce enthusiasts. For three hours they enjoyed playing open bocce, laughing, joking, eating hot dogs with sauerkraut and having cold drinks provided by the club.

It was a terrific day and we owe our gratitude to Ralph Sickler, Carl Cordasco, Don Oakes, Karen McNeeley and many more for making it such an enjoyable success. We must do this again, was the general feeling of those attending.

Our regular season will be starting on Monday, Oct. 13. A copy of the current schedule, player roster and substitution list have been posted on the bulletin board at the bocce courts. If you would like an e-mail copy of the roster or substitution list, please contact me by e-mail stating your request.

In closing, I would like to mention this item again. Players, please if you can't make a scheduled game you must get a substitute to replace you. After getting that sub, please inform your team captain with their name and phone number. A sub must be a member in good standing; to be a member in good standing their dues must be or have been paid. Everyone pays \$6 per year regardless of how many times he or she plays or how many teams they play on.

Would you like to play bocce or think you would and would like to try it first? Give me a call or stop by at the bocce courts on Monday or Wednesday morning at 8:30 a.m. for open bocce. We are currently trying to recruit new members into the Bocce Club, so if you know of anyone who might be interested in joining us or would like more information, please give me a call at 390-3728 or e-mail me at rrshultz90@yahoo.com.

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Shuffleboard
Robert Riedeman

The new shuffleboard season got underway on Sept. 1. While there were some rainouts, all the playing groups were active. The winners for the month were as follows:

Monday A.M.

Men: Charlie Lentz
Women: Helen DeGraw

Monday P.M.

Men: Tie between Jerome Griffin and Richard

Miles
Women: Tie between Helen Foskett and Joan Sigafos

Tuesday P.M.

Men: Frank Scinlari
Women: Edith Kolb

Wednesday P.M.

Men: Henry Vieu
Women: Elaine Servais

Thursday A.M.

Men: Tie between Frank Dubay and Russell Schlaak
Women: Agnes Hickman

Friday A.M.

Men: Joe Szabo
Women: Lela Manross

At the recent Club Fair, several new people expressed an interest in joining the club. Training sessions will be held for all new players. There is additional space for new members in all of the playing groups. Any resident interested in joining, please contact President Vern Uzzell at 854-8740 or myself at 861-1501 to get further information.

The next general membership meeting of the club will be on Thursday, Nov. 13 at 11 a.m. in the Health & Recreation Ballroom.

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**On Top of the World/
Candler 18-Hole LGA**

Marilyn Rose

As I wrote the title to this column, I realized that this would be the last time that I would do so. As of Oct. 18, The Links course will reopen and the On Top of the World LGA will return to its home course for league play on Tuesday, Oct. 21.

The Ladies of On Top of the World would like to thank the Ladies of Candler for a wonderful summer of golf and just plain fun. You welcomed us with open arms and wonderful goodies. Thank you for your generous hospitality.

A special thanks goes out to Carol Clark for keeping me posted on all the winners and giving me the schedule for the weeks ahead. She was terrific.

In addition, Rally for the Cure and a Shamble were big successes. A big thank you to Patty Ware and her officers, all the ladies and the committee that helped make it such fun and a roaring success. A special thanks to all who participated, brought food, gave door prizes and contributed the special painting and the cross stitch pictures that had all of us buying chances and hoping that our number would be called. We had so many door prizes some lucky participants got two of them.

One thing from the Board Meeting, when we go back to the Links, our sign-up for play will be different. We will no longer sign-up on the computer. We will do it the old fashioned way by checking our name on a list that is posted in the Golf Shop. Be sure to check with the person working there as to where you sign-up to play

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the next week. Please sign up by Sunday night. Now for the winners:

Sept. 4

Member/Member

Flight 1: 1st (57) Jackie Rickloff/Patty Ware; 2nd (59) Iro Lisinski/Carol Robinson
Flight 2: (60) Joan D'Addio/Donna Smith; 2nd (63) Betty Gustafson/Rosemarie O'Neil
Flight 3: 1st (65) Helen Foskett/Mary Lyon; 2nd/Tie (68) Kelli Brunner/Carolyn Cummings and Ilyong Dicus/Andrea Fratarangelo

Sept. 11

Most Pars Gross/Net

Flight 1: 1st Gross (10) Iro Lisinski; Flight 1: 1st Net/Tie (7) Bev Ovrebø, Jerry Gill, Kelli Brunner, Carol Joseph, Jackie Rickloff
Flight 2: 1st Gross (6) Patty Ware; 2nd Gross (4) Mary Driver; 1st Net (10) Rosemarie O'Neil; Flight 3: 1st Gross (3) Toni Stevenson; 1st Net (9) Harriet Brower; Flight 4: 1st Gross (3) Gail Schultz; 1st Net (8) Carolyn Cummings

Sept. 18

Team Total Points

1st Place: (138 points) Iro Lisinski, Mary Jane McAtee, Blind, Gail Schultz; 2nd Place: (136 points) Kelli Brunner, Connie Norris, Carol Clark, Helen Bextermuller; 3rd Place: (131 points) Patty Ware, Andrea Fratarangelo, Marge Cowie, Carolyn Cummings
Sept. 25 - Pick Your Nine (Front Or Back)
1st Flight/Front Nine: 1st/Tie (34) Joan D'Addio, Rosemarie O'Neil, Connie Norris; 2nd/Tie (34.5) Patty Ware, Angelita Pena; 1st Flight/Back Nine: 1st (32) Jackie Rickloff; 2nd (35) Bev Ovrebø
2nd Flight/Front Nine: 1st (33.5) Rose Hoovler; 2nd Flight/Back Nine: 1st (36.5) Carol Clark; 2nd (38) Harriet Brower; 3rd/Tie (39.5) Maureen Brooks, Marti Marta

Oct. 2

Rally For The Cure (2 Best Balls)

1st Place: (121) Mia Kolar, Pat MacMurray, Angelita Pena, Vivian Schofield; 2nd Place: (122) Jackie Rickloff, Bob Cowie, Carol Clark, Sandy Jankowski; 3rd Place/Tie: (123) Gerald Lisinski, Gail Banavige, Georgette Perrault, Mary Skennion and Mary Lyon, Carol Robinson, Toni Stevenson, Dea Johnson

Again, thanks to the Candler Ladies. Hope to see all of you on the golf course soon. Hit 'em long and straight.

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Sydney M. Salat, PT graduated from the University of Florida earning a Bachelor's degree in Physical Therapy. She has been a physical therapist with Mid-Florida Physical Therapy for 25 years. Sydney specializes in orthopaedic rehabilitation.

Angela Brannon, MPT received her Bachelor of Science degree in Exercise Science from the University of Southern Mississippi and her Master of Health Science in Physical Therapy from the University of Central Florida. Prior to joining Mid-Florida Physical Therapy, Angela practiced for 6 years as an Exercise Physiologist in several outpatient physical therapy settings.

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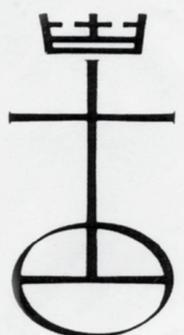
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Upcoming Events:

November 1 - Music Recital - Classics to Jazz (7 p.m.)
November 30 - Holiday Concert (3 p.m.)

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**Arbor Club
Tennis
Jorge Privat**

Although we all know that time does not slow down for any one, we were glad to see the summer gone because it proved to be a long, hot and sad one. It is now fall and as we expected we got the "ladder" going as well as the rest of the activities, with a slight hic-cup due to the addition of a new court and the resurfacing of three other courts.

The good news is, that just as On Top of the World management announced it, the work on the courts started right on schedule and the outcome was worth the wait. We now have practically four brand new courts with a softer, much more friendly surface. Some adjustment and getting used to the new surface is in order, in terms of your ability to maintain good balance while moving around the court and in assessing the speed and spin of the ball coming off the ground. All in all however, the courts look brighter, the contrasts are good, we have new wind screens and tennis never felt better at the Arbor Club. We thank On Top of the World management for these great improvements and encourage other residents to come and test our courts and join our great group of members in all the fun and advantages the sport of tennis can offer.

Our ladies team participating in the USTA league play continue to do their best on the court, and leave good, lasting impression on opposing team members. One of the ladies from

Citrus Hills Sky-view told me "what a nice group of ladies they are"...Congratulations!

Unfortunately, due to conflicts with court availability, we decided to postpone the On Top of the World Mixed Doubles Invitational to the spring, when all of our members are here.

Tennis Tip Of The Month
Percentage Tennis and Court Position
High percentage shot selection can be defined as using the best and most appropriate speed, spin and direction on any ball, given your distance from the net and the height of the ball you must play in relation to your opponents' court positions. This requires careful consideration of the score and the way the match is going. Under the present circumstances, it is always the shot that has the highest possibility to clear the net and land safely in the court without allowing your opponents an easy put away shot. Never taking undue risks with the thought of "this ball is not coming back."

When a ball manages to pass over your team's heads and lands anywhere near the base line, you have lost your offensive position, in which case you assume your defensive position, behind the base line (you and your partner). The safest thing is to try to lob the ball back. If your lob is deep, you move forward. But if your ball is short, don't try to wildly charge the net thinking that your opponents will not see you. They will see you and lob you again or smash the ball for a winner. This is a time and distance problem which you have to resolve with patience. Wait until you get a short ball. If your opponents are at the net, try a lob or direct the ball at their feet. If you can force them to go back to the base line you can regain the net. And the reason you want to go to the net (the forward section of the court) is because when you are at the net, you hold an offensive position, and when you are at the base line, you are in a defensive position.

During our regular play and in my teaching sessions I stress the fact that most players everywhere, play "Doubles", and when you play doubles, 70% of the points are won at the net, not from the base line. Therefore, it is very important that you practice your volleys on a regular basis, because it wouldn't do any good to rush to the net, only to lose every opportunity you have to put the ball away. If you wish to improve your net game, attend a couple of clinics. It will do you a world of good!

Until the next time, and enjoy the new courts!

Tennis Association
H&R Center Courts Schedule

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

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

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

All Resident Tennis Players Welcome.



Photo by Mike Roppel

Sue McLam left is ready to return the ball as Eileen Gustrvus looks on.

Table Tennis

By MIKE ROPPEL

While it was warm outside on this lovely fall day, a dozen players came inside the air conditioned Arbor Conference Center on Sunday Oct. 5 to sharpen their table tennis skills. For information on playing times or to join the club, call Lucy Davis at 854-0911.



Photo by Tom Seitz

Pickleball is alive at On Top of the World.

Pickleball
Tom Seitz

Do you want to stay active but don't have the legs or knees you once did - join us at Pickleball. It has nothing to do with pickles; the inventor of the game had a dog named Pickles who kept stealing the ball.

The game is a cross between badminton, tennis and table tennis. The game is played on a court smaller than a tennis court, using paddles and plastic wiffle balls. This is an active game

that requires less running than tennis. This is the fastest growing senior game, as no previous experience in any sport is needed and it keeps one active yet is at a level that most of us can play.

As we play at On Top of the World, the game is more social than competitive. Players rotate positions so your opponent in one game becomes your partner in the next game.

We are seeking new players and the game only takes a few minutes to learn. Any of the active players will be happy to help you get started. We have paddles you can borrow, so all you need are athletic shoes. We play at the Health & Recreation tennis courts 3 and 4. For more information, contact Tom Seitz at 390-3112.



Photos by Mike Roppel

These residents were playing badminton at the Health & Recreation Building. It was a nice cool place to be during the warm humid day outside.

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Stitch Witch Quilters

Jan Johnson

Our Oct. 7 meeting was called to order by President Jane Geary; with 24 members present. There will be no workshop in October since our valued instructor, Tekla Krause, will not be available.

The November comfort quilt workshops will be held on the Nov. 11 and 18, due to the Thanksgiving holiday. The workshops will teach a pattern that involves nine-patches and hour-glass blocks for baby quilts.

There will be no December workshop. In lieu of a monthly meeting, we will have a holiday luncheon on Dec. 2. Location has yet to be determined.

January's workshop will involve using lovely embroidery designs supplied by Marcie Benz to create baby quilts.

The quilt delivery committee is preparing to deliver 27 comfort quilts to the children at the domestic violence facility in Ocala. Additionally, the Sheriff's Department has asked for 10 quilts for seniors.

Preparation continues for the Craft Show. Our quilt group has created gorgeous comfort/lap quilts, potholders, quilted baskets, tiny wallets, table toppers, etc. We will report the results from the Craft Show in our December column. We hope for great results to fund our efforts to support children in need in Ocala. Thanks to all of you who support our sales and the children.

Our board for 2009 will continue to be: President Jane Geary, Vice-President Shirley Kilpatrick, Treasurer Pat Quinlan and Secretary Jan Johnson. Discussions were also held on a name change for the club; voting for this change and the board will take place at the Nov. 4 meeting.

Ending our meeting with show & tell, the star was the Santa Calendar Quilt created by Marcie Benz. Marcie is an award-winning quilter and machine embroidery artist. Some of the other quilts shown involve imaginative ways to use leftover fabric to produce attractive quilts.

We welcome donations of cotton fabric, threads, batting and other quilting products. We love to see new members; we really are a great group and enjoy each other. We gather for fun stuff and workshops on Tuesday mornings at about 9:30 a.m. in the Art Room of the Craft Building. Meetings are held the first Tuesday of each month at 1 p.m. Come join us!

Embroidery Chicks

Jan Johnson

The Embroidery Chicks are venturing into some new horizons. Several members of the On Top of the World quilting group have met with the Embroidery Chicks to learn how to create a new purse, called the "Mary Ann" purse. It has an exterior pocket (or two) that can be embroidered or not. The interior presents an opportunity to use a gorgeous lining fabric that definitely catches the eye. Most ladies used denim for durability as their exterior fabric and branched out for the embroidery and lining. Coordinating the three is the fun part! Also, a new idea for holiday gift giving.

Our next project is modifying a new pullover sweatshirt to create a cardigan with a sort of reverse appliqué. The backing fabric to create the reverse appliqué may be holiday fabric or whatever floats our boat.

The rest of us are eager to begin other holiday projects. Marcie Benz has an idea for darling white lace bells that have bright red candy canes embroidered on the bells, which come in two sizes. A little hand sewing will finish the bells and they will be ready for gifting or our own tree.

Our last meeting of October was moved back one week to allow the Rags To Riches sale to use the whole Arbor Club Conference Center. We don't want to miss the sale either!

Ladies, come join us. We are a fun group and we share our knowledge and our lives with each other. Meetings are held the first and fourth Fridays of each month, from about 9:30 a.m. until approximately sometime after lunch, in the Arbor Conference Center, Suites B and C. If you have any questions, please contact Theresa at 291-7570.



The Happy Hookers

Yvonne Bednar

On Oct. 6, The Happy Hookers met at the Mason Jar restaurant for lunch and friendship. We do so enjoy these bi-monthly outings. Our next and last lunch for 2008 is scheduled for Dec. 1. If you have a suggestion on where to meet, please mention it at our gatherings on Mondays.

In September, Pat Hellinger ventured out to find The Happy Hookers. She walked in carrying a beautiful round rose/mauve/pink colored afghan that's she's in the process of making for her daughter. She made herself at home and has been enjoying her Monday get-togethers ever since. It is fun meeting new people and it's been very interesting to see the items that are created.

I would like to say "thank you" to Theresa Bell, Hilda Woodcock, Edi Howard, Pat Utiss and Joan Moyer for knitting over 80 helmet liners for the military in Iraq. I would also like to thank non-Happy Hookers, Jeralie Walters, Emery Bjerkman and Barbara Gallico, who read my articles and contacted me wanting to help.

Sandi Celia from Spruce Creek Preserve, who is the driving force behind this awesome project, is so thankful for all our help. She told me that this has mushroomed from word of mouth, my article and the article about her in the Star Banner several months ago. She is so thankful for all of our help.

If you are interested in knitting, crocheting, needlepoint, rug latch hooking, embroidery, counted cross stitch or some other craft, why not consider joining us on every Monday from 2 - 3 p.m. in the arts/ceramics room, located across from the water tower (the wood shop is at one end and we are at the other end of the building)?

We do a little bit of everything (either for ourselves, family, friends or the needy). It's informal, no dues are collected and, therefore, no meetings. We meet all year long and go out for a bi-monthly lunch. For more information, call Jackie Palotta at 854-4555.

If you have no one to knit or crochet for, several of us knit baby hats, small blankets and children's hats, which are donated to Interfaith Charities here in Ocala. Cecily Lucas makes hats for the school children at Romeo School in Dunellon for the winter.

Joan Moyer, Jackie Nolte and I make lap robes for rehab patients in Palm Gardens. If you care for more information on this, call me at 237-6428.

If you find you have unwanted yarn just sitting around and you have no use for it, consider donating it to us. Recent donations were received by Vickey Sietz and Carol Toye. We are very thankful!

We wish everyone a Happy Thanksgiving. Remember to give thanks for all the goodness we enjoy in this world.

Knit one, purl two.

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Rubber Stamping Greeting Cards

Bev Taylor

Autumn arrived in grand fashion to our card group. Carole Kameswaran brought us three cards using the beautiful colors of fall ... orange, green, brown and gold.

One card had a pumpkin that was stamped and then colored with either colored pencils or markers. It was accented with a striped piece of coordinating paper and ribbon.

The second card had a stamped and embossed cornucopia, which we colored and then layered to coordinating papers and again accented with a ribbon.

The third, and most interesting, was a pull-up, pop-up card. This took a bit of measuring and cutting, but when finished we were all pleased with our results.

We meet on the first and third Thursday of every month to learn and share. We have gals with various levels of knowledge. If you are interested, please call me at 854-3079.



Artistic Crafts & Gifts

Loretta Troutman

I am beginning to hear "jingle bells, jingle bells." Christmas is coming with all the preparations and celebrations. What a wonderful time for family and friends to gather for fun and joy.

I usually shop all year long for gifts I want to give at Christmas-time. I'm almost completely ready to wrap and post.

If you are just starting gift shopping or need gifts to complete your list, you'll want to come up to the Health & Recreation Ballroom on Tuesday morning.

We set-up our tables every Tuesday morning and are there from 9 a.m. to noon. We have a wonderful assortment of beautiful handcrafted items for gift giving.

We have at least 14 crafters at this time with open registry. We welcome newcomers.

Do come up and see what we have. You'll be shopping in a pleasant atmosphere and enjoying the availability of quality items you are not likely to find in stores.

Sewing Bees

Linda Lohr

October began with six members gathering at Crisper's for lunch on Oct. 2. We were then given a tour of Kimberly's Cottage. This wonderful facility is the only one in Ocala accredited by the National Children's Advocacy Center. They have been doing their best since 1998 to provide services such as therapy and counseling for abused, abandoned and neglected children.

The facility is decorated as an enchanted forest, designed to bring some comfort to these unfortunate children. They offer services to children as young as infants and as old as 20. Interns from various colleges as well as volunteers join the staff of six. They all work with local law enforcement to be sure the children receive all the services they need, as well as helping them move on with their lives. It is unfortunate that the facility must work with 10-20 cases a week.

This worthwhile organization was so pleased

to receive our comfort kits, which included a quilt, tote bag and stuffed animal or pillow. The staff tells us how much the children enjoyed receiving them.

Kimberly's Cottage is just one of several facilities to whom we contribute our comfort kits. We will now work on filling 50 Christmas stockings for the holidays, which will be given to preschool children. Members are reminded to shop for small items to fill the stockings. Private and corporate donations are welcome.

Although we do work on fun projects for ourselves from time to time, our goal is to provide some comfort for these abused, abandoned and neglected children.

Your donations of fabric, fiberfill, thread, embroidery floss and working sewing machines would be very welcome. Monetary donations are also welcome. You may contact Marcy at 854-1181 or LeeAnn at 854-7205 to arrange for a pick-up or if you have questions.

Several members are expert craftsmen; some can't sew a straight line. But we all work together for the children. Come see for yourself on Thursdays from 12:30 to 3 p.m. We would love to have you!

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Ballroom Dance Club
Steve Kallas

Rumba is the dance for November, and our dance instructor is Trish Sands. Introduction to ballroom dancing is from 10 to 11 a.m. The intermediate class is 11 a.m. to noon. Both classes take place at The Arbor Club.

The Rumba is the spirit and soul of Latin American music and dance. The fascinating rhythms and bodily expressions make the Rumba one of the most popular ballroom dances. The history of the Rumba dance, from the book of Elmo, is a generic term covering a variety of names, (i.e., Son, Danzon, Guagira and Naningo) for a type of West Indian music or dance.

The American Rumba is a modified version of the "Son." As recently as the Second World War, the "Son" was the popular dance. The slower version is the "Danzon," in which very small steps are taken, with the women producing a very subtle tilting of the hips, by alternately bending and straightening the knees.

Let the fun begin. Please register your attendance for December's dance. Should you have any question, please call me, Steve Kallas at 854-0534.



Line Dancing
Sherry Ashenfelter

At line dance festivals, sometimes prizes are awarded to dancers who can perform Achy Breaky Heart choreographed by Melanie Greenwood.

The origin of line dancing is debatable, but there is much agreement that the dance Achy Breaky Heart led to the popularity of line dancing in the 1990s. For about 20 years, my husband and I have been avid line dancers. Many times, we learned Achy Breaky Heart, forgot it, relearned it and forgot it. Currently, we are teaching Achy Breaky Heart to the intermediate class. Dancing this classic is a trip down memory lane to our line dancing roots.

In mid-November, several On Top of the World line dancers will attend the Tampa Bay Line Dance Classic. At this event, over five hundred dancers will attend workshops to learn newly choreographed dances. In open dancing, both new and classic dances will be performed. We hope the disc jockey plays Achy Breaky Heart; we'll be ready.

For information about line dance classes, please call 873-9440 or 857-6355.



Ballet Club
Eugenie Martin

As the holidays approach, we begin cooking, celebrating and worrying about our waistlines. What better way to work off the extra calories than by exercising to beautiful music?

In addition, exercise firms the flab caused by overindulgence even if our weight remains the same. Remember, muscle is denser and heavier than fat, but it looks better.

Ballet provides that kind of exercise. It tones and stretches the whole body while nourishing the spirit. One of the participants in this fall's "Dancing with the Stars" commented that he wished everyone would dance, because it is so much fun and such a wonderful experience. I agree, especially regarding ballet.

So, join us in the wonderful experience of ballet. Our classes are held in the Arbor Club exercise studio every Monday from 6:45-7:45 p.m. and every Tuesday and Thursday from 1-2 p.m. The Monday class includes some extra stretching and pilates-like work on the floor.

For information on any of our classes, please feel free to call me at 854-8589. Happy dancing!



Photo by Ken Shisler

Square dance members demonstrate their dancing skills at Circle Square Commons on Oct. 4.



Square Dancing
Maureen Lea

For all those who participated in the demonstrations held in October - a great big Yellow Rock! We filled the Circle Square Commons on Oct. 4 and then had four squares for Friendship Club on Oct. 12.

Proper square dance attire is now appropriate and expected at all square dance functions. New dancers shouldn't be too overly concerned about having costumes for every occasion. Long sleeve shirts for the guys (t-shirt underneath) and prairie skirts for the gals are good and shouldn't break the bank.

If you are computer savvy, there are many options for finding just the right items. Sites, such as, Petticoat Junction, DoPaso Corner and ReShay Consignment are great sources. Some have special starter outfits for beginning couples. E-Bay is also a good source, especially for holiday outfits, which aren't worn very often and can be expensive.

Fun night, as always, was a big success. Our new class has begun and it looks very promising.

The beginners' mainstream classes are from 5:15 - 6:45 p.m. In addition to our regular dances on Tuesdays at the Arbor Club from 7 - 9 p.m., there is also a round dance workshop with Loretta Hanhurst on Thursdays from 10 a.m. - noon at the Arbor Club Conference Center. On Friday at the Health & Recreation Ballroom we have (A2) Advanced Lessons (this is not for the faint of heart) from noon to 1:45 p.m. with Don Hanhurst, followed by Intro to DBD (Dance by Definition) Workshop from 2 - 3:45 p.m.

Thanks to all the volunteers who help to make the dances a success. Our recent graduates and newest club members are jumping in with both feet.

Speaking of feet, thanks to all of you, who have donated to Footwear for the Homeless. This is an ongoing project, so it's never too late. Those of us who actually wait for fall to do our fall cleaning, still have a chance to make a meaningful contribution for those in need.

The Fall Frolic, our first special dance of the year, was called by Jack Lewis. Loretta Hanhurst was the cuer. Halloween is a favorite theme and this year was no different. Square-dancing ghouls are a real scream!

We have a busy season ahead, so pace yourself and don't overdo it. Square dancing is not only great fun but is really good exercise. Hope to see everyone on the floor to dance, dance, dance!



Fr. John F. O'Callaghan invites residents of On Top of the World to come to his offering of Catholic Mass at his home on Saturdays at 4 p.m.

Fr. John F. O'Callaghan is a validly ordained married priest, now retired.

We are presently a small, personal group and you are most welcome to join us!

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Advertising, Cards/Scores and Columns:
Noon, 13th of the month

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Photo by John Ware

Best costume winners: Tom and Rita Miller, Geri Andrews and Jerry and Mary Semerad.



Photo by John Ware

Charleston contest winners: Janet Leonhardt and Pat McKenney.

Roaring 20's Happy Hour

The Lenny Wilson Trio with their sultry sounds of jazz had the dance floor full for the whole evening. Each year those attending have a great time dressing up and participating in this themed happy hour. There are always plenty of G Men looking after the flapper girls so that no one would dare come in and raid us.

There were two contests held this evening. The first one being the for best costume, and there were three winners: First Place went to Tom and Rita Miller, second place Geri Andrews

and third to Jerry and Mary Semerad.

The second contest was the Charleston, and the two winners are the reigning champions who have not been dethroned as of yet. Come on ladies, you need to practice for next year. The first place winner was Janet Leonhardt and second place went to Pat McKenney.

Thanks you to all who dressed up for this event. Because of your participation in these the themed happy hours, these type of events will remain on the calendar for years to come.



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A Benefit Dance for The Salvation Army

By MARILYN ROSE

The Dance Committee invites all residents of On Top of the World and their overnight guests to an evening of fun, and a chance to help a wonderful agency that does so much in our community. The theme is A Tropical Island Cruise.

This event will take place on Saturday, Nov. 22 from 7 - 10:30 p.m. Music will be provided by The Frank Roberts 4 Piece Big Band Sound and the cost is \$6.00 per person (limit 8 tickets per person). Casual Hawaiian attire is required.

There will be a cash bar with the regular two-for-one policy. As always, there will be a singles

table. Please remember the "no coolers policy."

Ticket sales will commence on Monday, Nov. 3 from 8 - 10 a.m. and will continue on Mondays, Wednesdays and Fridays for everyone's convenience. There will be no refunds.

We hope that everyone will come out and support this dance so that we can give this wonderful agency a helping hand just before Thanksgiving Day arrives.

For any additional information, please contact Gordy Phillips at 854-7981.



World News Deadline for Dec. issue:

Noon, November 13, 2008

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On the Road Again
Bob Woods

We have a few seats available for the Key West bus trip departing On Top of the World on Jan. 11. If interested, please contact me ASAP.

Just to let all you travelers know that a group of On Top of the World residents just completed a great coach trip to Savannah. Included in the trip were side jaunts to St. Simon and Jekyll Islands, Beaufort, S.C. and Paris Island along with a stop at Hilton Head Island. The trip went without any major flaws and the same trip is scheduled again for May 2009. Interested in this five-day trip? Contact Marlene at Master the Possibilities at 861-9751.

I am informing everyone that there are seats still available for the Trains of the Colorado Rockies. If you are interested or would like additional information on this nine-day trip in July 2009, please give me a call. I realize this trip carries a slightly high price tag but it is a first-class trip and the experience of a lifetime. Also, we are having a get-together in the Candler Hills Club House on Nov. 18 at 6 p.m. and will have a representative from Colette tours giving a presentation on the trip and to answer any questions. This gathering is free with no obligation. Please RSVP by calling me at 854-0702.

I have all kinds of trips in the works including a trip to Nashville in October 2009 and Hawaii by air in November 2009. Call me for additional info or flyers. I found out that the Hawaii trip for 2009 has increased considerably. Our trip was booked in advance with 2008 prices. I still don't have air prices, because the airlines have not published prices for this period but I can give you a ballpark figure.

I would like you all to put on your thinking caps for future trips. There are so many places in the U.S. and many more overseas. I will do my utmost to schedule trips, if enough travelers are interested.

Again, my phone number is 854-0702. Until next month...

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Candler Excursion Club
Sylvia Joram

As Americans, we have a special duty and privilege on Nov. 4 to vote for the best candidate for president of the United States of America; so please make sure you get out and vote. May we be blessed with wisdom and guidance while we make our final decision!

Our last two excursions were huge successes. The August trip on the Magnolia Sun Train, coordinated by Inge & Peter Gaitch, was enjoyed by all, and the trip to Cassadega, coordinated by Patricia Wassmer, was quite enjoyable, too.

On the Cassadega trip, I had the pleasure of having lunch with fellow reporter, June Roberta, of the South Marion Citizen. I hope I gleaned some of her experience and knowledge during our conversation. I felt honored being in her company.

Candler Excursion Club will hold its annual election of officers at its Dec. 2 meeting. Anyone wishing to become an officer can contact one of the people on the nominating committee: Felice Boniakowski at 237-9700, John Joram at 291-1770 or Ed Lube at 895-3954.

At our last meeting, we discussed our trips for 2009 and began planning the first four months. The remaining six months will be planned by the newly elected board. Trips planned are: Butterfly Museum and Historical Museum in Gainesville; Tiffany Museum in Winter Park; and Strawberry Festival in Plant City. More information will be forthcoming so that you can begin making your plans.

The planned outing for Nov. 15, to the Mystery Theatre at the Seven Sisters Inn, is completely reserved. Patricia is taking names only for a waiting list at 237-3749.

The Mt. Dora excursion on Dec. 16 is full; however, Inge is taking names for the waiting list at 237-7428.

The cruise on the Royal Caribbean Oasis of the Seas, seven nights to the Eastern Caribbean on Jan. 16, 2010, is booking fast. There are still cabins available. Call Inge Gaitch at 237-7428.

Please don't forget this is the largest ship built to date carrying 5400 passengers. A special presentation will be given on Nov. 4 by a Royal Caribbean representative at 6:30 p.m. at Candler Hills Community Center. Please call Inge to RSVP.

We look forward to seeing you at our next meeting, Nov. 4 at 6 p.m. at the Candler Community Center. I can be reached at 291-1770 or at shantijoram@hotmail.com, and I welcome any and all messages from you.

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



Travel Toppers
Jo Swing

November, that very busy month, is here. We have the Presidential Election, Veteran's Day and Thanksgiving Day this month. Also, the snowbirds are returning.

Travel Toppers has two events in November that should interest all. On Tuesday, Nov. 18, there will be a trip to the Prime Outlets International Mall in Orlando. The cost is \$19, which covers the bus and tip for the driver. Joan Connelly is the coordinator.

On Thanksgiving Day, Thursday, Nov. 27, Travel Toppers will head to Orlando for the popular Sleuth Mystery Theater. They will provide a traditional Thanksgiving dinner with all the trimmings while putting on the mystery play, "Island for Sale." The cost is \$55 per person. Contact Toni LaGattuta for availability.

Reservations are currently being taken for two wonderful trips in December. On Wednesday, Dec. 10, Travel Toppers will present the popular Lobbies and Lights trip to Orlando. Dinner will be at the Hyatt Grand Cypress Hotel. Following dinner, we will enjoy the spectacular holiday decorations while touring the lobbies of the Yacht and Beach Club, Fort Wilderness and the Grand Floridian Hotels. The cost is \$66 per person and the coordinator is Audrey Mangan.

Christmas Day will see Travel Toppers at the Show Palace Dinner Theater in Hudson. The Show Palace always puts on a great Holiday show and

excellent buffet dinner. This is always a wonderful experience. Cost will be \$56. Please call Pat Hood for reservations.

Reservations are also continuing for events in January. The World Dance Competition's Talent Show and Performances by Professional Dancers will be held Saturday, Jan. 3, 2009 at Disney's Coronado Springs Resort in Orlando. Please contact Linda Hein for reservations.

Ruth Goldstine is the coordinator for the Sunday, Jan. 25, 2009 performance of River Dance Farewell Engagement. This will be at the Tampa Bay Performing Arts Center. Tickets are \$88 per person for orchestra seats and \$73 per person for the balcony. This will include show, bus and tip for driver. Food will be on your own.

Registration will begin on Nov. 6 for "Waist Watchers, the Calorie-Free Musical" at the Jaeb Theater of Tampa Bay Performing Arts Center. This will be for the Saturday, Feb. 7, 2009 performance. The cost is \$46 and includes show, bus, and tip for driver. You will be on your own for food. The coordinator will be Suzanne Reilly.

Nov. 14 will see the start of registration for "Puttin' On the Hitz," an Adults at Leisure Series presentation. This will be on Tuesday, Feb. 24, 2009 at Ruth Eckerd Hall in Clearwater. The trip will cost \$43 per person and covers show, bus, tip for driver and a box lunch with your choice of ham, turkey or vegetarian. Helene Sternberger is the coordinator.

For those of you interested in longer trips, Travel Toppers has two cruises planned for 2009. There will be an 11-day cruise to the Panama Canal Monday, Jan. 19, 2009 through Friday, Jan. 30, 2009. The other one is seven days to Alaska on Friday, May 29, 2009 through Friday June 5, 2009. If interested please contact Audrey Mangan.

For phone numbers for all the coordinators, please check the latest brochure or your On Top of the World telephone directory.

Travel Toppers had such a good response to the Eustis Train trip, that two buses went on Saturday, Aug. 23 and another bus load went on Friday, Aug. 29. We are always pleased when one of our trips strikes a responsive cord.

If you have an idea about a trip that you think others would be interested in, please contact one of our officers and let them know. The next meeting of Travel Toppers will be on Wednesday, Nov. 5 at the Arbor Conference Center, Suite A. It will be at 10:30 a.m. Please come and join us. Until then, happy travels to all.



Photo by Bob Woods

A nurse draws the flu vaccine into a needle for On Top of the World residents receiving their flu shots at the Arbor Conference Center on Oct. 13. The next scheduled times are Nov. 10 and Dec. 8.

Flu Shots

By BOB WOODS
WORLD NEWS WRITER

On Oct. 13, there were over 300 folks who signed-up to receive this year's flu shot, according to Debbie Clark, our activities director. Being a volunteer at this event, I would say there were many more people seeking the vaccine than the projected count, or at least it seemed that way.

Now, if you haven't received this year's flu shot there is still a chance to receive it right here in On Top of the World; call 854-5198 and dial extension 10 to get your name on the list. The

next shots will be available on Nov. 10 and Dec. 8. The list is just to give management some kind of a count for those issuing the flu vaccine. This inoculation is free to Medicare folks. Forms are available for insurance providers and for those wishing to pay in cash.

Don't pass up the opportunity to get this year's flu shot. Pneumonia vaccinations are also available.

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Softball
Bill Leon

The upcoming World Series is nothing compared to the excitement that is going on at the On Top of the World softball field. You can almost hear the squeaking bones and huffing and puffing of this game as the over 55 men are running around the bases at the swing of the bat.

The thought of the aches and pains after a game cannot keep away our childhood dreams of swinging a bat and running around the bases.

Every Saturday morning at 8 a.m., we meet down on the field and get that adrenalin flowing as we take the field and dream about the Baby Ruths, Hank Aarons, Ted Williams and all the greats of our era. Wow, if I could just have played along their side.

Nothing seems to stop these old timers from feeling like a kid again. Come on down and join in on the fun, get your glove and join us. We need players, but you can always help us out and umpire our games or just come on down and watch the old timers play. Guaranteed fun!



Larry Masotti on the run.

Photo by Norbert Sachs



Angelo Monte at the pitcher's mound.

Photo by Gary Uhley



Softball team photo.

Photo by Norbert Sachs

On Top of the World
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Deadline for Dec. issue:
Noon, November 13, 2008

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Dinner will be served from 11 a.m. until 6 p.m.

Featured Dinner Menu

Includes choice of soup or salad

SOUP
Butternut Squash Bisque

SALAD
Baby field greens with tomatoes, red onion, walnuts and craisins with raspberry vinaigrette

ENTREE
Carolina herb-roasted turkey and Virginia glazed ham served with sage stuffing, mashed potatoes, turkey gravy, cranberry sauce and candied yams

DESSERT
Pumpkin pie with cinnamon spice fresh whipped cream

SET MENU \$14.95 (tax and gratuity not included)
Limited menu available upon request

Reservations recommended: Please call 861-9720

Candler Hills Restaurant



**Nature
Around Us**
Doris Mauricio

We are all experiencing the relief of cooler temperatures. The days are getting shorter and it will be a relief to be back on Eastern Standard Time. Some of the plants in our yards are responding by slowing growth to enter dormancy. Leaves are beginning to turn color and fall. Crape Myrtles will soon be devoid of leaves but will continue to please us with their smooth and often colorful bark. As pine needles and oak leaves fall, consider adding them to your garden mulch.

Cool weather annuals can be planted now; such as, Carnation, Foxglove, Pansy, Petunia, Shasta daisy and Snapdragon. Now is also the best time to plant trees and shrubs. Due to our drought conditions, keeping a healthy lawn is a real challenge. One suggestion is to replace part of your deteriorating lawn with ground covers

such as Asiatic jasmine and English ivy. Initially, the planting area will require mulching and weeding. Once the plants have grown and knitted together, they will need little weeding and only an occasional trimming to keep them looking good. As with any new plants, they will require daily watering until established.

The photo depicts a beautiful lavender grass floating in the breezes called Muhly grass. This is a Florida native. This is a perennial bunchgrass with narrow, partly unrolled leaves and delicate, pinkish to purplish masses of fall flowers and fruit. Muhly grass is very easy to grow. It should be planted in a sunny well-drained area. The grass will last for many years and tolerates both the heat and cold. Due to increased popularity, this grass can be found in our local nurseries.

If you would like to spend a day wandering through beautiful gardens, consider a trip to Leu Gardens in Orlando. I have been there twice with master gardeners. We spend hours wandering through their gardens. They have the largest formal rose garden in Florida and they were all in bloom for us. Their camellia garden, which is the largest in the South, will be in bloom in December and January. The butterfly garden was filled with pentas, fire bushes and loads of sage plants and, of course, filled with butterflies. Their collection of palms was phenomenal - many of them I had never seen before. This is a trip worth taking. The cost is only \$5 and parking is free. Their web site is www.leugardens.org.

On Saturday, Nov. 15, Master Gardener, Al Nimke, will be speaking on cold protection for garden and landscape plants at 1 p.m. at Freedom Public Library. The mobile plant clinic will be in front of the library with literature for your gardening needs.

The Marion County Extension Office has Master Gardeners on duty on weekdays from 9 a.m. to 4 p.m. to answer your gardening concerns. You

can call them at 671-8400. You can reach me at 237-3479 or dmauricio@cfl.rr.com. I will do my best to assist you with your gardening concerns. Happy gardening!

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Photo by Doris Mauricio

Muhly Grass is a beautiful lavender grass.

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- ✓ Spearheaded the effort to raise the quality of vocational and technical education in our county to a higher level.
- ✓ Pushed for and was instrumental in the formation of Marion Technical Institution (MTI) and then worked with Legislative Leaders to secure additional funding for our vocational and technical programs.
- ✓ Recently responsible for adding a new small engine repair academy at MTI.
- ✓ As a member of the Code of Student Conduct Committee, I have worked to ensure a fair District Wide Disciplinary Policy.
- ✓ Cut costs of construction projects while ensuring a strict level of quality with a safe and secure environment and staff.

Steve Hering & family



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**World
Traveler**
Bill Shampine

Faye and I, along with On Top of the World residents Kitty Wills and Darlene Clark, just returned from a wonderful European River Cruise. Because these types of vacations are becoming so popular, I thought you might be interested to learn a bit more about them. This article will focus on river cruising in generic terms rather than the specific cruise that we just completed, which will be covered in a subsequent article.

River cruise ships typically are about 300-400 feet long and 35-38 feet wide. Our ship, one of the larger ones, was 418 feet by 38 feet, which is about as big as possible, because many of the locks are only 40 feet wide and not much longer than our ship. The ships usually have 3 or 4 decks, 60 to 85 cabins, and a total passenger capacity of 120 to 175 people. The ships also include public areas such as a lounge/bar, restaurant, sun deck, library, game room and the ever-present souvenir shop. Cabin sizes range from 150-200 square feet. Some rooms have a balcony, usually about 16 square feet in size.

The industry is doing a great job catering to the desires of the traveling public with loads of options on companies, locations, lengths/times of trips, ship sizes, and water only or land/water combination trips. Each of the companies offering river cruises has its own pros and cons, and a good travel agent can help you evaluate them.

With a total experience of one river cruise, I can only tell you that we were very happy with the company we used. When comparing trip prices among different companies, you must be careful to make sure the trips actually are comparable. For example, airfares may or may not be included in the advertised price and there can be significant differences in the number of tours included as part of the package. Your first task is to decide on an itinerary, where do you want to go, what do you want to see, and how long do you want to be gone? European river cruises tend to run from seven to about 21 days, two days of which are travel time (getting there and back). Most cruise lines also offer pre- and post-trip extensions located at (or near) the beginning or ending ports, which typically would be for 2-4 nights each.

The location of your room spatially is less important on a river cruise ship than it is on an ocean liner. These ships are so small that you are never far from your room. Elevation, however, does matter. The cost of a cabin increases as you move up to the higher decks, but it is worth it. I would stay away from the lowest deck as that puts you in a cabin very close to the water line and with a porthole-type window, both of which significantly restrict the views from your cabin. The top-deck cabins typically have a balcony. Personally, I would not recommend a balcony room. On our ship, the balcony was too small to be comfortable, and you lost valuable storage space. Besides, there is lots of space readily available on the sun deck to sit and watch the world go by!

The timing of your trip is very important for three reasons. Depending upon the time of the year, the cost can double, the crowds can be quite variable, and, most importantly, the flow of the river will vary. The ship cannot travel on the river if the flow is too low or too high (can't get under the bridges!) If you got there and the flow is not suitable for the ship to travel on the river, your river cruise then would become a bus trip! Be sure to ask the cruise line about the likelihood of this occurring. The vagaries of the weather prevent guarantees, but typical river flows have predictable patterns.

In summary, I think river cruises are great. You unpack once, they are slow-paced and relaxing, offer wonderful food and beautiful scenery. They are also small enough that you get to know your fellow travelers. Plus, each morning you dock at the center of a new and fascinating town!



Photo by Bill Shampine

**The M/S Aria, a river cruise ship
docked at Vienna, Austria.**



Theater Group
Raquel Berdichevsky

I would like to start my editorial debut by thanking Marcia Miller, my predecessor, for all the good work she did over the last two years. She did a wonderful job writing this column and keeping everyone informed as to what is going on in the Theatre Group.

I am a newcomer to this group as well as to acting (since my school days, at least). I have been very impressed by the professionalism and dedication of all the members of this group, both those on stage in the production of the comedy "Meet my Husbands" as well as those working behind the scenes.

Under the expert direction of Tom McHaffie and Beverly Russell's outstanding stage management, the production is coming along brilliantly and we will be offering you a great evening of fun and entertainment.

We all sincerely hope that you will have as much fun watching this production as we did rehearsing it and preparing it for you!

Tickets are on sale now at the Health & Recreation Ballroom on Mondays, Wednesdays and Fridays from 8 to 10 a.m. The cost is only \$7 for reserved seats and \$5 for general admission.

A pictorial record of the Theatre Group has been added to the archives in the On Top of the World Library at the Health & Recreation Building. The record is in a three-ring binder containing 45 sleeved pages of 35 mm negatives taken over a 10-year period of shows, rehearsals, Readers Theatre and other activities.

This record, compiled by Jack Barry, is indexed as to year and particular production, as well as to the identities of the members of the casts and crew. It also contains pages of samples of the contents of various negatives.

Members are welcome to borrow negatives to make prints or have prints made. Borrowed negatives should be returned to the sleeve from which they are taken.

If you are interested in joining this group, please come to the meetings, get acquainted with us and learn something about theater productions. They take place the second Monday of every month at the Arbor Club Conference Center, Suite D. We are always happy to welcome new members.

POET'S CORNER

Poetry from On Top of the World Residents

Retirement Home

By MARY CULBERSON

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To have your lives to share.

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They do what they can do
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**Ocala
Clown Express**
Kathy & Charlie Petrosky

October sure kept us busy. We were asked to help out at the grand opening of Petco. The children were non-stop. There is nothing like a smile from a child when you show them their painted face in a mirror. We did balloon animals, face paintings and tattoos. We made a lot of children happy. Petco even held a gerbil race, it was so much fun. There were cats and dogs looking for a new home. I was happy to see many of them did find homes by the time we left for the day. Hospice is one of our charities, and again we spent time helping out with the Hospice bereavement camp. Children who are grieving the loss of a family member need to smile and have fun; we provided this for them.

There's always a great turnout at the police department for Red Ribbon Day. We were prepared for the crowd and had a good time with them.

Our annual trip to Romeo School for their annual Halloween event was great. It's nice to see the participation by the parents and children from this school. The costumes were great. Every year they get better and better. It would not be October if we did not participate in Light the Night for cancer at Tusavilla Park. Some of our clown group members are cancer survivors so this is another event we would not miss.

A new adventure for us in October was working with Stirrups & Striders, a riding organization for handicapped children and adults. This was a wonderful experience for us. November will be more of the same!

We continued with our hospital program. It is such fun to hear the giggles and see the smiles as the children enjoy the magic, puppets and story. They have great energy when we do our songs and dances with them. We all leave with a great feeling of accomplishment.

We were invited to help with the Ocala Days at the Silver Springs Museum. If you haven't been to this museum, you really should go. It isn't too far to drive and is very educational. We were extremely busy with the children all day. All had a good time.

We also helped out the Humane Society, the Children's Home Society and participated in Blessed Trinity's annual carnival. We worked our little fingers to the bone but the smiles were many.

This is our third year participating in Druid Hills United Methodist Church. They always have a great turnout from the community and this year was the same. It was hard keeping the clowns from participating in the events, especially the cakewalk. Cricket (Ferrell Van Horn) continues to arrange for the clowns to bring music, bells and magic to the residents of assisted living facilities in Marion County. It is always a delight to meet the residents in the different facilities and have some laughs.

We do lots of great things and would love you to join us. You can always call Dotsy (Carol White) at 873-9223 or Rosey Nosey (Marge) at 291-0077. Why not come to a meeting and learn more about us. We meet the first and third Mondays at 3 p.m. in Building 300 at Timber Ridge. Who knows, you may want to "earn" some smiles too!

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D'Clowns
Paula Magen

My goodness, November is here! What an exciting month with the all important Election Day, Veteran's Day, Thanksgiving and the end to Daylight Savings Time. Thankfully, this comes after Halloween for a change since the trick or treaters need the extra hour of daylight on Oct. 31.

October was a busy month with two clown meetings where we practiced face-painting techniques that the children love. Oct. 31 will be the 3rd Annual Halloween celebration held at the Sheriff's Department. All area children are invited to enjoy a safe and fun time. There is usually a DJ, games and prizes run by the Kiwanis Club along with other volunteers. We see hundreds of kids in beautiful and interesting costumes.

D'Clowns also did their usual fun show at Summerville West's Memory Support Unit. A few days after that we appeared at Timber Ridge for "Kids & Cookies." It is a joy to see the four- and five-year olds from Childhood Development Services working side-by-side with the residents. They love the clowns and we love the kids.

We have been invited to Summerville Ocala East for the first time. It will be fun going to a new place and meeting new people. D'Clowns are going to be returning to The Superior, an assisted living memory support residence, where we entertained previously.

Looking back to the end of September at the Club Fair, we were represented by five from our group. I had my clown portrait painted in pastels by artist Carol Drost; what a treat!

Please join D'Clowns at our meetings the 1st & 3rd Mondays at 1:30 p.m. at the Arbor Club Conference Center, Suites B and C. We are a fun group who will teach you all about clowning, and like us, you'll become hooked. For information, please contact Paula Magen at 873-3433

A Thanksgiving Poem

The year has turned its circle
The seasons come and go,
The harvest all is gathered in
And chilly North winds blow
Orchards have shared their treasures
The fields, their yellow grain,
So open wide the doorway-
Thanksgiving comes again!

Don't forget to turn your clocks back and vote. Happy Thanksgiving!



**D'Clowns at the Club Fair: Florence
Binder, Annette Berman, Paula
Magen and Ellen Richards**



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Dish & That Recipes
Jean Breslin

Well, how is everyone doing this month? Don't forget to send me any recipe that you would like to have printed in the newspaper. Sharing recipes with friends is such a nice thing to do. Please either e-mail it to me at jeanjoe360@aol.com or drop it off at 9024-C SW 96th Lane. Looking forward to hearing from you.

Oven "Fried" Sweet Potatoes

- 4 whole sweet potatoes
- 2 tablespoons honey
- 1 tablespoon oil
- 1/2 teaspoon cinnamon
- 1 teaspoon salt

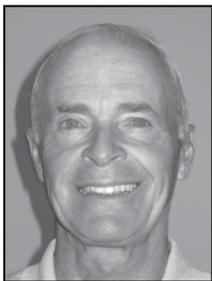
Peel the sweet potatoes and place them in a pot, cover with water and parboil until almost soft, about 10 minutes.

Let cool on a plate and then cut into wedges. In a small bowl, mix honey, oil, cinnamon and salt. Coat the potato wedges with the honey mixture and place on a cookie sheet. Bake in a 400-degree oven for 20 minutes, turn the potatoes over and bake another 10 minutes.

Pumpkin Cheesecake Bars

- 2 cups graham cracker crumbs
- 1/4 cup sugar
- 1/4 cup butter, melted
- 3 packages (8 oz. each) cream cheese
- 3/4 cup sugar
- 1 can (15 oz.) pumpkin
- 2 tablespoons flour
- 3/4 teaspoon cinnamon
- 3/4 teaspoon vanilla
- 2 eggs, slightly beaten
- Dollops of whipped cream

In a small bowl, combine cracker crumbs, sugar and melted butter. Coat a 13 x 9 inch baking dish with non-stick cooking spray. Press the cracker mixture only on the bottom of a 13 x 9 inch baking dish. Cover and refrigerate for at least 15 minutes. In a large mixing bowl, beat cream cheese and sugar until smooth. Beat in pumpkin, flour, cinnamon and vanilla. Add slightly beaten eggs; beat on low speed just until combined. Pour over crust. Bake at 325 degrees for 35 - 45 minutes, until center is almost set. Cool on a wire rack for 1 hour. Cover and refrigerate for 8 hours or overnight. Just before serving, a dollop of whipped cream is a delicious addition on top of the bars.



Favorite Recipes Dinner Club
Luke Mullen

On Saturday, Sept. 20, 28 diners had a wonderful time at four dinners. Jean and Joe Breslin hosted our first dinner. Jimi and Tony Bartolone started the evening with appetizers. They were stuffed mushrooms, shrimp cocktail and cheese with crackers. Pat and Robert Riedeman then served a salad of field greens, avocados, blue cheese, almonds, red onions and grape tomatoes with garlic blue cheese dressing.

Jean and Joe then served the main meal. It was roast pork stuffed with sausage and pecans, placed on a sauce made of cream, apple juice and gorgonzola cheese. Vegetables served were carrots and parsnips with sauce, asparagus with butter and snap peas and mushrooms with sherry and soy sauce. Carol and Donald Slimm served scalloped potatoes to compliment the entree.

Joan Sigafoos and Richard Miles served a butter marble layer cake with fudge icing. All participants enjoyed the evening.

Hosts for our second dinner were Debbie and Dan Partin. Edie and Fritz de Holl started the evening with appetizers. The first was marinated mushrooms. The second was olive squares consisting of thin biscuits topped with olives, onion, Worcestershire sauce, and cheddar cheese with spices.

Debbie and Dan then served the main meal. First, a lettuce wedge with blue cheese dressing and chopped colored banana peppers. Then a New England pot roast with potatoes and mixed vegetables was served. Also served were biscuits made with buttermilk and sweet potatoes.

Kathi and Ray Lang served a mixed berry pie with whipped cream. It was a most delightful evening.

The third dinner was hosted by Maureen and Dan Corr. The evening began with hors d'ouvers prepared by Sue and Howard Bourland. They were delicious Swedish meatballs and a great scallion spread with crackers. Maureen and Dan then served the main meal. It was baked chicken breast featuring Swiss cheese, cream of chicken soup, white wine and spices. It was served with green beans and almonds, red potatoes and carrots.

Following the meal Kathy and Luke Mullen served dessert. It was a walnut torte with coffee whipped cream. A very nice evening was had by all.

Our fourth dinner was hosted by Barbara and John Young. They started their evening with hors d'ouvers of shrimp cocktails and hot cheese quiche. Gitte and Paul Agarwal served a lovely salad consisting of romaine lettuce, spring mix, chopped toasted walnuts, dried cranberries and tomatoes, topped with crumbled blue cheese and balsamic vinaigrette.

Barbara and John then served orange and walnut grilled ham steaks accompanied with steamed peas and carrots along with baked au gratin potatoes. Tish and Don Dertien then served a "grasshopper pie" consisting of melted marshmallows mixed with crèmes de menthe, de cocoa and whipping cream poured into a cookie crust. A great time was had by all.

Our club is currently looking for new members. Call Luke at 304-8104 for more information.

www.OnTopoftheWorldInfo.com



Anything But Bland
Executive Chef Dave Bland

I am excited about the many culinary programs we have during the month of November.

At Candler Hills Restaurant, every Friday and Saturday, we feature prime rib. Mondays at The Pub, Chef Greg is preparing barbecue spare ribs with corn bread and baked beans.

We also have an excellent culinary line-up with the Master the Possibilities. This month, join Greg Beal and myself for the brand new class Cooking for One or Two. This class, as well as my regularly scheduled monthly class, is located at the Circle Square Commons Cultural Center.

Here are the topics for this month: Cooking for One or Two: TV Dinners on Nov. 10 at 3 p.m.

Culinary series: Thanksgiving and the Aftermath on Nov. 17 at 3 p.m.

At the Farmer's Market, chefs from On Top of the World will be performing food demonstrations using the market fair. Below are two recipes that I created for one recent demonstration. Come join us every Thursday at 10 a.m. at the Farmers Market.

Fresh Pasta with Butternut Squash Sauce & Fried Sage Leaves
Serves 4

- 1/2 butternut squash cut in half, peeled and cut into chunks
- 1 tablespoon Olive Oil
- 8 oz heavy cream
- 6 sage leaves chopped
- Fresh sea salt and ground black pepper
- 4 garlic cloves chopped

Garnish:
Chopped walnuts
24 fried sage leaves
4 tablespoons parmesan cheese
24 oz cooked pasta

Preheat oven to 375° F. Peel the butternut squash and cut into cubes. Roast the butternut squash on a sheet pan for 45 minutes or until tender. Puree the butternut squash and add heavy cream until smooth. Heat the olive oil in a saucepan and sauté the garlic until golden. Add the butternut squash mixture and bring to a simmer. Add the pasta and toss until the pasta is evenly coated. Garnish with fried sage leaves, walnuts and parmesan cheese. Serve immediately.

Fresh Pasta Affumicato
Serves 2

- 12 oz cooked fresh pasta
- 8 oz heavy cream
- 4 oz smoked salmon torn into pieces
- 2 tablespoons chopped chives
- 4 oz fresh mozzarella cut into small cubes
- 1/2 red pepper julienne cut
- Sea salt and fresh black pepper to taste

Precook pasta in boiling water until pasta is cooked al dente (firm to the bite). Next, pour the pasta into a colander and blanch the pasta in an ice bath until cool. Set pasta aside.

Heat a large sauté pan or medium pot over medium heat. Pour in the heavy cream and allow it to come to a boil. Next, add the chives and salmon turning down the heat to medium low. Then add the chives and mozzarella cheese. Finally, add the pasta and stir the dish with a wooden spoon or plastic tongues. Season to taste and serve immediately.

Variation: Pasta can be substituted for cooked spaghetti squash

Place large pot, filled with enough water to cover the two spaghetti squash, over medium heat. Add 1 teaspoon of salt to water. When water comes to a boil, gently add 2 spaghetti squash. Cook for 20-30 minutes, until fork goes easily through skin and flesh of the squash. Prepare the sauce in a saucepan and toss in the spaghetti squash.

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Genealogical Society
Elizabeth Kyle

The On Top of the World Genealogical Society Fall Seminar was a huge success! I spoke to many attendees who raved about the quality of George Morgan's presentations. Not only did he appeal to beginners, but also, he had plenty of pointers for the more advanced among us. His love of genealogy was planted by his grandmother and carefully tended by George until genealogy had grown into "a tree that bears much fruit." He shared his passion with humor and charm. People expressed an interest in having something similar next year.

Thanks to Ron and all those who contributed to this successful event! We hope we will have an opportunity to participate in such quality events in the future.

Speaking about the future leads me to mention two opportunities for genealogical learning at Master the Possibilities this month. Ron Chard will be teaching On-Line Vital Records on Thursday, Nov. 6, at 11 a.m. Julia Hendrick and Dick Belz will be teaching DNA Testing and the Genealogist on Thursday, Nov. 13, at 11 a.m. You will learn both the risks and rewards of DNA testing for the genealogist.

All residents of On Top of the World are welcome to come and see if you might like to join us. Guests are always welcome. Our business meetings are held on the first Monday of the month at 10 a.m. in the Craft Building, Room 3. Presentations and mentoring sessions are held on the second Monday of the month at 10 a.m. at the Arbor Conference Center in Suites B and C.



Mah Jongg
Mary Ehle

On Saturday, Oct. 5, the annual fall mah jongg tournament was held. Sixty-eight ladies enjoyed a fun day and many went home a little richer.

First, I want to thank all those who helped set-up on Friday night; your help was wonderful. When people come out and help, it really makes my job much more rewarding. It is nice to know that others care. I won't mention any names, because I would not want to forget anyone. Thank you to all.

I want to personally thank Ray Utiss, our personal butler for all his help with the coffee making and everything. I also need to thank Bill Shampine for his help with the computer tally.

The decorations were just beautiful. It looked so festive and bright. Everyone was very complementary to the committee. Lee Penney and her helpers did a fantastic job. The food was super and I, for one, loved the bagels.

Next year's tournament will be on March 7, 2009. It is never too early to sign-up.

Now for the results: Barbara McArdle won the free tournament in March. Margaret Orlando was the leader at lunchtime and she won the leader prize. 1st place - Jean Zrowka; 2nd place - Marlyn Valchin; 3rd place - Margaret Orlando; 4th place - Marcy Askenase; and 5th - Wendy Goldhill.

We also had another winner of a beautiful pillow made and donated each tournament by Thelma Smith. This time Peggy Greer was the lucky winner.

I want to thank my spouse, Craig, for all his help. He is always so willing to help in any way he can and he is the best person to keep me on track.

I know that this is long but thank you everyone. Without all of you there would be no tournament. Oh yes, no one won the jackpot so ya'll come in March and try to take it. Jokers to you.

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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Card Clubs & Games

Monday Afternoon Bridge

Sara Anderson

Sept. 15

1. Caryl Rosenberger & Marjorie Benton; 2. Betty Morris & Fran Griswold; 3. Mary Carol Geck & Joan Lord.

Sept. 22

1. Marge Starrett & Joyce Walchak; 2. Betty Morris & Agnes Weber; 3. Ida Rosendahl & Carol Thompson; 4. Marie Dare & Caryl Rosendahl.

Sept. 29

1. Ida Rosendahl & Carol Thompson; 2. Kay Wood & Pat Goltart; 3. Joan Lord & Mary Carol Geck.

Oct. 6

1. Marjorie Benton & Caryl Rosenberger; 2. Bill & Ann Mahoney; 3. Marge Starrett & Joyce Walchak; 4. Ida Rosendahl & Carol Thompson.

Monday Night Bridge

Ginnie Barrett
& Myra Butler

Sept. 8

1: Jim Mahoney; 2: Carol Thompson; 3: Myra Butler; 4: Jan Moon; Cons: Helen DeGraw.

Sept. 15

1: Gail Tirpak; 2: Flo Penn; 3: Mildred Lane; 4: Jan Moon; Cons: Helen DeGraw.

Sept. 22

1: Agnes Weber; 2: Janet Becker; 3: Paul Agarwal; 4: Betty Barney; Cons: Flo Penn.

Sept. 29

1: Betty Barney; 2: Ida Rosendahl; 3: Jim Mahoney; Cons: Janet

Oct. 6

1: Eleanor Giardina; 2: Carol Thompson; 3: Ida Rosendahl; Cons: Helen DeGraw.

Tuesday Afternoon Bridge

Agnes LaSala

Sept. 2

1: Elsie Helwig & Joyce Walchak; 2: Ray Dietz & Mazie Millward; 3: Betty Morris & Carol Thompson.

Sept. 9

1: Betty Morris & Shirley Stolly; 2: Mazie Millward & Ray Dietz; 3: Agnes La Sala & Carl Woodbury.

Sept. 16

1: Betty Morris & Shirley Stolly; 2: Agnes La Sala & Carl Woodbury; 3: Jack Stone & Marion Wade.

Sept. 23

1: Joe Zwick & Marie Dare; 2: Agnes La Sala & Carl Woodbury; 3: Ray Dietz & Carol Thompson.

Sept. 30

1: Ray Dietz & Mazie Millward; 2: Carol Thompson & Betty Morris; 3: Elsie Helwig & Kay Woods.

Tuesday Night Duplicate

Marjorie Benton

Sept. 9

1: Dick Mansfield & Ida Rosendahl; 2: Bruce & Marjorie Benton; 3: Doris Keathley & Mary Carol Geck; 4: Nel Bosschaart & Joan Lord.

Sept. 16

1: Bill & Ida Carlson; 2: Doris Keathley & Mary Carol Geck; 3: Liz Millesen & Helen Eshbach; 4: Dick Mansfield & Ida Rosendahl.

Sept. 23

1: Nel Bosschaart & Joan Lord; 2: Bruce & Marjorie Benton; 3: Dick Mansfield & Ida Rosendahl.

Sept. 30

1: Dick Mansfield & Ida Rosendahl; 2: Bill & Ida Carlson; 3: Doug Miller & Ernie Lord; 4: Betty Kauffman & Rita Smyth.

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Wednesday Afternoon Bridge

Fran Griswold

Last month was special for Joyce Walchak. She was a 1st place winner twice. She, along with many others, donated generously to the Domestic Violence Center. With the help of Mary Roberts, we were able to deliver a trunk full of items.

Phyllis Silverman has set-up a science scholarship at West Port High School in memory of her late husband, Mike.

We welcomed John Emery as our newest member. We are always happy to have smiling faces join us. A special thank you to Pat Goltart and others who helped out when I had to be away.

Happy Thanksgiving to all!

Sept. 17

1: Ida Rosendahl 4460; 2: Helen DeGras; 3: Elsie Helwig; Cons: Flo Penn.

Sept. 24

1: Marion Wade 5410; 2: Bill Mahoney; 3: Joyce Walchak; Cons: Bonnie Heinlein.

Oct. 1

1: Mary Roberts 4030; 2: Pat Goltart; 3: Betty Morris; Cons: Helen DeGraw.

Oct. 8

1: Lee Sheffer 5470; 2: Gloria Richards; 3: Helen DeGraw; 4: John Emery; Cons: Bill Mahoney.

Wednesday Night Duplicate

Doris Keathley

Sept. 17

1: Ida Rosendahl & Doris Keathley; 2: Mary Carol Geck & Joan Lord; 3: Nel Bosschaart & Marjorie Benton; 4: Doug Miller & Pam Blawie.

Sept. 24

1: Nancy Dreimiller & Rose O'Rourke; 2: Bill & Edith Hunter; 3: Nel Bosschaart & Marjorie Benton; 4: Doris Keathley & Ida Rosendahl.

Oct. 1

1: Mary Carol Geck & Joan Lord; 2: Doris Keathley & Ida Rosendahl; 3: Doug Miller & Pam Blawie; 4: Bill & Edith Hunter.

Oct. 8

1: Joan Lord & Mary Carol Geck; 2: Harry & Ruth Tindal; 3 (tie): Bill & Edith Hunter and Doris Keathley & Ida Rosendahl; 4: Doug Miller & Pam Blawie.

Thursday Afternoon Bridge

Marion Turbin & Betty Legg

Sept. 18

1: Agnes La Sala; 2: Alice McDaniel; 3: Nancy Dreimiller.

Sept. 25

1: Marion Turbin; 2: Betty Legg; 3: Kay Wood.

Oct. 2

1: Pat Goltart; 2: Marge Starret; 3: Joanne Jones.

Oct. 9

1: Marge Starret; 2: Elsie Helwig; 3: Joanne Jones.

Thursday Night Bridge

Helen DeGraw
& Ida Rosendahl

Sept. 18

1. Eleanor Giardino; 2. Liz Millesen; 3. Paul Agarwal; 4. Helen DeGraw; Cons. Jan Moon.

Sept. 25

1. Helen DeGraw; 2. Ida Rosendahl; 3. Myra Butler; 4. Lee Sheffer; Cons. Elsie Helwig.

Oct. 2

1. Fran Griswold; 2. Ida Rosendahl; 3. Jan Moon; 4. Catherine Edwards; Cons. Ray Dietz.

Oct. 9

1. Betty Morris; 2. Phyllis Bressler; 3. Betty Barney; 4. Dick Mansfield; Cons. Ray Dietz.

Friday Night Bridge

Hazel & Phil Merchant

Sept. 19

1. Helen DeGraw; 2. Jayne Kaske; 3. Natalie Fluss; 4. Agnes Weber.

Sept. 26

1. Bev Ovrebø; 2. Serene Rossi; 3. Erwin Fluss; 4. Virginia Blanchard 5. Marge Benton.

Oct. 3

1. Micky Martin; 2. Bev Ovrebø; 3. Virginia Blanchard; 4. Jack Martin; 5. Geri Cassens.

Oct. 10

1. Phyllis Bressler; 2. Caryl Rosenberger; 3. Mary Culberson; 4. Tie Eleanor Giardina & Micky Martin; 5. Ida Rosendahl.

Friday Night Euchre 4 Fun

Irene Pisani & Nancy Kowsky

Beginner, intermediate and advanced players are all welcome, so come and join us Fridays at 6:15 p.m. at the Arbor Conference Center, Suite A. Come one, come all!

Sept. 19

Out of 25: 1st - Billy Swing; 2nd - Genny Brenner; 3rd - Gitte Agarwal; 4th - Betty Scervo; and 5th - Edith Kolb.

Sept. 26

Out of 30: 1st (tie) - Rich Miles, Hank Kolb, Joe Scervo, Betty Legg, Richard Bartel and Phyllis Wall; 2nd - Genny Brenner; 3rd - Jan Harris; 4th - Gitte Agarwal; and 5th (tie) - Dick Torzewski and Pat Snable.

Oct. 3

Out of 31: 1st - Ray Bock; 2nd - Jerry Dean; 3rd (tie) - Jerry Harris & Joe Scervo; 4th (tie) - Irene Pisani & Richard Bartel; and 5th - Sharon Dean.

Oct. 10

Out of 25: 1st (tie) - Joan Sigafos and Sharon Dean; 2nd - Richard Miles; and 3rd - Fred Lang; 4th - Nancy Kowsky; and 5th - Joe Scervo.



Friday Night Euchre

Joe Askenase

Sept. 19

Four Handed Game

1: Russ Riegler; 2: Lou Fisher; 3: Marcy Askenase.

Five Handed Game

Tie at 1: Diana Riegler, Virgil Taylor; 2: Maria France; 3: Helen Foskett; 4: Vi Horton.

Sept. 26

Four Handed Game

1: Russ Riegler; 2: Clarence Lietzow; 3: Lou Fisher; 4: Helen Foskett.

Six Handed Game

1: Shirley Coe; 2: Maria France; 3: Vi Horton; 4: Marcy Askenase; 5: Diana Riegler.

Oct. 3

Four Handed Game

1: Lou Fisher; 2: Marcy Askenase; 3: Clarence Lietzow; 4: Russ Riegler.

Six Handed Game

1: Vi Horton; Tie at 2: Helen Foskett, Diana Riegler; 3: Shirley Coe; 4: Maria France.

Oct. 10

Five Handed Game

1: Maria France; 2: Diana Riegler; 3: Marcy Askenase; 4: Vi Horton; 5: Virgil Taylor; 6: Shirley Coe.

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



Tuesday Night Pinochle

Viola Horton

Sept. 2

Single Deck Winners

1: Lois Rider; 2: Greg Skillman; 3: Edith Kolb.

Double/Triple Deck Winners

Tables 1: Joe Sciarino; 2: Jo & Billy Swing; 3: Ray Bock & Virgil Taylor.

Sept. 9

Single Deck Winners

1: Hank Kolb; 2: Gerry Pinter; 3: Audrey Bartolotta.

Double/Triple Deck Winners

Tables 1: Alberta Sarris, James Nottingham & Vi Horton; 2: Elsie Helwig, Irene Pisani & Ray Bock.

Sept. 16

Single Deck Winners

1: Jim Cunningham; 2: Dottie Findlay; 3: Audrey Bartolotta.

Double/Triple Deck Winners

Tables 1: James Nottingham; 2: Jo & Billy Swing; 3: Virgil Taylor & Ray Bock.

Sept. 23

Single Deck Winners

1: Audrey Bartolotta; 2: Dottie Findlay; 3: Millie Ferrell.

Double/Triple Deck Winners

Tables 1: Alberta Sarris; 2: Jo Swing & Irene Pisani; 3: Charles Distler & Joe Scervo.

Sept. 30

Single Deck Winners

1: George Dertinger; 2: Millie Ferrell; 3: Cheri Cunningham.

Double/Triple Deck Winners

Tables 1: Vi Horton; 2: Ray Bock & Virgil Taylor.



Saturday Night Pinochle

Elsie Helwig

Sept. 13

1: Gerry Pinter; 2: Vi Horton; 3: Anne Jagielski.

Sept. 20

1: Gene Hubbard; 2: Billy Swing; 3: Vi Horton.

Sept. 27

1: Vi Horton; 2: Greg Skillman; 3: Gene Hubbard.

Oct. 4

1: Elsie Helwig; 2: Jo Swing; 3: Norma Yonke.



Cribbage

Greg Skillman

Sept. 12

1: Norma Yonke; 2: Ray Bock; 3: Rich Fluet; Cons: Rose Marie Postin.

Sept. 19

1: Anne Jagielski; 2: Greg Skillman; 3: Luke Mulen; Cons: Craig Ehle.

Sept. 26

1: Alberta Sarris; 2: Rose Marie Postin; 3: Greg Skillman; Cons: Anne Jagielski.

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Karaoke Friends
Vivian Brown

Is it possible that the holidays are upon us? Ready or not here they come! Our Karaoke Friends are so busy singing and having fun we lose track of time.

How about we make Monday evening Nov. 17 the time to sing songs about Thanksgiving? At our last get-together, we had a new duet, Donnie & Bob, who sang "To All the Girls I Loved Before." I wonder if they are trying to tell us something?

The whole gang sang, "To Know Him is to Love Him," it was beautiful! Donnie also sang with Norma, "Why Me Lord," and it was great. Kathy did, "There I Said it Again," with emotion and perfection. Shirley did a super job singing the old favorites, "By the Light of the Silvery Moon" and "Elmers Tune." I sang a couple of my favorites, "April Love" and "Look to the Rainbow." Polly and Gene joined us for the first time but they are not new to karaoke what a job they did as Polly sang, "If My Friends Could See Me Now" and Gene did, "Sixteen Tons." Charlie sang, "True Love," with such feeling. You too can become a star; so come join us. Remember, we meet every first and third Monday evenings in Arbor Club Conference Center, Suites E, F and G from 6:30-9:30 p.m. Until next month, "Keep On Singing." Any questions, please call 291-0246.



Original Karaoke Group
George Quaranta

In September, the Candler Hills Happy Hour followed by karaoke was a great success. We had a good number of people show up. There were some that had something to eat along with two-for-one beverages. We started karaoke at 7 p.m. It looked like our singers were more relaxed. As usual, they were in great voice.

In October, we had a good group of people attend our karaoke session. Also, new talent was discovered. As usual, Judy did a great job running the program. Donnie Winfrey assisted with the CDs. Enough cannot be said about Rudy Dagnello; he is such a natural talent. The same goes for Donnie. Thanks for filling in for me while I was recovering from some kind of bug.

Our other singers were great also. They must be practicing at home; they just keep getting better every time they get up to sing. I've really noticed it from the earlier sessions that I have on videotapes. If you like entertainment, come and listen to your friends and neighbors sing; if you haven't heard them, you will be surprised.

Don't forget the fourth Tuesday of every month, Candler Hills Happy Hour from 5:30 - 6:30 p.m. in the Candler Hills Restaurant, then karaoke in the community building next door.

Our karaoke is open to anyone that would like to sing at Candler Hills.



Concert Chorus
Joanie Bolling

Our Concert Chorus members are happy to welcome back our vacationers and snowbirds. After a very successful Club Fair, we have added several new voices just in time for our new rehearsals.

We have begun practicing for our holiday concert which will be held at the Health & Recreation Ballroom on Dec. 12 and 13. There will be two performances.

Tickets will be on sale Monday, Wednesday and Fridays beginning Nov. 10 at 9 a.m.

More information to come in the December issue of On Top of the World News.

Joanie's question: What do fish and music have in common?

Answer: Both have scales!



100 Grandparents
Barbara Greenwood

Our Oct. 9 visit to Romeo went really well. Forty-five "grandparents" attended this trip. All were in good spirits looking forward to seeing the children in their individual classrooms. Most of us were dressed in Halloween costumes carrying treats to give out to the students.

Many of the "grandparents" attended Romeo Roundup Night on Oct. 31. The children came out dressed in Halloween costumes and looked terrific. We assisted in the kitchen, at the classroom door giving out candy, in the library with the book fair, and anywhere else we were needed. It was truly a fun night for all.

We always receive such a warm welcome from everyone in Romeo. Students and faculty alike make us feel like family.

Our aim is to make reading an exciting and pleasant pastime. I know we are succeeding. The children listen intently. They enjoy interacting with us about the story. We certainly have a delightful time with the children.

Some of the books we read are chosen by the teachers and are part of their curriculum. We also have "grandparents" who bring in their own material to share.

The remaining dates we will be visiting Romeo this school year are: Nov. 13, Dec. 18, Jan. 8, Feb. 12, April 9 and May 14.

Thank you so much for the Campbell soup labels with U.P.C. attached, and the Box Tops 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 & Recreation Building. Your clipping of these labels has provided underwear and socks for the children in need at Romeo.

As always, we are collecting food for the "Food-4-Children" backpack program. This program provides meals for children in need over the weekends. If you would like to donate single-serving food items such as juice, cereal, snack bars, pop-top canned goods, crackers, peanut butter, jelly, canned or plastic containers of fruit, etc., we'd certainly be appreciative. Contributions may be delivered to Elliott and Marlyn Barbour's home and placed in a tote located on their front porch. Their address is: 8680-H SW 94th Street or you may call me at 861-2539 to have your donation picked up.

If you would like to be a part of our "grandparent" group, or learn more about us, please call me.

SPCA
Melanie Vittitow

I hope you were able to attend our meeting in October to learn about the mobile pet grooming service. If not, and you are still in need of this service, you can find several listed in the yellow pages under "Pet Washing and Grooming."

If you came by our table at the Rags to Riches Sale and bought doughnuts or a 50/50 ticket, we thank you for your support.

Our next meeting will be on Thursday, Nov. 20 at the Arbor Club Conference Center, Suite H at 1 p.m. We will have a short, but important meeting, and then caravan to the Horse Protection Association in northern Marion County. They are a rescue center for neglected horses that runs exclusively on donations and we are proud to be a supporter. Our main focus is usually dogs and cats, but all animals need to be protected when there is neglect or cruelty involved.

As I have stated numerous in this column, we are limited in ways we can help, but we have recently come up with a new plan that expands our reach. We have established an e-mail network to let members know when a pet is lost or found, so they can spread the word. You do not have to

join our group to be able to assist in this effort. Just get the word out to your friends when you get a notice from me. With more people participating, we should be able to find a home for an unwanted pet or to find the owner of a lost pet in our community. Call me at 873-8690, if you want to be included.

My tip this month is an easy one. It's about training your pet not to fear visiting the vet. It's only natural that they would be afraid when their only association with the vet is painful (shots) or when they already don't feel well. Aren't children the same? One reason doctors and dentists hand out candy is to put a good spin on a bad experience. You can do the same with your pet. Bring along some of your pet's favorite treats whenever you go to the vet's office. If you have a finicky eater, make sure he's hungry when you go. Hand out the treats in the car, in the parking lot, in the waiting room and in the exam room. In time, your pet will associate a visit to the vet with good things, not bad.

See how easy that was? You can apply this type of reward training to all sorts of situations. Just remember to cut down on dinner on the days you have to hand out all these treats, so Fido or Fifi doesn't put on the pounds.

To get information about the SPCA, or if you need our assistance, call Jodi at 861-9765, Jeanie at 873-2354 or Melanie at 873-8690.

K-9 Club
Bobbi Lipka

The K-9 club started the year with a fascinating presentation by On Top of the World's own Roberta Campbell, AKC judge. She enlightened us with what it takes to be and have a show dog. She emphasized the breed standards, reminding us that each breed has been developed to suit a particular purpose. She also gave us a glimpse of the commitment and financial support it takes to own a show dog. All in all, this presentation made for a delightful evening. Thank you, Roberta Campbell.

On Oct. 23, the K-9 club carpoled to the training facilities of the Marion County Sheriff's department K-9 unit. There we witnessed the arduous training that these K-9 police dogs go through. Thanks to the K-9 unit for their generosity in sharing their expertise.

Nov. 2 at 7 p.m. will find the club learning about dog training, from professional trainer, Letty Towles. She'll be telling us about some training tips, and also sharing information about the Millennium Dog Park in Ocala. All are welcome to attend this meeting, located in Suite G of the Arbor Club Conference Center.

For more information about the dog club and future activities, please call Bobbi Lipka at 237-1245.



Kazoo Club
Joanie Bolling

Anyone interested in participating in the Christmas Golf Cart Parade on Dec. 10, please call Joanie Bolling at 873-2409.

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POET'S CORNER

Poetry from On Top of the World Residents

God is Our Strength

By HAZEL EHLE

Another day is with us
The sun is shining bright.
Gladness should be in my heart
For all to be just right.

There is this feeling of unrest
Not sure what is wrong.
It was with me when I awoke
By now it should be gone.

As I walked all alone
Along this dreary path
Needing just a bit of comfort
Or a warm hand to clasp,

Then I turned to God
And said a little prayer.
I wanted to feel His closeness
And suddenly it was there.

Never turn away from God
With problems large or small.
He is always there for you
And listens to them all.

You always need God's love
Every hour of the day.
Reach out your hand to Him
Then He will not turn away.

AARP Driver Safety Program
Save money on your car insurance; classes monthly.
For information, call Larrie, at 873-1537

MAKING WAVES SALON & SPA
Our 15 Stars Make Us Great!
Some of the stars have gone into a "team huddle" to come up with a great money-saving deal for November
We figured you, our valued clients, deserve it - just our small way of helping budgets overstretched from those high gas prices and now the financial crisis! We put our heads together and PREDICTABLY couldn't come up with just one promotion! So the team leader said, "Fine, each of you come up with your own idea!" And here they are:
Andra California Girl offers color - \$45
Katy Scissorhands offers cut & color - \$50
Debra Family Stylist offers relaxer - \$60
Judith Portuguese Girl offers full head hi-lites - \$60
Jaime Jersey Girl offers partial blazing hi-lites - \$50/lo-lites - \$40
Cathy Wild Irish Rose offers \$10 OFF lo-lites with full hi-lite
Aretha the Educator offers \$15 deep conditioning FREE with style
Terri Hat Girl offers her fabulous mini-facial - \$20/European - \$40
Senorita Aurura offers shampoo cut style - \$25
Vicki Pedit-Girl offers - \$25 Pedicure
Sonia with the Hagic Hands offers 1/2 hour Swedish massage - \$30
Melissa Pink & White offers \$5 OFF her famous pink/white overlay
November with Jersey Girl Jaime 1st time men's haircut clients receive FREE haircut with our new MENZ HAIRCOLOR (takes only 10 minutes)
ENZYME FACIAL \$50 Saturday's in Nov. Facial Special See Hat Girl Terri (while she's wearing her esthetician hat!)
FACIAL MASSAGE \$60 November Saturday Package
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Orchid Club
Linda Rose

The October meeting was a demonstration on how to mount orchids onto cork and other natural materials. I've been fascinated by this technique at different American Orchid Society Shows and was asked to fill in for this meeting because Hildegard and Doc Soucek were out of the country.

I want to thank Maggie Richards for allowing the club members to see her collection following the meeting; she has had much success with her Vandas. Because this is a good time of the year to see orchids blooming, we will be visiting other collections the remainder of this year.

We welcomed a new member, Don Porterfield in September; he informed us that the Ocala AOS Orchid Society no longer. We were sorry to hear this; some of us had hoped to attend some of their meetings. We hope that any other On Top of the World residents who were members of that society would join our group. We learn so much from one another, and are always looking for new ideas.

Our November meeting will feature Phalaenopsis orchids. Bob Christy will share what he has learned about this favorite flower, as he has a large collection of this species and has been growing them for many years. After this meeting, we will be going over to Hildegard's to see her collection. December will find us touring more than one collection at several homes.

Meetings are held the third Thursday of each month at the Arbor Club Conference Center, Suites B and C at 1:30 p.m. We hope to see you there on Nov. 20!



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.

On Top of the World
Communities

BUS SCHEDULE

PICK-UP	ROUTE	TIME
Williamsburg	90th St. – 91st Cir.E. – 91st Cir.W	8:45 am
Providence	90th St. – 96th Ter. – 92nd Pl. Rd. – 96th Ct. Rd.	8:49 am
Arbor Club	Parking Lot	8:53 am
Crescent Ridge 1 & 2	97th Lane – 99th Ave. – 96th St.	8:58 am
Americana Village	89th Ct. Rd. – 85th Ter. Rd.	9:02 am
Friendship Village	96th Lane – 84th Ter. – 93rd St.	9:06 am
Friendship Colony	83rd Ter. – 90th St. – 87th Ave. – 97th St.	9:10 am
Friendship Park	97th St. – 94th Lane	9:14 am
Friendship Village	89th Ct. Rd. – 92nd St.	9:16 am
Health & Rec. Center	At Bus Stop Sign	9:20 am
Exit Community.....	9:25 am
Circle Square Cultural Ctr.	At Bus Stop Sign	Call Health & Rec. one day in advance for pick-up
Indigo Community Center	Parking Lot	

OCALA RUN: MON., TUE., WED. & THUR. ARRIVE PICK-UP

1st RUN	2nd RUN
Kohl's..... 1st Run Only..... 10:00 am..... 11:15 am	Paddock Mall..... 12:00 pm..... 1:40 pm
Lowe's..... 1st Run Only..... 10:05 am..... 11:30 am	Wal-Mart..... 12:05 pm..... 1:45 pm
Paddock Mall..... 10:10 am..... 11:35 am	K-Mart..... 12:10 pm..... 1:50 pm
Wal-Mart..... 10:15 am..... 11:40 am	Gateway Plaza..... 12:15 pm..... 1:55 pm
Target..... 1st Run Only..... 10:20 am..... 11:45 am	
K-Mart..... 10:25 am..... 11:50 am	
Gateway Plaza..... 10:30 am..... 11:55 am	

GROCERY STOP..... LAST STOP OF DAY..... 30 MIN. SHOPPING TIME
(No Grocery Stop on SAM'S or BEALL'S Days)

Grocery Run...Every Monday....(Publix or Winn-Dixie)....Start Pick-up @ 3:45 pm....4:40 pm....5:40 pm

**1st & 3rd Tuesday Supper Get-A-Way ...Pick-Up & Drop Off At Rec. Center...Depart @ 4:30 pm
(CALL TO MAKE YOUR RESERVATION...ONLY 21 SEATS AVAILABLE EACH TRIP)
* Restaurant Location Posted in Bus, On TV Channel 17 & 22, or Call Number Below ***

Sam's Club.....2nd & 4th Wednesday of the Month.....2:10 pm...3:30 pm
Beall's & Wal-Mart.....(Hwy 200 W)....1st & 3rd Thursday of the Month.....12:30 pm...3:30 pm
(1st Run Ocala...2nd Run Big Lots (30 min), Beall's (1 hr) & Wal-Mart 1 1/2 hr)

TO SUBMIT A REQUEST FOR A SPECIAL GROUP TRIP OR EVENT, PLEASE CONTACT HEALTH & RECREATION DEPT. AT LEAST 30 DAYS IN ADVANCE...ALL REQUESTS WILL BE CONSIDERED.

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Bicycle: Ladies Free Spirit 24", coaster brakes, excellent condition, \$35. 237-0189

Camera: Canon A-1 with 28-105 Kiron lens, Canon 80-200 lens, Sunpak autoflash, lots of filters; Slak U212 tripod; camera bag. 237-3050

Dehumidifier: Whirlpool model with 8-quart water pan, \$45. 854-5885

Dinette Table: Top 36" round glass by 48" high with 4 chairs, excellent condition, \$300. 362-6290

Electric Chipper/Shredder: By McCulloch, 3300 RPM, max cutting size 1-1/2", \$150. 861-6779

Freezer: Kenmore 11 cu. ft. upright, \$50. 854-9629

Garage Sale: Multiple family, Saturday, Nov. 1, 8 a.m. - noon. 8750 SW 92nd St., Unit E

Garage Sale: Nov. 7 - 8, 9 a.m. - 3 p.m. Easter, Halloween, Xmas blowups, other Xmas decorations, misc. items. 9089 SW 95th Ave.

Garage Sale: Saturday, Nov. 15, 8 a.m. - 1 p.m. 8704-B 94th Ln. Assorted household items and tools.

Garage Sale: Personal trampoline, walking golf cart with seat, canvas shoulder golf bag, golf clubs, porch chair and rocker, much more. Saturday, Nov. 8, 9 a.m. - noon. 8874-E SW 95th St.

Golf Cart: EZGO Freedom electric with battery charger, curtains and padded seat. 854-9936

Lawnmower: Toro electric start recycler with bag. 22" cut, personal pace system, self-propelled, new batteries and extra blade, \$150. 854-2252

Misc. Items: Allen bike rack, fits 1-1/4" receiver hitch, \$75; Yakima crossbar for girl's bike, \$20. 861-0664



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SERVICE ads will be accepted from residents and non-residents. A three-line minimum rate is \$20; four lines is \$25 and five lines is \$30. A six-month rate, paid in advance, is also available. Call 854-0248 or leave a message for more information. Payment must accompany each ad. Send ad and check to The World News, 9850 S.W. 84th Court, Suite 300, Ocala, FL 34481.

DEADLINE: On Top of the World resident ads must be in the box next to the Press-room door (in Friendship Commons next to Customer Service) no later than noon on the 13th of each month. Ads will appear once unless renewed in writing.

Misc. Items: Epson Stylus R320 Photo Printer, Epson Perfection 2580 Photo scanner with software, 13" RCA color TV with remote. \$75 for all. 861-9344

Misc. Items: Leaf blower, 2 pair clogging shoes, 1 pair tap shoes, portable sewing machine, Kingsley stamp machine, assortment of types. 237-8864

Misc. Items: Limited Edition dolls, M. Osmond and L. Middleton, \$30-50 each; antique sleigh, \$100. 237-9951

Misc. Items: New Sony CD player with 6 speakers, very little use, \$250 obo; 55-gal. Tru-Vu Aquarium, complete setup with matching stand, \$100. 237-2577

Misc. Items: Paragon kiln-Ceramic, jewelry original box and booklets, new 2006, used 2 times; Golden Rod portable massage table; vintage Steif bears (3); small folding treadmill, new 2007; variety of jewelry displays; Singer/Kenmore sewing machines. 861-8014

Misc. Items: Snow Village, North Pole, Alpine Village, asking half price. 237-3050

Moving Sale: 10" bench saw, other miscellaneous tools and yard tools, all in good condition, reasonable. Call for appointment. 854-0234

Pet Stroller: Used twice, like new, \$50. 854-6068

Printer: HP PhotoSmart 8250, like new. Includes additional ink, software cd, manuals and cables. \$60 for all. 624-8690

Refrigerator: GE, no defrosting needed, 3.1 cu. ft., \$45. 854-1603

Sale: Saturday, November 8, 8 a.m. to 11 a.m. only. Lots of small household items. Also, collectible brewery advertising items. 885-A SW 93rd Pl.

Scooter: E-xtreme, 2-wheel, battery power, 15 mph, new condition with turn signals, lights, horn, trunk, charger, candy apple red, \$150 obo. 873-8600

SES Estate Sale: 8889-E SW 96h Street. Entire contents of this home plus South Florida condo: great furniture, tools. Saturday, Dec. 13, 8 a.m. until sold.

Tools: Drills, drill bits, wrenches, sockets, socket wrenches, 10" table saw, 8" table saw, belt sander, scroll saw, electro-plating power supply, home built shaper table with router, 4" portable grinder with metal cut-off attachment, Toro heavy duty blower complete with attachments and much more. All in very good condition, some unused. 873-0303

Water to drink: Penta ultra-purified, antioxidant and energized water with no additives delivered to your door. Call 873-2100 for info.

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.

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

Carpet Cleaning Specials: 2 rm/\$59, 3 rm/\$79 truck mount, deep clean/carpet restretching, ceramic tile/grout clean, vinyl floor restoration, new flooring. Call owner, Pat More 516-3565.

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

Computer Repair: Hardware/software repairs, virus/spyware removal, networking, consulting & training. Call Troy's Computer Clinic at 817-2834.



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Extra monthly income: Help bring environmental and family solutions to real world problems. Jerry (303) 469-4537. Call for catalog. Visit: www.ecoquestintl.com/jdb.

G&G Cleaning Services: Housework, light yard work, gutter cleaning, shrubs trimming. Fee based on job size. Call 237-8873

Hair care in your home: Licensed, experienced beautician comes to you. Full service. Call Cathy, PCA, resident, 237-3347. Service homebound.

Handyman: Kruman Services, Inc. Licensed and insured. Remodeling, repairs, replacements and preventative maintenance. Call Daniel at 361-4055.

Home Sewing: cushion covers, bed skirts, dinette seats, pillows, tablecloths and napkins. On Top of the World resident. Call 237-6760.

Hometown Cleaning Services: for all your cleaning needs. Insured and bonded. Call 245-6736 or visit www.hometowncleaningservices.com.

Horseback Riding Lessons: beginner adult or youth; five minutes from On Top of the World. 30 years experience. Please call 237-6310.

Housekeeping and child/infant care. Many years of experience with very good references. Please call 237-2366.

Housekeeping by Terry: Excellent service, great rates, flexible hours. Call (352) 342-6808.

If you are not currently happy and/or satisfied with your life with regard to money, health and/or relationships we can help you. Call 873-2100.

Kitty Care in your home. On Top of the World resident; call Joan at 861-9457.

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.

Painting by Bruce LLC: 38 years experience. Free estimates. 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, fall specials. 237-5855

Painting by Top Notch LLC: Let's get ready for the holidays. Free estimates; call Brian at 875-5754.

Pressure Washing: House or villa, gutters, driveways or walkways. Call On Top of the World residents Okey or Karen for a free estimate at 237-6637.

Private Home Care RN/LPN team: Long/short term, respite and weekend care. Excellent rates and references. 362-5073

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Steve's Handyman Service: 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: Personalized door-to-door transportation to airports, cruise ports, doctor appointments, shopping. Call Betty, 861-1163

Wanted

Coin collector wants to buy old coins, silver, gold, old silver dollars and proof sets. On Top of the World resident. Ted at 861-6964.

DOBRO player looking for guitar player for Bluegrass and Country picking. Beginning or intermediate is fine. 861-8844, leave message.

Guns: On Top of the World resident interested in buying guns, new, old, any condition. 854-2555.

Typist: On Top of the World News is looking for a volunteer to assist with typing once a month. If interested, please call 854-0248.

Used Oriental Rugs: we buy or sell used oriental rugs. On Top of the World resident. Jack at 369-8533.

Lost

Lost: "Charlie," orange long hair tabby cat. Last seen in area of Crescent Ridge II neighborhood, October 6. Has collar tag and I.D. chip. If seen, please call 854-4508

Lost: R/C model airplane, yellow wings, license NO9067 on right wing, white fuselage. 237-6062

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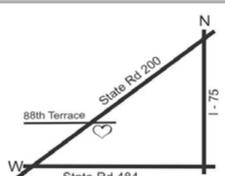
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Robert Feldman, M.D.

Founding director of Munroe's Cardiac Catheterization Laboratory, Dr. Feldman has been practicing at Munroe since 1988. Considered a world leader in catheterization technology, Dr. Feldman received his medical degree from Rutgers and completed his internship, residency and fellowship at University of Florida College of Medicine. There he continued on staff as head of the interventional cardiology program for 10 years.

John Bittl, M.D.

Dr. Bittl obtained his medical degree from Johns Hopkins University School of Medicine. He completed his internship and residency at UCLA Hospital and his fellowship in cardiology with Brigham and Women's Hospital and Harvard Medical School. At Munroe since 1997, Dr. Bittl has published more than 150 original reports and reviews in medical journals on topics of angioplasty and anticoagulants.



Richard Han, M.D.

Recipient of the highest honor awarded to his medical school's graduating class at the University of Pennsylvania, Dr. Han completed his medical training at Brigham and Women's Hospital and Massachusetts General Hospital, which are affiliated with Harvard Medical School. Dr. Han joined Munroe in 2000 and specializes in structural problems with the heart and is one of the few cardiologists in the region trained to correct holes in the heart wall.

Edward Santoian, M.D.

Dr. Santoian joined Munroe Regional Medical Center in 2005. A cum laude from Fairleigh Dickinson University, Dr. Santoian went on to Georgetown to earn his medical degree and Ph.D. in cardiovascular physiology. He completed his training with a fellowship in interventional cardiology at Emory University's world-renowned center of interventional cardiology.



Gregory von Mering, M.D.

After receiving his medical degree from the University of Florida, Dr. von Mering completed medical training at the University of Florida College of Medicine. He also received advanced training in peripheral vascular intervention at Massachusetts General Hospital. In 2006, he was named teacher of the year for the University of Florida Division of Cardiovascular Medicine. Dr. von Mering has been with Munroe Regional Medical Center for two years.



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