



# On Top of the World NEWS

Where the News is Always Good

**Don't Miss Out!**  
**Club Fair**  
**Sept. 17**  
**10 a.m. to 1 p.m.**  
**Health & Recreation**  
**Ballroom**



**Vol. 23, No. 3 • September 2009**

## Community News & Update

By Kenneth Colen, Publisher

### Master the Possibilities

Master the Possibilities finishes the summer quarter this month. There are 35 programs/presentations and classes starting in September, so make sure you take another look at the catalog. (Many do have some openings!) Twenty of the offerings are "new." So with the variety, I think you'll find a lot to satisfy your desire to learn and grow.

Towards the end of the month, we'll share the fall (October and November) season with you. On Sept. 17, you'll be able to access the catalog online at [masterthepossibilities.com](http://masterthepossibilities.com). You can also register at this time. Online registration is the earliest and fastest way to make sure you'll get the classes you want. The catalog will be published and distributed on Oct. 1. At this time, telephone and walk-in registration commence.

Fall is our shortest season - about six weeks. However, we've packed close to 140 opportunities within this session. Let's finish this year in grand style! Join your neighbors in class ... and bring a friend!

### Circle Square Commons

The fourth Saturday Farmer's Markets held on July 25 and Aug. 22 were well attended by vendors and visitors who offered lots of positive feedback. We will continue this for the foreseeable future with the next fourth Saturday being Sept. 26! See you there!

Circle Square Cultural Center will host a tribute to The Rat Pack on Sept. 19 and tickets are going fast. This show is even complete with Vegas-style showgirls! Check out the shows in October with the Fine Arts Exhibit on Saturday, Oct. 17, and Stage Door Productions presents The Sunshine Boys Oct. 22-24. The Stage Doors have been gaining in popularity with dinner being served at 6 p.m. prior the 7 p.m. start of the play.

The Town Square continues to be a popular spot on Friday and Saturday evenings - bring your friends for some dancing under the stars.

### Water Conservation

On Aug. 11, the Bay Laurel Center Community Development District held a workshop to discuss a proposed new rule governing water and wastewater rates. Representatives of the Southwest Florida Water Management District (SWFWMD), Ewing Irrigation Products and Parkway Maintenance & Management Company made presentations of the necessity for water conservation awareness and practices.

The adopted rates are structured as an inclined block rate. Essentially, the more water a home uses, the higher the rate. For homes using less than 12,000 gallons per month, the proposed rate change is really very minimal. Users of over 20,000 gallons per month should consider the many ways to use less water and thereby reduce the monthly utility billing.

With all the rain in August, it seems odd to be thinking about water conservation. Only a very small percentage of rainfall actually filters back into the aquifer. Withdrawal and depletion occurs much faster than replenishment. To underscore this point, there has been a steady flow of articles in the Ocala Star-Banner as well as other publications dealing with either water quality initiatives or conservation initiatives. Interestingly enough, there is an important nexus between the two topics.

In the On Top of the World Communities, including Candler Hills and Indigo East, over 70% of all water usage goes out as irrigation. Generally, the interior water use favors conservation because new homes in On Top of the World were constructed with low-flow showerheads, faucets and commodes. However, the efficiency of these fixtures is defeated by allowing water to run for an excessively long time.

A simple case in point is allowing the water to run while brushing your teeth or when washing vegetables (2 minutes equal approximately 1.5 gallons). I know this never seems like much, but it all adds up surprisingly fast. Slow drips from a faucet can add up to an additional 20 gallons per day in wasted water. Toilet leaks can waste as much as 200 gallons per day. The most efficient showerheads use 2.5 gallons/minute. Showers should be kept to five minutes or less. Older heads use approximately eight gallons/minute. Changing out the older model heads makes good sense. Additional common sense ways to lower water consumption are: use the dishwasher when fully loaded, adjust the load selector on your washing machine to match the size load, when washing your car use a spray nozzle on your hose instead of allowing the hose to run. A garden hose can waste 600 gallons per hour.

The biggest use of water is in the landscape. Conservation can begin with an audit of your irrigation system by a licensed

➔ Continued on Page 6



Photo by Ray Cech

Norbert and Aldona Sachs showing their golf cart registration sticker.

## It's That Time Again... To Register Your Golf Cart

By RAY CECH  
WORLD NEWS WRITER

It's time again for On Top of the World golf cart owners to make sure that all carts are registered and sporting updated registration decals by the end of January 2010. Registration will begin on Monday, Oct. 5, at Customer Service in Friendship Commons located behind Winn Dixie. All residents will be notified of the upcoming schedule via [www.ontopoftheworldinfo.com](http://www.ontopoftheworldinfo.com) and local postings. Registration decals are valid for two years.

Golf cart registration ensures that all owners are in compliance with the obliga-

tory rules and equipment requirement for the safe operation of a golf cart within On Top of the World. The rules are for your safety and the safety of other drivers and pedestrians. (You'll receive a copy of the rules upon registration.)

Think you know the rules of the road for your golf cart? Did you know that you must have a rear-view mirror, a reverse warning buzzer and reflectors, and brake lights that actually go on when you touch the brake pedal if you drive after sundown or before sunup? Did you know

that you can and will be cited for speeding, running a stop sign or driving on any county-maintained road, such as SR 200, SW 80th Avenue or SW 80th Street?

These are just a few of the rules. But most important is that golf carts be driven judiciously. There are no seat belts or air bags to help protect you or your passengers. And remember—if it's a battle between you and a Mercury Marquis, you lose.

Drive carefully, and keep an eye out for the upcoming registration schedule.

## Fire Dept. Donation

By BOB WOODS  
WORLD NEWS WRITER

Harry Gustafson, a Crescent Ridge resident, donated four old fine art framed prints to our local fire department, which just opened its doors in August. The prints are a series selected for their aesthetic appeal and historical significance including the Chicago fire of 1871, destruction of New York's Crystal Palace in 1858, the burning of Barnum's Museum in New York City in 1865 and the San Francisco waterfront fire in 1851.

The prints were presented to Gustafson as a gift for doing volunteer work after being involved in the Volunteer Fire Service for over 30 years. He thought it appropriate that the prints should be hung in a volunteer fire station as a way of saying thank you.

The four prints were created for the Protection Mutual Insurance Company utilizing the Bettman Archives, which is the nation's largest repository of antique etchings and illustrations. These prints were originally black and white etchings but a Chicago water artist converted them into color.

Gustafson served as an officer and state fire instructor during his lengthy career. He also served on the National Fire Protection Association Board of Directors in the Industrial Section.



Photo by Bob Woods

**Harry Gustafson (right) presents a color print to D. Cooper, Division Chief, at the new fire station located on SW 90th Street, just outside the Candler Hills gate.**



Photo by Ray Cech

Sally Collins and Cammy Dennis joined in to help support Renee Oswell (center) before leaving to begin her cure.

## Time to Take a Walk, a 'Walk For The Cure'

By RAY CECH  
WORLD NEWS WRITER

Mark your calendars for Monday, Oct. 19. Better yet, set the alarm clock for tomorrow morning and walk around the block a few times—as a warm up for "Walk for the Cure."

Breast cancer is one of the more predominant and egregious illnesses to strike our mothers, daughters, sisters and friends. More needs to be done to eradicate its onset and to find a permanent cure, and everyone needs to get involved. On Top of the World residents and employees will have an opportunity to donate a bit of their time and, hopefully, a pocketful of dollars, toward the cure for breast cancer.

For almost a year now, Sally Collins, Director of Golf, and Cammy Dennis, Fitness Director, have been planning an event that would give everyone a chance to contribute. Spurred on by several residents and employees who acknowledged that they are afflicted with the disease (including, most recently, Renee Oswell, Golf Shop Coordinator at Candler Hills), Sally and Cammy have taken their planning off the drawing board and out to the walking path.

Here's your pathway to participation. You can kill two birds with one stone by getting some exercise and at the same time contribute to finding a cure for breast cancer. The date is Oct. 19, and registration begins at 2 p.m. for a 3 p.m. start time. You'll rally at the Golf Shop, do a few stretches and, at the 3 p.m. gun, walk part of the Links golf course...about two miles.

For those who are not in shape for

walking, you can still be a contributor by forming a golf cart parade behind the walkers. Contributing fees will be \$5 for walking and \$10 per golf cart. Of course, it is hoped that additional contributions will be made.

Note that 75% of your contributions will go to the local Susan G. Komen Central Florida Foundation For the Cure of Breast Cancer, and 25% to the National Program for Research. By the way, if you can't make it either in sneakers or golf cart, you can still donate.

Both Cammy Dennis and Sally Collins hope that On Top of the World residents and employees who don't maintain an exercise schedule will find the walk inspirational, and pledge themselves to do more for their own wellbeing through a regular exercise regimen. It's a great way to stay healthy at any age. Meanwhile, remember to mark your calendars, get out and get walking, and stay tuned for further news on "Walk for the Cure."

The photo above with Sally, Renee and Cammy was taken the day Renee Oswell was leaving to begin her cure. So many people showed up with cakes balloons and pink ribbons to wish Renee well that she was truly overwhelmed. Just a couple of days later we received an e-mail from her saying, "thank you." Here are a few quotes from her note: "What a great community to be a part of...I was simply amazed at the love and support...I have never met a more wonderful group of people...I got a lot of my inner strength from you all at On Top of the World, and for that I say, thank you."



## On Top of the World NEWS

Where the News is Always Good

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

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**Is It Legal?**  
Gerald Colen

**Q.** With the economy being as it is, are we not better off by protecting our money and property by using a loving trust?

**A.** A loving trust and a living trust are the same estate-planning vehicle. Included in this type of vehicle are grantor revocable trusts and revocable trusts. There are probably other names to describe the same thing. Here's what you need to

know.

A living trust or by whatever name it is called is not an asset protection estate planning vehicle. Do not let anyone tell you otherwise. It does not protect any assets that are held in trust in any better way than if you held them in your name alone or in your name and that of your spouse as tenants by the entireties (husband and wife estate).

A living trust is a probate avoidance estate-planning vehicle. Some folks should have them; other folks should not. A living trust is also, a flexible way to provide for a miscreant child or grandchild and also it is a good method for dealing with larger estates that have federal estate tax issues. It is not going to provide asset protection during these times.

**Q.** My wife said you probably wouldn't print this but you seem pretty fair-minded to me; so, here goes. When someone commits a terrible crime, such as murdering or abusing a spouse or vilely abusing a child, what is wrong with just sending them straight to jail and let them stay there forever? Or when someone abuses our right to be let alone and has gazillion children out of wedlock, why can't we just sterilize her or sterilize her and her companions?

### Golden Oldies Humor

By Stan Goldstein



'She has a million dollar figure – but it's all loose change.'

**A.** Well, for openers we have, in this country, something we call the United States Constitution, and its Bill of Rights. Those documents, along with innumerable supporting laws and court decisions tell us that a person accused of a crime is presumed innocent until proven guilty beyond a reasonable doubt.

Then we have several other constitutional rights that the founding fathers of this country thought might be useful. We have the right to due process of law, the right to receive just compensation if the government takes our lands, the right to free speech, the right to free assembly, the right to a free press.

There is something called the Establishment Clause of the Constitution. This says that Congress shall make no law that establishes a religion for the country. You may choose one religion, someone else may choose a different religion, and yet another person select yet another religion.

Who does the choosing? Certainly, I don't want a government choosing.

We have criminal procedures and civil procedures that are in place to see to it that our constitutional rights are protected from government and from, I dare say, each other. When we abridge any one

of those rights, do we not put in danger any of the others? Yes, I am aware that some of the courtroom procedures might result in an injustice. That is nothing new. It's always been that way in a free society such as ours here in this wonderful country.

Here's a question that I pose to myself: How small of an incursion of my constitutional rights am I willing to allow? My answer: None! None at all! Because, you see, I know something that we all should know. If any of our constitutional rights can be taken from us—no matter how insignificant any one person may think that right is—then any other of those rights can be taken from us by someone who thinks they know what rights we need or what rights we should be permitted to have.

If we don't preserve the rights of everyone, no matter who they are then we cannot expect to preserve the rights of all of us.

Well, that's my opinion. Everyone is entitled to their own opinion whether they agree with me or not. I want it that way! I hope you do too.

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, Fla. In Ocala, Fla., Mr. Colen is available, by appointment, for legal conferences at the *On Top of the World* sales office annex, which is near the Yalaha Delights. He responds to e-mail at [gcolen@tampabay.rr.com](mailto:gcolen@tampabay.rr.com) or through his website: [www.gcolen.com](http://www.gcolen.com).

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## Overholser Eyecare Center



### About the Doctors

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### Shutterbugs Photography Marilynn Cronin

The Fourth Annual ShutterBugs Exhibit is coming up quickly. Members are out and about taking photos or going through their shots from this past year to see what they want to enter. The exhibit will be the first week of November. Remember that you have to be a member of the ShutterBugs in order to enter photos in the exhibit, so if you have some photos you'd like to display, make sure you join

soon. Photos will have to be in around the first week of October.

The displays at Freedom Library are ongoing and continue to garner great comments. Also, Ray Christian has a one-man show at Master the Possibilities and will be available for a "meet the photographer" session on Saturday, Aug. 29 from 10 a.m. to noon. Ray's display will be replaced on Sept. 1 by an exhibit of photos by Charlie Smith.

Field trips this summer have continued to be educational and fun. July's downtown Ocala excursion was eye opening. Everyone ventured further throughout the community this year and discovered some of the historical homes, a little lake and fountain. Linda Uhley and Daisy Rowell even stopped in for tea at the Veranda! Lunch at Harry's was tasty, filling and as usual, full of laughs.

August saw us traipsing off to Don Garlit's Museum of Drag Racing. In September, we will safari to Pat's Island - the Yearling Trail in the Ocala National Forest.

Charlie Smith and his committee (Doris Mauricio and Daisy Rowell) have worked on next year's trips and challenges and will be posting it on our website in the coming weeks.

Tom Frostig gave an interesting class on masking in PhotoShop Elements dur-

ing July. Even some of our purists enjoyed the class.

**PHOTO TIP:** Flower photography lighting is a challenge because of multiple surface angles. Between petals, stems and leaves, a photographer is faced with light being reflected from multiple surfaces and often blocked by a few. Every petal can act like a mini-reflector.

This often results in a few petals being very dark or extremely bright. Lighting differences in flower surfaces is not necessarily a bad thing. Study the flower and see if there is an angle you can shoot from that uses the lighting situation as a plus. Silhouettes, backlit images and highlighted images are often very striking.

If the lighting differences are just too great, add more light to even out the exposure with a flash (use a diffuser: a sheet

of velum paper or thin piece of cotton) or a reflector if you don't have a remote flash.

Another way to deal with the lighting differences is to come back at a different time of day when the sun is at a different angle. Morning, midday, and afternoon light all have different properties of color as well as light intensity and angle.

ShutterBugs stresses education, sharing and fun! The ShutterBugs meet the first three Tuesdays of the month at 3 p.m. in the Arbor Conference Center, Suites B and C. All On Top of the World residents at all skill levels are welcome to join. If you would like more information about the ShutterBugs, visit our website at [www.otowspc.com](http://www.otowspc.com) or contact Gary Uhley at 854-8536 or e-mail him at [bugs@otowspc.com](mailto:bugs@otowspc.com).



Photo by Rick Nelson

### Got Talent? Ray Cech

There's so much talent in our community that we thought it a good idea to share some of it with you. So, every month in the World News we will feature a resident and show you what they do and, hopefully, how they do it. It could be anything—from weaving, and building ships or planes, to whistling or magic. If you or someone you know has a special talent, let us hear about it by using the e-mail address at the end of this first "Got Talent?" article.

Art Barber, a 13-year veteran of our community, builds some of the finest model ships you'll see anywhere. Art and his wife, Maybelle, are quite a dynamic couple, having built their own homes in Kalamazoo, Mich. and, before settling down here in Ocala, spending six years RVing around the U.S.

Art was very much into miniature woodcarving, but about six years ago while on a cruise, he was wowed by a model ship he saw on display. "I'd like to do that," he said. And now he does!

The Barber house is a wonderland of model ships built to scale specifications, including whalers, merchants, clipper ships, and Art's pride, the HMS Bounty. He's been working almost three years now on his most recent inspiration, the 351-ton, 106' whaling ship, the Charles W. Morgan; the original, built in 1841 for

\$52,000, lays to port in Mystic, Conn.

Watching Art work on the Morgan is a study in patience, craftsmanship and a real steady hand. His tools (seen in the photo) are as delicate as a dentist's collection. Each piece of lumber is moistened and bent to form the Morgan's hull. It is then fitted with tiny copper inlays, each one individually glued in place. Every shroud, halyard and line is stretched and seized into position and the sails hand sewn.

Art says that if it weren't for Maybelle giving him more than a few sewing tips he'd probably be building rowboats. Having been an artist and ceramics instructor, she also helps by mixing paints to ensure that the colors stay true to history.

It's evident that Art Barber loves his hobby. He's willing to share his thoughts and techniques with anyone who might be interested. You can e-mail him at [oclaart@frr.com](mailto:oclaart@frr.com).

Got talent? E-mail this writer at [rrcech@aol.com](mailto:rrcech@aol.com).



Photo by Ray Cech

Art Barber working on his model ship of the Charles W. Morgan.

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### Adopt a WW II Vet

By BOB WOODS  
WORLD NEWS WRITER

By now, most of you are familiar with Honor Flight Marion. This program will fly World War II veterans from Ocala to Washington, D.C. to visit the WWII memorial.

The veteran would be flown to Washington, D.C., picked up at the airport, taken to the memorial, lunch and then back to the airport for the flight home.

So far, 18 veterans from On Top of the World have registered to participate in Honor Flight Marion. A total of 59 veterans from Marion County have registered.

The plane taking these veterans to Washington, D.C. can hold approximately 170 veterans, guardians and medical personnel. This will all become a reality once enough money has been donated.

As mentioned in a previous article, I requested individuals, clubs or organizations to adopt a World War II veteran. The On Top of the World Lions Club has come forward and adopted one veteran. James Delfraisse, a Lions member, presented me with the check.

I urge all World War II veterans residing here in On Top of the World to call 789-6878 to receive an application form or e-mail [ocalahonorflight@gmail.com](mailto:ocalahonorflight@gmail.com). If clubs require additional information, please call me at 854-0702.



Photo by Bev Woods

**James Delfraisse (left) presents Bob Woods with a check that will adopt a World War II veteran for Honor Flight.**

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#### Labor Day

Customer Service will be closed Monday, Sept. 7, in observance of Labor Day. We will reopen for normal business hours on Tuesday. Please have a safe holiday.

#### Hurricane Preparedness

We are officially half way through the hurricane season and this is just a reminder that if a tropical storm warning or hurricane warning is issued, you need to prepare the outside of your home. Remove any lawn ornaments, flags, grills, etc. and secure patio furniture. Anything that could become a projectile during a storm needs to be removed or secured for your safety as well as your neighbors'.

#### On Top of the World Re-Roofing Schedule

The following buildings are scheduled to be re-roofed within the next 90 days (September through November). Buildings: 2429, 2435, 2441, 2445, 2451, 2465, 2467, 2471 and 2480. Schedules are based upon several factors: return of all authorization forms for the building, street location of working proximity, and roofs which are showing the most wear will take priority. Due to unforeseen weather conditions, we cannot provide specific start dates.

#### Community Update

Paving on SW 90th Street should have begun by the time you read this article. We will be changing the Waste Management boxes in the Americana Community to a compactor. Additional cart striping on SW 98th Street and SW 94th Street is being planned for the very near future.

The new pickleball courts are well underway and six new courts will be available for play at Health & Recreation.

The Arbor Club indoor pool work is complete and the pool is once again heat-

ed. Thanks for your patience as we make these repairs.

#### Bay Laurel Center CDD Workshop

On Aug. 11, the Bay Laurel Center CDD hosted a workshop at the Circle Square Cultural Center. Highlights of the workshop included: water conservation methods, conservation rates and lawn care tips. Speakers included Doug Saunders from Southwest Florida Water Management District (SWFWMD), Tom Shannon with Ewing Irrigation, and our very own Robert Colen, Phillip Hisey and Kenneth Colen.

Residents were reminded to check for water leaks and to not assume, because they do not see evidence, there are no leaks. They were also reminded to monitor their irrigation controllers for proper coverage, length of watering time and once-per-week settings.

Power surges can cause the controller to reset. Making sure the appropriate amount of water is applied helps conserve and reduces the water consumed. Residents may contact Customer Service for more information about our Water Leak Detection Program.

#### Irrigation Controller Class

We are planning to host Irrigation Controller classes again in the fall. These classes will be held at Master the Possibilities and Phillip Hisey will be the instructor. This class is designed to familiarize residents with their irrigation controller. Be on the lookout for more information in Phillip Hisey's monthly column.

#### Golf Cart Class

We will be hosting a golf cart class again on safety, insurance and maintenance in October. Those attending last year's class thought the information was outstanding. Be on the lookout for more information via the TV, Web or bulletin boards. You will not want to miss the class this year.

#### Golf Cart Registration

Permitting for golf cart registration decals for 2010-2011 will start on Oct. 5. Residents will need to register at Customer Service in Friendship Commons. Based on the first letter of the last name, we are publishing a calendar with the date you will have the opportunity to have the cart permitted in the October issue of the World News. During October, residents are requested to come on their assigned day according to the first letter of their last name. If this date is not convenient, you may visit any business day during November through December to register. Calendars will be posted at [www.ontopoftheworldinfo.com](http://www.ontopoftheworldinfo.com) and on bulletin boards throughout the community.

Residents are asked to bring proof of insurance and any resident who plans to drive the cart will be asked to sign a release to operate the cart within the community.

Those residents desiring a handicap sticker for the cart will be required to

comply with Section 320.0848, Florida Statutes. You may refer to the following website for more information or drop by Customer Service for a copy of the information: [www.hsmv.state.fl.us/forms/handiform.html](http://www.hsmv.state.fl.us/forms/handiform.html). For more information on golf cart registration, please stop by Customer Service or call 236-OTOW (6869). Cart rules will be provided to each cart owner when the cart is registered.

#### Waste Management Labor Day Service

Attention Candler Hills and Indigo East residents: Waste Management will not have scheduled trash pick-up on Labor Day, Monday, Sept. 7. Normal trash pick-up will resume on Thursday, Sept. 10.

#### Non-Emergency Contact for MCSO

In case you are wondering how to get in touch with Marion County Sheriff's Office for non-emergency situations, you may call 732-9111. This number is to be used for all non-medical emergency calls including fender benders without injury.

#### Entry Off SW 99th Street Road

You may have already noticed that there's a brand new arm on the resident entry gate at the SW 99th Street Road entrance. This new equipment does not require that you wait for the arm to reset. It is important that once you pass the decal reader, you travel on through the gate area. The arm resets after a few seconds otherwise.

#### Walking, Riding or Biking

The designated golf cart path on SW 90th Terrace Road is multi-purpose, and therefore golf carts, walkers and bicycles may use that path. The sidewalk around SW 81st Loop is a walking path only. Carts and bicycles use the roadway and should follow all traffic rules of the road.

We caution all of our early walkers to make sure they have reflective clothing to be seen by headlights of the moving vehicle be it car, cart or bike.

Bicycles, mopeds, golf carts or other motorized vehicles of any type may not park on any sidewalk. All vehicles must park in designated parking areas.

#### Operation Medicine Cabinet

The Marion County Sheriff's office on SR 200 is offering to safely dispose of any unused or expired prescription medications. They will offer this service on Thursday, Sept. 24 and Friday, Sept. 25, 8 a.m. to 5 p.m. Simply bring your unused or expired medications and drop them into the container. The Marion County Sheriff's Department will then properly dispose of medications.

#### Marion County Senior Services

The Marion County Senior Services has three stipend volunteer positions to work as a Senior Companion for 15-25 hours a week. Applicants must be 55+ as of Oct. 1 and make no more than \$20,000 per year. Anyone interested should contact Marion County Senior Services.



**Keeping  
It Green**  
Phillip B. Hisey

Florida-Friendly Landscaping has been a big part of On Top of the World Communities for a long time now. Did I say big? I meant huge.

Since 2005, On Top of the World has been exclusively part of the Florida Yards and Neighborhoods, Florida-Friendly Landscaping program; in fact, we have installed over 1,000 homes that are certified as Florida-Friendly Landscapes.

Kathleen Patterson, the program coordinator, mentioned to me that in her talks with colleagues from UF/IFAS, On Top of the World Communities, Inc., is quite possibly the largest developer in the state that landscapes to these standards. Not only do we practice these concepts in the residential areas, we also extend this into the commercial landscape areas too.

In 2008, On Top of the World Communities, Inc., was awarded the Florida-Friendly Community Award.

There is a huge amount of effort that goes into creating Florida-Friendly Landscapes and I encourage you to go to the FYN/FLL website <http://fyn.ifas.ufl.edu/> to learn more about the concept.

In an effort to let residents know to check their lawns because we are seeing chinch bugs in the community, we sent a recent e-mail blast with information about the pest and ways to control it. If there is anything you take away from this message, it is to alternate the pesticide class when treating chinch bugs, don't just switch the pesticide.

There are three commonly used chemical classes in the pest control world: Organophosphates, Carbamates and Pyrethrin. Chinch bugs have developed resistance to all of these chemical classes and that is why it is important to alternate at each application.

We will continue to inform residents of our findings and Best Management Practices.

**Hospitality**  
Linda Tiffany

#### Candler Hills Restaurant

Candler Hills Restaurant proudly introduces "Tapas and Martinis Around the World." What is Tapas? Tapas-style dining started along the Mediterranean and Spain and features small plates of food to be shared with family and friends. This is a great way to get together, enjoy a variety of food and also satisfy the appetite for a nice martini or a Merlot.

Come taste the new Tapas menu offering small portions at a great price served every day and enjoy signature martinis from "around the world" as a tribute to On Top of the World neighborhoods with a variety to fit every taste. Come in and try The Candler Cosmo, an exciting blend of premium vodka, Gran Marnier, splash of cranberry with a twist of lime.

Starting Monday, Aug. 24 from 4 to 6 p.m. daily; Fridays and Saturdays from 4 to 8 p.m.

Candler Hills Restaurant hours are: Sunday - 8 a.m. to 5 p.m., Monday through Thursday - 11 a.m. to 6 p.m., Friday and Saturday - 11 a.m. to 8 p.m.

Brunch is served every Sunday from 8 a.m. to 1 p.m., featuring fresh fruit, scrambled eggs, bacon, home fries, assorted Danish, bagels, coffee, juice and made to order omelets and eggs - \$7.95.

Early Bird Dinner Specials can be found in a display ad in this issue of the World News.

Self-serve coffee and doughnuts are available for golfers at 8 a.m., Monday through Saturday.

Don't forget the Prime Rib Special every Friday and Saturday. It includes baked potato, vegetables, salad, rolls and butter - \$12.95 and is served from 4 p.m. to 8 p.m.

Fish Fridays will feature the fresh catch of the day from 4 p.m. to 8 p.m. Price and feature will vary.

#### The Pub

Whether at a table outside The Pub overlooking the pool or on the golf course, beat the summer heat with a cool De Conna ice cream treat now available at The Pub and On Top of the World Pro Shop. We feature old-time favorites like chocolate éclair, strawberry shortcake, nutty buddy, fruit bars, sandwiches and fun ones for the kids (of all ages!).

Summer hours for The Pub are: Monday, Tuesday, Thursday, Friday and Saturday 8 a.m. to 3 p.m., and Wednesday 8 a.m. to 6 p.m. The Pub is closed on Sunday.

Chef Greg features daily specials in addition to the standard specials available every Wednesday and Friday as follows:

Wednesday - Open Faced Prime Rib served with an onion tower - \$8.95.

Friday - Fried Whitefish Filet on a hoagie roll with lettuce, tomatoes, French fries and coleslaw - \$8.95.

[www.OnTopoftheWorldInfo.com](http://www.OnTopoftheWorldInfo.com)

## Back Pain? Disc Herniation? Don't Want Surgery? See Dr. Zhou and Associates



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- Author of numerous books and articles on pain management
- Expert in non-surgical treatment for back pain
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Photo by John Ware

**The Happy Hour on July 17 featured Johnny Alston and his Motown Rock and Roll Review with special guest Mr. Bobby Hendricks, lead singer for the original "Drifters."**



**Activities  
Therapy  
Theresa Fields**

I find it hard to believe that we are into the month of September already - this year will soon be over and we have a lot of activities still ahead. We had our first Home Improvement Expo on July 23 and we had over 25 exhibitors with information and displays for all your modification needs. This event was a huge success and residents expressed their thanks for having reputable contractors available for their modification needs.

Our baseball trip was a little disappointing for all of our Yankee fans, as the Yankees lost to the Tampa Bay Rays on July 28. The residents still had fun watching an action packed game in the beautiful Tropicana Stadium.

**Holiday Hours**

Labor Day is Monday, Sept. 7 and the Health & Recreation office will be closed in observance of the holiday. The Arbor Club and the Health & Recreation Fitness Center will open from 9 a.m. to 5 p.m. Please plan accordingly.

**Rags to Riches Sale**

It's that time of year again to clean out those closets and garages. We will be having our Rags to Riches sale on Friday, Oct. 23. Sign up will begin on Wednesday, Sept. 2 at the Health & Recreation office Monday through Friday 8 a.m. to 4 p.m. The cost per table is \$6 and this event will be held at the Arbor Conference Center.

**Club Fair**

We have several of our clubs that took the summer months off and now it's time to get back into the swing of things. We would like to welcome those clubs back along with many of our returning snowbirds. Our Club Fair is scheduled for Thursday, Sept. 17 in the Health & Recreation Ballroom from 10 a.m. to 1 p.m. This is a time to actually see all the different clubs that are offered in your community. We have so many exciting, activity-based clubs to join, and it is also a wonderful way to meet your neighbors and make new friends. Doughnuts and coffee will be for sale by the S.P.C.A.

**Get Hot, Get Chili!**

Do you like to cook? We are having our first Chili Cook-Off on Friday, Sept. 25 from 10 a.m. to 2 p.m. at the Arbor Conference Center. The entry fee is \$12 per person, and for just \$2 you will receive three sampler cups to start you on

your way to tasting some of the best chili around.

Come join us for a day of fun! Prizes will be awarded for the best chili On Top of the World has to offer. We will also have first, second and third place ribbons for the wackiest, wildest chili booth. Bring your lawn chairs and enjoy live entertainment with a cash bar. Prizes for the best chili are as follows:

- First place: Round of golf for four at Candler Hills (including a cart)
- Second place: \$75 gift certificate from The Ranch
- Third place: \$50 gift certificate from the Candler Hills Restaurant
- Fourth place: \$25 gift certificate from The Pub

**Flu Shots**

Our first scheduled flu shots are being administered on Monday, Oct. 12 at the Arbor Conference Center from 8 a.m. to 1 p.m. Medicare Part B covers the shots. If you do not have Medicare Part B, the cost of the flu shot is \$30 and \$45 for the pneumonia vaccine. Please sign-up at the Health & Recreation office.

**Casino Trip**

The next Seminole Casino Trip is scheduled for Thursday, Sept. 10. The cost of the trip is \$20 per person, which includes \$25 in free play, a \$5 lunch voucher and the round-trip bus ride.

Please note that assigned seating is required on all of our bus trips. The Health & Recreation office does not hold or save any seats without payments. Sign-up at the Health & Recreation office Monday through Friday, 8 a.m. to 4 p.m.

**Community Bus**

We are proud to announce that we now have official bus stop signs within the community. These areas include: Health & Recreation, Arbor Club and five of the community post offices. We have updated the bus schedule with the new stops and a copy of this can be found in this edition of the World News.

The dinner run for the month of September will be Tuesday, Sept. 15. The restaurant for this month will be Chili's. Please contact the Health & Recreation office to reserve your seat.

**Happy Hour**

On July 17, Johnny Alston and his Motown Rock and Roll Review treated a standing room only crowd to a fabulous show, featuring special guest Mr. Bobby Hendricks, lead singer for the original "Drifters." During the second set, Bobby sang six to seven songs to the delight of the crowd.

We had an additional special guest make an appearance, Chuck Berry AKA "Dave." He had the crowd participating with his rendition of "My Ding A Ling" and "Johnny Be Good."

We would like to thank all the residents who dressed in their Hawaiian attire for our Luau, which featured music by Fred Campbell. There were many grass skirts and bright shirts to set the festive mood. September's theme will be our an-

nual Roaring 20s party, so break out those flapper dresses and zoot suits.

- Sept. 4: Tomarua
- Sept. 11: Johnny Alston
- Sept. 18: Bontempos ("Roaring 20s" theme)
- Sept. 25: Fred Campbell

**Community Information**

**COMMUNITY TELEVISION:** We are excited to announce our new look for the Community TV Channel 17/22/703. Please take note of the changes that have been made for updating or placing TV slides.

Information placed on the channel 17/22/703 submission forms should be turned into the Health & Recreation office or put in the completed forms section of the hanging files located behind the information desk. Once submitted it will take approximately one to two weeks to appear on the Community TV.

Reoccurring club meetings, cruises and overnight bus trips will no longer appear on the Community TV. This information can be found on 8-1/2 x 5-1/2 posters behind the locked glass case at the Health & Recreation Building and under the clubs column in our On Top of the World News.

**POSTER REQUIREMENTS:** Posters are created by the marketing department for club events, cruises, trips, special meetings or announcements and must be submitted to the Health & Recreation office for approval. Once approved, the Health & Recreation office will forward the information over to marketing and it will take approximately three weeks to be printed. Please submit TV and poster announcements at the same time if applicable.

**Bulletin Boards**

Bulletin boards (post offices and Health & Recreation library locations) are to be used by residents to advertise personal items for sale and/or lost items. No notices are permitted for solicitation purposes; such as, business opportunities, yard work and handyman jobs.

Notices are to be prepared on a 3x5 postcard and dated. After 30 days, notices will be removed. Pictures can be used if contained within the 3x5 card. Any notices not on 3x5 card, not dated or containing any mention of solicitation will be removed. No home sales or rentals are permitted for posting.

Tag and estate sales are permitted for posting. Items for sale must be confined to the garage and home areas. No signs, balloons, etc. are permitted on the grounds. Sales shall not be advertised in any manner, which invites the participation or invitation of non-residents. Request forms must be completed and approval and may be obtained at Customer Service in Friendship Commons.

We are planning our upcoming monthly activities and looking forward to busy days ahead! We would like to welcome all of our snowbirds as they return and ask that if anyone has an activity that they would like to see here in our community to please stop by and chat with us as we are always looking for new ideas.

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### SENIOR HEALTHCARE CENTER

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### Avalon Social Group Lorraine Rourke

Fall is here so we'll be starting up our gatherings once again to socialize with your neighbors, exchange ideas, pass on information, and enjoy potluck meals.

Our next potluck is Monday, Sept. 14 in the Arbor Club Ballroom. Set-up is 5 p.m., start arriving 5:30 p.m. and we'll start the food line no later than 5:45 p.m. This is a potluck so bring a dish to share of appetizer, meat, casserole, rice, vegetable, salad, fruit, (no desserts please, as we assign these to a few folks ahead of time). Bring your own non-alcoholic beverage and any serving utensil, if needed. We provide the paper products. The 50/50 raffle will be held as usual.

Our Oct. 5 potluck will be held outside at the baseball pavilion, behind the Health & Recreation Building; you may want to throw in chairs just in case, as it's limited in seating. This will be a barbeque (Larry and a group of volunteers will be grilling on charcoal) with hot dogs and sausage.

A ticket purchased for \$2 will cover two hot dogs, two sausages or a sausage & hot dog, which you will specify at the time of purchase. We will not be selling at the door, as we need to know head counts. Bring a dish to share as well as your own beverage of choice (options open up as it is outside) and serving utensil. Tickets can be purchased starting Sept. 14 at our Arbor Club event.

After Sept. 14, tickets may be purchased through Oct. 1 with Bev at 854-249 (west side of Avalon); Joanne Barnes at 304-8206 (east side of Avalon); Joanne Weller at 237-9522 (east side); Darlene Schimmel at 873-0156 (west side); or Larry and Lorraine.

For questions, contact Lorraine at 390-2120.

### Photo IDs

Customer Service  
8 a.m. to 4 p.m.  
Monday through Friday  
Bring current ID or temporary ID



### Candler Connection John Podkomorski

Boy is it hot out there! I guess that is to be expected as we reach the end of August. Still, we need to be careful dealing with the high temperatures and humidity. If you're being physical outdoors, drink water and wear silly hats.

The Candler Cookbook will be arriving soon. Watch this space for more news, probably in September. For questions, call Diane at 873-3869.

Many of us are still experiencing some lawn issues, whether due to heat, bugs or just "who knows what." Phil Hisey is available to answer questions and lend some advice, so don't be shy about contacting him at Customer Service located in Friendship Commons.

Come October we will reintroduce our series of invited speakers. The Candler Connection board is always anxious to



### Winds of Windsor Peter Wood

After about two years in Windsor, there are a few things that have become the highlights of my week because they are uncommonly notable, at least to me. There are other great amenities and sights here too; however, my highlights are spe-

cial, and fun to write about. As diverse as they are, they are sunsets and summer cloud buildups, the Computer Club and the R/C airfield. What a mix!

Our sunsets and cloud buildups are second to none! With few houses around us at present, if you are fortunate to have your house facing west you know what I mean. I have seen sunsets in a lot of places, but the variance in the cloud structures at different times of year here is magnificent.

Prefacing this evening show are the summer day cumulonimbus cloud buildups. We are blessed to have these buildups because our position in Central Florida has us under opposing offshore winds from the Gulf and the Atlantic, which often lead to thunderstorms here.

Now I have to plug one of my favorite organizations here...the Computer Club! This club is well run by a group of computer wizards that used to be involved in many facets of computer technology in their prior working lives. It's their desire to want to convey computer issues in plain English that is commendable, as is their focus on questions and answers for all levels of computer users.

I have learned a lot from this club, and so much of this learning is fresh because of changing technology. There are a lot of people living here that just missed using computers in their working careers. This club goes out of its way for these people with some pretty good training classes, guest speakers and a great web site filled with information ([www.cccocala.org](http://www.cccocala.org)).

When I rounded the corner on the dirt road on a sunny Saturday morning and first saw the R/C airport, it brought back some childhood memories. I used to hang out at all sorts of airports when I was a kid. Naturally, someone would offer a flight...and from then my interest in all things aviation was kindled.

The R/C field is an exceptional area, apparently well managed with a focus on safety. Although the principles of flight are the same, as a former single engine pilot, I know that R/C flying is different from standard aircraft flying...so someday I plan to tackle this challenge. I have the club application form all filled out! But it's only because there are so many other things going on here that I have delayed getting really involved.

Then there's the smell of sawdust at the Wood Shop, the great gym, the beauty of the golf courses and trees here, and on and on...but these are other stories. So is the story about the great neighbors here in Windsor and in the rest of On Top of the World.

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

## Community News & Update

By Kenneth Colen, Publisher

### Continued from Page 1

irrigation contractor. This involves aiming the irrigation heads correctly, checking for leaks and correctly setting the irrigation clocks for optimal run time and frequency setting.

According to a program begun in Orange County, adjusting irrigation can save up to 22% (Source: Florida Water Resources Journal, August 2007). Saved water equals saved dollars for the homeowner. Having a licensed professional check and adjust your irrigation system once a year is a very good investment.

Owners may wish to consider reducing the irrigation frequency of outlying areas in larger yards. Watering those outlying zones once every 10 days will save a significant amount of water. Judging by water use patterns, the CDD is aware that many residents have not adjusted their irrigation timers to run once a week as required by SWFWMD. This is the immediate and most basic place to start water conservation.

### By-Laws Amendment

One would think that a set of by-laws should be good forever. In fact, by-laws and community organizational documents need periodic reviews to make sure they are in compliance with current laws and practices. To that end, your board has invited together a group of residents to assist in reviewing the By-Laws of On Top of the World (Central) Owners Association, Inc., (the "Association") to bring them up to date and in compliance with recently enacted legislation affecting homeowners associations (Florida Statutes 720). The last amendment was in 1996.

The process of amendment involves two steps: board approval and ratification by a vote of 66% of the entire membership. A special meeting of the board will be held on Oct. 21 to consider approval of the Second Amended and Restated By-Laws, as reviewed by the committee and Association counsel. If approved, the revisions will be submitted to the general membership at the Annual Meeting to be held Dec. 16. More information on this topic will be mailed to owners later this month.

### Hurricane Season

September is the time we turn our attention to the tropical Atlantic and keep one eye on the weather map. Generally, the management company is able to persevere in its grounds maintenance responsibilities, despite the month of August posing challenges with over 12-inches of rain. It seems that every time the mowing crews got caught up, a long cycle of showers pushed them further behind. Granted we need the rain to replenish the groundwater, but it does come with a price.

As we move deeper into storm season, focus may be shifting to storm preparations. This means acting fast on sometimes less than 24-hour notice to secure buildings and equipment from possible wind and rain damage, as well as making sure everyone is clear on their post storm responsibilities for recovery and clean up.

Residents need to be alert as well and also ready to clean up personal items that may become missiles in high winds. What can't be put in the garage or secured in a closed room, needs to be tied down.

## Ocala Stamp Show

Sept. 12 and 13

By STAN LANDER

The Ocala Stamp Show will be held on Sept. 12 and 13 at the Ramada Inn, 3810 N.W. Bonnie Heath Blvd (US 27 and I-75, Exit 354). The Florida Stamp Dealers Association and General Francis Marion Stamp Club sponsor the show. Hours are 10 a.m. to 5 p.m. Sept. 12 and 10 a.m. to 3 p.m. Sept. 13. Free admission, door prizes and stamps for children. There will be stamps, covers, post cards, supplies and appraisals. For more information, contact: Stan Lander at 369-8977 or [slander3@otowhomes.com](mailto:slander3@otowhomes.com), or Sheldon Rogg at (727) 364-6897 or [h.rogg@verizon.net](mailto:h.rogg@verizon.net).

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Bordetella	Bordetella	6in1	Bordetella	Indoor/Outdoor
Heartworm Test	Heartworm Test	Bordetella	Deworming	\$41.00 Rabies, FVRCP
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(Cash and Credit accepted, checks have are limited to \$125)

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**View from the Library**  
Doris Knight

Did you ever hear the phrase concierge medicine? I never had until I read "Crisis" by Robin Cook, a mystery novel with an important point to make. Cook is a doctor and "a master of the medical thriller" (The New York Times).

An author's note appended to the book gives a fairly detailed explanation of concierge medicine. A relatively new arrangement, it is a style of primary care that requires a membership fee (from hundreds to thousands of dollars) and guarantees a kind of personal services not available today in the typical doctor's office: such as house calls, comfortable reception rooms with very short waits, and 24-hour access to your doctor.

The author is concerned with the growth of such practices because it now makes available for a high fee what once

had been considered basic to the practice of medicine. It could obviously mean fewer doctors available for those who cannot afford concierge medicine, and some doctors may be attracted to this style.

Robin Cook tells us more about the problems of today's medical care - the rush, the lack of concern because there is no time. He admits that in an ideal world, concierge medicine is the kind of medicine he would like to perform if he was a practicing physician in today's world. But he is also disturbed by the fate of all the people who cannot afford such personal care.

The novel is the story of Dr. Craig Bowman, who practices concierge medicine and finds himself being sued for malpractice by the husband of one of his problem patients. We follow the story from the moment of the patient's death, through the trial, the support of his estranged wife, and the assistance of Dr. Jack Stapleton.

His brother-in-law, Stapleton, works in the office of the Chief Medical Examiner of New York City. At the request of his sister Alexis, he comes to Boston where the death occurred to attempt to assist his brother-in-law.

We learn much about Jack's profession, get a detailed description of an autopsy and follow the trial, which has a deadline by which it must be finished set by the judge. Jack is also working to complete the autopsy in time to be present at his own wedding in New York City. The story concludes with a surprise twist at the very end.

"Crisis" is enjoyable, peopled by interesting characters and provides the opportunity to learn more about the practice of medicine in today's fast moving and sometimes chaotic life.



**Genealogical Society**  
Elizabeth Kyle

Join your local genealogical society - did that three years ago.

Take a class - I will have taken Family Tree Maker at Master the Possibilities in August. Courses are wonderful motivators.

Attend a workshop or conference - George Morgan is coming to Master the Possibilities in October. His enthusiasm is catching. Don't miss this excellent speaker. I think I've conquered the passive researcher part. The weekend warrior part will have to come next.

My workspace is pitiful. It is the equivalent of three large desks with "stuff" everywhere, on top, in drawers, on shelves, in binders. It's time to make order out of the chaos. Set aside time on my calendar every week for genealogy because what's not on the calendar doesn't happen. Part of this time needs to go to making order out of chaos, and part to doing more serious research. No more hit or miss for me. Discovery is the greatest motivator.

We will be meeting once a month until October when the third Monday meeting will resume.

Our business meeting is held on the second Monday at 10 a.m. in Room 3 of the Arts and Crafts Building. Visitors are welcomed with open arms. Help is available from people who know a lot more about genealogy than this writer.

"What's your genealogical style?" asks an article from March 2008 in Family Tree Magazine. Right now, I've come to the conclusion that I am part passive searcher and part weekend warrior. Neither description is especially flattering. Consequently, I have some nerve attempting to write a monthly article!

There are several options for correcting these less than sterling habits, and I use many of them.

Make a list of missing information, and devise a plan for getting results - this has helped in the past.

**Photo IDs**

Customer Service, 8 a.m. to 4 p.m.  
Monday - Friday, Bring current ID or temp ID



**100 Grandparents**  
Barbara Greenwood

On Wednesday, Sept. 16, the grandparent volunteers will be returning to Romeo for the new school year. Yes! You read it correctly. Our first outing is on a Wednesday, something that has never happened before. The reason ... Altrusa is planned for this day, and our first visit has always coincided with the Altrusa Club. Locally and internationally, one of Altrusa's primary service projects is the promotion of literacy.

We will be picked up in the parking lot at approximately 9 a.m. behind the Circle Square Cultural Center in the Candler Hills area. This parking lot is accessible by car and golf cart and is a safe place to leave your vehicles. We will be picked up throughout the school year at this location.

The cost of the bus for this year is \$180 each trip. If you are interested in contributing any amount to this worthy project, or becoming a reader to the children, please call Barbara Greenwood at 861-2539.

Now, let's get to what the grandpar-

ent volunteers do at Romeo. We go to the school in Dunnellon once a month, eight times during the school year. The children, the teachers, Mrs. Hultman, principal, Mrs. Coy, assistant principal, and Mrs. Thomas, dean of the school, warmly welcome us.

We gather in the Media Center and await the two children from each grade who will take us to their particular classroom. Once there, we are given one or two books, picked by the teacher, to read to the students. The teacher stays in the room. The children are terrific. They always seem anxious to interact with us during the reading of the book.

It is an experience we enjoy tremendously. Our group has helped to bring Romeo from a "C" grade to an "A" grade in reading. We are very proud of this. With our enthusiasm while reading, the children are encouraged to pick up a book themselves and read to their heart's content. We hear a lot of good feedback from both teachers and students about their enjoyment of reading a book.

When our time is up, two children take us back to the Media Center. Mrs. Hultman brings us up to date on the goings-on at the school. We then return to On Top of the World approximately at noon.

As always, we collect "Labels for Education" and Campbell product labels with the U.P.C. attached. They may be delivered to the Health & Recreation Building and put in the schoolhouse located under the stairwell.

Once again, we will be collecting food for the "Food-4-Kids" backpack program. If you would like to donate single serving food items such as juices, cereals, 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.

**Celebrate Oktoberfest**

By CAROL CLARK

An "Oktoberfest" is being planned by the Candler Connection Social Committee for the residents of Candler Hills on Sunday, Oct. 25 from 6 to 10 p.m. This event promises to surpass the "fun time" everyone enjoyed at the summer Luau.

Chef Dave will prepare a German buffet, which will include grilled knockwurst, grilled bratwurst, sauerkraut, sweet and sour red cabbage, German potato salad,

rolls and butter, apple strudel, iced tea and coffee. The bar will feature several imported German beers plus happy hour drinks. The event will be held at Candler Hills Restaurant, patio and Community Center. Live music and some extra surprises will be on hand.

Tickets are limited and will go on sale Monday, Sept. 21. Look for more details on the Candler Connection web site.

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## R/C Flyers

### M. Keith Nadel

On most any day this past month by 8 a.m. in the morning, the grass on the tarmac was damp, the windsock limp and the air cool and pleasant with an occasional slight gust as the flyers began gathering for their morning flights and discussions - not unlike an extended family. Like nomads, some arrived by van, which enclosed their birds while others by golf carts with unique contraptions carrying their birds. Some arrived without planes - to watch and approvingly comment.

Larry "CEO" Riehl arrived with his Sukhoi and revved up in the station, then Joe

Fanelli arrived on scene with his T28 and Carl Stroud appeared with his trainer, a modified Kadet 40. On the flight line, Arthur Bartelewski with his electric Fledging II assisted by Bob Emery, a lead instructor and in the air was an Extra 260 being flown by Dick Rose, a master instructor.

Showing off his pilot skills was Clayton Hargrove with his Sky Raider while Bob Goodwin assisted by Dick Rose flew his Contender-40. Now on the scene was Jim Ellis with his Yak 54 and Ted Balchunas with his 50 cc Sukhoi and then Ted Pope took the air with his Cessna 421c. Finally, the writer, assisted by Dick Rose, took to the air with his Kadet 40 trainer.

The balmy weather turned to increasing heat and humidity as more and more of the pilots sought the shade of the pavilion, putting their motor skills on idle and their brains and mouths in gear and engaged in discussions ranging from the impractical to the impossible. Much of the discussion was centered on the Nov. 7 Fun Fly at the field.

The purpose of this event is simply to enjoy the art of flying all types of radio controlled aircraft in the friendly company of those who design, build and fly and while slightly competitive, such activity is totally enjoyable not only by the pilots, but the communities' residents as well. The Fun Fly this year is co-chaired by Dick Rose and Charlie Smith with a full staff of volunteers including the highly acclaimed food service.



Photo by M. Keith Nadel

## Doug Ensley about to fly his Piper Cub.

The On Top of the World Flyers' members takes great pride in the flying facility, which requires a substantial amount of volunteer labor to maintain it. Our Field Marshall, Jim Ellis and his small crew do us a great service!

Residents are always welcome to visit

and enjoy the pastoral setting on the edge of Circle Square Ranch. Simply drive on SW 94th Street past the Arbor Club to the end of the pavement. Take the small dirt road on the right, which leads directly to our facility.



Photo by Bob Woods

A close-up of the town which is part of the Model Railroaders' layout.



## Model Railroaders

### Jim Devine

Come see us at the On Top of the World Club Fair in the Health & Recreation Building on Sept. 17. After that, come downstairs and visit the club's layout. Go into the fitness room, and make a left hand turn at the desk. You'll see a door that says, "Authorized Personnel Only." All friends of the On Top of the World Model Railroader's Club are authorized personnel, so go through the door and you will see the door to the club's layout on the left.

Here's some of what you'll see: We have two layouts under construction. The first is an HO layout (1/87th scale) that wraps around three walls of the room. The fourth wall is where our N scale layout (1/160th scale) is being built. The construction of the HO scale layout is further along than the N scale; so let me tell you about that layout this month.

The HO layout is basically "U" shaped. At one end is a yet to be named town. I

suggested we call it "Me-ville" so everyone can say, "It was named after me." Understandably, not everyone agreed with this idea. The town has a city hall, a police station, a gas station, two churches, a number of stores, and various other businesses, as well as some houses. In the town, you'll see details like cars, people, fire hydrants, corner mailboxes and streetlights.

As you leave the town, you'll pass a passenger station and a large post office building. On the back wall, the main lines go past a train yard, a large concrete manufacturing plant, and Troll Mountain. Troll Mountain gets its name from a magical good luck troll that occasionally can be seen way up the side of the mountain. Make a wish if you see him (or her, I can't tell.)

The trains then go over a railroad bridge. Check out the fishermen in the water. After that, they go into a section of the layout that has a number of freight related businesses, and facilities for the trains. You'll see a coaling station for the steam locomotives, a turntable and a roundhouse, among other things.

The mainlines are reversed, looped at both ends, which allows for continuous operations. In other words, we don't have to turn the trains around when they reach the end of the layout. In addition, many of the buildings are lighted for nighttime operations.

Our monthly club meetings are held at 9 a.m. on the first Wednesday of every month in Meeting Room #3 (Poker Room) of the Arts and Crafts Building. You're invited to join us if you're interested in becoming a member of the On Top of the World Model Railroader's Club.

For additional information, contact Hud Huddleston, the club's president, at 861-6221 (e-mail address, hhuddleston2@cfl.rr.com).

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- Chicken Quesadillas
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**Citizens Emergency Response Team**  
Caroline Scott

David Palmer, Deputy Director, Division of Emergency Management of the Marion County Sheriff's Office, addressed our meeting this month. He told us of his extensive background in the medical end of emergency management, starting in Virginia Beach, Va. with paramedic training. He and his family moved to Ocala and he served as the director of EMS. His duties now are to oversee the CERT and MERT teams, while being the liaison between the sheriff's office and the medical community.

Mr. Palmer explained to us facts about the training that we can have if and when the swine flu comes this fall. First of all, we should all take care of our families and ourselves by staying home as much as possible to avoid crowds. Although this is not always possible, we should limit our exposure.

If the flu strikes our area severely, as a team, and as volunteers, we will have

a place in helping the medical personnel. There may be several missions for our CERT teams to accomplish this. Tasks may include support of vaccination site operations in addition to EOC operations.

Should a serious outbreak of the flu occur this fall or winter, there will be opportunities for CERT teams to provide monitoring and distribution assistance in their communities for those residents who may be isolated or quarantined.

The plan is to have several distribution centers set up in the areas that have the most need. With the age of a large portion of On Top of the World, there is a possibility that one center could be in our community.

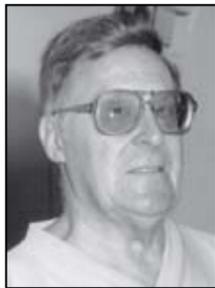
All of this is in the planning stage. CERT members will have a training/meeting at the E.O.C. on Aug. 27 to get the most up-to-date information and assignments.

Our members are signing up for a five-mile walk at Silver Springs on Oct. 24 to raise money for breast cancer research. Any one who wants to walk for this worthy cause can contact me at 861-5569 for information.

As a 13-year survivor of breast cancer, I can't stress enough the importance of this cause. If you can't walk, you can sponsor one of us by a donation. Please call me and I will be glad to pick up your donation.

If 15 or more people in the 200 corridor want to attend the CERT classes, arrangements will be made to hold them here in On Top of the World instead of the sheriff's office in Ocala. Please consider this and get in touch with me as soon as possible.

In the meantime, you are always welcome at our meetings in the Arbor Conference Center, Suites E, F and G, on the second Tuesday of each month.



**Friendship Amateur Radio**  
Ed Brendle

The Friendship Amateur Radio Club held its monthly meeting on Aug. 10 with Charles Lucus, W1DOH, presiding.

The video this month took us to Guinea, West Africa where a CW or "keying" contest took place. As usual, the intent was to locate an unusual area in the world from which to transmit. An unusual amount of contacts were made from this location, proving that with the proper equipment, good transmitting conditions,

and a great deal of patience, radio "hams" can communicate from almost any location. It emphasizes that the challenge is always there.

The club's website continues to show both the treasurer's and secretary's minutes.

The Friendship Amateur's call sign is N4 FRC.

The next meeting is scheduled for Sept. 14 at 1:30 p.m. at the auxiliary Sheriff's station on West SR 200. All "hams" are invited. Members are urged to bring a guest.

A recent notation is that our club is recognized as a SSC, Special Service Club, of which there are only four, in the immediate area. The FARC is open to all "hams" and their families. If you are interested, and not currently licensed, the FARC has instructors who can assist in teaching theory, to help you earn your license.

The FARC meets at the West SR 200 auxiliary Sheriff's station, the second Monday of every month. We have members who can offer their expertise in radio and computers. The club's website continues to inform members of the many activities being offered.

The club has a two-meter net that meets on each Monday, except for a meeting, at 4 p.m. on 145.170 MHz (except for Monday of the monthly meeting).

For additional information, please call Ed Brendle, KA1INC at 873 4354.



**Community Patrol**  
Ann Berger

The meeting was opened with the pledge of allegiance. Gary Rodoff announced that Capt. Burton has been reassigned as a watch commander and Capt. Tom Terrell has replaced him.

Sgt. Grimes introduced a new deputy who will be working out of the SW district office. Deputy Daryle Greene has been with the Sheriff's department for 14 years. He gave us his background before coming to Ocala. Deputy Greene then went into detail on what a day in the life of a deputy is. He was very informative and then took questions from the audience. He also showed the equipment that he carries on his person and explained that he always wears his bulletproof vest.

Sgt. Grimes, after doing some research,

advised that our residents can go from Winn Dixie to Publix with their golf carts. No person under the age of 14 can operate a golf cart, even if accompanied by an adult. Golf carts cannot exceed 25 miles per hour. Sgt. Grimes also mentioned the robbery at the Florida Credit Union and the break-in at Lorenzo's Kitchen. He instructed all of our members to stay alert while patrolling and be aware of what is going on around them.

Gary mentioned that the Foundation now has a 501 (c) 3 status as an official nonprofit agency. The fundraiser for the Foundation will be on Sept. 11 in the Health & Recreation Ballroom, with a performance from The New Pretenders. Tickets went on sale to the community on Aug. 10 from 8 to 10 a.m. in the Health & Recreation Building and every Monday, Wednesday and Friday until they are sold out. There will also be a number of other fundraisers to be announced at a later date.

The decorated bowling pins are progressing well. A number of them were displayed at the meeting and they are beautiful. They will be sold at \$15 to \$25. They will be offered for sale at the Sept. 11 show and at our Sept. 14 meeting and the Oct. 17 Craft Fair. All monies raised will go directly to the Foundation.

Sept. 17 there will be a Club Fair in the Health & Recreation Ballroom from 10 a.m. to 1 p.m.

Our meetings are open to all residents of On Top of the World and we invite you to attend. If anyone is interested in becoming a member, please contact Gary Rodoff at 291-7508 or Jim Miller 854-4947.



**Republican Club**  
Tony Tortora

The club meets on the second Friday of each month at 7 p.m. in the Arbor Conference Center meeting rooms unless otherwise advised. Watch local TV for announcements.

The Chairman of the Marion County Republican Executive committee, Roy Abshier, was called out of town unexpectedly and the guest speaker was a repre-

sentative of the Marion County Tea Party organization, Mary Clark. She was very informative and enlightening concerning the current main issues before the Congress.

Future programs include David Ellsperman, Clerk of the Courts, in September; George Albright, Tax Collector, in October; State Representative Larry Cretul in November; and Commissioner Charlie Stone in December.

As Americans, we are bound by tradition and by honor to abide by the terms of the Constitution and its Amendments and we should know the commitment we have inherited from our forefathers.



**Driver Safety Program**

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## LifeSouth Bloodmobile

By MARY EHLE

To those who donated blood during the July 4 weekend, we say "thank you!" Donating is fast and easy.

Please visit the LifeSouth Bloodmobile on Monday, Sept. 7 from 8 a.m. to 4 p.m.

at the Health & Recreation parking lot. All On Top of the World communities are invited.

Not sure if you can donate? Call 888-795-2707 or visit [www.lifesouth.org](http://www.lifesouth.org).



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**Native Plant Group**  
Ron Broman

The male Monarch hovers near the Knock-out Rose. If butterflies think, I wonder what he's planning. Newly arrived to our garden of weedin', he's not alone. Some force, not much understood, has placed them here. It's migration time.

I watch through binoculars as he lights and begins feeding, not on the exotic rose but on the native Narrowleaf Ironweed. Nearby the female floats, then off they whirl in a narrow vortex, perhaps to some close rendezvous.

So far, this tale is incomplete. You know that in the cycle of butterflies, two types of plants are required: food for adult and food for the larvae (caterpillar). Monarch family caterpillars feed on plants in the Milkweed (Asclepias) family.

I've already written about two species of Asclepias native to our area: A. tuberosa and A. humistrata. A third, Longleaf Milkweed, A. longifolia, is native to the southeastern U.S., including Florida, although rather rare.

Longleaf Milkweed has few stems and, unlike other milkweeds, its three to seven inch leaves are as narrow as blades of grass. Its umbel of small white blossoms provides that "milkweed look." Later, the characteristic pod forms, containing

those seeds with "the little parachute." It's a milkweed all right.

Longleaf Milkweed occurs in "seasonally flooded flatwoods and likely is adaptable to many typical home landscape settings." Guess what! This milkweed is blooming now along our On Top of the World Longleaf Pine Trail, and the habitat is a high and dry sand hill. Could it be that it is not longifolia?

It's time to check with my mentor, Robert Riedeman, who has that special book, the Guide to the Vascular Plants of Florida, second edition, (2003) by Wunderlin and Hansen.

Look at this close-up picture of the white inflorescence, the spent umbel with the newly forming seedpods and the narrow leaves. The blooms are half the size of a dime, but part of the clue is there, the length of the internal flower parts. Another clue is that the leaves as they connect to the stem are neither opposite each other nor alternately placed but are whirled around the stem. There is only one milkweed that meets these attributes; Asclepias verticillata or Whirled Milkweed.

Our two Monarchs are back "cruising" the garden.

If our Gopher Tortoises and the other critters allow A. verticillata to mature, next season mama Monarch's Florida progeny may find the leaves of the Whirled Milkweed's progeny a suitable source of food.

I just wonder if that's what papa Monarch is contemplating.

Summer is just about to usher in a new season for our Native Plant Group. Oct. 14, Guda and Dave Taylor of Taylor Gardens Nursery begin with the extremely popular Native Plant raffle. They're sure to have some winning species and information especially for you.

Our programs are the second Wednesday October, November and from January through May, at

1:45 p.m. in the Arbor Conference Center, Suite H. In addition to learning about native plants, you are provided information on how to become more "in the know" about conservation issues in Marion County and beyond. Come join us as together we grow native.



Photo by Ron Broman

**Whirled Milkweed (Asclepias verticillata) on the Longleaf Pine Trail.**

**Bonsai Auction**

By MARION-ALICE BURKE

All you great folks who enjoyed the second Art of Bonsai Exhibition in March at the Education Building will have another opportunity to not only view Bonsai available for purchase, but also to look over a few books that will be available as well as tools, lovely pots of all sizes and also get some first-hand information that will help you see if this art is something you think you would enjoy!

This Bonsai Auction is a yearly event that helps the Marion Bonsai Society further the education and interest of many people, including high school students as we did recently with Westport High School. If you attended the recent show here at On Top of the World, the class displayed what the horticulture students had accomplished since their classes, instructed by Don McLean and David van-Buskirk, who are members of the society. After they were judged, Tom Brantley and the students retired to the classroom with their Bonsai trees for a critique of

each tree from Tom, who answered their questions. The plan of reaching out to the younger generation's interest in this particular field of horticulture was the idea of Mary Roberts, an On Top of the World resident, and what a great idea it was!

The auction is fun as well as informative. This year it will be held at Live Oak Hall on Saturday, Sept. 12. It will be open at 9 a.m., giving everyone time to look at items available for sale, which will start at 9:30 a.m. The room is at the rear of the Education Building, between the Yalaha Delights and Mr. B's Big Scoop Emporium. How convenient can that be?

While you're there, don't forget to check out the Bonsai Forest of Japanese Boxwood on display at the rear of the building.

If you have any questions about this exciting auction, don't hesitate to call me at 854-1896. If I'm not home, just leave a message, your name and telephone number and I'll get right back to you. You don't want to miss this!



Photo by Ray Cech



**Orchid Club**  
Linda Rose

September 2009 marks the fourth year for On Top of the World Orchid Club! In an effort to keep things fresh, we will have members participate more in the meetings this year, and have some new ideas and plans in place.

Our September meeting will be all about American Orchid Society's shows, how plants are judged, what training is involved in becoming a judge, and techniques used displaying these beautiful orchids. Hildegard will brief us on this as she has worked shows.

We have a trip planned to the Gainesville American Orchid Society's show, which will be held at Kanapaha Gardens the weekend of Oct. 10 and 11. For those of you who have never attended one of these shows, this will give you a greater appreciation to what a show entails. We will discuss detailed plans on time of departure, etc. at this meeting, so please plan on attending if you're going to this

show. As many of you are aware, the Ocala American Orchid Society met its demise last year; with that unfortunate event, several members of that group who are residents here are now attending our orchid club meetings. One of these individuals, Tim Wright was the past president of the Ocala American Orchid Society and will be a great asset to our club, as well as the other individuals who have joined from that club.

Tim has graciously offered to monitor a panel discussion for our October meeting pertaining to any and all questions you may have about orchids, including any exotic orchids you may be having problems with. Tim is a walking Wikipedia when it comes to orchids, not to mention many other plants! He requested you bring in any orchids you may be concerned about, along with questions pertaining to them.

Some suggestions: discuss watering and fertilizing techniques, which pots are best for which plants, advantages and disadvantages growing orchids in a screened versus an enclosed lanai, best exposures for certain species or ways to display a collection; photos would be an asset for this topic. If you manage to stump the expert, Pete Pecoraro has offered to do any research necessary.

November will be a departure from our regular meetings and we will save that for another article. We will not meet in December as our meetings are too close to the holidays, but will resume in January 2010.

Orchid Club meets the third Thursday of each month; Sept. 17 will be our next meeting date at the Arbor Conference Center, Suite C at 1:30 p.m. Hope to see you then! Please note that we will only be using one of the suites this year.



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**Nature  
Around Us  
Doris Mauricio**

When all of our other flowering shrubs are petering out, Camellias begin their prolific blooming. Camellias flower in the fall and winter when their display of colorful blooms is most appreciated. During the remainder of the year their evergreen foliage, interesting shapes and textures, and relatively slow growth make camellias excellent landscape plants.

Most of the camellia shrubs seen throughout On Top of the World are Camellia japonica. These tall stately shrubs

are considered the "Aristocrat of the South." Camellia sasanqua has grown more popular in the last few years because it stays relatively small (two to four feet) and tolerates more sun. The flowers on Camellia japonica can be four to six inches in diameter while the flowers on Camellia sasanqua are two to three inches.

Set out healthy new plants when they are dormant, usually late fall through early spring. All camellias do best in partially shaded locations with shelter from the hot afternoon sun. But don't plant where they will be in close competition with surrounding trees. They like soils rich in organics and with good water drainage. Feed with an acid-forming azalea or camellia fertilizer in spring after the flowers have dropped and again in mid-summer.

The best time to do major pruning is while the plant is dormant (during fall/winter). Minor or selective pruning can be done any time but is best done after the plant has flowered and before it has started to develop new flower buds.

September is a good time to begin preparing houseplants that have spent the summer outdoors for their trip inside. Check for insects, reduce watering and wash outside of pots with a bleach solution. Feed camellias and azaleas. Use a low nitrogen fertilizer or cottonseed meal.

New rose bushes can be planted this month. If you plant other than Old Garden Roses, be sure that the plants you



Photo by Doris Mauricio

**Camellia shrub at Rainbow Springs State Park.**

choose are grafted on Fortuniana or Dr. Huey rootstock. Other rootstock cannot tolerate our hot wet conditions.

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.

Mark your calendars for the following

events in October:

Butterfly Gardening in Central Florida presented at Freedom Library on Oct. 13 at 2 p.m.

Master Gardener Fall Gathering on Oct. 10, 8 a.m. to 2 p.m. A large assortment of perennials and shrubs grown by Master Gardeners will be available at reasonable prices.

Happy gardening!



**Birders' Beat  
Jane Callender**

The Unique Birders began as the result of an Elderhostel program I attended in the Forest several years before moving to On Top of the World (12 years ago.) There were two programs during that week - "Antiques," taught by a man who collected watches and diaries. He read aloud parts of the old diaries, which were fascinating. The second part of the program was "Birding," taught by a tall, 40ish just out of the military man. The classroom instruction covered way more than most of us could assimilate. The field trip consisted of trying to follow or just keep up with his speedy hike. Just as I would finally (gasping for air) arrive at where

the scope had been set up, it would be snapped shut and moved quickly down the trail. The last evening was an "owl prowling." I ended the week trying to find my way back to camp on a sandy road in pitch-blackness. I wanted some fun and knowledge in a little slower manner.

When I arrived at On Top of the World a couple of years later, I asked if there was a birding group. "No, but you could put up a notice and see if there was any interest." And, since I thought there should be a birding group for people who weren't interested in hiking, I put up a notice. We had more than the required ten respond and the first meeting was held. Several of the original members still participate in our meetings and trips. Each one of us is unique either mentally or physically.

We decided not to have a formal organization - no officers, no minutes and no dues. After 12 years, we have evolved into a mixed group with some very knowledgeable, experienced birders and some real beginners. We're laid back, mostly non-competitive people who enjoy the outdoors. We also have several members from the Native Plant group. Dues are paid after you have been attending trips and meetings for a while. Then you organize or present a meeting or trip. When we organize a trip, we always find a place to eat lunch that does not serve food on styrofoam or use plastic forks. Planning is done once a year in February.

For most of our 12 years, we have joined other bird clubs for the Christmas bird count. Our special area is the levee



Photo by Margitta Claterbos

**Members of Unique Birders looking for eagles at Citrus County Landfill February 2009.**

at Sunnyhill - a delightful place to bird and a trip I always look forward to. We do several driving trips and boat trips during the cooler months as well as easy walks with surprisingly good counts and some unusual birds.

Meetings are held on the third Tuesday of the month at the Arbor Conference Center, Suite H, at 1:30 p.m. from October to May. Trips are the last Thursday

of these months. For more information, contact Roberta at 854-4814 or Margitta at 873-0731.

Submitted by Roberta Campbell

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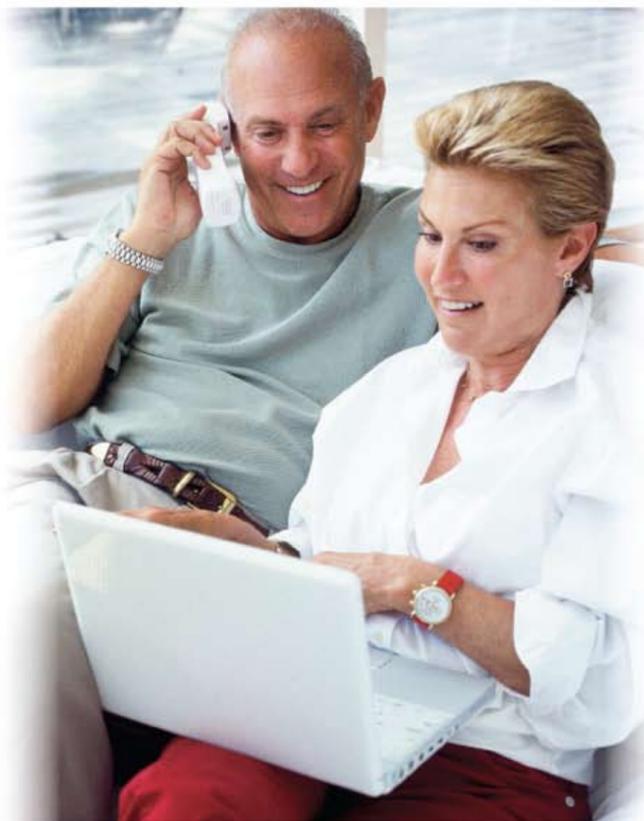
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**Kitti's Corner**  
Kitti Surrette

**Want to Stay Sharp?**

Would you like to know how you can stay sharp? You will need to read this article to find out. Exercise can prevent or even reverse some age-related changes that occur in the brain.

I know you're thinking, "I do brain workouts when I'm solving crossword puzzles or learning something new like quilting." I hear you, but we are going to look at another way to use your brain where recent research demonstrates that physical activity can help keep your brain young.

Previously, population-based studies showed that older people who got regular exercise had a lower risk of cognitive decline. Plus, small clinical trials found that seniors assigned to fitness programs improved in so-called executive functions like multitasking, screening out distractions, and working memory (the type used to remember a house number while walking from the car to a party). Now, scientists are using brain-imaging technology to explore how moving your body can have beneficial effects on the brain's structure and function.

**NEW BRAIN CELLS:** In a 2007 study, Columbia University researchers tracked blood flow and cell growth in the brains of mice while exercising and afterward. They found an increase in brain cells in a region linked to normal age-related memory decline. Scientists then looked at the brains of 11 people during and after a three-month aerobic exercise routine. They detected similar blood-flow changes as in mice; implying new cells were forming in the memory-related area. Participants also did better on memory tests after the exercise program.

**INCREASED BRAIN VOLUME:** Seniors who



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# ARBOR CLUB FITNESS & AQUATIC SCHEDULE

## ARBOR CLUB GROUP FITNESS SCHEDULE

EFFECTIVE SEPTEMBER 1ST 2009

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00-9:50 Arbor Club Ballroom		Tai-Qi-Po* Frank		Tai-Qi-Po* Frank		Open Swim	Open Swim
9:15-10:00 Arbor Club Indoor Pool	Deep Water Aerobics* Cammy	Shallow Water Aerobics* Barbara	Deep Water Aerobics* Larry	Shallow Water Aerobics* Barbara	Deep Water Aerobics* Larry		
9:30-10:30	Yoga* Ronnese AC Ballroom	Intermediate Yoga* Ronnese Fitness Room	Yoga* Ronnese AC Ballroom				
10:15-11:15					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	Water Walking FREE!!! (outdoor pool) 2nd and 4th Tues	Shallow Water Aerobics* Therese				

\*DENOTES A FEE BASED CLASS

### Exercise Calorie Expenditures - Sorted by Activity

This table is provided to give you an idea of how many calories you may be expending while performing a range of activities for 30 minutes.

Activity	Weight				
	130 lbs.	150 lbs.	210 lbs.	230 lbs.	250 lbs.
Aerobics Dancing (low impact)	149	172	253	268	285
Bicycling 10 mph (6 min/mile)	162	188	262	289	305
Billiards	58	68	93	102	116
Bowling	72	82	115	128	144
Dancing	130	150	210	230	250
Dancing (slow)	72	82	115	128	142
Gardening (moderate)	117	135	186	214	227
Golfing (walking, without cart)	130	150	210	230	250
Golfing (with a cart)	91	105	147	159	171
Housework	117	135	189	206	219
Jogging 5 MPH (12 min/mile)	240	278	385	422	461
Mowing	175	202	285	318	340
Ping Pong	117	135	188	216	230
Raquetball	266	308	423	474	507
Swimming (25 yards/minute)	156	180	253	275	304
Swimming (50 yards/minute)	292	338	470	512	570
Tennis	255	285	410	450	495

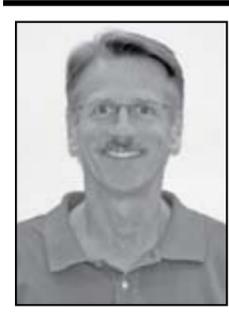
took an hour-long walk three days a week for six months experienced increases in brain-volume, especially in the frontal areas associated with memory which tend to shrink with age. "On scans, their brains looked like those of people three years younger," says Arthur Kramer, PhD, a neuroscientist at the University of Illinois, who co-authored the groundbreaking study.

**MIRACLE-GROW FOR THE BRAIN:** One explanation for these positive changes is that exercise raises levels of brain-derived neurotrophic factor, or BDNF. "This protein serves as miracle-grow for the brain. It improves the function of neurons, encourages their growth, and strengthens and protects them against the natural process of cell death," writes Harvard psychiatrist John Ratey, MD.

A 2007 study in Germany found that interval training (alternating bursts of intense physical activity with longer periods at lighter exercise) increased BDNF at greater levels than low-intensity workouts alone.

**BOTTOM LINE:** A routine of 30-45 minutes of moderate aerobic activity, at least five days a week, should be enough to help keep your mind sharp. A 2006 study indicates strength training can also boost memory. Dr. Ratey says the best workouts may be those that exercise both your heart and your brain at the same time. At Health & Recreation, we have classes that fit this format.

Let's exercise together to stay fit in body and sharp in our brains!  
Kitti



**Larry's Fit Tips**  
Larry Robinson

### Calories Expended During Exercise

Now that summer is winding down, I hope everyone is staying on track with your exercising. The warm weather outside is hot and sticky, but inside it is nice and cool, even more reason to come in and use the fitness facility.

We have so many things to offer, just to mention a few: cardio, strength training, stretching and don't forget the great group fitness classes. Cammy is always on her toes when it comes to programming classes, from cardio mix, balance body, condition & strength and zumba. Staying active is very important. Make a commitment to stay fit. It's addictive!

Want to know how many calories you burn? Review the chart above.

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October issue:  
Thursday, Oct. 1

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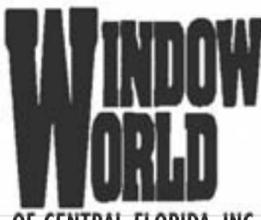
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**Fitness Happenings**  
Cammy Dennis

**Stand Strong, Live Strong**

In order to live strong, you need to stand strong. Standing strong means that your body is in balance, and you possess good posture.

The reason that most of us struggle with poor posture is because our bodies get out of balance. This happens because some muscles get overly short and tight, and some get weak and loose. These muscle imbalances usually occur from our bodies spending extended periods of time in static (stationary) positions, such as sitting.

These imbalances have a negative impact on our posture, which in turn will have a negative impact on how we function. Poor posture can affect our balance and how we move. It can even cause pain.

Now for the good news: it is never too late to build strength and improve flexibility! Exercise can help prevent and even reverse the effects of disordered posture. Standing strong and living strong are the keys to maintaining function and independence.

Here are some specifics to assist you with your goal to live strong:

**1. IMPROVE YOUR STRENGTH.** Lower body strength is crucial for maintaining independence and preventing falls. An exercise as simple as standing up from a

**RECREATION CENTER FITNESS SCHEDULE**

HEALTH AND RECREATION CENTER GROUP FITNESS SCHEDULE  
EFFECTIVE SEPTEMBER 1ST 2009

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:15 Aerobics Rm.	Oxycise-Video	Oxycise-Video	Oxycise-Video	Oxycise-Video	Oxycise-Video	Oxycise
8:00-8:50 Aerobics Room	Cardio Mix Susan	Condition & Stretch Cammy	Cardio-Kick & Tone Susan	Condition & Stretch Cammy	Cardio Mix Kitti	12:15 20 Min.
9:00-9:50 Aerobics Room	Primary Pilates Jessica	Balanced Body Therese	Stretch for the Stars Jessica	Balanced Body Susan	Precision Pilates Kitti	Sunday Oxycise
10:00-10:45 Aerobics Room	Balanced Body Jessica		Balanced Body Jessica	Strictly Strength Larry	Balanced Body Susan	12:15 20 Min.
10:30-11:15 H&R Ballroom	Cardio Jam Kitti		Cardio Jam Kitti		S.O.S - "Serious on Kitti Strength"	
10:45-11:30 Aerobics Room	Light Aerobics Susan		Light Aerobics Susan		Light Aerobics Susan	
12:00 Fitness Center		Fitness Center Orientation				
12:15 Aerobics Rm.	Oxycise-Video	Oxycise-Video	Oxycise-Video	Oxycise-Video	Oxycise-Video	
1:00-2:00 Aerobics Room		ZUMBA*! Traci		ZUMBA*! Traci		

\* Denotes a Fee Based Class

seated position on a chair without assistance (cross your arms across your chest) as many times as you can will do wonders for improving leg strength

**2. CORRECT MUSCULAR IMBALANCES.** Because most of us sit a lot, we all tend to have overly tight hip flexor and chest muscles. So, it's important that we stretch these muscle groups everyday. We also tend to have loose and weak abdominal muscles and upper back muscles, which are very important for holding our spine in correct alignment. Strengthening these muscle groups is very important.

**3. BE MINDFUL OF YOUR POSTURE AT ALL TIMES.** Go through this checklist and think about it often as you sit, stand or walk. Stand with feet shoulder width apart, knees slightly bent, tail bone tucked under, naval pulled back to your spine,

rib cage lifted and expanded, shoulders back and down, head directly over your shoulders with your chin parallel to the ground.

Classes that address these very issues are offered every day here at Health & Recreation as well as the Arbor Club. Fitness professionals are on hand to assist you with matching the right exercise programs to fit your needs. Please stop by and see us anytime!

Upcoming fitness events:

- Tuesday, Sept. 8: Master the Possibilities "The Medical Exercise Connection" at 9:30 a.m., Live Oak Hall
- Saturday, Sept. 12: Bike clinic, servicing and repair. Health & Recreation parking lot from 9 to 11 a.m.

- Tuesday, Sept. 8 and 22: Water Walking, free at 1:30 p.m. at The Arbor Club
- Friday, Sept. 25: Special class! "Walk Through the Ages" at 10:30 a.m., Health & Recreation Ballroom. Move and groove to your favorite sounds from the 50s, 60s and 70s!

The Fitness Center hours for Labor Day (Sept. 7) will be 9 a.m. to 5 p.m. and there will be no classes on this day.



**October issue:**  
Thursday, Oct. 1



**Illinois Social Club**  
Marlene Kaiser

On Sept. 20, we will resume at the home of Marlene and Hank Kaiser for a potluck dinner and social time.

In October, we will take a bus trip to Helen, Ga. for the Oktoberfest. The trip runs from Oct. 21 through 23 and includes hotel, breakfast, two dinners, guided tour and admission to the Festhalle. This is our second time, it's a wonderful time, so don't miss it.

On Saturday, Dec. 12 is the Christmas Show at The Show Palace in Hudson. Pick-up will be at Health & Recreation Building at 4 p.m.

We welcome anyone who has lived in Illinois to join our great, fun group. We have no dues, no meetings, just social time talking about what it was like in Illinois and glad we all live in On Top of the World.

For prices and reservations for any of these events, please call Marlene at 369-3341. We welcome anyone in On Top of the World to join our trips.

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**Temple B'nai Darom**

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**High Holiday Worship Schedule**

Friday, September 18, 8:00 P.M. - ROSH HASHANAH EVE  
Saturday, September 19, 10:00 A.M. - ROSH HASHANAH 1st Day  
Sunday, September 20, 10:00 A.M. - ROSH HASHANAH 2nd Day  
Friday, September 25, 8:00 P.M. - SHABBAT SHUVAH  
Sunday, September 27, 8:00 P.M. - YOM KIPPUR EVE (KOL NIDRE)  
Monday, September 28, 10:00 A.M. - YOM KIPPUR & 4 P.M. - MINCHAH, YIZKOR & N'ILAH SERVICES

**Festival Worship Services**

Friday, October 2, 8:00 P.M. - SUKKOT EVE  
Saturday, October 3, 10:00 A.M. - SUKKOT  
Friday, October 9, 8:00 P.M. - ATZERET SIMCHAT TORAH EVE  
Saturday, October 10, 10:00 A.M. - ATZERET SIMCHAT TORAH (YIZKOR RECITED)  
Contact our office, 624-0380; TRANSPORTATION AVAILABLE Call Helmut at 861-9969.

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Our membership drive is currently being held, offering low membership dues. This includes high holiday tickets free of charge, Jewish calendar 5770, Yahrzeit mention and participation in all Torah services.

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**New England Club**  
Peg Corkum

Mass., Bay State, Taxachusetts probably are just a few of it's nicknames. Officially, it is the Commonwealth of Massachusetts i.e. not a state. Our country's history began here when in 1775 the "shot that was heard around the world" started the Revolutionary War.

Massachusetts is more than the Cradle of American Liberty. In 1620, the Pilgrims escaping from religious persecution, landed at Plymouth Rock. I think we might be the most "cited" of the New England states.

As a major seaport, Boston is multicultural and most wonderfully cosmopolitan. She is known as the "hub" of education, medicine, theater and sports, to name a

few. Massachusetts has produced several presidents, most recently John F. Kennedy. And, you may know, all the glamour and tourism the Kennedy Compound on Cape Cod has produced over the years. As well as Cape Cod, we have Cape Ann, a mecca for those who love quaint fishing villages reeking of seafaring history.

We boast of championship sports teams, Red Sox, Celtics, Bruins and New England Patriots.

Inland, there are mountains, not quite as majestic as the Rockies, but imposing, especially in the autumn when the foliage bursts with blazing colors. People from all over the world flock to Massachusetts and other New England states that time of year.

Folks from other "pahts" of our country think we Bostonians talk funny. Where did they "evah" get that "idearrrrr?"

Why is this state called Mass.? People do not say Tex., Conn. or Wisc. Do you tell people you live in Fla.?

Perhaps you have guessed by now that Massachusetts is my home state. If it is (was) yours too, I encourage you to join our New England Club. The first meeting of the new season is scheduled for October.

In the meantime, stop by our table and meet our president, Lorraine Benotti, at the Club Fair on Sept. 17 in the Health & Recreation Building.

What does New England have that is unique? Christmas tree shops! So, if you "evah" are in New England and love a bargain, be sure to stop and shop because they sell much more than holiday items.



**New York/ New Jersey**  
Bunny Barba

Our first meeting of the 2009-2010 season will take place on Tuesday, Sept.

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15. The actual meeting begins at 3 p.m. but come early to enjoy refreshments. Please note that all members and future members are welcome to attend. We urge everyone who has ever lived in either New York or New Jersey to come on up to the Health & Recreation Ballroom and see just how much you will enjoy yourselves.

Even if you have never lived in New York or New Jersey but you have relatives who resided there; or your family landed on Ellis Island; or you have visited or driven through these states, you are eligible to join. Try it, you will like it.

Annual dues are \$10 per person, but all new residents may attend one meeting as special guests of our executive board. Renewal memberships will begin at the Sept. 15 meeting.

A very special treat is in store for all those attending on Sept. 15; Sue Moody and her Tap Dancing Group will entertain us. Do not miss the debut of new wonderful entertainment.

May your life be full of good luck and great joy, always in all ways.

If you have any questions or comments, please call me at 873-8009 or e-mail at: thebunster29@aol.com.

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# Events September

To be listed, call Sid at 861-8775

<b>Sept. 5.</b> Trip: Oktoberfest Ocala 237-3749	<b>Sept. 19</b> Show: Rat Pack Remembered 7 p.m./CSCC 854-3670
<b>Sept. 10</b> Trip: Casino Tampa 854-8707x10	<b>Sept. 25</b> Event: Chili Cook-Off 10 a.m./AC: E 854-8707x10
<b>Sept. 11</b> Show: The New Pretenders and Ice Cream Social 6:45 p.m./H&R 854-4947	<b>Sept. 30</b> Trip: Dolphin Eco-Tour and Florida Aquarium Tampa 854-8697
<b>Sept. 13</b> Movie: "The Code" 6 p.m./H&R 873-7507	
<b>Sept. 17</b> Event: Club Fair 10 a.m./H&R 854-8707x10	
<b>Sept. 17</b> Trip: Westfield Shopping Center Brandon 873-6274	

**Location Codes**

AC	Arbor Club
BR	Ballroom
CC	Arbor Conference Center
CCC	Candler Community Center
CSCC	Circle Square Cultural Center
H&R	Health & Rec Bldg
ICC	Indigo Community Center
MR1	Meeting Room 1
MR3	Meeting Room 3



**Pennsylvania Club**  
Pat Utiss

Well, it is that time again. The club

season will begin again soon. Like most clubs, the Pennsylvania Club takes the summer off with no meetings in June, July or August. I don't know where that time has gone. It certainly flew by. Of course, doesn't it seem like as we get older, all time flies by.

At our September meeting, we will return to one of our most popular activities. We will be having our horse racing. This is usually the occasion of a good time. Bring your dollars to bet. All money bet will be returned to the winners.

For those of you who are new to On Top of the World, our meetings are held on the second Wednesday of each month. The meetings are held at 3 p.m. (except for December which is 5 p.m.) but we urge you to come around 2:30 p.m. for refreshments and fellowship.

Also, for newcomers, you do not have to be from Pennsylvania to be a member; in fact, we don't have any rules, just fun. We hope to see you Sept. 9 in the Arbor Conference Center, Suites E and F.



**Southern Club**  
Charlotte Hancock

[www.OnTopoftheWorldInfo.com](http://www.OnTopoftheWorldInfo.com)

Summer vacations are just about over for most of us. However, I hope all of our Southern Club members are looking forward to meeting our old members and welcoming any new ones to the club.

This article is a reminder that the Southern Club meets on Sept. 3 in the Health & Recreation Ballroom at 5:30 p.m. Bring a covered dish that will feed approximately eight people.

Be prepared to pay dues this month of \$10 per person.

If you were born in or have lived in the following 15 states you are eligible to join the Southern Club: Alabama, Arkansas, Florida, Georgia, Kentucky, Louisiana, Maryland, Mississippi, Missouri, North Carolina, South Carolina, Tennessee, Texas, Virginia and West Virginia.

If you have any questions regarding membership, please call Charlotte Hancock at 237-9523 or Rene Beck at 854-4918.

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**Curbside Landscape Debris Pick-Up Schedule**

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<b>Wednesday</b> Friendship Colony Candler Hills** Indigo East**	<b>Friday</b> Crescent Ridge 1 & 2 Renaissance Park Windsor

\* Due to volumes, pick-up may extend into Tuesday  
\*\* Begins at 7:30 a.m.

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## Little Brother

By MARY CULBERSON

What a treasure is my little brother  
A steadfast friend, like no other.

I cared for him when he was small  
And dried his tears, when he would fall.

I always told him that he possessed  
charm  
In spite of being born, with just one  
arm.

I watched him through the teenage  
years  
All sports he tried, he had no fears.

He looked for competition to test his  
mettle  
Failure for him, never would he settle.

No task was too tough, no challenge  
out of reach  
I watched him in awe, his sister he  
could teach.

His steady determination, never did  
waver  
Ah, those early years, I still do savor.

Now he's a grown man, gentle and car-  
ing  
A loving father with a serene bearing.

To know him is to love him, can't you  
see?

What a shining example, he's been to  
me.

We've always depended on each other  
My very special little brother.

# POET'S CORNER

Poetry from On Top of the World Residents

## Dawn's Way

By ANNETTE SHARPE

Dawn comes, as it always does,  
With shy demeanor, peeping through,  
To bless the sleeping earth it loves,  
And sprinkle all things wet with dew.

Dawn fills the sky with rosy light,  
Dispelling gloomy shades of night,  
All pink and lavender and blue,  
To introduce a day that's new.

It has a duty then to keep,  
Awakening gently those who sleep,  
And, with subtle softness,  
Ease life into day.  
That's just dawn's way.



## Just a Note

By JOE NOVATNACK

It's just a note to let you know,  
Although it seems so long ago,  
But time goes by and lingers not,  
When thoughts of joy just hit the spot.

The days and weeks they come and go,  
We just keep going with the flow,  
And when the day is finally done,  
Don't you know we've really won.

## So Relaxing is Summer

By HAZEL EHLE

When winter is finally over  
And spring can always boast  
It is the balmy summer days  
That are enjoyed the most.

Just looking all around  
To admire the gorgeous flowers  
All colors blending together  
Beautiful roses atop the bowers.

Gardens of fresh vegetables  
Raised with such care.  
So delicious for all to eat  
Always plenty to share.

The tall stately trees  
Giving shade from the sun  
Swaying gently in the breeze  
Much comfort for everyone.

Summer is the season  
When children romp and play  
During these golden hours  
So eager for each day.

Many days to just relax  
How peaceful and sublime  
Helping take away many cares  
The pleasant summer time.

## Love of My Life

By RICHARD E. SAUMELL

Your beautiful face fills my mind  
From the moment I awaken  
And throughout the day it cannot be  
shaken

You fill my life with such complete joy  
Just having you near and holding your  
hand  
Makes the heavens to open, the view is  
so grand

You are so much a part of me, my very  
soul  
Without you, my love, I would never be  
whole  
An aimless walk my life would be  
With nowhere to go and nothing to  
see

In my thoughts, I caress your lovely  
face  
Imagining your smile that upon my  
face rests  
And forever I feel my heart that swells  
With a wonderful love I never before  
felt

Forever, I pray, your image I see  
And then on my last day I will take  
with me  
Your lovely face that, with me, will  
always be

## The Movie Club Presents 'The Code'

By MARY EHLE

The movie for Sunday, Sept. 13 will be  
"The Code." This is a little more action  
than we have had lately but I think it is  
time to cater to our many men who have  
been very faithful to our "chick flicks."  
Now ladies, this is still a good movie for  
you too.

The movie stars Morgan Freeman and  
Antonio Banderas as professional bank

robbers and who get involved with the  
Russian mob. It is very good and has  
some unusual twists.

As always, the movie is open to all resi-  
dents of On Top of the World and their  
overnight guests. The fee for non-mem-  
bers is \$2 payable at the door. The show  
starts at 6 p.m. in the Health & Recreation  
Ballroom. Hope to see you there.

[www.OnTopoftheWorldInfo.com](http://www.OnTopoftheWorldInfo.com)



### Grandchildren Visiting?

Cribs, strollers, booster seats, car  
seats and more are loaned free to On  
Top of the World residents. Please see  
the attendant on duty at the fitness  
desk in the Health & Recreation Build-  
ing.

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**SPCA**  
Maria Devine

September is finally here, and the SPCA will be kicking off our new season in a flurry of activity. First, come on out to the Club Fair on Thursday, Sept. 17 at the Health & Recreation Building at 10 a.m. The SPCA will be selling coffee and doughnuts and accepting donations as

you acquaint yourself with many of the clubs that On Top of the World has to offer.

Then head over to the Arbor Conference Center, Suite H at 1 p.m. and join the SPCA for our first meeting of the year. You can come as a guest and then decide if you would like to join us. Our annual membership is only \$15 per person, or \$25 per family.

During the year, we have guest speakers and take occasional trips to animal related activities or organizations. We're looking for new members who have a passion for animal welfare and would like to volunteer their time and special skills to help the pets of Marion County and their people.

We told you last month about the special fundraising event we've been planning, and now we know the time and place. We will be having a White Elephant Sale on Saturday, Oct. 3, from 9 a.m. to 2 p.m., next to Winn Dixie in Friendship Center. We thank all of our generous neighbors who have donated new and like new items for the sale.

We're still accepting donations if you have something in very good condition

that you no longer need or have never used. (Yes, we mean that pretty sweater hanging in your closet with the price tag still on it!) Just drop them off at 9250C SW 83rd Court in Friendship Colony or call 352-362-0985. Then come out and support us on Oct. 3. You can shop until you drop and help a worthwhile cause at the same time.

If you've been thinking about adopting a pet, maybe this young cutie will get you moving. What do you get when you cross a rabbit with a kangaroo? Why, a nine-month young Jack Russell/Chihuahua mix named Snoopy, of course.

If you like your pups energetic, then Snoopy is the boy for you. He runs like a rabbit when he plays and bounces up and down like a kangaroo to plant kisses

on your nose. He is a constant companion who will follow you around the house during the day and sleep in bed with you at night. He's come a long way in foster care in the house-training department, but still needs some help and guidance in this area since he's only a pup.

This affectionate boy gets along well with cats and would make a fun loving addition to just about any household. How can you resist that sweet face? Okay, if you can't stop saying aah - please call the SPCA at 362-0985 to find out more about Snoopy.

We only have limited room in the paper to showcase our pets each month. If you would like to adopt a different breed, age or gender, give us a call to find out about other pets that are available.

**Pet Adoptions Available Through the SPCA of Marion County**



Snoopy



**K-9 Club**  
Mary Chang

Do you remember the hurricanes in Florida in 2004? There were four of them that hit the state that year. I was living much closer to the water in Ellenton then and was told to evacuate for one of those storms.

As a volunteer for the American Red Cross at that time with my significant other and two beagles in tow, I went to the first ever emergency shelter that accepted pets in Manatee County. It was quite an experience - a wonderful one at that! Wonderful? Yes! We set up in the hallway of one of the elementary schools with our

dogs and about a hundred other animals - dogs of all species, cats and birds in our designated wing of the school.

We had a great time visiting with other pets and owners and it was a great time for those without pets as well, for they came to our wing to visit. It made passing the time much more pleasant.

Hopefully, you will not have to experience that - and yes, Marion County does have an emergency shelter that will accept pets. One never knows, especially here in Florida. You do need to know what to do with your pets in preparing them for a natural disaster. That will be the focus of our first meeting for this year on Sunday, Sept. 13, at 7 p.m. in Suite G of the Arbor Conference Center.

Join us for a very informative meeting and interact with some very friendly dog owners!

Please also join us for the remainder of the year. Dues for the K9 Social Club remain at a very nominal \$5 per family for the year. You can sign up at any meeting or at the On Top of the World Club Fair, which will be held on Sept. 17.

We have an exciting year planned! In October, Lilliane Merida-Scannone from "Trained Dog, Happy Dog" of Williston will be joining us for a presentation on agility training. Set aside Nov. 8 to join us at our first annual "Doggy Day Fair." All are welcome - pet owners and spectators! Look for our posters. Pet owners will be able to register their dogs starting around Oct. 19; pick up a registration form at the Health & Recreation Building. We will have a parade, doggy tricks, an information table set up by the ASPCA, holiday photos and doggy treats!

Finally, a reminder that if you have lost a dog or have found a dog without an owner, please contact the front gate (854-8935) or Ralph Mills (390-3446).

## Candler Hills Residents Throw a Luau

By **RAY CECH**  
WORLD NEWS WRITER

And what a luau it was; hula skirts, tropical drinks and roasted pig, cooked to perfection.

One hundred Candler Hills residents spent the evening of Sunday, July 19, imagining they were on a magical Hawaiian island. That wasn't very difficult to do with the island weather, Hawaiian shirts, everyone sporting leis, the music of Don Ho and the girls in their grass skirts serving authentic Hawaiian drinks. Candler Hills Restaurant, patio and Community Center were decorated with colorful baubles and was the perfect setting for this special summer party.

The party was planned and beautifully executed by Heddy Racinowski and her Candler Hills Social Committee team, with no detail left to chance. Chef Dave of Friendship Catering turned out an exquisite offering of pulled pork, teriyaki chick-

en and mouth-watering sides. As partygoers passed through the serving line they were treated to an atmosphere reminiscent of island pleasures, with orchids and tropical fruit decorating each table.

Following this sumptuous dinner, partygoers moved to the Candler Hills Community Center to top off the evening with games of spin the hula-hoop and musical chairs. As the "Hawaiian" sun set over the revelry, happy neighbors said goodnight and marked calendars for the next Candler Hills event, Oktoberfest.

The Candler Hills "social season" was kicked off this past April with a fun-filled BBQ. The Luau will be followed by an Oktoberfest celebration and then the Candler Hills social season gets wrapped up in December with the annual holiday party.



Photo by Ray Cech

**A group of residents pose at the Candler Hills Luau.**

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# Activities September

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
8:30	Men's Softball	SBF
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
10:30	Tai Chi	AC
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 (Intermediate)	HR
1:30	Shuffleboard	CTS
2:00	Happy Hookers	Art
	Rummicube	CC:E,F
2:45	Line Dance (Level Two)	HR
4:00	Line Dance (Level One)	HR
5:30	Mah Jongg	CC:A
	Table Tennis	CC:D
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 (All Even # Months Only)	PL
9:00	Life South Blood (All Odd # Months Only)	PL
	RC Flyers Club	CC:B,C
1:30	D'Clowns	CC:B,C
2:00	Bocce	CC:AC
2:30	Readers/Theatre	CC:D
3:00	Ocala Clown Express	TR
3:30	Comp. Handicap	CC:H
5:30	Avalon Social Club	AC
6:30	Karaoke Friends	CC:E,F
7:00	Sunshine Singers	BR

### 2nd Week

10:00	Genealogical Society	MR3
2:30	Theatre Group	CC:D

### 3rd Week

10:00	Genealogical Workshop	CC:B,C
2:30	Readers' Theatre	CC:D
1:30	D'Clowns	CC:B,C
3:00	Ocala Clown Express	TR
4:00	Billiards Club	Art
6:30	Karaoke Friends	CC:E,F
7:00	Sunshine Singers	BR

### 4th Week

3:00	Community Patrol	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
	<b>Bus Ocala Run</b>	
	Women's 9-Hole	GC
	Horseshoe League	CTS
	Miniature Golf	MGC
9:30	Pinochle	MR3
	Sunshine 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
	Cyber Orientation	GYM
12:15	Oxycise	H&R
12:30	Bridge	CR
	Stitch Witch Quilters	Art
1:00	Mah Jongg	CC:A
	Badminton	H&R
	(Racquetball Cts)	
	Ballet Club	ACF
	Shuffleboard	CTS
1:30	The New Pretenders	HR

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2:30	Chess Club	MR2
3:00	Shutterbugs	CC:B,C
4:30	Table Tennis	CC:D
5:15	Square Dance Class	AC
5:30	Mah Jongg	CC:A
	Miniature Golf	MGC
5:45	Mah Jongg	MR2
6:00	Pinochle	MR3/Art
	Mah Jongg	ACC:C
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.
1:00	Sunshine Quilters	Art
2:00	Italian American	CC:E&F
6:30	Candler Excursion	CCC

### 2nd Week

9:00	Citizens Emer. Response Team	CC:E,F,G
1:30	Visually Impaired	CC:H
3:30	Alpha Investment	Art
6:30	German Club	CC:G
7:00	Lions Club	CCC

### 3rd Week

1:30	Unique Birders	CC:H
2:30	New York/New Jersey	HR
3:00	NY/NJ Club	BR
4:30	<b>OTOW Community Bus Dinner Run 09-15-09 (Chili's)</b>	HR

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,F
3:30	Alpha Investment	Art
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
	Men's Softball	SBF
9:00	R.C. Flyers Club	Field
	Woodworking	WW
	<b>Bus Ocala Run</b>	
	Ceramics	Art
9:30	Pinochle	MR3
	Crafty Ladies	CR
	Billiards 101	PL RM
10:30	Tai Chi Practice	AC
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	Scrabble Club	CC:H
4:00	Softball Practice	SBF
	Newcomers Linedance (starts Sept. 16)	H&R
5:30	Bingo	BR
6:00	Poker	MR3
6:30	Pickleball	CTS
7:00	Duplicate Bridge	CR
	Poker	MR3

### 1st Week

8:00	Rags to Riches (Sign-up starts 09-02-09)	HR
9:00	Model Railroaders	MR1
10:30	Travel Toppers	CC:A
1:00	Stamp Club	Bank PAB

<b>2nd Week</b>		
9:00	Citizens Emer. Response Team	CC:E,F,G
1:45	Native Plant	CC:H
3:00	Pennsylvania Club	CC:E,F

<b>3rd Week</b>		
1:00	Stamp Club	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

9:30	Miniature Golf	MGC
	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

12:15	Mah Jongg	CC:A
	Oxycise	H&R
12:30	Sewing Bees	Art
	Theatre Group	BR
	Mah Jongg	CC:A
	Bridge	CR

1:00	Bocce League	BCTS
	Badminton (Racquetball Cts)	H&R

	Ballet Club	ACF
	Ten Pen	CTS
	Square Dancing DBD	CC:E,F
	Table Tennis	CC:D
	Swingin' Sisters	H&R
	Shuffleboard	CTS

### Bus Grocery Run

4:00	Mah Jongg	CC:A
5:30	Card Game	CC:B
	Miniature Golf	MGC
6:00	Poker	MR3
	Pickleball	CTS
6:30	Bridge	CR
	Chess Club	ART
7:00	Poker	MR3
	Mixed Poker	CC:H

### 1st Week

10:00	NY/NJ Board Meeting	CC:H
1:00	Rubber Stamping Cards	CC:G
	Opera Appreciation	CC:C
5:30	Southern Club	BR

### 2nd Week

8:00	<b>*Seminole Casino Trip 09-10-09</b>	HR
2:00	Singles Club	CC:G,H
	NARFE Chapter 2279	CH
7:00	Karaoke Night	CC:E,F,G

### 3rd Week

9:00	Hand & Foot Canasta	CR
10:00	Club Fair (09-17-09)	HR
1:00	Rubber Stamping Card	CC:G
	S.P.C.A.	CC:H
1:30	Orchid Club	CC:B,C

## 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
9:30	Shuffleboard	CTS
10:00	Racquetball	H&R CTS
11:00	Bocce League	BCTS
11:30	Lap Swimming	AC
	Tai Chi Practice	AC
12:00	Ladies Poker	MR3
	Mah Jongg	CC:A

12:15	Mens Golf Group	CR
	Oxycise	H&R
12:30	Aqua Belles	AC
	Mah Jongg	CC:A
1:00	Table Tennis	CC:D
	Canasta the Old Fashioned 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	RC 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
	Chili Cook-Off (09-25-09)	CC:E,F,G & H
12:00	High 12 Club	TBA

## 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	CC:D
5:30	Open Mah Jongg	CC:A
5:30	Saturday Pinochle	CR
6:30	Bridge	CR

## 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
1:00	Hand & Foot Canasta	CR
5:30	Mah Jongg	CC:A
	Miniature Golf	MGC
6:00	Pickleball	CTS
7:00	Mixed Poker	CC:H

### 2nd Week

6:00	Movie of the Month	BR
7:00	K-9 Club	CC:G

### 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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Dinner Show \$40

Doors Open: 5 PM  
Dinner: 6 PM

### Dinner Menu:

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- Lemon Pepper Pangasius
- Garlic Mashed Potatoes
- Key West Blend Vegetables
- Rolls & Butter
- Chocolate Cake
- Coffee and Iced Tea



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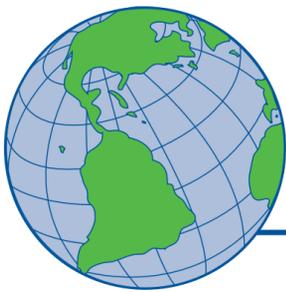
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# On Top of the World NEWS

Where the News is Always Good

Take a trip to the  
Colorado Rockies.  
See page 34.



Section 2

Vol. 23, No. 3 • September 2009

## Model Railroaders

By BOB WOODS  
WORLD NEWS WRITER

It's great reminiscing about your childhood when most boys had a model train set. It usually wasn't very elaborate having just enough tracks to make a small circle or perhaps a small oval that you would have to take down once Christmas was over. The train set you most likely had was Lionel, Marx or American Flyer, otherwise known as "G" scale.

You could sit there for hours day-dreaming about being on the railroad as you watched your train go round and round.

Does this bring back a few memories? I know my mind started to reminisce when I first saw the fantastic railroad layout by our own On Top of the World Model Railroaders Club.

The trains used today are primary "HO" and "N" scale as one can make a bigger layout, utilizing more buildings, tracks, switches, etc. as these two sizes can fit on a piece of plywood or smaller.

Anyone can join the club even though they do not have any trains. The main idea of the club is that members can bring their own trains and run them on the club's existing tracks. If an enthusiast wants to play with trains or perhaps get a little experience before jumping into the hobby, then the club has trains that person could use.

Walking into the club's layout area located just off the gym in the Health & Recreation Building, one gets the idea in their head to yell "all aboard." The layout's buildings, complete with people, beckons you to visualize yourself shrinking into the miniature scenario. The club even has a farm in their layout complete with animals. In one section, there is a residential home with a woman hanging clothes on

the clothesline. The town's main street with all its stores has people walking up and down the sidewalks.

The club has set up for user's usage a DC and a DCC system. Both can run multiple trains at one time. The club is working to make sure those using the layout can utilize an analog or digital system.

Do you have your own engine or complete train set? You don't have any trains? Well as a club member, you can utilize your own trains or use the trains the club has already on the layout. Either way, you will have a great time playing train engineer or conductor.

I was talking to Jimmy Loux, who happens to be the club's vice president and in charge of constructing the train layout, also doing the wiring and most of the scenery, and he informed me that "model railroading is the world's largest hobby." Loux also stated, "you can play with our model trains even when it is raining."

I was told by the vice president that the construction of the model train club's layout would originally take three-years to construct. Well, they are two and a half years ahead of schedule. The grand opening will be sometime in December.

I have been visiting the club's layout sporadically taking a few pictures here and there. While I was there, Loux was running a locomotive around the layout while Club Secretary, Gerry Talavera, was working on lighting buildings within the layout's town.

Call Hud Huddleston, the club's president, at 861-6221 for details or you can attend the club's monthly meeting in room three at the Art & Craft building the first Wednesday of the month at 9 a.m.

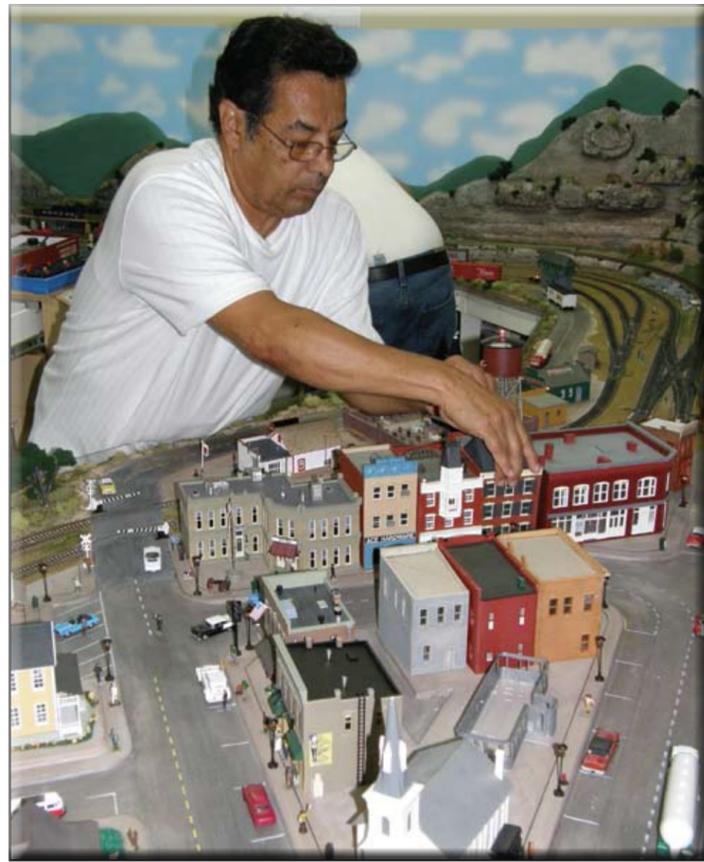


Photo by Bob Woods

Gerry Talavera works on the lighting of one of the town's building at the On Top of the World Model Railroaders Club.

## Bowling Pins

By PATRICIA A. WOODBURY

They say that talent can be expressed in so many interesting ways; and so it was in this case. Lennie Rodoff, a volunteer member of the On Top of the World Community Patrol was asked if she would be able to use some bowling pins. It seems Marion Landing, who has a bowling alley, usually donate their old bowling pins to the Sheriff's Office, which uses them for shooting practice. However the deputies already had enough pins, so that is how 150 pins came to be offered to the On Top of the World Community Patrol.

Lennie saw the opportunity for decorating these pins and selling them in order to raise money for the Marion County Sheriff's Office Foundation, Inc. This is a non-profit organization created in 2008 to help provide financial support for the volunteer programs of the Sheriff's Office.

For the past couple of months, on Saturday afternoons, a group has been meeting at the Craft building, along with decorations, paints, materials and creative ideas for re-creating these bowling pins into saleable articles. The group, mostly

consisting of members of the Community Patrol, included: Jim and Marcie Miller, Brad and Mary Lou Pease, Art and Maybelle Barber, Joyce and John Gysen, Bill Stockmaster, Charlotte Wall, Ellie Metzler, Paula Magen, and Lennie and Gary Rodoff.

Their unique talents seem to appear in different areas. One person was quite good at making faces, another liked making clowns, another couple made a collection of aquarium pins and another copied Raggedy Ann and Andy.

The pins will be on display and for sale at The New Pretenders show at 6:45 p.m. on Friday, Sept. 11, and at the Craft Fair on Saturday, Oct. 17 and will continue to be made available until they are all sold. The price range for the pins is between \$15 and \$25.

So, come check them out and be amazed at the variety of unique ideas that went into this project. Think about purchasing these items for potential holiday gifts and certainly for a good cause.

For further information, contact Lennie Rodoff at 291-7508.



Photo by Lennie Rodoff

Joyce Geysen and Paula Magen busy decorating the bowling pins.

## Meeting 'The Bronx Bomber'

By ROGER FOLEY

While searching for a particular subject during one of my photo expeditions, I was fortunate enough to meet Danny Santiago, "The Bronx Bomber," at his Central Florida Boxing Club located at 1032 S.W. 1st Avenue here in Ocala.

Danny is a professional fighter who boxes in the light heavyweight division. He was gracious enough to pose for several photos in fight positions during his photo session with me.

Danny has an upcoming fight to be held on Sept. 19 at the Southeast Livestock Pavilion.

A personal guided tour of the boxing club included an actual boxing ring as well as several heavy punching bags,

which are used for training and serious workouts.

I was surprised to see a few ladies punching the bags. Danny mentioned that he has a high percentage of female members, 19 of whom have lost over 30 pounds using his training regiment.

Danny Santiago is also committed to helping kids with autism and diabetes. He will be putting on an exhibition fight scheduled for Nov. 14 also held at the Southeast Livestock Pavilion with all proceeds going to Juvenile Diabetes and Autism Spectrum Disorder.

It would be great if we could all turn out to help support this worthy cause.



Photo by Roger Foley

Danny Santiago and Roger Foley at the Central Florida Boxing Club.

## District Lion Governor

By BOB WOODS  
WORLD NEWS WRITER

We have a governor living among us here in On Top of the World. She is not a political type but rather a District Governor for the Lions Club.

Estelle Clark, District Governor is responsible for 13 north central Florida counties consisting of approximately 61 Lions Clubs. "I plan to visit all the clubs in my district," said Estelle. "I am available to help any of the clubs in my district with such things as projects, problems, fundraisers or wherever I am needed," added Estelle. She will hold this high office for one year.

Estelle became a member of the Lions back in 1999 in Fort Worth, Texas where she was awarded a lifetime membership. Moving to On Top of the World in 2000, she has been president, zone chair and was awarded Lion of the Year.

Estelle has also received many certificates and awards, three International President's Certificates of Appreciation that is the fourth highest award in Lionism, Grand Lion and Crusader. The Crusader is the highest district award in which she was presented a sword. She has also received the Melvin Jones Fellow award, which is the highest honor, presented to a Lion. Estelle has recruited 60 new members into the Lions Club.

Estelle Clark was installed as District Governor at the worldwide convention held in Minneapolis on July 10. She was among 709 district governors installed representing 205 countries.

Some of her pet projects within her district are at Fort McCoy Veterans Retirement Home. She plans to support the home with whatever they need, and any "extra stuff," she added. Another pet project is the Kids Sight Program, which is screening children between the ages

of one to five years of age to see if the children have any sight problems. Estelle elaborated that "nine out of 10 children in that age group with any sight problems can be corrected."

Estelle has no plans to go higher in the Lions International organization. "My goal is to work locally, not internationally," she added. Besides, she added, "We are here to help other people, not ourselves."



Photo by Bob Woods

Estelle Clark was recently installed as District Governor and is responsible for approximately 61 Lions Clubs in north central Florida.



### Arbor Club Tennis Jorge Privat

Welcome to September. I have been particularly impressed by the fact that in spite of the weather conditions, most of you have come to the courts on a regular basis.

We needed to stop the ladder, as we did last year, to take a break from the hot weather, recharge our cylinders, so that we can get it restarted this month with renewed interest. Please, don't forget to sign up for it so I can prepare the schedules accordingly. The inter-community matches will also start as soon as the temperature is more bearable.

I would also like to mention that the popularity of pickleball is again on the rise, and in order to accommodate the growing group of pickleball enthusiasts in the community, the management has decided to build new pickleball courts. This is simply terrific, because it enhances the variety of racquet sports that are offered to all of you. I encourage all of you who don't play tennis, to try this sport that allows you to reach the ball with more ease and still get good, fun exercise.

I had a request to mention that tennis players have become a great source of

shoes and sneakers for the homeless who depend upon Interfaith for food shelter and clothing. So, if you have any discards, please drop them off at the Health & Recreation Building or at the Arbor Club office. Stan Magen will be glad to pick them up.

#### Tennis Tip of the Month

Getting to the ball, getting away from the ball, in balance and ready to hit is the key for every player.

"Float like a butterfly...sting like a bee" - Muhammad Ali's popular line was not referring to tennis, but the similarities are there.

Good footwork is the precondition for everything else in tennis. If you can't get to the ball, your fantastic strokes won't help you at all. Good balance is necessary when you hit a tennis ball, just as when you hit a golf ball.

Have you ever miss-hit a ball, shanking it on the throat of the racquet? Of course, you have. One of the reasons this happens is because you are not set comfortably at the point of contact. Your skills improve when you make contact on balance, feet on the ground, front knee slightly bent with your head motionless. Your footwork helps you reach this balanced position.

Whether you are an up-and-coming competitive junior or a recreational doubles senior, you must understand footwork and put it into practice. Here are some clues that will help you improve your footwork and move you up the ladder.

**1. DON'T WAIT AROUND FLAT-FOOTED:** Between shots, all good players use the bounce step to keep poised and spring into action. The message gets from your head to your feet faster if you get up on the balls of your feet, flex your knees a little, and bounce rhythmically between shots, or at least, move your heels up and down alternately.

**2. SHUFFLE STEP TO THE BALL:** Do not walk, but shuffle. Many small steps are preferable to a couple of long steps; unless the ball is far. Good footwork means taking a number of shuffle steps to the ball so you can easily make an adjustment and be on balance.

**3. STRIDE INTO THE BALL:** Many players make the mistake of moving only sideways or parallel to the baseline to play the ball. Move back to move forward. Shuffle step back so you have room to take a good stride into the ball. Collapse your front knee before you hit the ball - "shuffle...step...hit."

**4. SLIDE-STEP BACK INTO POSITION:** After making the shot, slide-step back to your playing position. If you cross your feet or turn your back as you return to the center of the court, your opponent may hit the ball behind you. To keep that from occurring, move back with your shoulders and feet parallel to the net. If, however, you find yourself out of the court after hitting the ball, then forget about sliding, put one foot in front of the other and run!

Wishing you good moves!



### Director of Golf Sally Collins

Do you remember the Pointer Sisters? How about their song "I'm So Excited?" Wonder why I ask that in a golf article? Maybe that's due to the fact that it's exactly how our golf staff feels as we enter the month of September. Why, you ask? Let me fill you in on the exciting details!

**REASON #1:** Beginning Sept. 1, you will see a lot of new merchandise in both the On Top of the World and the Candler Hills Golf Shops. Even better, we are changing the pricing so that all golf members will receive member pricing at either golf shop. The Grasshopper membership is a thing of the past.

Check out both the On Top of the World and the Candler Hills shops - different merchandise in both places. We will feature Tail, Kate Lord, Ahead, Slainte Golf, Candler Hills Private Label and Antigua, to name a few of the lines.

**REASON #2:** We welcome our new Head Golf Professional at Candler Hills Golf Club, Matt Hibbs. As of Sept. 1, Matt will lead the Candler Hills team as we strive to provide all of our members, residents and guests with the highest level of service. Matt is a Class A PGA member, a graduate of the Ferris State Professional Golf Management program, and most recently employed four years at the Walt Disney World Golf Clubs.

**REASON #3:** It's time to welcome Renee Oswell back to her position at the Candler Hills Golf Shop after her battle against breast cancer. She's got all of us in the spirit of "Think Pink!"

**REASON #4:** What if you could buy a new set of clubs and have a 30-day money back guarantee if you don't like them? We have found the club for you! The Tour Edge line will allow you to do just that. Come out and take a test drive!

Need another reason? Ladies - How about the Solheim Cup? On Top of the World vs. Candler Hills. The guys played 54 holes and wound up tied. Who will reign supreme in this tough match? The dates are Sept. 29, Oct. 1 and Oct. 3. Entry fee is \$30 per player with the winning team taking home all the loot (and bragging rights too!).

Wondering if golf is for you? Sign up for the New Golfer Clinic on Sept. 28 and 30 and Oct. 2 from 9 to 11 a.m. at Candler Hills. Cost is only \$100 per person and includes special pricing on golf clubs!

Our lady golfers are bound to enjoy



#### Driver Safety Program

Save money on your car insurance; classes monthly.

For information, call Joe Briggs at 237-2971.

the final "Just Us Girls" of the 2009 season. The date is set for Wednesday, Sept. 23 at 5 p.m. Dinner follows after golf, of course! The theme for this event is "Golfing Gals and Friends."

How about more excitement? The September Shoe Spectacular - if you ever needed a pair of golf shoes, now is the time to get a great pair of golf shoes at a great price.

Choose from FootJoy, Nike and Adidas. Visit Candler Hills Golf Shop - we've moved every pair of golf shoes to this location to allow you to compare the styles. At these prices, these shoes won't last long!

It's now time to change your tune to some Nancy Sinatra and "These Boots are Made for Walkin'" and that's just what we'll do on Monday, Oct. 19. Join your fellow On Top of the World residents and employees at the "Walk for the Cure."

Cammy Dennis and I are rounding up the troops to come out, walk and support the Central Florida affiliate of the Susan G. Komen Foundation. It's only \$5 per person donation to walk and \$10 per person if you need to ride in a golf cart. If you ride your cart, it must be decorated with pink! We will be exercising, having a good time and fighting breast cancer at the same time.

Also it's time to start thinking about some new golf clubs! Mark your calendar on Saturday, Nov. 14, from 10 a.m. to 3 p.m. to come to the Candler Hills Extreme Demo Day. We already have secured some really great prizes to be given away!

#### On Top of the World Golf Club

Both the Links and the Tortoise and the Hare are recovering from the August aerification process. The men's and ladies leagues are welcoming back the members who took a summer hiatus.

The MGA has the first Chicken Day of the season on Sept. 2. The first round of the Labor Day event will be played on the Links on Saturday, Sept. 5.

Pick up a few swing tips at the Free Clinic on Friday, Sept. 25 at 10 a.m. This month's topic is "No More Three Putts." Please meet at the putting green outside of the On Top of the World Golf Shop.

Congratulations go out to Bev Ovrebo for her eagle on the fourth hole of the Tortoise and the Hare!

#### Candler Hills Golf Club

As many of you are aware, Candler Hills Golf Club recently returned to the single tee format. No more teeing off holes one and 10 and then crossing over.

Weekday tee times will begin at 7:30 a.m., except for league days, Tuesday and Thursday. For the early birds, weekends will feature the first time at 7 a.m. You can get around in time to cheer on your favorite football team!

Candler Hills is the home course for both the boys and girls Westport High School golf teams. We are pleased the Candler Hills MGA has graciously supported these programs with their golf scholarship program. Please be considerate of our young golfers during their high school competitions.

It is important for all golfers to check in the Golf Shop before going out to play so we can direct you to the side that won't interfere with the matches.

The free golf clinic at Candler Hills will feature the topic of "Build More Speed Into Your Golf Swing" on Sept. 4 at 10 a.m. at Candler Hills.

If you are struggling with your sand game, the Game Improvement Clinic on Sept. 11 is the place to be. Cost is only \$10 per person - register for this clinic in the Golf Shop before Thursday, Sept. 10 at 5 p.m.

John Menzies shot his age - 76 - from the Candler Hills blue tees! Way to go John!

[www.OnTopoftheWorldInfo.com](http://www.OnTopoftheWorldInfo.com)

**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.**

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You are invited to the Ocala/Marion County Chamber of Commerce Business Expo featuring local retailers, restaurants, business services and more! The event is *free and open to the public* on Thursday, September 24 from 2-7 p.m. Please come learn about our local businesses, enjoy free food, participate in the door prizes and free giveaways.

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Whether you step up to the tee as a beginner or a seasoned player, there are always things you can do to improve your golf game. The golf pro can assist you with skill specific instruction and advise you on the best equipment. But a fitness professional can guide you how to change your physiology, which will also have a tremendous impact on your game.

The specific mechanics of golf are complex and the swing itself is considered to be one of the most vigorous movements performed in all athletics, generating extraordinarily high amounts of force. Therefore, the physical condition of your body is crucial to your personal success on the golf course.

This article is part one of a two part series that will focus on golf conditioning and how you can improve your game. This article will focus on performance enhancement. Part two will focus on injury prevention.

Sport specific conditioning to enhance your golf game will include both strength

and flexibility training. Strength is critical for improving club head speed. A recent study at the conclusion of an eight-week strength-training program demonstrated a 6.1% increase in club head speed.

We all contend with age related muscle loss (called sarcopenia). From as early as our 20s, we lose about a half a pound of muscle every year. So, improving and maintaining strength is the cornerstone of a golf-conditioning program.

Your flexibility has a lot to do with the integrity of your posture, and your posture will most definitely affect your stance when addressing the ball. According to Greg Norman and other experts, the transfer of energy and power from the lower body to the upper body is the most pivotal link and the most common weakness observed in recreational golfers. By improving flexibility, broadening range of motion and increasing strength in your core, this pivotal link can be improved. The key to coordinated action in the golf swing is a high level of strength and flexibility in the trunk area.

The Ranch Fitness Center and Spa is excited to offer our very first "Golf Conditioning" workshop. This course will begin on Oct. 12 and will run for two weeks. You will participate in four group sessions, and will also receive one personal training session. Personal Trainers will lead you in sport specific conditioning to achieve what I described above. You can enhance your golf performance. Reserve your spot by registering at the front desk.

**Upcoming events:**

- Tuesday, Sept. 1: Master the Possibilities "Healthy Life Presentation" at 2 p.m.
- Tuesday, Sept. 8: Master the Possibilities "Medical Exercise Connection" at 9:30 a.m.
- Saturday, Sept. 12: Special class! Drum Core at 10 a.m.
- Oct. 12 through 21: Golf Conditioning Workshop; sign up now at The Ranch!

Small group personal training now being offered!



**Ocala Clown Express**  
Kathy & Charlie Petrosky

Can't believe the summer is almost over. We had a great resting time. With fall arriving, it is time to get back into gear.

The nursing home clowns continued visiting nursing homes during the summer. It was great to have a visitor with us when we went to Hampton Manor West. Jingles and Ding a Ling's granddaughter, Jackie, came with us. She was a great help handing out the musical instruments and helping us in our program. We enjoy adding new antics each time we do our program.

The clowns have come to know we never know what Toot and Jingles will come up with next. The residents enjoy singing and playing instruments with the clowns. It is really fun when we get a group who interacts with us. We sing, dance, joke and have fun. Would this be something you would enjoy doing?

We had our training meeting for the hospital on Aug. 17. All new clowns were welcomed to join us. We went over our puppet routine and reviewed our skits. Our songs are always fun to do.

In September, we look forward to starting up the hospital program at Munroe Regional Medical Center. We will be at St. Paul's United Methodist Church and the Ocala Chrome Divas. Hospice of Marion County has asked us to help with their Flutterby Festival.

As you can see, we do a variety of things. It is great to know that with the variety you can do as much as you want. You know the type of activity you enjoy and are good at. Those are the ones you sign up for.

What do you need to do to join us? Just call Dotsy at 873-9223.

Come look for us at the Club Fair on Sept. 17. Rosey Nosey will be there and will be happy to answer any questions. We would love to have you join us! Hope to see you!

*Gum Drop and Toot*



**D'Clowns**  
Paula Magen

Well, summer's passed and D'Clowns are looking forward to another fun-filled busy season. We were just contacted by TimberRidge to again appear for the monthly "Kids & Cookies" program. The four and five year olds from Childhood Development Services share a crafts activity with the seniors there. They look forward to seeing the clowns and getting the Mardi Gras beads and stickers we give out. It's a magical hour for old and young alike.

Our first show at Emeritus (formerly Summerville West) will be on Sept. 2 when we entertain the memory support group residents. They enjoy our antics, songs, magic and skits. D'Clowns involve the residents in the action and we love being there with this group.

The Club Fair will occur on Sept. 17. We hope to sign-up some new clowns as we have in the past.

Aside from our twice-monthly meetings and our regular scheduled events, we will be at the Sheriff's annual Halloween Party on Saturday, Oct. 31. This is a wonderful opportunity for the kids in the area to have a safe, fun time. D'Clowns do face painting, tattoos and have fun playing games with the costumed children.

We have already been contacted by the March of Dimes and Signature Brands Easter egg hunt for participation later in the year. We do these every year.

D'Clowns will also be in touch with other assisted living residences in the area so we can spread the joy.

We are a fun group who welcome you (boys and girls) to join us at our meetings on the first and third Monday at 1:30 p.m., Arbor Conference Center, Suites B and C.

Our first meeting will be on Sept. 21. We will teach you all you need to know. "All the world loves a clown," as the saying goes. Experience the thrill of bringing laughter and smiles to people's faces. For more information, call Paula at 873-3433.

## Women's Cancer Support Group

By PATRICIA WOODBURY

A group of women continue to meet the third Thursday of each month in the Health & Recreation Building, Room #2 at 1:30 p.m.

On July 16, Jane Kaufman, Licensed Massage Therapist shared information regarding the benefits of massage for people with cancer. She described the different types of massage and how they affect the muscles. She mentioned that research has shown that massage can decrease stress, anxiety, depression, pain, fatigue and stimulate endorphins - those chemicals that improve mood. She dispelled the myth that massage therapy spreads the cancer; but rather increases blood circula-

tion, which promotes faster healing.

On Aug. 20, Cammy Dennis encouraged some form of exercise that would improve physical fitness, lower levels of stress and increase feelings of relaxation and well-being. She described the classes available at On Top of the World.

Dr. Ganesh D. Arora, Radiologist at Clinical P.E.T. of Ocala, will discuss the Positron Emission Mammography, what it shows and the advantages.

Women with cancer or a caretaker for someone with cancer, are welcome to attend. For further information, contact Diane Kirol at 854-8152.

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**Candler Hills Men's Golf**  
Joe Alfano

It's the middle of August and we live in Florida - what would you expect the weather to be like?! That was my reply to a friend visiting from the Northeast. We are in the midst of those "hazy, lazy, crazy days of summer" and we all need to continue to take care of ourselves on and off the golf course while we weather the heat and humidity: stay hydrated, use proper headwear and a good sunscreen. I have now officially morphed from Marcus Welby to Dr. Zorba.

Our association continues to welcome anyone interested in some organized competitions and team games to join our group of "merry men" - no truth to the rumor that we meet once a month in Sherwood Forest. If you may be interested, please feel free to e-mail me at tjalf8371@yahoo.com for more information. All we can promise you is a good time, some good laughs and cold refreshments after the round as we all moan about the state of our games.

Fundraising has started for our 2010 scholar/athlete award. The association has agreed to award as many scholarships to worthy recipients as we possibly can dependent upon the success of the fundraiser.

Our last fundraiser was so successful that we awarded not one but two scholarships. Every league day our members should be on the lookout for Sgt. O'Rourke or Cpl. Agarn for their winning ticket.

A member of our group had the rare distinction of "shooting his age" a short

time ago. Congratulations and a well done goes out to Roger Whittle for that fine display of shot making.

Another member, John Menzies, did Roger one better and posted a score one less than his age. The membership extends hearty congratulations and well played to John.

The actual score these two fine gentlemen posted is beside the point but the accomplishment is worth noting. We play this game for a variety of reasons but the pleasure we derive from it when everything comes together is universal. I always wanted to "wax poetically" and now I think I have!

Woodrow Wilson once said, "golf is a game in which one endeavors to control a ball with implements ill adapted for the purpose." In spite of that, a number of our members used their implements quite satisfactorily these past few weeks. Well played golfing your ball goes out to Chris Jett and Paul Moltisanti (70); Fred Spain (73); Tom Garrison and Walt Pacuk (78); and Glen Sauer and Steve Kupsch (79).

As always, may life continue to be "nothing but fairways and greens."

**Individual Net**  
July 14

Due to inclement weather, rained-out theatre presented, "A Day at the Races" starring the Marx Bros.

**Two-Man One Best Ball**  
July 21

56: Bill Horton & Fred Spain; 58: John Diaz & Paul Moltisanti; 58: Dick Williams & Tony Mysterly; 59: Tom Garrison & Tom Racinoski.

**Four-Man Two Best Balls**  
July 28

118: Steve Kupsh, Paul Moltisanti, Tom Racinoski & Jonathan Raupach; 119: Bryant Giffin, Roger Whittle, Bill Horton & Harmon Killebrew; 120: Jim Adkins, John McCoy, Marvin Brooks & Tom Marta.

**Four-Man Scramble**  
Aug. 4

39: Glenn Sauer, Bill Anger, Fred Hobbins & Dave Masaschi; 39: Ed O'Leary, Norm Giannoukos, John Diaz & Joe Alfano; 40: Edwin Viloria, Mike Buschur, John McCoy & Al Celani.



**Men's Golf Association**  
Ron Cleveringa

By the time this article goes to press I will be back from Michigan and again playing regularly on Mondays and Wednesdays; hopefully, getting my game back in shape. This is the month we welcome back the snowbirds that regularly spend summers in their Northern retreats. It is also one month before we have our annual election meeting.

Tournament directors are busy planning the games for next year and preparing the schedule for publication. We will be meeting with our On Top of the World golf staff to assure that our schedule is in sync with their plans for special golfing events. We also work to assure that our tournaments are scheduled so they do not conflict with grounds crew course maintenance.

When we are ready to print the MGA Handbook for 2010, we will have hurdled all those issues, and your annual plan for "fun in the sun" with the MGA on Wednesdays will be cast in stone!

Please don't forget to place your name in nomination for the board of directors. The election takes place Wednesday, Oct. 7 right after our chicken dinner. Upon election, there will be an election of officers within the board and the newly elected officers will have their opportunity to participate in the future of the MGA by adding their new ideas and getting them implemented. The nomination sheet is on the bulletin board in the lounge. Please don't put off giving some of your time and talents to your club, sign as a nominee for the board today!

Did you know that if you haven't played golf for an extended period of time due to medical reasons, you don't have to come back and face the competition with your old handicap? If your rehabilitation added a lot of strokes to your game, you can apply to the Handicap Committee and after they have approved your request, you can play five rounds and receive an adjusted handicap. This will put you back into the game competitively. Become active and play golf again; it might be good for you!

Can't handle 18 holes of golf, but love the game? We have a 9-hole group that plays every Wednesday; tee off is just before the 18-hole group. They have a planned game, and they are an integral part of the MGA. If you are thinking about selling your clubs and cart, hold on there! Try the 9-hole group and eureka, you are

a golfer again.

The Chicken Day Scramble is Wednesday, Sept. 2. All that are playing in the game and/or coming to dinner must sign-up by putting \$6 into an envelope, placing it in the box in the members lounge.

**MGA 4 Man Team 2 Best Balls**  
July 15 / The Links

1: John Langville, Wally Schilf, James Merrick, Ralph Schmidt (119); 2: Paul Perrault, Dick Griswold, John Bauer, Harry Brower (122); 3: Ray Hellman, Charles Casale, Tom Marta, George Deignan (125); 4: William E Young Jr, Francis Caprez, Armando Pena, Frank Palotta (126); T5: Larry Lucieer, Franc R Garcia, Hira Roy, James L. Delfraisse (127); T5: Marvin Williams, Alan Mudie, Mike Flynn, Ken Cotte (127); T5: Raymond Beloin, David Miller, Norm Lallier, Tony Capillo (127).

**MGA 9 Net**

July 15 / Tortoise and the Hare

1: John Ricciardone, 33; 2: Ed Benz, 34; 3: Gordon Blanchard, 35; 4: Hal Stewart, 36; 5: John Gartung, 42.

**MGA 18 Individual Net & Gross**  
July 22 / Tortoise and the Hare

Flight 1 Gross: 1, William E Young Jr, 76; T2, John Langville, 84; Paul Perrault, 84.

Flight 1 Net: T1, Jon Hill, 70; T1, Ray Hellman, 86/70.

Flight 2 Gross: T1, Ed Klodzen, 83; T1st, Tom Fragapane, 83.

Flight 2 Net: 1, Steve Gregely, 70; T2, Alan Mudie, 71; T2, Francis Caprez, 71.

Flight 3 Gross: 1, John Bauer, 86; 2, Hira Roy, 90.

Flight 3 Net: T1, Jimmy Johnson, 67; T1, Tom Marta, 67.

Flight 4 Gross: 1, Dan Bellefontaine, 93; 2, Bob Selmon, 98.

Flight 4 Net: 1, Peter M. Peterson, 70; 2, Jose Cura, 71.

**MGA 9 Low Gross**  
July 22 / The Links

1: Gordan Blanchard, 54; 2: John Ricciardone, 55.

**MGA 18 Blind 9 Net**  
July 29 / Tortoise and the Hare

Flight 1: 1, Larry Chase, 31; T2, Bob Cronin, 33; T2, Colin Adamson 33; 4, John Hall, 34; T5, Ray Hellman, 35; T5, Tom McHaffie 35; T5, William E Young, 35.

Flight 2: 1st, Ross Mac Donald, 32; 2nd, Dan Carty, 33; T3rd, Alan Mudie, 34; T3rd, Armando Pena, 34; T3rd, Calvin Apperson 34; T3rd, David Miller 34

Flight 3: 1, Tary Bole, 28; 2, Bill Krusen, 30; T3, Jack Martin, 32; T3, Jimmy Johnson, 32; T3, John O'Neil, 32.

**MGA 9 Low Gross**  
July 29 / The Links

1: John Ricciardone, 56; T2: Gordon Blanchard, 60; T2: John Gartung, 60.

**MGA 18 Hole 4 Man Team 2 Best Balls**

Aug. 12 / Tortoise and the Hare

1: Tom Fragapane, Bob Cates, Art Frescura, George Deignan, 112; 2: George Blankenship, Steve Gregely, Ray Messer, John Oneil, 118; 3: Ray Hellman, Clifford Jones, David Miller, Tony Capillo, 119; T4: Rick Daddio, Calvin Apperson, Hira Roy, Joe Rappa, 120; T4: Don Scott, Rocky Groomes, Tom McHaffie, John Bauer, 120.

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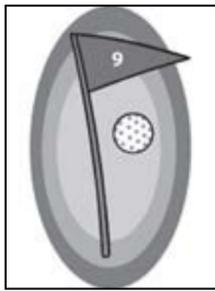
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**Candler Hills Ladies 9-Hole**  
Dianne Masterson

As I write this column from the scenic Adirondack Mountains of upstate New York, I am feeling a little guilty. Here I sit in my Adirondack chair looking out at tranquil Lake Pleasant with Speculator Mountain majestically rising up behind it. Did I mention the crisp, cool breeze blowing in my face? As I bask in this environment, my fellow 9-Holers continue to be persevering in the heat and humidity of Ocala. Hence, my guilt!

Those golfers persevering and achieving success over the past month are as follows.

**Three Blind Mice**  
July 16

Front 9: 1: Pat McCrory; 2: Terry Alfano.  
Back 9: 1: Carol Venslavsky; 2 (tie): Sandy Schaffer and Ina Menzies.

**Scramble**  
July 23

Front 9: 1 (tie): Kate Bennett, Carol Venslavsky and Cheryl Engemann with Diane Podkomorski, Olive Curtin and Sandy



**Ladies 18-Hole Golf**  
Marilyn Rose

The rain has held off for the most part of this month. It's nice to be back on the course. Want you to know about a few upcoming events before I tell you about our winners for the month. Please mark your calendars and get ready for some fun.

We want to invite all members to come to the first general meeting right after golf on Tuesday, Sept. 8. There will be no luncheon until October. Plan to be there. Here is the list for you to think about:

- The Solheim Cup (On Top of the World vs. Candler Hills); cost \$30 (no lunch): Tuesday, Sept. 29, Links; Thursday, Oct. 1, Candler Hills; Saturday, Oct. 3, Tortoise and the Hare.
- Rally for the Cure on Tuesday, Oct. 13
- Rainbow Springs Pot of Gold Tournament on Friday, Oct. 16 (see board)
- Koontz Tournament on Monday, Nov. 2

**Pickleball**  
Tom Seitz

We have new courts! The day has finally arrived; by the time you read this, hopefully we will be playing on the first On Top of the World dedicated Pickleball courts! Beginning Aug. 10 a contractor was scheduled to resurface and convert Health & Recreation tennis courts three and four into six first-class Pickleball courts.

We already have an active group of men and women who enjoy the sport here in our community. With these new courts, we hope many more will join us. Come see these courts and watch a game, you will see how much fun it is.

Pickleball is the fastest growing senior sport and the new favorite among vibrant seniors because it provides: a good cardio workout, offering more exercise than golf or bocce; camaraderie of friendly players, who play in an open format; a sport much easier to learn and requiring less initial skill than others such as tennis; a smaller court size that more readily accommodates those with joint replacement or other issues, if you can run three steps you can play; and minimal cost to learn - lessons are free and equipment needed is furnished, only sport shoes and a bottle of water are required.

Pickleball is a relatively safe sport, similar to other court sports. (The only injuries in past two years have required no more than a band-aid).

We currently play several mornings and 6 p.m. on Sundays. Presently we have no set schedule for beginner lessons, but encourage new players to join us at any time. Wear your sport shoes, and in 20 minutes, you will learn a sport that you can play for many years!

Beginning soon we plan to offer free

Schaffer.  
Back 9: Susan Buckland-Mulhern, Debbie Massari, Ina Menzies and Mary Giannukos.

**Scotch Twosome**  
July 30

Front 9: 1: Gina Bulloch and Cheryl Engemann; 2: Terry Alfano and Mary Giannukos.

Back 9: 1: Dianne Masterson and Heddy Racinowski; 2: Diane O'Brien and Sandy Schaffer; 3: Sandra Noe and Marlyn Tymon.

**Bingo Bango Bongo**  
Aug. 6

1: Carol Venslavky; 2: Sandra Noe; 3: Cheryl Engemann; 4: Debbie Massari.

Nice golfing ladies!  
As much as I am enjoying the cool temperatures and crisp air of the Adirondacks, my heart is in Ocala and I look forward to returning to my golf in Candler Hills. I may have the more favorable weather conditions, but Candler Hills is still number one.

In the coming month, it will also be great to welcome back our snowbirds. It will be nice to have our league back at full strength.

If you are interested in joining this fun group of 9-Holers and live in On Top of the World, Indigo East or Candler Hills, please contact Heddy Racinowski (heddyr@yahoo.com). Our second season begins in November.

**HOW WELL DO YOU KNOW YOUR FELLOW NINE-HOLERS?** This past month, one of our fellow 9-Holers became a permanent resident of Candler Hills. Her new, golf course view home is almost directly across the street from another one of our 9-Holers who happens to have a gorgeous Boston fern on her front porch. Who are these two ladies?

Until next month, I wish you sunny days, long drives and short putts!

- Pine Oaks on Thursday, Nov. 5 Country Club of Ocala (see board for details)
- Individual Point Tournaments for Women Amateurs, Golden Hills - \$30. Call Golden Hills Pro Shop for details.
- Dunes Invitational - \$55 (breakfast and lunch, see board for details)

Now for the winners:

**Beat the Pro**  
July 21

1 (tie): 69 - Beverly Ovrebo, Rosemarie O'Neil; 3: 71 - Lou Borders; 4: 72 - Jan Juhlin; 5: 73 - Harriet Brower; 6 (tie): 74 - Jerry Gill, Linda Bervinkle, Pat MacMurray; 9 (tie): 75 - Joan D'Addio, Marti Marta

**4 Lady Team - 2 Best Balls**  
July 28

1 Net: 127 - Jerry Gill, Sandy Chase, Angelita Pena, Harriet Brower; 2 Net: 130 - Beverly Ovrebo, Betty Gustafson, Mary Driver, Marie Marquis.

**Low Putts**  
Aug. 4

Flight 1: Tie - 13 - Rosemarie O'Neil, Valerie Smith, 14 - Linda Bervinkle, Tie - 15 - Harriet Hawkins, Joan D'Addio, Sandy Chase.  
Flight 2: 14 - Christine McIntire, 16 - Helen Foscett, Lou Borders, Marie Marquis, Ruth Border.

**Scramble**  
Aug. 11

1: 70 - Beverly Ovrebo, Lou Borders, Marilyn Rose, Ruth Border; 2 (tie): 72 - Iro Lisinski, Christine McIntire, Marie Marquis - Nancy Zielinski, Laurie Hall, Ellie Rapacz, Yoshiko Young.

Hope the weather continues to be good to us. We want you to join us in the coming months for some good golfing. See you on the course.

clinics, especially for beginners. Either contact Tom Seitz at 390-3112 or come to our table at the Club Fair on Sept. 17.



**Ladies 9-Hole Golf**  
Diane Dzik

Dog Days of August are over and we "scrambled" our way through them successfully with an occasional low net game. Now it's time to get serious ladies, because the 2010-2011 season is about to begin! Many of our snowbirds will be flying back this month and we need to rev up for the events ahead.

On Thursday, Sept. 17 from 10 a.m. to 1 p.m. we will be participating in the On Top of the World Club Fair in the Health & Recreation Ballroom. It is at this time that we would love to see new faces interested in joining our ranks. We are a fun group of ladies who do take their game seriously, but don't let it get in the way of making new friends and learning the fine game of golf. Please stop by our table at this event, or better yet call our president, Jeanette Messer, or any of our other officers.

If you get a chance, stop by the clubroom, which is located behind the pro shop, look over our member board of postings and make that phone call. Current members are also invited to stop by the table, to help answer questions and provide support.

Our 2010-2011 season officially begins on Tuesday, Oct. 6 with a Scramble followed by the first business meeting of the season. All members need to be in attendance and please dress out for our game.

Rally For Breast Cancer, will be our first event of the new season. It is scheduled for Oct. 20. We will be discussing our final plans for this annual event at

the business meeting. We need Chairmen and Co-chairmen for the Christmas luncheon and the 9-18 Hole Invitational. Please refer to the sign-up sheets in the clubroom.

**INVITATIONALS:** Stonecrest (Summerfield) will hold its invitational Tuesday, Oct. 6. The cost is \$38. Registration deadline is Sept. 14. Hacienda Hills (The Villages) is scheduled Oct. 7 with a deadline of Sept. 12. Cost is \$38. Eagle Ridge (Summerfield) has posted for Oct. 29 with a deadline of Sept. 1. The cost is \$35. This tournament has room for 10 regulars. All of these invites have early a.m. registrations. Please sign up in the clubroom if you wish to attend.

**POINT TO PONDER:** Ladies, this is your league, your game, your good time and your chance to grow new friendships. If we don't have volunteers willing to "step up to the tee box," we don't have rallies, we don't have luncheons, we don't have banquets, we don't have an invitational, we don't have a league.

**Funny Bunny Scramble**  
July 14

36--Darlene Clark, Donna Fey, Mary Hart; 37--Marlene Floeckher, Alice McDaniel, Evelyn Stewart, Agnes Tetti.

**Low Net**  
July 21

Flight 1: 33--Darlene Clark, 36--Mary Hart, 36--Marie Palombo.

Flight 2: 32--Donna Fey, 37--Helen Degraw, 38--Sumiko Bridges.

**Low Net**  
July 28

Flight 1: 34--B.J. Leckbee, 38--Mary Carson, 39--Darlene Clark, 40--Tish Dertien, Agnes Tetti.

Flight 2: 29--Marie Segovis, 32--Donna Fey, 35--Sumiko Bridges.

**Scramble**  
Aug. 4

29.75--Sumiko Bridges, Cathleen Hathaway, B.J. Leckbee, Jeanette Messer; 30--Carol Bell, Virginia Blanchard, Grace Bock, Peggy Boro.

**Scramble**  
Aug. 11

38--Helen Degraw, B.J. Leckbee, Jeanette Messer, Carol White; 39--Sumiko Bridges, Andy Flannery, Joan Rappa, Evelyn Stewart.

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**Shuffleboard**  
Robert Riedeman

Summer shuffleboard ended at the end of August. Play took place on Monday and Thursday mornings. Charlie Lentz reports that there was a good turnout most Mondays and Frank Dubay says that the Thursday numbers were more modest. Dodging raindrops was a problem some of the time. Summer play has been replaced as of September by the regular fall schedule, which will continue throughout



Photo by Robert Riedeman

**Frank Dubay gets off a shot during Thursday morning play.**

the winter and spring. The playing days along with the captains and co-captains of each group are outlined below:

**Monday - 9:30 a.m.**

Captain: Tom Cullum  
Co-Captain: Bob Schuck

**Monday - 1:30 p.m.**

Captain: Lou Fisher  
Co-Captain: John Mataya

**Tuesday - 1 p.m.**

Captain: Joe Veres  
Co-Captain: Jim Lynam

**Wednesday - 1:30 p.m.**

Captain: George Hajjar  
Co-Captain: Lou Crudele

**Thursday - 9:30 a.m.**

Captain: Jack Smith  
Co-Captain: Frank Dubay

**Friday - 9:30 a.m.**

Captain: Andy Bulloch  
Co-Captain: Daisy Rowell

A good plan for any residents who are thinking about joining the club would be to stop by the courts at any of the above times to get a feel for how club play works. Instruction is available for beginning participants as well as experienced players, if desired. If a new player wishes to have a more formal introduction to the game, he or she may call our play instructor, John Mataya at 237-9692. Those who desire more information may call Frank Dubay at 236-6638 or Robert Riedeman at 861-1501.

Shuffleboard is a game of skill, which is very enjoyable. So come on down to the courts (behind the Health & Recreation Building). Who knows - you may get hooked. We have club meetings two or three times a year followed by a luncheon and entertainment under the direction of our very capable social director, Helene Sternberger.

As of this writing, members John Mataya and Vern Uzzell are in San Francisco taking part in the National Shuffleboard Tournament where they are playing in both singles and doubles.

The next general membership meeting will be held on Thursday, Nov. 5 at 11 a.m. in the Health & Recreation Ballroom. Stay tuned for more details on this event.



**Billiards**  
Richard Impresa

This column will begin to address what I consider the second most important shot in pool, the break shot.

A successful break shot will accomplish three things. First, it will pocket at least one ball. Second, it will leave the cue ball in the middle of the table for a good follow up shot, and third will allow you to control the table by continuing to shoot.

In eight ball, there is an added advantage of allowing you to decide which balls (solid or striped) you want to choose (this will be discussed in greater detail in a future article when we talk about the different games and their idiosyncrasies).

The first element in a good break is your stance. For the break, your stance should be a little more open than your shooting stance (i.e., feet further apart for a more solid base) and you should stand more upright than usual. These two elements will allow your body to deliver maximum power to the cue ball.

Now that I've mentioned the word "power" I need to explain that power, or speed, is not the only answer to a successful break shot. In my opinion, accuracy is more important. Studies have shown that "speed kills" when over applied to a break shot. Many studies reported that a cue ball will jump off the table when contacting a cushion while traveling at 29 MPH or more. Don't laugh, driving 29 MPH in the passing lane on SR 200 is slow (to some of us) but the force it takes to make a cue ball go from a dead stop to 29 MPH in less than approximately five-feet is formidable.

Accuracy, in this case, can be defined as hitting the selected object ball full on with the cue ball, that is, not off to one side or another but dead on. Don't even think about applying english (sidespin) on the cue ball until you are well advanced in your break game, it will inevitably result in an off center hit of the object ball, and greatly increase your chance of scratching.

When the object ball is hit dead on, it transfers almost a full 100% of the force of the cue ball to the rest of the rack causing the balls to scatter. While it is true, a harder (faster) shot would increase the force; it is also true that even the minimal amount of inaccuracy will drastically decrease the force applied to the rack.

Practice is the only way you can determine the speed at which you personally are able to maintain a full face hit on the object ball. Once you've got that down you've licked the hardest aspect of the break shot.

In a future column, I'll get into some other aspects of the break shot e.g. cue ball placement, physics of the rack and break, etc.

Until then, keep stroking and keep your tip dry.



**Bocce**  
Bob Woods

The bocce board held its first meeting the first Monday of August; there was a good turnout of officers. The first item on the agenda was opening day of bocce for the 2009-2010 season, with the first ball being rolled on Oct. 12.

The board discussed the new rules of play for the bocce league, which will take effect immediately and those rules will be posted on the inside of the shed door. There was a little discussion on the rules but everything was hammered out.

The board would like to extend a hearty thank you to four folks in the bocce organization who spent many hours drafting up the new rules. They are Kathy Sickler, Lorraine Staby, Karen McNeeley and Lou Crudele. Again, thank you.

For a matter of interest, the board voted unanimously to have a breakfast instead of a banquet. Right now, we are looking for a Saturday morning at the Methodist Church on SW 103rd Street. More about the breakfast as time draws closer.

Anyone interested in playing bocce during the regular season, all league representatives and their phone numbers plus time slots are posted on the bulletin board at the courts. This is for all those wishing to play open bocce, league or match play. Remember, anyone can play, and play in any type league they wish, or play in all three if that's what is desired. You pay just \$6 yearly dues to your league rep and that's good for all play.

Before I forget, the next board meeting will be held on Monday, Sept. 14. Also, the new club by-laws are posted on the inside of the shed door.

Your board of directors are Ralph Sickler, 732-2363; Bob O'Neal, 861-2861; and myself, Bob Woods, 854-0702.

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The fall catalog will be published on October 1st. Register by phone by calling 854-3699 or in person at the Education Center.



Photo by Linda Lohr

**A beautiful rose quilt with matching pillowcase.**



**Sewing Bees**  
Linda Lohr

The Sewing Bees' mission statement: To provide a token of comfort to the needy children of Marion County.

The president of our group, Marcy Askenase, decided to add up the number of items we have made and donated year-to-date. There were 223 quilts, 223 tote bags, 61 pillowcases, 80 stuffed animals and 75 ditty bags! That is a whopping 662 handmade items! We have been the busiest sewers around and have been so excited to see the end results go to needy children in Marion County.

**Sunshine Quilters**

Ann Weldishofer

We are not holding a business meeting in August this year, and the September meeting will be on the 15th.

It may seem that we have taken the summer off, but this is far from the truth! We are busy every week at our meeting room, mostly working on projects that will be offered for sale at the Oct. 17 Craft Show. We will have two gorgeous tables full of holiday-themed items! We look forward to seeing a lot of buyers there!

In the meantime, there are a lot of notices coming out every day about upcoming quilt shows. They usually begin in September and go all the way through spring. Hopefully, we will be able to attend many of these. These shows are the venues we use as a source of ideas, inspiration and many new techniques, and not just as a fun day out, though they are that, too. So, we keep up with what is new and different in our old craft.

We invite anyone in On Top of the World to join us and see what we are about. We meet every Tuesday morning in the Art Room of the Arts & Crafts Building, and most times, there are stitchers there after lunch.

Our business meetings are at 1 p.m., usually on the first Tuesday of the month. Come and enjoy our kind of fun!



**Bloodmobile**  
Don Pixley

We enjoyed a slight increase in the number of donors over last month; so, at least we are headed in the right direction. We should do much better for our October drive when our snowbirds return.

We had five good citizens give to ALYX: James Bowles, Carol De Young, Mitchell Ghoca, Raymond Governatori and Michael Norton.

Those reporting for regular donations were: Jane Bauer, Elliot Bedrosian, Patricia Bedrosian, Catherine Bennett, George Borgia, George Brown, Guy Bruno, Linda Bruno, Delores Buchan, Kyle Bushav, Kay Chandler, Margitta Claterbos, Don Conroy, Oscar Fernandez, Helen Finney, Rosalie Fridell, Joy Harter, Henry Hawkins, John Hood, Robert Kawalec, Linda Koenig, Edward La Londe, Nancy Ludvik, Arlene Rigg, Lorraine Rourke, Patricia Russell and Sara Sommer. Your friendly correspondent has been shelved for a few months to recover from some surgery.

Updated guidelines were recently reviewed and members voted to accept them. At the August meeting (fourth Thursday of the month), copies of the guidelines were given to each member and the annual dues of \$10 were collected.

On Aug. 6 and 13, member, Frances Penney led interested participants in making coasters from five-inch quilting squares.

We recently sent a letter to the editor of the Ocala Star-Banner letting the community know who we are and what we do. A request was made for donations of material, thread, embroidery thread and fiberfill. The response has been overwhelming! We are blessed to live in such a giving community. We received many donations so far with more to come in the future.

On Thursday, Sept. 17, from 10 a.m. to 1 p.m., On Top of the World will hold its annual Club Fair at the Health & Recreation Building. The Sewing Bees will be there with samples of our creations. Please stop by and chat! We would love to have you as a new member.

Donations of material goods are always welcome. Monetary donations are used to purchase the batting for the quilts. Please contact Marcy at 854-1181 or Lee Ann at 854-7205, if you are interested in donating or joining our group. Thank you for all your support.



**Artistic Crafts & Gifts**  
Loretta Troutman

After what seemed a long holiday, we will enjoy getting back to setting up our tables in the Health & Recreation Ballroom on Tuesday, Sept. 8. Our handcrafted items are for sale every Tuesday morning from 9 a.m. to noon. It is a convenient way to shop for gifts and items for your home.

Dot Tripp is ready with her offer of a free gift to our first 10 customers making a purchase any Tuesday morning in September.

If you are a crafter and would like to join our group, please call Rene Beck for details.

We are aiming for at least 50 participants per drive this winter and we are off to a good start. But we still need help.

The next drive will be in the Health & Recreation parking lot on Monday, Oct. 5, from 7:30 a.m. to 2:30 p.m. Please stop in and bring a friend or neighbor. Thanks to all donors!



**The Happy Hookers**  
Carole Toye

I can't believe it's September already; where did the year go? Our ladies are very busy with many projects. Linda Lohr is making beautiful and unusual greeting cards; Carol Berta is busy making Christmas ornaments; and Carol Lopez is trying to finish a latch hook rug she inherited from someone. Does anyone remember when we used to be called the Rug and Latch Hook group?

Tomoko Albert is working on a needlepoint project of a traditional Japanese woman, very pretty. Tomoko also unearthed a knitting project she had packed away when she moved here. The pattern is very different and pretty, but now the problem is to find the directions so she can finish it. If she can't, we have several good knitters who will be able to help her.

Jackie Nolte finished an intricately knitted mint green baby blanket. Jackie always makes blankets with different patterns; she says she gets tired of making the same pattern all the time. Ruth Rasmussen brings this very detailed needlepoint to work on. How she manages to not make a mistake with all the talking that goes on is unbelievable.

On Thursday, Sept. 17, there will be the Club Fair at the Health & Recreation Building and we will have a table displaying our work, stop by and check us out.

Tip: Working on an afghan in the summer months can make your legs warm so put the afghan in an old pillowcase, keeps it clean and your legs don't get as warm. This hint is compliments of Rosalie Grubowski. Sounds like a great idea to me.

Oct. 5 will be our next luncheon but we haven't made a decision yet where it will be. If you are interested in attending, call Maureen Wolfe, 861-6117, she will be making the reservations.

Come join us on Monday afternoons in the Ceramics Room; we meet from 1:30 to 3 p.m. and go out to lunch every other month. We're a very congenial group of women who have many varied interests. Hope to see you!

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**Rubber Stamping Greeting Cards**  
Bev Taylor

We are continuing to meet through the summer. Although our numbers are less, we are having fun and leaving each meeting with a new bit of knowledge.

Marie Johnson was our project director for this month. What more appropriate for a "Mainer" than a card stamped with a Maine lighthouse? The lighthouse was colored with our choice of medium, trim, layered and attached to a card front. We could then choose any sentiment for the intended occasion.

Our second card was a double pocket creation made from an 8-1/2" x 11" piece of double-sided paper. It is amazing what can be done with a few folds. This can be used for any occasion. Marie chose to make it a birthday card using balloons as an embellishment.

Each month, a list of supplies needed for the meeting is furnished by the person doing that month's project prior to the meeting.

Come by and visit us at the Club Fair in the Health & Recreation Ballroom on Sept. 17. We will have samples of what we have done.

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**World Traveler**  
Bill Shampine

Last May, this column contained a discussion on the New Seven Wonders of the World. One of those sites was Machu Picchu, located in Peru. John and Jane Bauer (Providence residents) recently returned from a trip to Peru, which included a visit to this fascinating Incan city.

Machu Picchu ("Old Peak") is one of the most famous artifacts of the Incan Empire. It is located in south-central Peru, about 43 miles northwest of Cuzco, the old Incan capital. Often referred to as "The Lost City of the Incans," it is built on the top of a ridge in the Andean Mountains at an elevation of about 8,000 feet.

Although there are many theories, no one really knows why the Incan Emperor Pachacuti built the city in 1462 in such a remote location. Its remoteness did, however, protect it from the Spanish conquistadores who came to Peru in the late 1400s and early 1500s in search of gold and other riches. Smallpox and harsh governance by the Spanish ultimately led to the destruction of the Incan Empire.

The city eventually fell into disuse and was abandoned in the late 1500s. Because the Spanish never found Machu Picchu, it was not destroyed, and now is one of the most important archaeological sites in South America.

There is some evidence that the remains of Machu Picchu were discovered as early as 1867 and visited in 1901 and



John and Jane Bauer at Machu Picchu, Peru.

Photo by John Bauer

1906. It did not become famous, however, until it was "discovered" in 1911 by Hiram Bingham, an American historian employed by Yale University, and then featured in the April 1913 issue of National Geographic magazine. Zoom— instant celebrity!

The uniqueness of Machu Picchu lies in the fact that it is such a well-preserved example of the Incan culture during its heyday. The city supported about 500 people at its zenith and was completely self-sufficient.

The Incans terraced enough of the land surrounding the city to meet their agri-

cultural needs. Natural springs met their water supply needs and a complex canal system moved the water to where it was needed for crops, fountains and home use. After hiking a bit of the Inca Trail, the Bauers believe the residents must have had phenomenal legs and lungs!

The Bauers were impressed with the construction of the buildings. As some of the best stonemasons in the world, the Incans ground the building blocks to the point where they fit together so well there was no need for mortar.

John also pointed out that design details such as trapezoidal doors and windows, strategic

tilting and inclination of walls, and periodic use of "L"-shaped blocks to tie walls together, helped make the construction highly earthquake resistant.

One of the primary functions of Machu Picchu seems to be one of astronomical observatory.

The Intihuatana Stone, commonly called "The Hitching Post of the Sun," is a large cubical block of stone with a rectangular pillar of stone rising from the top. At midday on March 21 and Sept. 21, the equinoxes, the sun will be directly above the pillar and cast no shadow, thus fixing two points of the calendar.



Photo by John Bauer

A detailed view of some of the intricate stone work in Machu Picchu, Peru.

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**Chili Cook-Off**

Friday, September 25th  
10 am to 2 pm  
Arbor Conference Suites E, F, G & H

Join us for an afternoon filled with great home-cooked chili & LIVE entertainment! Bring your lawn chairs and prepare to judge some of the best chili On Top of the World has to offer! \$2 for three sampler cups.

**Pull out those aprons, gather your special chili recipes and enter On Top of the World's first Chili Cook-Off! Prizes awarded to 1st - 4th place winners!**

Register at the H & R Office by September 4th.  
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**Williamsburg  
Cruise Club  
Fred O'blenis**

Welcome aboard; September is here and fall will soon be here with cooler days. Just to let everyone know our cruises are open to all On Top of the World Communities and their families and friends.

Just three more months and we will be on the Freedom of the Seas for our Dec. 6

cruise. This cruise is sold out but the incredible Oasis of the Seas will be celebrating its launch in December 2009.

This will be the largest ship ever built for Royal Caribbean or any other cruise line. An architectural marvel at sea, Oasis of the Seas will be the first ship to tour Royal Caribbean's new neighborhood concept of seven themed areas, ranging from central park to the youth zone. Enjoy the aqua theater at sea, where you can sunbathe during the day and watch shows at night. Don't miss the rising tide bar, the first moving bar at sea that spans three decks and overlooks the incredible central park.

There's something for everyone on this ship. We have just about sold out, so give us a call and we will see if we can still find cabins at a good price for you.

As of yet, I do not have all the information on cabins and transportation for our fall 2010 cruise on Carnival's new ship The Dream. I should have all the information by the time you read this article. Call me at 237-6367 or read my column in the October issue of the World News. Please don't wait too long, because this will sell out fast as well as the seating on the bus.

Until next time, fair winds and following seas.



**On the  
Road Again  
Bob Woods**

As of this writing you have probably noticed that no lengthy trips are being shown on channel 17 & 19, only day trips and from what I have been told these announcements will only be shown for two weeks, or at least that's what I was told from our Activities Office.

You are going to have to rely on the World News for lengthy trips and cruises.

Due to a couple of recent cancellations, I have a few seats available for the Nashville trip in October. Hurry, if you would like to be part of this trip. I also have a few seats remaining for the short three-day/two-night trip to Jacksonville, Amelia Island and St. Augustine.

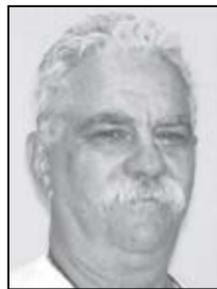
There are a few inside and outside cabins still available at the advertised price.

At present, all the balcony cabins at the special price are sold out but the Freedom of the Seas still has a few of those balconies at a higher price. If you would like to go on this cruise departing Port Carnival on Jan. 24, give me a call.

Again, I am almost sold out for the Washington, D.C. trip in April 2010 and I do have some seats still remaining for the New Orleans coach trip in May 2010. I am waiting for prices for the Memphis coach trip in September 2010 as well as the planned trip in November to the Smoky Mountains. I have been asked about a trip to Niagara Falls next year and I will be working on that trip which will be a nine-day jaunt taking in many sights on both sides of the border.

Last month, I mentioned a cruise on the Radiance of the Seas departing Jan. 24, 2010 from San Diego, down the Mexican Rivera, Costa Rica, traversing the entire Panama Canal and then heading to Columbia, Grand Cayman and then into Tampa. Sound interesting? We will depart On Top of the World and head for either Orlando or Tampa airport, fly out to San Diego where we will spend two nights and have a chance to explore that great California city. I am waiting for prices from airlines and hopefully Royal Caribbean Cruise Lines will come down a little on their prices for this cruise. Staterooms have been blocked out for this trip. If you think you might be interested, please call me. You are under no obligation.

For information and flyers on any of my trips, please call me at 854-0702, remember you are under no obligation and all deposits on coach trips are fully refundable up to about 30 days before departure.



**Social Club  
Mort Meretsky**

I'm sure everybody enjoyed themselves at our picnic.

I'm just as sure everyone is eager to get back to some serious card playing after having two months off. Thanks again to our dealer's negotiator, Tom "The Dictator," for getting us back in business. We'll be playing on Sept. 18 from 2 to 4 p.m. at the Arbor Conference Center.

See y'all on the 18th.



**Deadline**

**Advertising and Columns:  
Noon, 13th of the month**



**Travel Toppers  
Jo Swing**

Travel Toppers strives to make our lives interesting and fun by arranging trips to a variety of places. We visit museums, see shows and go to different attractions. We do this at the best-cost possible. The trips are open to all On Top of the World residents. Our trips have run the gamut from same day trips to venues such as the Show Palace in Hudson, to two and three day overnight trips to places such as Tallahassee, and other cities in the Florida/Georgia area. We also have gone on seven or more day cruises and land tours.

September is busy for Travel Toppers. We have three trips going this month. We have added a trip on Thursday, Sept. 10, to see "Squabbles" at Ed Fletcher's Early Bird Dinner Theater in Clearwater. The cost is \$56 and includes buffet, show, transportation and tips for driver and meal. The coordinator is Margaret Paris.

Sept. 17 is the date for one of our popular shopping trips. This time we will visit Westfield Brandon Shopping Center. This will cost \$19 for bus and tip for driver. The new coordinator is Linda Hein. The shopping trips are always popular and fill up fast.

On Sept. 30, we will travel to Tampa to visit the Florida Aquarium and the Wild Dolphin Eco-Tour. The Eco-Tour itself is 90 minutes long. Cost is \$49, which includes admission to the aquarium, Eco-Tour, transportation and tip for driver. Call Joan Connolly for availability.

Thursday, Oct. 15 we visit the beautiful Sunken Gardens in St. Petersburg. There is an optional 3/4-mile guided walking tour. Included in the \$35 cost is a box lunch from Panera, admission, bus and tip for driver. Linda Hein is the coordinator.

On Thursday, Oct. 22, we have a trip to the Show Palace Dinner Theater in Hudson to see the delightful musical, "Fiddler on the Roof." Cost for this trip is \$60 and will include buffet, show, transportation and tips for driver and meal. The coordinator is Glo Hutchings.

Reservations will start Monday, Sept. 21 for the shopping trip to Ellenton Prime Outlets in Ellenton, Fla. This trip will be Monday, Nov. 9. Being before Christmas, this trip is always popular. The cost is \$23 and includes bus and tip for driver. Food will be on your own. Kathy Brouillard will be the coordinator.

Also in November, there will be another trip to Ed Fletcher's Early Bird Dinner Theater. We will see a comedy/mystery called "Anybody for Murder." The cost is \$56, which includes buffet, show, bus and tips for driver and meal. Allan Rickards is the coordinator.

While it seems a long time off, reservations are being taken for the revue "Forbidden Broadway - Musical Parodies" being presented on Sunday, Jan. 10, 2010. The show will be seen at the CFCC Performing Arts Center in Lecanto. The cost is \$39, includes show, bus and tips for driver. Food will be on your own.

We have two cruises for 2010. One is an Eastern Caribbean cruise Saturday, Dec. 4 to Saturday, Dec. 11 going out of Port Canaveral. Ports to be visited are Nassau, St. Thomas, and Phillipsburg, St. Martin. Prices range from \$649 per person inside cabin to \$979 per person for a balcony. The ship is the Norwegian Sun. Call Allan Rickards for more information.

We also have a New England cruise going out of New York, Saturday, Oct. 2 to Saturday, Oct. 9 on the Carnival Glory, pending interest. If you think you might enjoy this cruise, call Allan Rickards, coordinator.

Travel Toppers meetings are the first Wednesday of the month at the Arbor Conference Center, Suite A. The next meeting will be Sept. 2. Since it is a welcome back from summer break, refreshments will be served.

Until then, happy travels to all.

**Singles  
Club**

**Lorraine Serwan**

The board and committee chairs met in August to plan activities for our meetings and outings. We keep trying to come up with new ideas and excursions to interest, excite and delight you.

This year marks a milestone for the Singles Club; it's our 25th anniversary. We'll celebrate with a special luncheon in October. Please plan to join us for this special day.

The Singles Club meets each month on the second Thursday at 2 p.m. in the Arbor Conference Center, Suites G and H. Our meeting this month will be on Sept. 10.

Membership dues of \$10 will need to be paid at this meeting. Bring a friend and join us!



- **Ralph Massullo, M.D., F.A.A.D.** ■ **William A. Welton, M.D., F.A.A.D.**
- **Michael B. Wartels, M.D., F.A.A.D.** ■ **Brian Bonomo, P.A.**
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**Red Hat Society**  
Vivian Brown

Well gals, it's that time again and fall is nipping at our heels, ready or not. Do you have your dress, your best lace tablecloth and china for the table for the Red Hat Gala on Sunday, Oct. 18 in the Health & Recreation Ballroom?

The Queen's meeting is Sept. 14 and all should try to attend. By the way, are you

working on your chapter's presentation for the PJ Party?

**The Razzle-Dazzle Red Hat Dames**

We are getting ready for fall and the "Red Hat Gala." It's our time to razzle and dazzle everyone, like our name says. Don't be shy; the more glitter and sparkle, the better! So, let's do it up right!

Pat Fitzgerald is our hostess for September and at this meeting, we will finalize our "tablescape" and all other details. Come on ladies, "we're not getting older, we're getting better everyday in every way!" Love you all and God bless. *QM Vivian Brown*

**The Glitzy Gals**

Cafe on the Avenue in Crystal River was the choice of our hostesses Paula Guildford and Kitty Wills for our outing. A variety of delicious foods including yummy desserts were enjoyed.

QM Mary Curry won the prize and we all received a bag of chocolates and other sweets. Shopping at some of the local shops followed.

Some of our group will be attending and participating in the "Red Hat Gala" at the Hilton.

The popular Christmas list is out and shopping for items to fill our list is fun and sometimes challenging.

"You cannot always control what goes on outside, but you can always control what goes on inside." *QM Mary Curry by Janet Wahl*

**The Blazing Bonnets**

We met last month at The Pub and enjoyed the food and getting acquainted with each other. A lot still has to be done to get us organized where everyone can meet. Some of our girls are still away for the summer.

A Red Hat Bling party was held at the Queen's home. Some Red Hatters from other groups came, making the house look like Macy's during a sale. The party was a success.

In August, we attended the mystery tea at the Tea Plantation at Sumter Landing.

We haven't planned our September outing yet; but we're looking forward to the Queen's meeting to get ready for the Red Hat Gala. Hats off to Queen Mary Curry and Queen Betty Thayer for taking on this event.

The Bonnets are planning a hat decorating class in the near future that will be discussed at the Queen's meeting as new business.

Remember; keep your hat on your head and dessert on your mind at all times. For information, call 873-8948. *QM Mary Vannasse*

**The Red Gems**

Since we heard a couple of years ago that someone anonymously picked up the check for a party of Red Hatters in a restaurant, someplace, and that it had happened again right here in Ocala, we wondered if we could be so lucky. Wouldn't it be fun?!

We enjoyed our visit to the Outback Steakhouse with our host Janet Stewart. Although less than half of our membership was here to attend, it was a lively event. We loved the scented candles she brought for each of us.

Queen Billie will host our August luncheon. She has invited us to her home afterwards to discuss the fall festival. This is to be a special event and from the planned details, it sounds like it will be very special. *QM Billie Giles by Loretta Troutman*

Please send your chapter's activities via e-mail to: vivjcb@cfl.rr.com by the eighth of the month. For more information, call 291-0246.



**Mah Jongg**  
Mary Ehle

We will be teaching Mah Jongg again starting on Wednesday, Oct. 7, at 12:30 p.m. in Suite A of the Arbor Conference Center. You need to call me at 873-7507 to pre-register. The class fee is \$10. Come out and learn. You will love it.

Now for all those who already play, the tournament is on Oct. 3. I am getting nervous because so few of you have sent in your reservation. Call me for more details. I need to know how many are playing. Jokers to you.

**World News Deadline**  
Noon, 13th of the month



**Women of the World**  
Terri Molnar

Women of the World is a service and support organization. We truly believe in the giving spirit. While our club is quite large, we openly welcome women from every part of On Top of the World to join us. Our philosophy encourages each member to take ownership in the club by participating. There is always room for more pairs of helping hands!

At our meetings, we often hear, "If everyone does a little bit, no one has to do it all." It is the reason behind adding a new committee to the board: "special advisors." The members of this commit-

tee are: Andrea Flannery, Carla Margi and Paula Smith.

Paula has lived in On Top of the World for three years with her husband, Richie. Her caring and nurturing personality sparked a career in the medical profession. Paula avidly plays Mah Jongg! She loves to read, travel, cook and bake. When asked about Women of the World, Paula's immediate response was, "it gives her a good feeling to know we're helping people and that the other members feel the same." Paula is most often found at the donation tables at our meetings.

The annual "Rags to Riches" sale will be held on Friday, Oct. 23 at the Arbor Conference Center. We are quite fortunate to have our co-chairs returning for another successful run. Lorraine Paszek and Lois Nix are the "mavens of merchandise!"

The good news continues: we will have the use of Erika Winkler's garage for early drop-offs, which is located at 8525-D SW 90 Lane (1 to 4 p.m., Mondays and Wednesday from Sept. 10 through Oct. 22).

Lorraine (Lo) and her husband, Tom, have lived in On Top of the World for five years. They were attracted to the area because of its central location and the great golfing. Before moving to Ocala, Lo led an extremely busy life raising five active children. Still, she found time to plant and harvest a half-acre garden while working at an auto auction agency. Lo is an involved grandmother of 14 and an avid Mah Jongg player. She is quite accomplished at computer generated photo creations and playing the accordion. Lo enjoys our club, because it "helps so many and is appreciated greatly by the various recipients."

Lois Nix was born, raised and educated in Brooklyn. She lived in the Adirondack Mountains before moving to Ocala 25 years ago. She moved to On Top of the World in 1991, then, moved back over the fence to Pine Run Estates, and finally returned to our community in 2006. Lois' professional life was one of social services. Lois' hobbies are buying and reselling stuff, auctions and flea markets. Her quiet times are spent reading and playing games on the computer. When she just wants to get away, she takes off in her motor home, heading to the west coast of Florida. In answer to why she belongs to WOW, Lois responded: "I always admired the spirit of WOW, the giving hearts of the women of On Top of the World, the generous time spent with the younger generation, the monetary support to agencies that serve the needs of others. The friendships that I have made, the fun, the sense of belonging to a wonderful community and most of all, the knowledge that WOW is always there."

We thrive because of our volunteers. The volunteer table will hold many opportunities for you to become more involved. Please check out the lists when you attend our first meeting of the 2009-2010 year on Friday, Sept. 4 at 1 p.m. in the Arbor Conference Center, Suites E, F, G and H. Come early to renew friendships and make new acquaintances.

If you haven't already paid your dues, stop by the membership table, which will be managed by Sharon Wasmund, second vice-president and her committee: Lorraine Paszek, Andy Flannery, Judy Harmon and Sharon Newberg. The new program for the upcoming year is available there, too.

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Photo by Bob Woods

**Helen Deluca in Williamsburg purchased a 35-cent potted impatiense about five years ago. Year after year, the seeds from that plant germinate in her patio between the patio blocks.**

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**Irish American Club**  
Bob O'Neal

It's the beginning of the end of the summer (samhradh, pronounced SOW-roo-go figure) in Ireland but you would never believe it by the temperatures. Just a random glance of the Dublin weather in July came up with an average of 64 degrees. I've been told that Seattle weather comes close to Dublin weather in both precipitation and temperature. It was 108 degrees in Seattle and 63 degrees in Dublin on July 29. I may have to re-visit that theory.

Tom and Bridget Hughes, long time On Top of the World residents, gave our club instant credibility when they attended our

first meeting in 2001. Tom is from County Galway and Bridget is from County Monaghan. He came to the United States in 1953 and worked 40 years with Citibank in New York City. Bridget followed six years later and worked as an RN in a number of New York hospitals. They met at Tom's uncle's house and in 1960 went back to Ireland to get married. They had five children, four daughters and a son.

Since 1973, Tom and Bridget have spent some or all of their summers in an Irish conclave in the Catskills known as "Four Green Fields." Here's how it was described in a 2008 travelogue: "The Irish Kingdom in the Northeast Catskills. The area altogether is remote. The main thing of note is a large ski operation in Windham. Just north of there is a town called Durham, where there is a notable Irish cultural center, with music, performances and classes. Probably the most notable thing of all is the Irish identity of the area. It is like a living Irish theme park. There are signposts in Gaelic, shamrocks on business signs and a lot of restaurants and motels called Hogan's, Gavin's, Mickey's, the Four Green Fields and like that. People have brogues."

Following a trip to Rome (and an audience with the Pope) and then Ireland, they returned to On Top of the World for a brief time before leaving for their 36th year in Four Green Fields. Brogues? Oh yeah and don't they fit right in?

And for each and everyone: "May joy and peace surround you, contentment latch your door, and happiness be with you now and bless you evermore."

**Italian American Club**  
Jerome Cauda

The club will resume meetings in September. Hope everyone had an enjoyable and exciting summer.

At the August board meeting, plans for a Columbus Day restaurant dinner in October were discussed. Location and time will be announced at the Sept. 1 meeting. Other plans that will be presented include a Christmas potluck party in December and a President's pizza party in February. As further information becomes available, it will be posted in future articles.

A special meeting is scheduled for November. Members will be asked to bring a gift for a serviceman/woman. These gifts can be wrapped as long as a tab is attached stipulating contents and whether it's for a man or woman. The gifts collected will be donated to Operation Shoe Box. This is in lieu of a members Christmas grab bag. A list of suggested items will be available at the September meeting.

I spent the greater part of June and July visiting my father's hometown located in the foothills of the Alps, right in the middle of some of the best vineyards in Piedmont.

Part of my trip included a side trip to Biella, home of my maternal grandmother's family. Looking for family attachments, I did find the name Manfred/Manfredo could be related. After 10 generations, it becomes a little bit hard to prove relationships.

From there, I traveled via St. Vincent, Chattillon onto Aosta the beginning of the Italian high Alps. The town is a historical treasure dating back to about 200 A.D.

The end of the trip was to Courmayeur the premier ski resort in Italy. I stopped at the base of Mount Blanc (Monte Bianco) before returning to my father's hometown. My stay ended in Milan before flying home.

The first meeting is scheduled for Tuesday, Sept. 1 in the Arbor Conference Center, Suites E and F. Refreshments will be available at 2:30 p.m. and the meeting will begin at 3 p.m.



**German American Club**  
Judy Dunn

Welcome back German American Club Members. Hope everyone had a wonderful summer, whether traveling or enjoying our Florida sunshine.

We look forward to a year filled with new programs and hospitality. Our September meeting will be held on Tuesday, Sept. 8 at 6:30 p.m. at the Arbor Conference Center, Suite E. A high school group will entertain us followed by dessert and coffee.

Don't forget our Oktoberfest trip to Helen, Georgia from Oct. 7 to 9.

If you are looking for a club to join where you can make new friends and enjoy German hospitality, please come to our meetings. You need not be of German ancestry. All are welcome.

**Handicap Equipment**

Handicap equipment is loaned free to On Top of the World residents during their convalescent term—walkers, crutches, canes or wheelchairs. For more information, call the Health & Recreation Department at 854-8707.



**Mac / PC Tip of the Month**  
Sherry Surdam

This month's Mac tip is not really a Mac tip but a universal one. Do you ever find you have several applications or files open at the same time, working on one and then another? Switching usually in-

volves moving the mouse to the dock (or taskbar in Windows) and clicking on the one we want to work on next. Occasionally there will be so many items open at once that we can't see the one we want! When that happens it can be very annoying.

However, there is a very easy method for switching applications and documents from one to another without mousing to the dock or taskbar and it seems that very few people are aware of this simple keyboard shortcut! When you want to change from one item to another (an application or a file - it doesn't matter because they will all be available using this method), here is all you need to do:

**FOR MAC:** Press and hold Command then press tab.

**FOR PC:** Press and hold Ctrl (control) then press tab.

A window will pop up showing everything that's open. Continue to hold the Command or Ctrl button and press tab repeatedly until the one you want is highlighted and let go of the Command or Ctrl key. That application or file will pop to the front and you can continue to work.



Photo by Jim Chandler

**Marion County Stuff the Bus Program received a \$500 donation from the Fleet Reserve Association, Citrus Branch 186 and its Ladies Auxiliary.**

**Stuff the Bus Donation**

By Bob Woods  
WORLD NEWS WRITER

Presenting a donation of \$500 to the Marion County Stuff the Bus Program from the members of the Fleet Reserve Association, Citrus Branch 186 and its Ladies Auxiliary is Bob Woods, FRA president. The presentation was made to Kay Chandler representing the Kingdom of the Sun Chapter of the Military Officers

Association of America who is in partners with the Marion County School Board Homeless Children Program and other military veterans groups.

Operation Stuff the Bus travels around Marion County collecting new school supplies and other items for children in need to start the new school year.

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*With sincere appreciation and gratitude,*  
Sharyn J. Ruddick

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Photo by Anne Merrick

**Torben Jensen, Em Jones, Patti Kirschner and Pat Woodbury attending chorus practice.**



**Concert Chorus**  
Anne Merrick

The kick-off potluck lunch took place on Thursday, Aug. 27 at 11:30 a.m. in Suite H of the Arbor Conference Center. As usual, you could count on good food from our members with a fabulous variety of salads, sandwiches, desserts etc. It was great to visit with the folks we haven't

seen much during the break and catch up on all the news.

We picked up our music for the holiday season concert and are excited to get started on our practices, which occur every Thursday morning from 10:30 a.m. to 12:30 p.m. in the Health & Recreation Ballroom.

Lunch was preceded by auditions for new members. If you have not yet auditioned, would like to be a part of this group and can follow your line of music in four part harmony, there is still time. Come to our first practice at 10 a.m. on Thursday, Sept. 3.

This group loves to sing, welcomes a challenge, is very supportive and enjoys putting on concerts for you folks. If you would like to do this, come on out. Be brave, nothing ventured, nothing gained. We are looking primarily for Tenors, Basses and Altos but Sopranos are welcome too.

On Sept. 17, we will have a table at the Club Fair, which is held in the Health & Recreation Ballroom from 10 a.m. to 1 p.m. Drop by and see what sort of music we sing. Our practice will be in Suite H in the Arbor Conference center on that day.

For information, call Anne at 732-0706.



**Original Karaoke Group**  
George Quaranta

Greetings to all music lovers. Our karaoke session was held at 7 p.m. in the Candler Hills Community Center on July 28.

We had our usual singers: Judy, Rudy, Charley, Kathy, Gerry, Shirley, Tom, Tony, Jim, Norma, Bob, Pat, Donnie, Lori, Janet, Marie and George. Many wonderful songs were sung. Charlie and Kathy; Bob and Norma; Shirley and Kathy serenaded us with their duets.

Some of our singers have greatly im-

proved. Also, I want to thank those that came and listened to our singers perform and I hope you enjoyed yourselves. We have added more CDs to our collection.

Our next karaoke session was at the Arbor Conference Center on Aug. 13 and will be reported in my next column. All On Top of the World residents and their guests are welcome to come to our gatherings. For any information, call George at 873-9667.

**One Who Sings**

By ANNETTE SHARPE

One who sings has joy to share,  
That floats in song to bless the air.  
Music inspires those who sing,  
And also, others listening.

One who sings has a message  
None other can replace,  
In meaningful words and music  
When inspiration is the goal,  
Song is poetry for the soul.

Raise your voice in songs of praise,  
Enjoy singing all your days,  
Blend your praises with a choir.  
A joyful heart is God's desire.  
To nourish the soul of one who sings



**Karaoke Friends**  
Vivian Brown

There is so much news I don't know where to begin! Last month's get together, we had so much fun. Charlie has been trying his new equipment out, and the sound is so very good that everyone who sang sounded great, and we all liked that. Rudy came and he brought cookies, thank you.

We welcomed Caleb a new friend who sang "Only the Good Die Young" and others. Estelle came back and she sang, "Tie a Yellow Ribbon." Norma and Bob were back from vacation. Tari, Donnie, Kathy, Jimmy, Tom, Daryl, Shirley, Jackie, Vivian sang and performed magnificently.

September is going to be a busy month

for us, but we love it.

Some of our friends will be performing for the Italian American Club meeting on Tuesday, Sept. 1 at 3 p.m. in the Arbor Conference Center, Suites E and F. We have been practicing some Italian songs and are looking forward to it.

We will be performing for the Women of the World on Friday, Sept. 4 at 1:30 p.m. in the Arbor Conference Center, Suites E, F, G and H. We will have a completely different show, but I am sure they will enjoy it.

On Tuesday, Sept. 8 at 6 p.m. in the Arbor Conference Center, Suite G we will be performing for the German Club. Again, we will have a completely different show, and we know they will like it.

A group of friends recently went to Grand Lake Community House about a half hour up I-75. Donnie runs karaoke there on Tuesday evenings. It was the first time for me. We had such a great time. Donnie and his wife, Rose, were so very kind and thoughtful as well as everyone there. I felt right at home and thoroughly enjoyed myself. If anyone would like to go, just let me know, and I will tell you whom to contact.

If any club or organization would like us to perform for them, please call me. We will be happy to do so.

Remember, we meet the first and third Monday of the month in the Arbor Conference Center, Suites E and F from 6:30 to 9:30 p.m.

Singing is so good for you. Until next month, God bless and keep on singing. For information, call 291-0246.

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**Wine 101**

Wine has become increasingly popular in the American lifestyle. In Europe, it is part of every meal and there is little pomp and circumstance to it, they merely drink it.

Scientists believe that drinking one glass of red wine per day for women and two glasses for men can lower the risk of heart attack and even help to prevent inflammatory disease.

Although there is a lot of mystery and romance in the marketing of wine, here are the facts:

- Wine is fermented fruit juice.
- Sugar plus yeast equals alcohol plus carbon dioxide.
- Once fermented it transforms into complex flavors.
- Through a technical process, wine is produced mostly the same way; although some wine is cheap and others very costly.

**What Makes a Good Wine?**

- Good quality grapes or Vitis Vinifera, which is a European grape variety where all fine wines derive.
- A suitable growing location.
- Farming expertise.
- Favorable weather equals good or great wine; if all the planets align.

Choosing a great wine without spending too much can be challenging with all of the choices. Here are some tips to think about when buying wine:

- Use the web for advice or to buy.
- Shop at Sam's Club for incredible deals.
- Talk to the staff, they can let you

- know of deals.
- Know your budget and the occasion.
- Look for sales but beware of great sales; it could mean bad wine.
- Look for lesser wines from a winery.
- Buy a case if you love it; this will save you money.

**Tasting Wine 101**

- Pour the wine allowing room in the glass
- Swirl the wine to allow it to breathe
- Use your nose to pick up aromas
- Taste the wine with all of your mouth
- Breathe in air to add oxygen
- Does the wine have finish?
- Do you enjoy the wine?

Here are six major varietals and their characteristics:

Riesling is a light refreshing white wine with a crisp acidity. Fruit aromas and flavors are subtle and with tree fruit of apples, peaches and citrus depending on where it was grown. This wine pairs well with sushi and Chinese food.

Sauvignon Blanc is a medium distinctively flavored wine with aromas of citrus from lemon to grapefruit. It grows well in California but best in New Zealand where it has an earthier aroma. It has very little oak. It goes well with seafood.

Chardonnay is a full-bodied rich wine with a buttery, vanilla scent. Flavors can range from pineapple and other tropical fruit to tree fruit. This wine is often very oaky and creamy. This wine is great to drink alone or with chicken, pasta and anything with white cheese.

Pinot Noir is a lighter delicate grape with ripe cherry fruit. It is silky in the mouth with some acidity. It has a nice smoky nose with some earthiness like mushrooms with vanilla in the finish. This works well with lean steak, chicken, salmon and red pasta dishes.

Merlot is a medium fuller bodied wine with aromas of plum, and dark berry. It leaves a velvety tannic finish on the tongue and goes well with spicy chicken dishes, pork chops, pizza and filet mignon.

Cabernet Sauvignon is an intensely flavored wine with huge aroma of tobacco, leather and earth. It has jammy blackberries in the fruit, black mission figs and cassis. You will note full velvet around the tongue and cheek from the full tannins. This is why it ages so well. This wine is perfect with lamb, ribeye steak or grilled veal chops

allows all members to meet other members they may not have met before. The three we usually have are Spring Fling, Summer Spectacular and a Christmas Party. They are fun evenings for all attendees!

Our club is currently looking for new members. If you are a couple who enjoys cooking food and entertaining people in your home, call Luke at 304-8104 for more information.



**Computer Club**  
**Sherry Surdam**

Well, it's been a long, hot summer and hopefully cooler temperatures will soon be on the way! It will certainly be a welcome relief - I've about melted!

No program schedule has been set as of the writing of this column so be sure to watch the website at [www.cccocala.org](http://www.cccocala.org)

for information on upcoming programs and/or other changes to the schedule.

Most of you are aware that I primarily use a Mac computer these days and write a little Mac Tip column as well as this one. Well, this month you Windows users might want to check out the Mac Tip as it is not just for Macs but works equally well for Windows PCs.

It came about because at a recent Q&A session a member complained that when she had many applications and/or files open some of them would disappear from her task bar! In reality, they weren't actually gone, just not visible! When you have several items open, the taskbar cannot always display them all (the number depends on the resolution of your screen) so windows will "stack" similar items or files. They are still available but you have to locate them yourself. Check out the Mac Tip to see how easy it is to do!

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

**American Jewish Club**  
**Norma Seidman**

Come one, come all to reacquaint with old friends or get acquainted with new friends. We have lots of exciting doings planned for the 2009-2010 season.

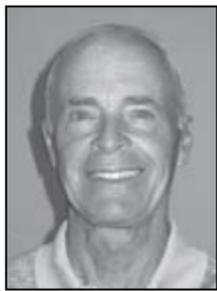
If you like pizza, be sure to come to our first meeting on Sept. 13 at the Arbor Club. Pizza plus lots of other goodies will

be served. Dues of \$10 per member for the year are due at this time.

Be sure to stop in and see us at the Club Fair in the Health & Recreation Building on Sept. 17 from 10 a.m. to 1 p.m. You can't miss us, as we will be at the first table. Hope to see old members and meet new ones at this time.

Our first lunch bunch date is set for Sept. 24 at Stumpknockers in Inverness, with an approximate departure time of 11 a.m.

Wishing all of our Jewish friends and neighbors a happy Rosh Hashanah and an easy fast (if you fast) for Yom Kippur.



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

Last month, I attempted to provide an overview of what our club's goal was and included an example of a "favorite recipe."

Basically, the idea is for members to take turns entertaining a group of diners in their home for fine food, fun and entertainment. When you decide to become a member, others and I will come up with a monthly schedule of how many dinners are to be held. This is because we all have various items that result in our not being able to attend our club dinner sometimes.

When we know if you are available to attend a dinner, you will be matched with one of the hosts for that month. Naturally, if you are a new member, you would automatically be a guest and not a host. This is done in order for you to get a feel about how things happen at the dinners.

Normally, at any given dinner, since each participating couple will be providing some type of prepared dish, activities get underway around 6 p.m. Cocktail hour gets started with hors d'oeuvres prepared and brought by one of the guests. (The framework of the club is built upon the idea that no one-member couple will ever have to prepare all components of the meal.) Following this, a salad, either prepared by another guest or the host, is served. The host will then serve the main meal, with an accompanying dish, if appropriate, another guest couple has prepared that. Following the main meal, the dessert, prepared by another guest couple is served. This always ends up with everyone having a great meal without anyone needing to prepare the entire undertaking!

Some members occasionally have "theme dinners." We have had Irish American, Greek, Italian, Spanish and German dinners, to name a few. Club hosts are free to decide if they want to host a "theme dinner" or have a traditional meal.

Additionally, for the past few years, we have had all-hands member's dinners. This is where one club member graciously volunteers to invite all members to their home on a regularly scheduled dinner night. Again, the same idea applies where the host member does not have the overwhelming effort of preparing the entire meal. Each member couple is asked to bring either two hors d'oeuvres or two desserts. This turns out to be a great time because everyone has plenty to eat, and it

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# Card Clubs & Games



## Monday Afternoon Bridge

Esther Lang

### July 13

1: Joyce Walchek & Marge Starrett; 2: Phyllis & Joe Zwick; 3: Bruce & Marjorie Benton.

### July 20

1: Ida Rosendahl & Carol Thompson; 2: Betty Morris & Fran Griswold; 3: Joyce Walchek & Marge Starrett.

### July 27

1: Joan Lord & Mary Carol Geck; 2: Eleanor Giardina & Carol Thompson; 3: Esther Lang & Phyllis Bressler.

### Aug. 3

1: Caryl Rosenberger & Marjorie Benton; 2: Joyce Walchek & Marge Starrett; 3: Pat Goltarg & Marlene Floeckher.

### Aug. 10

1: Bill & Betty Raines; 2: Jayne Kaske & Esther Lang; 3: Betty Morris & Flo Lisinski.

## Monday Night Bridge

Ginnie Barrett & Myra Butler

### July 6

1: Jan Moon (7150); 2: Shirley Stolly; 3: Myra Butler; 4: Dick Mansfield; Cons: Gail Tirpak.

### July 13

1: Myra Butler; 2: Joan Sigafoos; 3: Paul Agarwal; Cons: Carol Thompson.

### July 20

1: Myra Butler; 2: Ray Dietz; 3: Edith Hunter; 4: Marion Turbin; Cons: Gail Tirpak.

### July 26

1: Walter Hickenlooper; 2: Phyllis Bressler; 3: Betty Barney; Cons: Ginnie Barrett.

### Aug. 3

1: Myra Butler; 2: Fran Griswold; 3: Betty Barney; 4: Jan Moon; Cons: Mary Culberson.

## Tuesday Afternoon Bridge

Agnes LaSala

### July 7

1: Shirley Stolly & Betty Morris; 2: Rich Fluet & Helen Eshbach; 3: Ray Dietz & Mazie Millward.

### July 14

1: Shirley Stolly & Betty Morris; 2: Ray Dietz & Mazie Millward; 3: Agnes LaSala & Carl Woodbury.

### July 21

1: Betty Morris & Carol Thompson; 2: Joe & Phyllis Zwick; 3: Marion Wade & Marie White.

### July 28

1: Betty Morris & Shirley Stolly; 2: Ray Dietz & Mazie Millward; 3: Carl Woodbury & Helen Eshbach.

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



**Beth  
Pantages  
PT  
Clinical  
Director**



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

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- ◆ Motor Vehicle Accidents
- ◆ Joint Pain & Stiffness

7860 SW 103rd Street Road  
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**(352) 854-3424**

## Tuesday Night Duplicate

Marjorie Benton

We welcome new duplicate bridge players to our game. For more information, or to find a partner, call 861-5700.

### July 7

1: Ernie Lord and Doug Miller; 2: Ida Rosendahl and Dick Mansfield; 3: Bruce and Marjorie Benton; 4/5 (tie): Mary Carol Geck and Doris Keathley & Joan Lord and Nel Bosschaart.

### July 14

1: Bill and Betty Raines; 2: Doris Keathley and Mary Carol Geck; 3: Betty Kauffman & Rita Smyth; 4: Bill & Edith Hunter.

### July 21

1: Mary Carol Geck and Doris Keathley; 2: Bill and Betty Raines; 3: Bruce and Marjorie Benton.

### July 28

1: Bill and Ida Carlson; 2: Bruce and Marjorie Benton; 3: Ernie Lord and Doug Miller.

## Wednesday Afternoon Bridge

Fran Griswold

Our newest, happy, smiling face is Alicia McDaniel and we welcome her. She is no newcomer to bridge but just new to us.

Most of the money donated by our group on the first Wednesday of the month will be used for school supplies for children at the Domestic Violence Center. Our group always donates very generously to this cause.

Happy Labor Day to all and remember we play each Wednesday.

### July 15

1: Mary Culberson (4290); 2: Ann Mahoney; 3: Alice McDaniel; Consolation - Serene Rossi.

### July 22

1: Shirley Stolly (4570); 2: Jeanne Reis; 3: Betty Barney; Consolation - Gloria Richards.

### July 29

1: Mary Culberson (4520); 2: Shirley Stolly; 3: Helen DeGraw; 4: Margo Thomas; Consolation - Gloria Richards.

### Aug. 5

1: Liz Milleson (4320); 2: Bonnie Heinlein; 3: Shirlee Wolcott; Consolation - Alice McDaniel.

## Thursday Afternoon Bridge

Marion Turbin & Betty Legg

### July 16

1: Alice McDaniel; 2: Helen Eshbach; 3: Marge Starrett; 4: Joanne Jones.

### July 23

1: Phyllis Silverman; 2: Gloria Richards; 3: Mazie Millward; 4: Alice McDaniel.

### July 30

1: Alice McDaniel; 2: Helen Eshbach; 3: Shirlee Wolcott.

### Aug. 6

1: Betty Legg; 2: Marge Starrett; 3: Shirlee Wolcott; 4: Alice McDaniel.

## Thursday Night Bridge

Helen DeGraw & Ida Rosendahl

### July 16

1: Flo Penn; 2: Dick Griswold; 3: Betty Barney; Cons: Agnes Weber.

### July 23

1: Shirley Stolly; 2: Dick Griswold; 3: Paul Agarwal.

### July 30

1: Dick Mansfield; 2: Fran Griswold; 3: Betty Barney; Cons: Jim Mahoney.

### Aug. 6

1: Dick Mansfield; 2: Eleanor Giardina; 3: Jim Mahoney; Cons: Edith Hunter.

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

## Friday Night Bridge

Jack & Mickey Martin

### July 17

1: Agnes Weber; 2: Catherine Edwards; 3: Betty Barney; 4: Bill Raines; 5: Joe O'Brien.

### July 24

1: Joe Zwick; 2: Natalie Fluss; 3: Shirley Stolly; 4: Phyllis Zwick; 5: Myra Butler.

### July 31

1: Mary Culberson; 2: Joan Lord; 3: Betty Barney; 4: Jack Martin; 5: Caryl Rosenberg.

### Aug. 7

1: Bill Hunter; 2: Nell Bosschaart; 3: Catherine Edwards; 4: Jack Martin; 5: Helen DeGraw.

## Friday Euchre 4 Fun

Irene Pisani

Intermediate and advanced players are all welcome, so come and join us on Fridays at 6:15 p.m. at the Arbor Conference Center, Suite A. Come one come all.

For more information, call Irene at 873-4173.

### July 7

1: Out of 14, Sam LoBianco; 2 (tie): Phyllis Wall & Joan Sigafoos; 3 (tie): Jo Swing & Mary Bartel; 4: Billy Swing; 5 (tie): Jerry & Sharon Dean.

### July 14

1: Out of 27, Buck Chaillet had a perfect score of 60. Congratulations! 2: Sharon Dean; 3 (tie): Pat Snable & Phyllis Wall; 4 (tie): Paul Agarwal & Bill Eberle; 5: Richard Gillette.

### July 31

1: Out of 20, Jo Swing; 2: Irene Pisani; 3 (tie): Richard Bartel & Paul Agarwal; 4: Edith Kolb; 5: Hank Kolb.

### Aug. 7

1 (tie): Out of 32, Mary & Hank Hilovsky; 2 (tie): John Wall, Joe Scivo & Joan Sigafoos; 3: Jo Swing; 4 (tie): Beverly DeBusschere & Sharon Dean; 5 (tie): Jerry Pinter, Buck Chaillet, Rita Pinter & Phyllis Wall.



## Friday Night Euchre

Joe Askenase

### July 10

#### Four Handed Game

1: Marcy Askenase; 2: Clarence Lietzow; 3: Russ Riegler.

#### Five Handed Game

1: Helen Foskett; 2: Vi Horton; 3: Diana Riegler, 4: Virgil Taylor; 5: Shirley Coe.

### July 17

#### Four Handed Game

1: Clarence Lietzow; 2: Diana Riegler; 3: Marcy Askenase.

#### Three Handed Game

1: Virgil Taylor; 2: Vi Horton; 3: Russ Riegler.

### July 24

#### Four Handed Game

1: Shirley Coe; 2: Bridget Hughes; 3: Virgil Taylor; 4: Viola Horton; 5: Marcy Askenase.

### July 31

#### Four Handed Game

1: Marcy Askenase; 2: Diana Riegler; 3: Russ Riegler; 4: Clarence Lietzow.

#### Five Handed Game

1: Helen Foskett; 2: Shirley Coe; 3: Maria France; 4: Vi Horton.

### Aug. 7

#### Four Handed Game

1: Marcy Askenase; 2: Diana Riegler; 3: Russ Riegler; 4: Clarence Lietzow.

#### Five Handed Game

1: Maria France; 2: Virgil Taylor; 3: Viola Horton; 4: Shirley Coe.



## Tuesday Night Pinochle

Viola Horton

Welcome to new players, Carol Locklear and Andy Mark in the Single Deck Players. We welcome all pinochle players. No partners are needed. Be at the ART Room in the Craft Building at 5:45 p.m. on Tuesdays.

### July 7

#### Single Deck Winners

1: Vernon Uzzell; 2: Lois Rider; 3: Jerry Pinter.

#### Double/Triple Deck Winners

Tables 1: Alberta Sarris & Vi Horton; 2: Billy Swing & Greg Skillman; 3: Charlie Distler & Virgil Taylor.

### July 14

#### Single Deck Winners

1: Jerry Pinter; 2: Vernon Uzzell; 3: Rita Pinter.

#### Double/Triple Deck Winners

Tables 1: Alberta Sarris, Ray Bock, & Vi Horton; 2: Billy Swing.

### July 21

#### Single Deck Winners

1: Lois Rider; 2: Jerry Pinter; 3: Rita Pinter.

#### Double/Triple Deck Winners

Tables 1: James Nottingham; 2: Jo & Billy Swing; 3: Rich Fluet & Charlie Distler.

### July 28

#### Single Deck Winners

1: Vernon Uzzell; 2: Audrey Bartolotta; 3: Carol Locklear.

#### Double/Triple Deck Winners

Tables: 1: James Nottingham; 2: Elsie Helwig; 3: Ray Bock & Virgil Taylor.



## Saturday Night Pinochle

Elsie Helwig

### July 11

1: Viola Horton; 2: Albert Novotny; 3: Gene Hubbard.

### July 18

1: Rita Pinter; 2: Al Novotny; 3: Greg Skillman.

### July 25

1: Greg Skillman; 2: Viola Horton; 3: Audrey Bartolotta.

### Aug. 1

1: Greg Skillman; 2: Albert Novotny; 3: Viola Horton.



## Cribbage

Greg Skillman

### July 17

1: Sheila Howell; 2: Ray Bock; 3: Luke Mullin; Cons: Alberta Sarris.

### July 24

1: Anne Jagielski; 2: Ray Bock; 3: Mary Ehle; Cons: Herb Postin.

### July 31

1: Craig Ehle; 2: Greg Skillman; 3: Mary Ehle; Cons: Sheila Howell.

### Aug. 7

1: Mary Ehle; 2: Elsie Helwig; 3: Luke Mullin; Cons: Craig Ehle.

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**Square Dancing**  
Walter Lamp

Welcome to the Circle Squares Club, the On Top of the World square dancing club. We welcome all returning members for another year of fun and dancing. Yes, there is exercise involved, but the fun kind.

First, I would like to thank Maureen Lea, on behalf of the entire club, for her time and effort over the past two years in writing these articles. She successfully kept us well informed, as I'm planning to do also.

Second, hearty congratulations to our newest members who joined our class last October and due to their weekly training sessions, they graduated on July 28.

The evening of the graduation started with a potluck social dinner for everyone. The tables, as well as the dancers, were decked out in our club colors: red, white and black. Great variety of food and we all walked away stuffed.

Then we proceeded with the graduation ceremonies. The lighting of the square dance candles, handing out of the

diplomas, club information and a well deserved round of applause from the current members. Just a year ago, I was sitting in those same chairs.

The graduates included Skip and Carol Spencer; Ellie and Sherman Gans; Fred and Karin Roberts; Tony and Faye Lesinski; Ellie Cyr and Norman Lallier. Others who attended classes, but weren't able to attend graduation are Jim Bell; Gordy and Dodie Phillips; Mary Knight; Ruth Bonnar; and finally, Ted and Sharon Nichols, who have danced previously, but just needed some "brush up dancing!"

And, of course, the evening was followed by their first dance as new members. They will now be joining us for our regular Tuesday night dances.

Finally, special thanks to the current officers; we appreciate their efforts to make this past year, a fun time for all of us square dancers.

Now, it's time to look ahead. On Tuesday, Sept. 29, at the Arbor Club Ballroom from 6 to 8 p.m., our annual free-fun dance will be held. It's where we open our doors to all in the community, who would like to try square dancing or are just curious to find out what this fun is all about.

We encourage current members to bring new guests or neighbors. As previously mentioned, anyone is welcome and see if it's possible to enjoy it, more than me.

The new officers, who have already been announced, are looking forward to the new year. We encourage all members to help out in some way, either at the weekly dance or at a special dance set-up.

I've been dancing for two years now. I enjoy the dancing, the laughter and the people with whom I share a square with. I hope you will too.

If you have any questions about the free-fun dance on Sept. 29, or square dancing itself or why I like it so much, please call me at 854-9378.



**Ballroom Dance Club**  
Richard P. Vullo

Our new dance lesson season begins Thursday, Sept. 11 at the Arbor Club Ballroom. The intermediate class is scheduled at 11 a.m. and beginner class at noon. Intermediate dancers will start with Fox Trot and beginners with an Introduction to Ballroom Dancing. Please register for your class by calling our dance instructor, Trish Sands at 351-2423, or Dick Vullo at 854-6772.

During this coming year, both classes will learn new steps in rumba, cha cha, waltz, tango, swing, meringue, samba and other dances. It's a great way to learn and practice your dancing steps and meet your neighbors, who also enjoy dancing. Membership dues are only \$6 per year and 4 lessons each month are only \$20. Singles are always welcome.

Here at On Top of the World, we have dancing on Friday nights at the Arbor Club Ballroom and Friday and Saturday nights at Circle Square Commons. In addition, there are numerous venues in the Ocala area for dancing during the week and on weekends.

We'll be at the "Get Acquainted Coffee" on Thursday, Aug. 27 at the Health & Recreation Ballroom from 9 to 11 a.m. to answer your questions and accept your reservations. Come and join us to improve your dancing and enjoy the social scene. Dancing is like everything else in life, use it or lose it.

The On Top of the World "Dancin' On The Top" committee will have its next dance on Sept. 26 at 7 p.m. at the Health & Recreation Ballroom. The theme will be cruising and the dress will be cruise casual. Fred Campbell Entertainment will provide music and entertainment. Tickets are \$6 per person and will be available every Monday and Wednesday beginning Aug. 31 through Sept. 16 from 8 a.m. to 10:30 a.m. in the Health & Recreation Ballroom.

For more information, please call Jack Stone at 873-3083 or Dick Vullo at 854-6772.

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



**Ballet Club**  
Eugenie Martin

In July, four dancers in our group spent an exciting day in Sarasota, where we drove to take a ballet class taught by my friend, Gina the ballerina. Yes, she does have a last name - Wexler - but everyone uses the former name, because ballet is her true passion. Gina is a talented ballet teacher and occasional performer, and it was a joy for us to participate in her class and have lunch with her.

For 20 years, Gina was my neighbor on New York City's Roosevelt Island, the planned community on the East River connected to Manhattan by an aerial tramway. When a ballet studio opened on the island in the early 80s, Gina dragged me to class.

It changed my whole life. I got a chance to appreciate from the inside an art form I had loved from the outside. I began to learn steps I had seen dancers do dozens of times. My form improved as time went on. I had joined the ranks of the ballerinas.

While some of us who dance in our mature years do perform in public, most of us do not. We do it primarily for exercise to beautiful music and for fun. And, as Gina the ballerina says, for our souls. We have no strict rules or regulations and, although we work at our own individual levels, we have a real group feeling. Sort of like a little casual corps de ballet.

If you want to try a class, all you need is exercise clothes and socks. We teach Tuesdays and Thursdays 1 to 2 p.m. and Mondays 6:45 to 7:45 p.m. All of our classes are held in the Arbor Club studio next to the indoor swimming pool. For information, please call me at 854-8589. Happy dancing!



**Lions Club**  
Dianne Lovely

On Top of the World Lions Club would like to welcome new Lion Dennis Phillips to our club. Dennis is already hard at work creating a web site for the club.

District Governor, Estelle Clark, made her official visit to our club on July 14 and spoke to us about our new international presidents theme for the coming year. Lions Clubs are in 205 countries with over 1,318,908 Lions in 45,000 clubs. Governor Estelle presented her new "Hat's Off Award" to Lion James McCabe; congratulations Lion Jim.

On July 28, our new Zone Chair, Alice Pantaleo, made a visit to our club.

The On Top of the World Lions collect used inkjet cartridges, eyeglasses and cell phones, you may drop yours off at several different locations, one being the Health & Recreation Building behind the information desk. Eyeglasses are refurbished then sent to third world countries to help the less fortunate. The inkjet cartridges and cell phones are recycled and the monies are used to help children and our many charitable projects that we support.

You too could become a Lion, call membership chair, Marty Schley, at 307-1286.



**Line Dancing**  
Sherry Ashenfelter

Our September through June dance year is about to begin. Experienced Level 1, Level 2 and Intermediate students return to classes on Monday, Sept. 14. We welcome the 76 newcomers who begin their line dance career on Wednesday, Sept. 16. Level 1 and newcomer classes are full with a waiting list.

Students within each class vary in their level of interest and skill. Our goal is to choose dances that can be successfully learned by most of the students. We offer occasional special workshops for students who like a greater challenge.

Forty-five line dancers participated in a summer workshop to learn Splish Splash. Splish Splash is a 128-count dance with a 32-count tag. Chill Factor, by request, will be taught at the next special workshop on Sept. 24 from 3:30 to 5 p.m.

For optimal learning conditions and floor safety, all classes beginning in September will be limited in size with pre-registration required. For information about classes and the new pre-registration procedure, please call 873-9440.

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On Top of the World Communities			BUS SCHEDULE	
PICK-UP	ROUTE	TIME	ALL TIMES APPROXIMATE	
1st Pickup	90th St. - Post Office	8:42 am		
Williamsburg	90th St. - 91st Cir.E. - 91st Cir.W. - Post Office	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 - Post Office - 99th Ave. - 96th St.	8:58 am		
Americana Village	89th Ct. Rd. - Post Office - 85th Ter. Rd.	9:02 am		
Friendship Village	Post Office - 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
ALL TIMES APPROXIMATE				
1st RUN	Jasmine Square (1st & 3rd Thurs)	1st Run Only	9:50 am	12:10 pm
	Dillard's or Kohl's	1st Run Only	10:00 am	11:40 am
	Lowie's	1st Run Only	10:05 am	11:35 am
	Paddock Mall		10:10 am	11:40 am
	Wal-Mart		10:15 am	11:45 am
	Target	1st Run Only	10:20 am	11:50 am
	K-Mart		10:25 am	11:55 am
Gateway Plaza		10:30 am	12:00 pm	
2nd RUN	Wal-Mart		12:05 pm	1:45 pm
	K-Mart		12:10 am	1:50 pm
	Gateway Plaza		12:15 am	1:55 pm
	Paddock Mall		12:20 pm	2:00 pm
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)... Start Pick-Up Run @ 3:42 pm... Return @ 5:30 pm				
Sam's Club... 2nd & 4th Wednesday of the Month... 2:10 pm... 3:30 pm				
Beall's & Wal-Mart... 1st Thursday of the Month... 1st Run Ocala... 2nd Run Hwy 200 W. (1st Run Ocala (Porter's & Target)... 2nd Run (Big Lots - Beall's - Dollar Tree - Wal-Mart)				
Beall's & Wal-Mart... 3rd Thursday of the Month... 1st Run Ocala... 2nd Run Hwy 200 W. (1st Run Ocala... 2nd Run (Big Lots - Beall's - Dollar Tree - Wal-Mart)				
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 MONTH) * Restaurant Location Posted in Bus, On TV Channel 17, 703 & 22, or Call Number Below *				
*For information or reservations call Health & Rec. @ 352-854-8707 ext. 10				

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**Alzheimer's & Dementia: The Difference**  
September 4th - 1:00 pm - 3:00 pm

This program will give insight into the different reasons for dementia as well as several very interesting photos of a normal brain verses an Alzheimer's brain as well as a brain affected by a stroke. Presented by Terrie Hardison, Executive Director of Alzheimer's & Dementia Alliance.

**Don't Forget to Remember**  
September 11th - 1:00 pm - 2:30 pm

Come and learn more about memory, aging and ways to foster a healthy and active brain. A discussion on what one can do to foster and maintain a healthy brain, as well as signs and symptoms of dementia, and what to do if you suspect a problem. Presented by Bonnie Farr, Psy.D., licensed psychologist.

**The Mind Body Connection**  
September 18th - 1:00 pm - 3:00 pm

Discover how powerful your thoughts are and the influence your mind has over your physical body. This interactive and life changing program will demonstrate the connection between your mind and your body and how your thoughts can control your quality of life. Presented by Terrie Hardison, Executive Director of Alzheimer's & Dementia Alliance.

**What is All That Tremor About?**  
September 25th - 1:00 pm - 3:00 pm

Tremors can be caused by a variety of conditions or lifestyle factors. From the causes to the symptoms and treatment, come and learn the facts! Presented by Annette Nieves, MD, Medical Director of Movement Disorders Clinic at Ocala Health.

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# Sunken Gardens

By Bob Woods  
WORLD NEWS WRITER

Sunken Gardens in St. Petersburg is a place where one can enjoy peace and tranquility while leisurely walking beneath plants and trees that have been in place since the gardens originated back in the early 1900s.

When entering the gardens you leave all the noise and sights of the city behind. Walking under a canopy of tropical plants and trees, one can get the feeling of walking in a jungle; only the pathways in this garden are hard surfaces.

The garden started attracting visitors back in 1924 and has been a favorite among those who visit. There are areas where bananas are growing, all types of citrus and even papayas.

During the winter months, heaters, such as those used in the citrus groves, are brought in to protect the sensitive tropical plants.

While walking with my wife, Bev, and Maggie Richards a huge lai tree drooped over the walkway cascading gorgeous petals in the surrounding area. At one point in our adventure, we noticed enormous bougainvillea plants flowering and huge Royal Palms.

We stopped at one of the many ponds in the gardens and read a sign, which stated that this pond is the lowest point

in the garden being some 15 feet below sea level. In this pond, moving extremely slow was a gigantic alligator and snapping turtle.

There are many ponds within the gardens, several with plants and others with water lilies and big koi fish. There are all types of little gardens such as an orchid arbor, bromeliads, Japanese, cactus, and the list goes on. There are benches scattered throughout the garden to either rest or take in the lush foliage.

Does this garden sound interesting? Well Travel Toppers has a trip scheduled Oct. 15, including a box lunch from Panera's, at a very reasonable price. Driving by automobile from On Top of the World it is a two-hour jaunt with no stops. The coach will make a rest stop going and coming. Call Linda Hein at 861-9880.

The gardens have some exotic wildlife within the four-acre sanctuary, namely a lot of parrots in cages and a small group of flamingos at a picturesque pond. Several ponds have small waterfalls that break the silence in the garden area with a little rumbling sound of water cascading over rocks.

The Sunken Gardens is a great destination and highly recommended. You won't be sorry or disappointed.

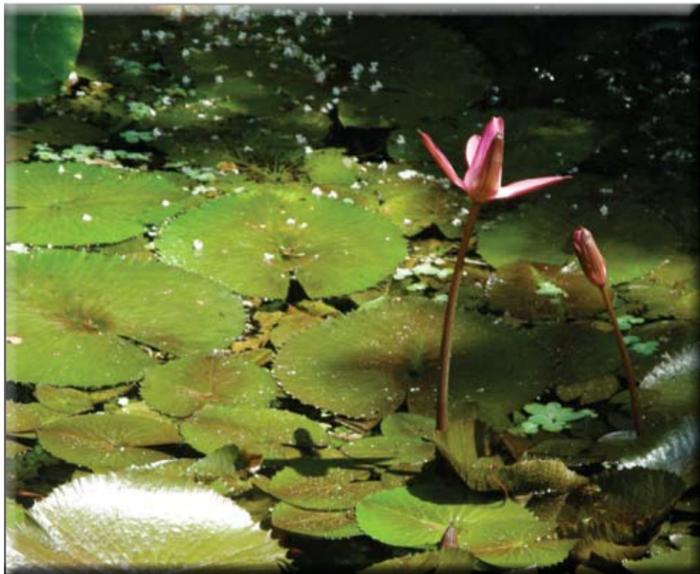


Photo by Bob Woods

One of many water lilies situated in one of many ponds located within the Sunken Gardens of St Petersburg.



Photo by Bob Woods

View from the Visitors Center in Colorado's Rocky Mountain National Park showing wild flowers being grown in the tundra while snow capped mountains loom in the background.

## Colorado Rockies

Part One of Two

By Bob Woods  
WORLD NEWS WRITER

It was just an awesome trip! I am referring to a recent trip by residents from On Top of the World who ventured on a trip to the "Trains of the Colorado Rockies."

It all began when we arrived in the "mile high city" by non-stop air from Tampa. The adventurous group decided to utilize the city's transit system and head for Denver's downtown area for lunch and sightseeing.

Arriving at the Grand Railroad Station, the group started traversing 16th Street, which is a non-vehicular street except for electric powered buses that are free-riding. The street is loaded with nice shops and plenty of eating establishments. At the far end, sits the gold-dome of Colorado's State House.

The next day started our Rockies tour by ascending the mountains to a village made famous by the local Rocky Mountains National Park. The village, Estes Park, is situated at the park's eastern entrance and also made famous by the mystery writer, Stephen King.

In the village perched a little higher than the village's main street is the famous Stanley Hotel. It was at this hotel that King wrote most of "The Shining," reportedly in room 216.

Entering the National Park, our coach's engine was revving as the road climbed higher and higher. Eventually we reached the famed Trail Ridge Road, which by all reports, is the highest continuous highway in the United States. At its highest point, the road reaches the height of 12,183 feet. We finally reached the "Roof of the Rockies" with such glorious views of mountains, some snow capped. At this altitude, breathing became a little difficult

and moving quickly would make one dizzy since no one in our group was altitude acclimatized. We were at the Rocky Mountain National Park's Visitor's Center.

Descending the mountainous roads towards the park's western entrance we returned to Denver for the evening after seeing a few deer, elk, and one moose along the way.

The next day our tour took us westward to the scenic and historical Georgetown Loop Railroad. This narrow gauge railroad was completed in 1884 to transport silver in and out of this particular region, just west of Denver. During its heyday, this railroad was an engineering wonder with its horseshoe curves and the spectacular "Devil's Gate High Bridge."

Heading further west towards Vail, we encountered a severe thunderstorm as we went through the storm's clouds. Here it is in the middle of July and all of the sudden we encountered all types of weather including heavy rain, sleet and snow.

Reaching Vail under light rain, the group entered the famous ski resort, which resembles a picturesque Alpine Village. The actual downtown area is off limits to all motor traffic with some unique shops and eateries.

The next awesome area on our trek westward to Grand Junction, which is located next to the Utah state line, our coach entered Glenwood Canyon. This canyon, which is 26 miles in length, travels alongside the rushing, cascading Colorado River. Our tour manager told us that we were traveling on the most expensive highway in the world.

It seems 16 miles of this roadway was constructed at an astounding \$500 million. Every rock, bush, tree could not have been disturbed, if it was, it had to be put back in the exact spot. There is one section the eastbound lanes go under the westbound due to the narrowness of the canyon. We took a break in the canyon at Grizzly Creek, a rushing, cascading creek spilling into the Colorado. All along the Colorado, we witnessed rafting at just about every turn.

Part two of two to be printed in the October issue of the World News.

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<b>OTOW Favorites</b> September 4, 2009 Recorded hits	<b>Dunning Shaw</b> September 5, 2009 60's, 70's, 80's and today	<b>OTOW Favorites</b> September 11, 2009 Recorded hits
<b>Automatic</b> September 12, 2009 50's, 60's, 70's and today	<b>Sounds of Time</b> September 18, 2009 Variety of Oldies	<b>OTOW Favorites</b> September 19, 2009 Recorded hits
<b>Johnny Alston</b> September 25, 2009 Motown and Rock n' Roll	<b>OTOW Favorites</b> September 26, 2009 Recorded hits	

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## For Sale

**Bicycle:** 3-month-old men's 26" Avalon 7 speed with helmet, pump & lock. \$85/OBO. 861-4812.

**Bicycle:** Panasonic, 26" 10-speed, hardly used. Make offer. 854-6316.

**Blinds:** Four white wood-look Venetian blinds for 48" x 62" windows, ideal for lanai. 622-2266

**China Closet:** Large two piece rosewood with decorative carvings and glass doors. Can deliver in On Top of the World. Call 547-1469.

**Computer Cabinet:** cherry, excellent condition. Approx. 70" high x 40" wide. 12 pigeon holes with file drawer. \$200. 861-2165.

**Electrolux Rug Shampooer:** make an offer. Please call 237-2939 after 5 p.m.

**Electronics:** Color scanner (color, legal/letter), camera with mike for on-line internet, printers, earphones with mike and more; Gateway computer with XP and 19" color monitor; 35 mm camera with 52mm and 62/200 lenses; digital camera with works; Panasonic telephone system. Make offer. 854-6316.

**Estate Sale:** Friday and Saturday, Sept. 25 and 26, 9 a.m. - 1 p.m., 9750 SW 97th Pl., Crescent Ridge II.

**European Artwork:** Handmaiden statue in gold, turquoise and cream on pedestal. Reasonable. 216-7509 or 854-7516.

**Furniture:** Recliner, modern black leather with ottoman, \$225. 36" round oak table with two teak chairs, soft seats, \$275. Large oak modern desk with mail hutch \$375. Large 5', 7 drawer dresser, light knotty pine, \$150. Blanket chest, teak wood, 4' x 18" x 15", \$225. Large folding teak table folds down to 8" wide; open 63" x 34", \$275. Modern light oak sofa table, \$95. Can deliver in OTOW. 547-1469.

**Furniture:** 48" round white table, four chairs with wheels, blue and gray cushions. Good condition. 622-2255.

**Furniture:** Taupe ultra suede sofa, \$175. Taupe ultra suede loveseat, \$150. Both in very good condition. 861-9144.

**Golf Cart:** 2004 E-Z-Go. Rebuilt in 2007. 854-7858

**Golf Cart:** E-Z-Go. Must sell. 237-6062.

**Golf Cart:** Par Car, 07, new condition, burgundy. 873-8600

**Golf Clubs:** 1, 2, 5 woods, lightweight, midflex, new grips. Extra long for distance. \$150. 873-4759

**Golf Clubs:** Callaway, Big Bertha X12 irons, 2 thru 9 plus sand and pitching wedge, ping driver, golf bag, balls. 291-6964

**Grill:** Full size table top with ss grid. Includes 2 gas bottles. Make offer. 854-6316.

**Hand Trucks:** Flat bed/upright hand, \$5. 3-tier steel service cart, new, \$25. Make offer. 854-6316.

**Keyboard:** Yamaha portable grand, 77 keys, like new \$125. 873-4759

**King Headboard Only,** no rails. Custom made, padded and upholstered. White background with pastel color design. Beautiful, like new. \$100 firm. 861-8852.

**Landscaping Pots:** New, very large, cheap. 873-1745.

**Love Seat, Chair and Ottoman:** Brick colored, matching. 237-9073

**Misc. Items:** Craftsman portable air compressor, one hp, new, \$75. Spray gun, one quart capacity, \$15. Hobby air brush, \$12. Air brush kit, \$10. 854-8220.

**Misc. Items:** Desk model rotary sewing machine, \$25. Glass top table and chairs (patio), \$30. 873-0579

**Misc. Items:** Elegant carved mahogany pedestal table, carved palm leaves holds 48" beveled round glass top. Four chairs with white seats, contemporary or traditional. Antique-looking gold chandelier, 5 lights and 1 down light, \$125. 237-9522.

**Misc. Items:** Large electric roasting pan, used twice, \$10. New Scrabble game, \$5. 861-9177

**Misc. Items:** Lowry Genius Three keyboard, 15 pedals organ, negotiable. 80" pastel flora sofa, \$26. Dining room table, 65 x 40 with four chairs, \$350. Wooden porch glider, \$45. 854-8220.

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## Classified Section

**DEADLINE:** noon on the 13th of the month. If the deadline falls on a weekend, then it's noon on the Friday before.

**FOR SALE, WANTED AND LOST/FOUND ADS:** There is no charge to residents as long as it is not of a business nature. There is a \$500 limit on FOR SALE items. Items valued at more than \$500 (i.e. golf carts) may be listed, but price will not accompany the ad. Auto, apartment, home, timeshare and real estate ads WILL NOT be accepted. Ads will appear once unless renewed in writing.

**SERVICE ADS:** Will be accepted from residents and non-residents. A three-line minimum (21 words) rate is \$20; four lines (28 words) is \$25 and five lines (35 words) is \$30. A six-month rate is also available; call 854-0248 or e-mail otownews@otowfl.com for more information.

**PAYMENT:** Prepayment is required and checks should be made payable to *Palm Acre Real Estate/The World News*. Send ad and payment to The World News, 9850 S.W. 84th Court, Suite 300, Ocala, FL 34481.

**OTHER:** Ads can be e-mailed to otownews@otowfl.com or left in the mailbox next to the Pressroom door (in Friendship Commons next to Customer Service).

**Misc. Items:** Red cloth soft, chair and ottoman, 4-1/2 years old, \$100. Tall glass top patio table and two chairs, \$50. 854-2280.

**Misc. Items:** Twin size, extra long, adjustable bed with pad, 2 sets sheets, pillow and spread; 52" Hitachi TV. Hawk Ultra Scroll saw with magnifier and stool; Craftsman 8" wheel bench grinder; 9" Keyless drill press. Craftsman vice; Little Giant ladder; band saw. 873-1416

**Slow Cooker:** With meat rack. Make offer. 854-6316.

**Tag Sale:** 9212 SW 91 Cir. W., Friday and Saturday, Sept. 4 and 5, 8 a.m. to noon. Singer sewing machine, oak sewing cabinet, computer printer, desk, etc.

**Tag Sale:** Saturday, Sept. 12, 9 a.m.-2 p.m. Wicker: settee/chair/rocker with cushions, all or part. Lots of misc., some old, some new, all loved. 8832A SW 94 Lane, Friendship Village.

**Train Set:** Lionel Sante Fe passenger train set plus 4 extra cars; 027 scale. Two B&O gondola cars with 2 canisters. Two Western Pacific hopper cars. New in original boxes, never been used. \$340. 237-4242

**TV and Cabinet:** 24" RCA TV and cabinet, with remote, 5 years old. Cable ready for standard cable. Cabinet in excellent condition, top shelf for components, double door on bottom for storage, dark wood. Both for \$100. 390-3853 after September 4.

**TVs/Players:** Color TV's, 13", 26" and 19" with VHS recorder/player; 57" rear projection HDTV ready; 2 DVD players, 1 VHS recorder/player. Make offer. 854-6316.

## 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.

**Alterations / Tailor / Curtains / Draperies:** Pick-up at your home weekly. To schedule an appointment, call Diana at 401-0076.

**Appliance, A/C & Heat Repairs.** Electrical & plumbing. Experienced and honest. Call Tom Parker (On Top of the World resident) anytime at 873-1297.

**Bob's Screening Service:** Garage door screens, window screens, porch enclosure screens. We re-vinyl windows. Complete rescreening service. Free estimates. 352-586-8459, Bob.

**Carpet Cleaning:** Countryside Chem-Dry, serving On Top of the World residents for nine years. Dry in hours, not days. 10 percent off first-time clients. 307-4100.

**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.

**Cat Boarding and Sitting** provided by loving experienced Cat Nanny. On Top of the World resident. Call 854-8589.

**C.A.T. Woodworking:** Crown molding, chair railing and cabinet drawer slides professionally installed. We build and repair furniture. Free estimates, LLC and insured. Call Tom, 288-6148.

**Cat Care:** one glance equals love! Will love yours, like my own. Experienced, trustwor-

thy & you get peace-of-mind. 291-1862.

**Certified Nursing Assistant:** 24 hrs. baths, hourly service, your home or mine. 237-7836 or 954-483-4936. #CNA76425.

**Cleaning by Evelyn Lee:** I do windows, deep cleaning, move outs. Lic. #A27450 & insured. 629-0855. www.sunshinecleaningoccala.com.

**Computer Repair:** Hardware/software repairs, virus/spyware removal, networking, consulting & training. Call Troy's Computer Clinic at 817-2834.

**Computer Setup and Training:** At home service. Senior rates, \$25 per hour! Have fun and learn! Call Kathy at 861-7719.

**Crown Moulding Specialist,** pressure cleaning, window cleaning, painting, tile, wallpaper removal, home repair/improvement, stucco repair, complete lawn care, handyman services. Free estimates. Anthony Bellamy 425-5788.

**Custom Drapery Makers:** Valances, cornices, pillows, fabrics, etc. Free estimate. On Top of the World resident. Dix's 854-5572 or 209-1444.

**Experienced Licensed Massage Therapist:** Swedish, deep tissue and facelift massage. On Top of the World resident. (352) 237-7042.

**Garden Maintenance:** weeding, edging, trimming, planting and mulching. Any yard work. 861-9366.

**Grocery Shopping Service:** Provide me with your grocery list and I take care of the rest. Reasonable fee, resident. 237-9073.

**Hair care in your home:** Licensed, experienced beautician comes to you. Full service. Call Cathy, PCA, resident, 237-3347. Service homebound.

**Handy-Helper:** driveways painted, light landscaping, wash windows, shampoo carpets; anything you need. On Top of the World resident. 291-6964.

**Handyman:** Kruman Services, Inc. Licensed and insured. Remodeling, repairs, replacements and preventive maintenance. Call Daniel at 361-4055.

**Handyman Services by Oden Inc.** Low and fair prices for any type of home repair, remodeling, landscape maintenance, pressure washing and gutter cleaning. Lic & Ins. For free estimates, call: 207-5930.

**Help-U-Fix-It!** We do honey "do's" and odd jobs! Installations, repairs, renovations, maintenance. Keep up your properties. Call (352) 694-3366.

**Home Sewing:** cushion covers, bed skirts, dinette seats, pillows, tablecloths and napkins. On Top of the World resident. Call 237-6760.

**HouseCall Senior Home Care** offers hourly services such as housekeeping, laundry, meal preparation, transportation, family respite. Lic. #231040, bonded & insured. (352) 873-0721.

**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 at 237-5338.

  
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**Massage Therapy:** in home massage for pain management & relaxation. By local massage school instructor Greg Sharko. Fla. Lic. MA31293. 390-3653.

**Notary Services and Signing Agent:** Will come to your home. Bonded, insured. Reasonable rates. Call Kathlyee at 861-6965. On Top of the World resident.

**Painting by Ben Travis:** \$99 per room special. One coat of any pastel color in any room. \$99 includes Sherwin Williams Best "Duration." Clean, reliable service by Lic. & ins. contractor. 30 yrs. exp. & references list. Free est. 620-5370.

**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, summer specials. 237-5855

**Painting by Johnson's Painting Services:** Reliable, 15 year's exp. Lic & Ins. Please call for a fair and reasonable estimate: 207-6620.

**Pipe leak damage your home?** What next? Call us first; Right Side Claim Advisors 888-779-6895.

**Pressure Washing:** "Don's" Free estimates. Remove mildew from driveways, porches, patios, walkways and clean the gutters. On Top of the World resident. 873-6225.

**Pressure Washing:** house or driveways. Call On Top of the World resident, Okey. Free estimate 237-6637.

**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:** I'll drive you to local appointments, grocery shopping, errands and more. Joan at 237-8240

**Transportation:** Personalized door-to-door transportation to airports, cruise ports, doctor appointments, shopping. Call Betty, 861-1163.

## Wanted

**Bowlers** for On Top of the World's Monday League. Starting Sept. 14, league bowling will be Monday's at 3 p.m. at Galaxy West. Call Chris 873-8187 or Joan 237-1978.

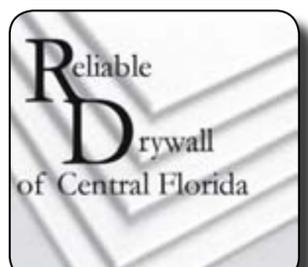
**Bowlers** for fun, non-sanctioned On Top of the World league. Men, women or complete teams needed. League bowling on Thursdays at 3 p.m. beginning Sept. 10. Call Jim 873-1281 or Joe 854-8960.

**Buying all types of items:** Furniture, glassware, jewelry, gold, guns, tools, military items, fishing gear, old trains, sterling silver, automobiles, statues, figurines & golf carts. Call Marty 274-3178.

**Guns:** On Top of the World resident interested in buying guns, new, old, any condition. 854-2555.

## Lost

**Large Golf Umbrella:** red and white, wide pink rubber band on handle. 873-2171.

  
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