



## Community News & Update

By Kenneth Colen, Publisher

### Insurance Update

August is a good time to check in with your insurance agent and make sure you have adequate coverage on your home and contents.

In the On Top of the World Owners' Association, residential properties are insured under a master policy in the name of the Association. The per event deductible remains the same as the prior year, at \$10,000 per occurrence for any event including wind/hail related damage.

Named storm events carry a separate deductible of 5% of the total of values at the time of loss at each location involved in the loss, subject to a minimum (community wide) deductible of \$250,000 for any one occurrence such as a named storm.

With respect to flood, earthquake and flood resulting from a named storm, all loss, damage, and/or expense arising out of any one occurrence shall be adjusted as one loss, and from an amount of each such adjusted loss there is a \$100,000 deductible.

Should the community experience wind-related losses; the deductible is spread over all members of the On Top of the World Central Owners' Association. In other words, the individual share of the deductible would be approximately \$65 per dwelling were it necessary to assess for the named storm deductible and the deductible was \$250,000.

This is a good point to segue into the limits of coverage that individual homeowners may wish to carry. Contents coverage may vary greatly depending what it is you wish to insure. As a basic point though, you need adequate limits to cover furnishings, personal items, floor coverings, appliances, fenestration (windows & doors) and cabinetry. All carriers write an HO6 rider that provides for loss assessment coverage in the event of a special assessment from the Association to cover unforeseen shortfalls in losses.

There may be a possibility that your carrier will offer a product called "extended protection" that in effect offers another layer to loss assessment coverage. It was pointed out to me by a local insurance agent that the carrier may require is a letter from the Association stating that there are "no losses, unreported losses, and ongoing repairs" currently pending. We have drafted such a generic letter and posted it to [www.ontopoftheworldinfo.com](http://www.ontopoftheworldinfo.com) (click on Insurance Info). You may print this letter and provide it to your local agent.

### Master the Possibilities

Master the Possibilities has once again shown that there is no one season for life-long learning. In August, there will be 73 classes and presentations scheduled to start. Over half of these are brand new!

Now is a great time to revisit the website at [www.masterthepossibilities.com](http://www.masterthepossibilities.com) or the catalog. The variety of this curriculum is indeed impressive as well as the expert faculty they have assembled. Join one of the "coolest" aspects of our community during one of the hottest months. See you in class!

### Circle Square Commons

As the summer rocks on, Jimmy Beaumont & The Skyliners kick into high gear at the Circle Square Cultural Center. Their greatest hit was "Since I Don't Have You," and they will perform many more favorites.

On The Town Square, join in the fun at the Island Festival on Aug. 7 from 5 to 10 p.m. The excitement begins with the pulsating drumbeats of Tahiti and beautiful island dancers dressed in authentic and colorful costumes. Grupo Salsarengue is a live, diverse Latin band playing all of your Latin favorites like Salsa, Merengue, Bachata, Bolero and other rhythms. Also performing is Caribbean Crew. And don't miss out on some good island food!

### State Elections

August is the month that election campaigns begin to ramp up. This is going to prove an interesting year if for no other reason than the nine proposed amendments to the State constitution.

Admittedly, I can become a bit curmudgeonly on the topic of constitutional amendments. On page 10 of the World News, you will find a presentation and discussion of the amendments. This will be serialized between now and the general election in November. I hope you find it both useful and thought provoking.

Special thanks go to the folks at Ballot\*Pedia for their work in assembling so much information.

➔ See page 10 for a review of Amendments 5, 6 and 7.



Photo by Bob Woods

Alexandra Sexton sings the Star Spangled Banner.

## Fourth of July, A Star-Spangled Event

By Bob Woods  
WORLD NEWS WRITER

On Saturday, July 3, The Town Square was aglow with red, white and blue. Many in attendance wore these patriotic colors as they came to celebrate Independence Day.

The event started with Bob Woods, a retired Navy veteran speaking about the origin of Independence Day followed by a young 13-year-old lady, Alexandra Sexton, who belted out the song, "Star Spangled Banner," like a professional entertainer.

Bob O'Neal led the audience in singing each military service song as veterans from each military service held their respective flag. The Fleet Reserve Association, Branch 186, supplied the flags to the event.

Norman Lee, the scheduled entertainer, started his performance. Lee played and sang many tunes of all sorts enabling pattern, line and ballroom dancers to do their thing on the dance floor. Often Lee would sing a patriot song and the crowd would join in.

As scheduled, a formation of T-6 aircraft, used in military service as a fighter and later a vehicle to train new pilots, roared overhead in formation. After passing over The Town Square in

one direction, they returned in the opposite direction. The formation demonstrated the missing man maneuver as one plane trailing smoke broke from the formation and headed higher skyward just

about right over the middle of The Town Square. The crowd cheered, clapped and waved as these privately owned aircrafts participated in this event.

The fly-over was one of the highlights of the evening as the crowds voiced and showed their appreciation. These aircrafts were used for many years in both the Air Force and Navy being introduced back in the 1930s.

The next highlight of the evening was the Swing Sisters, a trio of ladies singing old favorites of the Andrew Sisters. Due to inclement weather, the performance was held inside of the Circle Square Cultural Center.

The Swing Sisters performed a complete show, one that they would have performed on any stage. They even changed their attire while a video was shown concerning the beginnings of the United Service Organizations (U.S.O.).

If you missed the Swing Sisters this time around, you can see them as they perform again on Friday, Oct. 15 in the Circle Square Cultural Center. For tickets, call 854-3670 or visit [www.csculturalcenter.com](http://www.csculturalcenter.com).

This Fourth of July celebration was indeed a star-spangled event!



Photo by Bob Woods

The Swing Sisters at the Fourth of July event.

## There's a New Captain in Town

By Ray Cech  
WORLD NEWS WRITER

Captain Tom Terrell commands the Marion County Sheriff's Southwest District Office on S.R. 200, and is responsible for more than 88 plus square miles and more than 46,000 citizens, including those of On Top of the World.

Originally from Hollywood, Fla., in 1992 Captain Terrell moved to Ocala just about a mile or two up the road from here. He attended Forest High School and College of Central Florida (formerly Central Florida Community College), and a short while later joined the sheriff's department as a corrections officer.

Two years later, he joined the patrol division and during the next nine years saw plenty of the good (and the bad) while keeping watch over Ocala residents and visitors. But after that many years it was time for a change and a broadening of experience.

Captain Terrell became a member of D.A.R.E. (Drug Abuse Resistance Education), and says it was, "one of my most rewarding times on the force." He worked with students, teachers, parents, and anyone who would listen to help motivate kids to stay away from drugs.

Throughout Captain Terrell's move through the ranks as sergeant, lieutenant, and then captain, his responsibilities grew. During his three-year command of

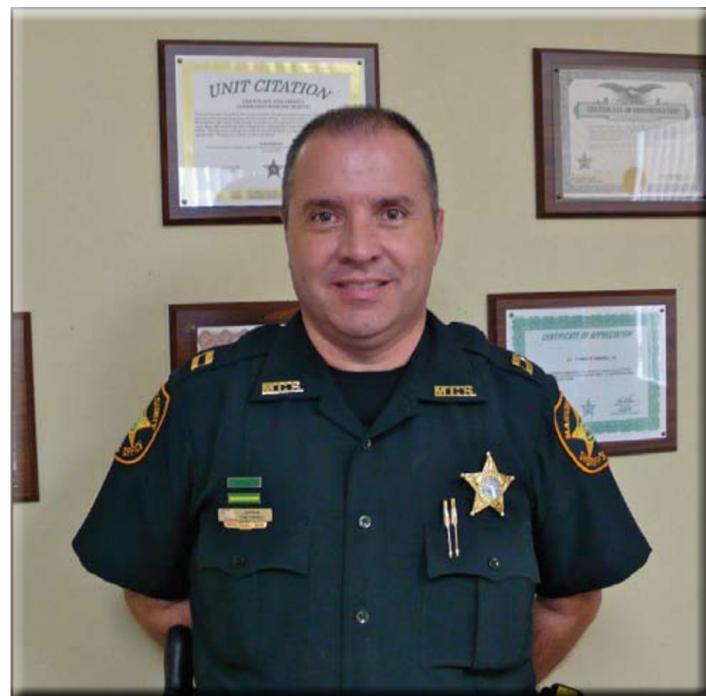


Photo by Ray Cech

Captain Tom Terrell of the Marion County Sheriff's Southwest District Office on S.R. 200.

the Marion County Communications Center, he was responsible for more than 50 employees and all incoming and outgoing communications—a critical function of any law enforcement agency.

Now as commander of the Southwest District, Captain Terrell works to ensure that his team is responsive to people's needs, whether that means responding to a home invasion, the latest scam, or a ve-

hicle break-in (frequent problem), or addressing communities and organizations on how to maintain a safe living environment.

Captain Tom Terrell sees himself as a people person, working to safeguard the quality of life that people have come to expect at On Top of the World and the surrounding communities.



## 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.** As a lawyer, what do you recommend for yourself between just a will and a living trust? I was told to ask you that question.

**A.** It's interesting that you were "told" to ask me that question but you did not say who told you to ask it. Well, I guess it doesn't matter.

My answer is simple. What is good estate planning for me may not be good estate planning for anyone else, so the question is pointless.

However, to make whoever "told you

to ask me" a happy camper, I'll tell you. I happen to have a living trust. (Note: my home is not in that trust because I do not believe it is wise to put one's home into trust.)

Does that mean that anyone reading this should do the same as I, just because I feel it is the best estate planning option for me and my wife? No, no, no! I believe that each person ought to ascertain his/her/their estate planning needs based on an individualistic analysis of his or her or their specific needs and goals.

Generic estate planning is for the birds. You ought to spend the bucks to go to an estate-planning attorney and discuss things with him or her. You can get some information at seminars—every now and then it might even be good information so long as the speakers are not trying to sell living trusts or annuities or anything else; although I think it's best to go to lectures rather than attend a "free lunch" seminar.

Disclosure: I would say that it's better to go to lectures since I speak at lectures in Ocala. In brief: The estate planning that I do or that anyone does, should be totally irrelevant to the estate planning that you should do.

**Q.** It seems to me that the next elections will be extremely important for the State of Florida and also, of course, our Nation. Therefore, assuming that you seriously research the candidates, I wonder

### Golden Oldies Humor

By Stan Goldstein



Hard work pays off in the future ... laziness pays off now!

if you will give us some idea of what you think of the candidates, once you know who they will be.

**A.** No, I don't think so. I shall not do any "electioneering" in this column. I want everyone to read and enjoy this column without any concerns that I am trying to influence anyone to vote for any particular candidate or to vote any particular way.

Of course, I also want everyone to exercise his or her right—make that obligation—to vote; but I don't care who a person selects.

Look, I certainly have my own views. Here's one: I want to make sure that whoever is running for statewide elective office will make sure to keep the Florida attorney general's statewide offices for cyber crimes against children. I think those offices are critical. So I am going to try to ask persons running for office what their views are about that.

However, I don't think I should endorse one person over another. From time to time, I may mention the name of someone who just happens to be running for some office, but I can assure you that if I do that, it will be because that person is involved in something that my readers may want to know about, other than just running for office.

You need to do some "looking into" for yourselves. What I am trying to do in my column is to provide good information

to you in an interesting and informative format. For those of you who don't have computers, I earnestly suggest you seek to educate yourselves on the various candidates.

**Q.** How old are you?

**A.** <Giggle> I'm old enough to remember bottled ink in inkwells and to have dunked some pigtailed into them. I'm old enough to remember Kate Smith singing "God Bless America," Milton Berle's TV show, "The Shadow", John Cameron Swayze, Jack Benny, Arthur Godfrey, Eddie Cantor, Jimmy Durante, the Korean War, the firing of General MacArthur.

I'm old enough to remember the Packard, the Kaiser, the Frasier, the Hudson, the Studebaker and, of course, the Edsel. I remember Joe Louis losing to Ezzard Charles, Adlai Stevenson losing to Dwight Eisenhower.

But I am young enough to love life and the people I've met and hope to keep right on meeting along my way.

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 for any specific question. 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 Bakery Café. 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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# Choo Choo Me Home

By Bob Woods  
WORLD NEWS WRITER

"Pardon me, boy / Is that the Chattanooga choo choo? / Won't you choo-choo me home?" You remember those song lyrics made famous by Glenn Miller? Now that this song rings a bell in your mind, I bet as you are reading this article you are humming that famous tune.

The Chattanooga choo choo is still going strong today, but not as a locomotive pulling passenger cars rolling down the tracks from Pennsylvania Station in New York City on track twenty-nine. Today, the choo choo is a large Holiday Inn hotel complex created from the old railroad station and utilizing some of the old passenger cars as hotel rooms.

There are not many cities identified with a song. This Tennessee town, located on the banks of the Tennessee River and just over the Georgia state line, was once a large railroad hub connecting trains heading towards the north and south. Today, the city celebrates its railroad history.

One of the original trains is in place in Chattanooga's former Terminal Station. The station was saved from demolition in the early 1970s. Today, it is part of a resort complex which includes the Choo-Choo Holiday Inn and many historical railroad exhibits.

Want to sleep in an old restored passenger railroad car? You can, for a pre-

mium, at this resort and you can dine in an early dining car. The city is also home to the National Model Railroad Association and has other railroad museums in the local area.

The Chattanooga Terminal Station, served three different railroad lines, mainly serving the Southern Railway. The station was erected in 1908 and at one time had 48 passenger trains stopping at the station each day. The station has the highest freestanding constructed dome in the world as well as the world's largest brick arch on the front of the building.

How did this city become famous? It all started with a newspaper reporter sarcastically calling the little steam locomotive that was puffing heavy smoke out its stack the Chattanooga Choo Choo. Little was known about the train and the city's Terminal Station until Glenn Miller's orchestra made the popular tune world famous in 1941. The rest is history.

If you are a railroad buff, Chattanooga is a great place to visit. If you are a Civil War enthusiast, there is so much history in this area, particularly an area called Lookout Mountain, which also houses many other attractions.

One of the first places we visited was the river area of the city where we visited Chattanooga's Tennessee Aquarium,

which we found out is the world's largest freshwater aquarium. It is one of those aquariums that you don't want to miss, no matter how many aquariums you have visited in the past.

I think the best attractions in the Chattanooga area are those located at Lookout Mountain. The mountain is within eyesight of downtown, towering in the city's background. I think the most spectacular attraction is Ruby Falls.

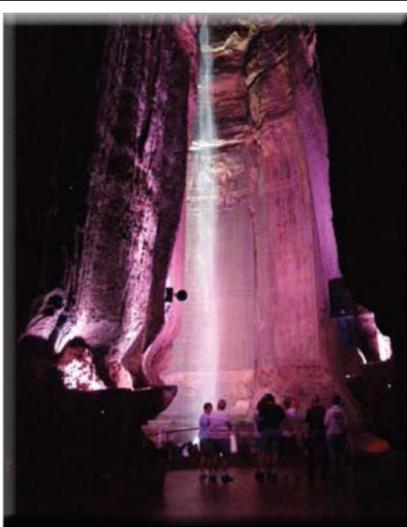


Photo by Bob Woods

## Ruby Falls aglow.

It takes approximately one hour to visit the falls. First, you take an elevator down over 260 feet where you will have a guide take you through this cave where it ends at the falls. What is so fantastic about the falls, other than the view of the falls itself, is that this cave has no entrance or exit except for the elevator. There is no air pumped into this cave and all the great fresh air is supplied by the falls.

When we approached the falls, there was no mistake that water was crashing onto something. The guide told us as various colored lights were turned on that the falls are 145 feet in height and all within the confines of the cave. We were told that it is still a mystery where the water comes from and the same holds true as to where the water goes. Popular thoughts are that the water seeps from top of Lookout Mountain, which is some 80 miles in length starting in Tennessee and then running into Georgia and Alabama. Both Bev and I were just awe-struck at the sight of the falls.

Another great attraction on Lookout Mountain is Rock City. This tourist area is like a rock garden. It does take a little effort traversing along the solid slate paths provided; you go up and down depending

on the terrain.

Rock City has many interesting and beautiful locations. Not only can you obtain fantastic views, but at one point near "Lovers Leap" a sign states that with the naked-eye seven states can be seen. We were here on a hazy day and were not able to see this view very well.

Both Ruby Falls and Rock City are not handicapped accessible. One attraction that is accessible is the Incline Railway. This train can be boarded from the top or bottom of

Lookout Mountain. This railway is the world's steepest passenger railroad climbing through the clouds at a 72.7% grade near the top.

After getting our ticket and boarding the train, I almost felt like a mountain goat as the floor of the train car is slanted forward. The two train cars are hooked together and as one train starts from the top, one starts from the bottom, meeting half way up the mountain. The ride is just about one mile in length and takes about 10 minutes.

With all said and done, both Bev and I agreed, that Chattanooga has a lot to offer a tourist.

If you visit the choo choo first, which I recommend, right next door is a free parking garage with free bus service to the river front and the aquarium, many museums and fine eateries, all within easy walking distances. By the way, the buses run every five minutes up to 11 p.m.

Have I enticed you yet to take a trip to Chattanooga? It is just about an eight-hour run from On Top of the World. Just head up Interstate 75 and after crossing the Tennessee state line take interstate 24 west to Market Street north. You are there! Have fun!



Photo by Bob Woods

Lookout Mountain.

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## All Around Our World

Lynette Vermillion

It's been an extremely hot and humid summer so far and I am hoping the second half will bring us a little relief. We have been lucky with receiving some much-needed rain and managing to avoid severe storms. I hope everyone is enjoying their summer ... whether you have been traveling, visiting with family and friends, or just kicking back and relaxing.

### Traffic Light

We are making progress on installing the 80th and 80th traffic light. We have received all County approvals and plans are now out for bid. Once the contractor is selected, we will post updated information about start date on the [www.ontopoftheworldinfo.com](http://www.ontopoftheworldinfo.com) website.



Join our Email list! Receive information about Circle Square Commons including the Farmer's Market, special events, entertainment, The Ranch Fitness Center & Spa, Circle Square Cultural Center, Master the Possibilities, Mr. B's Ice Cream Shop, The Bakery Café and more!

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### Curbside Landscape Debris Pick-Up Schedule

#### Monday\*

Americana Village  
Friendship Village  
Friendship Park

#### Wednesday

Friendship Colony  
Candler Hills\*\*  
Indigo East\*\*

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

ontopoftheworldinfo.com website.

### Towing Signs

Many of you have probably noticed the Dave's Towing Signs now posted at all entrances. In order to comply with our Rules and Regulations and Florida Statute 715, signs must be posted with specific verbiage at all entrances.

Just a reminder, no unregistered motor vehicles, no motor vehicles with expired registration and no abandoned motor vehicles (whether or not currently registered) are permitted at any time in the community. Any motor vehicle that remains unremoved for a period of 15 days or more may be treated by the Association as having been abandoned unless the owner thereof first notifies the Association in writing of the owner's intent to leave the vehicle unremoved for a longer period of time and the Association consents in writing to such longer period of time.

Overnight parking is not allowed in common areas, at amenity buildings or post offices. Residents needing extra parking space may contact Customer Service for a space at the RV parking area. All golf carts and motorized vehicles licensed for road use must stay on the designated cart paths, and roadways and shall not be driven in private yards, between villas (unless operated in ingress and egress areas) or homes, on sidewalks, and on any golf course unless playing golf. Thank you for complying with the rules.

### Senior Scams

In my article last month, I briefly touched upon crimes against seniors and finding information on the website of the Attorney General of Florida. I wanted to hit on this again because it is a growing problem among the over 60 population.

According to an article in the Orlando Sentinel, one in five seniors are hurt by money crimes. This is happening to young seniors and the most elderly. It can come in the form of identity theft, door-to-door frauds, lottery scams, investment offers and solicitations for charity groups. Over

### Customer Service

Friendship Commons - 8 a.m. to 4 p.m.

Office will be closed Wednesday,  
Aug. 18 from noon to 1 p.m.

650,000 Floridians have been victims of financial crimes in recent years and the number is expected to rise as baby boomers age.

According to a spokeswoman for the Florida Office for Financial Regulation, more than half of the elder abuse complaints the state receives involve financial impropriety.

Beware of telemarketing calls ... don't give out any personal information, credit card information, etc. Always be wary of giving too much information to strangers.

### Single Stream Recycling

Single stream recycling started in the community a year ago at the 90th Street post office and quickly spread to other sites. It has been popular and we have had plenty of positive feedback from residents. If you haven't taken time to check out this convenient and easy form of recycling, you should do so. Many materials can be recycled and the good news is that everything goes into one bin - no sorting required! Just look for the container that states, "single stream recycling."

Please do not include:

- glass such as light bulbs, ceramics or mirrors;
- aluminum products such as foil, aerosol cans;
- plastic bags.

Plastic containers must be numbered one to seven on the bottom of the container and all cardboard must be broken down. Please rinse all containers and remove lids.

Please follow the guidelines on the sign, refer to [www.ontopoftheworldinfo.com](http://www.ontopoftheworldinfo.com) or pick-up information at Customer Service.

### Lawn and Irrigation Maintenance

We are right in the middle of the hottest time of the year. But the good news is that we are receiving some rainfall. Residents should monitor their irrigation systems more closely to help save water. Remember one-half to three-quarters of an inch of irrigation per week is all that is needed to sustain the turf. With the summer rains, residents may be able to curb their water consumption by not irrigating during weeks that we see these rainfall amounts.

Fungus and other diseases thrive in humid, muggy conditions so keeping excess water from forming on your lawns is critical in controlling these pests. Over fertilization is another driving force with fungal pests and should only be done after checking with the management company to avoid duplication.

Chinch bugs are opportunistic insects that will seek out stressed or dying St. Augustine turf so it is important that the irrigation system is operating properly. Monthly irrigation checks need to be done to ensure the lawn is receiving proper coverage and that there are no broken lines or heads.

Some controllers have been affected by the summer lightning storms this year,

so we advise all residents to check their controllers after each storm. Lightning storms can surge power into the controllers affecting the program scheduling, thus causing the controller to malfunction, which may prevent the system from operating correctly. Rain sensors should be checked to see that they are operating properly and also to keep you from over watering.

### Gas Safety Tips

Many residents have natural gas and we wanted to provide you with general gas safety guidelines. Make sure the gas flame in your appliance burns bright blue, not a dull yellow-orange. Never use an appliance that is operating improperly. Have it serviced by a qualified service provider.

In its natural state, natural gas is both colorless and odorless. For your safety, a chemical ingredient is added which smells like rotten eggs. If you suspect a gas leak, check your pilot lights or see if a burner has been partially left on. If you can't find the source, open windows and doors to disperse the gas and call your utility provider.

The hurricane season goes until Nov. 30 and if you were to evacuate your home in the event of a storm, do not turn off your gas supply at the main meter. Only emergency personnel or utility provider should turn the valve on or off. You can turn off the gas for individual appliances at the appliance valve near each unit, if you choose to do so.

### Condition of Golf Courses

On July 1, all three of our golf courses were evaluated by an agronomist with the United States Golf Association and a Turf Advisory Service Report was issued with their findings. All the reports have been posted on the [www.ontopoftheworldinfo.com](http://www.ontopoftheworldinfo.com) website so they may be viewed at your leisure. If you have any questions regarding the information contained in the reports, please contact Andy Jorgensen, golf course superintendent.

### Customer Service

Please note that the Customer Service office is closed the third Wednesday of every month from noon to 1 p.m., which falls on Aug. 18 this month.

### Community Update

By this printing, the new men's restroom at the front of the Health & Recreation Building should be completed as well as the expansion of the pool deck at the Candler Hills pool. Next on the list is The Pub, which will close for maintenance on Aug. 16 and reopen on Aug. 23.

### Restaurant Gift Cards

Gift cards are now available for The Pub and Candler Hills Restaurant. Take advantage of the summer special running now through Sept. 30 and purchase a gift card in the amount of \$50 or more and receive 10% off the cost (i.e. purchase a \$50 gift card for only \$45). The discounted summer gift card may not be used with any other discount offers.

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**Recreation News**  
Theresa Fields

It's hard to believe we are into August already! Hope everyone had a safe and enjoyable Fourth of July! Circle Square Commons was filled with a lot of patriotic spirit and as always the dancing was endless—that is until the rain came. We all have something in our lives to smile about and did you know that Aug. 1 through 7 is National Smile Week? So help us celebrate by sharing smiles throughout On Top of the World Communities.

Our Fitness & Recreational Catalog is now out and full of planned activities for the upcoming months. If you did not receive a catalog, please stop by the Health & Recreation office to pick up your copy.

By the time you read this article, the newly updated men's restroom, located on the second floor of the Health & Recreation Building, will be open. The women will now only be able to use the restroom located off the library on the second floor.

**Seminole Casino Trip**

Our next trip is scheduled for Thursday, Aug. 12. The cost is \$20 per person including \$25 in free play, \$5 lunch voucher and transportation. Register at the Health & Recreation office as this trip fills up fast.

**Free Seminars**

Join Dr. Mery Lossada, MD, and specialist in Neurology & Psychiatry as she explains "Five Wishes" for your health-care needs on Tuesday, Aug. 10 at 10 a.m. in the Health & Recreation Ballroom. Register at the Health & Recreation office for this free seminar.

Can you recognize the signs of dementia? Do you have a loved one affected by this disease that needs your care? Join Comprehensive Home Care for information and helpful suggestions when caring for persons with dementia on Tuesday, Aug. 17 from 9:30 to 11 a.m. at the Arbor

Conference Center, Suites E and F. Register at the H&R Office for this free seminar.

**Primary Elections**

Tuesday, Aug. 24 will be Election Day. The polls are open from 7 a.m. until 7 p.m. and are normally less busy during the mid-morning and mid-afternoon. Polls are located at 9125 SW 98th St. in the Card Room of the Craft Building or 10070 S.W. 94th St. at the Arbor Conference Center.

If you do not know the location of your polling place, contact your Supervisor of Elections. Also, Supervisors of Elections have precinct and polling place finders on their website to provide you with the information on where to vote. At the polls, you will be asked to provide valid picture identification with signature. For more information contact the Health & Recreation office, Monday through Friday, 8 a.m. to 4 p.m.

**Social Hour**

Come join us for a relaxing evening with friends and neighbors as you listen to Donald Jones on the keyboard playing 60s and 70s easy listening music. This event will take place on Thursday, Aug. 26 in the Arbor Club Ballroom from 4 to 6 p.m. Light refreshments and a cash bar will be provided. This event is free! For more information, contact the Health & Recreation office.

**Baseball Games**

If sports are your idea of fun, come out and join us for a day at Tropicana Field in St. Petersburg on Wednesday, Aug. 18 when the Texas Rangers vs. Tampa Bay Rays. The game starts at 1 p.m. and seats are located in the Press Level. They will be hosting their first Annual Senior Prom for Senior Citizens. You will have a chance to go on the field during post game for the Centerfield Shuffle with an Elvis and Frank Sinatra performance. Tickets are \$35 per person.

On Friday, Aug. 27, the Boston Red Sox vs. Tampa Bay Rays. Game time is 7:10 p.m. at the Tropicana Field and seats are located in the Baseline Box. The bus is almost full with only a few seats left; tickets are \$55 per person.

To purchase tickets for either game, contact the Health & Recreation office, Monday through Friday, 8 a.m. to 4 p.m.

**Get Acquainted Coffee**

We will be having our Get Acquainted Coffee on Thursday, Sept. 9 in the Health & Recreation Ballroom from 9 to 11 a.m. Would you like to receive more information on available services, fitness and recreational activities within your community? Then come join us. We will have coffee and doughnuts available. Representatives will be on hand to answer questions and provide information for all your commu-

nity needs. For more information, contact the Health & Recreation office, Monday through Friday, 8 a.m. to 4 p.m.

**Happy Hour**

If you have attended our Happy Hour in the past, you were entertained by Elvis, Clarence Carter and even Baby New Year! This masked man was our supervisor of the Arbor Club, Dave Guildford. Dave provided an excellent line of entertainment for our Happy Hour and is well known throughout the community. Dave has decided to take some time off to travel and enjoy retirement with his wife. We thank Dave for his service and wish the best for him in his travels.

Upcoming dates are as follows:

- Aug. 6 - Sounds of Time
- Aug. 13 - Automatic (Hollywood Nights)
- Aug. 20 - Johnny Alston
- Aug. 27 - Tomaura

**Community Information**

When dialing the Health & Recreation Building, you must dial 854-8707 and then the extension of the person you are trying to reach. For example, 854-8707 plus ext. 7534. If you dial the 854 plus ext. 7534 you will not reach On Top of the World Communities. The extensions for the Health & Recreation office are as follows:

- Theresa Fields - ext. 7530
- Larry Robinson - ext. 7531
- Cammy Dennis - ext. 7532
- Jenene Baxley - ext. 7533
- Fitness Department - ext. 7534

Attention all clubs currently using storage space at the Health & Recreation Building and Arbor Conference Center: Please note that pre-approval is required before

any cabinets or items can be placed in the storage areas. Club meetings must be held in the facility that your items are stored. If you are no longer meeting where your items are stored, you will need to arrange to have the items removed. Remember, storage space is limited and must be pre-approved. Any questions, please contact the Health & Recreation office, Monday through Friday, 8 a.m. to 4 p.m.

We have posted "No Parking On Grass Signs" around areas of the Health & Recreation Building and the Craft Building. Golf carts should be parked in designated parking areas and not on grass or sidewalks.

FS 316.1995 - Driving upon Sidewalk or Bicycle Path: No person shall drive any vehicle (scooter, motorcycle, golf carts, etc.) other than by human power upon a bicycle path, sidewalk, or sidewalk area, except upon a permanent or duly authorized temporary driveway. A violation of this section is a non-criminal traffic infraction, punishable as a moving violation as provided in chapter 318.

**The Pub**

The Pub in the Health & Recreation Building will be closed for maintenance beginning Aug. 16 and is scheduled to reopen on Monday, Aug. 23. We apologize for this inconvenience but ask that you please plan accordingly.

Don't forget to check out the events calendar on [www.ontopoftheworldinfo.com](http://www.ontopoftheworldinfo.com) to plan your activities with us and have fun with your retirement. Stay safe and have a great summer.

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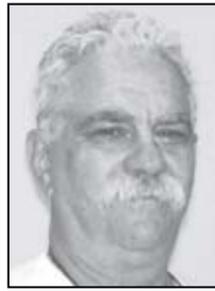
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**Bingo**  
Mort Meretsky

Welcome to my first column for bingo. We play every Wednesday night in the Health & Recreation Ballroom. Bingo is open to all On Top of the World residents and their overnight guests only. The games start at approximately 6:10 p.m., so make sure to get there no later than 5:45 p.m. to get your seat. Prior to the games, we sell 70/30 tickets (most clubs pay out 50/50).

The cost for playing bingo is \$1 per card, which you play all night. You may purchase as many cards as you like. No equipment is needed as we use cards with slides.

Our callers keep a pretty good pace, so you may want to test the waters by starting out with three or four cards. If you are an avid bingo player, six cards are probably the max.

We play 18 games and pay out what is taken in on the sale of cards. The 10th game (last game of the first half) is a coverall minus one for \$75. The final game of the evening is a complete coverall for at least \$100 for a bingo within a certain amount of numbers called. After that number is reached and there are no winners, the game continues for a prize of \$75.

An additional \$10 a week is added until the jackpot is won within a certain number of balls called. As of this writing, the jackpot has grown to \$240.

Children under 18 are not allowed to attend. No alcohol is permitted. Cell phones must be turned off or placed on vibrate only.

If you have any questions, please feel free to call me at 237-5112.

Come on up and meet your friends and neighbors, along with meeting newcomers to our community. See y'all on Wednesday nights.

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# Getting Involved Is The Way To Give Back

By TONI STEVENSON

Looking for a way to get involved in the community and use your intellectual capital? I've had the chance to learn more about this great community that I moved to four years ago from Michigan.

The last three years, I have been part of a 60 member volunteer team that helped the United Way of Marion County make the decision of where to allocate campaign funds raised from the community to local non-profits asking for funding. Volunteers are trained to review agency funding requests and complete budget reviews as part of the allocations process.

We also had an opportunity to tour each assigned agency to get an overall understanding of the programs that were asking for funding. As an allocation committee member, I looked forward to learning about the amazing non-profit agencies during the process that occurs between January and April.

This past spring, 25 partner agencies received allocations and designations down from 31 the year before. With donations down six percent from last year due to the economy, you can only imagine the tough time we had making decisions on who to fund and who not to fund.

United Way of Marion County has a long and respected history of volunteer oversight and involvement in the fund

distribution process. This is what sets United Way apart from other non-profits. Many local non-profits don't have the ability to do massive fundraising and reach the community like the United Way can. So, in essence, United Way is the fundraising arm for a lot of local groups.

Experienced volunteers study local programs to determine where your dollars are needed and can do the most good. United Way programs help people across Marion County with a variety of services, including youth programs, elderly services, basic needs providers, crisis assistance and more.

United Way also provides funding to support 2-1-1, a free information and referral service that is available to all Marion County residents rapidly linking individuals with the information or resources that best meets their needs. United Way also invests in Success By 6, an early childhood initiative that focuses on parent education and getting children ready to enter school ready to learn which is administered by the Early Learning Coalition of Marion County.

The opportunities to learn more about your community are endless and I would encourage you to get involved in being a part of the process. It's your local community and your local United Way. To learn more, you can visit the United Way website at [www.uwmc.org](http://www.uwmc.org) or you can call me, Toni Stevenson, at 867-8655.



**D'Clowns**  
Paula Magen

The lazy clowning days of summer are almost over and it's been a welcome respite. Make-up and costumes can get warm during hot days. I look forward to seeing D'Clowns in their creative outfits once again. They are a dedicated group.

Our first meetings will be on Aug. 2 and 16. It will be fun to share summer experiences. It's back to work practicing skits, learning new ones, reviewing gags, jokes, magic stunts and music among other things.

We look forward to welcoming a new clown, Dotty. Her enthusiasm will be an asset to our club.

An important aspect of what we do is contacting assisted living residences and other places to perform our shows and walk arounds. We take joy in spreading smiles and laughter to all ages.

How do I become a clown? It's easy! First, you have to want to become a clown. Second, you have to want to make adults and children happy. Third, you have to have a sense of humor. Fourth, you have to want a fulfilling experience. D'Clowns will teach you the rest!

Join us at our meetings on the first and third Monday of each month. Boy and girl clowns welcome. We meet at the Arbor Conference Center, Suites B and C at 1:30 p.m. For more information, please call Paula at 873-3433.



**Ocala Clown Express**  
Kathy & Charlie Petrosky

There were plants, flowers, smiling faces and pizza. Yes, I said pizza. I remembered I had to update you on our visit to Kenny's Place. What a wonderful time we had. After we ate, Dotsy and Sparkalena did their banana skit. Toot did his disappearing and flower tricks. Gum Drop did the coloring book. We danced A Tutti Ta, the Hokey Pokey and From Your Seat Get the Beat. The young adults really could sing and they sure could laugh. We had a grand time.

Carnival time is coming up on Aug. 13 at The Bridge. Make-up and costumes do not do well in the Florida sun. We will stay indoors and join the residents in the dining room while they are celebrating and eating. We look forward to clowning around a bit!

The hospital clowns will have a meeting at the end of August. We will discuss upcoming schedules and programs. It is almost time to start up again.

We will be getting back in gear in September. Some people said they might be interested in what we do. You can always call Dotsie AKA Carol White 873-9223. She will be happy to talk to you about our programs. Who knows maybe we will see you in September? That is a great time to get on board. Hope to see you at a meeting.

*Gum Drop and Toot*



**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.



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**Tire Rotation**

Rotate Tires, Inspect for Abnormal Wear, Reset T.P.M.S systems.

**\$ 9.99\***

Must present coupon at time of write up. Not valid with any other coupons or discounts see facility for details. Most cars and light trucks.

**Front End Alignment**

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**Hospitality**  
Linda Tiffany

Gift cards are now available for Candler Hills Restaurant and The Pub! Be sure to take advantage of the "Buy More, Spend Less" summer gift card offer. Get more for your money this summer when you buy a gift card from Candler Hills Restaurant or The Pub between now and Sept. 30.

Purchase a gift card in any amount \$50 or more and receive 10% off the cost (i.e. purchase a \$50 gift card for only \$45). Minimum purchase of \$50 to receive discount. Discounted summer gift card may not be used with other discount offers. The check amount will be deducted from the card each time you use it. Be sure to get yours soon to take advantage of this special!

**The Pub**

The Pub will be closed for maintenance from Monday, Aug. 16 through Saturday, Aug. 21, and will re-open on Monday, Aug. 23 at 8 a.m.

The Pub hours 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.

Check out the specials posted daily. A light and a hearty special will be featured, in addition to homemade soup.

Every Wednesday and Friday we continue to offer the following favorites:

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 or Fish & Shrimp Basket - \$8.95.

**Candler Hills Restaurant**

On Aug. 19, a cocktail and appetizers social is being planned. Watch for posters and website postings for details. Be sure to mark your calendar - you will not want to miss a great time.

The Street Festival scheduled on Aug. 5 has been postponed and will be rescheduled at a later, cooler date.

Check out our menu, which features some new and exciting additions. Breakfast Anytime includes: Steak Breakfast Burrito (tender grilled steak with cooked-to-order egg, caramelized onions, bell peppers, crispy potatoes, pepper jack cheese and salsa) and Bacon, Egg and Cheese Panini (egg cooked-to-order with bacon, cheddar and provolone on ciabat-

ta bread). Two specials are featured every day, as well as a homemade soup.

We're excited to announce that we now feature specialty wines such as: Mezzacorona (Trentino, Italy) Pinot Grigio, Moscato and Merlot; Arnold Palmer (California) Chardonnay and Cabernet Sauvignon; Arancia (Sicily) Pinot Noir and Axis (California) Red Zinfandel.

Candler Hills Restaurant hours are: Sunday - 8 a.m. to 6 p.m., Monday through Thursday - 11 a.m. to 7 p.m., Friday & 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, pancakes, assorted Danish and 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.

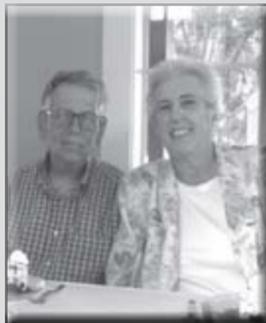
Self-serve coffee and doughnuts are available for golfers at 8 a.m. Monday through Saturday.

The Prime Rib Special every Friday and Saturday includes baked potato, vegetables, salad, rolls and butter for \$12.95 and is served from 4 to 8 p.m. Fish Fridays will feature the fresh catch of the day from 4 to 8 p.m. Price and feature will vary.

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**John & Eleanor Goebel**  
60th Anniversary



**Mike & Marie Roppel**  
45th Anniversary



**Keeping It Green**  
Phillip B. Hisey

Chinch bug control in your St. Augustine yard is probably the most important pest when trying to create a healthy yard. Chinch bugs feed on the sap of the St. Augustine grass and have piercing sucking mouthparts. Many people do not know it, but the chinch bug is not the actual killer, it is the saliva of the insect that kills the plant. It clogs the vascular tissue of the plant, not allowing the flow of water and nutrients to the plant.

Chinch bugs are found in the thatch layer of the grass. They are about 1/8" to 1/5" long or smaller. The adults have distinct white strips that cross their back and the young, or nymphs, are an orange-red color with a white strip across their abdomen. Chinch bugs will winter in shrub beds or down in the soil area and when the weather warms up they come out.

Chinch bug damage is often mistaken for drought stress. When looking for chinch bugs, do not look in the grass that is already dead, look toward the margins of the dead area in grass that is alive. Spread the grass apart and look for the insects that are black and have white

strips across their back or the young.

An easier way to detect a chinch bug infestation is to take a coffee can and remove both ends, then soften the soil with a little bit of water so you can stick the coffee can into the earth about two to three inches leaving at least four inches of the coffee can above ground. Fill the coffee can up with water and wait, the chinch bugs will float to the top.

If a chinch bug infestation is present, report this to your spray company so treatment can begin as soon as possible. When treating chinch bugs, make sure that you rotate the chemical class not just the chemical. Chinch bugs have developed resistance to every major chemical class so by doing this you will keep them on their toes.

Chinch bug damage that is noticed early can typically be treated with little damage to the grass; a good fertilization should revive the grass and fill the area back in with time. Keep in mind; even after the chinch bugs have been treated it is highly likely that the area damaged will grow in size. This is because the area treated was already damaged and the results of the damage were not visible at the time of treatment.

Healthy grass that is properly fertilized and watered will aid in the defense of the chinch bugs. With drought like conditions and water restrictions it is tough to deal with these insects, so early detection and treatment is best.

In May 2009, On Top of the World Communities, Inc. started conducting a yearlong study to compare the effectiveness Evapotranspiration (ET) Sensors vs. Soil Moisture Sensors. We distributed one make of ET sensor and two makes of Soil Moisture Sensors to a few residents in the community.

The results showed that the ET sensor saved, on average, about 18% more than the typical rain sensor required by Florida codes and it also saved about 12%-15% more than the Soil Moisture Sensor.

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Photo by Doris Mauricio

**Starfish.**



Photo by Daisy Rowell

**Stingray.**



Photo by Jason Green

**Large eel.**



**Shutterbugs Photography**  
Marilynn Cronin

We are in the planning stages for our annual exhibit. Remember, you must be a member to enter, so join now!

Our August display at Master the Possibilities will be by Ray Christian. Displays at Freedom Library change every two or three months.

June's field trip was to the Tampa Aquarium, July's to Weeki-Wachee Springs State Park, and August will see us caravanning to Mt. Dora for a boat ride.

In July, Ray Christian gave a wonder-

ful photo excursion of his recent trip to South Africa. The third Tuesday meeting was a Q&A session where any question about photography or the club, comments or critiques could be discussed.

At our next meeting on Aug. 2, John Ware will give a presentation on HDR photography. Aug. 16 will be another Q&A session.

**Photo Tip: Common Mistakes Aspiring Photographers Make- Part II**

Please note that this is a continuation of excerpts from an article by Mitchell Kashkevich for dPS.

Not being aware of light: This means that you simply shoot whatever you see in any given lighting conditions without giving much thought to the whole matter. Being aware of light means you know there are different kinds of light and that the way your image looks will greatly depend on the light in which you shoot it. You can make a conscious effort to photograph in the kind of light that will reflect what you want to say and how you feel about the subject.

Forgetting about composition: When we travel, the new sights, sounds and smells can be overwhelming or they can get us so excited that we forget that with an image we're not only capturing memories, but can also communicate what we want to say or how we feel about the subject in front of the camera - we forget about framing the shot, about composition. Sometimes there is too much irrelevant visual clutter in the frame, making it unclear what the photo was actually about. Before pressing that shutter button it's important to pause, regroup, get your thoughts together and consider what you actually want to communicate within the frame of a photograph.

Thinking that photos, which capture dramatic or interesting moments are lucky shots: Experienced photographers will tell you that great "images of moments" are created when luck meets preparation. Have a rough idea what you want to shoot; research the location.

Not taking enough photographs: What's "enough" is of course subjective. Meaning of "not enough" is not doing any of the following: exploring different angles and viewpoints, photographing a person in action at different stages of that action, experimenting with the settings and lenses. Painful lessons are learned when less rather than more photographs are taken, for the simple fact that if you've got a photo-worthy situation, you're not necessarily going to be able to recreate it or come back to it ever again, so make the most of your chances. Always carry extra SD cards.

The ShutterBugs meet the first three Tuesdays of the month at 3 p.m. in the Arbor Conference Center, Suites B and C. For more information, contact Gary Uhley at 854-8536 or bugs@otowspc.com.

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## Candler Connection Don Grosner

This reporter has been investigating a group taking shape within Candler Hills, which may be worth watching. They seem to operate at dusk and, at times, after dark, mostly in golf carts but sometimes on foot, with their dogs. They usually pack a small bag or cooler, move quietly and quickly past the Candler Hills Community Center on SW 81<sup>st</sup> Loop, turn left onto SW 90<sup>th</sup> Terrace Road and proceed about one-quarter of a mile to SW 87<sup>th</sup> Circle.

At that point, they make a quick right turn into the area designated Candler Hills west. Most proceed about one 1,000 feet, where on the right hand side of the road there is a view to the southwest covering the rear of Sholom Park, the golf fairways, and a large swath of undeveloped pasture land and wooded lots stretching for miles in the distance.

Low conversations about food and drink selections evolve into other subjects as people settle in to watch the ever beautiful, delightfully changing and almost always peace-inducing sunset. The only distraction may be the sound of livestock, bellowing in the distance, usually unseen but almost always there. On some nights, the howling of coyotes from the same direction joins these sounds, a sound from nature many people have never heard.

The Sunset Club meets any day of the week, weather permitting. No membership or reservations are required, and all are welcome. As weather systems change, the sunsets change and so, no two sunsets will ever be the same. The show continues every night. Looking for something different after dinner? Join the club.

If you would like to participate one evening, please remember to pick-up and dispose of any trash and dog feces in proper receptacles.

The Candler Connection Social Committee held "Round-up at the Candler Hills Corral." All enjoyed a country western barbeque buffet and two bars provided two for one drinks at happy hour pricing. Fred Campbell entertained us with music for our listening and dancing pleasure. The event at the Candler Hills Restaurant on Sunday, July 18 from 6 to 9 p.m. was sold out and all attendees had a magnificent time. We look forward to announcing the fall social event soon. For further information, please call Sandy at 854-8101.

Are you new to Candler Hills? Please call John Podkomorski at 875-9890 to update our neighborhood directory and learn about our New Neighbor Welcome event on the third Tuesday of each month at 3 p.m. at the Candler Hills Community Center, RSVP required.

For residents of Candler Hills, or if you'd like to see what our neighborhood experience is all about, you can find more information at the Candler Connection website at [www.candlerconnection.org](http://www.candlerconnection.org).



## Winds of Windsor Bill Borel

Living in Windsor, "is a good thing," as Martha would say. We took up residence about 18 months ago. Like many of our neighbors, we are thankful to have found this little corner of contentment. While the amenities are delightful, the neighbors make all the difference.

We have discovered a wealth of varied and shared experiences within the neighborhood. One common thread is the computer. Reactions vary from enthusiasm to abhorrence. All agree upon its utility.

We employ an application called Skype. Skype allows video conferencing with another Skype user anywhere in the world for free. This application is a hoot and makes the time zones shrink.

Another computer related item is the iPod in conjunction with iTunes. If you can, check out iTunes the next time you are on your computer. We discovered the joys of books on tape a while back and the audio books and songs from iTunes played on the iPod on long road trips is a real joy. As they say on TV, "But wait! There's more!"

There are tons of applications (apps) available from iTunes, for iPods. One in particular, accompanies me on each morning walk. Specifically, the app is

"GoPedometer." It keeps track of distance covered and calories burned on every walk you take it along. It does all this while playing your audio favorites.

This walking regime started as conditioning for our next trip. The last trek showed that the legs needed work. Back in the infantry, again.

A delightful consequence of walking was meeting the neighbor's pets as well as their masters. I say, "masters," advisedly, because one never knows for sure who is really in charge. Della, Gracie, Maggie, Max, Smokey, Romeo, Kelsey, Darby, Schooner, Sophie et al. The pups are always glad to see you and enjoy your attentiveness.

Windsor is definitely pet friendly. We've had the good fortune to care for neighbors' pets while they were out of town. Almost like grandchildren, but better behaved and housebroken. The opportunity to care for others' pets definitely brought up thoughts of future pets for us. However, first we have to get our schedule under control.

Morning walks are a definite delight. It is enjoyable to watch new houses "spring up" and watch for the early morning golfers. Especially, the caravan of golf cars on shotgun starts. An added bonus is finding an errant golf ball. Some of which must have had an astounding trajectory to wind up as they did, quite a distance from the golf course.

Among the more pleasant aspects of Windsor living, are the get-togethers, both planned and impromptu. One can encounter everything from fresh baked cookies to a collection of refrigerator magnets from all 50 states. Travel is a wonderful topic to share with one's neighbors. There is definitely a wealth of travel experience in Windsor. It seems that someone is always on their way or just returning.

In conclusion, take a stroll around Windsor. Try it. You'll like it.

**World News Deadline**  
**E-mailed by:**  
Noon, 13th of the month



## Avalon Social Group Lorraine Rourke

The heat of summer has set in early so keep an eye on your lawns, stay hydrated, and keep your pets inside.

Our next potluck is Monday, Sept. 13, the second Monday in September due to the Labor Day. So, folks, let's wind back up again, meet our neighbors and exchange vacation plans or ideas for future potlucks.

We meet in the Arbor Club Ballroom, set-up is 5 p.m., start is 5:30 p.m. with dinner starting around 5:45 p.m. Bring a dish to share of appetizer, salad, fruit, casserole, meat, rice, vegetable, a non-alcoholic beverage to share and serving utensils (no desserts, as I will assign these).

We have had some really delicious food and there may be a contest for prizes. There will be a 50/50 raffle as well.

Let your fellow friends in Avalon know about the event. We always welcome folks from Avalon or other areas of On Top of the World. Just come with your dish to

share and join us.

I do want to thank our many volunteers who help make these events successful and the many chefs who come up with a variety of delicious dishes.

The remaining 2010 dates are:

- Sept. 13
- Oct. 4
- Nov. 1
- Dec. 6

If you have any questions or ideas, call Lorraine at 390-2120.

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## Amendments on the November 2010 Ballot

This is one in a series that will be reviewed for the upcoming election in November 2010.

### Amendments 5 and 6 - District Boundaries

#### Amendment #5

Legislative districts or districting plans may not be drawn to favor or disfavor an incumbent or political party. Districts shall not be drawn to deny racial or language minorities the equal opportunity to participate in the political process and elect representatives of their choice. Districts must be contiguous. Unless otherwise required, districts must be compact, as equal in population as feasible, and where feasible must make use of existing city, county and geographical boundaries.

#### Amendment #6

Congressional districts or districting plans may not be drawn to favor or disfavor an incumbent or political party. Districts shall not be drawn to deny racial or language minorities the equal opportunity to participate in the political process and elect representatives of their choice. Districts must be contiguous. Unless otherwise required, districts must be compact, as equal in population as feasible, and where feasible must make use of existing city, county and geographical boundaries.

#### Analysis

Any proposed amendment must be limited to one subject (unless proposed by the legislature), thus the need for Amendments 5 and 6, each respectively dealing with legislative districts and congressional districts. The substance and content of both are similar, so for purposes of this article, these two are combined for simplicity sake only.

It is doubtful that any two amendments have ever so riled, upset and united incumbents against any topic as do these two proposed amendments. So much so, that the State legislature put forth their own counter-amendment (#7 is also discussed) and at least one sitting member of congress has mounted a legal challenge to Amendment #6. There is also a challenge to Amendment #5 pending.

The language in both proposed amendments is very clear. It targets strangely formed (State) legislative districts where your representative is a three-hour drive away. No more splitting of neighborhoods, under this concept districts have to make sense. It has been up to the legislature to determine what "makes sense" when it comes to districting, but the subject ultimately is determined by the courts following lengthy and costly challenges.

What they are trying to accomplish is noble: greater fairness and proportionality in representation. That said; there is no way to predict how fair or how successful redistricting may be if these amendments pass.

If this passes, expect some change in representation at the State and congressional levels.

These proposed amendments are sponsored by "Fair Districts."

#### Pro

Ellen Friedin, a Miami lawyer who chairs the initiative campaign, said, "The whole point here is to draw districts that make sense geographically and that are not rigged to accomplish a particular political result."

Democrat Bob Graham, former governor and U.S. senator, and Republican Bob Milligan, former state comptroller general, both agree that the proposed Congressional and Legislative Boundary Amendments are good ideas. "Under our current system, elections are essentially rigged before the ballots are even printed. Districts are assigned to a particular party, and voters who will be favorable to that party are allocated accordingly. Or even worse, districts are designed to favor a particular incumbent ... Florida has fewer competitive legislative elections than almost any state in the union."

Source: Editorial South Florida Sun-Sentinel, February 2010.

#### Con

Senator Mike Haridopolos describes the redistricting amendments as the "full employment for lawyers' bill." [If] the amendments are approved by voters it will lead to lengthy and costly court battles because of the proposed guidelines. The senator supports the FREDs 2000 program, a software program used in 2001-2002 by state lawmakers to layout district lines. The software, he said, helps lawmakers be "contiguous and meet the standards of the voting rights act to draw district lines," according to reports.

U.S. Representatives Mario Diaz-Balart and Corrine Brown argue that both the Congressional and Legislative District Boundaries Amendments could make it harder for minority access and for "communities of interest" to be preserved when Florida re-draws the boundaries for its seats in the Congress and Legislature."

Sources: Gainesville Sun and Orlando Sentinel, Jan. 11, 2010.

### Amendment 7 - Redistricting

#### Amendment #7

In establishing congressional and legislative district boundaries or plans, the state shall apply federal requirements and balance and implement the standards in the State Constitution. The state shall take into consideration the ability of racial and language minorities to participate in the political process and elect candidates of their choice, and communities of common interest other than political parties may be respected and promoted, both without subordination to any other provision of Article III of the State Constitution. Districts and plans are valid if the balancing and implementation of standards is rationally related to the standards contained in the State Constitution and is consistent with federal law.

#### Pro

Supporters of the proposed amendment, sponsored by Representative Dorothy Hukill and Senators Mike Haridopolos, Gary Siplin and Alfred Lawson, argue that the amendment would clarify the two certified redistricting initiatives scheduled to appear on the ballot.

Dr. Daniel E. Loeb supports the need to address the "well-intentioned but poorly designed" Amendments #5 and #6. Dr. Daniel Elliott Loeb has a Ph.D. in mathematics from MIT. His research interests include the mathematics of voting, mathematical finance, statistics and game theory. Dr. Loeb notes that Amendments #5 and #6 will inadvertently result in political gridlock and "less competitive" elections.

Sources: AP, April 23, 2010 and Philadelphia Jewish Voice, April/May 2010.

#### Con

On Friday, May 21, 2010, proponents of Amendment #5 and #6, citizen initiatives, filed a lawsuit to remove Amendment #7 from the statewide ballot. The lawsuit was filed in state Circuit Court in Tallahassee by Florida State Conference of the NAACP, the League of Women Voters, Democracia Ahora as well as former Republican comptroller Bob Milligan. "This is a trick amendment and it is a blatant effort to fool voters," said Deirdre Macnab, president of the League of Women Voters of Florida. Initiative supporters argue that the legislatively referred amendment is a "poison pill" specifically designed to divert Amendments #5 and #6. They argue that the ballot title and summary are misleading and is hiding the measure's "true purpose."

Sources: The Herald Tribune, May 22, 2010; Associated Press, May 21, 2010; Orlando Sentinel, May 21, 2010; and St. Petersburg Times, May 21, 2010.

#### Analysis

Tampabay.com reported that on July 8, Leon County circuit judge Shelfer struck from the ballot Amendment #7. The case hinged on whether the ballot summary fairly informed voters about Amendment #7's impacts on the redistricting process. "I'm not the brightest light on the Christmas tree, but it took me three days...to get a handle on what this amendment does," Shelfer said.

"The amendment summary's failure to inform the public is clearly and convincingly an attempt to hide the ball on its true impacts. The amendment effectively allows the Legislature to ignore or deemphasize the contiguous rule — in favor of the new standards — without informing voters about that change," Shelfer ruled. This ruling may be reversed on appeal.

If enacted, Amendment #7 would negate Amendments #5 and #6, and would appear to keep redistricting pretty much as is. The summary text uses the phrases "without subordination to any provisions in Article III..." and "community of common interest".

I put the question to a knowledgeable source in Tallahassee, she responded with "In state legislative and congressional redistricting, the state may respect and promote communities of interest, without being subordinated to any other provision in Article III of the Florida Constitution. This portion of the proposed joint resolution establishes the discretion of the state, in state law, to create and maintain districts that respect and promote communities of interest, without other standards in Article III of the Florida Constitution being read as restrictions upon or prerequisites to the exercise of such discretion".

The key: the new, proposed standards for minorities and communities of common interest would be applied "without subordination" to any other provision of the State constitution, namely that districts be connected or "contiguous." In other words, it is whatever the sitting legislature wishes it to be regardless of what the State constitution says.

Article III, Section 16 of the Florida Constitution deals with Legislative Apportionment:

(a) Senatorial And Representative Districts. The legislature at its regular session in the second year following each decennial census, by joint resolution, shall apportion the state in accordance with the constitution of the state and of the United States into not less than thirty nor more than forty consecutively numbered senatorial districts of either contiguous, overlapping or identical territory, and into not less than eighty nor more than one hundred twenty consecutively numbered representative districts of either contiguous, overlapping or identical territory. Should that session adjourn without adopting such joint resolution, the governor by proclamation shall reconvene the legislature within thirty days in special apportionment session, which shall not exceed thirty consecutive days, during which no other business shall be transacted, and it shall be the mandatory duty of the legislature to adopt a joint resolution of apportionment

## Absentee Voting in Marion County

#### Absentee Ballots

Any qualified registered Voter in Marion County is entitled to vote an Absentee Ballot. The ballot may be requested in person, by mail, or by phone. Only the Voter or a designated member of the family may request an Absentee Ballot.

#### Requesting an Absentee Ballot

The person making the request must disclose the following information:

- Voter's name for whom ballot is requested.
- Voter's address.
- Voter's date of birth.
- Voter's signature (written requests).

If the Voter has designated a guardian or immediate family member to request an Absentee Ballot, that designee must provide the above information in addition to:

- Requester's name and address.
- Requester's driver's license number, if available.
- Requester's relationship to voter.
- Requester's signature (written requests).

A request for an Absentee Ballot to be mailed to a Voter must be received by the Supervisor of Elections office no later than 5 p.m. on the sixth day before the election. The Voter must personally vote the ballot (unless assistance is required) and sign the return envelope.

Power of attorney may not sign for voter.

A qualified Absentee Voter may designate in writing another person to pick up their ballot five days prior to the day of the election. The designee may only pick up two ballots per election other than his or her own or members of their immediate family. The designee must provide picture identification, written authorization from the Voter and complete an affidavit.

Make sure the Supervisor of Elections office has your correct mailing address. Absentee ballots cannot be forwarded.

Absentee Ballots must be returned to the Supervisor of Elections office no later than 7 p.m. Election Day. After the Supervisor of Elections office has received an Absentee Ballot, no changes may be made! (FS 101.048, 101.62, and 101.69)

A voted absentee ballot will not be accepted at a polling location.

An Absentee Ballot may be requested:

- online
- in person: 981 NE 16th St, Ocala, FL 34470-4205;
- by mail: Supervisor of Elections, P.O. Box 289, Ocala, FL 34478-0289;
- by telephone: (352) 620-3290;
- by facsimile: (352) 620-3286;
- by e-mail: absentee@votemarion.com.

When requesting an Absentee Ballot, we will need the Voter's legal name, date of birth, registration number, and the address the Absentee Ballot is to be mailed to.

Source: www.votemarion.com

**Primary Election: Aug. 24**

**General Election: Nov. 2**

**Polls are open from 7 a.m. to 7 p.m.**

#### On Top of the World Voting Precincts

Precinct	Location
4090	Arbor Conference Suites
4091	Arbor Conference Suites
4100	Craft Building

#### Registered Voters in Marion County

Republican - 87,702 • Democrat - 83,126 •  
Other - 40,856 • Total - 211,684

#### Not registered to vote?

Visit <http://www.votemarion.com/VoterRegistration.aspx>

The remaining Amendments will be reviewed in the following issues of the World News:

#### September Issue

- Amendment 4 - Hometown Democracy Land Use

#### November Issue

- Amendment 1 - Campaign Finance Requirement Repeal
- Amendment 2 - Military Homestead Property Tax Exemption
- Amendment 3 - Property Tax Limit
- Amendment 8 - Class Size
- Amendment 9 - Health Care Freedom

# The Entertainment Group

## 2010-11 Show Series

### A Tribute to Icons in Show Business

The 2010-11 show series will be the most varied assortment of entertainers and the most expensive series in the 11-year history of the Entertainment Group.

Again, the On Top of the World Entertainment Group's mission statement is to bring professional entertainment to the On Top of the World stage with ticket prices equal to the cost of a first run movie and a box of popcorn. This has all been made possible by the support of the residents (sold out shows) and the participation of our sponsors.

The most important part of the mission statement is our annual donations to Hospice of Marion County, Marion County Senior Services and Florida Center for the Blind. All made possible by the support of the residents and our sponsors. Our next donation will take place at our last show on Sunday, March 27, 2011.

At our show in March, the audience was asked two questions regarding the 2010-11 show series:

1. Should there be a Sunday afternoon show?
2. In order to bring in more expensive shows, would there be an objection to an increase of \$1 per ticket?

Both questions received a positive response. Therefore, the Sunday show is scheduled for March and the new ticket prices are \$7 general and \$9 reserved. Ticket sale dates are noted below and take place from 8:30 to 10 a.m. in the Health & Recreation Ballroom. As always, the shows are for residents of On Top of the World Communities with a maximum of four tickets per purchase.

Unless otherwise noted, all shows begin at 7 p.m. and take place in the Health & Recreation Ballroom. And now ... here's the much-anticipated 2010-11 line-up:

#### A Tribute to John Denver

On Saturday, Oct. 30, come see "Back Home Again," a tribute to John Denver featuring Tom Becker, former member of the legendary folk group, "The New Christy Minstrels."

Tom has appeared with many performers such as Gregg Allman, Ray Charles, The Kingston Trio, Jerry Lee Lewis and Willie Nelson.

Tom and his band bring back the foot-stomping fun of "Thank God, I'm a Country Boy," "Rocky Mountain High," "Back Home Again," "Country Roads" and many other John Denver songs.

Tom says he is privileged to keep John Denver's music alive and continue his dedication to environmental issues.

Tickets go on sale on Monday, Oct. 4 and every Monday, Wednesday and Friday thereafter. Thanks to Dr. Challa and Dr. Kandru for sponsoring this show.

#### Christmas and a Whole Lot More

Kick off the holiday season on Saturday, Nov. 27, with Katie Brooks and her Vegas meets Nashville show, "Christmas and a Whole Lot More."

You may remember Katie when she appeared with Harley Worthit in the show, "Nashville Meets Branson." Katie sings memories from Broadway, 40s swing, 50s rock and roll to Patti Page, Patsy Cline and more.

Katie is the recipient of a special service award by the Department of Veterans' Affairs. She has performed in all of the VA medical centers in the U.S.

Opening the show, from Vegas, is Gary Alan as Jay Leno from "The Tonight Show." His razor sharp wit, comedic timing and mastery of cartoon and character voices, delightfully lend themselves to the magic he provides on stage.

Tickets go on sale on Monday, Nov. 1 and every Monday, Wednesday and Friday thereafter.

Thanks to Dominic Sullivan's Rally

Wheels for sponsoring this show.

#### A Tribute to The Jersey Boys

On Saturday, Jan. 29, 2011, the Atlantic City Boys pay tribute to the Jersey Boys. This is a fully produced and choreographed stage show with a cast of eight and a four-piece band. The show is a tribute to Frankie Valli and The Four Seasons.

Sing a long with songs like "Let's Hang On" from The Four Seasons and "One of a Kind" from Frankie Valli and many more!

Advance ticket sale dates are Monday, Wednesday and Friday, Nov. 29 through Dec. 10. Regular ticket sales will begin on Monday, Jan. 3, 2011 and every Monday, Wednesday and Friday thereafter.

Thanks to Dr. Stephen Dunn, DDS and his staff for sponsoring this show.

#### Fats the Musical

The Health & Recreation Ballroom will be jumping on Saturday, Feb. 26, 2011 at 7 p.m.

From Chicago, Jim Carter pays tribute to the one and only Fats Domino. Come join us as we twist and shout to rock and roll, rhythm and blues of "Fats the Musical," a New Orleans style tribute show. Join Jim as he relives those happy days when you "found your thrill on Blueberry Hill."

Maryellen Hooper, the recipient of "Female Comedian of the Year" at the American Comedy Awards, opens the show. Maryellen describes her material as, "just plain silly stuff everybody can appreciate." Her material includes marital mishaps, challenges of home remodeling, home repair experiences and colicky babies; no story is too sacred to share with her audiences. Her show is never crude or offensive.

Tickets go on sale on Monday, Jan. 31, 2011 and every Monday, Wednesday and Friday thereafter.

Thanks to Frank Deluca from Deluca



Tom Becker pays tribute to John Denver on Saturday, Oct. 30.

Toyota for making this show possible.

#### Cahal Dunne

The last show for the season will be on Sunday, March 27, 2011, at 2:30 p.m. Close out St. Patrick's month with Ireland's most renowned songwriter, pianist and comedian, Cahal Dunne and his white baby grand piano.

This will be his second performance at On Top of the World.

Tickets go on sale on Feb. 28, 2011 and then every Monday, Wednesday and Friday thereafter.

Thanks to Dr. Linn, Dr. Goldstein and their staff at Foot & Ankle Center of Ocala for making this show possible.

Elect

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**NEW LOCATION**

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**Larry's  
Fit Tips**  
Larry Robinson

**Surviving the Heat**

Summer is here, and all of us are feeling the heat! Florida's summer weather can be unbearable and even dangerous this time of the year. For those of you who engage in outdoor sports or activities you have to be careful not to overheat, which can cause heat exhaustion or even worse heat stroke. Be smart and make yourself aware of the warning signs of both.

Heat exhaustion is a medical condition that occurs when people exercise (work or play) in a hot, humid environment and body fluids are lost through sweating, causing the body to overheat. The body's temperature can elevate up to 104 degrees Fahrenheit.

Heat stroke is a medical condition that is life-threatening. The person's cooling system, which is controlled by the brain, stops working and the internal body temperature rises to the point where brain damage or damage to other internal organs may result.

People suffer heat-related illness when their bodies are unable to compensate and properly cool themselves. The body

normally cools itself by sweating. But under some conditions, sweating just is not enough.

Several factors affect the body's ability to cool itself during extremely hot weather. When humidity is high, sweat will not evaporate as quickly, preventing the body from releasing heat quickly. Other factors associated with risk are age, obesity, fever, dehydration, heart disease, poor circulation, sunburn, prescription drugs and alcohol use.

Symptoms and treatment of heat exhaustion: heavy sweating, paleness, mus-

cle cramps, lethargy, headaches and nausea or vomiting.

The most important thing when treating heat exhaustion is to get the person out of the heat and into a cool environment. Remove layers of clothing if possible, a cool compress will aid in lowering the body's temperature and offering sips of cool water will help with hydration. Remain in a cool environment and avoid any strenuous activities for several days. Heat exhaustion may respond to self-care measures. If not, medical care is needed.

Symptoms and treatment of heat stroke include temperature of 104 degree F or higher, a lack of sweating, your skin will feel very hot and dry to the touch, breathing can become rapid and shallow, pulse may increase because heat stress places a tremendous burden on heart to help cool your body. You may experience a throbbing headache or possibly lose consciousness.

A heat stroke is a medical emergency. The treatment for heat exhaustion should be implemented while waiting for professional medical attention.

Because of the humidity and extreme

heat here in Florida, people need to be aware of who is at greatest risk and what actions can be taken to prevent a heat-related illness. The elderly, the very young and people with mental illness and chronic diseases are at highest risk. However, even the young and healthy individuals can succumb to heat if they participate in strenuous physical activities during hot weather. Always drink water if you plan on being outside, and limit the amount of time spent in extreme heat and humidity.

**FIT TIP #1:** Drink lots of liquids, especially if your urine is dark yellow. Drink water, sport drinks, such as Gatorade, etc. Avoid drinks with alcohol or caffeine.

**FIT TIP #2:** Do not stay in, or leave anyone in a closed, parked car during hot weather.

**FIT TIP #3:** Use caution when you are in the sun. At the first sign of heat exhaustion, get out of the sun. If you can, avoid midday heat. Do not do vigorous activity during the hottest part of the day (11 a.m. to 4 p.m.). Wear light, loose fitting clothing, such as cotton, so sweat can evaporate. Wear a wide-brimmed hat with vents. Use an umbrella for shade.

# ARBOR CLUB FITNESS & AQUATIC SCHEDULE

## ARBOR CLUB GROUP FITNESS SCHEDULE

EFFECTIVE AUGUST 1ST 2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15-10:00 Arbor Club Indoor Pool	Deep Water Aerobics* Larry	Shallow Water Aerobics* Barbara	Deep Water Aerobics* Maritza	Shallow Water Aerobics* Barbara	Deep Water Aerobics* Dori	Open Swim	Open Swim
9:30-10:30 Arbor Club Ballroom	Yoga* Ronnese		Yoga* Ronnese				
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 Outdoor Pool		Water Walking August 10th August 24th					

**Water Walking every second and fourth Tuesday (June - September)**

\*Denotes a fee-based class (Fitness Pass Required)



**Bloodmobile**  
Sara Sommer

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

"Poor Jud is dead. A candle lights his head. He looks like he's asleep. It's a shame that he won't keep; but it's summer and we're runnin' out a' ice." That is from the musical, Oklahoma. I know this is not Oklahoma. It's Florida. I know we are not running out of ice. However, we are running out of blood.

Holidays are always a time when more blood is needed. With the Fourth of July behind us and Labor Day on the horizon, we really need to beef up the supply of blood. August would be a perfect time for this.

The Big Red Bus will be in the Health & Recreation parking lot on Aug. 2 from 7:30 a.m. to 2:30 p.m. Please take some time out of your busy schedule and give the gift of life.

Remember, everyone who donates will get their name printed in the September column.

### Women's Cancer Support Group Patricia A. Woodbury

At the June meeting, Nancy Gal, Nutrition Educator from Marion County Extension Service and the University of Florida, presented a session on food safety. In healthy people, most cases of food poisoning are mild but for cancer survivors, who might have weak immune systems

these infections can be more serious. Gal provided a few basic food safety tips:

- Wash hands thoroughly before cooking and eating.
- Wash raw fruits and vegetables with plain tap water and a brush.
- Store foods at cold temperatures (40 degrees or lower).
- Cook meat, poultry and seafood well to kill the bacteria.
- Avoid raw and uncooked meats or fish at restaurants.
- Avoid contaminating surfaces and foods with juices of uncooked meats.
- Purchase pasteurized dairy products and fruit juices.
- Throw away food that smells spoiled.

This group meets on the third Thursday of each month at 1:30 p.m. in the Arbor Conference Center, Suite B. Women who are cancer survivors or may be a caretaker for someone with cancer or are interested in learning about cancer and other related issues are welcome to attend.

The next meeting is Thursday, Aug. 19 at 1:30 p.m. For further information, contact Diane Kirol at 854-8152.

### On Top of the World Communities

#### Car Decals Issued

Customer Service  
8 a.m. to 4 p.m., Monday - Friday  
Bring your car, ID card, auto registration and \$7.

Ocala Health Presents  
**Summer Seminar Series**

**Healthcare Services & When They are Needed**  
August 6 - 2:00pm  
There are so many healthcare services offered these days - home healthcare, assisted living, skilled nursing, respite care, custodial care, long term care, etc. How do you know when a service is needed, what type is best, and who will cover the cost? Presented by Allison Metcalf, President, Marion County Continuity of Care Council.

**Communication! What are You Really Saying?**  
August 13 - 2:00pm  
This interactive program deals with the lives of caregivers and people living with dementia. We will address effective communication tips, how environment can play a role, and the effects it can have on someone with dementia. Presented by Terrie Hardison, Executive Director, Alzheimer's and Dementia Alliance.

**Taking Control of Your Diabetes**  
August 17 - 2:00pm  
Do you find it difficult to know which foods to choose and how to order when you are dining out? Do you not dine out because you might select the wrong foods and adversely affect your diabetic numbers? Learn about making dining out more pleasurable. Presented by Jennifer Canganelli, Registered Dietician, Ocala Health System.

**When to Call 911: Facts that Could Save Your Life!**  
August 20 - 2:00pm  
Do you know when to call 911 for a medical condition? Some people delay calling 911 because they are unsure whether their medical condition or complaint is an emergency. There are specific conditions that should not wait. Presented by Arthur Osberg, MD, Chief Medical Officer, Ocala Health System.

**Understanding Behaviors**  
August 27 - 2:00pm  
An interactive program that gives insight into some reasons for certain behavioral issues along with tips on dealing with them. You may be surprised at what you learn. Presented by Terrie Hardison, Executive Director, Alzheimer's and Dementia Alliance.

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**Social Hour**  
Thursday, August 26, 2010  
4 pm to 6 pm  
Arbor Club Ballroom

Get to know your friends and neighbors better while enjoying light refreshments, cash bar and '60s and '70s music with Donald Jones on the keyboard.

Donald Jones

For more information, call the H&R Office at 854-8707 ext. 7533 or 7530.

On Top of the World Communities



**Fitness Happenings**  
Cammy Dennis

**Chronic Illness Can Be a Chronic Pain!**

For many On Top of the World residents' living with a chronic illness is a fact of life. Let's examine some ways to manage chronic illness and improve the quality of your life.

Chronic illness is different from an acute illness. Acute illness usually comes on suddenly, is generally treatable often with return to normal health. Chronic illness usually presents itself gradually and persists for long or indefinite amounts of time.

If you are living with a chronic illness, it is very important that you understand your illness. The knowledge you possess will enable you to gain control. Discovering that you have a chronic illness can make you feel out of control, regaining that control will have a very positive impact on your attitude and the ability for you to manage your situation.

Chronic illness can also mean chronic pain. Managing your pain is critical to the quality of your life. With the counsel of your health care provider, exercise can play a vital role in your pain management. Exercise can help to manage pain for a

**RECREATION CENTER FITNESS SCHEDULE**

**HEALTH AND RECREATION CENTER GROUP FITNESS SCHEDULE**  
EFFECTIVE AUGUST 1ST 2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:00 Aerobics Rm.	Oxycise-Video	Oxycise-Video	Oxycise-Video	Oxycise-Video	Oxycise-Video
8:00-8:50	Cardio Mix	Condition & Stretch	Cardio-Kick & Tone	Condition & Stretch	Cardio Mix
Aerobics Room	Jessica	Cammy	Jessica	Cammy	Kitti
9:00-9:50	Core and More	Mind-Body Balance	Stretch for the Stars	Mind-Body Balance	Core and More
Aerobics Room	Jessica	Mary Pat	Jessica	Mary Pat	Kitti
10:00-10:45	Balanced Body	'KB KB' Kick boxing	Balanced Body	Strictly Strength	Balanced Body
Aerobics Room	Jessica	Han	Jessica	Larry	Mary Pat
10:30-11:15	Cardio Jam		Cardio Jam		Light Latin-10:45
H&R Ballroom	Kitti		Kitti		Dunia
10:45-11:30	Light Aerobics		Light Aerobics		S.O.S - "Serious on Strength"
Aerobics Room	Jessica		Jessica		Kitti
12:00		Fitness Center		Balance Assessments**	
Fitness Center		Orientation			

Water Walking at the Arbor Club every second and fourth Tuesday (June - September)

\*Denotes a fee-based class (Fitness Pass Required)

\*\*Balance Assessments are free! Please call for a reservation 387-7534.

number of reasons:

- When you exercise, your body produces endorphins. Endorphins are chemicals produced in your body that help block the perception of pain.
- Exercise helps you sleep. When you sleep better the quality of your rest improves, and so does your body's ability to manage the illness and therefore the pain associated with it.
- Regular physical activity relieves stress and tension. Chronic stress and tension have a very negative impact on the body, causing pain

to escalate. Anything that helps the body relax will also help with pain management.

Exercise helps to boost energy, strength and confidence. These are all important wellness attributes, which are often diminished during illness. Physical activity can help restore all of these.

When people experience pain they are often fearful that exercise will make their situation worse. In many cases the opposite is true, physical activity can help!

If you are dealing with a chronic illness or need to manage chronic pain and would like to start exercising, make sure to discuss this with your health care pro-

vider first. At Health & Recreation, we have programs that welcome everyone, including residents struggling with these issues ... stop by the fitness office anytime, we would be glad to help you get started.

Fitness happenings:

- New class! KickButt KickBoxing (KKB) with Martial Arts Master Han Dong, Tuesdays at 10 a.m. at Health & Recreation Building
- Water Walking on Aug. 10 and 24 at 1:15 p.m. at the outdoor Arbor Club pool



**Back at The Ranch**  
David Gibas

The concept of exercising usually leads us to think about conditioning our bodies; specifically our heart, lungs and muscles. But have you ever considered how exercise helps to improve the health of your brain?

There have been many recent discoveries to prove that regular physical activity has a positive effect on the brain. It is a scientific fact that we can grow brain tissue throughout the course of our life.

The old adage of "use it or lose it" most definitely applies to our brains! Science dictates that we can grow new brain cells throughout the course of our lives, which is great news; however we will need to keep our bodies and brains active in order to sustain the new growth and strengthen the tissue.

The strength of brain tissue is very similar to that of muscle, the more you use it the stronger it gets. This strength in brain tissue is reflected in the density of the connections between the neurons.

Experts agree that the training principles applied to improve the strength of muscles can also be applied to the brain. Just like improving muscular strength; brain health requires consistency, challenge and change. We need to challenge our brains regularly, but we also need to change the stimulus.

For example, crossword puzzles are a great way to engage the brain, however just like your body, the brain becomes very efficient at something that you do over and over, therefore if you only do crossword puzzles your brain cells may not continue to grow at the same rate as if you varied that stimulus.

Dr. Terry Eckmann, an expert on brain health, noted that combining movement and thinking skills is a great way to support both physical and mental health. She highlighted dancing as a great activity due to the fact that participants need to think about stepping patterns (which do not need to be complicated!) while they were moving to music.

Grab a copy of our group fitness schedule and choose from a wide variety of dance classes.

There are numerous computer games and activities that support this idea of brain fitness. Scientists agree that the jury is still out on the efficacy of these tools but they also note that they can't hurt and can be a fun way to engage the brain. One thing is for sure, keeping the body and brain healthy is of great importance. We have lots of ways to help you do that at The Ranch!



**Mah Jongg**  
Mary Ehle

Not much to report over the summer months.

Please make your reservation for the tournament that will be held on Oct. 2. You can call me for all the details but everything is still the same. My number is 873-7507.

Congratulations are out to Connie Garcia. She made the big hand on Tuesday, July 6. Nice going Connie.

Jokers to you.



**September issue:**  
Thursday, Aug. 26

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<b>OTOW FAVS</b> August 6, 2010 Recorded Hits	<b>ISLAND FESTIVAL ON THE TOWN SQUARE</b> Saturday, August 7, 2010 • 5 - 10 p.m. Island dancers • Island food • Vendors Performing are Grupo Salsaregue and the vibrant Caribbean Crew. Muy Caliente! FREE ADMISSION
<b>OTOW FAVS</b> August 13, 2010 Sounds of Time Oldies	<b>OTOW FAVS</b> August 14, 2010 Recorded Hits
<b>OTOW FAVS</b> August 20, 2010 Recorded Hits	<b>OTOW FAVS</b> August 21, 2010 Karen Hall 50s, 60s, 70s and today
<b>OTOW FAVS</b> August 27, 2010 Recorded Hits	<b>OTOW FAVS</b> August 28, 2010 Johnny Alston Rock n' Roll

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(weather permitting)  
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**View from the Library**  
Doris Knight

When Jack Welch retired from his position as chairman and CEO of General Electric (GE), he chose to write his memoirs with John A. Byrne of "Business Week." The book is entitled "Jack Straight From the Gut" and my first reaction was to assume that he is a man very impressed with himself. But having read the book, I actually got to like the man. He wants to tell the world about what he did to assist GE in growing and how to organize

the company to bring out the best in its employees.

He certainly gave his life to the cause. He graduated from the University of Massachusetts in 1957, earned his PhD in chemical engineering from the University of Illinois. This may sound like a strange background for a business career but he tells us that the subject teaches that there are no finite answers to many questions. The same is true of business problems. "There are rarely black-white answers ... if we wait for the perfect answer, the world will pass us by." Once I read this comment early in the book, I realized that Jack Welch is the kind of person who thinks deeply and analyzes all aspects of his life and work.

With his PhD accomplished in 1960, Jack Welch went job hunting. The offer from GE was to work on a neo-chemical development operations involved with new plastics. He liked the challenges presented by the work he was doing and so he signed on in October 1960. Although life would not be perfect at GE, Jack Welch would spend his entire working life there, moving up to the top slot in 1981.

What did he accomplish in those years? First, I suspect, bring his zeal and enthusiasm to the company - that simply comes through the entire book. Then he tells us what he hoped to accomplish. "The CEO sets the tone," he said. "Every day I try to get into the skin of every per-

son in the place. I wanted them to feel my presence."

I suspect working for Jack Welch was very demanding and probably exhausting, but things got done. Just an example of where he expanded GE - RCA radio in 1985 - primarily to get NBC. Critics asked why a light bulb company was buying a TV network. He called it the kick-start to a new era.

Another facet of his role was his concern to find the right people. His leaders had to constantly evaluate and energize the employees beneath them and weed out the poor performers. Not an easy place to work unless you like being pushed to perform at your highest level.

Another approach that should be mentioned - what Jack Welch called "boundaryless" - removing all the barriers among GE functions - engineering, marketing, between domestic and foreign operations. It would put the team above the individual ego - not an easy goal to achieve but Jack Welch felt that GE was able to put it into action.

All this just touches the tip of the ideas discussed and which would become policy at GE. I am not a businessperson but I can sense some of the excitement Jack Welch feels for what he accomplished in his 21-year career as CEO at GE. It's fun to come into contact with a good mind full of creative ideas. I strongly recommend "Jack Straight From the Gut."



**Lions Club**  
Estelle Clark

**WHO ARE WE?** On Top of the World Lions.

**WHERE ARE WE?** Candler Hills Community Center.

**WHEN?** Second Tuesday of the month at 7 p.m. and fourth Tuesday of the month at 8:30 a.m.

Come check us out and pick a project you would like to get involved in to help your community and those less fortunate.

We are planning a full year of activities. Mark your calendars for our first fundraiser of the year. On Oct. 9, the Lions will be holding their Luncheon and Fashion show at the Health & Recreation Building. There will be great food, lots of great gift baskets to be raffled off, door prizes, beautiful affordable fashions and a good time for all. Watch for posters advertising ticket sales.

One of our community service projects is diabetes screenings. We attend local health fairs and are available to come to your club meetings and screen your members. For those of you who are not aware, one out of three Americans born will develop diabetes if the current trend continues. Two thousand to 24,000 people go blind each day due to diabetic retinopathy. This disease is a leading cause of blindness in American adults. It is caused by changes in the blood vessels of the retina. Anyone with diabetes is at risk and should be examined frequently.

Diabetic retinopathy can be treated; it cannot be cured. However, laser surgery is usually very effective at preventing vision loss if treatment is done before the retina is severely damaged. Laser surgery has been proven to reduce the risk of severe vision loss from diabetic retinopathy by 90%. Laser surgery cannot restore vision that has already been lost to retinopathy.

Discovering diabetic retinopathy early is the best way to prevent vision loss. Can it be prevented? Not totally, but the risk can be greatly reduced. Studies show that better control of blood sugar levels slows the development of retinopathy and lessens the need for laser surgery. Keeping blood sugar levels within a safe range helps avoid eye, kidney and nerve disease. A dilated eye exam at least once a year is recommended for anyone with diabetes.

If you are interested in having the On Top of the World Lions club do diabetes screening at your club or organization please contact, diabetes chair Lion, Marty Schley at 307-1286.

For more information about the On Top of the World Lions club, please contact membership chair Lion, Estelle Clark IPDG at 861-7358. Together we help make miracles happen.



**Genealogical Society**  
Elizabeth Kyle

After missing three months, I am ready to get back to writing our news article every month. Mostly, I have spent my time reading material related to genealogy rather than doing genealogy.

There is a Civil War soldiers' graves online database that includes both Union and Confederate soldiers at [www.suvcwdb.org/home/search](http://www.suvcwdb.org/home/search). They are still searching for Confederate graves, as they are more difficult to find. If you know of any, your information has a place on this website.

There is so much new material on Family Search and Ancestry that it is well worth the time to carefully peruse both websites as well as [www.eogn.com](http://www.eogn.com); where I have found fascinating material on both Jewish genealogical research and DNA in Scotland.

Family Search is free. Eastman's has a free version and Ancestry offers a free

trial period. Ron's letter of June 23rd offered some great help on using Family Search. As you know he has been working with their indexing project for a long time and is very familiar with the site

Business meetings are the second Monday at 10 a.m. in Room 3 of the Craft Building. This is the day to come early and peruse the library for books, CDs or DVDs of interest to you. These can be borrowed for a month which gives you time to use the information to improve your knowledge and your research skills.

Educational presentations are on the third Monday at 10 a.m. in the Arbor Conference Center, Suites B and C. The topics covered are those requested by members. The July topic was a presentation by a retired law enforcement officer on avoiding scams and other forms of crime. All are welcome to come and learn from these forums.

**Going Out of Town?**

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**Weekly Dinner Specials**

**Sunday**  
Traditional Sunday Family Dinners

**Monday - Old Favorites**  
Early Bird 3 to 5 p.m. - Beef Stroganoff, Pot Roast, Meatloaf & More

**Tuesday - Southern Hospitality Platters**  
Shrimp, Catfish, Chicken, Ribs, Hush Puppies, Corn on the Cob

**Wednesday - Italian Grill**  
Early Bird 3 to 5 p.m. - Roast Turkey, Roast Pork, Baked Ham & More  
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**Thursday**  
Slow Roasted Angus Prime Rib, Angus Steaks, Coconut Shrimp, Seafood Platters

**Friday**  
Whole Live Maine Lobster, Fish Fry, All-You-Can-Eat Crab Legs

**Saturday**  
Slow Roasted Angus Prime Rib, Whole Live Maine Lobster, Seafood Platters, Raw Bar  
*Menu items & prices listed are subject to change*

**Bavarian Fest**  
SATURDAY, AUGUST 7, 4 TO 9 P.M.  
Featuring Polka Music by Bob Nolte, 5 to 9 p.m.  
Wiener schnitzel, Variety of Wursts, Sauerbraten, Eisbein, Kassler Rippchen, Spaetzle, Alpen Steak & More!

**Karaoke After-Hours**  
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**Festa Italiana**  
SATURDAY, AUGUST 14, 4 TO 9 P.M.  
Authentic Italian Grill Menu, Italian Combination Plates and All-You-Can-Eat Pasta

**Polish Dinner Party**  
SATURDAY, AUGUST 21, 4 TO 9 P.M.  
Featuring Norbert Zielinski on Accordion & Keyboard, 5 to 9 p.m.  
Kielbasa, Krakus Ham, Pierogi, Stuffed Cabbage, Roast Pork, Potato Pancakes & More!

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**Community Patrol**

Patricia A. Woodbury

At our June meeting, we had a special guest, Judge Robert Hodges, Circuit Court Judge of Marion County. Also present were Bureau Chief, Major Sperring and Chief Kuhn, along with Captain Tom Terrell. Major Sperring introduced, our speaker.

Judge Hodges spoke of his responsibility on the court to hear cases regarding juvenile offenders (less than 18 years of age). Not only does Judge Hodges hear cases, he is also involved in juvenile diversion programs and a Teen Court, for first time offenders with minor offenses that are reviewed and sentenced by their peers. Judge Hodges also answered the many questions from the audience.

Patrol meetings are the fourth Monday of each month at 3 p.m. in the Arbor Conference Center, Suites B and C. Anyone may attend these meetings, so come and join us.

For further information or questions about the Patrol contact Gary Rodoff at 291-7508 or Jim Miller at 854-4947.

**American Jewish Club**

Carol Aronoff

The board has been busy preparing an exciting new year for all the members of the American Jewish Club.

Our first meeting will be on Sept. 19 at the Arbor Conference Center beginning at 12:30 p.m. We will have our annual pizza party at no charge to members.

To start off the year with a bang, on Thursday, Sept. 23, we are going on a tour of our new county courthouse in Ocala. We will combine this with our monthly lunch bunch outing, restaurant to be announced.

We are looking forward to a season of good times and enjoyment for all. Sign-up sheets for the tour and lunch will be available at the meeting. Dues will be gladly accepted at that time.

See you in September!



**Irish American Club**

Bob O'Neal

Is it fair to say, "It's hot out there?" The Irish would say, "Ta se tea mach ansin anois?" and they cleverly pronounce it "thaw shay chech a morh on-shin a-nish."

But really now, how often do the Irish say that, in English or Irish? Not often! On July 4, in Dublin, it was 63 degrees ... with a wee bit of moisture.

You've heard the term, "ah that's a bunch of blarney," and when someone says that, they're not talking about an actual locale in Ireland. Instead they are (dis) qualifying the message as not being true (I've heard it a time or two).

The word "blarney" has a royal pedigree and has its roots in Blarney (County Cork). During the Reformation, Queen Elizabeth I was trying to come to grips with the Irish. While not adverse to fire and sword, if necessary, Elizabeth also employed diplomacy and frequently met her Irish subjects face to face. She might have had second thoughts about the wisdom of doing so when she met Cormac MacCarthy and her match.

As the current Lord of Blarney Castle, Cormac tried to keep his independence

and Elizabeth's demands were met not with deeds but by extensive elaborations on why something could not be done, at least not immediately or without modification.

In short, he tried to talk and bluff his way out of anything she suggested. One day, Elizabeth cracked and screamed, "This is all blarney. What he says, he never means." With this, the virgin Queen had given birth to a new phrase in the English language.

Another heads up on our Oct. 14 entertainment. It's Ray Cooper and he's one great entertainer. This is a "can't miss" meeting ... mark it down.

Our list of the most popular Irish names, which started with number 10, has now reached the number one surname in the whole of Ireland and it's ... Murphy.

The surname Murphy or in Irish, O Murchadha (meaning strong or superior) was initially anglicized, O'Murchoe, and finally anglicized to its present form.

Murphy traces its origin from Milesians, King of Spain, through the line of his son, Heremon, the first absolute King of Ireland, 504 BC. There is a direct line from Dermot McMurrrough, King of the Province of Leinster 1110 AD to 1171 AD.

The family name of the chieftain of the Murphy clan is called "the O Morchoe." The family motto is "Fortes et Hospitatis," meaning strong and hospitable. A second motto, "To conquer rather than die," is also associated with the name.

We have four Murphy households in our community.

Travel alert: To urge more seniors to head to Ireland over the summer months, Tourism Ireland has launched a new program, Silver Surfers Summer Savings (over 500 money saving offers). Visit the following website for more information: [www.discoverireland.com/us/campaigns/silver-surfers](http://www.discoverireland.com/us/campaigns/silver-surfers).

A special Irish blessing from the heart of a friend ... "May good fortune be yours and may your joys never end."

He was terrific and fit right in. We hope he found a home and will keep coming back!

We also welcomed back Rita as well as Jimmy, Daryl, Jerry, Dick and his wife. What a great get-together we had.

There were also the regulars: Shirley; Norma and Bob, who did a great duet; and Charlie and Kathy, who also sang a duet.

Broadway tunes seemed to be the music of the night; still there was a good variety. Everyone sang well. There was much laughter and great fun.

Please come and join us on the first and third Mondays of the month at the Arbor Conference Center, Suites E and F from 6:30 to 9:30 p.m.

If any club or organization would like a group of us to entertain them, we would be glad to do so. Tell us what you want and we will do it; there is never a charge. For information, please call me at 291-0246.

Until next month, keep on singing.



**Karaoke Friends**

Vivian Brown

We welcomed a new singer, Vince.



**Artistic Crafts & Gifts**

Loretta Troutman

We are enjoying our summer break and some of us are using the free time to replenish our craft inventory.

We will be in the Health & Recreation Ballroom every Tuesday from 9 a.m. to noon starting Tuesday, Sept. 7. Come see the beautiful items our crafters offer for gift giving and/or household decor.

**Crafty Ladies**

Diane Podkomorski

It's been a long time since you've heard about the Crafty Ladies. We're still here, staying very busy, meeting every Wednesday from 9 to 11 a.m. in the Card Room.

Most of the projects we work on are made in crochet and knit, but our members also create items in cross-stitch, sewing and doll making. We work on items for gifts, donations and ourselves.

Helping each other comes along with the membership.

One of our members is Judith Basha. Judy crochets lap robes and baby caps. The lap robes go to local nursing homes for the residents. She also makes at least 60 baby caps a month, delivering them to the maternity ward at Munroe Regional Medical Center.

It's amazing we accomplish anything with all of the socializing that goes on.

If you'd like to know more about Crafty Ladies, please stop by on a Wednesday morning or call 873-3869.

Whatever you do, do it with gusto! Have a great month!

**E-mail articles by noon on the 13th of month to [otownews@otowfl.com](mailto:otownews@otowfl.com)**

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**Sunshine Quilters**  
Tekla Krause

Summer is here and we are keeping cool making quilts in the Art Room. We are learning new ways to use strips. Informal workshops will continue all summer long.

We will have our next business meeting on Tuesday, Sept. 7 at 1 p.m. We will resume our brown bag lunch, which starts at noon that day. Coffee will be available or bring your own beverage.

This month our thanks goes to Nancy Brigham, our official purchaser. She has been ordering quilt batting for us for several years as well as picking up additional fabrics, and essentials needed to carry out our projects. The last few months have been even busier for her as she searched the Internet to find just the right size bins for storing our fabrics in the new cabinets, and also getting us new coffeepots. Keep up the good work, Nancy. We all appreciate your efforts.

We also welcomed a newly returned member. Glad to have you back, Pat Szabo. She has pitched in immediately with our prep work for the strip workshops and Gail Schultz has been a great help as well.

Plans have started for our Quilt Show that will be held in the fall of 2011. In addition to the quilts on display will be a boutique, quilt raffle and some demonstrations. As we know more, we will share our information.



Photo by Phyllis Zwick

**These wall hangings were made at the Dreamcatcher workshop. From left, Lee Patoma, Tekla Krause, Jeannette Wroblewski, Ann Weldishofer and Theresa Randolph.**



Photo by Linda Lohr

**Edie Howard and Gerry Haynes adding bells to the Christmas stockings.**



**Sewing Bees**  
Linda Lohr

Now that it is July, can Christmas be far behind? The Sewing Bees received a generous donation of 49 red Christmas stockings with fuzzy white trim. We've been busy sewing bells on them. All through the year we will purchase small items such as toys and stuffed animals to fill them to the brim come early December.

We've also been thinking ahead to the fall Rags to Riches event. Many of us have been completing wonder wallets that will be for sale at the event. It is a great way to use all those small pieces of fabric. And the wallets are great for carrying your ID, license and some coins or bills! You will have to be sure to see our display in the fall. We will have several quilts to raffle also!

The quilts are coming along beautifully and the stuffed animals are cuter than ever.

We provide a bit of comfort to the abused, abandoned and neglected children of Marion County. We work with various organizations such as Kimberly's Cottage and Head Start.

Monetary donations are used to purchase the batting for our quilts; donations of cotton material are lovingly stitched into quilts, tote bags and cuddly stuffed animals.

You may contact LeeAnn at 854-7205 or Marcy at 854-1181, with any questions or donations. We meet 12:30 to 3 p.m. every Thursday in the Art Room behind the Health & Recreation Building. Perhaps our group is just what you are looking for! Our "hive" is buzzing with activity, giving back to the needy children of Marion County.

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# Activities August

To make changes, call Theresa at the Activities Office at 854-8707, Ext. 7530

## Monday

6:00	Lap Swimming	AC
8:00	Mixed Tennis D	CTS
	Water Walk	ACIP
	Men's Softball	SBF
	R.C. Flyers Club	Field
9:00	Woodworking	WW
	Bocce League	BCTS
	Ceramics 9-2 p.m.	Art
	Ladies Billiards	PLR
9:30	Shuffleboard (May-Sept.) 9 a.m.	CTS
10:00	Tennis Doubles	CTS
	Ladies Billiards	PLR
	Tai Chi	ACF
10:30	Water Walk	ACIP
11:00	Bocce League	BCTS
	Golf Groups	PAV
11:30	Lap Swimming	AC
12:00	Ladies Poker	MR3
	Mah Jongg	CC:A
12:30	Bridge	CR
12:45	Line Dance (Sept.-Dec.)	AC
1:00	Bocce League	BCTS
	Line Dance (July-Aug.)	AC
	Intermediate Line Dance (Sept.-Dec.)	H&R
	Dominoes	CC:H
1:30	Shuffleboard	CTS
	Line Dance	ICC
	Samba Mama's	MR2
2:00	Happy Hookers	Art
	Rummicube	CC:E,F
	Line Dance (July-Sept.)	HR
3:00	Line Dance (Sept.-Dec.)	HR
4:30	Line Dance Level I & II (Sept.-Dec.)	HR
5:00	Mah Jongg	CC:A
6:00	Table Tennis	CC:D
	Men's Poker	MR3
6:30	Euchre	CC:H
	Bridge	CR
6:45	Ballet Club	ACF
7:00	Mexican Train Dominoes	CC:G
	Mah Jongg	ICC
	Pinochle	MR2

### 1st Week

7:30	Marion Blood Bank (All Even # Months Only)	PL
8:00	AARP	MR3
9:00	Life South Blood (All Odd # Months Only)	PL
	RC Flyers Club	CC:B,C
1:30	D'Clowns	CC:B,C
3:00	Bocce	CC:G
3:30	Handicap Comm.	CC:H
4:00	Billiards	ART
5:30	Avalon Social Club	AC
6:30	Karaoke Friends	CC:E,F
6:30	Sunshine Singers	HR

### 2nd Week

10:00	Genealogical Society	MR3
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### 3rd Week

10:00	Genealogical Workshop	CC:B,C
5:00	Card Game	CC:C

### 4th Week

8:00	The Pub Reopens (08/23/10)	HR
1:30	Community Patrol	CC:B,C
4:00	Candler Potluck	CCC

## Tuesday

6:00	Lap Swimming	AC
8:00	Men's Tennis	CTS
	Fun Time Cloggers	HR
	Water Walk	ACIP
	R.C. Flyers Club	Field
8:30	Women's 18-Hole Raquetball	GC
	Computer Club	HR CTS
9:00	Hand & Foot Canasta	CC:B,C
	Woodworking	CR
	Women's 9-Hole Horseshoe League	WW
9:30	Sunshine Quilters	GC
	CSI Bible Study	CTS
10:00	Yoga	Art
	Concert Chorus	CC:A
	Bocce League	ICC
10:30	Horseshoe League	AC
	Walleyball	BCTS
	Water Walk	CTS
11:30	Lap Swimming	ACIP
12:00	Lap Swimming	AC
	Men's Poker	MR3
	Cybex Orientation	GYM
	Mah Jongg	CC:A
12:30	Bridge	CR
	Tall Tale Travelers	CC:G
1:00	Badminton (Racquetball Courts)	HR
	Ballet Club	ACF
	Shuffleboard	CTS
	Crochet Club	ICC
2:00	Pickleball	CTS
2:30	Shutterbugs	CC:B,C
3:00	Chess Club	MR3
5:00	Circle Squares	AC
	Mah Jongg	CC:B
	Table Tennis	CC:D
	Poker	CC:G
5:45	Mah Jongg	ACC:C
	Pattern Dance	HR
6:00	Pinochle	MR3/Art
	Poker	CCR
6:30	Duplicate Bridge	CR
	Mah Jongg	MR2

## 7:00 Mixed Poker CC:H

### 1st Week

8:00	Men's Golf Assoc.	CC:A
8:30	Lions Club	CCC
10:30	Shuffleboard	CC:H
11:30	OTOW Ladies 9-Hole Golf (Oct.-March)	HR
2:30	Italian American	CC:E&F
6:15	Candler Excursion	CCC
6:30	J.B. Poker Club	CC:E,F
	Indigo Girls Bunco	ICC
7:00	Girls Night Out	CC:G

### 2nd Week

8:00	Citizens Emer. Response Team	CC:E,F,G
10:00	Five Wishes (08/10/10)	HR
11:30	Ladies Golf Assoc. 18-Hole (Oct.-April)	HR
12:00	Visually Impaired	CC:H
3:00	Knights of Columbus Golf	ICC
3:30	Alpha Investment	Art
6:15	Game Knight	ICC
6:30	German American Club	CC:E,F
7:00	Lions Club	CCC

### 3rd Week

9:30	Alzheimer's Seminar (08/17/10)	CC:E,F
1:30	Unique Birders	CC:H
2:00	Candler Connection	CCC
5:00	Caribbean Club	ICC

### 4th Week

7:00	Primary Elections (08/24/10)	CR & CC:E,F
8:00	CERT Team	ICC
8:30	Lions Club	CCC
11:30	Ladies 9-Hole Golf	HR
12:30	Scandinavian Club	CC:E,F
3:30	Alpha Investment	Art
5:00	Providence II Club	CC:E,F
6:30	Ladies Poker	ICC
7:00	Karaoke	CCC

## Wednesday

6:00	Lap Swimming	AC
8:00	Ladies Tennis	CTS
	Water Walk	ACIP
8:30	Men's 18-Hole	Golf
	Men's Softball	SBF
	R.C. Flyers Club	Field
9:00	Woodworking	WW
	Pickleball	CTS
	Crafty Ladies	CR
	Bocce League	BCTS
9:30	Fun w/Ceramics	ART
10:00	Tai Chi Practice	ACF
11:00	Golf Group	PAV
	Bocce League	BCTS
11:30	Lap Swimming	AC
12:00	Ladies Poker	MR3
	Mah Jongg	CC:A
12:15	Bridge	CR
12:30	Japanese Bunka Lucky Thirteen	CC:B
	Mah Jongg	CC:G
1:00	Mah Jongg	ICC
1:30	Shuffleboard	CTS
	Samba	MR2
3:00	Yoga	ACF
5:30	Bingo	HR
6:00	Men's Poker	MR3
	Line Dancing	AC
	Duplicate Bridge	CR
7:00	Square Dance	CC:E,F

### 1st Week

8:30	OTOW LGA 18-Hole	CC:B
9:00	Model Railroaders	MR3
6:00	Democratic Club	CC:G
6:30	Tall Tale Travelers	CC:B,C

### 2nd Week

1:00	Native Plant Grp	CC:H
2:00	Project Giving Back	ART
3:00	Pennsylvania Club	CC:E,F

### 3rd Week

11:00	Arbor Tennis Club	CC:E,F
6:40	Bunco Club	CC:G
7:00	Square Dance	CC:E,F

### 4th Week

1:00	Italian American Club	CC:G
2:00	Military Cards	CC:E,F
	Project Giving Back	ART
6:30	Tall Tale Travelers (No mtgs Dec, June-Sept.)	CC:B,C
7:00	Mystery Book Club	CCR

## Thursday

6:00	Lap Swimming	AC
8:00	Men's Tennis	CTS
	Water Walk	ACIP
	Fun Time Cloggers	HR
	RC Flyers	Field
8:30	Racquetball	HR CTS
9:00	Woodcarvers	Art
	Art Group	Art
	Wood Working	WW
	Computer Club	CC:B,C
	Circle Square Dancers	CC:E,F
	Hand & Foot Canasta	CR
	Bocce League	BCTS
10:00	Reflexology	ICC
10:30	Walleyball	CTS
	Water Walk	ACIP
11:00	Bocce League	BCTS

11:30	Lap Swimming	AC
12:00	Lap Swimming	AC
	Mah Jongg	CC:A
	Aerobics	ICC
12:30	Sewing Bees	Art
	Bridge	CR
1:00	Bocce League	BCTS
	Badminton (Racquetball Courts)	H&R
	Ballet Club	ACF
	Table Tennis	CC:D
1:30	Bocce League	BCTS
2:00	Pickleball	CTS
	Swingin Sisters	HR
2:30	Pretenders	ICC
5:30	Card Game	CC:B
6:00	Men's Poker	MR3
	Poker Night	CCC
6:15	Mah Jongg	CCR
6:30	Bridge	CR
7:00	Cards	ICC
	Square Dance	CC:E,F
	Card/Game Club	CC:G

### 1st Week

1:00	Rubber Stamping Cards	CC:G
5:00	Southern Club	HR

### 2nd Week

8:00	*Seminole Casino Trip (08/12/10)	HR
6:00	Karaoke Night	AC
6:30	Ballroom Dance CL	HR

### 3rd Week

1:00	SPCA	AC
	Rubber Stamp Club	CC:G
1:30	Orchid Group	CC:H
5:30	Friends Game	CC:E,F

### 4th Week

9:30	American Jewish Club	CC:G
4:00	Social Hour (08/26/10)	AC
6:30	Ballroom Dance Club	HR

## Friday

6:00	Lap Swimming	AC
8:00	Ladies Tennis	CTS
	Water Walk	ACIP
	RC Flyers	Field
9:00	Woodworking	WW
	Dominoes	MR3
	Bocce League	BCTS
	Pickleball	CTS
9:30	Shuffleboard	CTS
10:00	Racquetball	H&R CTS
	Women's Bible Study	CC:A
	Tai Chi	ICC
10:30	Water Walk	ACIP
11:00	Bocce League	BCTS
	Golf Group	PAV
11:30	Lap Swimming	AC
12:00	Ladies Poker	MR3
	OTOW Circle	HR
	Square Dancers	HR
	Mah Jongg	CC:A
	Leo's Golf Group	CR
12:30	Canasta Old Fashion Way	CR
1:00	Table Tennis	CC:D
	Mah Jongg	CCC
	Samba Cards	MR2
	Mexican Train	CC:H
5:00	Happy Hour	AC
	Cribbage	Art
6:00	Advanced Bridge	CR
	Euchre 4 Fun	CC:A
6:15	Nickel Nickel	MR3
6:45	Friday Night Euchre	MR2

### 1st Week

10:00	Emb. Chicks	CC:B,C
11:00	Women of the World	CC:E,F,G,H

### 2nd Week

8:30	RC Ladybirds	CC:B,C
4:00	Themed Happy Hour Hollywood Nights (08/13/10)	AC

7:00	Republican Club	CC:E,F,G
	<b>3rd Week</b>	
2:00	Social Club	CC:E,F,G,H
	<b>4th Week</b>	
10:00	Emb. Chicks	CC:B,C

## Saturday

8:00	Mixed Tennis	CTS
	Fun Time Cloggers	HR
	RC Flyers	Field
8:30	Men's Softball	SBF
9:00	Computer Club	CC:B,C
	Wood Working	WW
10:00	Mixed Tennis	CTS
	Swingin Sisters	CC:E,F
	Tip Top Tappers	HR
	Yoga	ICC
1:00	Table Tennis	CC:D
5:30	Saturday Pinochle	CR

### 2nd Week

6:00	Northern Lights	CC:B,C
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### 3rd Week

2:00	Circle of Friends	AC
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## Sunday

9:00	Racquetball	HR CTS
	Wood Working	WW
9:30	RC Flyers	Field
12:00	Mah Jongg	CC:A
1:00	Hand & Foot Canasta	CR
	Table Tennis	CC:D
3:00	Pickleball	CTS
5:00	Pattern Dance	AC
6:00	Movie of the Month	HR
7:00	Mixed Poker	CC:H

### 3rd Week

2:00	American/Jewish	CC:E,F,G
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### 4th Week

2:00	Line Dancing	HR
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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
ACF	Arbor Club Fitness
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
CCR	Candler Community Card Rm
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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Photo by Bob Woods

**Old New-Gate Prison in East Granby, Conn.**

# Old New-Gate Prison

By BOB WOODS  
WORLD NEWS WRITER

Touring the first prison in the State of Connecticut that was named after a notorious prison in London, my wife Beverly and I enjoyed touring what has been defined as one of Connecticut's leading tourist attractions.

Old New-Gate Prison was originally a copper mine, the first copper mine in America, which began mining operations in 1705. The mine proved not to be profitable and it was closed in 1742. During the Revolutionary War, the mine was reopened in 1772 as a prison. British prisoners of war and Tories were housed at this prison. Tories were colonists who supported British rule. Believe it or not, the prison remained open until 1827 housing over 800 inmates.

The prison has many firsts. It was the first:

- Copper mine;
- Prison in the English Colonies;
- Federal prison during the Revolution;
- Prison for the State of Connecticut.

cut. The state used the mine as their prison using the prisoners as cheap labor to restart the copper mine. Again, the mine proved unprofitable and the inmates turned to other manual professions like making shoes, nails and other products. The inmates would work during the day within the walls of the prison but at night they were herded into the mineshafts where they spent their nights.

We were told by one of the prison's volunteers that forcing the inmates to sleep below ground in the mineshafts was not unhealthy.

He told us there was only a four percent death rate as the temperature in the mine was a constant 52 degrees killing most germs and viruses. The prisoners would sleep in wooden cabins in the large area in the mine but no traces of these structures exist today.

Entering the prison yard through a large main gate, stands a brick building which was used as the main guardhouse and the home for the prison warden. Today, it contains a museum depicting the life and times of the prison. The cellar of the guardhouse was where the old entrance to the mine was located.

Miners and prisoners, depending on what period of time the mine was used, would have to climb in and out of the mine via a ladder. Due to insurance regulations, a new entrance was established in

1968 with a long flight of stairs to reach the lodging area of the mine below. This area is not handicapped accessible. If visiting the prison, rubber sole shoes and a sweater would be advisable if touring the mine below.

The term "jug cells" was actually originated at Old New-Gate. This was a cell in the cellar of the guardhouse that actually contained jugs of rum, under lock and key. Not only was the rum protected from the prisoners, it also protected the rum from the prison guards.

The original walls of the prison were constructed out of wood. The rock walls were later constructed in 1802 out of the rocks brought up from the diggings and later bricks were used for housing and workshops for the inmates.

There were many escapes from the prison. The first prisoner, John Hinson, was the first prisoner to be incarcerated and he was also the first to escape. Imprisoned for burglary, a reward for \$10 was issued for his capture.

There were many attempts between the first and the last. The last escape attempt ended in the inmate's death. It happened in 1827 the night before New-Gate was to close and all prisoners were to be transferred to another prison. Able Starkey climbed up the rope in the well shaft, the rope broke and Starkey fell to his death in the well.

The prison is declared a National Historic Landmark and is administered by the State of Connecticut.

While in this area, there are plenty of other sites to visit like the Basketball Hall of Fame in Springfield, Connecticut's Trolley Museum, New England Air Museum, the Mark Twain House and Museum and the Old State House, which is the oldest state house in the country.



Photo by Bob Woods

Old New-Gate Prison ruins.

# 2010 ENTERTAINMENT SERIES



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 <p><b>September 25</b></p> <p><b>Return of The King: A Tribute to Elvis</b> Resident: \$13-15; Non-Resident: \$15-17</p>	 <p><b>October 10</b></p> <p><b>Rising Stars of Opera Tampa</b> Timeless operatic music Resident: FREE; Non-Resident: \$5 Ticket required for all admissions</p>	 <p><b>October 16</b></p> <p><b>Bobby Goldsboro</b> Greatest hit "Honey" Resident: \$31-35; Non-Resident: \$33-37</p>	 <p><b>December 4</b></p> <p><b>Dan McMillion Orchestra</b> Big Band and Swing Resident: \$8-12; Non-Resident: \$9-13</p>	 <p><b>On Top of the World Communities</b></p>

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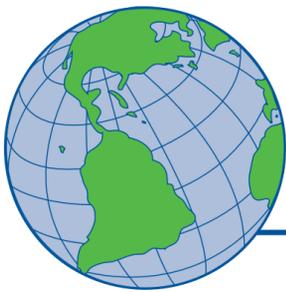


Photo by Ray Cech

Hidden Treasures exhibit at the Marion Cultural Alliance Artful Gifts on The Town Square.

## Local Art Available on The Town Square

By RAY CECH  
WORLD NEWS WRITER

Thanks to the Marion Cultural Alliance (MCA), On Top of the World artists are currently showing their artwork in a very special space. Dedicating its first show solely to resident artists, the exhibit is presented in Suite 10 at Circle Square Commons, a space recently leased by MCA.

The exhibit is an example of the versatile talent that resides at On Top of the

World, and presents works of art which include a variety of artistic forms, including photography, acrylics, watercolors and oil paintings, as well as leaded glass and woodcrafts. And all objects are for sale.

The exhibit is called "Hidden Treasures." Nancy Ledding, Executive Director of Marion Cultural Alliance, said, "I was so awestruck when I saw the Hands

Across the Highway show, that I was inspired to open our doors to On Top of the World residents for our first exhibit. And, sure enough, we are not disappointed."

Ledding said she's thrilled that MCA has opened on The Town Square, and can now support the talents of people along the S.R. 200 corridor. Home base for MCA is downtown in the Brick City Studio. It's a non-profit organization that donates

any profit to advancing the arts and artists of Marion County.

Visit Suite 10 on The Town Square, diagonally across from Mr. B's Big Scoop. The name on the door is "Artful Gifts." And if you would like to participate either by entering a piece of artwork, or purchasing something that is on display, one of the very friendly and knowledgeable volunteers will be happy to help.

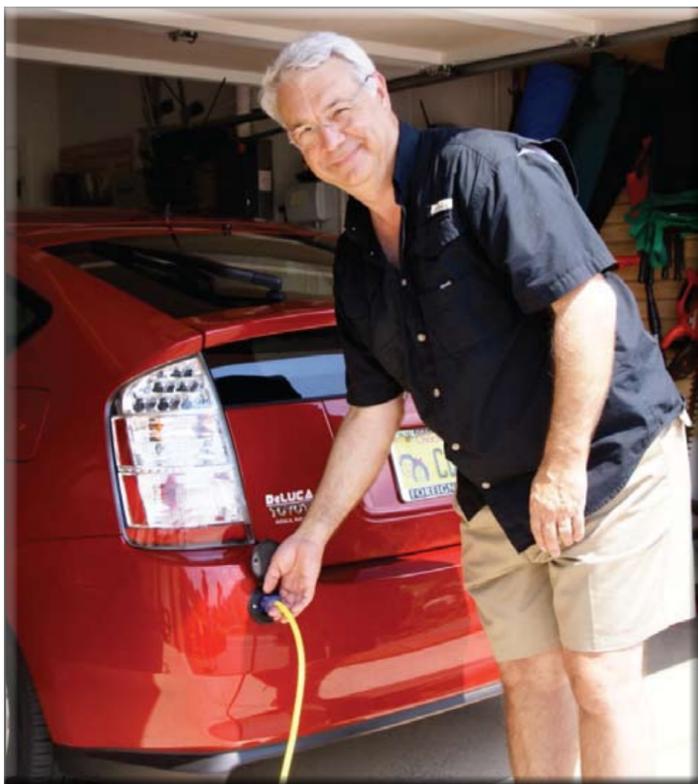


Photo by Ray Cech

David Shira charging his electric car.

## The Electric Car Comes to On Top of the World

By RAY CECH  
WORLD NEWS WRITER

So why is David Shira smiling? Because he's getting over 100 miles to the gallon!

We've all seen those solar panels atop Paula and David Shira's home when driving along S.W. 81st Loop, but most of us haven't gotten a peek under those panels and inside the Shiras' garage.

Now, imagine that you've turned on your X-ray vision. What you would see is a bright red Toyota Prius with a yellow cord ("tail," as David likes to call it) streaming from the back end of the car into a wall socket. Hmm?

Whatever your imagination conjures up you would be right only if you guessed that the Shiras' were charging their battery. But, here's the twist—they are charging 616 "C" size batteries.

David and Paula, the energy-smart gurus of On Top of the World, have taken the next step in energy conservation by converting their already fuel-skipping Prius into a PHEV (Plug-In Hybrid Electric Vehicle). The batteries, which are located under the trunk storage space, give them

30-40 free (battery) miles, after which the car automatically turns on the engine, and on the Prius that's about 45 miles to the gallon.

"The bottom line," David says, "is that we're charging the batteries with our house solar system, so until the engine kicks in, our ride is free, and when you figure in that most of our driving is very local, we're getting about 100 miles to the gallon."

The PHEV uses a standard 110V electrical line that can be plugged into the same outlet as your toaster. And it's so quiet that Toyota is actually working on adding a bit of noise so drivers will know when the ignition is turned on.

The Prius has been completely crash tested, and offers about the same passenger head and leg room as most mid-sized sedans, even with all those little batteries. It's a smooth, comfortable ride that's helping to save our planet and, at the same time, saving Paula and David Shira a pocketful of green.

## New Fitness Instructor and Class

By CAMMY DENNIS

Meet Health & Recreation's newest fitness instructor! Han Dong is a retired optometrist who has dedicated his life to martial arts fitness. He has earned a fourth degree Black Belt in Taekwon Do and is AFAA certified in Group Exercise and Kickboxing. He has been teaching martial arts for over 20 years and has trained with Billy Blanks, the creator of Tae Bo. Han is excited to bring his extensive martial arts experience to On Top of the World!

Beginning Aug. 3, on Tuesdays at 10 a.m., Health & Recreation will be featuring

Han's class KickButt KickBoxing (KBKB). This unique martial arts class is a non-contact workout guaranteed to improve strength, balance, flexibility, endurance, concentration and confidence.

Han encourages anyone who is looking for something different in their fitness routine to try this program. This class is suitable for men and women of all fitness levels; no previous martial arts experience is required. You will have a rigorous workout, but you will also have fun.



Photo by Cammy Dennis

Join in on the fun with Han Dong's new KickButt KickBoxing class.



**Arbor Club Tennis**  
Jorge Privat

July was hot, humid and rainy, but most of you came down to play anyway. Please continue to keep in mind that you come to play tennis "for the health of it." Since August and most of September promise to be no different, please, continue to maintain your sensibility toward the elements by staying on the safe side.

July and August usually are not very newsworthy months. However, we watched the not very successful come back of Justine Henin; the reconfirmation of Serena Williams as the number one player in the world; the drop of Roger Federer to third place in the rankings; and the resurgence of Rafael Nadal not only as the king of clay, but also as the king of England too. Well, of Wimbledon anyway.

We cannot forget that the Spanish "Armada" - soccer team was crowned as the kings of soccer for the next four years by defeating the Netherlands in extra time!

But, here at home, the tennis commit-

tee and I are looking forward to holding a fall doubles tournament for the ladies, and one for the men and hope that everyone will participate.

Lately, some of you have asked me about, and some of you have come to my clinics to learn how to hit the "drop shot;" so, I will make this, the subject of my tip of the month.

**Tennis Tip of the Month: The Drop Shot**

Finishing points effectively may require the use of a specialty shot, such as the drop shot. These "touch" shots, like the drop shot and the lob, or drop-volley require a lot of practice to master, but they can mean all the difference between winning and losing important points throughout a match. The deep slice, and the chip and slice approach are good examples of shots that combine well with the drop shot.

It is not enough to work your opponent from side to side to create open-court opportunities. Learning to work with deep and short combinations can add another dimension to your game. An effective drop shot should cross the net with some margin for error; between two and three feet above the net.

Power players are good at moving their opponents left to right, keeping them positioned deep in the back of the court. Touch players use deep slices and chip shots to create opportunities and manipulate their opponents. Having touch and power allows you to keep your opponents guessing. Many players use the drop shot at the wrong time. The key is to set up a combination.

How to disguise the drop shot? The whole concept of disguise rests in making your opponents believe that they are see-

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ing one thing, while you are delivering something else. For instance, after you hit a couple of deep slice shots, your opponent begins to lean back expecting a third one, but by the time the ball crosses the net, your opponent realizes that you have hit a drop shot. By that time, it is too late for him to react.

You first set up the shot by showing your opponent that you can hit a deep slice and a drop shot from the same preparation. By using the deep slice regularly, you establish disguise for the drop shot. Most players can anticipate the kind of shot you are going to deliver by looking at the position of your racquet.

If they see your back swing going low, they will anticipate a deep ball with topspin. If they see your racquet staying high on the back swing, they can see a slice ball coming, long or short.

So, it is important to learn to take your back swing exactly the same way for the drop shot, as you do for a deep slice, only, at the last second, a slight adjustment in the angle of the racquet and the speed of the swing will deliver what first appeared to be a deep slice, now, effectively a drop shot.

It is also very important to maintain the same kind of footwork for both shots, to add to the disguise. The height of the ball over the net should also be the same, for deep shots as for the drop shot.

Practice this totally underrated shot, to add to your arsenal. You will be amazed at how many easy points you can win in the course of a match. You can tell it is a good drop shot if it bounces twice inside the service court.

Any questions? Please ask me any time. See you on the courts.



**Director of Golf**  
Sally Collins

It's hard to believe that by the time you are reading this, we have crowned three of the four major champions on the 2010 PGA Tour; only the PGA Championship has yet to be contested. Seems like we were just rooting Phil on at the Masters! Here at On Top of the World Communities, the golf committees along with the professional golf staff are beginning to plan the 2011 golf events schedule.

As we all know, the past frigid winter took a toll on all three golf courses. At this time, the courses are all responding very nicely to the maintenance plan, which Andy Jorgensen and his staff are executing.

The greens have made a rapid recovery after the June curfew application. In July, we had Todd Lowe, a regional agronomist with the United States Golf Association, visit the golf facilities to review the course conditions and assess the current maintenance program. Mr. Lowe offered several suggestions to enhance the plan currently in place and felt that we should see the Bermuda continuing to grow in on the weak areas within the next few weeks. For the complete report, please visit the [www.ontopoftheworldinfo.com](http://www.ontopoftheworldinfo.com) website.

Speaking of golf course maintenance, August is the month for the second round of aerification. The Links will be closed Aug. 16 - 22; Tortoise and the Hare will be closed Aug. 30 - Sept. 5; and Candler Hills closes Aug. 23 - 29.

The Handicap Committee is busy collecting scorecards and reviewing the Handicap Stroke allocation for men and women on all the golf courses. To date, the Candler Hills men's and the Links ladies' rankings are complete but more scorecards are needed for the remaining courses and genders. Please help us out by turning in any scorecards you have after you complete play.

With many of our resident golfers traveling during the next few weeks, the golf event calendar is not too busy. However, ladies, we do have a Just Us Girls night scheduled Wednesday, Aug. 18 at 5 p.m. Register in the Candler Hills Golf Shop by Friday, Aug. 13.

Labor Day weekend will be celebrated in a few short weeks. This holiday weekend boasts the annual 36 hole golf event teaming On Top of the World golfers with a Candler Hills mixed team. Saturday, Sept. 4 will feature a Two Best Balls of Foursome on the Links course; Candler Hills will host the four person Scramble on Monday, Sept. 6 with a barbeque lunch following golf. Check out the details at both Golf Shops. This tournament is limited to the first 30 mixed teams that register from each club.

Save these dates!

- Ladies Solheim Cup - On Top of the World vs. Candler Hills - Oct. 5, 7 and 9;
- Candler Hills LGA 9 Invitational - Thursday, Oct. 7;
- Candler Hills LGA 18 hosts the Rally for the Cure - Oct. 14;
- Candler Hills Men's Member Guest - Oct. 21 - 23;
- Extreme Demo Day on Saturday, Nov. 6.

World accolades go out to the two hole in one recipients in June. Bryant Giffin scored his third ace - a 5 iron into the cup on the eighth hole at Candler Hills. Richard Vullo had a one on the fifth hole on the Links.

An eagle was celebrated by Carl Arnold on the Links number ten hole.

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Photo by Claude Servais

**Board of directors include secretary, Grace Rhode; first vice-president, Joe Veres; president, Charlie Lentz; treasurer, Frank Dubay; and second vice-president, Armann Rhode.**



**Shuffleboard**  
Claude Servais

I mentioned in my July column, that Article IV, Section I of the Constitution reads: "The season for organized team play shall commence with the first full week of September." Therefore, ladies and gentlemen, loosen up your shoulders and elbows and sharpen your eyesight because the starting gun will go off on Monday, Sept. 6.

We will begin a new year full of great expectations and renewed enthusiasm. We will also start the year with a new board of directors as introduced in the accompanying photograph.

Confirming information previously conveyed, the teams will play in the following time slots:

- Monday - 9:30 a.m.**  
Captain, Charlie Lentz (425-9402); Co-Captain, Bob Shuck (854-9629).
- Monday - 1:30 p.m.**  
Captain, John Mataya (237-9692); Co-Captain, Margo Thomas (861-1730).
- Tuesday - 1 p.m.**  
Captain, Frank Scinlari (304-8962); Co-Captain, Jim Lynam (861-2822).
- Wednesday - 1:30 p.m.**  
Captain, George Hajjar (861-6009); Co-Captain, Lou Crudele (291-4910).
- Thursday - 9:30 a.m.**  
Captain, Jack Smith (873-0804); Co-Captain, Frank Dubay (236-6638).
- Friday - 9:30 a.m.**  
Captain, Andy Bulloch (873-7373); Co-Captain, Roger Werner (854-7569).

The listed telephone numbers are for the benefit of prospective players, who simply need to call one of the captains or co-captains to make arrangements to join our ranks.

Last year we had 124 members playing in the following time slots:

- Monday a.m. - 23;
- Monday p.m. - 9;
- Tuesday p.m. - 30;
- Wednesday p.m. - 20;
- Thursday a.m. - 26;
- Friday a.m. - 16.

We have eight courts and play doubles in this league, which means four players per court for a possible total of 32 players per session. Keeping the current

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

Photos by Mike Roppel

**Paula Magen (below) took up painting with watercolors over 15 years ago. Most of her paintings are done with the wet on wet technique. Several style brushes and a toothbrush (right) are used depending on what part of the flower she is painting. She has had the benefit of taking several classes over the years, each instructor adding a different technique to Paula's knowledge base. In addition to painting, Paula dedicates her time with the D'Clowns as president.**



schedule, we therefore have room for a minimum of 192 players.

As you can tell, there is ample room for additional players.

So take up the cause and recruit new members to participate in this fun activity.

When you remit your membership dues to your captain or co-captain, it would be prudent to check to make certain that the league has your correct telephone number and, if you have one, your e-mail address.

At the June 1 executive meeting, the following dates were targeted as the days when the general meetings will be held:

- Nov. 4
- March 3

More on this subject in the coming months.

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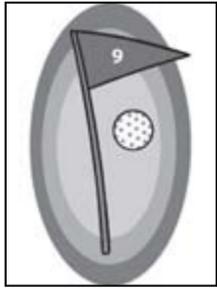
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**Candler Hills Ladies 9-Hole**  
Dianne Masterson

This past month proved to be another

battle between Mother Nature and the Candler Hills LGA9. The score for July: Mother Nature (2); the CHLGA9 (3). The ladies endured very hot and humid conditions only to have their rounds of golf interrupted by thunder and lightning for two weeks in a row. Not to be deterred, with continued hot and humid conditions, the ladies of Candler Hills finally were able to play complete rounds of golf with lots of sun and no rain. Those ladies who golfed with success on these sultry days are as follows.

**Low Gross/Low Net**  
June 24

Flight Hot: 46-Angie Jingco; 34-Mary Pat Giffen.

Flight Humid: 54-Olive Curtin; 37- Mary Giannukos.

**Three Blind Mice**  
July 1

Flight 1: 21-Piper Thomas; Tied at 23- Hed-

dy Racinowski, Peggy Borro and Sandra Noe.

Flight 2: 24-Olive Curtin; Tied at 25- Mary Giannukos and Vicky Salyers.

**Low Gross/Low Net**  
July 8

Flight 1: 45-Peggy Borro; 33-Diane O'Brien.

Flight 2: 47-Carol Venslavsky; 30-Julie Crudele.

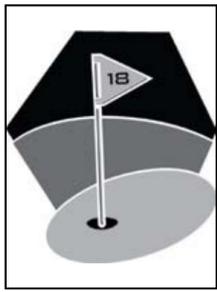
Mark your calendars; we will be hosting our second annual Falling Leaves Invitational on Oct. 6. Also in October, we will be replacing our board members. If you are at all interested in helping out our league by serving on the board, please contact Lois Laine or leave a note of interest in the LGA9 mailbox outside of the Golf Shop. A successful league needs active members!

**HOW WELL DO YOU KNOW YOUR FELLOW NINE HOLERS?** This month, I would like to

profile Marylyn Tymon. Marylyn moved to Ocala from New Jersey four years ago. As a vice president in marketing for Prudential Reinsurance, she played in many work related scrambles and took a few lessons. However, it was not until she moved to Candler Hills that she took up the game seriously. Marylyn was part of the original nine-hole group that preceded our LGA9. Marylyn knows that with more practice and play, that her game will improve. However, the fresh air, exercise and good company are what keep her coming back each week and have served to make her happy. As Marylyn says, "That's what it's all about!"

For other ladies out there that are new to golf or who would like to become a member of our fun loving group, our new league season begins in October. You must have a GHIN to participate. This can be obtained through the Golf Shop.

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



**Candler Hills Ladies 18-Hole**  
Kelli Brunner

Once heard someone say that the most stress we have in our retirement, living in On Top of the World, is three putting. Well, I for one am completely irritated by the annoying occurrence of the dreaded

three putt! Also, missing a five footer or less for birdie doesn't sit well either.

So, recently I took a putting lesson with Russ Smith, one of our professionals here at Candler Hills. He told me three things that must remain constant when it comes to putting: ball position, eyes directly over the ball, and a smooth stroke straight back and straight through. Other than that, your putting style can be your own.

Wouldn't we all like to have Christie Kerr's style, which won her the LPGA Championship in June by 12 strokes? What a performance! Her confidence is a big part of her game. Most of us don't like to toot our own horn, but if it gets us to the next level, why not?

The next time you stand over that three footer, just think to yourself, I can make this! As we all know, your mind can be more powerful than your swing. So, keep practicing, be confident and see your Candler Hills or On Top of the World professional when you need reassurance or help with your game.

**Low Gross/Low Net**  
June 17

Flight 1: 81-Deborah Martin. 88-Pam Carpenter.

Flight 2: Tie at 99-Carol Clark and Carole Robinson. 70-Jean Jarmel.

**Two Best Ball**  
June 24

Team 1: 115-Carol Clark, Joan Gustafson, Barbara Massaschi, Connie Norris.

**Low Net**  
July 1

Flight 1: 64-Toni Stevenson. 68-Kelli Brunner.

Flight 2: 72-Carol Clark. Tie at 76-Irmgard Anger and Joan Gustafson.

**T's and F's**  
July 8

Flight 1: Tie at 35-Deborah Martin and Connie Norris.

Flight 2: 34-Joan Gustafson. 37-Ilyong Dicus.

Upcoming play days:

- Aug. 5 - Shamble
- Aug. 12 - Six-Six-Six
- Aug. 19 - Odd & Even
- Aug. 26 - No play (course maintenance)

Don't forget the Second Annual Solheim Cup with the On Top of the World ladies is Oct. 5, 7 and 9. Let's all show our Candler Hills spirit!



**POET'S CORNER**  
*Poetry from On Top of the World Residents*  
**Porch Swings and Rocking Chairs**  
BY ANNETTE SHARPE

I love porch swings and rocking chairs,  
Where one may rest awhile,  
On a shady porch, so welcoming,  
With grand old fashioned style.

Perhaps, it's for porch memories  
Of early days of yore,  
And as time makes quaint things disappear,  
I miss them more and more.

Sometimes, I wonder how we lost  
The charm of yesterday.  
Life in the fast lane, I suppose,  
Has driven it away.

I long for the returning  
Of sweet, old fashioned, ways.  
These treasures of the heart are mine  
In memories of past days.



**September issue:**  
Thursday, Aug. 26

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**Billiards**  
Richard Impresa

Last month's column highlighted the members of men's Team #1. We are fortunate enough to have three competitive teams representing our community in the league. I have invited the captains of Teams #2 and #3 to provide input on their members this month.

First up is J.C. Brown, captain of Team #2. "As captain of Team # 2, I want to thank each one of my guys for their friendship, sportsmanship, congeniality and fun. I always told my daughters and grandchildren, winning isn't everything, it's how you play the game that counts and there is always the next time. So come September, anything is possible!"

Bill Daly and his beautiful wife, Deanna, come from New York. Bill does the organizing and scheduling of the league. Any questions call Bill! Our thanks to him for a job well done. Bill also likes bingo and I understand he plans to take a trip to Hawaii with his winnings, but that could take awhile!

Jim Kraft and his wife, Jean, moved here from Maryland where Jim worked for the Baltimore County Public School System for 35 years. They moved here to escape the snow! Jim has real talent as he performed at our Christmas party. He was the hit of the evening playing a dancing lady.

Dave Engelhardt comes from Ohio. He retired from the Navy where he was a welder. He has four children, four grandchildren and two great grandchildren. Dave loves to cook and keeps a very neat and clean home, even his car is spotless. He is a kind and thoughtful guy!

Tom Nims and his wife, Jean, have been married for 43 years and they come from Massachusetts. Tom spent 32 years as a sergeant at the Weston Police Department. When you see Tom, he is always riding his Harley. I wonder why he never contacted our local star, John Travolta, about the movie, "Wild Dogs?" Tom would have fit in perfectly!

Rich O'Brien and his wife, Sindy, have been married for 17 years and come from New York. He retired after working 20 years for the New York Police Department. Both he and Sindy enjoy karaoke and they both sing very well. They have four children and one grandchild on the way.

J.C. Brown and his wife, Vivian, originally come from Kingston, N.Y. They have been married 59 years and have two daughters, four grandchildren, and one great granddaughter. J.C. spent two years in the Army and was employed by IBM Corporation for 39 years. Both enjoy dancing, good restaurants and great shows. Remember, in September, anything is possible!

Next is Jerry Kamenker, captain for Team #3. "I would personally like to thank and congratulate each member of my team for a great season: Mike Cruz (co-captain), Jim Fallon, Bob Toye, Gary LaRue, Pete Disisto, Fred Bacala, and, our newest player, Fred Kennedy."

Congratulations to all of our players. Until next time, keep stroking and keep your tip dry.



**Ladies**  
**18-Hole Golf**  
Marilyn Rose

The heat goes on and we are playing with plenty of water, salty snacks, and sometimes frozen items to try to keep cool. Please remember to sign up in the Golf Shop so that you can join us.

We have five Tuesdays of play in August and it should be a continuing challenge for all of us. We have new ladies



**Ladies**  
**9-Hole Golf**  
Diane Dzik

A smaller but hardy group of niners has been golfing each Tuesday and so far the weather has cooperated. The earlier rally time helps, but the "steam" sets in early so we usually don't delay.

Anyone wishing to golf with us during these summer weeks, please sign up at the Golf Shop. You will need to have a handicap you can post or be in the process of establishing one, understanding that you

joining our group, and I will be getting names so that you can introduce yourself to them. Be sure to check the board in the Golf Shop for all that is going on.

**Low Gross/Low Net by Flights**  
June 8 / Links

Flight 1: Low Gross-76-Beverly Ovrebø; 85-Mia Kolar.

Flight 1: Low Net-71-Nancy Nicolas; Tie at 73-Joan D'Addio, Sandy Chase, Valerie Smith.

Flight 2: Low Gross-81-Laurie Hall; 90-Linda Bervinkle.

Flight 2: Low Net-Tie at 69-Christine McIntire, Peggy Borro.

Flight 3: Low Gross-100-Joan Cecchini; 102-Marti Marta.

Flight 3: Low Net-69-Dea Johnson; Second-72-Shirley Smagner.

**Scramble**

June 15 / Tortoise and the Hare

68-Mia Kolar, Lou Borders, Peggy Borro, Helen Foskett; Tie at 70-Beverly Ovrebø, Mary Jane McAtee, Angelita Pena, Dea Johnson; Iro Lisinski, Chris McIntire, Serine Rossi, Fran Griswold.

**Low Gross/Low Net**

may not be eligible for chits but can get a chance to meet us and see if you would be interested in joining our league.

We take the game seriously but don't let it stand in the way of meeting new people and making new friends. If you have further questions, please call any of our officers or myself.

The sign up sheets in the league room are filling up but we continue to need volunteers to chair Rally For The Cure and the Christmas Luncheon. Everyone wishing to be included in next year's handbook (active and social), please sign the list because print deadline falls this month.

The Stonecrest 9-Hole LGA will hold their invitational on Tuesday, Oct. 5. Registration is 7:30 a.m. with shotgun at 8:30 a.m. The cost is \$40. Deadline for sign-up is Tuesday, Sept. 14.

Point to Ponder: The official definition of "teeing ground" allows you to tee the ball up to two club lengths behind the tee markers, putting you in a better position to take a full swing with a longer club. This is good strategy on a Par 3. Just be sure you stay within the defined parameters of the teeing ground so you do not incur a two-stroke penalty or be called to re-tee during match play.

**Low Net by Flight**

June 15

Chip In: Sumi Bridges.

**June 22 / The Links**

Flight 1: Low Gross-83-Gretchen Normandin.

Flight 1: Low Net-71-Sandy Chase.

Flight 2: Low Gross-94-Lou Borders.

Flight 2: Low Net-74-Angelita Pena.

Flight 3: Low Gross-104-Joan Cecchini.

Flight 3: Low Net-74-Marilyn Rose.

**Best Ball A&B, C&D**

June 29 / The Links

A&B: Net 62-Nancy Zielinski, Christine McIntire; Tie at 65-Beverly Ovrebø, Rosemarie O'Neil; Iro Lisinski, Valerie Smith; Jerry Gill, Sandy Chase

C&D: Net-65-Susan Watters, Marti Marta; Tie at 66-Mary Driver, Helen Foskett; Mary Jane McAtee, Joan Cecchini.

In August, we will have many different games:

- Aug. 3 / Tortoise & the Hare. We will play 1-9, Low Putts, 10-18 Best Ball-Net;
- Aug. 10 / Links-Nassau;
- Aug. 17 / Links-Blind Partners A&D, B&C;
- Aug. 24 / Links-Low Gross/Low Net;
- Aug. 31 / Links-2 Best Balls-A B C D.

Flight 1: 33-Deborah Mallardi; 35-Andy Flannery, Mary Hart; 37-Ruth Koch.

Flight 2: 33-Sumiko Bridges, Marie Marquis; 35-Cathy Hathaway; 36-Pauline Beloin.

**Low Gross by Flight**

June 22

Chip In: Millie Nucaso

Flight 1: 52-Agnes Tetti; 54-Linda Dumeer, Millie Nucaso.

Flight 2: 48-Marie Marquis; 56-Esther Lang; 60-Sumiko Bridges.

**Low Net by Flight**

June 29

Chip In: Esther Lang

Flight 1: 33-Carol Bell; 35-Deborah Mallardi, Grace Bock; Agnes Tetti.

Flight 2: 36-Evelyn Stewart; 39-Pauline Beloin, Esther Lang.

**Scramble**

July 6

42-Catherine Becraft, Marie Marquis, Deborah Mallardi, Marie Palombo. 42-Carol Bell, Darlene Clark, Marlene Floeckher, Millie Nucaso. 42-Pauline Beloin, Joan Rappa, Jane Wilson.

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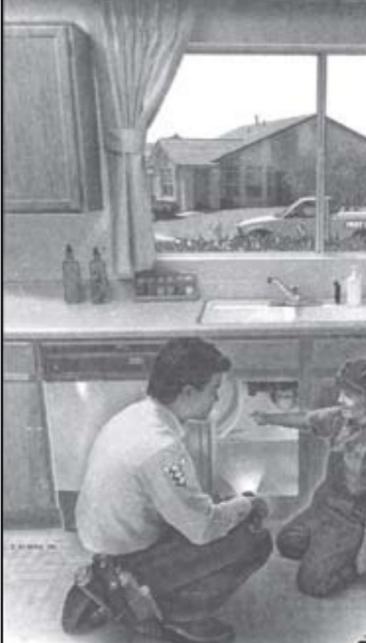
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**Candler Hills Men's Golf**  
Joe Alfano

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Our association now totals 102 members with the addition of Dave Miller and Dave Thomas. We welcome both of you to our eclectic group and we want you to know that there are no strangers here - just friends you haven't met before. Anyone interested in playing golf in such an environment should contact me at tjalf8371@yahoo.com for more information.

Congratulations are in order to association president, Bryant Giffin, for his recent ace on the eighth hole at Candler Hills. Not much information about the shot was forthcoming except everyone agreed that Bryant had no qualms whatsoever about making sure no one missed out on the celebratory libations after the round.

As I was "musin' the profundities," I got to thinking that we sometimes forget that the president of any organization, much less one the size of ours, will always be hard pressed to please or placate each

and every member with how the organization is run or with decisions that need to be made. In Bryant's case, he has been selfless with his time and effort in making this organization the best it can be and so I will take it upon myself to speak for the entire membership and say thank you for all your hard work and diligence. By the way, I missed the celebration so you still owe me that drink!

Most of us know that we can hit as good a shot as any of us out here - we just don't know if we can hit as many. Hitting a number of good shots this past month were Chris Jett (71), Garry Gerlach (74), Walt Pacuk, Fred Spain and Paul Moltisanti (75), Bill Anger (76), Mike Buschur and Patrick Clayton (77), Glen Sauer, Al Wassmer and Jim Bennett (78) and Dennis Norris, Dick Williams and Bruce Venslavsky (79). Nice job golfing your ball gentlemen!

Our fundraising efforts will continue through the summer months with an eye toward next year's scholar/athlete recipients. Part of our fundraising efforts will continue being used to send care packages to members of our Armed Forces recuperating at various hospitals. Be on the lookout for Flounder or D-Day for that winning ticket.

As always, I wish everyone a life of "nothing but fairways and greens."

**Two-Man Stableford**  
June 15

Martin Flight: 77-Al Wassmer & Dave Green; 71-Norm Giannukos & Tom Marta; 69-Bill Anger & Dennis Liphardt.

Lewis Flight: 76-Marc Schaffer & Jim McGrath; 76-Bruce Venslavsky & Jon Raupach; 74-Joe Mandala & Ken Zweiback.

**Four-Man One Best Ball**  
June 22

55-Bryant Giffin, Roger Whittle, Tom Martinetto & Mike Romm; 57-Mike Buschur, Gerry Lizinski, Bob Starrett & Ed O'Leary; 58-Tom Garrison, John Menzies, Jon Raupach & Andy Bulloch.

**Four-Man Stableford**  
June 29

151-Bill Anger, Joe Mandala, Bob Starrett & Dave Green; 145-Dennis Norris, Bruce Venslavsky, Jack Ashenfelter & Mike Romm; 144-Dick Williams, Roger Whittle, Dave Miller & Ray Deluca.

**Individual Net**  
July 6

Crosby Flight: 67-Fred Spain; 68-Garry Gerlach & Walt Pacuk.  
Stills Flight: 69-Rick Daddio; 70-Dennis Norris; 73-Al Wassmer  
Nash Flight: 74-Mike Romm; 75-Art McTague; 76-Ed O'Leary & Ken Zweiback.  
Young Flight: 67-Dave Miller; 71-Fred Hobbins; 72-Bob Starrett.

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**Men's Golf Association**  
George Blankenship

As I sit here trying to figure out what I am going to write about for the August edition of the On Top of the World News, it occurs to me, I have no idea. One reason is, while this is for early August publication, it is being written before the middle of July. There have been no recent tournaments or earth shaking events, unless you want to mention how hot it has been and the standard Florida rains, somewhere, sometime every day.

On Thursday, July 1, the three golf courses here at On Top of the World received a visit from Todd Lowe, a USGA agronomist who is a Florida resident and familiar with golf in the area. We have received his evaluation of our courses and I feel certain that most of you have had an opportunity to read his report. While I have read it, I, like many of you, had some questions for our superintendent to help me better understand some of the issues.

Speaking of golf course conditions, how about the course conditions (hole #14) and the greens at the U.S. Open at Pebble Beach? Evidently, Poa Annua greens do not make the best putting surfaces. There seems to be a lot of talk about sponginess and being very bumpy. But hey, what do you expect for a \$425 greens fee, perfection?

Then on the other side of the coin; how about the conditions of the greens at the U.S. Women's Open at Oakmont? There were comments that they were rolling at 14 on the Stemp. Breathe hard and you would go by the hole 15 feet. Oh well, we here at On Top of the World don't have to worry about either of those exact conditions.

Very shortly, about mid-August, the MGA directors will place a notice and sign up sheet on the bulletin board concerning the upcoming election of new board members for the 2010/2011 board. The vote will take place on Chicken Day, Oct. 6. There will be three new members, as there is every year, elected to the board. I would like to encourage anyone who would like to be involved in the operation of your MGA to sign up and run for a board position.

As we get closer to the end of the year, we will be writing the MGA Handbook for 2011. As always we welcome any ideas

or thoughts on what we might need to include or exclude in the new edition. We especially appreciate any suggestions for new games, or any changes for existing games. You can write your suggestions on a piece of paper and place them in the Chicken Box or see anyone of the present directors about your ideas.

Until next month, play well, have fun, and remember we "play" golf. It's a game.

**MGA 18 Individual Stableford**  
June 16 / Tortoise and the Hare

Flight 1: Tie at 39-Joseph Bologna and Raymond Beloin; Tie at 37-Jack Hegarty, Jim Weaver and Marvin Williams.

Flight 2: 45-Paul B. East; 42-Art Buecher; 41-Bernard Locklear; 40-Edward C. Wilson; Tie at 39-John Bauer and Steve Becker.

Flight 3: 47-Steve Gregely; 40-Fred Rodriguez; Tie at 39-Bud Borders, Jimmy Johnson, Norm Lallier and Richard Schiller.

Flight 4: 40-Bernie James; 37-James L. Delfraisse; 35-Jose Cura; Tie at 34-Jack Martin, John Singer and Raymond Wilson.

**MGA 18 Low Net**  
June 23/The Links

Flight 1: 66-Ian McCulough; 69-Raymond Beloin; 70-John Langville; 71-George Blankenship; 72-John Hall.

Flight 2: 66-Ron Thompson; 69-Paul B. East; Tie at 71-Bernard Locklear, Ed Klodzen, John Bauer, Norm Lallier and Sam Harris.

Flight 3: Tie at 67-Hira Roy and Steve Gregely; Tie at 69-David Miller and Ray Hellman. Tie at 71-Jerry Segovis and Tony Capillo.

Flight 4: 66-Bernie James; 67-Tom Fasanello; 68-Jose Cura; 70-Frank Palotta; 72-Alfred Wells.

**MGA 18 Two-Man Team Stableford**  
Flighted

June 30/Tortoise and the Hare

Flight 1: 81-Ian McCulough and Paul B. East; 75-Paul DelVacchicchio and John Hodd; 74-George Blankenship and Dick Gray; Tie at 72-Marvin Williams and Phil Johnson, Tom Fragapane and Rocky Groomes.

Flight 2: 78-Jimmy Johnson and Jack Martin; 77-Steve Gregely and James Moran; Tie at 75-Richard Schiller and Raymond Wilson, Ray Hellman and Al Wells.

**MGA 18 Blind Pins Net**

July 7 / The Links

Flight 1: Tie at 67-Paul Perrault and Raymond Beloin; Tie at 68-Bill Walker; Freddie Moody and Tim O'Neil; Tie at 70-Ed Klodzen, John Hall and Michael Drabicki.

Flight 2: Tie at 71-Phil Johnson, Ray Messer and Sam Harris; Tie at 72-James Merrick and Ray Hellman; Tie at 74-Jack Hegarty, Joe Dent and John Bauer.

Flight 3: 65-Paul Stone; 66-James Moran; Tie at 68-Jerry Segovis and John Oneil; Tie at 69-Frank Palotta and Peter M. Peterson.

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**Anything But Bland**  
Chef Dave Bland

**What's in it? The hidden dangers in prepackaged foods.**

A large percentage of our household budget consists of prepackaged foods. We are often unaware of what we are putting into our bodies. Our busy lifestyles make it easier and cheaper to grab a quick snack like chips, cookies, candy bars, sodas and other processed foods instead of healthier options.

These foods contain some ingredients that make it cheaper to manufacture, and they contain preservatives, sweeteners and loads of sodium that can cause serious medical risks. Here are some examples of the major ingredients to look out for.

Statistics show that trans fats are a big health risk because they lead to heart disease and heart attacks for up to 100,000 people a year. They are found in baked goods, French fries and even popcorn. It

is far better to replace these dangerous fats with good fats and lower the risk of heart attack.

Studies have shown that most of our sodium intake is through processed food. Although sodium is necessary to life as it helps in the regulating of blood pressure and balances the fluids in the body, excessive salt intake causes high blood pressure and makes the heart work harder.

Refined grains such as white bread, rolls, some cereals, white rice and pasta can increase the chances for heart attacks by up to 30 percent. Read the labels and try to avoid refined grains and go for whole wheat and whole grains. Your body will thank you later.

High fructose corn syrup is a cheap alternative to natural sugar and has an addictive affect on the body causing you to crave more of it. It also affects the metabolism in an adverse way, can cause high blood pressure and is attributed to diabetes.

Monosodium glutamate (MSG) is a common flavor enhancer and although it is widely known to cause headaches, nausea and vomiting in many consumers, it is still found in some processed foods. This flavor enhancer is believed to cause cardiac arrest in some individuals.

Aspartame and Acesulfame-K are two common artificial sweeteners that are found in nearly every sugar free processed food and drink. Aspartame has been found to cause tumors in laboratory rats. Acesulfame may cause cancer as well as have adverse affect on the thyroid.

Understanding the risks found in some prepackaged foods and reading labels will help to keep you healthier. At Candler Hills Restaurant we are proud to serve fresh ingredients with no MSG, no trans fats and no artificial sweeteners on our menu. We take the worry out of eating healthy.



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

The Favorite Recipes Dinner Club has suspended our regular monthly dinners for the months of June, July, August and September. This is because many members have headed north for the summer as well as others have travel plans over the summer months.

As such, I would like to describe our club more fully and answer some questions I have been asked by members of the On Top of the World Communities.

The purpose of the club is for couple members to meet new people who share their enthusiasm for cooking various foods and enjoy entertaining people in their home. The club also provides the ability for members to enjoy eating dinners at different members' homes.

The club is not a gourmet dinner club. The idea is for members to prepare their favorite recipes to enjoy. If a member wants to prepare a favorite recipe that happens to be a gourmet type meal, they are always welcome to do so. However, this does not mean that those hosting another meal should feel the need to "out-

do" past meals.

Almost everyone has a favorite recipe! Whether we prepare it ourselves or eat it at our restaurant of choice. The club's goal is for members to have fun, creating and sharing their favorite recipe to make an enjoyable evening for all dinner participants.

I was recently asked to share a recipe that was served at a dinner Kathy and I had the pleasure of hosting. It was a simple vegetable dish using ingredients readily available. It can be served warm or at room temperature, just in time for summer time meals.

**Mashed Zucchini with Onions, Garlic and Mint**  
*Serves 6*

- 2 pounds zucchini, cut into 3-inch lengths
- 3 tablespoons extra-virgin olive oil
- 2 medium onions, coarsely chopped
- 4 garlic cloves, crushed
- 2 tablespoons coarsely chopped mint
- Salt and freshly ground pepper
- 1 lemon, cut into wedges (optional)

Steam the zucchini until soft, 15 to 20 minutes (I just boil it in a large pot for that time). Drain and using a fork, mash the zucchini in a colander to squeeze out as much liquid as possible.

Heat two tablespoons of the olive oil in a good size sauté pan. Add the onions and cook over moderate heat, stirring until lightly browned, about eight minutes. Add garlic and cook, stirring, until it just begins to color, about 30 seconds. Add the zucchini and mint, season with salt and pepper and cook, stirring until well mixed and heated through, about five minutes.

Stir in the remaining tablespoon of olive oil and serve warm or at room temperature with lemon wedges.

Our club is currently looking for new couple members. Call Luke at 304-8104 for more information.



**New England Club**  
Peg Corkum

Like the old saying, you can take me out of New England but you can never take New England out of me! And, with Nova Scotia heritage, there must be salt water in my blood, as well. I'm not a great sailor, but I do love the icy Atlantic Ocean and the food we harvest from it ... especially Haddock, which is a mild white fish.

Years ago when staying in one of the many quaint Cape Cod inns, I copied the following recipe from a local magazine. It has become one of my favorites. The name of the recipe is deceiving!

**Cape Cod Turkey**

- 2-3 lbs. boneless Haddock fillets
- Salt and pepper, to taste
- 4 tablespoons melted (real) butter
- 4 cups breadcrumbs (from fresh bread)
- 1 tablespoon grated onion
- 1 teaspoon dried dill, crushed
- 1 teaspoon dried thyme, crushed
- 2 tablespoons chopped parsley
- 1 egg, beaten
- 2 tablespoons melted butter

Sprinkle fillets with salt and pepper. Place half Haddock in well-buttered baking dish.

To create the stuffing, mix 4 tablespoons melted butter with breadcrumbs, onion and herbs. Mix lightly, stir in egg.

Spread stuffing on haddock fillets in baking dish and then top with remainder of Haddock. Spread with 2 tablespoons melted butter.

Bake at 350 F for 35 to 40 minutes. Serve with Egg Sauce (recipe follows).

**Egg Sauce**

- 1/4 cup butter
- 1/3 all-purpose flour
- 1 teaspoon dry mustard
- 3 cups whole milk
- 4 hard-boiled eggs, chopped
- Fresh parsley, chopped
- Salt and pepper, to taste

In a 2-quart saucepan, combine butter, flour, dry mustard, salt and pepper. Cook and stir over medium heat for two minutes. Gradually, add whole milk. Cook and stir until it boils and thickens. Add hard-boiled eggs and chopped parsley.



**Southern Club**  
Charlotte Hancock

To all our devoted Southern Club members, I hope you had a wonderful summer full of fun and laughter. I know it has been hot all over the country and I hope that you drank lots of water and stayed comfortable.

Our next meeting will be on Sept. 2 at 5:30 p.m. in the Health & Recreation Ballroom. Now you will have plenty of time to plan and pencil us in on your calendar. We will have our normal potluck dinner. Please bring a dish that will feed at least eight people and don't forget we like desserts also.

At our May meeting, we had two of the board members absent so we decided to have the installation of officers during the September meeting. Jeanne Stanley will be in charge of the installation of officers: president, Charlotte Hancock; vice president, Bob Bland; secretary, Carol Thompson; and treasurer, Patricia Fitzgerald.

The Southern Club welcomes anyone from all the On Top of the World Communities. Eligibility for membership in the Southern Club requires that one member of each household must have been born in or lived for 15 years in any one or a combination of the following states: Alabama, Arkansas, Florida, Georgia, Kentucky, Louisiana, Maryland, Mississippi, Missouri, North Carolina, South Carolina, Tennessee, Texas, West Virginia and Virginia.

We look forward to seeing you in September and promise to have some wonderful entertainment for you this coming season. For any additional information, please feel free to call Charlotte Hancock, 237-9523.



**Upcoming Publication Date**  
Thursday, Aug. 26

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**Native Plant Group**  
Ron Broman

It's a mess. I mean a real mess. Here's the situation. Is the plant we have in the native plant garden, small white flowers with yellow centers, that we have labeled *Lantana depressa* really *depressa* and is it native to this part of Florida?

My wife asked me the most obvious question, "Does it matter?" I replied, "Of course it does."

My reasons go like this: If it is, great. If it isn't and we say it is, we're stretching the truth. If we say we don't know, then why am I writing about it? If others, who should know, don't know either, at least I don't feel so bad and it could make an interesting article.

In the field of Botany, as in all sciences, most of the questions are still unanswered. At least that's my take on it. So here goes.

According to Roger Hammer, who should know, "There is much confusion when it comes to the native, naturalized

and cultivated members of *Lantana* in Florida. There are only three species that are definitely native to the state:

1. *Lantana canescens*, a bushy shrub with very small heads of yellow-centered white flowers. [It] occurs [in] Miami-Dade County and is extremely rare.
2. *Lantana involucrata* is a bushy shrub with yellow-centered white flowers often blushed with violet. Its natural range extends into Florida [and] common in the central and southern counties.
3. *Lantana depressa*, a variable shrub with yellow flowers that is endemic to Florida."

In addition there are three varieties of *Lantana depressa*: *L. depressa* var. *depressa* is endemic to pine rocklands of lower Dade County. *L. depressa* var. *florida* is a large, bushy yellow *lantana* endemic to sandy shorelines of Florida's east coast.

*L. depressa* var. *sanibelensis*, also large, bushy and yellow, occurs along Florida's west coast and occasionally inland.

The problem species in Florida is *Lantana camara* now a cosmopolitan weed of warm regions. It is highly variable - 650 plus hybrids - taxonomically confusing and variously referred to as separate species, forms, etc.

*L. camara* is notoriously poisonous. The green, unripe fruits can be fatal to humans if eaten (but ripe fruits are harmless), but remains a very popular landscape plant in Florida.

Now to the nitty gritty: One study showed that on each side of the leaf blade of *L. depressa* var. *depressa* there are mostly three to 10 teeth. *L. depressa* var. *florida* has mostly 10 to 15 teeth. *L. depressa* var. *sanibelensis* has mostly eight to 13 teeth. The hybrids (of *L. camara*/*depressa*) have from 10 to 15 per side. *L. depressa* has 15 to 30 teeth per side.

The greatest confusion exists in the Florida nursery trade in the yellow-flowered, trailing or mounding plants. Since ours is white with yellow centers, we'll not concern ourselves with that mess.

There is much more in the article by Roger Hammer, but his conclusions include: Remaining skeptical whether pure *lantana depressa* var. *depressa* is being cultivated in mainstream Florida nurseries. Even if it is, it shouldn't be, as it is endemic only to the pine rocklands of southern Dade County and should not be distributed elsewhere.

Because of the confusion, native plant enthusiasts and others should avoid low-growing, yellow-flowered *lantanas* entirely and use the wide spread native *Lantana involucrata* or some other suitable species instead.

"It is better to err on the side of caution when it comes to this *lantana* mess."

Our *lantana* has white with yellow-centered flowers. The leaves have nine or 10 teeth on a side. Our plant is still very small so we don't know its form yet. If it is *Lantana depressa*, we shouldn't be growing it here. If it is *Lantana involucrata*, that's ok, but we should call it that. If it is a form of *Lantana camara*, we should dig it up and toss it out.

We intend to keep watching and studying it for a while at least, so stay tuned.

I hope you'll pardon me for writing such an erudite, or whatever, article but I couldn't help it. Sometimes I just get carried away.

Have a super summer and join us on the second Wednesday in October when we begin a whole new year of growing native.



Photo by Ron Broman

*Lantana depressa* in the On Top of the World native plant garden.

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**Birders' Beat**  
Jane Callender

The Unique Birders will not have meetings in August and September. Instead of the regular meeting on Oct. 19 a boat trip has been planned.

We will have lunch at a designated restaurant following the boat trip. Future plans for the Unique Birders will be discussed after lunch.

Be sure to check this column in the October issue of the World News for boat trip information.

For further information please call Roberta Campbell at 858-4814, or me, at 861-2983.



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## Upcoming Events

**"Green Art" Short Sale • Late August**  
*The sale of unused, unseen, and "under the bed" art and décor for the benefit of the arts in Marion County.*

**"Fall Into Art" Exhibit • September – Mid-October**  
*An all media show celebrating the bountiful season of fall.*



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**SPCA**  
Maria Devine

Kittens, anyone? These sleeping beauties are just waiting for that special someone to swoop down with a kiss and help them live happily forever after. Just 14 weeks old, they have all been tested, vaccinated, spayed/neutered, wormed and micro chipped. Now, they just need a place to call home and continue their socialization. When they're not napping, they're playing.

There is one orange male, two tabby females, and two black and white females - one of them must be right for you. If you just can't resist one of these little bundles, call Arlene at 875-9761 to pay them a visit.

In addition to the kitties, their momma cat and auntie cat are also available for adoption. Baby and Shadow were once homeless and pregnant, until Arlene,



Five Kittens

Baby

Shadow

from cat rescue, took them in. Shadow's kittens have all been adopted and the ones pictured here are Baby's.

Shadow is spayed, vaccinated and micro chipped. Baby is vaccinated and micro chipped and will be spayed once her kittens are adopted. Just one and a half years old themselves, both mamas are adapting to inside life, including how to use a litter box.

Although warm and affectionate to their foster mom and offspring, they are still skittish of strangers, so patience and understanding will be needed as you continue their socialization. If it is meaningful to you to do something about the homeless cat overpopulation in Marion County, you may want to give Arlene a call at 875-9761 to inquire about Baby and Shadow.

Don't forget that the SPCA and Pet Net-

work will be at the Farmer's Market on the first Thursday of each month to show our adoptable pets. Our next date will be Aug. 5, so come out to the Town Square that morning to see what furry bundles of joy are available. You can also just stop by to learn about our organizations and say hello. If you are interested in becoming a foster caregiver, you can inquire about that also.

If you have a chance to visit New York City, you will see that it is dog heaven. Dogs are allowed off leash every morning in many large parks, such as Central Park in Manhattan and Prospect Park in Brooklyn. Patient waiters bring dogs bowls of water as they are welcome in the outside seating area of most restaurants. Many neighborhoods also have dog parks of their own. Dog walkers walk dogs big and small in the afternoons for busy friends and clients. These are practices many places should embrace for the love of our four legged friends and their humans.

As always, the SPCA is available to help those in need in the community. If you need our help or want to help, please call us at 362-0985.

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**The Movie Club  
Presents 'New in Town'**

By MARY EHLE

The movie for August will be held in the Health & Recreation Ballroom on Sunday, Aug. 8 at 6 p.m. The show will be a good one for the hot weather. It is about winter in the north. The title is "New in Town" and stars Renee Zellweger and Harry Connick Jr.

She is an ambitious Miami executive who gets transferred to the middle of nowhere. She discovers that a bit of rural magic can give her a new outlook on life. I am sure you will find it relaxing. Hope to see you.

As always the movie is open to all residents of On Top of the World and their overnight guests. It is \$2 payable at the door or you can be a member for \$6 a year. Come and spend the evening with your friends and neighbors. See you in the air-conditioned room.

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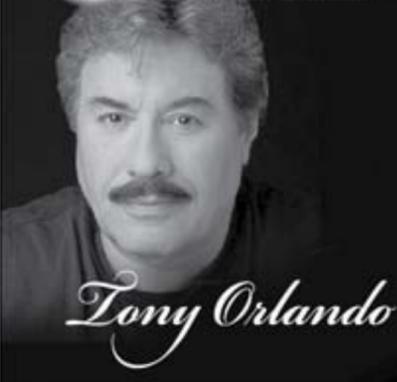
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*Tony Orlando*

**Attention On Top of the World Residents!**

We are considering bringing Tony Orlando to Circle Square Cultural Center in early 2011. In order to do so, we need to know if you would support his performance. Because he is a more expensive act, tickets for On Top of the World residents would range in price from \$38 to \$42. Ticket prices cover only cost of the act.

Respond to [ticket-sales@cscculturalcenter.com](mailto:ticket-sales@cscculturalcenter.com) or drop this form off at CSCC, the H&R Building or Customer Service.

\_\_\_\_\_ Yes, I would support the Tony Orlando performance. \_\_\_\_\_ Sorry, I am not able to support this show.

Comment \_\_\_\_\_

Please contact me should tickets become available. (This information will not be used for any other purpose)

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I would like to receive regular entertainment updates via email. \_\_\_\_\_ Yes \_\_\_\_\_ No

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**World Traveler**  
**Bill Shampine**

I suspect that we all have heard of the Galápagos Islands and their giant tortoises, but who knows where they are? The Galápagos Islands are an archipelago of volcanic islands located on the equator about 600 miles west of Ecuador off the northwest shoulder of South America.

There actually are 18 islands that are larger than about 0.4 square miles, only five of which are inhabited by people. Today, the islands and the surrounding waters form an Ecuadorian province, a national park, and a biological marine preserve.

The islands first appeared on maps in 1570, where they were called "Insulae de los Galopegos" (Islands of the Tortoises). The English first visited there in 1593, and, for over 200 years, often used the archipelago as a hideout for English pirates preying on the Spanish galleons carrying treasure from South America to Spain.

By the late 1700s, the islands became a base for whalers and fur traders who killed thousands of the Galápagos tortoises and fur seals for their fat and skins respectively, bringing both close to extinction. Ecuador annexed the Galápagos Islands in 1832, naming it Archipelago of Ecuador, and sponsored a

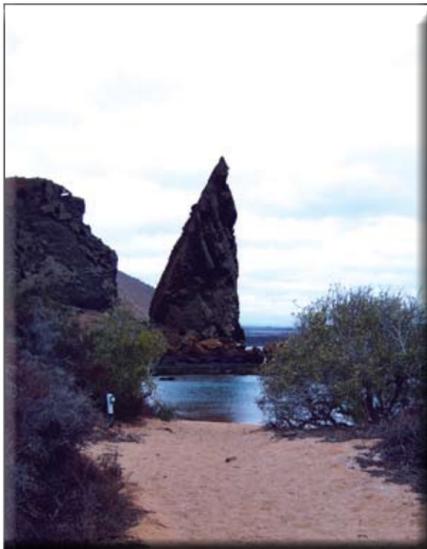


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**Galapagos Pinnacle Rock is probably the most famous, and most photographed, landmark in the Galapagos Islands.**

small colony on one of the islands.

Perhaps the most famous visitor to the islands came in 1835 when the survey ship HMS Beagle brought a young naturalist named Charles Darwin there to make a scientific study of the geology and biology of four of the islands. His findings there were crucial to the development of his theory of natural selection explaining evolution, as presented in his book, "The Origin of Species."

The real drawing card for the islands, however, always has been the remarkable and unique animal life found there. Prime among these is the Galápagos Giant Tortoise, marine and land iguanas, Galápagos sea lions, sea cucumbers, and birds, such as the Blue-footed Booby, Galápagos Penguin, Waved Albatross, Great Frigatebird, and many endemic mockingbirds and tanagers.

All of these animals are under threat, however, by an increasing human population and tourism, both of which bring in (sometimes unknowingly) non-native species of plants and animals that typically have a devastating effect on the native species. Animals such as goats, cats, dogs, and cattle already have caused the extinction of several animal species.

Conservation groups are working hard to ameliorate the problems, but it is a difficult battle. With the oil spill debacle playing out in the Gulf of Mexico, I think it is ironic to note that an oil tanker Jessica ran aground in the Galápagos in January 2001 and killed off 60% of the marine iguanas.

If you do go to the Galápagos Islands, the weather will allow you to go essentially anytime. The "off season" typically is April/May and September/October, when crowds are fewer and prices may be a bit reduced.

If you go, you need to be sure you book your accommodations and tours well in advance. If you are going primarily to observe specific animals (birds, sea lions, iguanas, etc), you also might want to check to see when the optimum time would be for those specific animals. Specific animals have specific seasons when they breed and are more active or more abundant during those times.



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**One of the unique, and popular, birds found in the Galápagos Islands is the Blue Footed Booby.**



**On the Road Again**  
**Bob Woods**

Last call for the seven-day/six-night coach trip to the Smoky Mountains departing Nov. 14. The trip will include four evening stage shows along with two in the morning. The evening shows will be The Comedy Barn, The Temptations Revue, The Smith Family Review, and the Black Bear Jamboree. The morning shows feature Patty Waszak and The Blackwood Breakfast Variety Show.

This trip will also feature a guided tour of the Smoky Mountains and some free time in Historic Downtown Gatlinburg. Think you might like to tag along on this trip? Call me and I will drop off a flyer and explain the trip in a little more detail. Deposit for this trip is \$75 per person, to insure you a seat on the coach. Your deposit is fully refundable up to approxi-

mately three weeks before the trip.

By popular demand, I have planned another trip to Key West departing Jan. 16, 2011 to spend three nights in the Conch Republic plus side trips both on the way down and returning from the Keys. This is a fun trip including a cruise in Fort Lauderdale's New River, visiting the Coral Castle, Conch Train Tour in Key West including tickets to the Wreckers Museum, air boat ride in the Everglades, other stops in the Everglades area including the smallest U.S. Post Office, tour of the Thomas Edison Winter Home and Museum. Sound good? Call me.

Join us on the Freedom of the Seas cruise, departing Port Canaveral on Dec. 18, 2011, for a five-night cruise with a \$75 shipboard credit per cabin. Passport is required. The ship will visit Georgetown, Grand Cayman and Cozumel, Mexico before returning to Cape Canaveral. Cabin prices start at \$468 for Category Q (inside), which include all government fees and port charges. Sound like a great pre-Christmas getaway? Call me.

I am still working on the nine-day coach trip to Boston departing in October 2011 (prices have not yet been published). Hopefully, there will be some fall foliage remaining but the trip is of the historical nature. Other than visiting the city of Boston and all of its historical sites, the trip includes a visit to Salem, Marblehead, Concord, Lexington, Gloucester Rockport, and finally on the way home we will stop in Plymouth.

For additional information, call me at 854-0702. My informational website is [www.bobwoodsontheroadagain.com](http://www.bobwoodsontheroadagain.com). See you on the road again.



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Slow braised pork spare ribs served with honey garlic sauce, potato wedges and baked beans

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\*All prices are plus tax and gratuity



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Cocktail and Appetizer Social

Thursday, August 19, 2010  
4 pm to 6 pm

\$11.95 per person; plus tax and gratuity  
Includes 1 drink per person



**Travel Toppers**  
Jo Swing

Travel Toppers is considering a trip to see the Radio City Rockettes Christmas Show. The performance will take place Friday, Dec. 10 at the Times-Union Center in Jacksonville. The cost will be \$93, which includes show, bus and tip for driver. Meal would be at own expense. Since an immediate deposit is required for this show, we need to know if there are enough people interested in attending before we book this trip. Call Allan Rickards as soon as possible so we can make this trip a go.

On Friday, Aug. 27, we will have the wonderful StarLite Majesty luncheon cruise out of Clearwater Beach. Enjoy a



Ida Lee Chadick, Beverly Baird, Jo Swing, jockey and trainer at Tampa Bay Downs.

soothing two-hour cruise viewing beautiful waterfront homes. The price for this trip is \$47 and includes bus, cruise with meal and tips for driver and meal. Please check with the coordinator, Toni LaGatuta, for availability.

Travel Toppers is currently taking reservations for the Saturday, Sept. 9 performance of "Mid-Life: the Crisis Musical" at the Show Palace Dinner Theater. The cost is \$64 and will include bus, show, buffet, and tips for driver and meal. Irene Plow is the coordinator.

Reservations will start Monday, Aug. 23 for two upcoming trips. First there is

the Saturday, Sept. 25 cruise on the Rivership Romance in Sanford. This will be a three-hour cruise out of Sanford Harbor, over Lake Monroe, and along the St. Johns. You will enjoy entertainment while aboard and a full course meal. The price is \$58 for bus, cruise, meal and tips/meal for driver. Jeanne Nicholls will be the coordinator. Secondly, reservations start Aug. 23 for the Thursday, Oct. 21 Show Palace Dinner Theater production of "Oklahoma" the ground breaking show that changed musical theater history. \$64 covers the bus, show, buffet and tips for driver and meal. The coordinator will be Pat Lukowiak.

Time is running out if you want to catch the boat for the upcoming New England cruise, Saturday, Oct. 2 to Saturday, Oct. 11 on the Carnival Glory. Ports of call are New York City, Boston, Portland, Halifax, Nova Scotia, St. John, New Brunswick, and back to New York City. Cost is as follows: \$1,289/inside, \$1,499/oceanview and \$1,689/balcony. This includes airfare to New York City.

For those of you who like to plan

ahead, Travel Toppers has a Western Caribbean cruise, Saturday, April 2, 2011 to Saturday, April 11, 2011 on the Carnival Dream. The ports on this seven-day cruise are Port Canaveral, Cozumel, Mexico, Isla Roatan, Belize, Costa Maya, Mexico returning to Port Canaveral. Prices range from \$729/inside to \$1079/balcony.

The coordinator for both cruises is Allan Rickards.

For those of you who inquired, the Thanksgiving Day trip will be to an entirely different venue this year and will have a very good show and meal. For more information, the summer brochures are now out at all the blue boxes located at the various post offices in On Top of the World. Brochures can also be picked up in the Library upstairs and the lounge downstairs in the Health & Recreation Building.

There will be no meeting this month. The next Travel Toppers meeting will be Wednesday, Sept. 1 at 10:30 a.m. in the Arbor Conference Center, Suite A. Until then have a happy, healthy and safe summer. Happy travels to all.



**Williamsburg Cruise Club**  
Fred O'blenis

Welcome aboard! In September, the final payment is due for the November cruise on the Carnival Dream. Space is now limited, but not too late to sign up. We have a large group on this cruise, so call now and join the fun at sea.

In November 2011, we are sailing on Royal Caribbean's new ship, Allure of the Seas. Cabins are selling fast and I will have more on this cruise in my next column. How about a spring cruise on the Freedom of the Seas? We will depart from Port Canaveral on Feb. 27, 2011 and visit

the ports of CoCo-Cay, St. Thomas and St. Maarten. Think about the warm weather, cool Caribbean breezes and duty free shopping after a long, cold Ocala winter.

These prices are per person with all taxes and port charges included:

- Balcony - \$1,085.85;
- Oceanview - \$855.85;
- PR- \$805.85;
- Inside - \$755.85.

Sign up early with a \$250 per person down payment for the best cabins. The deposits are fully refundable up to the time of final payment. Our group cruises always offer the option of bus transportation for \$45 per person, which includes bus driver and cruise terminal porters' tips. Additionally, we are giving each fully paid cabin a \$100 on board credit as a thank you for cruising with us. Don't miss out on this wonderful vacation experience. Bring family and friends ... all are welcome.

Call Fred for more information on this and other cruise opportunities at 237-6367.



**World News Deadline**  
Noon, 13th of the month

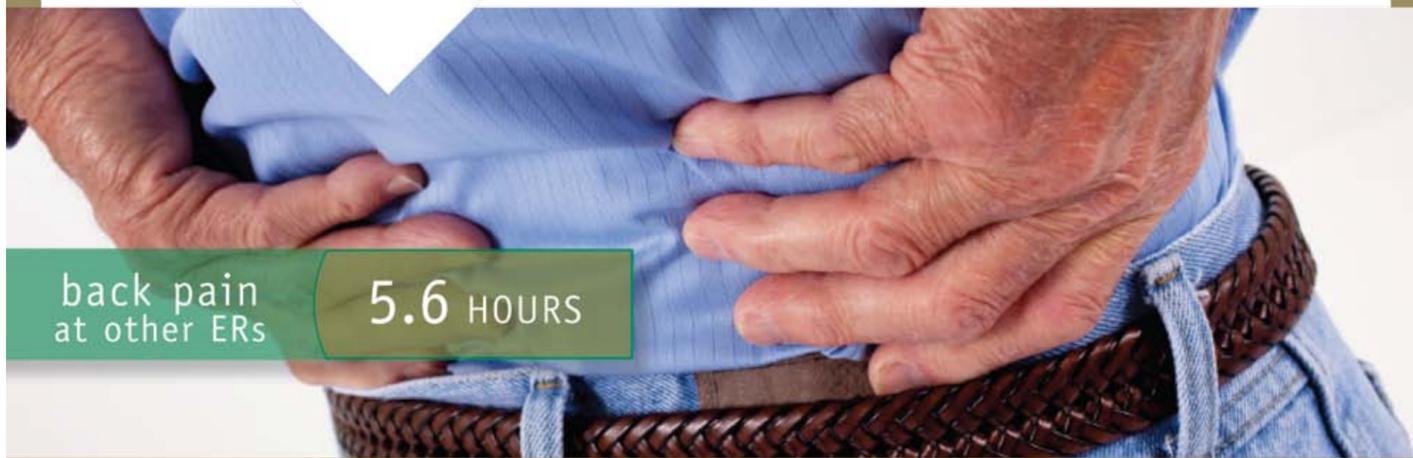
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**Concert Chorus**

Anne Merrick

On Monday, Aug. 9, starting at 9 a.m. in Suite H of the Arbor Conference Center, you will have an opportunity to learn more about us at a Concert Chorus workshop. You will find out what type of music we sing and what is involved in becoming a member.

The director, members of the board and some chorus members will be there for you to meet. The musical requirements for becoming a member of the Chorus are that you have an acceptable voice, can stay on key and are able to follow your line of music in four-part harmony. For more information, contact Suzanne Womack at 873-4643 or Carol Slimm at 598-2185

We will be starting our practice sessions for the new season on Tuesday, Aug. 24 from 10:15 a.m. to 12:15 p.m. in the Arbor Club Ballroom. Please note the new time and place on your calendars. Volunteers are needed to help set up at 10 a.m. Your assistance is much appreciated!

At present, the publicity committee consists of one person. Any Chorus member willing to be on this committee, please contact Anne at 732-0706.



**Line Dancing**  
George Conklin

Summer is about over and it is time to plan your activities for this fall and winter season. Dancing is a fun, low impact aerobic exercise and social event. Line dancing is a chance to get out there and dance even if you cannot get your partner off the couch or away from the TV. Line dances are choreographed for the beginner like the Electric Slide and for the very advanced dancer.

We have classes in the four levels of line dance: beginner, level one, level two and intermediate. Line dancing classes will start Monday, Sept. 13 and run to the end of June 2011. We have new instructors and a change to last year's schedule.

Classes will be held in both the Health & Recreation Ballroom and in the Arbor Club Ballroom.

Bernie and Theresa Randolph will instruct in the Health & Recreation Ballroom from noon to 2:15 p.m. The first hour will be level two and the second will be intermediate level. Bernie plans to challenge the intermediate dancers to higher levels with the best dances he and Theresa have learned in their 19 years of dancing.

Janice Meade and Bob Ferguson will instruct in the Health & Recreation Ballroom from 2:30 to 4:15 p.m. This period will be a combination of level two and easy intermediate dance instruction with periods of open dancing. Dances selected are appropriate for Friday and Saturday evening dancing at Circle Square Commons and Friday Happy Hour at the Arbor Club.

Carole Smith's class for beginners will be at the Arbor Club Ballroom from 1 to 2 p.m. This class is for people new to line dance and is taught at a slower pace with a smaller class, but covers dances of the same difficulty as level one.

At 4:30 p.m., Carole moves to the Health & Recreation Ballroom for level two and 5:30 to 6:30 p.m. for level one. The latter two classes will have instruction and periods of open dancing.

For detailed information contact, Bernie and Teresa Randolph, 291-7570; Janice Meade, 861-9345; Bob Ferguson, 873-447; or Carole Smith, 237-4826.



**Ballet Club**  
Eugenie Martin

Throughout the summer, our ballet classes will be held on a regular basis. All classes take place three times a week in the Arbor Club Exercise Studio adjacent to the indoor pool. We have classes on Tuesdays and Thursdays from 1 to 2 p.m. and Mondays from 6:45 to 7:45 p.m.

Newcomers are always welcome to the ballet classes, and you need no previous experience. All you need to try a class is exercise clothes and socks. If you are interested in our classes and want more information, please feel free to call me at 854-8589. Happy dancing!



**Ballroom Dance Club**  
Richard P. Vullo

Now's the time to start making plans for the upcoming dance season. Those of us who stayed all summer have continued to take lessons and attend dances at numerous locations.

As fall approaches, there will be more opportunities to dance. The Ballroom Dance Committee will resume the twice monthly casual dances in the Health & Recreation Ballroom on the second and fourth Thursday beginning Sept. 9 from 6:30 to 8:30 p.m.

The Sound and Light Committee will continue to provide professionally played recorded dancing music for us. The cost is only \$1 per person and the dances are open to all residents. It's a great place to meet other residents who enjoy dancing and to practice your steps and styles.

Some of our members have continued taking lessons at Stone Creek from Joe Mounts on Tuesdays at noon. The current six-week session began on July 27 and includes both cha cha and tango. The cost is \$24 per person for the six lessons. You can also join the lessons at any time at a cost of \$8 per person. If interested, please call me at 854-6772 or Joe Mounts at 620-5280.

Members also take dance lessons from Trish Sands at the Compass Fitness Center, 524 South Pine Avenue. For information on days and times, call Trish at 351-2423.

Joe Mounts also teaches at Compass Center and Urban Cowboy. Both Joe and Trish are available for private lessons.

Beginning in September, a ballroom dance workshop of latin styles will be offered by Maritza Acevedo of the Health & Recreation fitness staff. For more information, contact the Health & Recreation office.

The Dancin' on the Top committee will hold its first dance of the season on Sept. 25 in the Health & Recreation Ballroom. The theme for the dance will be a "beach party." The entertainment will be provided by Fred Campbell. Dress will be casual beach attire (no bathing suits). Complimentary table snacks and coffee will be provided. There will be fun and games during intermission and other surprises.

Ticket prices remain at \$7 per person. Tickets sales will begin Aug. 30 and run every Monday and Wednesday morning from 8 to 10 a.m. in the Health & Recreation Ballroom. For information, please call Jack Stone at 873-3083.

Here's the schedule of remaining dances for 2010:

- Nov. 20 with "Automatic"
  - Dec. 31 with "Sounds of Time"
- For 2011, the dates are:
- Feb. 12 with "Tomauro"
  - April 23 with "Automatic"

It's a terrific line-up, so mark your calendars and plan on attending.

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**Women of the World**  
Maureen Corr

Summer is starting to wind down and soon we'll have some of our snowbirds back and Women of the World will be geared up for another year of fun and worthwhile activities.

Please mark your calendars for next month's meeting to start off the new year; it will be on Friday, Sept. 3 at the Arbor Conference Center, Suites E through G. Meetings start at 1 p.m. but members are invited to come at 12:30 p.m. to have some refreshments and meet other members. As always, this is open to all women of On Top of the World.

Dues of \$8 can be paid at the meeting or sent this month to Marie Roppel, 8998 S.W. 99th Ct. Rd., Ocala, FL 34481.

We like to remind everyone that we continue to support Operation Shoebox and items can be placed in the receptacles at the Arbor Conference Center or in the drawer marked for us downstairs at the Health & Recreation Building. Nancy Grabowski can be reached at 873-4315 for information on helmet liners.

One of our fundraisers at each meeting is a 50/50 drawing; this is a lot of fun and generates some income for the group and provides members a chance to win a few dollars. Two of our members have agreed to do this and they are: Bernice Lewis and Shirley Omer.

Bernice moved to On Top of the World in 2006 from Bronx, N.Y. where she had been a registered nurse for 35 years. Bernice's hobbies are bowling, line dancing which she learned here at On Top of the World and she finds time to volunteer at a school for their extended day care program.

Shirley Omer moved to Florida from New Hampshire where she worked in real estate; she moved to On Top of the World in 2006. Her hobbies are reading and shopping.

Another one of our committees is Sunshine and Kathy Wilson is doing this for the second year. Kathy and her husband, Ed, moved from Michigan about five years ago where Kathy had been an elementary school teacher. Her hobbies since moving to Florida are mahjongg and swimming. If anyone knows of a member who needs a card sent to them, they can call Kathy to have a card sent on behalf of Women of the World.

In October, we will be participating in the Rags to Riches event; details will be available soon.

Please keep in mind that our charity for September is Brothers Keeper and they ask for donations for their soup kitchen and pantry. Especially needed are canned goods such as tomatoes, beans, and vegetables such as corn. Also needed are items for the pantry such as peanut butter, pasta and vegetables. Other items that are needed to keep on hand are toiletry items such as toothpaste, toothbrushes, shampoo, soap, etc.

Women of the World members are known for their generosity in supporting these charities!



**Red Hat Society**  
Vivian Brown

Gals, it's been pretty quiet! We all seem to be taking it easy on these lazy, hazy, crazy days of summer and that is exactly what we should be doing. Before we know it, September will be here and our schedules will be hectic but fun once again. Until then, remember laughter, joy and happiness are the things that gladden the heart and delight the soul.

**The Razzle-Dazzles Red Hat Dames**

We voted not to have regular monthly luncheons but to do whatever we decide to at the moment. We will be playing miniature golf on our beautiful new course, eating lunch wherever we stop, trying new places or maybe taking a box lunch to eat on a blanket under a beautiful shade tree. No glitter or glamour until September. Isn't that right ladies?! Until next month, stay well and God bless. QM Vivian Brown

**The Red Gems**

With some of our members returning from their vacations, we are looking forward to full attendance at our

next get together. We enjoyed our visit to Cody's Original Roadhouse in July. We dressed in what we call sporty comfortable outfits befitting the hot weather we have been having.

The girls are making plans for our annual fall celebration. They are enthusiastic about the theme of the party and will be putting together attractive table decorations and costumes. They are all so special in their own way. It would be hard to choose which of the three yearly events is the favorite. QM Billie Giles by Loretta Troutman

**The Glitzy Gals**

We continue to get together for lunches through the summer months. The July luncheon was hosted by QM Mary and was well attended at The Veranda Gallery & Tea Room. Everyone enjoyed the lunch, fellowship and the flags with bags of goodies. Carol Cecala won the centerpiece.

As you are reading this, seven of us gals will be attending the Red Hat Society International Convention in San Diego. We will tell you all about it next month.

"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough." QM Mary Curry

**The Ruby Vixens**

We took the summer off but our June outing was a royal event. Our hostesses, Margaret Shearon and Aurora Giattino, arranged for a special Red Hat lunch at Candler Hills Restaurant. Chef Dave created a special "Red Hat Salad" and finished our dining experience with a "Red Hat Shooter" dessert. We were treated like queens by the waitstaff and the food was delicious. We all agree, we like the new look at the restaurant. Thanks to Chef Dave for making our last event until the fall so special.

Have a wonderful Red Hat summer! QM Betty Thayer

Please send your chapter's activities to: vivjcb@cfl.rr.com by the eighth of the month. For any questions, call 291-0246.



**Citizens Emergency Response Team**  
Patricia A. Woodbury

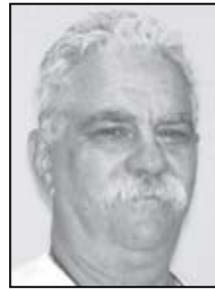
In follow-up to the June meeting, the members did a Light Search Drill at the July meeting. From their assigned neighborhoods, they searched for specific items such as: number of villas versus single-family homes, number of snowbirds, handicap or vacant units, public facilities and fire hydrants; evidence of

porch furniture, grills, lawn ornaments, hanging plants, etc. that could become missiles in a storm, as they came in to their monthly meeting.

The group then reported their findings and went on to discuss a hypothetical disaster scenario and what type of damage they would be searching for. Preparedness is an important part of the CERT drills and meetings, as is becoming acquainted with their surroundings and their community.

CERT wants the community to know that in the event of a significant storm or hurricane, they will be helping and encouraging their neighbors to prepare for these events by putting in all items, as mentioned, that could be picked up by the prevailing winds.

The next CERT meeting is on Aug. 10. CERT meets every second Tuesday of the month at 9 a.m. in Suites E, F and G the Arbor Conference Center. Persons interested in learning more about CERT are welcome to attend these meetings or contact me at 854-8718.



**Social Club**  
Mort Meretsky

We had a short break and now we're back in business. This month, on Aug. 20, is our annual picnic. It's still in the Arbor Conference Center. If you haven't already done so, please let Marie (873-8525) or Margaret (854-7306) know, or if you see us at bingo let us know. We need to have a head count so I know how much to prepare.

On Sept. 17, we will begin our regular schedule, playing poker and blackjack. If you're new, come on down to the Arbor Conference Center from 2 to 4 p.m. and check us out.

See y'all on the 20th.

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# Card Clubs & Games

## Monday Afternoon Bridge

Joe Zwick

**June 14**  
1: Shirley Stolley & Iro Lisinski; 2: Eleanor Giardina & Joan Lord; 3: Pat Goltgart & Marlene Floeckher.

**June 21**  
1: Caryl Rosenberger & Marjorie Benton; 2: Betty Morris & Fran Griswold; 3: Phyllis & Joseph Zwick.

**June 28**  
1: Shirley Stolley & Iro Lisinski; 2: Ida Rosendahl & Carol Thompson 3: Caryl Rosenberger & Mary Carol Geck.

**July 6**  
1: Ida Rosendahl & Carol Thompson; 2: Marge Starrett & Joyce Walchak; 3: Caryl Rosenberger & Marjorie Benton.

## Monday Night Bridge

Phyllis Bressler

**June 7**  
1: Phyllis Bressler; 2: Gail Tirpak; 3: Eleanor Giardina; 4: Ray Wilson.

**June 14**  
1: Fran Griswold; 2: Bill Hunter; 3: Agnes Weber; 4: Ray Wilson.

**June 21**  
1: Myra Butler; 2: Agnes Weber; 3: Ray Wilson; 4: Cindy Brown.

**June 28**  
1: Peggy Borro; 2: Eleanor Giardina; 3: Nancy VanGorden; 4: John VanGorden; 5: Walter Hickenlooper.

## Tuesday Afternoon Bridge

Agnes LaSala

**June 1**  
1: Ray Dietz & Mazie Millward; 2: Shirlee Wolcott & Marie White; 3: Betty Morris & Shirley Stolly.

**June 8**  
1: Ray Dietz & Mazie Millward; 2: Shirley Stolly & Betty Morris; 3: Marie White & Marion Wade.

**June 15**  
1: Agnes La Sala & Carl Woodbury; 2: Norbert & Florence Heckler; 3: Marie Dare & Ida Rosendahl.

**June 22**  
1: Joe Zwick & Marie Dare; 2: Ray Dietz & Mazie Millward; 3: Agnes Weber & Rich Fluet.

**June 29**  
1: Mazie Millward & Ray Dietz; 2: Shirley Stolly & Betty Morris; 3: Marion Wade & Marie White.

## Tuesday Night Duplicate

Marjorie Benton

**June 1**  
1: Doris Keathley & Mary Carol Geck 2: Caryl Rosenberger & Pam Blawie.

**June 8**  
1: Ernie & Joan Lord 2: Ida Rosendahl & Shirley Stolly.

**June 15**  
1: Ernie & Joan Lord 2: Bill & Ida Carlson 3: Doris Keathley & Mary Carol Geck.

**June 22**  
1: Ida Rosendahl & Dick Mansfield 2: Bill & Betty Raines 3: Ernie & Joan Lord.

**June 29**  
1: Bill & Ida Carlson 2/3 (tie): Bill & Betty Raines 2/3 (tie): Doris Keathley & Mary Carol Geck.

## Wednesday Afternoon Bridge

Fran Griswold

Stay cool and have a good time by joining the Wednesday Afternoon Bridge Group. We always start our play by 12:30 p.m. with good people and a cool card room where we can always enjoy a home-made cookie compliments of the "cookie man," Keith Briggs and his wife, Donnelen. Enjoy the summer as we had a long and chilly winter.

**June 9**  
1: Caryl Rosenberger (6400); 2: Esther Lang; 3: Serene Rossi; 4: Ida Rosendahl; Cons: Bonnie Heinlein.

**June 16**  
1: Betty Morris (4300); 2: Shirley Stolly; 3: Ida Rosendahl; 4: Caryl Rosenberger; Cons: Alice McDaniel.

**June 23**  
1: Ida Rosendahl (5100); 2: Bill Mahoney; 3: Shirley Stolly; 4: Liz Milleson; Cons: Shirlee Wolcott.

**June 30**  
1: Ida Rosendahl (5200); 2: Mary Culberson; 3: Phyllis Bressler; 4: Shirlee Wolcott; Cons: Helen DeGraw.

**July 7**  
1: Phyllis Bressler (4650); 2: Pat Goltgart; 3: Mary Carson; 4: Mary Culberson; Cons: Betty Morris.

## Thursday Afternoon Bridge

Marge Starrett & Phyllis Silverman

**June 10**  
1: Florence Heckler; 2: Nancy Clarkson; 3: Shirley Wolcott.

**June 17**  
1: Marion Turbin; 2: Agnes Weber; 3: Florence Heckler.

**June 24**  
1: Marie White; 2: Elsie Helwig; 3: Shirlee Wolcott; 4: Helen Eshbach.

**July 1**  
1: Nancy Clarkson; 2: Millie Ferrell; 3: Mazie Millward; 4: Alice McDaniel.

**July 8**  
1: Cleona Redman; 2: Marion Turbin; 3: Millie Ferrell; 4: Phyllis Silverman.

## Thursday Night Bridge

Helen DeGraw & Ida Rosendahl

**June 17**  
1: Carl Woodberry; 2: Rose O'Rourke; 3: Dick Griswold; Cons: John Mataya.

**June 24**  
1: Agnes Weber; 2: Florence Heckler; 3: Dick Mansfield; 4 (tie): Norbert Heckler & Carl Woodberry; Cons: Jim Mahoney.

**July 1**  
1: Bill Raines; 2: Tom Marta; 3: Agnes Weber; 4: Dick Griswold; Cons: John Mataya.

**July 8**  
1: Bill Keith; 2: Betty Raines; 3: Fran Griswold; 4: Eleanor Giardina; 5: Mary Culberson; Cons: Flo Penn.

## Friday Night Bridge

Elly Rapacz & Serine Rossi

**June 18**  
1: Joan Lord; 2: Marion Turbin; 3: Virginia Blanchard; 4: Bill Raines; 5: Mary Culberson; Grand Slam: Joan Lord & Jayne Kaske.

**June 25**  
1: Rozella Ovrebo; 2: Jack Martin; 3: Ida Rosendahl; 4: Shirley Stolley.

**July 2**  
1: Ida Rosendahl; 2: Dick Mansfield; 3: Joe O'Brien; 4: Agnes Weber; 5: Erwin Fluss.

**July 9**  
1: Myra Butler; 2: Mickey Martin; 3: Natalie Fluss; 4: Betty Raines; Grand Slams: Mickey Martin & Myra Butler and Jan Moon & Ida Rosendahl.



**Cribbage**  
Greg Skillman

**June 11**  
1: Craig Ehle; 2: Alberta Sarris; 3: Rosemarie Postin; Cons: Norma Yonke.

**June 18**  
1: Ann Jagielski; 2: Norma Yonke; 3: Ray Bock; Cons: Elsie Helwig.

**June 25**  
1: Alberta Sarris; 2: Elsie Helwig; 3: Shelia Howell; Cons: Mary Ehle.

**July 2**  
1: Mary Ehle; 2: Ann Jagielski; 3: Shelia Howell; Cons: Ray Bock.



**Friday  
Night Euchre**  
Joe Askenase

**June 11**  
**Three Handed Game**  
1: Helen Foskett; 2: Viola Horton.

**Four Handed Game**  
1: Maria France 2: Clarence Lietzow; 3: Bridget Hughes; 4: Marcy Askenase.

**June 18**  
**Four Handed Game**  
1 (tie): Clarence Lietzow & Virgil Taylor; 2: Shirley Coe; 3 (tie): Helen Foskett & Diana Riegler; 4: Russ Riegler; 5: Maria France.

**June 25**  
**Four Handed Game**  
1: Virgil Taylor; 2 (tie): Maria France & Clarence Lietzow; 3: Viola Horton; 4: Marcy Askenase; 5 (tie): Shirley Coe & Bridget Hughes.

**July 2**  
**Five Handed Game**  
1: Clarence Lietzow; 2: Maria France; 3: Bridget Hughes; 4: Russ Riegler.

**Six Handed Game**  
1: Virgil Taylor; 2: Helen Foskett; 3: Vi Horton; 4 (tie): Diana Riegler & Marcy Askenase; 5: Shirley Coe.

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## Friday Euchre 4 Fun

Irene Pisani

Intermediate and advanced players are all welcome, so come and join us on Friday at 6:15 p.m. at the Arbor Conference Center, Suite A. Come one, come all.

For more information, call Irene at 873-4173.

**June 18**  
1 (tie): Out of 29, Jo Swing, Walter Hickenlooper & Marie Marquis; 2: Mary Hilovsky; 3: Sam LoBianco; 4: Esther Lang; 5 (tie): Gerry Pinter & Hank Hilovsky.

**June 25**  
1: Out of 28, Edith Kolb; 2: Richard Bartel; 3 (tie): Gitte Agarwal & Walter Hickenlooper; 4 (tie): Mary Bartel & Nancy Kowsky; 5: Marie Marquis, Hank Kolb & Betty Legg.

**July 2**  
1: Out of 27, Nancy Kowsky had a perfect game, congratulations! 2: Buck Chaillet; 3: Rich Miles; 4: Paul Agarwal; 5 (tie): Sam LoBianco & Richard Bartel.

**July 9**  
1: Out of 23, Mary Hilovsky; 2: Pat Snable; 3: Mary Bartel; 4: Gerry Pinter; 5: Tim Pinter.



**Tuesday  
Night Pinochle**  
Viola Horton

Thanks to Elsie Helwig for taking over for me for the two weeks I missed. Welcome to newcomers Paul and Gitte Agarwal, Walter Hickenlooper, Gayle Argano and James Hein.

We welcome all pinochle players. No partners are needed, just come to the Art Room of the Craft Building on Tuesdays at 5:45 p.m. See you there.

**June 1**  
**Single Deck Winners**  
1: Paul Agarwal; 2: Audrey Bartolotta; 3: Edith Kolb.

**Double/Triple Deck Winners**  
Tables 1: Alberta Sarris & Vi Horton; 2: Elsie Helwig & Verna Harsh; 3: Charley Distler & Ray Bock

**June 8**  
**Single Deck Winners**  
1: Lois Rider; 2: Albert Novotny; 3: Paul Agarwal.

**Double/Triple Deck Winners**  
Tables 1: James Nottingham; 2: Norma Yonke & Verna Harsh; 3: Charley Distler & Joe Scervo.

**June 15**  
**Single Deck Winners**  
1: George Dertinger; 2: Audrey Bartolotta; 3: Edith Kolb.

**Double/Triple Deck Winners**  
Tables 1: Alberta Sarris; 2: Ray Bock & Joe Scervo.

**June 22**  
**Single Deck Winners**  
1: George Dertinger; 2: Audrey Bartolotta; 3: Lois Rider.

**Double/Triple Deck Winners**  
Table 1: Norma Yonke, Ilse Kersey, & Elsie Helwig; 2: Virgil Taylor & Ray Bock.

**June 29**  
**Single Deck Winners**  
1: Gayle Argano; 2: Carol Locklear; 3: Albert Novotny.

**Double/Triple Deck Winners**  
1: Norma Yonke; 2: Ray Bock & Virgil Taylor.



**Saturday  
Night Pinochle**  
Elsie Helwig

**June 5**  
1: Elsie Helwig; 2: Ilse Kersey; 3: Viola Horton.

**June 12**  
1: Dottie Findley; 2: Al Novotny; 3: Elsie Helwig.

**June 26**  
1: Dot Findlay; 2: Ilse Kersey; 3: Viola Horton.

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**Friendship Amateur Radio**  
Ed Brendle

The Friendship Amateur Radio Club held its monthly meeting on July 12. The meetings are held at the Marion County Sheriff's Southwest District Office on S.R. 200.

President Arnold Hansen, W3BPP, along with other members, demonstrated several of the ARRL educational programs. The club members became exposed to "ham" radio related subject matter making it educational for those who may choose to earn a license or perhaps to upgrade.

The ARRL provides a variety of programs enabling the club members to remain current on transmission techniques and on the much newer equipment. This hobby has become increasingly exciting with the newer transmission techniques.

The club plans to continue to provide programs that will maintain the member's interest. We urge all members to be present for these demonstrations.

The club's website continues to show both the business and secretary minutes, as well as activities being offered.

Since the club now has a computer projector, more programs will be planned for the membership.

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 Marion County Sheriff's Southwest District Office on S.R. 200 the second Monday of every month. We have members who can offer their expertise in radio and computers. The next scheduled meeting will be held on Aug. 9 at 1:30 p.m.

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



**Republican Club**  
Tony Tortora

The club meets on the second Friday of each month at 7 p.m. in the Arbor Conference Center unless otherwise advised. Members with an e-mail address will be notified of changes.

The meetings in June and July were dedicated to introducing local and state candidates to the members. Each candidate attending was given a brief time to speak.

Among those who spoke was Angie Boyton, Candidate for School Board District 4. Candidates Kathy Bryant and Carl Zalak, running for County Commission Districts 2 and 4 respectively, also spoke as did John Deakins, Candidate for State Representative in District 22. County Commissioners Charlie Stone and Stan McLain were in attendance, but gave their time to the candidates.

On Aug. 13, we will welcome Commissioner Charlie Stone with a pizza party starting at 6:30 p.m. The cost is \$7 per person. We expect many candidates to be present and you can meet them one on one.

Be prepared to vote in the Republican Primary on Aug. 24. If you vote with an absentee ballot, do not forget to send it on time.



**Model Railroaders**  
Jim Devine

Over the last few months, we have discussed model trains and real trains. So, what's left? Show tunes! Well, maybe not show tunes, but songs about railroads. When you start to think about it, the number of railroad songs is a bit amazing.

Want some examples? How about the "Wabash Cannonball," "Freight Train Blues," "Chattanooga Choo Choo," "Achison, Topeak and the Santa Fe," and many others. In fact, there is even a website (www.fiql.com) that lists 50 railroad songs, and even that list is woefully incomplete.

You expect railroad songs from people like Johnny Cash, Willie Nelson, Boxcar Willie and Muddy Waters, but how about The Beatles ("One After 909"), The Grateful Dead ("Casey Jones"), Jethro Tull ("Lo-

comotive Breath"), Cream ("Traintime") and Crosby, Stills & Nash ("Marrakesh Express")?

Add to that, songs like, "Peace Train" (Cat Stevens), "Love Train" (The O'Jays), "Crazy Train" (Ozzy Osbourne), "People Get Ready" (The Impressions), and on and on.

How about artists like Uncle Tupelo, Hot Sauce Johnson, Thelonious Monk, Doc Watson, and Widespread Panic? I'm sure you have all these singers on your iPod. (You mean you don't?)

There are even songs about subways. How about the classic, "Take the A Train" (the A train being the subway line in New York that goes to Harlem) and Kingston Trio's "M.T.A." (about a man who was stuck forever 'neath the streets of Boston).

Railroad songs have been written across all types of music. Even the short list above includes jazz, blues, folk, rock, and hard rock songs. One song, "Train Kept a Rolling," started life as a rhythm and blues song by Tiny Bradshaw, was turned into a rock and roll song by the Yardbirds, and then became an in-concert hard rock head banger by the Led Zeppelin.

There are even groups named for railroads. Universal Studios recently had

a concert by a group called Train. Of course, there's the Grand Funk Railroad.

Songs about trains have been written for more than 100 years now, and are still going strong. There are very few songs about planes. "Leaving On a Jet Plane," comes to mind, but not much more. There used to be a lot of ship songs, but we seem to have gone from, "On the Good Ship Lollipop" to "The Wreck of the Edmund Fitzgerald" to nothing.

Songs about cars were very popular in the early days of rock and roll ("Little GTO," "Hey Little Cobra," and "Dead Man's Curve"), but they seem to be few and far between these days. ("Paradise by the Dashboard Light" is an example.)

If you're crazy about trains, we have our weekly work sessions on Tuesday afternoons starting at 1 p.m. Feel free to stop by to check us out, watch the trains, or just to visit.

The On Top of the World Model Railroader's Club monthly meetings are held at 9 a.m. on the first Wednesday of every month in Meeting Room #3 of the Craft Building. Visitors are welcome.

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

**NEW**

On Top of the World Communities license plates are here. Get yours today! \$3 each (tax included). To purchase, visit Customer Service.

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Worship 10:30a

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**On Top of the World Communities**

## BUS SCHEDULE

PICK-UP	ROUTE	TIME
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**

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
	Lowe'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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Please call to speak with Dr. Huggett to see if you or someone you know is a candidate.

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## For Sale

**Avon:** 10% discount on orders over \$30. Free storage boxes. Call Geri Treppa at 509-4883 or e-mail at gtreppa@cfl.rr.com.

**Bicycle:** Tandem (built for two), 24 speed, German built, Univega, cross-over sport bike. \$350. 237-4423.

**Cherry Sleigh Bed:** Queen size, like new, asking \$299. 854-9785.

**Dinette Set:** table and four chairs. Good condition. \$100. 861-0321.

**Freezer:** Tappan 13 cu. Ft. upright, \$75 obo. 625-4525

**Freezer:** White Kenmore 5.0 cu. Ft. upright. Only 2 years old. Two shelves, adjustable temperature control, three door shelves, leveling legs, 5-yr. warranty on sealed system. \$125. 237-7255.

**Golf Cart:** Club Car, 2002, 48 volt high speed motor, beige color. 237-9523.

**Jazzy Power Chair:** New, loaded for performance and convenience features. Wheelchair, never used. 873-4759.

**Keyboard:** Casio, complete with AC power adapter and directions, \$75. 237-4379.

**Misc. Items:** 26-inch lady's bicycle, excellent condition, \$50. 24-inch tricycle, very good condition, \$145. 237-4564.

**Misc. Items:** Canon Super-8 camera, Bell & Howell projector, HP viewer-editor with splicer. 873-4759.

**Misc. Items:** Tea set, 17 pieces, rose design, new, \$15. Breadmaker, like new, \$25. 873-1775.

**Misc. Items:** Three decorator rugs, good condition, easy to clean; two 5-1/2' x 7-3/4', one 4' x 6-1/2', \$150. #1, 3, 5 Adica woods for ladies, new grips, mid-flex, low torque for greater distance, \$150. Ladies 3-speed bike, good condition, \$15. 873-4759

**Misc. Items:** Tiger Oak wood and leather rocking chair, \$35; nest of 3 small tables, \$30; 4-piece full size sheet sets, 3 for \$10; 25-gal fish aquarium on wood console with all equipment, \$25. 861-6508 before 6 p.m. please.

**Misc. Items:** Tan lift chair, electric, very good condition. Barely-used black wheelchair, like new. Rolator walker with seat, like new. 804-200-6575 or 854-7787.

**Misc. Items:** Toshiba TV, 28-inch, with bench stand, good condition, \$50. Two reclining patio chairs with pads, \$15. 873-9477.

**Piano:** Howard, includes bench. In excellent condition. \$300. 895-2537.

**Recumbent Tricycle** by Sun Bicycles. Model EZ-3 USX. Perfect for casual riding. Has under-seat steering, 21 gears and heavy-duty frame. 861-8187.

**Refrigerator:** 2003 Kenmore, bisque. 22 cu. ft. bottom freezer with icemaker. Excellent condition. \$350. 873-1297.

**Refrigerator:** Kenmore 20 cu. ft., bisque color, \$195. 854-2245.

**Refrigerator/Freezer:** Whirlpool 2005 model, excellent condition, \$200 obo. 854-8810,

**Tag Sale:** Friday, Aug. 20 and Saturday, Aug 21, 9 a.m. to 3 p.m. 8459 A&B SW 90<sup>th</sup> Street (Friendship Colony).

**Tools:** Three new 5-gal. fuel cans. Delta miter saw with stand, \$55. Stanley router, \$25. Makita belt sander, \$20. 873-2745.

**TV:** Toshiba, 21-inch, good condition, \$69. 873-3433 Stan.

## 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.

**Appliance, A/C & Heat Repairs.** Electrical & plumbing. Experienced and honest. Call Tom Parker (On Top of the World resident) anytime at 873-1297.

## 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. Estate or Tag Sales must be registered and approved by Customer Service prior to advertising.

**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/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).

**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.

**Bruno's Tree Service:** Tree removal, trimming and debris clean up. Lic/ins with 18 years exp. Reliable service, reasonable prices. Several resident references available. Free estimates. Call anytime 873-6884 or 438-4204.

**Caretaker:** Looking for someone with a heart? Look no further! Call Debby (352) 447-5551. CNA68800.

**Carpet Cleaning:** Countryside Chem-Dry, serving On Top of the World residents for 11 years. Dry in hours, not days. 307-4100.

**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.

**Ceramic Tile:** all types of installation and repair. 20+ years experience. Lic. & ins. Call Bob Adkins 352-274-8678.

**Certified Home Health Aide** and Companion plus Housekeeping. Make life easier! Call Helen for an appointment, 245-7651 or (917) 607-1760.

**Cleaning by Evelyn Lee:** I do windows, deep cleaning, move outs. Lic. #A27450 & insured. 629-0855. www.sunshinecleaningocala.com.

**CNA** looking to care for your loved one! Mon-Fri, 9-5 (time neg). Bathing, dressing, meal prep, Dr. app. #CNA144697. 292-3332 or (347) 445-9021.

**Computer help** is just around the corner! Call Doorstep Techs at 351-TECH (8324) or visit us on the web at www.doorsteptech.com.

**Custom Curbing & Decorative Concrete:** making yards look better! Lots of stamps and colors. Serving Ocala since 2003. Free estimates, 620-2738.

**Custom Draperies and Curtains:** Bi-weekly pick-up and delivery to On Top of the World. Call Diana at 401-0076.

**Dog Grooming Mobile by Trish.** (352) 213-DOGS (3647) or www.ocaladog-grooming.com.

**Electrolysis by Mary:** Permanent hair removal for all types and color of hair. Call for consultation. 28 years experience. 732-3903.

**Experienced Licensed Massage Therapist:** deep tissue, neuromuscular, Swedish. \$35/60 min. in the convenience and privacy of your own home. Treatments for either pain or relaxation. Call Elia Michelle (MA45619) at 464-1141.

**General Maintenance:** Trimming, weeding, edging, pressure wash driveways and gutters, wash windows. On Top of the World resident. Steve at 237-5338.

**Hair care in your home:** Licensed, experienced beautician comes to you. Full service. Call Cathy, PCA, resident, 237-3347. Service homebound.

**Handyman Services** by Oden Inc. Fair prices for any type of home repair, remodeling and yard maintenance, pressure washing and gutter cleaning. Mulch Specials! Lic. & Ins. Free estimates: 207-5930.

**Handyman:** Kruman Services, Inc. Licensed and insured. Remodeling, repairs, replacements and preventive maintenance. Call Daniel at 361-4055.

**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.

**Lawn Service/Yard Clean Up:** planting new flowers, bushes, mulch & rock. Trimming & removal of plants, bushes, small trees. Lawn cutting, trimming, edging & blowing off. Licensed & insured. Call Lisa & David at 425-0109.

**Lisa Wood, LMT:** therapeutic massage, stress/pain reduction, relaxation, deep tissue, sports. Home or office. Lic. #54711. Call for appt. 895-0334 (resident).

**Painting by Danny's Painting:** interior, excellent references, 25 years exp. 10% discount for 55+. Call Danny at 547-9588.

**Painting by Frank the Painter:** Free estimates, interior painting, specializing in colors, quality service, affordable prices, 30 years experience and licensed. 237-5855 (resident).

**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.

**Private Home Care LPN:** Long/short term, respite and weekend care. Lic. #PN5167909. Excellent rates and ref-

erences. 537-9895.

**Steve's Handyman Service:** Doors, shelving, general carpentry. On Top of the World resident. Call Steve at 854-4927.

**Transportation:** airports, Gainesville (VA, Shands, etc.), local appointments, shopping or run errands. Safe, dependable & affordable. Call Fred at 207-6581 or 237-0860. Resident.

**Transportation:** airports, seaports, local and errands. Door to door, luxury sedan. 24/7 service. Ocala Smart Transportation 615-0399 or www.ocala-smart-transportation.com.

**Transportation:** doctor appointments, shopping, errands. Call Anna (resident) at 873-4761.

**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 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. 9. Informational meeting on Aug. 26 at 2 p.m. Call Jim 873-1281.

**Bowlers:** On Top of the World bowling league starting Sept. 13 at 3 p.m. Individuals or entire teams (residents only). Call Jerry Roney at 873-4327 or Bill Hamel at 237-8038.

**Guns:** On Top of the World resident interested in buying guns, new, old, any condition. 854-2555.

**Guys or gals to play music** for fun! Do you play an instrument or sing a little? Join us Friday afternoons for some fun! Call Howard at 861-8844 or Judie at 873-0927 for more information.

**Misc. Items:** knick knacks, books (especially cookbooks), games, clothing and any small items needed for a charity yard sale on Sept. 11. All proceeds will be donated to the Breast Cancer Fund. Call Caroline at 861-5569

## Lost / Found

**Lost Cat:** "Oliver" 15-year-old black cat with red collar, white on face, chest and paws. Call Pat McAdoo 509-4226.

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## Marion County's only Accredited Chest Pain Center has important information about your heart.

Chest pain is a dangerous sign. Most times, it strikes unexpectedly, and often, it's a sign of heart attack. When you have chest pain, don't hesitate. Call 911 immediately.

Fortunately, the Chest Pain Team at Munroe Regional Medical Center is always ready for you. 24/7. Munroe is one of only 12% of hospitals in the United States to be recognized as an Accredited Chest Pain Center by the Society of Chest Pain Centers and is the **only Accredited Chest Pain Center in Marion County**.

We are helping to set the national standard of care with the latest procedures developed by leading experts in cardiac care and our local emergency service personnel. From the time that the ambulance arrives, we're getting real-time, up-to-the-second updates on your symptoms and condition.

By the time you arrive at Munroe Regional, we're ready to begin treatment right away. Our goal: to reduce the time to treatment in the critical early stages of a heart attack, because the faster a heart attack is treated, the less damage to the heart and the better the outcome of treatment for our patients.

So, if you have chest pain, call 911 immediately and ask to be taken to your Accredited Chest Pain Center—Munroe Regional. To receive a free Personal Health Record, call Munroe's Health Resource Line at 352-867-8181.



When treating heart attacks, hospitals are measured by what is known as "door-to-balloon time"—the time it takes to restore blood flow once a heart attack patient arrives in the emergency room.

Nationally the average time is 62 minutes.\* For hospitals performing in the top 10% in the nation, the average time is 58 minutes. At Munroe Regional Medical Center, our average door-to-balloon time is 43 minutes and our shortest time so far is 25 minutes. Less time means less damage to the heart and better outcomes for our patients. It's just another way that Munroe Heart is helping to set the national standard of care right here in Marion County.

\*2009 AMERICAN HOSPITAL ASSOCIATION GET WITH THE GUIDELINES



Munroe Regional  
Medical Center

Ocala, FL

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