



## COMMUNITY NEWS & UPDATE

By Kenneth D. Colen, Publisher

### Changing Traffic News

Effective Aug. 15, the new signal at SW 80th Street and SW 80th Avenue became fully functional. With this new traffic device, extra caution at the intersection should be exercised.

The County has requested that golf carts refrain from crossing the intersection for the next 30 days (Sept. 15) to afford drivers the additional opportunity to become familiar with the signal operation. The change to green (crossing 80th Street) is programmed on a delay to allow pedestrians, bicycles, and golf carts a little extra time to cross. This may be confusing to drivers for a short period of time.

I mention this because I observed a resident stop at the red, hesitate, and then drive on anyway on the first day of operation. There is no point writing down what I was thinking when I saw that. A little patience and courtesy really do go a long way folks. Please drive safely!

### Recent Primaries

Among the greatest gifts we have as citizens is the right to vote. It's no news that typically over 80% of residents exercise this right. Currently, On Top of the World, Candler Hills, and Indigo East together host five voting precincts.

These precincts are staffed by volunteers from 6 a.m. through the close of voting at 7 p.m., plus an extra hour or more to tabulate, report, and close up the precinct. I hope you will join me in extending a big thank you to the men and women who generously volunteer their time and energy to make this entirely possible for you and your neighbors.

### Master the Possibilities

We are very happy to include the fall Master the Possibilities catalog in this edition of the World News. Since we moved to a "trimester" model, this will be the last publication of this year. It has about 300 presentations, lectures, classes, and films from September through December. Once again, we are proud of the variety and, of course, the quality.

A couple of months ago, the Master the Possibilities staff was challenged to provide at least one free class for residents on every day that classes are offered. They have met this challenge and now, if you're a resident, there's a free class for you each day of operation during the fall. Another example of the outstanding lifestyle here at On Top of the World!

Master the Possibilities is now busy planning the largest season, winter/spring (January through May). The goal is to have 600 offerings. In order to make sure we know what kind of programs you would like to see, join the staff for a "brainstorming" session on Wednesday, Sept. 19, from 1 to 2 p.m., in Live Oak Hall. Details are in the catalog.

### The Town Square

Put on your dancing shoes Friday and Saturday nights, where you'll always have a great time enjoying the company of friends or perfecting those dance moves. The Italian Festival is back on Saturday, Sept. 8, with all things Italian - entertainment and food.

### Circle Square Cultural Center

On Saturday, Sept. 15, Bill Riley and Joe Ziegler transform themselves into Bud Abbott and Lou Costello through an authentic recreation of the team's mannerisms and vocal styling. They perform with pinpoint accuracy many of the vaudeville and burlesque routines made famous by the famous duo. Don't miss, "Who's on first?"

### Water Conservation

On Thursday, Aug. 16, the Bay Laurel Center Community Development District (BLCDD) hosted a Water Conservation Expo.

With all the rain in July and August, it seems odd to be thinking about water conservation. Here's the sad fact: more water is withdrawn than can be sustainably replenished, year over year.

Yes, we have these cyclical wet years. We can't count on that continuing. Only a very small percentage of rainfall actually filters back into the aquifer. Withdrawal and depletion occurs much faster than replenishment.

To underscore this point, there has been a steady flow of articles in the Ocala Star Banner as well as other publications dealing with either water quality initiatives or conservation initiatives. Interestingly enough, there is an important nexus between the two topics.

In the On Top of the World Communities, including Candler Hills and Indigo East, over 70% of all water usage goes out as irrigation. Generally, the interior water use favors conservation because new homes in On Top of the World were constructed with low-flow showerheads, faucets, and commodes.

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## Welcome Back to Line Dancing

By Bob Woods  
World News Writer

Line dancers residing in On Top of the World are in for a real treat and those who never have ventured into this type of dance have a chance to learn from a real professional. Marilyn McNeal, who has been teaching dance for over 20 years and is holder of numerous dancing awards and titles, will be providing line dance instruction.

Line dance classes will begin on Monday, Oct. 1, in the Health & Recreation Ballroom. Classes will be held every Monday with three levels being taught: Improver+, Beginner, and Newcomer classes. These classes will run \$10 for each class per month.

There will be a "Welcome Back to Line Dancing" event on Monday, Sept. 24, at 3 p.m. in the Arbor Club Ballroom. This will be your opportunity to meet Marilyn, ask questions, and pre-register for upcoming classes. After Sept. 24, registration for future classes will be done through the activities office in the Health & Recreation Building.



Photo by Bob Woods

Marilyn McNeal will be teaching various levels of line dancing.

Who is Marilyn McNeal? She is married to a former circuit court judge and is the mother of four children. She lives in the country where she and her husband, Ray, have a large barn, which is utilized for dance gatherings.

She has taught all levels of line dance along with couples dancing at local dance clubs, community centers, private studios and work shops along with weekend dance festivals and on cruise ships. Marilyn was the house instructor at Ocala's Midnight Rodeo nightclub as well as teaching line dance for both Munroe Regional Medical Center and Ocala Health System's wellness programs.



Photo Courtesy of On Top of the World Communities Inc.

Line dancing on The Town Square.

## It's Showtime!

By Bob Woods  
World News Writer



Ultimate Abbott and Costello Tribute Show.

Another hot show is scheduled to appear on the Circle Square Cultural Center stage! This one you are sure to remember and enjoy ...

### Ultimate Abbott and Costello Tribute Show Saturday, Sept. 15

"Hey Abbott," was the cry heard from Lou Costello looking for his sidekick, Bud Abbott. Two gentlemen, Bill Riley and Joe Ziegler, in vintage dress will recreate and perform the mannerisms of the two famous vaudeville characters and perform routines that were made famous by Bud and Lou on stage, radio, screen, and television. Perhaps Abbott and Costello's most famous routine of "Who's on First" will be presented on our stage.

Riley and Ziegler have added another character to their routine playing the part of "Scoop Fields-Ace Press Agent." Jason Crutchley appears as various other characters in many routines.

The group has won many awards performing their tribute show, one of which was the "Golden Mic Award" for their efforts to keep the memory of Abbott and Costello alive for those who remember the comedic team.

Stop by the ticket office at 8395 SW 80th Street or go online to [www.culturalcenter.com](http://www.culturalcenter.com) to purchase your tickets.

Let's watch the lights dim as the curtain rises. It's showtime.

## Introducing a New Landscape Service

By Ray Cech  
World News Writer

It was a long time in the planning and preparation, but in June of this year, On Top of the World announced the formation of a residential landscaping service, Sustainable Landscape Management (SLM).

To that end, an in-house company has been formed under the leadership of Phillip Hisey, On Top of the World's, Landscape Superintendent. "The objective," says Phillip, "is to provide our residents with a full service landscaping maintenance team that

will guarantee results. We are committed to total homeowner satisfaction while using the most up-to-date sustainable practices."

The new company will guarantee everything that is controllable: pests, irrigation, turf, shrubs and, of course, keeping that lawn looking green and fresh. Employees of the company will go through a training program designed and implemented by Phillip Hisey, and be committed to operating within the guidelines of "Green Indus-

tries Best Management Practices."

One of the most alluring parts of using Sustainable Landscape Management is that they are right here on property; you know, like having your own in-house landscaping company. To learn more, or to get them working around your house, you can visit Customer Service, call 388-1756 or e-mail [slmservicefl@gmail.com](mailto:slmservicefl@gmail.com).



# Sustainable LANDSCAPE MANAGEMENT



## ON TOP OF THE WORLD NEWS

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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### GOLDEN OLDIES HUMOR

BY STAN GOLDSTEIN



Little snacks lead to big slacks!



### Is It Legal?

By Gerald Colen

I will be giving a lecture at Master the Possibilities on Tuesday, Sept. 18 on An-

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nities, from 3 to 4 p.m. I will be holding additional lectures in the coming months; stay tuned.

Also, attorney Richard Belz and I will be providing you with our thoughts on two movies: "Adam's Rib" on Tuesday, Oct. 9 and "Inherit the Wind" on Tuesday, Oct. 16. The movies are at 1 p.m.

Please contact Master the Possibilities at 861-9751 to register.

**Q.** Can you explain what happened with the Health Care Act? I know the Supreme Court ruled it is valid but I can't for the life of me understand what the Supreme Court said.

**A.** Probably, by the time you read this, you've seen one analysis after another about what the Supreme Court decision means and what it doesn't mean. So at the risk of saying what you might already know, here goes:

In plain English, the Patient Affordable Health Care Act, including the individual mandate that provided that almost all Americans have to buy health insurance, was found to be a valid constitutional act of legislation by the U.S. Congress. The Supreme Court did not feel that Congress could use its legislative power to regulate commerce between the States in such a way as to penalize an individual for not buying health insurance.

However, the Court did feel that the so-called penalty could be construed as part of a tax that could be assessed against a person who doesn't purchase health insurance. Congress could, therefore, use its taxing power to impose that tax. This resulted in the mandate surviving the constitutional attack on its validity.

Because the mandate survived at all, the Court did not need to decide if there were any other parts of the Statute that were invalid. An exception is related to the Medicaid part of the statute, which required States to comply with new Medicaid eligibility standards or risk federal funding for Medicaid benefits. On that question, the Supreme Court held that that provision was constitutional only so long as the States would only lose new funds if they didn't comply with the new requirements, rather than losing all of their Medicaid funding from the federal government. The decision was five to four with Chief Justice Roberts writing the majority decision in favor of the Act.

**Q.** My father is 91 and in poor physical condition but in good mental condition. His wife, my mother is 76 and has a significant amount of dementia—probably Alzheimer's. They do not have wills, powers of attorney or living wills. What do you suggest they do?

**A.** Rather than respond specifically to your questions, I am going to address this as a general statement regarding folks who are elderly, who have physical or mental and physical infirmities and do not have wills, powers of attorney or advance directives. Regarding someone who has a significant amount of dementia or Alzheimer's, it is highly unlikely that such a person has the capacity to sign any documents, let alone a will, power of attorney or advance directive. This is why estate planning attorneys, such as I, strongly urge everyone to do their estate planning early on rather than waiting.

Now, assuming that the spouse with capacity dies first, there's the potential for a huge problem that might only be resolved with a guardianship proceeding. With regard to the spouse that has physical problems but not mental problems, that person

needs, at the very least, a durable power of attorney and an advance directive. He/she probably should have a will as well.

There are some documents that people should have before there's a problem: a durable power of attorney, advance directive and will or trust. These are not matters with which we should be holding off until some future time. The future will come; but if we are not prepared, when the future arrives we might not like what's in store for us.

**Q.** My husband passed away (a few months ago). Do I keep his IRA as it is or do I cash it in?

**A.** I do not provide income tax advice so no one should rely on this for specific tax advice as to his/her/your exact situation. As a general statement, if a spouse with an IRA dies, and there is a surviving spouse, that survivor can roll over the deceased's IRA into her/his own IRA and then extend it out over that spouse's IRA tables for life expectancies.

If the beneficiary of an IRA is not a surviving spouse, then there are different options. One of those options would be to maintain the IRA just as it is—in the name of the deceased spouse, and continue to take required minimum distributions at the same rate as the deceased was taking or should have been taking.

Everyone reading this must not rely on it for specific advice for his/her specific situation.

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. 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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## All Around Our World

By Lynette Vermillion

It is hard to believe that we are officially heading into fall on Sept. 22. I hope everyone has enjoyed their summer and looking forward to all the fun things that fall brings ... football, festivals, and cooler weather.

### Customer Service

Customer Service will be closed Monday, Sept. 3, in observance of Labor Day. We will reopen for normal business hours on Tuesday. Please have a safe and enjoyable holiday.

As a reminder, the Customer Service office is closed the third Wednesday of every month from noon to 1 p.m., which falls on Wednesday, Sept. 19, this month. Customer Service may be reached by phone: 236-OTOW (6869); e-mail: otowservice@otowfl.com; or in person by visiting Suite 200, in Friendship Commons.

### Waste Management Labor Day Service

Attention Candler Hills and Indigo East residents, Waste Management will not have scheduled trash pick-up on Labor Day, Monday, Sept. 3. Normal trash pick-up will resume on Thursday, Sept. 6.

### Debris and Trash Pick-up

Please remember that no garbage/debris or trash receptacles (Candler Hills and Indigo East) may be placed outside the residential unit before 7 p.m. the night before the designated pick-up day(s) or left out past 4 p.m. on designated pick-up day(s).

As a reminder, especially to Candler Hills residents, clippings and yard debris should be put out no earlier than the afternoon before your scheduled yard debris pick-up. Customer Service has received several complaints regarding this matter.

### Private Contractors

Recently there have been many questions and concerns regarding debris and trash left in the community by private contractors. Whether you hire a contractor to do work inside the home or outside of the home, it is that contractor's responsibility to remove any trash or debris resulting from the work that was done and they must take it with them upon completion of the work. Contractors are not permitted to use waste or garbage facilities in the community, and they should not be asking residents to dispose of the trash either. Please inform your contractor of their responsibility. If you have any questions or concerns, please contact customer service at 236-6869.

### Mail Solicitation

A number of residents have received a marketing piece stating that their home was not covered by water service line coverage and, of course, offering this optional coverage for a fee.

Residents have asked our opinion on whether or not this type of coverage should be purchased. It is your decision obviously; however, we would recommend the following considerations:

- Consider the probability of damage to your buried water service line and decide if the risk warrants the coverage.
- Check your declarations for Owner's and Association's maintenance responsibly, especially if you are an On Top of the World Central resident.
- Always check with your insurance agent to see if you already have coverage under your homeowners policy.
- Lastly, always get a second opinion or quote from another source.

### Emergency Porch Lights

If you see a blinking light on a front porch it could be because someone needs assistance. Several of our residents have installed the emergency porch lights so that if something happens, they can turn the switch to activate the blinking light and signal their neighbors of their distress or assist

first responders in locating them.

You may contact John Johnson with the Lions Club if you are interested in more information or having the emergency porch light installed. The lights are \$23 and this includes installation by Mr. Johnson. He can be reached at 854-8629 or 553-8808.

### Emergency Contacts

Over the years, we have had situations that required the emergency contact number(s) for a resident. Often times we run into the problem of having incorrect or outdated information or no information at all. We ask that everyone keep their emergency contact list up-to-date.

Customer Service, located in Friendship Commons, has forms available for residents to fill out so that we have all your current information in case of emergency. You may also find the form on line at [www.otowinfo.com](http://www.otowinfo.com) under the FAQs tab. Just print it, fill in the information and drop it by Customer Service.

You should also keep an up-to-date list in your wallet or purse. In the event that an accident occurs, and you have not provided the necessary information, your loved one, close relative or friend may not be the one notified of your accident as emergency personnel will work through their means to find a family contact—and it may not be your favorite relative.

### Vehicle Decals

The price of vehicle decal replacement is increasing to \$10, effective Oct. 1. If you need a new decal, you can avoid the price increase if you have it replaced before Monday, Oct. 1.

### Golf Cart Lanes/Roadways

As a reminder to all, please share the golf cart lanes and roadways. Golf cart lanes are multi-purpose lanes for carts, bicycles and pedestrians. We encourage all users to be considerate of others and remind all that the rules of the road apply. The Florida Handbook on who has the right-of-way and safety rules for pedestrians is quoted below:

- **RIGHT-OF-WAY:** Who has the right-of-way in Florida? The answer is no one! The law only says who must

yield (give up) the right-of-way. Every driver, motorcyclist, moped rider, bicyclist and pedestrian must do everything possible to avoid a crash.

- **SAFETY RULES FOR PEDESTRIANS:** While walking along a highway, always walk on the shoulder on the left side, facing traffic. Wear light colored, reflective clothing or use a flashlight to make you more visible to drivers at night.

We ask golf cart drivers to please use caution driving through the community and be courteous of fellow walkers and bicyclists.

### Suspicious Activity

If anyone sees something that is out of character within the community, take a moment to write down what you saw, the date, time of day, and specifics about those involved or the situation in general. If it is a suspicious vehicle, try to get a description of the vehicle – color, make, model and a tag number, if possible. Even a partial tag number can be helpful with a good description of the vehicle.

Most of us carry cell phones nowadays and many of them have cameras that can be used to take a quick photo of something that may look or feel out of character. Report to Customer Service immediately unless you feel that law enforcement attention is required. If so, call 911, if an emergency, or 732-9111 otherwise, and please do not put yourself in harm's way.

### Water Conservation Expo

The Bay Laurel Center CDD (BLCCDD) hosted an expo at the Circle Square Cultural Center on Thursday, Aug. 16. Topics included were water conservation rates, irrigation and landscaping, and ways in which to conserve water usage in the home.

There were guest speakers from Southwest Florida Water Management District and On Top of the World. Marion County Extension representatives and over 10 vendors were also on hand to answer questions on conservation and a few lucky people walked away with giveaways from our vendors.

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## Are You a World War II Vet?

By Bob Woods  
World News Writer

Attention all World War II veterans, the next Honor Flight leaving Ocala is scheduled for Thursday, Oct. 25. This will be the last Honor Flight from this area.

If you have not been on this trip to Washington, D.C. to see the World War II Memorial erected in your honor, why not sign up for the flight now? This flight is

open to all World War II veterans who have not made the trip previously.

For more information, please call 351-9341 or visit the official web site at [www.ocalahonorflight.org](http://www.ocalahonorflight.org).

Don't miss the opportunity for this free-of-charge program to honor all World War II veterans.

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**Keeping It Green**

By Phillip B. Hisey

August was a good month for Parkway Maintenance and Management Company, On Top of the World Golf Maintenance, Facility Resources and Earthscapes Unlimited. Recently, another industry professional and I taught a Green Industries Best Management Practices class, and these companies had great success with the individuals who chose to attend.

The class taught participants all facets of the landscape industry and how using Best Management Practices can save the end consumer money. Topics such as proper fertilization, pest control, turf grass types, management and irrigation system maintenance were covered in this eight-hour class, which was followed by an exam.

Marion County adopted an ordinance in May 2009 that mandates all persons applying fertilizer for hire will be certified through the Green Industries Best Management Practices for the Protection of Water Resources. This is a state regulated license and will become mandatory with the Florida Department of Agriculture and Consumer Services (FDACS) as of Jan. 1, 2014.

When hiring a professional company to

conduct your landscape fertilization practices, please be sure to ask them if they are certified. All persons who apply should carry a certificate at all times as per Marion County Ordinance 08-35. For a list of certified professionals in our area or to check and see if your maintenance company is certified, please visit [www.fyn.ifas.ufl.edu](http://www.fyn.ifas.ufl.edu). Once at the website, look along the left side of the screen where it says Certification List, click on the icon and it will take you to another page where you select the county (Marion) and a list of professionals in Marion County will pop up. Please verify your company is certified to make applications of fertilizer.

If you are following the calendar on the home maintenance tab at [www.otowinfo.com](http://www.otowinfo.com), you know September is a good month to fertilize. I like to use John Deer-Lesco 9-0-24 this time of year. This product has a higher percentage of iron to get a green surge but also a higher percentage of potassium to help with root stimulation and growth just before it goes dormant for the winter. This fertilizer will cover roughly 11,000 square feet of turf. Maybe you can split a bag with the neighbor?

Chinch bugs haven't been too bad this year. If you are treating for them, make sure you are alternating pesticide classes to avoid resistance developing in the pest.

This is also a good month to apply pesticides for masked chafer grubs, if present. The insects feed on St. Augustine grass roots and many other turf varieties. Inspect your lawn to see if grubs are present. The grass can be kicked around and will roll up

like hay if grubs are present. Treating your lawn may kill the pest but some damage may require sod replacement.

Also, keep in mind as we begin to go into the fall, you should be concerned with fungus. Fungus is most prevalent when temperatures are between 65 to 75 degrees. These past few months have been too hot

for fungal activity. Fungus is preventable; your contractors should be aware of climatic conditions and treating for this pest in a preventative manner.

Keep your crape myrtles blooming; trimming the crape myrtle seed heads after they get done blooming will help regenerate new blooms. Good luck this fall!

**A Study of Tai Chi**

By Bob Woods  
World News Writer

Recently, Dr. Peter Gryffin, a college professor from the University of Florida, visited On Top of the World to gather research for a dissertation on Tai Chi.

With over 25 years' experience in Tai Chi, Dr. Gryffin was compiling data from older adults who are or have been participating in Tai Chi and those who have never partaken in the art form.

Volunteers for Dr. Gryffin's research project gathered in Meeting Room #2 at the Health & Recreation Building to provide Gryffin input on Tai Chi.

Tai Chi is a type of Chinese martial art practiced for both its defense training and its health benefits.

**HEALTH:** Tai Chi concentrates on relieving the physical effects of stress on the body

and mind.

**MEDITATION:** The focus and calmness cultivates the meditation aspect necessary in maintaining optimum health. (Basically, relieving stress.)

**MARTIAL ART:** The ability to self-defend in combat and the study of appropriate changes in response to outside forces. In the late 1300s, the 13 postures of Tai Chi were created.

Besides the general health benefits and stress management attributed to Tai Chi, the art form also focuses the mind solely on the movements helping to bring about a state of mental calm and clarity.

Discussion periods brought out that those participating in the study believe Tai Chi is great for the body. It helps with balance, flexibility and breathing. It also helps put the mind to rest, focusing on mental relaxation.

Do you need to destress? Try the Tai Chi classes offered at the Health & Recreation Fitness Center, or seek out the Tai Chi club.

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By Kenneth D. Colen, Publisher

### ► Continued from page 1

However, the efficiency of these fixtures is defeated by allowing water to run for an excessively long time. A simple case in point is allowing the water to run while brushing your teeth or when washing vegetables (two minutes equals approximately 1.5 gallons). I know this never seems like much, but it all adds up surprisingly fast. Slow drips from a faucet can add up to an additional 20 gallons per day in wasted water. Toilet leaks can waste as much as 200 gallons per day. The most efficient showerheads use 2.5 gallons per minute. Showers should be kept to five minutes or less. Older heads use approximately eight gallons per minute. Changing out the older model heads makes good sense.

Additional common sense ways to lower water consumption are: use the dishwasher when fully loaded; adjust the load selector on your washing machine to match the size load; and when washing your car, use a spray nozzle on your hose instead of allowing the hose to run. A garden hose can waste 600 gallons per hour.

The biggest use of water is in the landscape. Conservation can begin with an audit of your irrigation system by a licensed irrigation contractor. This involves aiming the irrigation heads correctly, checking for leaks, and correctly setting the irrigation clocks for optimal run time and frequency settings. According to a program in Orange County, adjusting irrigation can save up to 22% (Source: Florida Water Resources Journal, August 2007). Saved water equals

saved dollars for the homeowner. Having a licensed professional check and adjust your irrigation system once a year is a very good investment.

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

Customer Service offers a leak detection service for a nominal \$15. They not only look for leaks but also check the irrigation controller for proper setting and ensure your irrigation is providing proper coverage per zone. Some of the findings from previous leak detections include: multiple daily start times on an irrigation timer resulting in tens of thousands of excess water usage in a month; hose bibs left running; toilets leaking water; and broken irrigation lines.

### Hurricane Season

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

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

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

I will also remind residents that any addition to the exterior of the home requires prior Association approval. One of the largest factors we consider is the wind rating on the addition. Many awning products have no wind rating. Naturally these will not be approved. Fortunately, there are quality products out there that do and have been approved by the Association.

And, don't forget to update your insurance to ensure any additions to the original structure are included in your policy.

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## New Hurricane App

The American Red Cross recently launched its official Hurricane App, putting lifesaving information right in the hands of people who live in or who visit hurricane prone areas.

This free app is the second in a series to be created by the American Red Cross, the nation's leader in emergency preparedness, for use on both iPhone and Android platforms. It gives instant access to local and real time information on what to do before, during and after hurricanes. Building on the Red Cross' leadership in the social media space, the app also includes a number of features that allow people to monitor personalized weather alerts in locations where family and friends reside and share information with others in their social networks who might also need it.

The launch of the Red Cross Hurricane App comes just before what is traditionally the busiest period of the Atlantic hurricane season. Features of the app include:

- One touch "I'm safe" messaging that allows users to broadcast reassurance to family and friends via social media outlets that they are out of harm's way;
- Location-based NOAA weather alerts for the United States and its territories users can share on social

networks;

- Remote monitoring of personalized weather alerts where family and friends reside
- Locations of open Red Cross shelters;
- Simple steps and checklists people can use to create a family emergency plan;
- Preloaded content that gives users instant access to critical action steps, even without mobile connectivity;
- Toolkit with flashlight, strobe light and audible alarm; and
- Badges users can earn through interactive quizzes and share on social networks.

The app enables people across the country to receive alerts for locations in areas where they like to vacation or where loved ones live, giving peace of mind to travelers, people who winter in warmer climates and those with elderly relatives or college students in coastal areas.

The Hurricane App can be found in the Apple App Store and the Google Play Store for Android by searching for American Red Cross. To view the Hurricane App in action, visit YouTube.



### Food For Thought

By Don Hall

In my mind, September signals the beginning of that most special time of year, football season, and not a moment too soon. I was beginning to go through withdrawal symptoms.

What better way to enjoy football than watching one of our big screen TVs and sipping a cold beverage of your choice with some wings or a fresh cooked burger with our fresh cut French fries? After a round of golf, sit and relax with your friends in the grillroom at Candler Hills Restaurant or The Pub.

The "Chef's Specials" at Candler Hills will be changing Saturday, Sept. 1. With entrees like meatloaf, shrimp Creole, chicken potpie, ginger and scallion crusted salmon and house smoked pork loin, there will be something for all tastes.

We are also going to change the day that we offer prime rib. Because of the sharp increase in the cost of choice beef, we are only going to offer prime rib on Saturday evenings. We serve prime rib until it is gone, so make your reservations early. With that comes your choice of soup or salad, baked plain or sweet potato, vegetable, rolls and butter.

On Friday evenings, in addition to our "Chef's Specials," we will be introducing our fisherman's platter, which will feature batter dipped fish, Yuengling beer battered clam strips, Old Bay seasoned steamed

shrimp, fresh cut French fries, hush puppies and coleslaw for the price of \$15.99 (plus tax and gratuity).

Every Monday, from 4 to 7 p.m. at Candler Hills, we are going to offer "dinner for two." The price will be \$19.99 per couple plus tax and gratuity. That will come with choice of soup or salad, bread sticks with olive oil dipping sauce and your choice of meatloaf with mushroom gravy, chicken Parmesan, teriyaki glazed pork loin or butter crumb crusted tilapia. These will be served with the appropriate sides and a small dessert.

The once a month prime rib and shrimp buffet will be held on Tuesday, Sept. 4, from 4 to 7 p.m., and is \$19.95 per person plus tax and gratuity. If you haven't been yet, you are missing out on the best deal in the area. Reservations are recommended.

The chef's table dinner will be held on Thursday, Sept. 27, starting at 5 p.m. Reservations are required and we limit the seating to 26 individuals.

At The Pub in September, there will be changes to the daily features:

- **MONDAY:** Meatloaf, mashed potatoes, gravy, vegetables, rolls and butter for \$7.99 (plus tax and gratuity).
- **TUESDAY:** Chicken and dumplings, mashed potatoes, vegetables, rolls and butter for \$7.99 (plus tax and gratuity).
- **WEDNESDAY:** Liver and onions, mashed potatoes, gravy, vegetables, rolls and butter for \$7.99 (plus tax and gratuity).
- **THURSDAY:** Blackened prime rib sandwich, fresh cut French fries for \$8.99 (plus tax and gratuity).
- **FRIDAY:** Lasagna, tossed salad, rolls and butter for \$7.99 (plus tax and gratuity).

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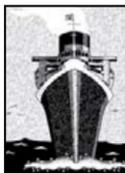
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### Sail Away Cruise Club

By Fred O'Blenis

Welcome aboard! Our next cruise is in December on the Princess and we are ready.

Then on April 13, 2013 we will cruise on Royal Caribbean's Jewel of the Seas to Key West and Cozumel, Mexico.

On Nov. 9, 2013, we will cruise on the Oasis of the Seas.

Over the next few months I will be telling you all about the ships and things to do, as well as ports of call. So, book early for a good cabin and a seat on the bus.

The first stop on the Jewel of the Seas on the April 13, 2013 cruise will be Key West, Fla. Here are a few facts about the Keys: The Florida Keys first lured visitors in 1513, when Spanish explorer Juan Ponce de León stumbled upon the island in search of the Fountain of Youth. Today, more than two million vacationers make their way to the Keys each year. Here, you will find stunning ocean views, along with Mallory Square offering beautiful sunsets. Key West

has hosted figures like Ernest Hemingway and Tennessee Williams, along with a few presidents. You can stroll the streets, which offer an array of shops and restaurants or just sit and people watch.

This five-night cruise on the Jewel of the Seas in April is \$708.47 per person for balcony, \$618.47 per person for ocean view and \$518 per person for inside. Prices include port charges, taxes and government fees. I say, this is a deal and we will also give each cabin a \$25 onboard credit to spend, as you like.

You can enjoy a sunset each night, three or more meals a day plus entertainment each night. It can be a peaceful or party hardy cruise; it's up to you! Are you ready to play?

All you have to do is call and make a deposit of \$100 per person, which is totally refundable up to final payment on Jan. 20, 2013. Call Fred at 237-6367 for this cruise or information on our Nov. 9, 2013 cruise on the Oasis of the Seas.

As of this writing, the Oasis of the Seas is selling out fast. A cruise on the Oasis is a real dream vacation, with a getaway at the solarium pool and hot tub with no little ones running around. You will be surrounded by glass, standing two decks high; it's the perfect place to relax and recharge. I will have more on the Oasis in my column.



### On The Road Again

By Bob Woods

My apologies, I still do not have the exact date in July 2013 nor pricing for the Montreal/Quebec nine-day motor coach trip. I realize the value of the Canadian and American dollars fluctuates daily and I assume this is the main reason for the delay. As soon as I receive the information, it will be posted on my website.

Another motor coach trip planned is a six-day/five-night jaunt to our Nations Capital departing Sept. 12, 2013. We will have step on guides to view Washington, DC by day and night. Some of the places to be visited are the World War II, Korean, and Vietnam Memorials along with the Jefferson and Lincoln Memorials, Embassy Row, Arlington National Cemetery plus the Iwo Jima Memorial and Smithsonian Institute. There is a lot more sights to visit on this excursion. I have a few seats remaining before starting a stand-by list. If interested, call today!

Another trip departing May 20, 2013 is a four-night/five-day cruise on Royal Caribbean's Enchantment of the Seas. This ship is replacing the Monarch of the Seas at Port Canaveral. I have all categories of cabins open and the price for this trip includes motor coach, driver's gratuities, plus a \$50 shipboard credit per cabin. It won't

take long before this cruise fills up.

The ship sails to Royal Caribbean's private island of CoCo Cay, which is a great beach area with all kinds of beach type activities and then sails to Nassau, Bahamas and is in port from early morning until midnight. Sound like fun? Call me.

All deposits are fully refundable for any reason up to final payment.

For additional information or a personal delivered flyer, call me at 854-0702 or all my flyers can be downloaded from my website at [www.bobwoodsontheroadagain.com](http://www.bobwoodsontheroadagain.com).

See you on a cruise or on the road again.

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### Travel Toppers

By Jo Swing

After enjoying a long, lazy summer, things are gearing up this fall with Travel Toppers. A wait list is needed for the Saturday, Sept. 15 presentation of the "Fabulous 50s and 60s Revue" at the Show Palace Dinner Theater. The price of \$71 includes bus, show, buffet lunch and tips for driver and meal. Call Audrey Mangan at 854-7074 to be put on the wait list.

Travel Toppers is currently taking reservations for the "Sound of Music" on Saturday, Oct. 15 at the Show Palace Dinner Theater. This classic Rogers and Hammerstein musical is sure to please and get you humming favorite melodies. The price of \$71 includes bus, show, meal, and tips for driver and meal. Contact Pat Hood at 237-8533 for reservations now.

Reservations start Monday, Sept. 3 for the Tuesday, Nov. 13 shopping trip to the Premium Outlets Mall in Orlando. Do your holiday shopping with over 180 outlet stores at hand. Shoppers over 50 get an extra 10% off with photo ID at select stores. The cost is \$22 for bus and tip for driver. Meal will be on your own with a good choice of eateries. All you shopaholics contact Jo Swing at 237-4564 to make a reservation.

Reservations start Tuesday, Sept. 11 for our ever-popular Thanksgiving trip. This year, we will be going to Sleuth Mystery Theater in Orlando. We will be leaving On Top of the World at 10 a.m. and returning at 5 p.m. Enjoy a traditional Thanksgiving

dinner while you and your companions become a team and try to solve the 45-minute comedy mystery. Dinner includes unlimited beer, wine, and soft drinks. The price of this trip is only \$61, which covers bus, show, dinner, and tips for driver and meal. Call Kathy Peterson at 873-2929 for more information.

There are a few cabins left on the Celebrity Cruise Lines inaugural sailing on the Reflection. This is a wonderful seven-day Southern Caribbean cruise Saturday, Jan. 19, 2013 to Saturday, Jan. 25, 2013. Sailing from Miami, ports of call are San Juan, Puerto Rico, Philipsburg, St. Maarten, and Basseterre, St. Kitts. Call Inge Gaitch at 237-7428 for more information and reservations.

Our "Springtime in Charleston" in April 2013 has been so well received that it is now full. If you are at all interested in the Sunday, April 7, 2013 to Thursday, April 11, 2013 trip, please call Inge Gaitch at 237-7428 to be put on the wait list.

After the summer hiatus, Travel Toppers will resume our regular meetings on Wednesday, Sept. 5, at 9:30 a.m. in Suite A of the Arbor Conference Center. All residents are welcome. Until then, happy travels to all.

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## World Traveler

By Bill Shampine

Welcome back to Cyprus. Geographically, Cyprus includes the Troodos Mountains in the southwest (up to 6,400 feet) and the smaller Kyrenia Mountains along the coastline in the north (up to 3,360 feet), with a large plain between them. It is a beautiful land with rugged coasts, clear water, sandy beaches, enchanting resorts, and wonderful people on both sides of the zone.

There are hundreds of archaeological sites for history buffs, including many old churches dating from the 15th century. The Troodos Mountains are covered by pine forests and contain many picturesque villages, which give the feeling of stepping back in time. The area is well known for local wines, lace from the village of Lefkara, Haloumi cheese, skiing, and copper mines. People have been mining copper in Cyprus for thousands of years.

Visiting Cyprus in 1978, my wife and I went to Lefkara to look into buying some lace. At that time, you were discouraged from going to a store and buying something from their displays—that was too impersonal. You were expected to visit the lady who made the lace.

Once you expressed an interest in purchasing some lace, you then were invited to a person's home for tea and cookies for a brief visit before she would show you her work. You then could buy or not, but either way, you got to socialize for a bit with a Greek Cypriot. It was very pleasant, and



Photo by Bill Shampine

### A view of a small church and village located on the main highway along the Karpathan coast of northeastern Cyprus.

an old way to do business. In our case, the lady spoke no English, but her lace work was wonderful and still enjoy our purchase to this day.

Water, which was my profession, is a critical issue for Cyprus today. There has been an extended drought in Cyprus for a couple of decades now. The government has built a lot of reservoirs, but you have to have rain to fill them. The Turkish Cypriots were being supplied with some fresh water from Turkey using a unique process.

Turkey, which is blessed with abundant fresh water, would fill huge rubber bladders with fresh water and tow them to the north coast of Cyprus. There a hose would be attached by divers and the fresh water drained/pumped into storage tanks for later distribution. The U.S. Embassy in Nicosia did not believe it was true, although I told them I personally had observed the process.

Invented by a Canadian, I think Cyprus is the only place to implement the towing process, although Israel seriously considered it. Turkey also considered building an underwater water pipeline between Turkey and Cyprus but technological and financial

considerations forestalled its implementation.

One of my favorite stories involves George Constantinou, a Greek Cypriot colleague. When George's daughter got married, she wanted to do it in an ancient chapel in a small town in the Troodos Mountains that would only hold about 30 people. This was a terrible burden for Greek Cypriots who have a strong sense of family at events like a wedding. George told me they had to limit the wedding party to only 2,000 people each for the bride and groom's families! The town actually shut down for a day. They closed off all the roads in and out of town and set up huge tables in the streets to hold the food needed for about 4,000 people at the reception. It must have been quite a wedding.

I love Cyprus. If you ever get a chance to go there, by all means do so. The people are gracious, scenery wonderful, and food fantastic. What's not to like?

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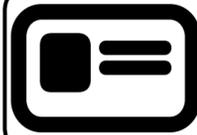
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Yes, I would support the Neil Sedaka performance.  
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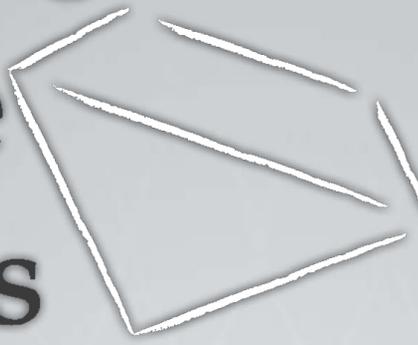
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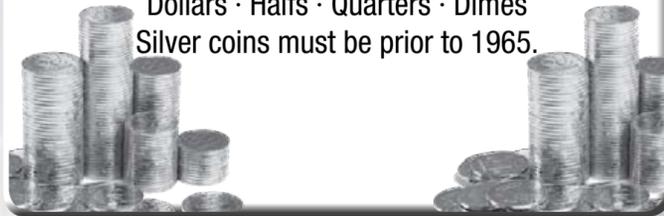
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Photos by Mike Roppel

Allen Rickards is finishing up his report of personal injury and property during a recent CERT drill.



**Citizens Emergency Response Team**

By Patricia A. Woodbury

On July 21, Florida was hit by a category three hurricane with winds from 111 to 120 miles per hour, which lasted into the early morning hours of July 22. The storm surge was nine to 12 feet above normal. Central Florida, including Marion County, received the brunt of the storm.

This was the disaster drill scenario the CERT members were faced with on Sunday when they were called out to provide light search of damage and triage of the injured. Twenty-four members reported to the Health & Recreation Building to receive their assignments. If you were home that evening, you might have seen the members, out on selected streets, observing and reporting back to the Command Center their results.

There were five teams with four members each, including a radio or phone communicator, sent to various locations in the community.

At their next meeting, in August, the members reviewed the disaster drill, the good points, the lessons learned and the

needs for change. These groups, who are mostly new to CERT, have yet to experience a real disaster, so these drills are important for building teamwork and anticipating the situations they may meet.

Communication, either by phone or in written form is key to the success of the efforts of CERT. One of the main focuses of our drills will continue to be communication.

The members also addressed possible changes or "what ifs" they might face in a disaster so as to problem solve some possibilities beforehand.

A training class for new CERT members is planned to begin Thursday, Sept. 13 either in the afternoon or evening at the Division of Emergency Management, Marion County Sheriff's Office, main building. This is an eight-week course and interested persons should contact Bob Conn at 812-0853, as soon as possible, for more information.

Be sure to stop by the CERT table at the Club Fair on Sept. 27 from 10 a.m. to 1 p.m. in the Health & Recreation Ballroom.

The next regular CERT meeting is scheduled for Tuesday, Sept. 11.

CERT meets every second Tuesday of the month at 9 a.m. in Suites E, F, and G of the Arbor Conference Center. Persons interested in learning more about CERT are welcome to attend these meetings or contact Pat at 854-8718.

**The Entertainment Group Presents Glenn Johnson**

The Entertainment Group opens their

11th annual show series with The Glenn Johnson Show, at 7 p.m., in the Health & Recreation Ballroom on Saturday, Sept. 29. This country/western show, offers music from the likes of Johnny Cash, Hank Williams, Conway Twitty, Marty Robbins, Elvis and many other great artists of that great music era.

Glenn has opened for such performers as Ray Price, The Oak Ridge Boys, Pat Boone and Larry Gatlin.

Johnny Roberts will be the opening act with his "Southern Fried Comedy" show. His redneck one-liners will break up the audience. Some have compared Johnny to the Cable Guy.

Ticket prices are \$8 general and \$10 reserved. As always, the show is for residents of On Top of the World Communities with a maximum of four tickets per purchase.

Tickets go on sale on Monday, Sept. 3, from 8:30 to 10 a.m. in the Health & Recreation Ballroom and every Monday, Wednesday and Friday thereafter.

Thank you to Sullivan Buick GMC and Sullivan Cadillac for sponsoring this show.



The Glenn Johnson Show will take place in the Health & Recreation Ballroom on Saturday, Sept. 29.

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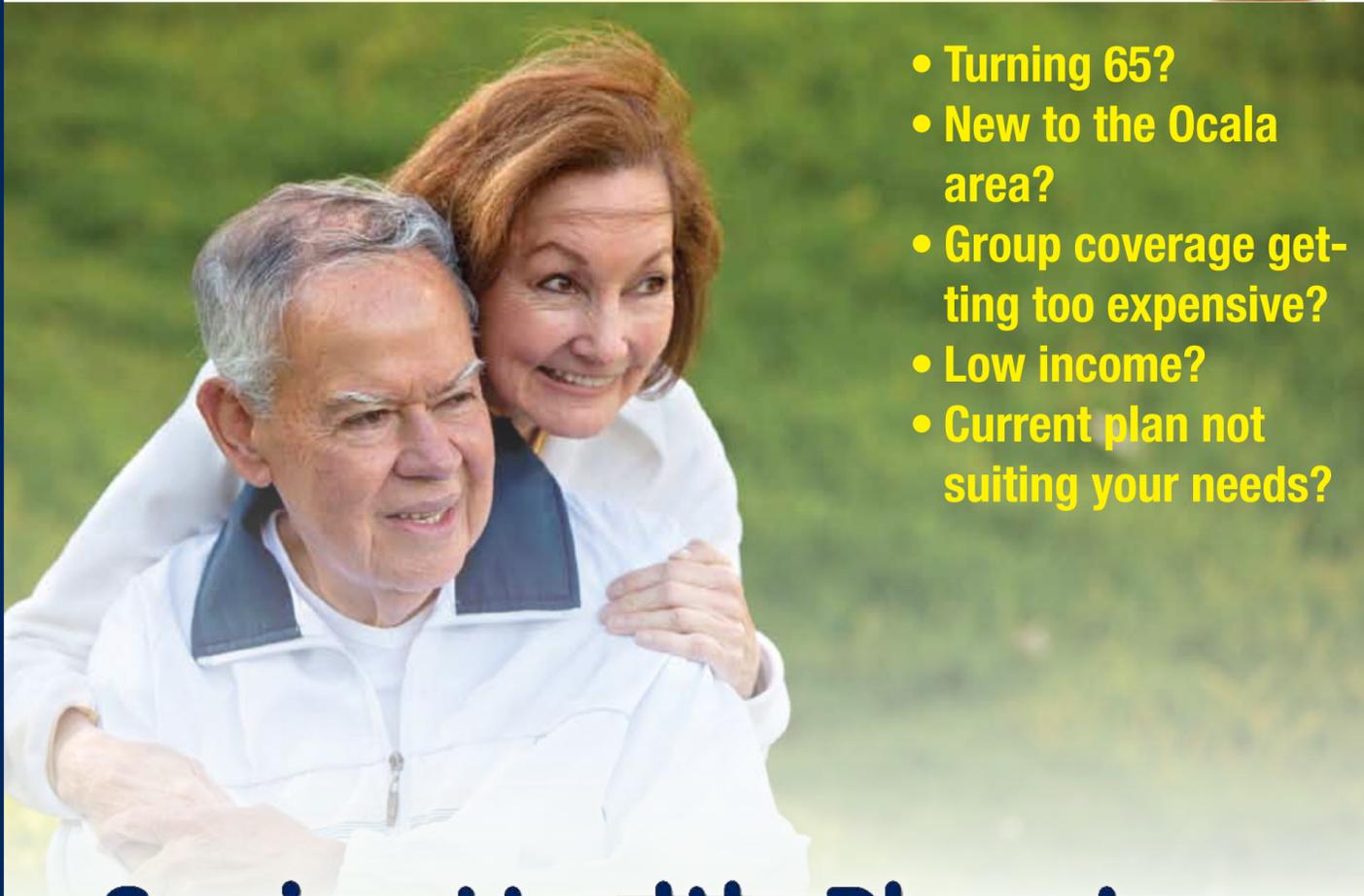
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**Pennsylvania Club**

By Pat Utiss

Even though you would never know it by the thermometer, summer is almost over and it is time to start our fall meetings. Our first meeting will be on Wednesday, Sept. 12, in Arbor Conference Center, Suites E and F, at 3 p.m. We always encourage the membership to come early for food and fellowship.

For this meeting, we are asking attendees to bring appetizers for a get-re-acquainted party. You will receive the schedule of programs for the 2012-2013 club year.

Our meeting for October will be something new for our club. We will have a charity auction. Each attendee will be able to bring one item for the auction. Our auctioneer will get as much money as possible for the item. The person bringing the item will get half the money and the charity will get the other half. Remember, the auction will be at the October meeting. At the September meeting, we will be voting on the charity to receive this money.

We hope to see all of you at this jam-packed meeting. If you are new to the community, I will now give my standard invitation. You do not have to be from Pennsylvania to join our club. We welcome one and all.



**Southern Club**

By Carol Hobbs

Now that the heat of summer is almost behind us, the Southern Club will start a new season with their first meeting on Thursday, Sept. 6, at 5:30 p.m., in the Health & Recreation Ballroom. It will be such fun to see all the faces we have missed in the last three months and to catch up on all the various things that happened.

The board met several times over the summer and will have lots of new things planned for the 2012-2013 year – all will be revealed at the meeting!

We are also looking forward to enjoying all those great Southern dishes during the potluck that precedes the meeting! So, good

cooks, be prepared and show your stuff! You'll have plenty of appetites waiting, and get compliments galore!

We are always delighted to have guests to share our fun, so the invitation is open to all to come and see what the club is all about and enjoy some of our genuine Southern hospitality. Hope to see a big crowd there – with lots of good food – on Sept. 6!



**New England Club**

By Peg Corkum

I guess it is my turn to share with you a few of my favorite places in my home state of Massachusetts. This state is often called "Mass." Unique, because we don't say "Conn.," "Fla.," "Tex.," etc. People I worked with in Colorado found it difficult to pronounce; maybe that's why.

Being my home state, naturally every month I could write about places to see and things to do. I am finding it a challenge to choose what to write about for this column. My Australian friend, now a resident of "Mass.," described her pleasurable tour of Boston via a vehicle lovingly known as a "duck." Yes, a duck. Modeled after the World War II amphibious landing vehicle.

Starting at the Museum of Science, the duck will take you, on land, to some of the most popular places in Boston. Then swerving and driving into the water you will float along the Charles River seeing Boston from a different perspective. Oh yes, while you are on land, pedestrians will greet you with "quack, quack." Your response should be the same! The Museum of Science is an awesome place, with a wonderful planetarium, IMAX theater and much more.

Massachusetts is proud of two well-known Capes: Cape Cod and Cape Ann. You probably are familiar with Patty Page's ever-popular recording of "Old Cape Cod" describing sand dunes and salty air. It's also known for the Kennedy compound, which was home to President Jack Kennedy and other family members. There are ferries for those who would like to visit the island of Nantucket and Martha's Vineyard.

However, I have always preferred Cape Ann (north shore) where there are quaint little villages, art galleries, natural beaches and craggy seacoast. Most popular are Rockport and Gloucester (pronounced gloss-ta).

Known as the "cradle of American history," this state reeks of freedom and liberty. It starts in Plymouth where the pilgrims landed in 1620. There is so much to see including an exact replica of the Mayflower. It actually sailed the same route the pilgrims took and is open to the public. Lots of history in Lexington and Concord where the first shot of the Revolutionary War was fired. Saving the best until last ... Fenway "Paark," home of the Boston Red Sox. 'Nuf said!

Lastly, head inland to the Berkshires visiting the Norman Rockwell Museum in Stockbridge, which boasts of over 700 original paintings. And, don't miss a Boston Pops summer concert at Tanglewood.

That's it for this month ... quack, quack.

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**American Jewish Club**

By Carol Aronoff

Hope you are all making the best of this long, hot summer wherever you are. Here at home, your board has been working diligently on our upcoming season.

We are starting out in September at an earlier date than usual due to the High Holy Days. Our welcome home party will be on Sunday, Sept. 9, at noon for our annual pizza party. Please don't forget this one time only change of date.

On Thursday, Sept. 20, at 1 p.m., we will have our first of the new season lunch bunch at My Designers Attic on Magnolia Avenue in Ocala. This is a wonderful old house with a terrific menu and lots of nooks and crannies to discover. Details will be available at the meeting.

There will also be sign up sheets at the September meeting for some local trips this fall.

We are looking forward to seeing everybody and catching up on all of our summer news.

Please call our Sunshine Lady, Renee Filzer at 861-0047 if you need some kind words to be sent out to someone.

If you have any ideas or thoughts about improving our club, don't hesitate to call our president, Norma Seidman, at 304-8547. Let us all work together for a wonderful and productive new year.

**Italian American Club**

By Carole Dymond

The Tuesday, Sept. 4, Italian American Club meeting is cancelled because most of the officers will be out of town.

The Tuesday, Oct. 2, meeting will be held as scheduled at 2:30 p.m. in Arbor Conference Center, Suites E, D, and F. We will be playing the "Not So Newlywed" game. We look forward to seeing our friends again and, hopefully, meeting new people who would be interested in joining our club.

The board welcomes any new ideas on activities, speakers, or entertainment that we can provide you with during the new year 2012-2013.

In November, we are going to Sammy's Pizza & Restaurant (a favorite with the club), so please bring \$5 to the October meeting to ensure your reservation and, in return, you will receive a \$10 credit for the luncheon.

If you have any questions, you can contact our president, Mike DeBari, at 861-9484.

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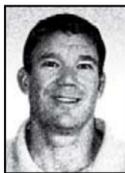
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**Back at The Ranch**

By David Gibas

**A Little Exercise Goes a Long Way Toward Stress Management**

You have heard that exercise does your body good; however, you're too busy and stressed to fit it into your routine. When you are stressed, that is a perfect time to exercise. Exercise, from aerobic exercise to yoga, can act as a stress reliever.

**BODY'S RESPONSE TO STRESS:** Stress is a normal physical response that occurs in our bodies when we feel upset or perceive a threat. When we sense danger, our body's defense mechanism is an autonomic response known as "fight or flight." This response prepares the body physically to deal emergency situations. The body secretes hormones called cortisol and adrenaline to aid in this preparation, and the following changes occur:

- Heart rate increases
- Heart contractions increases
- Blood pressure increases
- Blood is diverted from gastrointestinal area to muscles
- More oxygen is supplied by lungs
- Pupils dilate for more sensitive vision
- Muscles tense to prepare for reactions
- Sweating increases to cool the body
- Glucose in the blood stream increases to boost energy levels
- Cognitive function and alertness increase
- Senses become heightened to identify threats
- Pain sensitivity decreases
- Blood clotting increases to prevent bleeding to death

These responses are essential to the body for dealing with stress. What is equally essential is for the body to have a relaxation response so it can return to normal following a stressful situation. Unfortunately, the fast paced nature of our culture results in more frequent activation of the stress response. This increased frequency prevents the body from returning to a normal, relaxed state, which may lead to a condition of chronic stress.

The repeated stress response is not ideal for long term function as the body responds to chronic stress in a negative manner. Common warnings signs and symptoms to chronic stress include:

- COGNITIVE SYMPTOMS**
- Memory problems
  - Inability to concentrate
  - Poor judgment
  - Seeing only the negative
  - Anxious or racing thoughts
  - Constant worrying
- EMOTIONAL SYMPTOMS**
- Moodiness
  - Irritability or short temper

- Agitation, inability to relax
- Feeling overwhelmed
- Lack motivation
- Lack of focus
- Sense of loneliness and isolation
- Depression or general unhappiness

- PHYSICAL SYMPTOMS**
- Aches and pains
  - Diarrhea or constipation
  - Nausea, dizziness
  - Chest pain, rapid heartbeat
  - Loss of sex drive
  - Frequent colds
  - Muscle tension/pain
  - Fatigue

- BEHAVIORAL SYMPTOMS**
- Eating more or less
  - Sleeping too much or too little
  - Isolating yourself from others
  - Procrastinating or neglecting responsibilities
  - Using alcohol, cigarettes, or drugs to relax
  - Nervous habits (e.g. nail biting, pacing)
  - Social withdrawal

Health problems caused or exacerbated by stress include:

- Impaired cognitive performance
- Sleep disorders
- Suppressed thyroid function
- Blood sugar imbalances
- Digestive problems
- Decreased bone density
- Decreased muscle
- Obesity
- High blood pressure
- Decreased immune function
- Auto-immune diseases
- Increased abdominal fatty deposits
- Higher LDL or "bad" cholesterol
- Lower HDL or "good" cholesterol
- Heart disease

with similar problems is welcome to come and have some discussion. We also welcome caregivers.

In October, we will have a guest speaker, Dr. Isaac Vergara, of the Omni Eye Institute.

Hope to see you in September! If you have any questions, please call Lee Wagner at 237-4843 or Liz Eitel at 237-4721.

**THE RANCH FITNESS SCHEDULE**

**The Ranch (Effective Sept. 1)**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-8:55 a.m.	Power Cycling Jessica	Pilates Jessica	Gentle Yoga Mary Pat	Yoga Stuart	Power Cycling Becky	(8:30 a.m.) Power Cycling Instructor Rot.
9:00-9:55 a.m.	20-20-20 Jessica	ZUMBA Nichole	Power Cycling Carolyn	ZUMBA Kitti	20-20-20 Carolyn	(9:30 am) Power Pump Instructor Rot.
10:00-10:55 a.m.	ZUMBA Jessica	Power Pump Kitti	ZUMBA Heaven	Power Pump Kitti	ZUMBA Jessica	(10:30 a.m.) Yoga
10:30-11:25 a.m.		H2O Fit Barb		H2O Fit Barb		H2O Fit Instructor Rot.
11:00-11:55 a.m.	Fab Abs (30 min) Marie	Pool Party Jessica	Restorative Yoga Jennifer	Fab Abs (30 min) Marie	Restorative Yoga Jennifer	Gentle Waters Judi
6:00-6:55 p.m.	Power Cycling Rene	H2O Fit Linda	ZUMBA Kitti	Power Pump Becky	H2O Fit Linda	H2O Fit Linda
7:00-7:55 p.m.	ZUMBA Heaven		ZUMBA Becky			

Schedule subject to change. View class descriptions online at [www.TheRanchFitnessSpa.com](http://www.TheRanchFitnessSpa.com). Monday-Thursday, 5:30 a.m. to 9 p.m.; Friday, 5:30 a.m. to 8 p.m.; Saturday, 7 a.m. to 5 p.m.; Sunday, 8 a.m. to 4 p.m.

**EXERCISE AND STRESS RELIEF:** Exercise can increase your overall health and your sense of well being. We generally feel good after a workout. Exercise can be rhythmic and intense allowing us to forget irritations of the day. Exercise improves our mood by increasing our self-confidence, lowering symptoms of mild depression, reducing anxiety and improving our sleep patterns.

But exercise also has some direct stress-busting benefits. Exercise can decrease the levels of stress hormones and increase the release of endorphins, which cause a euphoric effect (sometimes called runners high).

Instead of putting off exercise in times of stress, just do it. It will do the body good!

**Visually Impaired**

By Lee Wagner

Summertime is over so it is time to begin another season. Our next meeting will be on Tuesday, Sept. 11, at 1:30 p.m., in Suite H of the Arbor Conference Center. Anyone who has a desire to meet persons

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## One Blood Bloodmobile

By Sara Sommer

The Big Red Bus came to us on Monday, Aug. 6. We had a great turn out for a summer drive!

Here are the heroes who gave the gift of life: Catherine Bennett, Ronald Bozzonetti, George Borgia, Kay Breyfogle, Gilbert

Brooks, Kay Chandler, Richard Dostie, Nancy Ezy-Dostie, Linda Haynes, John Hegarty, Carolyn Jackson, John Johnson, Venkatara Kameswaran, Linda Koenig, Penny Krezeminski, Elizabeth Kyle, Clifton Luber, Deborah Martin, Roger McKay, Kathleen Mullen, Luke Mullen, John Orend, Leonard Price, Lorraine Rourke, Arthur Schneider, John Searls, Cathy Simons, Charles Simons, Sara Sommer, Hal Stanley, and Paul Wagnitz. Thank you all.

The bus will be here again on Monday, Oct. 1. Please come join us. Look for our table at the Club Fair on Sept. 27, from 10 a.m. to 1 p.m. in the Health & Recreation Ballroom.

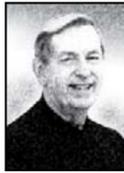
## LifeSouth Bloodmobile

By Sue & Dick Copeland

Now that you have finished watching the American heroes perform so well at the 2012 Olympic Games, you may have been wondering what you could do to be a true hero? The good, easy and quick answer is that you can become a true hero by donating a pint of your life-giving blood on Monday, Sept. 2. The LifeSouth bloodmobile will be stationed in the parking lot at the Health & Recreation Building that day from 8 a.m. to 4 p.m. to accept your donation!

Drop by, roll up a sleeve, spend a few minutes with our trained staff, and enjoy a refreshing beverage, a small gift of gratitude, and a fantastic feeling that you too are a true hero! Yes ... we mean you!

By the way, 22 of your fellow residents warmed up for the Olympics by giving the gift of life in July at the LifeSouth bloodmobile. Their donations means that more than 60 others received the gift of blood from these heroes: Catherine Bennett, Guy Bruno, Linda Bruno, Richard Copeland, Kathleen Dushary, Barbara Enos, Paul Estock, Eve Gillespie, Thomas Haynes, Joseph Hilchey, Edward Hobbs, Robert Kawalec, James Kerwick, Edward Lalonde, Nancy Ludvic, John Maczak, Roger McKay, Simone Salesses, Thomas Seitz, David Shelburne, Hazel Taylor, Michael Thomas.



## Concert Chorus

By Bill Shampine

Although some of our snowbirds are not back yet, the Concert Chorus still had a nice turnout for its first rehearsal of the fall on Tuesday, Aug. 21. We picked up our new music, and we are all excited about the Sunday, Dec. 9 Christmas concert. Once we got the administrative items out of the way, we even got our feet wet by singing some of the new music. A few of our voices were a bit rusty after not singing for several months, but overall it went very well.

We always are looking for new singers; so if you think you may be interested, please contact Joan Stenson at 873-0340 for information. It is a great bunch of people and have a lot of fun singing.

Our featured singer this month is Torben Jensen. Born in Copenhagen, Denmark, Torben started singing in a boy's chorus during World War II, from 1941-1944. After the war, he found work as an apprentice cabinetmaker from 1945-1949. He went back to singing in 1953, but this time in a mixed chorus in Norway. He then moved back to Copenhagen and continued singing there in another mixed chorus.

He and Bodil (his wife and another

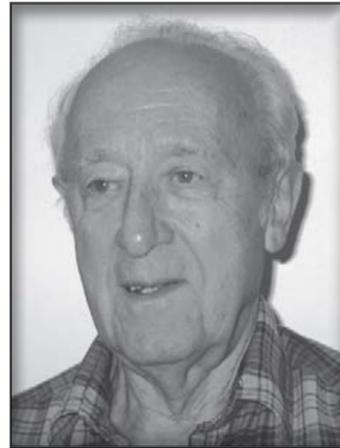


Photo by Bill Shampine

## Torben Jensen

Chorus singer) then moved to the U.S. in 1957. Here, he continued in his chosen profession in architectural millwork and building cabinets. His love for music continued to manifest itself, so he sang in a male chorus from 1972-1993.

Retiring in 1993, he quickly moved to Florida, and got involved singing in yet another mixed chorus from 1994-2006. He and Bodil moved to On Top of the World in 2006, so now our Concert Chorus has the benefit of his fine, deep bass voice.

## Safety Workshop

All are welcome to attend a free safety workshop on issues affecting the elderly and services available to assist. Topics will include:

- Elderly Exploitation/Scams
- Seniors vs. Crimes
- Wandering Prevention (Alzheimer's & Dementia)

- Memory Impaired Program
- Senior Services
- 911 Cell Phones

The workshop will be held on Wednesday, Sept. 26, from 2 to 4 p.m., at the Ocala Police Department, 402 South Pine Avenue in the Community Room. To attend, please call 369-7134 or 369-7139 to sign up.



## Theatre Group

By Anne Merrick

On Wednesday, Sept. 5, the cast in the November show will meet to have a first look at the script and music. Some of them have been informally rehearsing their individual skits with Marilyn Bettinger, the director, for a couple of weeks.

Now the fun begins ... words are mem-

orized, blocking is decided, scenery is visualized and props are collected. There will be many trips to local thrift stores for pieces we need. Costumes will be thought about and created where needed and the show as it has been written and visualized will come to life.

The creative process is a wonderful thing. Make a note and come see the show on one of the following dates: Nov. 9, 10 and 11.

We are in need of a small, kneehole desk, either to borrow or as a donation. If you have one or know of anyone who does, please call Anne at 732-0706.

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## The New Pretenders

The New Pretenders show, Nostalgia, will take place on Friday, Feb. 8, Saturday, Feb. 9 and Sunday, Feb. 10 in the Health & Recreation Ballroom.

Nostalgia is a musical journey across America from the Copa in New York to

NBC Studios in Burbank, Calif. with stops in between.

Long before computers, answering machines and cell phones was a time that was a part of all of us. Instead of drive-throughs there were drive-ins. Coke was "classic" and it came from a fountain or odd shaped bottle. The only "survivor" series on TV consisted of Gilligan and his crew.

Do you remember the first record you owned? How about sitting around a radio instead of a television? Every night was a classic cruise-in. Was it really that long ago?

Times have changed, but have we? The times we often find ourselves calling "our best years" are what Nostalgia is all about!

The New Pretenders is proud to welcome two new band members. One is in the brass section and the other in the rhythm section.

The wardrobe crew is busy coming up with their usual glitzy costumes for the gals.

Each performer has been given their numbers in the show and the band members each have their songbooks.

Be sure to mark your calendar, so that you don't miss out on this show!



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**Fitness Happenings**

By Cammy Dennis

**Are You "On the Sideline" or "In the Game?"**

Have you ever felt like you just don't know how to get started with an exercise program, or you've had trouble sticking to a weight loss plan? Read on.

Perhaps you have been exercising regularly and want to achieve something more; you are ready to take on a new challenge. Read on.

The intent of my column this month is to highlight several new opportunities you will find at Health & Recreation this September. These activities are designed to help you get moving, lose weight or join a competitive walking team. Read on and discover how to "get in the game." We have something for everyone!

- **TUESDAY, SEPT. 18:** Half marathon meeting, at 1:30 p.m., in Meeting Room #2. There is no denying that walking is a great form of exercise that requires little equipment and is easy to do. Whether you've been an avid walker for some time or are seeking a new challenge; we are organizing a team of walkers to take part in the Ocala Half Marathon (13.1 miles) on Jan. 20, 2013. This will be the fifth year that On Top of the World has organized a walking team to take part in this event. The personal reward and gratification our previous participants have experienced from this accomplishment is astounding. At the meeting on Sept. 18, you will be given guidance on how to prepare and register for the half marathon and you might even find a walking buddy to train with. We will have previous half marathon participants at the meeting to share their personal experience and answer any questions. Stop in at the meeting to see what it's all about!
- **FRIDAY, SEPT. 21:** Body, Balance & Brain special class, at 11:45 a.m.,

Health & Recreation (Effective Sept. 1)					
Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:00-8:50	Oxycise-Video	Oxycise-Video	Oxycise-Video	Oxycise-Video	Oxycise-Video
8:00-8:50	Cardio Mix	Strength & Stretch	Cardio-Kick & Tone	Strength & Stretch	Dance Party
Aerobics Room	Deb	Deb	Jessica	Deb	Jessica
9:00-9:50	Perfect Posture	Tai Chi	Stretch for the Stars	Chair Yoga	Strictly Strength
Aerobics Room	Deb	Deb	Jessica	Jennifer	Larry
10:00-10:45	Balanced Body	'KB KB' Kick boxing	Balanced Body	'KB KB' Kick boxing	Balanced Body
Aerobics Room	Marie	Han	Jessica	Han	Marie
10:45-11:30	ZUMBA	S.O.S. Serious on Strength	ZUMBA		S.O.S. Serious on Strength
Aerobics Room	Kitti	Larry	Kitti		Larry
10:45-11:30	Light Aerobics		Light Aerobics		ZUMBA Heaven
H&R Ballroom	Becky		Jessica		
11:45-12:30	Get Fit While You Sit		Get Fit While You Sit		Get Fit While You Sit
Aerobics Room	Kitti		Kitti		Marie
12:00-1:00		Fitness Center Orientation		Balance Assessments**	
Fitness Center					

Arbor Club (Effective Sept. 1)					
Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-9:45	Deep Water Aerobics*	Shallow Water Aerobics*	Deep Water Aerobics*	Shallow Water Aerobics*	Deep Water Aerobics*
Arbor Club Indoor Pool	Larry	Barb	Larry	Barb	Jessica
9:30-10:30	Yoga*		Yoga*		
Arbor Club Ballroom	Stuart		Mary Pat		

\* Denotes fee-based class; Fitness Pass required.  
 \*\* Balance Assessments are free! Please call 854-8707 Ext. 7534 for a reservation.

in the Health & Recreation Ballroom. A special class designed to energize your body and your brain! This dynamic, circuit style class will fuse together exercises that support physical health, fall prevention and mental focus. Brain fitness is a hot topic; join us for loads of fun while we keep our muscles strong and our minds sharp. This class is perfect for new exercisers.

- **SATURDAY, SEPT. 22:** National Fall Prevention Day, from 1 to 3 p.m., at Master the Possibilities. The first day of the fall season is also National Fall Prevention Day! The consequences of a fall can be devastating. The good news is that you can reduce your risk of falling. Master the Possibilities will be hosting a seminar on fall prevention followed by balance assessments which will help to identify if you are at an increased risk of falling. The seminar and balance assessments are free and open to the Ocala community! To enroll in this class, please call Master the Possibilities at 854-3699.

duce your risk of falling. Master the Possibilities will be hosting a seminar on fall prevention followed by balance assessments which will help to identify if you are at an increased risk of falling. The seminar and balance assessments are free and open to the Ocala community! To enroll in this class, please call Master the Possibilities at 854-3699.

- **FRIDAY, SEPT. 28:** Biggest Loser six-week weight loss program at 11:30 a.m. in Meeting Room #2. We all know how difficult it can be to stick to a weight loss program. If you want to shed some unwanted pounds and take a shot at winning some money in the process, con-

sider joining our six-week weight loss program. Everyone pays \$10 to join for the entire six weeks. We will meet weekly to weigh-in and then have a group meeting to discuss topics such as balanced nutrition, exercise for weight loss and lifestyle behavior change. At the end of the six weeks, the person who loses the greatest percentage of body weight wins the money collected from the group!

For more information on any of these programs feel free to call 854-8707 ext. 7532. Don't just sit on the sidelines; get in the game! Have fun, look great and most importantly feel great!



**Larry's Fit Tips**

By Larry Robinson

**Stretching is Great for Older Adults**

Experts agree that regular stretching can have a profound impact on improving the quality of your life. Stretching will improve your flexibility, which increases the range of motion that you have in your joints. This translates into being able to reach to the top shelf, tie your shoes and look over your shoulder when driving in reverse!

Regular stretching is also very important for decreasing and managing pain. Flexibility or the lack thereof, is probably the single most important factor affecting our quality of life as we age.

As we age, our muscles get accustomed to certain positions and/or movement patterns. For example, if your job or favorite retirement past time requires long periods of time sitting at a computer, some muscles will get overly tight and short and some get weak and loose. This will have a negative impact on posture and body alignment.

Overly tight muscles are especially problematic because they restrict movement and increase the likelihood of injury; hence you have trouble reaching to the top shelf, or hurt yourself bending over to tie your shoes. When we sense these restric-

tions in our bodies, we tend to avoid these movements. This creates a negative cycle of disuse, weakness and tightness.

Many physical therapists use the phrase "motion is lotion." Regular activity, especially stretching activates the release of synovial fluid into the joint. This helps to lubricate the joint encouraging greater range of movement and decreasing pain. Staying hydrated is also believed to contribute to increased mobility for tissues and joints that have become less supple.

Unfortunately, flexibility decreases with age and physical inactivity. The good news is that regardless of your age, you can increase your flexibility by incorporating stretching into your daily routine. A daily stretching routine can improve the following:

- Performing daily tasks such as lifting, bending and turning
- Circulation, which keeps your tissues healthy
- Proper posture and balance
- Chronic pain
- Injury prevention

There are different types of stretching specifically static stretches (when you hold a muscle in a stretched position such as reaching up overhead and holding that

position) and dynamic stretches (when you move through a large "pain free" range of motion such as imitating a back stroke).

Both types provide valuable health improvements; static stretching is the preferred method to create a more permanent lengthening of a muscle. Dynamic stretching is used to increase range of motion at a joint and is great for warming up prior to a workout.

Recommended guidelines for stretching

are: two to three days per week, perform each stretch three to five times with a 20 to 30 second hold.

**FIT TIP #1:** Warm up before stretching, a short walk or a few minutes on a stationary bike would be perfect.

**FIT TIP #2:** Stretching should not be painful. Stretch to a point of mild discomfort.

**FIT TIP #3:** Remember stretching will provide the best benefits if it is done regularly!

**ON TOP OF THE WORLD NEWS**  
 UPCOMING PUBLICATION  
 October Issue: Thursday, Sept. 27

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**Favorite Recipes Dinner Club**

By Luke Mullen

Last month, I attempted to provide an overview of what our club's goals were and included an example of a favorite recipe. Simply stated, the idea is for couple club members to take turns entertaining a group of club diners in their homes sharing foods each couple has made to contribute to an entertaining and fun time.

When you decide to become a member of our club, others and I will come up with a monthly schedule of how many dinners

will be held and include you in it. This is because we all have various items in our schedules that result in our not being able to attend every club dinner that is scheduled monthly.

When we know that you are available to attend a dinner, you will be matched with one of the hosts for that month. Naturally, if you are a new member, you would automatically be a guest and not a host. This is done in order for you to get a feel for how things happen at a dinner.

Normally, at any given dinner, since each participating couple will be providing some type of prepared dish, activities get underway around 6 p.m. Cocktail hour gets started with hors d'oeuvres prepared and brought by one of the guests.

The whole idea of the club is that no one-member couple will have to prepare all

components of the meal. Following this, a salad, either prepared by another guest or the host is served. The host will then serve the main meal, with an accompanying side dish.

Following the main meal is the dessert, prepared by another guest couple. This always ends up with everyone having a great meal without anyone needing to prepare the entire undertaking.

Some members occasionally have themed dinners. We have had Irish American, Greek, Spanish and German dinners, to name a few. Club hosts are free to decide if they want to host a themed dinner or have a traditional meal.

Additionally, for all past years we have had all-hands member's dinners. This is where one club member graciously volunteers to invite all members to their house

on a regularly scheduled dinner night. Again, the same idea applies where the host member does not have the overwhelming effort of preparing the entire meal. Each member couple is asked to bring either two hors d'oeuvres or two desserts. This turns out to be a great time because everyone has plenty to eat, and it allows all members to meet other members who they have not met before.

Typically, we usually have spring fling, summer spectacular and a Christmas Party. They are fun evenings for all attendees!

Our club is looking for new members. For more information, call Luke at 304-8104 for more information. Also we are planning on participating in the sixth annual Club Fair on Thursday, Sept. 27, from 10 a.m. to 1 p.m. at the Health & Recreation Ballroom.



**Candler Connection**

By Janet Wiles

Many Candler Hills residents were involved in the Fitness Challenge at the Health & Recreation Fitness Center during July and August. Congratulations to all

who met their goal and received a gold, red, or blue shirt.

Now is the time to consider moving on to the next level by joining a group of residents for the Ocala Half Marathon, which will be held on Jan. 20, 2013. Anyone interested in learning about registration, training, and other details should attend a meeting with Cammy Dennis in the Health & Recreation Building on Tuesday, Sept. 18, at 1:30 p.m.

On Sunday, Oct. 21, the Candler Connection Social Committee has scheduled the "Taste of the States" event at the Stone

Creek Grille. Come enjoy a night of fun with a buffet featuring foods from across the United States and live music provided by LaCroix. Representing the North will be New England clam chowder, mini Philly cheese steaks, Maryland crab cakes, and New York-style hot dogs. For the East, there will be Virginia ham, Chicago mini deep-dish pizza, and New Jersey tomato salad. From the South, look for Louisiana jambalaya, Texas grilled rib eye steak, St. Louis ribs, and Colorado ranch potatoes. Representing the West will be California chicken and waffles, New Mexico chili verde, and Las Vegas salad bar. Desserts will represent the various regions and will include sugar free options.

The price of tickets, \$30 per person, includes the buffet and one drink. Tickets will be sold in the Candler Hills Community Center on Mondays, Wednesdays, and Fridays from 10 a.m. to noon beginning Sept. 17.

Mark your calendars for the next potluck dinner on Oct. 29. Details for this event will be published in next month's column.

The Candler Connection Social Club is in the process of updating its web site with all the correct information regarding the Candler Hills' specific clubs, activities, and events. In October, the Social Club would like to publish a special "Happenings" which will list all clubs, activities, and events that are organized by Candler Hills residents. In the past two years, many new folks have moved into On Top of the World. Many are not aware of the various activities available in Candler Hills.

Also, many clubs, activities, and events are looking for new members and participants. A special e-mail has gone out to all the known primary contacts for those clubs, activities, and events that are listed on the Candler Connection web site. In the event that you are a primary contact for a Candler Hills club, activity, or event and have not received one of these e-mails, please contact John Podkomorski at 875-9890 or john@podspad.us to give him information on your group. If you have received one of these e-mails, please submit information on your group to John as soon as possible.

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**Avalon Social Group**

By Lorraine Rourke

Fall is around the corner, which means the Avalon community potlucks are starting back up. Our next one is scheduled for

Monday, Sept. 10 (due to Labor Day) in the Arbor Club Ballroom. Bring a dish to share of appetizer, fruit, vegetable, meat, casserole, salad, soup, etc. Desserts will be assigned. Bring a serving utensil with your dish and your own non-alcoholic beverage.

Set up is at 5 p.m.; start is at 5:30 p.m. with food lines starting around 5:45 p.m. Let the new neighbors know that they are welcome. It is a great time to visit, enjoy great food, network, exchange ideas, and have fun.

Our potlucks are scheduled on the first Monday of the month unless there is a holiday then the second Monday. The remaining potlucks for 2012 are scheduled as follows: Oct. 1, Nov. 5, and Dec. 10.

We have a 50/50 raffle to raise money for paper products (plates and silverware), tablecloths, decorations and periodically we subsidize the meal for the meat dish for instance at Christmas we had ham. We also have hot dog/sausage picnics or fish fries during the year.

We always can use volunteers to help with set up, decorations or event ideas.

Dori Chunn will be coordinating the September potluck, if you have questions call her at 873-3843. For questions on later events, call Lorraine at 390-2120.

Due to the shortage of time and our being out of town, we may have to have the hot dog picnic in the spring instead of the fall.

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## Women of the World

By Sharon Tarolli

Many of you are still traveling, doing fun activities, and enjoying our On Top of the World pools as summer winds down. As the summer rains are "greening" trees and grass, activities are being planned for the upcoming year. There is always lots of work behind the scenes to help make Women of the World run as smoothly as it does. Lots and lots of shared responsibilities and our dedicated officers, chairs, and members oversee details. We love you all.

Nancy Grabowski is once again organizing and providing rides up the hill via golf cart to the Health & Recreation Building for the meeting. If you would like this service, please call her (873-4315) in advance to make arrangements so she will know to meet you in the parking lot. Also, remember that On Top of the World has provided more golf cart parking along the length of the pool, for those who choose to travel to the meeting via golf carts.

Again, a reminder - to avoid long lines to pay dues in September, you are encouraged to send a check for your \$8 dues (payable to "Women of the World") to Barbara Enos at 8711-D SW 92nd Street. Dues help defray the cost of your light refreshments in September, December, and May. Paying these over the summer also helps with bookkeeping.

The welcoming committee is forming

## Singles Club

By Lorraine Serwan

Welcome to the new season of the Singles Club. The executive board has been meeting to plan our meeting activities and mid-month excursions.

We will have our annual club birthday luncheon in October and our holiday luncheon in December. We will have entertainment or informational speakers at the monthly meetings. We're planning some different activities and lunches at new restaurants.

If you have any ideas for trips and/or speakers, please call Lorraine at 854-1365. You are invited to join us for all of these activities.

Come to our meeting on Thursday, Sept. 13, at 2 p.m. in the Arbor Club Conference Center, Suites B and C to sign up for any outings that interest you.

Remember, you must be a member of the club in order to participate. Dues are \$10 per year and are due at the Sept. 13 meeting. Please bring a check or exact cash. We do not have change.

In order to have your name included in our member booklet your dues must be paid in September.

See you in September and bring a friend. We always welcome new members.

## Women's Bible Study

By Lynne Roder

A women's Bible study will begin Friday, Oct. 5 and continue until May 2013. We will meet in the Arbor Conference Center, Suite A, every Friday, from 10 to 11:30 a.m.

The study will be led by Lynne Roder, a qualified and experienced Bible teacher. Our focus will be the book of Esther.

A study guide will be available for each participant for \$9. If you have any questions, please call Lynne Roder at 873-2668 or (702) 338-9474.



### DRIVER SAFETY PROGRAM

Save money on your car insurance; classes monthly. For information, call Joe Briggs at 237-2971.

and Nancy Grabowski will have more details about this later. Please call her if you have questions.

Marsha Vieu is looking for someone who sews to finish some Christmas stockings for Operation Shoebox. Please call her at 237-4164 if you can help. Marsha also reminds us that, when we clean out our cabinets and garages, we put aside our "wonderfully used treasures" to donate to Rags to Riches. We will have more information later, but with time passing so quickly, it'll be here before we know it!

Women of the World loves raising money in fun ways, and you'll have a chance to win big - sort of - through 50/50 drawings. Our general meetings are on the first Friday of the month in the Health & Recreation Ballroom. Refreshments are available at 12:30 p.m. and the general meeting begins at 1 p.m.

Friday, Sept. 7, is our first meeting of the 2012-2013 year. Brother's Keeper (soup kitchen) is our September project, and they need non-perishable food items such as canned beans, vegetables, tomatoes, spaghetti sauce, tuna fish, peanut butter, jelly, macaroni, spaghetti, relish, and condiments.

Enjoy the rest of your summer, and let us be your "fall guy." We're excited to see everyone, whether you are returning or new. Members will be there to welcome you and help you be seated. Carol Emrick, our president, is excited about this year, and reminds me that a light lunch will be provided for this first meeting. Our kick-off speaker is the popular and talented Chip Morris, Circle Square Cultural Center emcee, media personality, and actor.



## Red Hat Society

**RED HAT DOLLIES:** The July lunch gathering took place in Inverness, Fla. at Chefs of Napoli II. Maria Hayward was hostess and her restaurant choice was spot on. The eight in attendance enjoyed lunch and had a good time. *QM Connie Cameron by Peggy Greer*

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



## Community Patrol

By Patricia A. Woodbury

There is a new guide for senior drivers entitled Florida's Guide for Aging Drivers. This guide is available at no cost and can be obtained by sending an e-mail to [safe-mobility-for-life@fsu.edu](mailto:safe-mobility-for-life@fsu.edu), compliments of Florida's Safe Mobility for Life Coalition. The guide includes safe driving tips, licensing information, lists of resources and community contacts for every county in the state. If you prefer you may write to Safe Mobility for Life Resource Center, 636 West Call Street, Tallahassee, Florida 32306 or call (850) 644-8115.

At our last meeting, President Gary Rodoff discussed with the group the dangers of driving through standing water during a heavy downpour, especially if you are driving an electric or hybrid car. Some six inches of water can cause an engine to short out. It is safer during a storm to pull over in a place where there is good drainage, until the storm passes.

Rich Enos, patrol trainer, reminded the members to obey all of the traffic rules, especially when patrolling. These rules include coming to a complete stop at stop

signs, wearing a seat belt, using turn signals, and obeying the speed limits. As the "eyes and ears of the Sheriff's Office," he said, "patrol members have three things to do: patrol, observe, and report."

Captain Burton reviewed the recent crimes in the area.

In response to the question regarding the deputy being seen in the community either in a car or on a motorcycle with radar equipment, the Sheriff's Office has an agreement with On Top of the World to patrol in the community and enforce the traffic laws, which includes giving out tickets.

Be sure to stop by the Patrol table at the Club Fair on Sept. 27, from 10 a.m. to 1 p.m. at the Health & Recreation Ballroom.

The next meeting of the Patrol is Monday, Sept. 24. Anyone interested in becoming part of our community patrol should call Gary Rodoff at 291-7508. Our meetings are usually held on the fourth Monday of the month in Suites B and C of the Arbor Conference Center, at 3 p.m. Come and join us, the meeting is open to everyone.



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Photo by Armann Rohde

Frank Scinlari, captain of the Tuesday p.m. shuffleboard team.

## Shuffleboard

By Grace Rohde

Captains play an important role in our team playing each week. They are in charge of getting ready and setting up the courts before each game, waxing the discs, seeing that each player has an assigned place to play, and keeping tally of each player's score for the month.

Frank Scinlari has been captain of Tuesday's p.m. team for two years. He and his wife, Sharon, first moved to Clearwater, Fla. in 1984 and came to On Top of the World in 2008. This is where Frank first learned to play shuffleboard. Before that, the closest he ever came to even knowing about shuffleboard was around 1965, in New Jersey, where he observed some seniors playing the game.

There were 35 players on Frank's 2011-2012 team, which is why the courts were completely full on a number of Tuesdays for team play. Often, you would notice Frank greeting each of his players, seeing that everyone got to play, and making sure that all had a good time, win or lose.

We encourage anyone who would like to play shuffleboard, to check us out. We have five teams playing on each day of the week. Look over the following list for the day that is best suited to your schedule. Contact the captain on the day you select, if you would like to join or if you have any questions.

- **MONDAY, 9:30 A.M.:** Captain Charlie

- Lentz (425-9402).
- **TUESDAY, 1 P.M.:** Captain Frank Scinlari (304-8962); Co-captain Jim Lyman (861-2822).
- **WEDNESDAY, 1:30 P.M.:** Captain John Mataya (237-9692); Co-captain Lou Crudele (291-4910).
- **THURSDAY, 9:30 A.M.:** Captain Greg Rasmussen (237-7311); Co-captain Peter Van Arsdale (854-2495).
- **FRIDAY, 9:30 A.M.:** Captain Andy Bulloch (873-7373); Co-captain Roger Werner (854-7569).

We had a good turnout for summer shuffleboard, played twice weekly, and even though the weather was warm, everyone still enjoyed playing the game. There were some newcomers who joined the experienced players. This was a great time for them to learn how to play.

Since we play just for fun in the summer, they could feel at ease and enjoy playing and learning at the same time. This also gave the newcomers the opportunity to meet with some of the players from all of the teams.

Ten Pin, for the experienced players, met twice weekly and there also was a good turnout. Not only did the regular players come, but we had some of the newcomers who played last shuffleboard season, now also experienced players, join in for a challenging game of Ten Pin.

Just a reminder that regular team shuffleboard begins the first full week in September. The dues are still \$7 a year, no matter what time of the year you join.

Ten Pin will again be played on Saturdays at 8:30 a.m. and on Thursdays at 6:30 p.m.

There is a good selection of days and times to enjoy a game of shuffleboard whether you are a newcomer or an experienced player. See you at the shuffleboard courts – join us for fun and fellowship as many days as you would like to come!

THANK YOU!

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## Softball



By Bill Leon

The summer softball league is midway through the season and it seems it may be another close finish. Presently the Wise Way team has a three game lead with one tie that has to be completed. The Wise Way team seems to be rolling along at a good clip and winning those close games with their pitcher, Angelo, consistently confusing batters and making good plays on the mound. The team continues to just squeak out those wins.

There are two teams that are close enough to overtake Wise Way as they continue to remain close enough and can make a move at any time. Hot on the heels of the Wise Way team are the Stone Creek and Florida Eye. The team with the better shot is the Stone Creek, which is the youngest of the teams in the league with a good defense and plenty of fast runners. The Stone Creek team has been the pick of the league to take it all, but they have been unable to muster up a string of victories, as the hitting seems to fade in some games.

Close behind the Stone Creek team is Florida Eye. Then comes the Cebert Wealth team, which can't seem to get those wins. In quite a few of the games, the Cebert Wealth team goes into the last inning, with a lead, but it seems they have a last inning jinx, by coming up with miscues and let the lead slip away.

There are still quite a few games to go so anything can happen!

## Ocala Stamp Show

By Stan Lander

The Ocala Stamp Show will be held on Saturday, Sept. 8, from 10 a.m. to 5 p.m., and Sunday, Sept. 9, from 10 a.m. to 3 p.m., at Circle Square Cultural Center.

The General Francis Marion Stamp Club and Florida Stamp Dealers Association sponsor the show.

Free admission, stamps for children and club information will be available as well as door prizes. There will be stamps, covers, postcards, supplies, appraisals and stamp exhibits.

For more information, contact Stan Lander at 369-8977 or slander3@otow-homes.com, or Sheldon Rogg at h.rogg@verizon.net.



### 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.



**Recreation News**

By Theresa Fields

Over the summer we saw the heat index climb to over 100 degrees. We also experienced an unusual amount of rainfall than we typically see in a year. Saturday, Sept. 22 will officially start the fall season and most of us are ready for the cooler temperatures that come with this time of year.

This month also brings the holiday that is celebrated by most of our nation's workforce, Labor Day, which is observed on Monday, Sept. 3. This marks the end of the summer vacation season and the beginning of a new school year.

**Holiday Hours**

The Health & Recreation office will be closed in observance of Labor Day on Monday, Sept. 3. The Arbor Club and the Fitness Center will be open from 9 a.m. to 5 p.m. and all classes will be cancelled. Please plan accordingly.

**Seasonal Shots**

Our first scheduled seasonal flu and pneumonia shots will be administered on Monday, Sept. 10 at the Arbor Conference Center from 8 a.m. to 1 p.m. Medicare Part B covers the shots. If you do not have Medicare Part B, the cost of the flu shot is \$30 and \$65 for the pneumonia shot.

Our next scheduled seasonal shot clinic will be held on Monday, Oct. 15. Please sign up at the Health & Recreation office.

**Rags to Riches Sale**

It's that time of year again to clean out your closets and garages. Our Rags to Riches sale is scheduled for Friday, Oct. 12. Sign-ups will begin on Tuesday, Sept. 4 at the Health & Recreation office. The cost per table is \$8; and this event will be held at the Arbor Conference Center from 9 a.m. to noon.

**Community Bus**

Please note that the community bus will not be running Monday, Sept. 3 through

Friday, Sept. 7. Please plan accordingly.

**Baseball Game**

The next scheduled baseball game will be on Thursday, Sept. 20 at the Tropicana Field as the Rays face the Boston Red Sox. Game time is 7:10 p.m. The cost is \$64 for press level seating and \$52 for baseline seating. Transportation is included in the price. Tickets can be purchased at the Health & Recreation office.

**Football Game**

We have scheduled our first football game for the season on Sunday, Sept. 30, at the Raymond James Stadium. The Tampa Bay Buccaneers play the Washington Red Skins, game time is 4:15 p.m. Tickets are \$55 per person and transportation is included. Seating will be in sections 304 and 306. If football is your sport, contact the Health & Recreation office to save your seat.

**Seminole Casino Trip**

Get ready to roll those dice again on Tuesday, Sept. 11. The cost is \$20 per person including \$25 in free play, \$5 lunch voucher and transportation. The casino has expanded with a non-smoking area and a new restaurant called the Rise Kitchen & Bakery. They have also added 750 slot machines with gaming tables throughout this new area. To register for a fun one-day trip, contact the Health & Recreation office.

**Happy Hour**

On Friday, Aug. 10, the Happy Hour theme was "Hollywood Nights," which took place at the Arbor Club. Reba McIntyre and Marilyn Monroe were just a few who could be seen walking down the red carpet. Clint Eastwood and Elizabeth Taylor took the Grammy home for best supporting actor and actress at On Top of the World.

Our next themed Happy Hour will be "Roaring '20s" and will be held on Friday, Sept. 14. Pull out your finest flapper dresses or gangster suits and join us for a fun filled evening as the Bontempos entertain for the evening.

Don't forget that Happy Hour will be

**Health & Recreation Office**

Monday - Friday, 8 a.m. to 4 p.m., 854-8707 x7530 or x7533

held at the Health & Recreation Ballroom on the third Friday of each month, with The Pub being open as well. Snacks will not be permitted during this Happy Hour. If you have a birthday celebration, please contact the Health & Recreation office to make arrangements to bring a cake.

- **SEPT. 7:** Ray & Kay
- **SEPT. 14:** "Roaring '20s" with the Bontempos
- **SEPT. 21:** Dunning Shaw
- **SEPT. 28:** The Dukes

Remember resident ID is required for entry into Happy Hour and guest fees apply.

**Line Dancing**

We will be hosting a "Welcome Back to Line Dancing" free event on Monday, Sept. 24 in the Arbor Club Ballroom starting at 3 p.m. You will have an opportunity to meet Marilyn (our community's new professional line dance instructor), ask questions and register for the upcoming classes being held in the Health & Recreation Ballroom every Monday starting in October. Marilyn will be teaching three different levels of dance: Improver+, Beginner and Newcomer classes. These classes will run \$10 for each class per month. You may contact the Health & Recreation office for more information or to register for future classes.

**Club Fair**

It is that time of year for our annual Club Fair. We have several clubs that have taken the summer months off and they are now ready to get back into the swing of things. To welcome those clubs back, the Club Fair will be held on Thursday, Sept. 27 in the Health & Recreation Ballroom from 10 a.m. to 1 p.m.

This is a time to actually see all the different clubs offered here in your community. There are over 60 clubs that will be participating this year. There are several new clubs forming, such as the Democratic Club, Positive Thinkers Club, Questers Club, Metaphysical Club and Raw Food Club, just to name a few. What a wonderful way to meet your neighbors and make new

friends. Doughnuts and coffee will be available for sale by the S.P.C.A.

If you are thinking of forming a club here at On Top of the World, stop by the Health & Recreation office to receive more information.

**New Year's Eve Gala**

Celebrate New Year's Eve on Monday, Dec. 31 at the Arbor Club Ballroom with dinner, entertainment, dancing and more! Music will be provided by the duo of harmony, Danny & Johnny. Tickets are \$50 per resident and \$60 per non-resident (non-resident must be accompanied by a resident). Tickets are on sale at the Health & Recreation office and residents may purchase up to eight tickets. Resident ID will be required at the time of ticket purchase. The menu for New Year's Eve will include:

**Appetizers**

Chicken satay with fresh fruit and vegetable display.

**Salad**

Mixed greens with candied walnuts, Gorgonzola cheese and white wine poached asparagus spears with honey walnut vinaigrette.

**Entrée**

Chef-carved prime rib of beef and butternut-crusted tilapia with baby shrimp with rice pilaf, garlic red skinned mashed potatoes and fresh vegetable sauté.

Warm rolls, dessert, coffee and iced tea are also included with champagne at midnight.

A continental breakfast will be included and served 11:30 p.m. with pastries, cream puffs, cookies and coffee service.

Limited tickets are available, so don't miss out!

**Lazy River Cruise**

Join us for a relaxing, two-hour guided and narrated riverboat cruise down the Withlacoochee River. Captain Mike will share information on the history, flora, fauna and points of interest while also identifying wildlife on the river. This trip will take place on Friday, Sept. 28 and the cost is \$21 per person and includes transportation.

The first bus is now full and we will be providing a second bus that will leave the Health & Recreation parking lot around 3 p.m. You will arrive at Stumpknockers restaurant around 3:45 p.m. and be seated for dinner. The riverboat cruise will follow dinner and boarding begins around 5:30 p.m. For more information, contact the Health & Recreation office.

**Community Relectrocycle**

Do you have electronic items at home that you no longer use? Rather than disposing of them in the landfill, be environmentally friendly and recycle them at the "Responsible Electronics Recycling" event on Friday, Oct. 5, from 9 a.m. to noon, in the Health & Recreation parking lot. Items that will not be accepted: box, cabinet or projection types of TVs and CRT monitors.

If you have questions concerning items to recycle, stop by the Health & Recreation office for a list of all acceptable electronics. This is a free event!

**Community TV**

You may view the community TV station on the following channels:

- **99:** Bighthouse analog service
- **704:** Bighthouse digital service
- **732:** Digital Communications Media (DCM)

**Community Awareness**

As a safety precaution for all of our residents and their guests when traveling by golf cart, please have some form of identification kept in your golf cart in the event of an emergency. Thanks and please drive safely, follow rules of the road, and be courteous to all using the paths.

Stay safe!

**EVENTS/ACTIVITIES\***

\* Schedule and performers subject to change. For the latest information, please visit [www.ontopoftheworldinfo.com](http://www.ontopoftheworldinfo.com) or see channels 732 (DCM), 99 (Bighthouse analog) or 704 (Bighthouse digital).

**Saturday, Sept. 1**

**Barry & Nancy**  
The Town Square  
7 to 10 p.m.

**Thursday, Sept. 6**

**Farmer's Market**  
The Town Square  
9 a.m. to 1 p.m.  
"Cooking Demo" from 10 to 10:30 a.m.

**Friday, Sept. 7**

**Happy Hour with Ray & Kay**  
Arbor Club  
4 to 8 p.m.

**Recorded Favorites**  
The Town Square  
7 to 10 p.m.

**Saturday, Sept. 8**

**Italian Festival**  
The Town Square  
5 to 9 p.m.

**Monday, Sept. 10**

**Seasonal Flu & Pneumonia Shots**  
Arbor Conference Center, Suites E & F  
8 a.m. to 1 p.m.  
Free with Medicare Part B or \$30 per flu shot/\$65 per pneumonia shot  
To register, call 854-8707 x7533 or 7530.

**Tuesday, Sept. 11**

**Seminole Casino Trip**  
Tampa, Fla.  
\$20 per person  
To register, call 854-8707 x7533 or 7530.

**Thursday, Sept. 13**

**Farmer's Market**  
The Town Square  
9 a.m. to 1 p.m.

**Friday, Sept. 14**

**Roaring '20s Happy Hour with Bontempos**  
Arbor Club  
4 to 8 p.m.

**Second Slice**  
The Town Square  
7 to 10 p.m.

**Saturday, Sept. 15**

**Recorded Favorites**  
The Town Square  
7 to 10 p.m.

**The Ultimate Abbott and Costello Tribute Show**  
Circle Square Cultural Center  
7 p.m.  
\$11-13 per resident  
\$12-14 per non-resident  
For tickets, call 854-3670.

**Wednesday, Sept. 19**

**Master the Possibilities Brainstorming Session**  
Live Oak Hall  
1 to 2 p.m.  
See catalog for more information.

**Thursday, Sept. 20**

**Baseball Game: Tampa Bay Rays vs. Boston Red Sox**  
Tropicana Field  
St. Petersburg, Fla.  
\$52-\$64 per person  
To register, call 854-8707 x7533 or 7530.

**Seminole Hard Rock Casino**  
Tampa, Fla.  
\$20 per person  
To register, call 854-8707 x7533 or 7530.

**Farmer's Market**  
The Town Square  
9 a.m. to 1 p.m.

**Friday, Sept. 21**

**Happy Hour with Dunning Shaw**  
Health & Recreation Ballroom  
4 to 8 p.m.

**Automatic**  
The Town Square  
7 to 10 p.m.

**Saturday, Sept. 22**

**Recorded Favorites**  
The Town Square  
7 to 10 p.m.

**Monday, Sept. 24**

**"Welcome Back to Line Dancing"**  
Arbor Club Ballroom  
3 p.m.

**Thursday, Sept. 27**

**Home Delivery of the World News / October Issue**

**Farmer's Market**  
The Town Square  
9 a.m. to 1 p.m.

**Club Fair**  
Health & Recreation Ballroom  
10 a.m. to 1 p.m.

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**Friday, Sept. 28**

**Lazy River Cruise & Dinner**  
Withlacoochee River  
\$21 per person  
To register, call 854-8707 x7533 or 7530.

**Happy Hour with The Dukes**  
Arbor Club  
4 to 8 p.m.

**Recorded Favorites**  
The Town Square  
7 to 10 p.m.

**Saturday, Sept. 29**

**The LaCroix**  
The Town Square  
7 to 10 p.m.

**Sunday, Sept. 30**

**Football Game: Tampa Bay Buccaneers vs. Washington Red Skins**  
Raymond James Stadium  
Tampa, Fla.  
\$55 per person  
To register, call 854-8707 x7533 or 7530.

**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
Crecent 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  
Indigo Community Center Parking Lot in advance for pick-up

**OCALA RUN: MON., TUE., WED. & THUR.**

ARRIVE	PICK-UP
Jasmine Square, Dillard's & Kohls (1st & 3rd Thurs) ...1st Run Only	9:50 am / 12:10 pm
Low's	10:05 am / 11:35 am
Paddock Mall	10:10 am / 11:40 am
Wal-Mart	10:15 am / 11:45 am
Target	10:20 am / 11:50 am
Gaitway Plaza	10:25 am / 12:00 pm

**1st RUN**

Wal-Mart	12:05 pm	1:45 pm
Best Buy	12:10 pm	1:50 pm
Gaitway Plaza	12:15 pm	1:55 pm
Paddock Mall	12:20 pm	2:00 pm

**2nd RUN**

GROCERY STOP... LAST STOP OF DAY... 30 MIN. SHOPPING TIME  
(No Grocery Stop on SAM'S or BEALL'S Days)

Grocery Run...Every Monday...[Public]...Start Pick-up Run @ 3:45 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 & 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)

**For information call Health & Rec. @ 352-854-8707 ext. 7530 or 7533**

**TICKETS ON  
SALE NOW!**



**Circle Square  
Cultural Center**

**AT CIRCLE SQUARE COMMONS**



## 2012 ENTERTAINMENT SERIES!

Buy tickets online\* at [www.CSCulturalCenter.com](http://www.CSCulturalCenter.com) or at the ticket office.

### SEPTEMBER 15

The Ultimate Abbott and Costello Tribute Show



Residents: \$11-13  
Non-residents: \$12-14

This duo performs an authentic recreation of Abbott and Costello's mannerisms, vocal stylings and many of their vaudeville and burlesque routines with pinpoint accuracy, including the classic baseball routine, "Who's On First."



### OCTOBER 6

**The Rat Pack Remembered**  
Residents: \$14-18  
Non-residents: \$16-20

Enjoy the nostalgia as the Rat Pack is remembered for their outstanding talent and timeless humor in this action packed show featuring beautiful Las Vegas-style showgirls, great singing and great fun!



### OCTOBER 12 & 13

**Autumn Gift Market by  
Junior League of Ocala**  
10 a.m. - 6 p.m. • Tickets: \$5  
(Available at the door)

This annual event features boutique and specialty item merchants touting jewelry, home decor, gifts, candles, children's attire and more. Ticket proceeds are used within Marion County to promote literacy and improve the community.



### OCTOBER 20

**10th Annual Craft Fair**  
10 a.m. - 3 p.m.  
**FREE**

Showcasing over 100 local artists and crafters featuring everything from stained glass to jewelry, woodworking and more, you'll enjoy this indoor/outdoor fair with food, fun and live entertainment.



### OCTOBER 27

**Rod Stewart Tribute  
with Rob Caudill**  
Residents: \$14-18  
Non-residents: \$16-20

With the look, sound and style of Rod Stewart down to perfection, Rob Caudill's performance is not just the next best thing to a Rod Stewart concert; it is just like a Rod Stewart concert! Fans of all ages will hear their favorite Rod Stewart hits.



### NOVEMBER 17

**Satisfaction:  
Rolling Stones Tribute**  
Residents: \$15-17  
Non-residents: \$16-18

Satisfaction is an international touring tribute show dedicated to the "World's Greatest Rock & Roll Band." The likes of Mick Jagger, Keith Richards and supporting cast bring a colorful performance to over 50 years of classic hits.



### DECEMBER 15

**Ditchfield Family Singers**  
General admission: \$5  
*All proceeds donated to Interfaith  
Emergency Services.*

The Ditchfield Family Singers, one of America's most versatile family ensembles acclaimed for their close harmony, warmth and wide variety of musical styles, present a phenomenal selection of Christmas favorites.

**All shows begin  
at 7 p.m. and doors  
open at 6 p.m.  
(except as noted)**

**Gift Certificates  
available at  
[www.CSCulturalCenter.com](http://www.CSCulturalCenter.com)**

#### TICKET OFFICE HOURS:

Monday - Saturday, 11 a.m. - 2 p.m.; Day of Show: 11 a.m. - Showtime



8395 SW 80th Street, Ocala, FL 34481 • (352) 854-3670 • [www.CSCulturalCenter.com](http://www.CSCulturalCenter.com)

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



Photo by Ray Cech

Local candidates participated in a question/answer forum in July.

## Local Candidates Participate in Forum

By Ray Cech  
World News Writer

On the evenings of July 16, 17 and 18, the Marion County chapter of The League of Women Voters (MCLWV) brought together more than 20 candidates who are seeking county office. Among other offices, they included men and women running for judgeships, Marion County Sheriff, the School Board, and a County Commissioner seat.

The forums took place in Live Oak Hall at Master the Possibilities and ran approxi-

mately one and a half hours.

Each night there was a moderator who posed three to four questions to the candidates, and for easy audience viewing, the questions were displayed on a large screen behind the podiums.

Each candidate was given a different question, requiring quick thinking and response. The audience was often treated to brilliant responses that you would swear were thought out over a weekend, rather

than on-the-spot.

It's rare that voters get the opportunity to get up close and meet their potential governing body, however, these forums provided an insight into those people who could be responsible for governing our community.

In November 2011, The Florida State League of Women Voters officially sanctioned the MCLWV, led by Allie Gore, Judy Johnson, Elaine Smith and Nancy Dunleavy. Obviously, they've gotten off the blocks running.

The League of Women Voters was founded in February 1920, just six months before ratification of the 20th Amendment, which gave women the right to vote. Originally intended for women only, in 1973 their charter was amended and men are now welcomed as members. It's a non-

partisan, grassroots organization dedicated to enlightening voters about candidates, as well as issues that are important to everyday citizens.

Additionally, the League does act as an advocacy organization, lobbying Congress on issues that League members have studied, analyzed, and deemed important to the political enlightenment of the American public.

On Top of the World residents who attended the forums were able to go to the polls in August knowing why they were voting for someone, rather than simply casting a ballot for a sign along the highway. A big "thank you" goes out to Allie Gore and her team for their work in making us better-informed voters.

## Aqua Square Dancing

By Bob Woods  
World News Writer

The On Top of the World Circle Squares Dance Club usually meets every Tuesday evening at the Arbor Club but today was different. In late July, the square dancers could be seen strutting their stuff in the Arbor Club pool to the beat of a caller! Others joined in and danced in a square on the pool deck.

Aqua square dancing is not the common practice of the club but a deviation from the norm. It looked like they had a great time doing their promenade steps along with allemande left or right and Dosado. It was really fun watching the group of square dancers in the pool!

Square dancing is a folk dance or dance form with four couples (eight dancers) arranged in a square. There can be more than one square and a person known as a caller directs the routines danced. Square dancing goes back to 17th century England and was common in France as well as other European countries. It is also very similar to Scottish country dance.

The Circle Squares meet again on Tuesday, Sept. 4, in the Health & Recreation Ballroom. There is an open house scheduled on Tuesday, Oct. 2.

For additional information, call Dotty Huston at 873-9062 or Skip and Carol Spencer at 208-1546.



Photo by Bob Woods

Circle Squares square dancing in the pool.

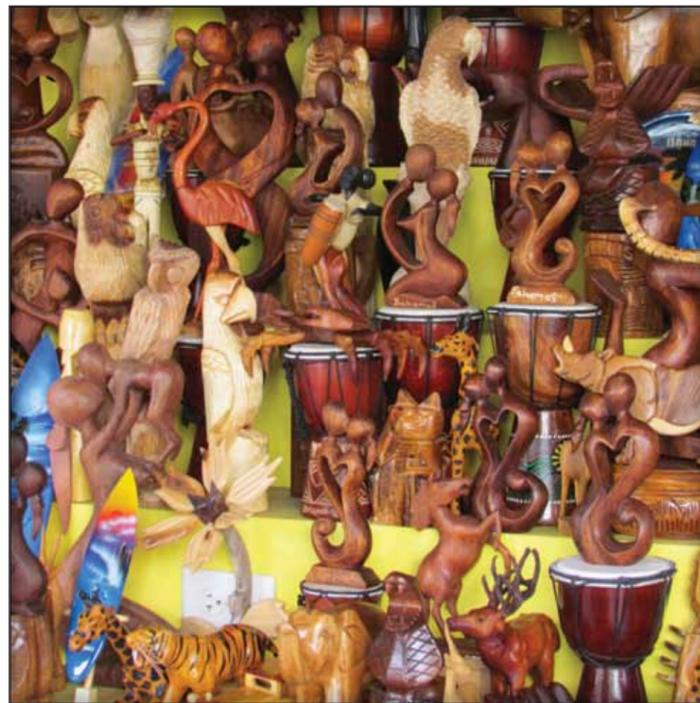


Photo by Bob Woods

One of the many vendors that sell various items at The Nassau Straw Market.

## Nassau's Straw Market

By Bob Woods  
World News Writer

The Nassau Straw Market in the Bahamas is re-born, standing exactly where the original market once stood. The new and improved \$12 million Straw Market opened its doors in December 2011 and can house up to 500 vendors.

Vendors sell traditional straw-craft souvenirs, handcrafted merchandise, and hundreds of items in between.

The market is perhaps the biggest tourist attraction in the Bahamas, particularly in Nassau. Tourists arriving by cruise ships

stroll down Bay Street, which is the main street in Nassau along with most government buildings and jewelry shops, ending up in the Straw Market before walking along the sea wall back to their ships. The cruise piers, all within walking distance of the market, can handle up to five ships at one time, even accommodating the largest cruise ships in the world.

The Nassau Straw Market is a must stop destination while visiting the Bahamian capital of Nassau.



## Director of Golf

By Brian Boeling

### Should Golf Be Part of the Olympics?

You've got to admit the 2012 Olympics were exciting and brought new dynamics to this special event and the United States basically running away with winning the most medals. The big buzz was about golf coming into the Olympics in 2016. There are a lot of mixed feelings about golf being part of the Olympics.

**THE GOOD:** Possibly More Representation for the U.S.: Presently, this is the proposed guideline for establishing the playing field which has been established by the International Golf Federation to the International Olympic Committee, the field would be chosen as: A field of 60 players for each of the men's and women's competitions, utilizing the Official World Golf Rankings as a method of determining eligibility. The top 15 world-ranked players would be eligible, regardless of the number of players from a given country. Beyond the top 15, players would be eligible based on world ranking, with a maximum of two eligible players from each country that does not al-

ready have two or more players among the top 15. (International Golf Federation)

Based on this format and today's world rankings the United States would have more players.

**More Medals for the U.S.:** Since the United States would have more players, almost triple to the next country, this would enable the United States to clean up on medals.

**THE DRAWBACKS:** The Field Will Look the Same: One week golfers from around the world will be participating in a PGA or LPGA tournament, while the next week will see many of the same golfers playing in the Olympics. Now how exciting is it really going to be to watch a player each and every week tee off on the 18th hole in the Olympics? While some will watch the golf matches because they're golf addicts, I think that it will be one of the least-watched Olympic sports because there's no newness there. The same rivalries will still be present.

**Same Format as Majors:** Every time there's a golf tournament (except for the Ryder Cup and Presidents Cup), the same format applies. There are 72 holes, with a tiebreaker if two people are tied atop the leader board at the end. The only difference here is that there will be a tiebreaker for the top three places to determine medals.

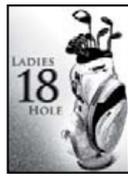
**Where's the excitement in that?** If I wanted to see a 72-hole tournament, I'll tune into the Open Championship, U.S. Open or The Masters. I don't want to watch

the Olympics and watch the same format where they compete for a gold medal, instead of a trophy and a check.

**MY QUESTIONS:** The Olympics started in Greece, 776 BC some 3,000 years ago in honor of the Greek gods with track and field events. What would the founders of the Olympics say about golf being part of the venue today? Where is the uniqueness of golf being part of the Olympics? The way the format is being structured with the world rankings; does it bring this sport to an equal playing field?

### Upcoming Events

- **SEPT. 3:** World Labor Day Tournament at Candler Hills with shotgun at 9 a.m.



## Candler Hills Ladies 18-Hole

By Mary Pat Giffin

Weather can be unpredictable this time of year - from weeks without a drop of rain to an ongoing deluge that seems to have no end in sight. In spite of temperatures soaring into the high 90's, many of the women are out there in pursuit of the white ball. That's not to say, they aren't rained out many an afternoon.

It is time to order your new league shirt in honeysuckle. Order form is in league book in Golf Shop. Cost is \$27 for sleeves or sleeveless.

The fall calendar is filling up with some wonderful events. The first tee tournament is Sept. 7; CHLGA membership luncheon and meeting is Sept. 20; Solheim Cup is Oct. 2, 4, 5; and Rally for the Cure is Oct. 11. Kate Beatty is still looking for volunteers to help with this outing.

The fresh white, fluffy sand in the bunkers challenges us, especially after a reprieve from hitting out of the bunkers while they were under repair. That's why Denise Mullen shared her tips for getting out of the bunkers. She stresses that your first priority is to get the ball out, then get it on the green before you worry about getting it close.

"Do not focus on this (getting close) until you consistently accomplish the first two objectives," said Denise.

Once you step in the bunker, Denise advises you to "turn around and place your club on the grass outside the bunker so that

- **SEPT. 7:** First Tee of Ocala fundraiser at Candler Hills with shotgun at 1 p.m. \$60 per player.
- **SEPT. 7:** Half Swings Clinic at Candler Hills at 10 a.m. Free.
- **SEPT. 17:** Chili's/St. Jude's Fundraiser at Candler Hills with shotgun at 10 a.m. \$75 per player.
- **SEPT. 21:** How to Apply the Half Swing Clinic at Candler Hills at 10 a.m. \$10 per person.

### World Accolades

**LINKS:** Aug. 6, Bill Young Eagled on #4.  
**CANDLER HILLS:** July 19, Vicky Salyers holed shot on #6 from 78 yards for birdie. July 20, Fred Kennedy Eagled on #16. July 23, Ken Sines, hole-in-one on #8.

you place hand on your grip and, if necessary, open the club face and then place your hands on the grip." This eliminates fidgeting over the ball and having it accidentally touch the sand while preparing for your shot.

"Approach your ball and take an open stance, which means that your target side foot is slightly open and back from your other foot. Ball should be in the middle of stance."

For more accurate shots out of the bunker, ask Denise or one of the pros. I am sure they can help you out.

### Low Gross/Low Net July 26

Flight 1 Low Gross: 75-Deb Martin.  
Flight 1 Low Net: 67-Kelli Brunner; 68-Tona Scheibal.  
Flight 2 Low Gross: Tie at 90-Betty Dong and Peggy Borro.  
Flight 2 Low Net: Tie at 72-Andrea Fratarangelo and Patty Ware.  
Flight 3 Low Gross: 94-Toni Stevenson.  
Flight 3 Low Net: 70-Katy Smyth; 71-Gail Schultz.

### One-Two-Three (Team Event) Aug. 2

117-Donna Smith, Peggy Borro and Pam Monk; 122-Paula Lilly, Gail Banavice and Piper Thomas; Tie at 123-Pam Carpenter, Betty Dong and Donna Sauer. Tie at 123-Kate Beatty and Lise Jordaan.

### Odds/Events Aug. 9

Flight 1: Tie at 36-Mia Kolar and Su Freeman; 37-Deb Martin.  
Flight 2: 38-Judy McGrath; 39-Peggy Borro; 41-Marie Gillis.  
Flight 3: 34-Toni Stevenson; 40-Ilyong Dicus; 41-Marge Cowie.  
Flight 4: 36-Irmgard Anger; 38-Piper Thomas; tie at 42-Heddy Racinowski and Kathy O'Leary.

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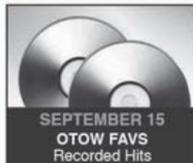
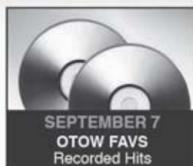
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**Stamp Club**

By David Groves

On Saturday, Sept. 8 and Sunday, Sept. 9, from 9 a.m. to 5 p.m., at the Circle Square Cultural Center, come visit the free Ocala Stamp Show. This is a once-in-a-lifetime opportunity to see a unique On Top of the World display of splendid photographs, postage stamps and signed expedition letters related to the Himalayan mountain range's Mount Everest, located between Nepal and China.

This display is the result of years of research and hunting for rare Himalayan expedition mail – one piece signed by the late Edmund Hillary. Long-time Candler Hills resident and General Francis Marion Stamp Club member, Tom Weixmann, created this fantastic display.

On his display, Tom wrote, "Residents of our On Top of the World community can also draw reference to another synonymous namesake, Mount Everest. The highest mountain at 29,035-feet attains the greatest distance above sea level on this planet earth..."

In addition, to the Mount Everest display, you will have the opportunity to see other displays by residents: Joe Rosinski's "Highway Post Offices" and Jeff Howard's "Von Zeppelin."

Other interesting displays include "Christmas on Stamps," "Raining Cats & Dogs," "Uncle Sam," "Girl Scouts," and "Stamps & Post Card Collectibles."

Free stamps will be given to young collectors and several of Florida's best stamp dealers will be on hand to serve Ocala's stamp collectors.

During our Wednesday, Aug. 1 meeting, John P. Renyhart explored philatelic and historical aspects of the March of Dimes and philatelic crossroads in the successful Race to Cure Polio – a race that began in 1938 and ended in 1960.

John's fascinating historical narrative was illustrated by U.S. commemorative postage stamps featuring President Franklin D. Roosevelt (who, since age 39, was permanently paralyzed from the waist down by polio), Eddie Cantor, Helen Hayes, Dr. Jonas Salk, Oveta Culp Hobby,



Photo by David Groves

**Tom Weixmann with his On Top of the World stamp display.**

Thurgood Marshall, Dr. Albert Sabin and even Mickey Mouse.

John also shared a first day cover of the U.S. "Fight Polio" stamp issued on Jan. 15 1957, acknowledging our country's successful effort to produce a vaccine to prevent paralytic polio. What a great presentation!

Our club meets on the first Wednesday of the month at 1 p.m. and noon on the third Wednesday in the second floor conference room of the Bank of the Ozarks on SW State Road 200 and the SW 90th Street entrance to On Top of the World. Visitors are always welcome! Our annual membership dues are only \$6.

Monthly evening meetings are held on the second Wednesday at 7 p.m. in the

Queen of Peace Church Library.

For our stamp club brochure and a free "Guide to Stamp Collecting" kit, please contact club treasurer, Joe Rosinski at 237-7366 or jrchr8850@embarqmail.com.

For a calendar of meetings, selling

stamp collections and much more, please visit <http://ocalagfstampclub.com>.

For additional information on our Ocala Stamp Show, contact Stan Lander at 369-8977 or at [Slander3@otowhomes.com](mailto:Slander3@otowhomes.com).



Photo by Bob Woods

Beauty resides throughout our community. These flowers can be seen outside the Health & Recreation Building.

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## Candler Hills Men's Golf

By Joe Alfano

I love the beer commercial featuring that dashing and debonair elderly gent surrounded by gorgeous women advising all his friends to stay thirsty. Now that we are smack dab in the middle of the "dog days of summer," please allow me to alter that phrase to read "stay hydrated my friends, stay very hydrated." We would all rather be carried off the course because of that winning putt than because we cannot make it to the clubhouse of our own volition.

On a different note, I have been told by reliable sources that they see a resemblance between that gentleman and myself, sans the stomach of course!

We welcome new member Bruce Shanfelt to the association and know you will enjoy the experience. Of course, you will enjoy it even more if you are partial to some good-natured kidding and light-hearted jesting. We can be a somber bunch but that tends to occur during our afternoon naps after golf. Anyone looking to play in such an environment can contact me at tjalf8371@yahoo.com for more information.

We will resume our fundraising efforts on the Sept. 4 league day. Members should be on the lookout that day for England Dan or John Ford Coley for that winning ticket. The Sept. 4 date will also be our time to celebrate the Labor Day holiday. Within that vein, the association will continue the tradition of providing members who play that day with complimentary beer, wine, soda pop and hot pretzels. Much to the chagrin of some members who will forever remain anonymous, we will not be providing com-

plimentary vodka martinis, Moscow mules or strawberry margaritas.

Asked about the golf swing, Ben Hogan said, "reverse every natural instinct and do the opposite of what you are inclined to do, and you will probably come close to having a perfect golf swing." Inclined to agree with that suggestion this past month was Glenn Sauer (73), Bryant Giffin, Walt Pacuk and Pat Clayton (74), Dan Gill and Bill Anger (77), Tom Garrison and Al Wassmer (78) and Dennis Norris (79). Well-done laddies "whackin yer featherie."

As always, here's wishing everyone a life full of "nothing but fairways and greens."

### Two-Man Team Net July 17

Burns Flight: 146-Tom Martinetto & Charles Ward; 147-Nick Nimerala & Bob Cowie; 148-Roger Whittle & Andy Bulloch.

Allen Flight: 137-Bill Anger & Roger McKay; 139-Craig Riber & Tom Marta; 141-Norm Gianukos & Mike Romm.

### Four-Man Team Stableford July 24

150-Bill Keathley, Chuck Lafferty, Rick Lilly & Jim McGrath; 148-Pat Clayton, Marvin Brooks, Rich Freeman & Stan Jarmel; 145-Craig Riber, John Podkomorski, Bob Cowie & Don Huston.

Four Preps Flight: 63-Rick Lilly; 68-Bob Cowie; 69-Joe Mandala & Ray DeLuca.

Four Lads Flight: 68-Dave Green; 71-Ed Pozsony; 72-Rich Vullo.

### Individual Net Aug. 7

Four Seasons Flight: 64-Glenn Sauer; 68-Bruce Venslavsky; 70-Bruce Shanfelt & Craig Riber.

Four Tops Flight: 65-Dennis Norris; 72-Tony Mysterly; 74-Marvin Brooks.

Four Preps Flight: 63-Rick Lilly; 68-Bob Cowie; 69-Joe Mandala & Ray DeLuca.

Four Lads Flight: 68-Dave Green; 71-Ed Pozsony; 72-Rich Vullo.



## Men's Golf Association

By Ray Messer

We are looking forward to seeing all of our snowbirds returning and ready to play golf. It has been one hot summer.

Wednesday, Sept. 5 is chicken day! Please remember to sign up and place your \$8 in the envelope in the brown box in the player's lounge. Be sure to put your name and what the money is for on the envelope.

We will be putting a sign up sheet on the board in September for you to sign up



## Candler Hills Ladies 9-Hole

By Judith Parisi

The Olympics certainly provided a wonderful look at the fierce determination and intensity of the participating athletes. These athletes demonstrate incredible focus. They also have a wonderful ability to recoup from a misstep and bound back with even more intensity. What a great inspiration for us golfers!

On league play on July 19, Vicky Salyers on the hole #6, from about 80 yards out, holed the ball. The group she was with - Lois Laine and Deb Massari - walked up to the green and experienced the excitement of finding Vicky's ball in the hole. Great job Vicky!

Denise Mullen has asked our members to consider playing in a Pro Am at Candler Hills on Friday, Sept. 7, to benefit First Tee of Greater Ocala. The event will be a shamble - two best balls of four. Each foursome will have one professional and three amateurs. Please contact Denise if you are interested in playing.

First Tee is an organization that focuses on shaping young peoples lives by teaching them the values of integrity, respect and perseverance through the game of golf. Help them in their mission to build character, instill life enhancing values and promote healthy choices through the game of golf by your support not only of this event but through donations - monetary as well as used clubs and balls.

The Spookytaclular Invitational is coming up soon. Note the change in date - Oct. 25! The change was due to circumstances beyond our control. There will be a 3 p.m. shotgun start, scramble format. There will be snacks, dinner, awards, and prizes. If you are able to attend, e-mail Donna at

for the election in October on chicken day. All who are interested in running, please sign up. Remember it's only a game with friends and to meet new friends. Invite your friends out to play.

### Individual Stableford July 25 / Links

White Flight 1: 38-George Blankenship; Tie at 35-Jon Hill, Rudy Normandin.

White Flight 2: 39-Norm Lallier; Tie at 38-Ed Klodzen, Mike Driver, and Robert Moravec.

Gold Flight 1: 43-Charles Casale; 41-Francis Caprez; 39-Joe Quaranta; 38-Ron Cleveringa.

Gold Flight 2: 48-Jack Ashenfelter; 44-John Bauer; 42-Barry Barringer; 40-Tom Marta.

Gold Flight 3: 44-Jack Hegarty; 42-Bud Borders; 38-Bill Walker; Tie at 37-Jack Martin, Roger Schwartz, and Tary Bole.

donnaip@embarqmail.com for a registration form. We hope many of our fellow golfers at On Top of the World will join us, along with members from other clubs.

We have received an invitation to participate in the Hacienda Hills Invitational on Wednesday, Oct. 3 at The Villages. Eleonora has sent out an e-mail to league members with more detail. As always, participation in outside invitationals is limited and is on a first come, first served basis. If you are interested, you need to send an e-mail to Eleonora and your check together with your name and lunch choice in an envelope and put that in the CHLGA-9 locked slot box at the Golf Shop. If more than four players respond Eleonora will have a waiting list. Often the host group will open up more spaces and additional players may be accepted.

Save Wednesday, Dec. 12 on your calendar for the league's annual holiday party. More information will follow.

There was no formal league play on Aug. 9, rather a special tournament was held at Royal Oaks for members and guests. There were 36 participants who had a great time.

### Alternate Shot July 12

50-Marguerite Piotrowski and Marcie Hock; 54-Carole Venslavsky and Ina Menzies; 60-Diane O'Brien and Eve Harvey.

### Scramble July 19

36-Vicky Salyers, Deb Massari, Lois Laine; 40-Diane O'Brien, Donna Liphardt, Carol Hobbins, Eve Harvey.

### Odd Hole July 26

Flight 1: Tie at 13-Diane O'Brien, Vicky Salyers, Kathy Hall. 14-Susy Trembulak.

Flight 2: 11-Tina Hauer. 12-Cheryl Engeman. 13-Susan Pleinis.

### Low Gross/Low Net Aug. 2

Flight 1 Low Gross: 44-Susy Trembulak.

Flight 1 Low Net: 34-Linda Mandala.

Flight 2 Low Gross: 58-Kathy Hall.

Flight 2 Low Net: 40-Marcy Hock.



### BE PREPARED BEFORE THE STORM

Printable tracking maps, checklists and other handy information are available at:

[http://www.ontopoftheworldinfo.com/otowcentral.php?content=hurricane.php&back=returnlink\\_otowc.php](http://www.ontopoftheworldinfo.com/otowcentral.php?content=hurricane.php&back=returnlink_otowc.php)

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## Preferred & Elite Membership Program\*

The Preferred and Elite Membership Programs are social programs whereby members receive 5% discount on all food and beverage items and 10% on additional sides, desserts and appetizers purchased at Candler Hills Restaurant and The Pub. Members also receive VIP reservations for restaurant seating and admission to special member-only events.

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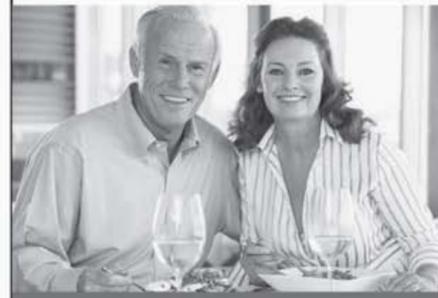


\*To participate in the member program, a membership fee and an annual agreement signed by the member(s) are required. The Pub is private and open to residents who are Gateway of Services pass holders only.

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### Choice of Entrée with Sides

Meatloaf with Mushroom Gravy

Chicken Parmesan

Teriyaki Glazed Pork Loin

Butter Crumb Crusted Tilapia

Dessert

**\$19.99**

for two people plus tax

Preferred/Elite Members receive member discount.

Reservations recommended.

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**Ladies 9-Hole Golf**

By Diane Dzik

Plans for the 2012-2013 season are underway. Please check the lists in the golfer's lounge to sign up for committees for the coming year. We have some exciting plans ahead!

New players who have joined us this summer are Serene Rossi, Marti Marta, Kathy Hall, and Karen Piccolo. Welcome ladies! If you would like to join us this year, please stop by the Golf Shop and inquire, or come by the Club Fair at the Health & Recreation Building, from 10 a.m. to 1 p.m., on Thursday, Sept. 27.

A new procedure for golf sign up will start on Tuesday, Oct. 2. There will be a sign up sheet on the bulletin board in the golfer's lounge and each player is responsible for signing up themselves. That same Tuesday will officially begin our new season. We ask all members to please be in attendance and dressed out in their blues and whites.

Plans for this year's events will be discussed at the business meeting, which follows play, in the Health & Recreation Ball-

room. Dues for this coming season are due Oct. 1 and can be paid anytime at our mailbox in the golfer's lounge.

The first invitational of the season will be held Wednesday, Oct. 3. "Take Me Out To The Ball Game" is a four Person Scramble that will be held at Hacienda Hills Country Club in The Villages. The cost is \$40 and the deadline to sign up is Sept. 10.

**Throw Out Three Worst Holes July 17**

Flight 1: 19-Karen Piccolo.20-Judy Harmon, Myra Noel.

Flight 2: 18-Darlene Clark.19-Marti Marta, 20-Agnes Tetti.

Flight 3: 20-Linda Heenan. 21-Kathy Hall, Betty Tully.

**Shamble July 24**

29-Carol Bell, Grace Bock, Darlene Clark, 28-Marlene Floeckher, Jean Flynn, Eileen Gustavus.

**Net Scores July 31**

Flight 1: 31-Agnes Tetty. 33-Linda Dumeer, Kathy Dushary.

Flight 2: 31-Jean Flynn, Betty Tully. 37-Kathy Hall, Adele Stelljes.

**Scramble Aug. 7**

40-Grace Bock, Caroline East, Betty Tully, Jane Wilson. 41-Kathy Dushary, Cathy Hathaway, Lorraine Rourke, Vi Sica.

wold, Susan Rhodes and Beverly Ovrebo, Joan Cecchini, Barbara Buecher; 55-Jan Juhlin, Carolyn Cummings, Marilyn Rose.

**Holes Beginning with T & F July 31 / Links**

Flight 1: 35-Rosemarie O'Neil; 36-Linda Blewitt; Tie at 37-Iro Lisinski, Valerie Smith.

Flight 2: 37-Sharon Bartholomew; Tie at 39-B.J. Schwartz, Mary Lyon, Angelita Pena.

Flight 3: 35-Shirley Smagner; Tie at 38-Fumie Veatch, Marilyn Rose.

**Nassau - Front 9, Back 9, Overall Aug. 7 / Tortoise & Hare**

Flight 1: 29-Sandy Chase (front); 32-Iro Lisinski (back); 67-Susan Watters (overall).

Flight 2: 31-B.J. Swartz (front); 33-Sharon Bartholomew (back); 68-Mary Muller (overall).

Flight 3: 36-Lou Borders (front); 36-Mary Jane McAtee (back); 69-Carol Johnson (overall).

Flight 4: 33-Marilyn Rose (front); 32-Fumie Veatch (back); Jo Apperson (overall).

It is so important that we keep the game moving in the heat. Be sure to bring water and perhaps a snack if you need it. See you on the course. Good golfing to all.



**GOING OUT OF TOWN?**

Download a PDF of the World News at [www.ontopoftheworld.com/newspaper](http://www.ontopoftheworld.com/newspaper).



**Billiards**

By Richard Impresa

We already know that if you want to get any kind of consistency in your game, you should invest in your own cue. It doesn't have to be expensive; it just has to be yours. The more you use it, the more you will get used to its weight, feel, etc.

Like any other game, success goes hand in hand with consistency and the fact that you are playing with the same equipment every time adds to this consistency. If I had to rate the various parts of the stick in order of their importance it would be the tip, shaft, joint and butt.

Most tips are made from leather; the more expensive ones consist of several layers of leather glued together rather than one thick piece. The layers provide for a more consistent wear pattern and hit.

Tips come in varying levels of hardness. As a general rule, the harder the tip, the less time it stays in contact with the cue ball, and the less time any errors in your stroke have to influence the accuracy of the shot. The down side of this is that you can miscue much easier, especially if you try to apply anything other than a center ball hit.

Most of the commonly used tips are rated medium-hard or medium-soft so you can decide which characteristics you prefer. You can usually tell how hard a tip is when you chalk it. The harder the tip, the more noise it will make when being chalked. The super hard tips used for some break cues aren't even made from leather but from the

same phenolic material used for cue balls.

Next is the shaft. Like tips, there are several variations of shaft construction. Almost all of the newer, upper-end brands use some form of multi-piece shaft, that is several pieces of wood glued together in different configurations. All shaft manufacturers claim their configuration provides more accuracy, greater spin control, etc. They also claim the shafts are much less likely to warp than a single piece shaft would.

Shafts also vary in diameter, taper, stiffness, etc.

Where the shaft meets the butt of the cue is the joint. Again, there are several types of joints to choose from including wood-to-wood, steel-to-steel, etc. Each type has advantages and disadvantages, e.g. wood-to-wood will provide a better "feel" but tend to wear more than steel-to-steel.

Although the end (or butt) of the stick is the least functional it is the most decorative part of the stick and, therefore many people consider it the biggest factor in selecting a cue. The patterns are endless but you do have a basic choice of wrap or no wrap.

If you are getting serious about your game don't be afraid to buy a good cue; it will be a lifetime investment (that's how to convince your spouse). Ask around our poolroom and try different types and brands if you can before making your final decision.

In a future column, I will discuss how to maintain your cue. Until next time, keep stroking and keep your tip dry.



**REMINDER**  
Dogs must be on a leash at all times.



**Ladies 18-Hole Golf**

By Marilyn Rose

Drum roll, please ... our match game winner is Beverly Ovrebo with Sue Watters as runner up. Nice going ladies. With the heat index over 100, you played and prevailed and we honor you. To all who participated, well done.

We are still in threesomes but are now back and able to play 16 holes on the Tortoise & Hare. This gives us more space. We hope that you will come and join us in this wonderful game.

We welcome two new ladies to our group. Fumie Veatch and Sharon Bartholomew have joined our ranks. Be sure to welcome them.

**Individual Points-Net July 17 / Links**

Flight 1: Tie at 40-Iro Lisinski, Sandy Chase; 39-Gretchen Normandin, 38-Rosemarie O'Neil.

Flight 2: 36-B.J. Schwartz; 35-Mary Muller; Tie at 32-Mary Driver, Sharon Bartholomew.

Flight 3: 40-Marilyn Rose; Tie at 37-Dea Johnson, Ruth Border; 35-Carol Johnson.

**Shamble July 24 / Links**

53-Nancy Zielinski, Fumie Veatch, Shirley Smagner. Tie at 54-Rosemarie O'Neil, Fran Gris-

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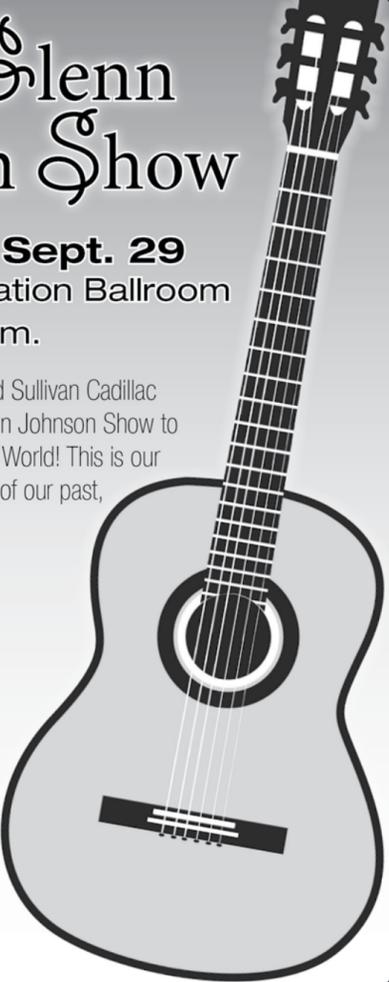
**Saturday, Sept. 29**  
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We at Sullivan Buick GMC and Sullivan Cadillac are proud to present The Glenn Johnson Show to the residents of On Top of the World! This is our way of saying thank you to all of our past, present and future customers.

Sincerely,  
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**SULLIVAN BUICK GMC**  
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Tickets go on sale on Monday, Sept. 3, from 8:30 to 10 a.m. in the Health & Recreation Ballroom and every Monday, Wednesday and Friday thereafter.

**General: \$8 per resident**  
**Reserved: \$10 per resident**



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## Arbor Club Tennis

By Jorge Privat

In the world of professional tennis, we have witnessed an eventful Summer, starting with the French Open where history was made once again by Rafa Nadal who won the title for the eighth time, surpassing Bjorn Borg who won seven. Then came Wimbledon where the biggest upset in tennis history happened when Rafa Nadal, himself, was eliminated in the second round by an unknown player ranked 100th in the world, who in turn proceeded to lose in the very next round in three straight sets.

After that, we had the Olympic Games, where Andy Murray defeated Roger Federer in three straight sets, the first in his career, winning the gold medal for England – not exactly one of “the big four,” never the less, a great achievement.

### Sports Drinks & Their Use

Some experts tend to think they're too full of sugar to do any good, while others claim they're a good way to replace bodily

fluids you lose during exercise.

The truth is that sports drink usage varies for everyone. Some may benefit from sports drinks after exercise while others might not notice the difference between sports drinks and water. Experts recommend drinking up to three cups of water for every pound of weight you lost working out.

If you exercise for long periods of time, a sports drink is permissible in order to replace electrolytes and give you more energy. Sports drinks are a good source of carbohydrate calories, but they also contain a great deal of sugar, which is a drawback for many.

Sports drinks started out as flavored beverages with great taste and seemingly beneficial health qualities which caught on with the general public, but now, there are many energy drinks on the market which parade as sports drinks, but actually contain more sugar and caffeine than is necessary for anyone trying to lose weight through a workout. Be sure to read the ingredient label however, and do the same with energy bars as they may contain too much sugar.

**HOW SPORTS DRINKS CAN BE BENEFICIAL:** Many individuals can't stand drinking large quantities of plain water, as a result, they don't drink all that they need or they

skip out on hydration altogether. If you opt for an energy or sports drink, you're more likely to drink higher quantities of liquid and thus receive better hydration than if you were to go without completely.

**HOW TO HYDRATE:** Proper hydration is vital to your athletic performance and health. To perform your best, learn how to drink enough before, during and after your workouts.

**PRE-WORKOUT HYDRATION:** Before a long race, tennis match or training workout, drink plenty of fluids. The day before the event, drink extra water, 100 percent juice and/or other nutrient-rich fluids such as non-fat or one percent milk. Monitor the color of your urine. The goal is pale yellow, not clear.

**DURING WORKOUT HYDRATION:** Your body needs to stay hydrated during exercise. For each pound lost during activity, drink an additional 16 ounces of fluid. For example, if you drank eight ounces while exercising for 60 minutes and lost one pound, your goal is to drink an additional 16 ounces during your next exercise. So, you need to drink a total of 24 ounces to ensure proper hydration. This would equate to six ounces of fluid every 15 minutes.

**POST WORKOUT HYDRATION:** To help you determine the amount of fluid you lose during exercise, you can weigh yourself be-

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fore and after exercise. For each pound lost during exercise, drink 24 ounces of fluid. If your body weight increased, you have overhydrated and you should drink less fluid in future exercise sessions.

After practice or competition, drink to quench your thirst and then drink some more. Because the thirst mechanism is an inaccurate indicator of dehydration, you'll have to monitor your urine to determine whether or not you've had enough.



## Pickleball

By Tom Seitz

The worst of summer weather is beginning to fade after the hottest July on record. We are hoping that more of you will come out and play, both previous players and beginners. For beginners, contact Tom Seitz at 390-3112 for an introduction to the game. A pickleball booth will also be at the Club Fair, stop by, a representative will be happy to explain the game.

For new players, equipment and instruction is furnished, there is no cost to learn!

For routine players, it is of note that there have been some rule clarifications since the January 2012 USAPA rulebook was published.

**RULE 2.E:** Dictates paddle design, has been revised to preclude homemade paddles and require that any modification must meet all design specifications. It also dictates that any paddle used in tournament play be clearly marked with brand and model number. A paddle must have been offered for general sale and been tested for acceptance by the USAPA.

**RULES 9.B, C AND D:** Part of the non-volley zone rules.

9.B states that a fault will be declared if, in the act of volleying the ball, a player or

anything the player is wearing or carrying touches the non-volley zone or touches any non-volley line. For example, a fault will be declared if, in the act of volleying the ball, one of the player's feet touches a non-volley line. A new comment clarifies the act of volleying the ball includes the swing, the follow-through and momentum from the action. If the paddle touches the non-volley zone during the swing, it is a fault, regardless of when the touch occurred.

9.C further states that a fault will be declared if, in the act of volleying the ball, the player's momentum causes the player to touch the non-volley zone or any non-volley line. It is a fault if the player's momentum causes the player to touch anything that is touching the non-volley zone, including the player's partner.

9.D includes a revision that a maneuver, such as standing within the non-volley zone, jumping up to hit a volley, and then landing outside the non-volley zone is prohibited. If a player has touched the non-volley zone for any reason, that player cannot volley the return until both feet have made contact with the playing surface completely outside the non-volley zone.

Dennis Dacey chairman of the USAPA rules committee reiterates that any player may call a non-volley zone fault.

Pickleball play schedule is flexible and changes with Daylight Saving Time. For information, there is a bulletin board located on the far side of the courts. Alternately contact Karen Benson, or Tom Seitz.

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## Western Stars Bowling

By Jimmy Johnson

Here we are in the steamy dog days of summer, just two weeks from bowling season. I know it's difficult to think about any sporting activity in this climate, but bowling is not one of these sports. Rain, heat or cold weather does not seem to affect the climate on the inside of the bowling center.

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

The origin of bowling depends on which anthropologist you believe. Artifacts unearthed in Egypt, claim they were bowling around 3200 BC. Later on, the German monks started bowling as a customary test of faith. King Edward III banned bowling in England among the troops because it distracted them from archery practice.

In the early 1900s, bowling made great advances from wooden bowling balls to a rubber ball called evertrue.

The automatic pinsetter came along in the 1940s. I still remember manually spotting pins as a young teenager at the USO bowling center in Columbus, Ga. I made a whopping 20-cents a game! It was hard to escape the exploding pins, so I had a trash can lid to cover up with.

Automated score keeping came to my section of the country much later but it seemed to take away from the pleasure of the game.

Modern day bowling centers are built to cater to the crowds. Tokyo built a center with 512 lanes but was reduced to 28 lanes a few years later. The largest center in the United States is in Ohio with 96 lanes.

If you would like to be a part of this fun and competitive sport, we start with an organizational team meeting at 3 p.m. on Thursday, Sept. 6. Regular league bowling starts Thursday, Sept. 13, at 2:45 p.m. We use a handicap system so ability is not important. Remember, we never get rained out.

If you have any questions, please call Jim at 873-1281.

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**Table Tennis**

By Sue McLam

The Table Tennis group combined its luncheon pizza party on Saturday, Aug. 4 with their afternoon play. We were fortunate to have special dessert treats from Penny Wilson and Betsy Sanders.

It was a great time for everyone to meet our newest members: John and Betsy Sanders and Fumie Veatch. All three players

claim they have not played in some time, however, their previous skills are quickly returning.

John and Betsy Sanders came here from Phoenix, Ariz. in 2006. Their friends and now fellow players, Shizuka and Joe Campagna, were finally able to convince them to join our group.

Fumie Veatch and her husband, Tommy, moved here this spring. They had recently sold their homes in Punta Gorda, Fla. and Plansville, Ohio. Two of our current players and close neighbors, Gene Baumann and Penny Wilson brought Fumie to the group.

You don't have to know a current member to join. Anyone interested in joining the table tennis group should contact Lucy Davis at 854-0911.



Photo by Sue McLam

**New members of table tennis: John and Betsy Sanders and Fumie Veatch.**



**Model Railroaders**

By Jim Devine

New York City has a new tourist attraction (as if they needed it). It's railroad-related, but has nothing to do with New York's subway system.

In the 1930s, the New York Central Railroad built an elevated railroad in lower Manhattan to service the city's meatpacking district and the surrounding area. The railroad not only traveled over the streets of the lower west side, its tracks actually went into the second or third floors of the buildings it serviced. One of the buildings involved was the Nabisco cookie factory where the Oreo cookie was created a century ago. Business died off, and the railroad stopped running in the 1980s. Parts of the elevated railroad were demolished, but an effort was made to save part of the structure under the Rails to Trails program.

The Rails to Trails program takes abandoned railroad tracks and turns them into linear parks for people to enjoy. In New York, the above tracks became the High Line, which is an aerial greenway a bit more than a mile long that people can walk on, sit on benches, stretch out on a lawn, and just people watch. It's extremely popular, and is being credited for revitalizing the entire Chelsea district of the city.

The Rails to Trails program has been

very successful all over the country. When I lived in New Jersey, I used to run in the Delaware and Raritan Canal state park that took abandoned railroad right-of-way that ran along the Delaware River from Frenchtown, N.J. down past where Washington crossed the Delaware during the Revolutionary War. Many people strolled along this former railroad track enjoying the small towns that dot the river along there.

Locally, we have the Withlacoochee State Trail that runs 46 miles from just south of Dunnellon, through Inverness, almost reaching Dade City. The trail was originally part of the Plant Systems' West Coast Route, and when the CSX Railroad decided it no longer needed the track, it sold the right-of-way to the State of Florida. The state removed the track, and paved the route. It is ideal for walking, and especially good for biking. There's even a trail for horseback riding. The old railroad cement mileage and whistle markers can still be seen along the way.

The whole Rails to Trails program is a win-win for everybody. It takes unused railroad tracks that are an eyesore, and turns them into linear parks for people to enjoy.

The On Top of the World Model Railroaders Club is always looking for new members, and you're welcome to join us in our train room on the first floor of the Health & Recreation Building off the Fitness Center. We try to work on the layout on Tuesdays, from 1 to 4 p.m.

Our monthly meetings are held at 9 a.m. on the first Wednesday of every month in Meeting Room #3 of the Craft Building.

**Republican Club**

By Fred Pulis

The August meeting featured opposing Republican candidates for Marion County Sheriff. The annual picnic followed the heated discussion between candidates Dan Kuhn and Chris Blair. This was their last chance to make their best case for their candidacy prior to the primary on Aug. 14.

The next scheduled meeting will be held on Friday, Sept. 14 in the Arbor Conference Center, Suites E, F, and G. The meeting will feature speeches by the victorious Republican candidates who still have an opponent

in the November elections. Plenty of time will be devoted to a question and answer period of the respective candidates.

All regular meetings are scheduled for the second Friday of each month at the Arbor Conference Center, Suites E, F, and G. The meetings start at 7 p.m. and usually last about an hour.

If you have any questions, please contact Fred Pulis at 854-9976.



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# The Movie Club Presents 'Man on a Ledge'

By Mary Ehle

You have told me that you have enjoyed some of the different type movies that we have shown lately. In September, we will try a different movie again, "Man on a Ledge."

This is an action drama with a lot of suspense. A man is trying to prove that he is innocent of a diamond heist. The movie stars Sam Worthington, Elizabeth Banks,

and Anthony Mackie.

The movie is open to all residents and their overnight guests. The cost is \$2 for non-members. Remember that you can become a member for only \$6 a year ... what a buy!

The movie will be shown on Sunday, Sept. 9, in the Health & Recreation Ballroom, at 6 p.m. Hope to see you there.



## Mah Jongg

By Mary Ehle

The fall tournament is only five weeks away and that makes the cut-off date just over three weeks away. Don't miss a day of fun and good food. Please call me at 873-7507 if you are planning to play.

The cost is \$22 per person and that includes lunch.

We really are hoping someone can walk away with the grand prize this time. It has eluded players since 2001! Join us and take the prize.

If you are signed up, you will get a call from the committee. If no one calls you, please call me. I don't want to miss anyone.

# Hoofin' It For Hospice

By Theresa Fields

Join us for the Ruth Goldstine 12th annual Hoofin' It For Hospice two mile walk on Saturday, Oct. 27, from 8 to 9 a.m. at the Health & Recreation Building.

Ruth Goldstine spearheaded Hoofin' It For Hospice for the past 11 years. In her honor, we ask you to join us for fun and exercise while helping raise funds to support Hospice of Marion County, Legacy House.

For more information, please contact Karen Benson at 304-8658.



## SPCA

By Maria Devine

The SPCA is not just an On Top of the World club. We are a service organization dedicated to helping animals in all of Marion and a few surrounding counties. Most of our members are residents but we are trying to reach out to others in order to expand our membership. To this effort, we have changed our meeting location. Beginning in September, we will meet in the upstairs meeting room at the Bank of the Ozarks (formerly PAB Bank). An elevator in the lobby takes you directly there (no stairs involved!). The date is Thursday, Sept. 20, and the time is 1 p.m.

So you may want to know what we do. Our hands-on projects include providing pet food for many Meals On Wheels recipients. Every other week, we fill plastic baggies with dog and cat food. The number fluctuates but currently numbers about 100 individual bags.

We are also a point of contact for animals that have been lost or found in On Top of the World. When an owner can't be located, we try to get them adopted. For this to work, we are in constant need of volunteer foster homes.

You may have seen last month's column on the cats that we have that need new homes. One has been adopted but the others are still available. To find out more about them, call Arlene at 875-9761.

If you don't want to adopt one right now, maybe you could foster one until we find a permanent home for it. If you'd rather foster a dog, or adopt one, call us and we'll

take your name. We don't have any right now but that can change in a minute. Some people have to surrender their pets when they move and we need people to foster while we advertise for a new forever home. The SPCA phone number is 362-0985.

One of our most rewarding projects is working in conjunction with local veterinary offices to offset the cost of medical care for injured pets whose owners are low on funds.

Since we don't have a shelter, we make a point of supporting the local animal organizations that do. We received a very generous donation last year so we have been able to do more. We are trying to help those who don't have sources of funding except for donations.

In the last year, we have helped several horse rescue agencies, a wildlife rescue, a bird sanctuary (OWLS); contributed to vet bills for local dog and cat rescues; helped support the on-going spay/neuter program for feral cats; gave money to Dr. Stoothoff's project to provide food and vet care to animals of the homeless; helped the county animal shelter improve their cat holding facility; and helped several programs that provide service dogs for veterans.

You may have seen us at Rags to Riches and the Club Fair. We sell coffee and doughnuts as a fundraiser. Stop by and say "hello" and pick up one of our flyers. Or come to our meeting in September and help us help the animals!

Submitted by Melanie Vittitov



## Art Group

By Anne Merrick

What do you do when nothing seems to work? When inspiration has left you? Sometimes the only thing to do is to leave it alone for a while.

On the other hand, talking to other artists, looking at their work, reading art books, or looking at photos you have taken can jump start you again. Changing your medium or even looking through your own work could help. Perhaps you can choose an unfinished piece to work on, although often that's where the inspiration disappeared.

This is what has happened to me. I just cannot get the waves to look right in the water scene I am trying to paint. The composition is all wrong and so is the color. It got darker and darker as I went along. In fact, as I write this column, I realize I need to scrape off the excess paint and cover the canvas with white gesso and do something else. Until then, I am stuck on this one

thing.

It's a bit like writing. Pick up a pencil, pen, or brush and just start. It may not be exactly what you want to do but just keep on trying anyway and eventually something will be there.

Here are some comments from well-known artist, Jeff Coons:

- Art is what the viewer feels within himself when he looks at the art.

- See yourself in the piece of art.
- Relate your experience in life to what you see.
- When you paint, you experience many emotions.
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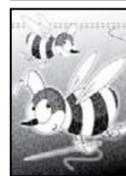
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**Sewing Bees**

By Linda Lohr

It sure doesn't feel like Christmas! But the Bees are busy in the hive creating beautiful Christmas quilts for the children. We will also be making felt stockings and stuffing them with all kinds of goodies.

Please stop by our booth at the coming Club Fair. We would love to have some new members feel the same satisfaction we current members feel all year long.

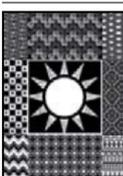
Our mission is to provide comfort for the abused, abandoned, and neglected children of Marion County. Your donations all year long help us to do just that. Stop by our hive on any Thursday in the Art Room, from 12:30 to 3 p.m. We would be happy to show you our creations made with love for the children.

If you no longer sew but have cotton fabric, fiberfill or batting cluttering up your closets, please consider donating the materials to the Sewing Bees. We will put it to good use!

Please contact Marcy at 854-1181 for more information. As always, the children and we thank you for all your support.

Photo by Linda Lohr

Out of this world quilt.



**Sunshine Quilters**

By Jan Johnson

The Sunshine Quilters are stretching again! The club was asked to make placemats to be given as gifts to some of the 400 recipients of the Meals on Wheels program. Jeanette Wroblewski started the ball rolling with beautiful samples of her work. There is plenty of club fabric available or use our own stash.

Jeanette is an accomplished quilter who has created our raffle quilts in the past. They are always gorgeous and the ticket sales help our treasury grow so that the club has funds to purchase batting, fabric and other supplies.

Generally, the club classes are taught by some of our members who are more ex-

perienced or have just learned something exciting and they wish to show the rest of us how it is done. Tekla Krause will teach a charm square comfort quilt pattern that we are ready to learn, after a visit to the Quilt Shop of Deland. The visit was a shop hop bus trip, which is always happily anticipated! Some new faces, new patterns, and, best of all, new fabric! Imagine a large smiley face here!

Ann Weldishofer continues to teach various types of appliqué classes and the ladies enjoy handwork. Appliqué is relaxing and very portable, which is part of the attraction.

The Sunshine Quilters meet every Tuesday, usually by 10 a.m. in the Art Room of the Craft Building. Business meetings are generally held on the first Tuesday of each month at 1 p.m. October's meeting will be held at noon.

Interested residents are welcome to come by and see what the club is doing. Call Lana at (903) 407-5116 if you have any questions.



Photo by Ethel Beckett

Lee Potoma's "jar quilt."



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#7975-08/12



### Native Plant Group

By Ron Broman

It was one of the trees provided to the public on Arbor Day this year. It was a new species of oak, new to me that is: Overcup oak, which seems to have a very descriptive name.

Quercus lyrata is its botanical name. Quercus describes all true oaks. Celtic quer (beautiful) and cuez (tree): beautiful tree. Lyrata equates to a shape, specifically its leaves look like a lyre.

Overcup oak is native to the southeastern U.S. including northwestern Florida. Marion County however is not included in its native range, which stops at our north-west edge. Why is that?

Do we have your attention yet? There's more.

The leaves, as you can see in the picture, are deeply lobed like Turkey oak and some other species. But the lobes are neither "bristle-tipped" like the Turkey oak nor rounded like white oaks, but somewhere in the middle.

The acorns are something else: almost completely encapsulated by the thick surrounding cap; hence the name Overcup.

The U.S. Forest Service website describes its preferred habitat as "poorly drained alluvial, clayey soils of river flood plains - edges of swamps, sloughs and bayous, poorly drained depressions or sink holes." This doesn't really describe Marion County. Continuing, "Overall, it is most commonly found in soils in the order Inceptisol and Alfisol."

Well, I don't know about you, but these are new words to me. So I go to my source: Kathleen Patterson. Here is what she found:

- Alfisol: a semi-arid to humid soil containing aluminum and iron, clay enriched, found in hardwood forests [and] relatively high in native fertility.
- Inceptisol: a soil formed quickly from parent material with no clay, no iron, and no organic substance.

This says to me it could be sand. The U.S. Forest Service site further states: [It is] "predominate in backwater flats and small shallow sloughs commonly flooded for a few weeks after the growing season begins. [In fact] Overcup oak is one of the trees most tolerant of flooding. Since it leafs out a month or so later than most species, it is better able to endure submergence. In tests, Overcup oak survived continuous flooding for at least two growing seasons."

To my mind this doesn't describe our situation, especially since our soils are high in sand content. The water in most of our soil doesn't stay very long on the surface. Where there is more clay in the soil it's a different story.

So, is Quercus lyrata a good choice for our area? My hunch is that most habitats would not be suitable but read on: "In spite of its natural occurrence on wet clay sites, Overcup oak grows best on sites with better drainage and soil texture," and "[It's] range may be expanded by planting."

Maybe, just maybe, a depression such as the edge of a retention area could support Quercus lyrata.

So far, as this picture of one planted here in a low area shows, at least one is surviving. We'll see if Overcup oak was a good choice for Arbor Day.

Our first Native Plant Group meeting for the 2012-2013 season will take place on Wednesday, Oct. 10, at 1 p.m. at the Arbor Conference Center, Suite H. Please join us and come prepared for a raffle of native plants provided by Taylor Gardens Nursery and to learn a few joys of growing native.



Photo by Ron Broman

Overcup Oak is located in the low area near the Longleaf Pine Trail.



### Artistic Crafts & Gifts

By Loretta Troutman

After our summer hiatus, the Tuesday morning crafters are ready and anxious for our re-opening day, Sept. 4. This is the day after Labor Day. We will display and offer our beautiful handmade items for your home decor or gift giving at 9 a.m. in the Health & Recreation Ballroom.

It is easy shopping, convenient and economical. Come see the new items we have available. We will enjoy meeting you as we share summer experiences.

If you are a crafter and would like to join us to show your work, please call Rene Beck for details.

**ON TOP OF THE WORLD NEWS**

UPCOMING PUBLICATION

October Issue: Thursday, Sept. 27

**i**

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#9187-9/12

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#9183-9/12



## D'Clowns

By Paula Magen

Wow! It's September already. The kids are back in school and many snowbirds are starting to return. D'Clowns is waiting the return of some of our members.

We plan to participate in the annual Club Fair and hopefully recruit some new clowns.

On Saturday, Oct. 13, we will again be doing a "Pignik Back to School Bash"

at First Congregational Church, United Church of Christ where we will be painting faces, applying tattoos and handing out balloons.

A walk around will be planned at Hawthorne Inn Assisted Living.

We will be getting the Kids & Cookies schedule from TimberRidge Rehabilitation & Nursing Center. A class of four-year-olds is bussed from Childhood Development Services to participate in an activity with the seniors.

Our first meeting will be on Monday, Oct. 1 in the Arbor Conference Center, Suites B and C, at 1:30 p.m. Our meetings take place on the first and third Mondays. Become a clown and join in on the fun! For information, please call Paula at 873-3433.



## Ocala Clown Express

By Carol & Guy White

Training! Training! Training! Just a little training by our experienced clown group can turn you into a charity clown.

We all were lazy during the summer and are now turning our sights a bit into the upcoming season and our busiest gigs, which is the Munroe Regional Medical Center/Marion County Public School system "safety program." We could use more help with this program and we still have time to get you ready for this program. Just give us a call.

We are also looking for non-clowns to help us at Munroe Regional Medical Center Auxiliary Building on the assigned Thursday mornings. We do two programs, one at 10 a.m. and one at 11 a.m. and have approximately 120 children who are transported by school bus. You would assist us in the safety program, but be a volunteer for Munroe Regional Medical Center and go through their volunteer program.

You are needed as much as the clowns who perform the safety program. You would help us unload the bus when it pulls

up from the schools (first graders) and assist us in monitoring the children and helping serve juice and cookies.

We arrive an hour before the program starts as we have to set the room up and also get the snacks ready for the children. The program is an hour long and half way though the children are given a little snack.

You may call Carol White or just go to Munroe Regional Medical Center to the volunteer program and sign up. Tell them you want to assist Ocala Clown Express with the safety program.

On a different note, we spent the evening of Aug. 9 dressed in our clown outfits for the grand opening for Munroe Regional Medical Center's Children's Emergency Department. A grand event and we were there to apply tattoos and create balloons for the children who attended.

We already have many charity gigs on our calendar for the rest of 2012. If you join our clown group, you will be given help with your costume and clown face.

The safety program runs from September to May each year. Even though we take the summer off, our volunteer training program stays active. If you are interested, please call our Ocala Clown Express president, Carol White (aka Dotsy), at 873-9223 or secretary, Mary Cordasco (Rosy Nosy), at 291-0077.

Submitted by Marge Cordasco



## Genealogical Society

By Peter Parisi

It's interesting how looking at our genealogy is a lesson not only in history, but in geography. My wife, through a message board, learned that her great-grandfather came from Ringarogy, County Cork, Ireland. She began exploring the history of that area at the time of her great-grandfather's emigration; one marred by the devastation of the potato famine, and located the exact area on a map.

Ironically, on a trip we took to Ireland in 2006, we passed by Skibbereen, which was not far from the old family homestead. Regrettably we did not know of it then, otherwise we would have planned a side trip. We now hope to re-visit that area in the future. Further research provided her with a connection to a parish in the area and, from online parish records, she was able to fill in more detail on the family – parents, siblings, and more. This was a significant piece of the puzzle on her family's background. As we've noted before, genealogy is like a large puzzle, locating one piece provides clues to the location of many others.

While we are in Rhode Island for the summer, we have a field trip planned to the National Archives for the New Eng-

land area, in Waltham, Mass., to get backup information on naturalizations of ancestors that took place in the late 1800s and early 1900s. Because we have been unable to find the passenger list for my great-grandparents and grandparents online, we understand that the Declarations of Intent and the Petitions for Naturalization may provide us with information on the date they arrived in the USA, the port of entry, and the name of the ship. With this information, we hopefully can locate the ship's passenger list from either the National Archives or from the Family History Center archives in Salt Lake City.

The Genealogical Society holds a business meeting at 10 a.m. the second Monday of every month in Meeting Room #3 of the Craft Building (next to the Health & Recreation Building). At business meetings, we discuss upcoming genealogy programs, new books added to the Society's extensive genealogical library, methods of researching your family's roots, and more. In September, we will resume the educational presentation at 10 a.m. the third Monday of the month in Suites B and C in the Arbor Conference Center.

If you are new to genealogy or have already started a family tree but would like to learn how to use Family Tree Maker software, the Genealogical Society, in conjunction with Master the Possibilities, will present a seminar on Basic Family Tree Maker from 9:30 a.m. to noon on Oct. 10 and 11, and a seminar on Intermediate Family Tree Maker from 9:30 a.m. to noon on Oct. 17 and 18. Basic working knowledge of a computer is required to take this seminar.

Sign up now! To sign up for these classes, you can register online at <http://www.masterthepossibilities.com>, by telephone at 854-3699, or by dropping by the Master the Possibilities office.



## View From The Library

By Doris Knight

Calvin Trillin put together a book based upon his articles from the New Yorker. There are over a hundred of these essays, which run from March 1990 to May 1995. I always marvel at a person who can write something every week about something different and never seem to run out of ideas.

These essays are personal, political, well-written and often very humorous. He is currently Deadline Poet for the "Nation" and those short poems are clever as well.

Let me give you a couple of examples of the sorts of discussions Trillin has in the book "To Soon to Tell." In "Iowa On My Mind," he tells us how much he likes the state of Iowa which he describes as "decent and civilized" and a "physically uplifting state to live" in.

But soon after he had written that in 1992, the 1990 census figures began to come out and, to his dismay, he discovered that the percentage of people who had left Iowa was the runner-up in the nation. His failure to understand the strength of Iowa led him to realize that there have been many other occasions in his life when he has failed to understand and to be in touch with the majority of the population.

At the end, though, he concludes the reason of the exodus from Iowa may be the importance of the Iowa caucus in the presidential race. "The invasion of hand-shaking polls and pushy advance men and scribbling television crews" have probably helped to draw people out of the state. And today, in the news, how often do we hear Iowa caucuses are just \_\_\_ away?

There is a chapter on "Orlando when it sizzled" in which he writes about a visit to his cousin. John took him out to see some of the sights of the city, which included a medieval jousting tournament. Much to Trillin's disappointment, the tournament was all staged. It was not a contest at all. He concluded that anything that close to Disney World must be a show rather than a contest. But at least it was colorful and well done. When the show ended they attended a bungee-jumping show by real people at the cost of \$55. Trillin was willing to bet on the result but it was not part of the show.

The whole book is bright, cheerful, covers all sorts of topics. If you are looking for some light reading you might give it a try.

**AARP**

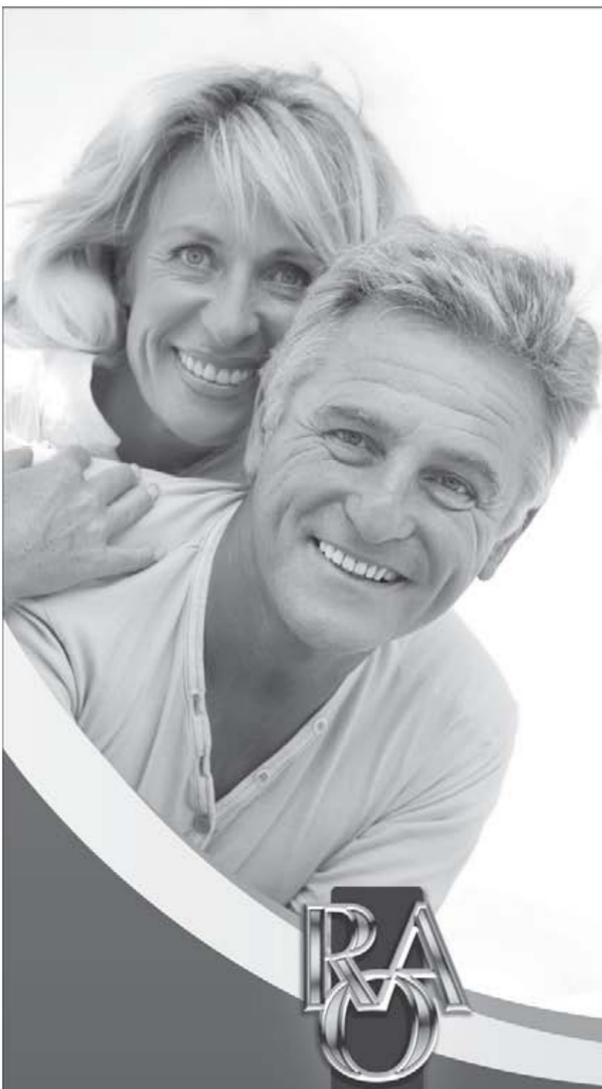
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### ShutterBugs Photography

By Doris Mauricio

The ShutterBugs' field trip for the month of August was to Don Garlits Museum of Drag Racing and Antique Cars in Ocala. This international drag racing hall of fame offers a unique collection of classic cars and auto memorabilia and is a regular stop for photographers.

The display at Master the Possibilities for the month of September will be photos taken by Mike Crosa. Please stop by and check them out along with the ShutterBugs photo displays at Freedom Library. Both displays are updated monthly.

This month's photo tip comes from "Digital Photography Top 100 Simplified Tips & Tricks" by Rob Sheppard on how to select good photo opportunities.

You are going to find that the best photo opportunities for any photographer are those subjects that you enjoy. If you enjoy gardening and appreciate the thousands of different variations of iris, shoot irises; or if you are a people-watcher and enjoy taking action photos, choose places where you can find active people in settings that make great photographs.

When planning a trip, give yourself enough time to get decent photos. Incom-

ent weather can hinder you from photographing your subject. Avoid the scheduling trap. You may have missed the kinds of shots you hoped to get because you saw everything but shot little. Time is often the most important factor in capturing truly great photographs.

A great photo tip is that when you find a good place to take photographs, visit it again and again. Your images will improve each time that you return because you will learn the best times and subjects for photos.

You may find that your best photo opportunities are in your own backyard. Explore details, shapes, or colors that make good photographs and give them a try. A digital camera's LCD review helps you refine your shots.

ShutterBugs warmly welcomes new members. We meet the first three weeks of each month, sharing and critiquing our photos. The first meeting is show and tell, the second meeting is presentations, and the third week is for field trips. Meetings take place at 3 p.m. in the Arbor Conference Center, Suites B and C.

We have guest speakers, classes, and field trips. The annual membership fee is only \$12. You can go online to our website, [www.otowspc.com](http://www.otowspc.com). It is really user friendly. If you click "Activities," you will find our lists for meetings, field trips, and challenges. For more information about the Shutterbugs, please contact Sue Goldberg at [photo4fun2012@aol.com](mailto:photo4fun2012@aol.com).



Photo by ShutterBug Gary Comet



### Rubber Stamp Greeting Cards

By Linda Lohr

For our August meeting, we thank Marie Johnson for sharing two beautiful cards. One was an adorable couple under an umbrella for a congratulations card. The second card had a majestic sailing ship on the front - a perfect card for the men in your life.

Our group is open to all crafters, beginners or those more experienced. One or two people do a presentation each month. The group usually meets the first and third Thursdays of the month. There are basic supplies that are needed, such as a trimmer, glue, scissors, and card stock. Everyone in the group shares their supplies and everyone brings new ideas to the table. You are only limited by your imagination!

If you feel this might be a class you would enjoy, please call Kathy at 237-6439.

We look forward to introducing new people to our fun craft. Until then, keep on stampin'!



Photo by Marie Johnson

Congratulations card.

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# CLUB CARDS & GAMES

## BRIDGE

### Monday Afternoon

By Shirley Stolly & Carol Johnson

**July 16**

1: Marge Starrett & Joyce Walchak; 2: Phyllis Bressler & Marjorie Benton; 3: Carol Johnson & Shirley Stolly.

**July 23**

1: Mary Carol Geck & Ida Rosendahl; 2: Carol & Gordon Rosenberger; 3: Joan Lord & Eleanor Giardina.

**July 30**

1: Carol Johnson & Shirley Stolly; 2: Mary Carol Geck & Ida Rosendahl; 3: Fran Griswold & Betty Morris.

**Aug. 6**

1: Mary Carol Geck & Ida Rosendahl; 2: Joyce Walchak & Mary Walker; 3: Shirley Stolly & Gloria Richards.

### Monday Night

By Kathie & Art Dushary

Most of our players are intermediate level and mature beginners. You do not need to sign up ahead of time or have a partner. Just come to the Card Room by 6:20 p.m. as we start at 6:30 p.m. We usually have six to eight tables.

**July 2**

1: Joan Sigafoos; 2: Ray Wilson; 3: Walter Hickenlooper; 4: Peggy Borro; 5: Janet Becker.

**July 9**

1: Gail Tirpak; 2: Peggy Borro; 3: Kathie Dushary; 4: Ed Mathena; 5: Art Dushary.

**July 16**

1: Gail Tirpak; 2: Susan Einis; 3: Myra Butler; 4: Ginny Barrett; 5: Peggy Borro.

**July 23**

1: Fran Griswold; 2: Mary Culberson; 3:

Judy Wagnitz; 4: Ed Mathena; 5: Gail Tirpak.

**July 30**

1: Carl Woodbury; 2: Judy Wagnitz; 3: Art Dushary; 4: Gail Tirpak; 5: Ray Wilson.

### Tuesday Afternoon

By Agnes LaSala

**July 3**

1: Mazie Millward & Millie Farrell; 2: Agnes Weber & Phyllis Zwick; 3: Agnes LaSala & Carl Woodbury.

**July 10**

1: Shirley Stolly & Betty Morris; 2 (tie): Mazie Millward & Millie Farrell and Phyllis Silverman & Alice McDaniel.

**July 17**

1: Agnes LaSala & Carl Woodbury; 2: Florence & Norbert Heckler; 3: Shirley Stolly & Betty Morris.

**July 24**

1: Agnes Weber & Gloria Richards; 2: Florence & Norbert Heckler; 3: Shirley Stolly & Betty Morris.

**July 31**

1: Agnes LaSala & Carl Woodbury; 2: Mazie Millward & Millie Farrell; 3: Phyllis Silverman & Gloria Richards.

### Wednesday Afternoon

By Fran Griswold

Please note that Pat Golgart will be running this group from now on. Thanks for your support over the years!

**July 11**

1: Ida Rosendahl (4230); 2: Phyllis Bressler; Cons: Pat Golgart.

**July 18**

1: Phyllis Silverman (3450); 2: Helen O'Brien; 3: Pat Golgart; Cons: Bonnie Heinlein.

**July 25**

1: Mary Culberson (4390); 2: Phyllis Silverman; 3: Jean Reis; Cons: Agnes Weber.

**Aug. 1**

1: Ida Rosendahl (6320); 2: Gloria Richards; 3: Phyllis Silverman; Cons: Sonny Crown.

**Aug. 8**

1: Mary Culberson (4430); 2: Fran Griswold; 3: Ida Rosendahl; 4: Sonny Crown; Cons: Bonnie Heinlein.

### Thursday Afternoon

By Alice McDaniel

**July 5**

1: Joyce Walchak; 2 (tie): Shirley Ebert & Florence Heckler.

**July 12**

1: Tina St. Clair; 2: Marge Starrett; 3: Glorinda Richards.

**July 19**

1: Phyllis Silverman (5,860); 2: Cleona Redman; 3: Gloria Richards.

**July 26**

1: Gloria Richards; 2: Joyce Walchak; 3: Marge Starrett.

### Thursday Night

By Ida Rosendahl

**July 5**

1: Fran Griswold; 2: Dick Griswold; 3: Joan Sigafoos; 4: Ida Rosendahl.

**July 12**

1: Myra Butler; 2: Jane Ross; 3: Carl Woodbury; 4: Howard Sale; 5: Shirley Stolly.

**July 19**

1: Carol Johnson; 2: Fran Griswold; 3: Mickey Martin; 4: Keith Briggs.

**July 26**

1: Myra Butler; 2: Howard Sale; 3: Carl Woodbury; 4: Ed Horner.

## CRIBBAGE

### Friday Night

By Rose Marie Postin

Newcomers are always welcome!

**July 6**

1: Sheila Howell; 2: Craig Ehle/Norma Yonke; 3: Jim Hein; Cons: Luke Mullen.

**July 13**

1: Anne Jagielski; 2: Jerry Schrum; 3: Norma Yonke; Cons: Phyllis Wandrey.

**July 20**

1: Mary Ehle; 2: Herb Postin; 3: Phyllis Wandrey; Cons: Jim Hein.

**July 27**

1: Sheila Howell; 2: Jerry Schrum; 3: Herb Postin; Cons: Mary Ehle.

## EUCHRE

### Friday Night 4 Fun

By Irene Pisani

Intermediate and advanced players are all welcome. Come and join us on Fridays, at 6:15 p.m. in the Arbor Conference Center, Suite A. Come one, come all.

For more information, call Irene at 873-4173.

**June 15**

1 (tie): Gayle Argano & Joan Sigafoos



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(out of 18); 2 (tie): John Lombardi & Irene Pisani; 3: Gitte Agarwal; 4: Wendell Kohrs; 5: Nancy Kowsky.

**June 22**

1: Rich Miles (out of 18); 2 (tie): Verna Harsh & Peggy Webber; 3 (tie): Gitte Agarwal, Steve Webber, Joan Sigafoos & Dixie Hogarth; 4 (tie): Jean Sylver & Paul Agarwal; 5: Richard Gillette.

**June 29**

1 (tie): Jean Gillette, Joan Sigafoos & Wendell Kohrs (out of 23); 2 (tie): Nancy Kowsky & Richard Bartel; 3: Edith Kolb; 4: Irene Pisani; 5 (tie): Phyllis Wall & Walter Hickenlooper.

**July 6**

1: Rich Miles (out of 22); 2: Nancy Kowsky; 3 (tie): Phyllis Wall, Dixie Hogarth, Richard Gillette; 4: Pat Snable; 5: Jean Sylver.

**July 13**

1: John Wall (perfect game out of 23); 2: Betty Legg; 3: Jerry Harris; 4: Rich Miles; 5: Esther Lang.

**July 20**

1: Jerry Harris (out of 16); 2: Richard Gillette; 3: Walter Hickenlooper; 4: Verna Harsh; 5: Jean Sylver.

**July 27**

1: John Wall (out of 20); 2: Wendell Kohrs; 3 (tie): Barbara Engleman, Jean Sylver & Billy Eberle; 4: Mary Bartel; 5: Richard Bartel.

### Friday Night

By Joe Askenase

**July 13**

**Six Handed Game**

1: Virgil Taylor; 2: Marcy Askenase; 3: Maria France; 4 (tie): Vi Horton & Annette Taylor.

**July 20**

**Five Handed Game**

1: Virgil Taylor; 2: Annette Taylor; 3: Vi Horton; 4: Maria France.

**July 27**

**Four Handed Game**

1: Vi Horton; 2: Annette Taylor; 3: Virgil Taylor.

## PINOCHLE

### Tuesday Night

By Alberta Sarris

Arrive at 5:45 p.m.; start at 6 p.m. For information, call 237-4005.

**July 3**

**Single Deck**

1: Albert Novotny; 2: Millie Ferrell; 3: Vernon Uzzell.

**Double/Triple Deck**

Table 1: Jerry Dean, Verna Harsh & Virgil Taylor.

**July 10**

**Single Deck**

1: Gayle Argano; 2: Andy Mark; 3: Andy Dertinger.

**Double/Triple Deck**

Tables 1: Verna Harsh; 2: Vi Horton & Norma Yonke; 3: Charlie Dister & Jim Hein.

**July 17**

**Single Deck**

1: Edna Frye; 2: Whitney Frye; 3: Walter Hickenlooper.

**Double/Triple Deck**

Table 1: Lee Topf & Vi Horton.

**July 24**

**Single Deck**

1: Andy Mark; 2: Cherie Cunningham; 3: George Dertinger.

**Double/Triple Deck**

Tables 1: Verna Harsh, Jerry Schrum & Virgil Taylor; 2: Ilse Kersey & Vi Horton; 3: Charlie Dister & Jim Hein.

**July 31**

**Single Deck**

1: Lois Ryder; 2: George Dertinger; 3: Gayle Argano.

**Double/Triple Deck**

Tables 1: Verna Harsh; 2: Vi Horton & Lee Topf; 3: Charlie Dister & Jim Hein.

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## Safe Driving Guide

By Patricia A. Woodbury

There is a new guide for senior drivers entitled Florida's Guide for Aging Drivers. This guide is available at no cost and can be obtained by sending an e-mail to safe-mobility-for-life@fsu.edu, compliments of Florida's Safe Mobility for Life Coalition. The guide includes safe driving tips, licensing information, lists of resources and community contacts for every county in the state. If you prefer you may write to Safe Mobility for Life Resource Center, 636 West Call Street, Tallahassee, Florida 32306 or call (850) 644-8115.



**Ballroom Dance Club**

By Richard P. Vullo

Although the hot weather will remain with us for this month, little by little our snowbird friends will be returning and joining us for dancing. This month, on Sept. 21, Happy Hour will be held at the Health & Recreation Ballroom instead of the Arbor Club Ballroom. The larger Health & Recreation Ballroom dance floor affords everyone the opportunity to dance to a variety of music styles. It's also a great venue to socialize with friends, with a great sound system for listening and dancing. Let's continue supporting these dances at the Health & Recreation Ballroom.

Our weekly dance lessons with Trish Sands will resume on Sept. 10 at the Ocala Health, Senior Health & Wellness Center, next to the Customer Service. For September, she will teach a foundation workshop which will provide all of us (regardless of dance skills) the style, posture and mechanics for all dances. If you plan on taking dance lessons in future months, September's lessons will be very helpful to you.

As always, there are several other excellent dance instructors and places to enjoy dancing each month here in Ocala USA Dance holds its dances on the first Tuesday of each month at the Pioneer Garden Center, 4331 Silver Springs Blvd., Ocala. USA Dance, Citrus County continues with its dances every other Saturday night at the Kellner Center in Beverly Hills. For complete information on dance instructors and venues check out the website: [www.usadanceocala.com](http://www.usadanceocala.com).

The "Dancin' On the Top" committee of the Ballroom Dance Club will hold its first dance of the season on Saturday, Sept. 22. It will be a beach party theme and the entertainer will be Fred Campbell. Dress will be casual and summertime treats will be provided. The cost remains \$8 per person and ticket sales will start on Monday, Sept. 10, at the Health & Recreation Ballroom from 9 to 10 a.m. and each Monday and Wednesday thereafter until sold out. Seats are limited. For more information, please call Gene Melnich at 304-8293 or Paul McIntyre at 873-2873.

The schedule of future dances for this season are Nov. 17 with "Automatic," New Year's Eve with Karen Hall, Feb. 16, 2013 with "Automatic" and April 6, 2013 with Karen Hall. It's a great line-up so mark your calendars.



**REMINDER**  
Please put trash in compactor.



**Computer Club**

By Jeannie Maire

"Volunteers are not paid – not because they are worthless, but because they are priceless." –Unknown

We join, we pay our dues, we carry our membership cards, and we attend meetings when it is convenient, but how many of us volunteer to take on the tasks that are required to make our club successful? We have good attendance at meetings, especially on Saturdays, but less than a dozen people actually contribute to the conduct of club business.

We need volunteers, men or women, for the membership committee – to welcome and sign up new and renewing members. This committee is made up of a chairperson and at least two other members. The duties require that a member of the committee be present at every meeting. Because it is not always possible for one person to attend three meetings a week, the committee members can rotate and substitute for each other. Remember, if you volunteer, you will be a priceless member of your club.

Welcomed during the past few weeks are new members Lorraine Paszek, Janet Orr, Stephanie Chabau, and Mary and

Robert Bicknell. We hope to see them often at meetings.

All members are encouraged to wear their membership identification cards so that we can welcome people by name and no one needs to feel like a stranger.

This is the month that we begin to welcome our snowbird members back and to schedule special programs, one of which will be the start of sessions for users of some of the newer technology—iPads, tablets, eReaders, etc. A date has not yet been set for the second annual computer flea market, which will be held in October or November. A luncheon or dinner will be scheduled for early fall. Check the calendar on our website frequently for dates of new programs and events. E-mails will be sent to members as events are scheduled.

Within the next few months, the club

will purchase a Mac computer, which will be set-up at each meeting. Sherry Surdam, a Mac expert, will be present at most meetings to operate it. According to Bob Gale, our treasurer, we may also be able to purchase a Windows 8 laptop, and a new iPad or other tablet.

Now is the time to let our president, Joe Castellucci, know if you have ideas for new programs and presentations, social events, or other activities for the club. You can find Joe's phone number and e-mail address on our website's membership list. If you've forgotten the password, check with another member of the club. You will find the website at [www.cccocala.org](http://www.cccocala.org).

We meet Tuesday, Thursday, and Saturday, 9 to 10 a.m., in Suites B and C of the Arbor Conference Center.



**Karaoke Friends**

By Vivian Brown

We welcomed back some of our friends and greeted some new ones; we had a full house! Our theme was jazz and the blues, as we sang, we shimmed and shook all over the place. We also had some line dancers join the fun.

If you would like to join us, please do, you do not have to have your own CD; we have hundreds of them. You don't even have to sing; we love to have an audience. We encourage you to sing, because it makes you feel so, so good!

You will find us on the first and third Mondays, from 6 to 9 p.m. at the Arbor Conference Center, Suites E and F. I guarantee you'll get hooked on it.

Special thanks to Charlie for his great equipment that makes us all sound so good.

Any questions, call me at 291-0246. Until next time, God bless and keep on singing.

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# CLUB MEETINGS

## Weekly Monday

6:00	Lap Swimming	ACIP
8:00	Mixed Tennis Doubles	HRCT
	Water Walk	ACIP
	Men's Softball	SBF
	RC Flyers Club	FF
	R.O.M.E.O. Club	WD
9:00	Woodworking	VVV
	Ceramics (until 2 p.m.)	Art
	Ladies Billiards	PLR
	Tai Chi	ACF
9:30	Shuffleboard (Sept.-April)	HRCT
10:00	Tennis Doubles	HRCT
	Ladies Billiards	PLR
10:30	Water Walk	ACIP
11:00	Golf Group	PAV
11:30	Lap Swimming	ACIP
Noon	Mah Jongg	CC:A
12:30	Bridge	CR
	Aqua Belles	ACIP
12:45	Line Dance (Sept.-Dec.)	AC
1:00	Newcomers Line Dance	AC
	Intermediate Line Dance (Sept.-Dec.)	HRB
	Dominoes	CC:H
1:30	Line Dance	ICC
2:00	Happy Hookers	Art
	Rummicube	CC:E,F
	Line Dance (July-Sept.)	HRB
2:30	Level II Line Dance	HRB
3:00	Line Dance (Sept.-Dec.)	HRB
4:30	Level I Line Dance (Sept.-Dec.)	HRB
5:00	Mah Jongg	CC:A
5:30	Level I Line Dance	HRB
6:00	Table Tennis	CC:D
	Men's Poker	MR3
6:15	Euchre II	CC:H
6:30	Bridge	CR
6:45	Ballet Club	ACF
7:00	Mah Jongg	ICC
	Pinochle	MR2

## First Monday

7:30	One Blood (Even # Months Only)	PL
9:00	LifeSouth Blood (Odd # Months Only)	PL
	RC Flyers Club	CC:B,C
1:30	D'Clowns	CC:B,C
3:30	Handicap Committee	CC:H
4:00	Billiards	Art
5:30	Avalon Social Club	AC
6:30	Karaoke Friends	CC:E,F
	Sunshine Singers	HRB

## Second Monday

10:00	Genealogical Society Business Meeting	MR3
2:00	Bowling League	AMFW
7:00	Theatre Group	CC:E,F
	Original Karaoke Group	CCC

## Third Monday

10:00	Genealogical Society Workshop	CC: B&C
1:30	D'Clowns	CC:B,C
5:00	Cards	CC:C
6:30	Sunshine Singers	HRB

## Fourth Monday

3:00	Community Patrol	CC:B,C
4:00	Candler Hills Potluck	CCC

## Weekly Tuesday

6:00	Lap Swimming	ACIP
8:00	Men's Tennis	HRCT
	Water Walk	ACIP
	Arts & Crafts	HRB
	RC Flyers Club	FF
	Pickleball	HRCT
	R.O.M.E.O. Club	WD
	Ladies Golf Assoc.	GC
8:30	9-Hole (May-Oct.)	GC
	Ladies Golf Assoc. 18-Hole	GC
	Racquetball	RCT
	Ladies Golf Assoc.	GC
9:00	9-Hole (Nov.-April)	GC
	Computer Club	CC:B,C
	Hand & Foot Canasta	CR
	Tai Chi	ACF
	Woodworking	VVV
	Horseshoe League	HRCT
	Arts & Crafts	HRB
	Knit Wits	MR2
9:30	CSI Bible Study	CC:A
	Concert Chorus	AC

## Meeting Location Codes

AC	Arbor Club	HRB	Health & Recreation Ballroom
ACF	Arbor Club Fitness	HRCT	Health & Recreation Tennis Courts
ACCT	Arbor Tennis Courts	HRF	Health & Recreation Fitness Center
ACIP	Arbor Indoor Pool	HRP	Health & Recreation Pool
ACOP	Arbor Outdoor Pool	ICC	Indigo East Community Center
Art	Art Studio	MGC	Miniature Golf Course
AMFW	AMF Galaxy West Lanes	MR2	Meeting Room 2
BCT	Bocce Courts	MR3	Meeting Room 3
BO	Bank of the Ozarks	PAV	Pavilion
CC	Arbor Conference Center	PL	Health & Recreation Parking Lot
CCC	Candler Hills Community Center	PLR	Poolroom
CCR	Candler Hills Card Room	RCT	Racquetball Courts
CLC	Computer Learning Center	SBF	Softball Field
CSCC	Circle Square Cultural Center	WD	Winn-Dixie
CR	Card Room	WW	Wood Shop
FF	Flying Field		
GC	Golf Course		
HR	Health & Recreation Building		

To make changes, call the Activities Office at 854-8707, Ext. 7530 or 7533

10:00	Yoga	ICC
10:30	Horseshoe League	HRCT
	Walleyball	HRCT
	Water Walk	ACIP
11:30	Lap Swimming	ACIP
Noon	Lap Swimming	ACIP
	Men's Poker	MR3
	Cybex Orientation	HRF
	Mah Jongg	CC:A
12:30	Bridge	CR
	Tall Travelers RV Group	CC:G
1:00	Badminton	RCT
	Ballet Club	ACF
	Shuffleboard (Sept.-April)	HRCT
	Crochet Club	ICC
3:00	ShutterBugs	CC:B,C
	Chess Club	MR2
	Intermediate Ballroom Dance	HRB
5:00	Mah Jongg	CC:B
	Table Tennis	CC:D
	Poker	CC:G
5:45	Mah Jongg	CC:B
	Sidekicks Western Dance	HRB
6:00	Pinochle	MR3
	Poker	CCR
6:30	Duplicate Bridge	CR
	Mah Jongg	MR2
	Circle Squares	AC
7:00	Mixed Poker	CC:H

## First Tuesday

8:00	Men's Golf Assoc.	CC:A
8:30	Lions Club	CCC
10:30	Shuffleboard (Sept.-April)	CC:H
11:30	Ladies Golf Assoc. 9-Hole (Oct.-March)	HRB
1:00	Sunshine Quilters	Art
2:30	Italian American Club	CC:E,F
6:30	JB Poker Club	CC:E,F
	Indigo East Girls Bunco	ICC
7:00	Girls Night Out	CC:G

## Second Tuesday

8:00	Citizens Emergency Response Team	CC:E,F,G
10:00	Sunshine Quilters	Art
11:30	Ladies Golf Assoc. 18-Hole (Oct.-April)	HRB
Noon	Visually Impaired Support Group	CC:H
3:00	Knights of Columbus Golf	ICC
3:30	Alpha Investment	Art
6:15	Game Night	ICC
7:00	Lions Club	CCC

## Third Tuesday

10:00	Sunshine Quilters	Art
2:00	Candler Connection	CCC
5:00	Caribbean Club	ICC

## Fourth Tuesday

8:00	Citizens Emergency Response Team	ICC
8:30	Lions Club	CCC
10:00	Sunshine Quilters	Art
11:30	Ladies Golf Assoc. 9-Hole (Oct.-March)	HRB
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	Original Karaoke Group	CCC

## Weekly Wednesday

6:00	Lap Swimming	ACIP
8:00	Ladies Tennis	HRCT
	Water Walk	ACIP
	Pickleball	HRCT
	R.O.M.E.O. Club	WD
8:30	Men's Golf 18-Hole	GC
	Men's Softball	SBF
	RC Flyers Club	FF
9:00	Woodworking	VVV
	Crafty Ladies	CR
	Tai Chi	ACF
	Tip Top Tappers	HRB
9:30	Fun with Ceramics	Art
11:00	Golf Group	PAV
11:30	Lap Swimming	ACIP
Noon	Ladies Poker	MR3
	Mah Jongg	CC:A
12:15	Bridge	CR
12:30	Japanese Bunka	CC:B
	Lucky 13 Mah Jongg	CC:G
	Aqua Belles	ACIP
1:00	Mah Jongg	ICC
1:30	Shuffleboard (Sept.-April)	HRCT
2:30	Scrabble Club	CC:H
3:00	Yoga	ACF
5:30	Bingo	HRB
6:00	Men's Poker	MR3
	Duplicate Bridge	CR
6:30	Circle Squares	CC:E,F

## First Wednesday

8:30	Ladies Golf Assoc. 18-Hole	CC:B
9:00	Model Railroaders	MR3
9:30	Travel Toppers	CC:A
1:00	General Francis Stamp Club	BO
6:30	Tall Travelers RV Group	CC:B,C

## Second Wednesday

1:00	Native Plant Group (Oct.-April)	CC:H
3:00	Pennsylvania Club	CC:E,F

## Third Wednesday

11:00	Arbor Tennis Club	CC:E,F
12:30	Bunco	CCC
1:00	General Francis Stamp Club	BO
6:40	Bunco Club	CC:G
7:00	Circle Squares	CC:E,F

## Fourth Wednesday

1:00	Italian American Club	CC:E,F
6:30	Tall Travelers RV Group (No mtgs Dec, June-Sept)	CC:B,C
7:00	Mystery Book Club	CCR

## Weekly Thursday

6:00	Lap Swimming	ACIP
8:00	Men's Tennis	HRCT
	Water Walk	ACIP
	Fun Time Cloggers (Sept.-June)	HRB
	RC Flyers Club	FF
	Pickleball	HRCT
	R.O.M.E.O. Club	WD
8:30	Racquetball	RCT
9:00	Woodcarvers	Art
	Art Group	Art
	Woodworking	VVV
	Tai Chi	ACF
	Computer Club	CC:B,C
	Circle Squares	CC:E,F
	Hand & Foot Canasta	CR

9:30	Candler Hills Ladies Golf Assoc. 18-Hole	GC
	Shuffleboard (Sept.-April)	HRCT
10:00	Reflexology	ICC
10:30	Walleyball	HRCT
	Water Walk	ACIP
11:30	Lap Swimming	ACIP
Noon	Lap Swimming	ACIP
	Mah Jongg	CC:A
	Aerobics	ICC
12:30	Sewing Bees	Art
	Bridge	CR
1:00	Badminton	RCT
	Ballet Club	ACF
	Table Tennis	CC:D
2:00	Swingin' Sisters	HRB
2:30	The New 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
	Mixed Poker	CC:H
	Circle Squares	CC:E,F
	Card/Game Club	CC:G

## First Thursday

1:00	Rubber Stamp Greeting Cards	CC:G
5:00	Southern Club	HRB

## Third Thursday

1:00	SPCA	CC:H
	Rubber Stamp Greeting Cards	CC:G
	New England Club (Oct. - May)	AC
5:30	Friends Game	CC:E,F

## Fourth Thursday

9:30	American Jewish Club	CC:G
6:00	Democratic Club	CC:E,F
6:15	Game Night	ICC
7:00	Original Karaoke Group	CCC

## Weekly Friday

6:00	Lap Swimming	ACIP
8:00	Ladies Tennis	HRCT
	Water Walk	ACIP
	RC Flyers Club	FF
	Pickleball	HRCT
	R.O.M.E.O. Club	WD
9:00	Woodworking	VVV
	Tai Chi	ACF
9:30	Shuffleboard (Sept.-April)	HRCT
10:00	Racquetball	RCT
	Women's Bible Study (Oct. - May)	CC:A
	Tai Chi	ICC
10:30	Water Walk	ACIP
11:00	Golf Group	PAV
11:30	Lap Swimming	ACIP
Noon	Ladies Poker	MR3
	Circle Squares	HRB
	Mah Jongg	CC:A
	Leo's Golf Group	CR
12:30	Aqua Belles	ACIP
1:00	Table Tennis	CC:D
	Mah Jongg	CCC
	Mexican Train	CC:H
5:00	Cribbage	Art
6:00	Advanced Bridge	CR
	Euchre 4 Fun	CC:A
	Nickel/Nickel	MR3
6:45	Euchre	MR2

## First Friday

12:30	Women of the World	HRB
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## Second Friday

8:30	RC Ladybirds	CC:B,C
7:00	Republican Club	CC:E,F,G

## Weekly Saturday

8:00	Mixed Tennis	HRCT
	RC Flyers Club	FF
	Pickleball	HRCT
8:30	Men's Softball	SBF
9:00	Computer Club	CC:B,C
	Woodworking	VVV
	Art Group	Art
10:00	Mixed Tennis	HRCT
	Swingin' Sisters	CC:E,F
	Tip Top Tappers	HRB
	Yoga	ICC
1:00	Table Tennis	CC:D
5:30	Pinochle	CR

## Second Saturday

6:00	Northern Lights	CC:B,C
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## Weekly Sunday

9:00	Racquetball	RCT
	Woodworking	VVV
9:30	RC Flyers Club	FF
Noon	Mah Jongg	CC:A
1:00	Hand & Foot Canasta	CR
	Table Tennis	CC:D
5:00	Sidekicks Western Dance	AC
6:00	Pickleball	HRCT
	Movie of the Month	HRB
7:00	Mixed Poker	CC:H

## Third Sunday

2:00	American Jewish Club	CC:E,F,G
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## Fourth Sunday

2:00	Line Dance	HRB
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**Line Dancing**

By George Conklin

You just want to be able to get up and dance at your granddaughter's wedding. If this is your goal, then the newcomer line class is what you need. The dances the newcomers learn are the very ones most danced. They are easy, teach the basic steps and rhythm patterns and go to all kinds of music. Have you ever been to a dance where they didn't do the "Electric Slide?"

If your goal is exercise, rhythm and music there is Zumba. Ever tried to do Zumba at a wedding? That's why line dancing is better.

This summer, we accepted an invitation to drive down to Lady Lake for lunch and an afternoon of dancing at Katie Belle's. The dance floor was packed. They were doing dances we knew and we squeezed in and did a few dances between bites of pulled pork sandwiches. When the lunchtime crowd cleared out, we had the dance floor much to ourselves. All had a good time.

This road trip was such a success. We need to start thinking about the next one.

The Annual Tampa Bay Line Dance Classic will take place Nov. 1 through 4 (www.TampaLineDanceClassic.com). You can drive down for the day or stay overnight. Our instructor, Marilyn McNeal, is one of the confirmed instructors for the event. We could be there for the registration night open dancing. Last year, by count, we knew more than 50% of the dances they did.

The new class season, September through June, starts Sept. 10. Resident lead dancing and instruction by Janice Meade and Bob Ferguson will be in the Health & Recreation Ballroom on Mondays from 12:45 to 2:45 p.m. Their class is for level 2 and easy intermediate dancers. From 3 to 6:30 p.m., Marilyn McNeal will teach from 3 to 4 p.m. easy intermediate "improver plus" classes; 4:15 to 5:15 p.m. level one/beginner; and 5:30-6:30 p.m. newcomers.

Marilyn (www.rhythm-in-my-soles.com) teaches locally as a professional and at major dance events here and internationally. Marilyn is teaching in Taiwan, China in September and will join us for a get acquainted reception on Monday, Sept. 24. Class instruction begins Monday, Oct. 1.

Which class do I sign up for? If you have never line danced, it's easy, sign up for beginner class. If you have prior experience, try the level you think is right for you. You can always move up or down if you picked the wrong one. Class sign up and information is available in the Health & Recreation Building.

We dance at Happy Hour every Friday night at the Arbor Club Ballroom and The Town Square on Friday and Saturday nights. Come join us, just stay in line and step when the drum goes thump.

For detailed information, please contact Janice Meade at 861-9345; Bob Ferguson at 873-4478; or Nancy Carmack at 873-6960.

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



**Square Dancing**

By Walter Lamp

It's the start of another square dance season. But before we can go forward, we will take a final look back to the end of the last season.

A real highlight of the season came as we had our annual graduation ceremony for those who finished the beginner classes and are now ready to join the club on Tuesday evenings. They will become members, not only to have fun, but to continue improving their skills on the dance floor. The ceremony included the traditional lighting of the four candles, diplomas, and new club badges. The new members were also given a packet on square dancing, including other clubs in the central Florida area and national information.

We had a great cake that was baked by one of the members with plenty of ice cream and after that, new members had their first dance. I guess some of them must have been a little nervous, dancing in front of the club for the first time. I know that I was my first time, but it goes away with more practice and with the help and support of all the club members. Nothing beats laughing, dancing, and completing it with all four couples in a square.

I just completed my fifth full year of dancing and it has been an important part of my retirement years. I'm hoping that these new members will feel the same way.

On Tuesday, July 24, we had our last dance of the season, which was a little bit different. The first four tips took place in the outdoor swimming pool. With two squares in the pool and one square on the deck, caller Don Hanhurst led us through the water. We then got dressed to finish up the dancing in the Health & Recreation Ballroom. What a finish to another fun year.

Now we look forward to a new year, starting on Tuesday, Sept. 4. Our new officers are sworn in and already have a great schedule in place. First, our annual team and pie night; we wear our favorite team t-shirt, whether it be baseball, football, etc., eat plenty of pie, root for our favorite team, and dance. We are expecting some of our local clubs to join us that opening night.

Then, on Tuesday, Oct. 2, we host our annual free fun night. If you were thinking of trying square dancing, at no cost to you, come on over on that night. If nothing else, you share in the fun that we have and you might enjoy it. Oh yes, we have plenty of snacks to get through the evening.

For information on this, call Walt at 854-9378.



**EMERGENCY AFTER-HOURS  
PHONE NUMBER  
236-0TOW (236-6869)**



**Ballet Club**

By Eugenie Martin

The other day, my co-teacher, Julie Sines, mentioned how much she admires ballroom dancing. I totally agreed with her.

Ballroom dance is beautiful and often far more difficult than it looks. All of us in the club are anxiously waiting the new season of "Dancing with the Stars," so that we can participate as spectators in the wonderful dancing each week.

Some of our members are also trained in other forms of dance, such as tap, clogging, Broadway musical, line dancing, folk dance, and of course, ballroom. From time to time, we indulge ourselves in these different forms of dance. We believe that all dance is good - good for your body, mind and spirit. However, for us, ballet is the best.

Our classes are proceeding as usual in the Arbor Club Exercise Studio adjacent to the indoor swimming pool. On days when a thunderstorm hits, and the pool empties, we feel quite alone there. Usually, however, there are some indoor swimmers, and we enjoy "sharing" the space with them. We hope they enjoy watching our classes as well.

Our classes are held four times a week: Mondays from 6:45 to 7:45 p.m., Tuesdays and Thursdays from 1 to 2 p.m., and Saturdays from 9 to 10 a.m. If you are interested in joining our classes, you do not need any previous experience or ballet clothes. Exercise clothes, socks and a bottle of water (of course) are all that are needed to start. However, it is a good idea to call me in advance, so Julie and I will know that you are planning to join us in class. I can also answer any questions you may have. My telephone number is 854-8589. Happy dancing!



**Sidekicks Western Dance Club**

By Tony & Carla Magri

We all know that dancing is beneficial to you. It's exercise for both body and mind. In addition, it's fun! So do something good for yourself. Join the Sidekicks Western Dance Club as we begin our new dance year.

We will be holding two classes for newcomers to teach the basic steps needed to perform our dances. These classes will take place on two consecutive Tuesdays from 6 to 8 p.m. in the Health & Recreation Ballroom, Sept. 25 and Oct. 2.

Our regular dance year begins on Tuesday, Oct. 9, from 6 to 8 p.m. in the Health & Recreation Ballroom; 6 p.m. is devoted to newcomers and our veteran dancers take the floor at 7 p.m.

The Sidekicks will be represented at the Club Fair, so please stop by and say hello. We'd love to see you.

Remember to visit us online at [www.schwartz8096.wix.com/sidekicks](http://www.schwartz8096.wix.com/sidekicks).

Happy trails.



**GRANDCHILDREN VISITING?**  
Cribs, strollers, booster seats, car seats and more are loaned free to On Top of the World residents. Please see the attendant on duty at the fitness desk in the Health & Recreation Building.

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## 100 Grandparents

By Eleonora Buba

School days, school daze – the old familiar phrase that tells us the first hint of fall is around the corner. It won't be long now until the grandparents climb into the bright yellow school bus headed for Romeo Elementary.

As in prior years, our first visit of the 2012-2013 school year occurs on a Tuesday due to the annual attendance of representatives from the professional and business-women's group, Altrusa. The succeeding months will return to the second Thursday of each month.

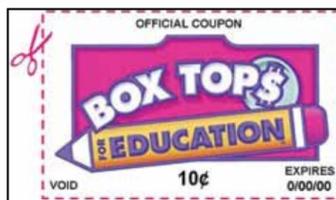
- Tuesday, Sept. 25 (Altrusa)

- Thursday, Oct. 11
- Thursday, Nov. 8
- Thursday, Dec. 13
- Thursday, Jan. 10, 2013
- Thursday, Feb. 14, 2013
- Thursday, March 14, 2013
- Thursday, May 9, 2013

Two residents have already started their support for the coming year. Bill and Luz Leon donated a large quantity of school supplies, which ensures that less fortunate students will have the necessary tools to start the school year. We are very grateful for their generosity this year and every year as they are regular supporters and donors.

A very important part of preparation for the coming school year is securing the school bus that transports the grandparents to and from Romeo each month. We are again asking for donations to cover this expense. We don't yet have the current cost. Last year, it was \$1,600 (\$200 per trip).

You may wonder why there is need for



### Box Tops for Education sample label.

a bus. There are many "grandparents" who either do not drive at all or do not drive further than Highway 200. We wouldn't be able to cover all of the classrooms if we didn't have all of our volunteers! If you are able to contribute toward this effort, please contact Barbara at 861-2539 or mail your donation to her address, 9240 SW 99th Court Road, Ocala, Florida 34481. All contributions are welcomed and appreciated!

The Food for Kids program and the col-



### Labels for Education sample label.

lection of Campbell soup labels, Labels for Education, and soda can pop-tops are ongoing projects. If you have any food items that you wish to donate, please deliver to the Barbour's home (8680-H SW 94th Street) and place in a tote located on their front porch. Single serving sizes only as the children have to carry the backpacks. Pop-top seals on containers are preferred as they are easier and safer to handle.

You can deposit trimmed labels and aluminum pop-tops in the designated "100 Volunteer Grandparents" drawer, located in the Health & Recreation Building lobby, where they are picked up and delivered to Romeo Elementary.

These points really help Romeo with school supplies that the downsized budgets have eliminated. Thank you in advance for "clipping for the kids."

If you've had any thought about becoming a permanent or substitute grandparent, please contact Barbara Greenwood at 861-2539. All volunteers are welcomed!

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Fruitland Park (352) 314-0164	Merritt Island (321) 735-4942

## POETRY

BY ON TOP OF THE WORLD RESIDENTS

### When I Grow Old

By Annette Sharpe

I'll smile through tears,  
As I look back through the years,  
And remember all the good things of the past.  
The laughter, I'll remember,  
Good friends and those loved best,  
Celebrations, graduations and weddings  
Attended as a proud and honored guest.

When I grow old  
I won't wear purple like the rest,  
Or be conservatively dressed.  
To feel really special and nice,  
Red, with golden earrings might suffice.

When I grow old,  
I'll stop to smell the flowers,  
And pass away the hours  
In quiet reflection, but never sad.  
For all the golden moments  
I'll be thankful, grateful too,  
Considering the blessings that I've had.

When I grow old,  
I won't be grumpy, sullen or mean.  
I'll laugh, chat and keep a friendly style,  
Being more thoughtful, kind and pleasant,  
All the while,  
But, most of all,  
I'll try to wear a smile.  
When I grow old.

### Retirement Home

By Mary Culberson

On Top of the World  
Is a wonderful place  
There are lots of activities  
Without leaving home base.

You meet new friends  
From north, south, everywhere  
Isn't it nice  
To have your lives to share?

Seniors, can finally relax  
And do what turns them on  
They don't worry about tomorrow  
They only look for another dawn.

God bless all the elders  
They keep busy all day long  
They do what you can do  
And look forward to another song.

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# CLASSIFIEDS

**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 100, 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).

## For Sale

**Bar Stools (2):** 30", bronze metal frame, wood accent back rail and faux leather seats. Excellent condition, \$75 each. 620-4455.

**Bar Stools (2):** three months old, \$25 each or two for \$40. 237-3390.

**Bar Stools:** 24", oak, \$100 each. 873-0493.

**Bicycle:** Men's 26", cruiser brakes, very good condition, \$25. 237-7366.

**Bicycle:** Recumbent, Tectrix, good condition, \$175. 229-8673.

**Bookcases (2):** matching oak barrister bookcases, 60x29x12.5, five shelves, glass fronts. 861-2312 or mknadel@cfl.rr.com.

**Cad Camera:** Samsung 34x optical zoom with 2.7" LCD which records on SD card or mini DVD. 861-2312 or mknadel@cfl.rr.com.

**Cameras (3):** Minolta Maxxum 7000i with coated 30 - 70 mm and 70 - 200 mm zoom, fish-eyes lenses with filters, two flash attachments, batteries plus large case. Canon Power Shot A75. Canon Power Shot A1000is with image stabilization. 861-2312 or mknadel@cfl.rr.com.

**Cassette Tapes (60):** Metropolitan Opera, free. 861-2312 or mknadel@cfl.rr.com.

**CD Disk Player:** Aiwa with two speakers, \$100. 873-0493.

**Chest Freezer:** 8.8 cu. ft. Kenmore. 291-0221.

**Clock:** 37" custom-made schoolhouse clock, oak, \$300. 873-0493.

**Collector Plates:** Norman Rockwell, 12-piece set of "Rediscovered Women," from 1982 - 1984. All plates in new condition and include a "certificate of authenticity" for each plate. Sell only as complete set. \$350 or make offer. 291-2139.

**Computer Equipment:** Brother laser printer plus extra cartridge, \$25. HP printer, \$15. 229-8673.

**Copy Machine:** Canon, like new, \$30. 237-3390.

**Electric Guitar:** Ibanez, mahogany body, maple neck, blackberry sunburst color. Stand and strap included. Peavey amp. All like new. \$350. 547-9024.

**Framed Art:** custom-made oak frames with oil paintings, watercolors and prints. Various prices. 873-0493.

**Furniture:** Double recliner, dark brown leather, \$300. Barrel chair, \$175. Hide-a-bed sofa, \$200, with a matching swivel rocking chair, \$75. Wrought iron small table with two chairs, white, \$50. (540) 353-7113.

**Furniture:** Queen size sofa bed, \$100. La-Z-Boy chairs (2), \$100 each. Rectangle dining table with six chairs, expandable, \$150. All items in good condition. 237-8038.

**Furniture:** Sofa and loveseat, beige and mauve with blue and green print, call for price. Square coffee table with two end tables, solid oak, \$450. Thomasville entertainment cabinet, solid oak, \$100. Three-drawer chest, solid oak, \$350. La-Z-Boy recliners (2), blue, \$50 each. 873-0493.

**Furniture:** Brown tweed sofa with matching chair and foot stool, \$120. Loveseat recliner, tan, \$75. 304-8846.

**Furniture:** Tea wagon, end tables (2) and opening leaf secretary desk made of Chinese rosewood engraved with Mother of Pearl flowers and birds. Like new. 497-0743.

**Generator:** Portable Coleman 5,500-watt with filled propane tanks (2) and Jerry Can (gasoline). 861-2312 or mknadel@cfl.rr.com.

**Generator:** Troy Built 5,550-watt. 291-0221.

**Golf Cart:** 2000 Club Car in excellent condition with all accessories, including new curtains and portable heater. 237-5896.

**Golf Cart:** 2008 refurb E-Z-GO (like new). See ad on page 17. 861-1412.

**Golf Cart** with side curtains, 36 volt batteries, one year old, good condition. 237-4384.

**Golf Clubs:** Five woods, 11 irons and a putter with bag. 100 golf balls also for sale. 497-0743.

**Golf Clubs:** Left-handed, TaylorMade irons, r 7 SW, PW-3, steel shaft, regular flex. Regripped with Winn Dri-Tac's. \$99. 540-314-7113.

**Golf Clubs:** New Dynacraft Prophet Tour Forged, 4-PW, spine aligned, frequency matched, R300 steel shafts, \$425. 239-825-7901.

**Golf Driver:** Golden Bear Mega 380, 10 degree, Titanium reinforced. Shaft is ultra lite graphite with mid/firm flex. Very good condition. \$50 or make offer. 291-2139.

**Golf Shoes:** Ladies Sandbaggers and Footjoy Lopros, size 7-1/2, \$25 each. Adidas,

size 8, brand new, \$30. 540-353-7113.

**Ham Radio Set** with SGC-230 Smart Tuner (Yaesu FT 100D, SEC 1225 P/S, Kenwood SWR meter) and Yaesu 2 M FT-50R and 180 M dipole. 861-2312 or mknadel@cfl.rr.com.

**Hot Tub:** Prodigy by Hot Spring Portable Spas, 8 years old, 19 jets, safety rails and steps, thermostat controlled, interior light, vinyl cover, excellent condition. 873-9439.

**Lamps (2):** Stiffel, solid brass, 873-0493.

**Mah Jongg Set:** 291-0221.

**Misc. Items:** Brass etegere with four glass shelves. Stereo with cabinet and LP albums. 21" TV with video player, works good. Two matching oak bookcases, enclosed storage space and room for TV. 237-4384.

**Misc. Items:** Golf figures, solid brass, one male & one female, \$50 each. Hadley House Winter Grotto plates, numbered and framed, \$35 each. 873-0493.

**Misc. Items:** Portable DVD player, \$10. Two small room heaters, \$5 each. Skill bench grinder, like new, \$15. 229-8673.

**Misc. Items:** Reel hand mower, golf clubs (3 sets), golf pull carts (4), shuffleboard, horseshoes (3 sets) and pool cue with case. 854-6910.

**Misc. Items:** Two chairs, one green, one tan, \$25 ea. Burgundy recliner, \$50. Round dinette table with two swivel chairs, \$40. Coffee table, \$35. 1970's-59's AM-FM stereo turntable cabinet. Radio and turntable works but dial on radio only goes one way, \$75. Estate items. 873-3371, leave name and number.

**Patio Set:** Aluminum high back reclining chairs with cushions, footstools and side table. Good condition. \$75 for all five pieces. Call Anne (after Sept. 3) at 732-0706.

**Recliner:** brand new La-Z-Boy Evan model #543 Reclina-Rocker with Highrock cover pattern, parchment color. \$480 or any decent offer considered. 861-8187.

**Sewing Machine Cabinet:** oak. 873-0493.

**Table with Chairs (4):** 42" round glass top, metal frame & vinyl seats, \$35. 854-9378.

**Tag Sale:** Thursday, Aug. 30 & Friday, Aug. 31, 8 a.m. to 4 p.m. 8045 SW 78th Terrace Road (Indigo East).

**Tag Sale:** Friday, Aug. 31 and Saturday, Sept. 1, 8 a.m. to noon. 8653-B SW 96th Street (Friendship Village).

**Tag Sale:** Friday, Sept. 7 and Saturday, Sept. 8, 9 a.m. to 1 p.m. 8841-B SW 93rd Place (Friendship Colony).

**Tag Sale:** Friday, Sept. 7 & Saturday, Sept. 8, 9 a.m. to 1 p.m. 9712 SW 89th Loop (Providence II).

**Tag Sale:** Friday, Sept. 7, Saturday, Sept. 8, Friday, Sept. 14 & Saturday, Sept. 15, 9 a.m. to 1 p.m. 8775-B SW 91st Place (Friendship Colony).

**Tag Sale:** Friday, Sept. 14 & Saturday, Sept. 15, 8 a.m. to 4 p.m. 8045 SW 78th Terrace Road (Indigo East).

**Tag Sale:** Friday, Sept. 14 & Saturday, Sept. 15, 9 a.m. to noon. 9639 SW 92nd Place Road (Providence).

**Tag Sale:** Saturday, Sept. 15, 9 a.m. to 2 p.m. 8841-D SW 91st Street (Friendship Colony).

**Tag Sale:** Wednesday, Sept. 19, Thursday, Sept. 20, Friday, Sept. 21 & Saturday, Sept. 22, 10 a.m. to 4 p.m. 9230 SW 93rd Circle (Providence).

**Toaster Oven:** Black & Decker, \$10. 304-8846.

**Tools:** Ryobi 8-1/4" cordless compound miter saw and Ryobi cordless 3/8" keyless chuck reversible two-speed drill with two 18v batteries and charger in case. Saw is mounted on a folding Black & Decker stand. Both in excellent condition. All for \$75. Phil at 854-3403.

**TV:** 31", RCA, not a flat screen, \$50. 873-0493.

**TV:** 32" JVC, works great, not a flat screen, \$40. 509-7178.

**Washer and Dryer:** GE #WCVH6800JWW and #DCVH680EJWW with two laundry stands (#SBS137HWW), almost brand new. One owner, perfect condition. (602) 796-0318.

## 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. Call 861-0259 (resident).

**Appliance, A/C & Heat Repairs:** Electrical & plumbing. Experienced and honest. Call

Tom Parker (On Top of the World resident) anytime at 873-1297.

**Bathroom Remodeling:** specializing in complete renovations. Clean, neat and professional. Call Cove Construction Inc. for a free estimate. (352) 572-0508.

**Blinds Repaired:** in your home. Repairing shades & drapery hardware. Certified & experienced installer. Call Gary or Kathy at 352-344-3805.

**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.

**Caretaker:** Providing all types of home health care tailored to your needs. Hourly, daily or weekly. 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.

**Cat/Dog/House Sitting:** will do overnight sitting. 15 years experience. Honest and dependable. Call Jackie at 425-3508.

**Ceramic Tile:** all types of installation and repair. 20+ years experience. Lic. & ins. Call Bob Adkins 352-274-8678.

**Clock Doc:** clock repairs with free estimates. Call Cliff (resident) at (352) 246-2438.

**Computer Help:** Call Arthur. 25 years PC & Internet experience. Prompt, reliable, courteous. Local house calls. \$20/first hour, \$10/ additional half hour. 875-7878.

**Computer help** is just around the corner! Call Doorstep Techs at 351-TECH (8324) or visit us on the web at www.doorsteptech.com.

**Dog, Cat & Bird Sitting:** Pampered pet care in your home. Fully insured/bonded. On Top of the World references avail. Pam 577-2877.

**General Maintenance:** Trimming, weeding, edging, pressure wash driveways/gutters & wash windows. Free estimates & fair rates. Steve (resident) at 237-5338.

**Golf Club Repairs:** loft/lie adjustments and regripping. Good selection of grips in stock. Bobby's Golf Club Repair (239) 825-7901.

**Hair Care:** in your home. Licensed, experienced beautician comes to you. Full service. Call Cathy, PCA, resident, 237-3347. Service homebound.

**Handyman:** Remodeling, repairs, replacements & much more. Visit us at www.KrumanServices.com for a list of our services. Lic. & Ins. Call Dan at 361-4055.

**Health, Money & Relationships:** Learn today exactly why stuff happens in life. 873-2100 or www.endtheclutter.com.

**Lawn Service/Yard Clean Up:** planting new flowers, bushes, mulch & rock. Trimming & removal of plants, bushes, small trees. Licensed & insured. Call Lisa & David at 425-0109.

**Massage Therapy:** in home therapeutic massage, \$40/hour. Call Todd Lane at (240) 751-8059.

**Need A Ride?** Door to door service for all your needs. All airports, doctor appointments and errands. References available. Call Sandy at 351-9407.

**Notary Services:** We come to you. All types of forms notarized. Court form preparation assistance. Fast response & reasonable prices. 426-5070.

**Painting:** 25 years experience, 10% discount, excellent references. Pressure wash house for free with paint job. Call Danny at 547-9588.

**Painting:** Add a little Color to your Life! Free estimates, insured, references and photo gallery available at Suespainting.com. 10% off for residents. Sue's Painting 237-0892.

**Painting by Frank the Painter:** Summer specials, 30 years experience, free estimates, specializing in colors, quality service, affordable prices, references. 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.

**Steve's Handyman Service:** Doors, shelving, general carpentry. On Top of the World resident. Call Steve at 854-4927.

**Transportation:** Airports, cruise lines, casinos, appointments, shopping. Personalized transportation, scooter lift & scooter rentals available. Affordable, prompt, courteous. Richard (resident) 256-9068.

**Transportation:** Airports (Tampa, Orlando, Sanford, Gainesville), medical appointments, shopping, etc. Safe & reliable service. Call Phil 509-4417 or 497-7670 (resident).

**Transportation by Martin:** Doctor appointments, shopping & errands. Call 304-8947 (resident).

**Transportation:** Doctor appointments, shopping, errands. Call Anna (resident) at 873-4761, leave message.

**Transportation:** I'll drive you to local appointments, grocery shopping, errands and more. Joan at 237-8240.

## Wanted

**Antique Items (especially unusual):** I buy art glass, lamps, ink, fountain pens, bronzes, depression & carnival glass, dishes, clocks, etc. I also buy military (Civil War to Vietnam). Top dollar (cash) paid. Call Larry 1-352-697-1778.

**Bowlers:** Teams forming for the fall. Singles or full mixed teams needed for Thursdays at 3 p.m. starting in September. Call Jim at 873-1281.

**Computers:** Dead or alive. Will use to learn how to fix them. Call Colleen at 301-4858.

**Democrats** interested in joining the On Top of the World Democratic Club. Please call Dan at (352) 509-4942.

**Guns:** Buying guns (new, old, any condition), gold and silver. Estate appraisals. 867-0381 (home) or 266-9781 (cell).

**Mandolin:** For senior beginner. 873-0927.

**Nickel, Nickel Players:** Come play on Fridays at 6 p.m. Learn to play in one evening! Call John Mataya at 237-9692.

**Small Desk and Wigs:** Theatre Group would like to borrow or buy (cheap) for their upcoming show. Call Anne (after Sept. 3) at 732-0706.

**Shoes and Sneakers** for the needy. Drop off at Arbor Club office.

**Used Golf Equipment** to send to our troops overseas. Call Bob at 854-0702.

**Used Instruments:** Donate to students in need in Marion County. Call Ed (resident) at 304-8206.

**Volunteers:** Marion Therapeutic Riding Association needs volunteers to help with the 2012/2013 riding season. For more information or to sign up for orientation, please call 732-7300.

**Volunteers:** Tutors for Kids, a nonprofit volunteer tutoring program, is looking for tutors to assist elementary school children in reading, writing, math, and science. If interested, contact Frank Russo or Carolyn Ruhe at 245-9709 or tutorsforkids@att.net or visit www.tutorsforkidsinc.org.

**Yarn:** any kind to make lap robes for VA hospitals and newborns. 854-0449.

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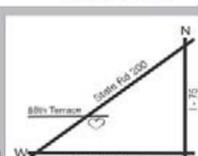
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MARIE BUCHMAN, DUNNELLON, FL

## “I have never been in a hospital that can compare with Munroe.”

“Munroe Regional is my hospital.”

**Marie Buchman loves to cook.** But when Marie fell down her back steps, she suffered a severe compound fracture of her left arm. The ambulance rushed her to Munroe Regional, but still, Marie was afraid that her injury would mean that her cooking days might be over. But before long, she was home and back to making the Biscotti that everyone loves so much.

Marie tells the story best: “You know, when you have an accident like I did, you want to go where you know you’re going to get the best care. I had two operations on my arm, and each time, I had the best of care. If I ever have to go in the hospital again, I’ll be right back there with the doctors I trust. And the hospital that I trust. Munroe Regional is my hospital.”

Marie’s story is just one more reason why there is a real difference in the quality of care at Munroe Regional. But it’s no surprise. After all, as the only community owned hospital in Marion County, we believe that every one of our patients, every citizen of Marion County — anyone who entrusts their care, their family, their children and their life to Munroe Regional — deserves the best. We believe that you deserve a hospital this good.

To watch Marie’s entire story, visit [MunroeRegional.com/myhospital](http://MunroeRegional.com/myhospital).



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