

Community News

Kenneth D. Colen
Publisher

You've probably noticed that we are moving a great deal of earth around the community. More particularly, the north end of Avalon is being developed with an additional 60-plus lots. This is a continuation and update of the Windsor/Providence designs but with updated features and design changes in the homes.

By the middle of the month, Sanctuary should have a new model center started. This will be a single model park with new designs for both Candler Hills and Avalon. We are excited about many of the new changes in design as well as many Internet-linked controls over the home's lighting and environmental controls. Owners won't have to hear "honey, did you remember to turn off the lights?" Welcome to yet another level of home automation.

Indigo East Community Center

The grand re-opening of the Indigo East Community Center will be on Friday, Oct. 7, from 11 a.m. to 1 p.m. Indigo East residents are encouraged to attend.

Fall is Upon Us

October is the month we may have wonderfully warm days and cooler nights. Consider winterizing plants that may be affected by the cold. Winterizing generally involves a light application of a low-nitrogen, high potassium fertilizer, or just good old Milorganite. Refreshing the mulch helps protect the root structure.

Central Florida generally experiences one cold snap with light frost in late October. Lawns and shrubbery will continue to grow, albeit very slowly, when the ground temperature warms above 65 degrees. That said, watering requirements are significantly less during the cooler months. So take the opportunity to switch your irrigation clocks to a winter season schedule.

Sholom Park

Sholom Park invites you to attend Fun at the Park at Sholom Park on Sunday, Oct. 23, from 1 to 4 p.m. This event, free and open to the public, promises to offer an afternoon of live music, games and entertainment for the entire family.

The Town Square

Fall is a great time of the year! It cools off a bit and The Town Square is a great place to hang out and visit with friends. We celebrate Oktoberfest on Friday, Oct. 7, with great food and entertainment!

The ever-popular Craft Fair is on Saturday, Oct. 15, and grows every year! Vendors display their masterpieces on The Town Square, as well as in Circle Square Cultural Center.

For more information about the activities on the Town Square, go to circlesquarecommons.com/entertainment.

Don't forget the Farmer's Market every Thursday, from 9 a.m. to 1 p.m. We're excited to partner with Measure Up Marion to present cooking demonstrations by Chef Randal White during the Farmer's Market on Oct. 20, Nov. 10 and Dec. 8. The demos will use locally grown foods from the Farmer's Market and healthy Measure Up Marion recipes. Demos begin at 10:30 a.m.

Call us at (352) 854-3670, if you'd like to be added to the weekly e-mail update of vendors and more information about what's going on in Circle Square Commons.

Circle Square Cultural Center

On Saturday, Oct. 1, at 7 p.m. and Sunday, Oct. 2, at 3 p.m. the Encore Collaboration Theatre Club (a resident troupe) will perform an original comedy - "Dancing Beneath a Paper Sky!" The play is written by James J. Jenkins and performed by On Top of the World residents. The

Let's Play Ball!

By Ray Cech
World News Writer

It's that time of the year again when a young man's fancy turns to ... softball.

The baseball diamond behind the Recreation Center has weathered all the storms and is now beckoning players to come out and "play ball." The outfield wall was recently moved back to regulation dimensions (250-feet) and new Tif-sport Bermuda grass has been laid down for better traction and durability. A 10-foot warning track has also been added. "In other words," says Golf Course Superintendent Andrew Jorgensen, "the field of dreams, is ready for the first pitch."

Practice has already begun for the six winter-league softball teams. The teams will play each other throughout the season, which officially begins Monday, Oct. 3 at 8:30 a.m. The season ends in May

with a gathering of all the teams at a celebratory pizza party. (Summer league play runs from June to September.)

Practice is every Thursday and games are played on Mondays and Wednesdays. "Any resident can come out and play," says softball founding father and league president, Bill Leon.

There are no restrictions to age or ability. Bill goes on to stress that the league was formed, "so that guys can get together, have fun, get some exercise and enjoy some camaraderie."

There are usually 12 players on the field with seven innings making it a complete game. Teams are sponsored by local businesses that provide uniforms along with some of the equipment. Umpires are volunteers, who of course, like in any

sport, take most of the ribbing and razzing from the fans, but all in good fun and sportsmanship.

What about the ladies softball league? Well, there is none ... but wait!

One day, Marie Giddings and Carol Springer were riding the community bus when they drove past the softball field. Looking out, Carol said to Marie, "I'm surprised they don't have softball for women."

"What a great idea," Marie answered.

Their bus driver said, "Hey, go talk to Theresa Fields." They did and now it's official. The women's softball league will hold practices every Friday, from 8:30 to 10 a.m., beginning Friday, Oct. 7.

Interested ladies can call Marie at (352) 361-7083 or Carol at (352) 509-4066.

Meanwhile, remember that the men's league opening pitch will be thrown, Monday, Oct. 3. Let's all go out to the ball field and cheer them on.



Photo courtesy of On Top of the World Communities, Inc.

Aerial view of the newly renovated softball field.

Annual Craft Fair

By Bob Woods
World News Writer

Looking for a unique gift? Then head over to Circle Square Cultural Center and The Town Square for the annual Craft Fair on Saturday, Oct. 15, from 10 a.m. to 3 p.m.

This year's fair will showcase crafters and artists from all over Ocala/Marion County featuring stained glass, jewelry, ornaments, baskets, handbags and much, much

more!

Plus, enjoy live music by Fred Campbell and face painting for kids by Pockets of Clowns beginning at 10:30 a.m. There will be food for purchase and additional vendors on The Town Square at Circle Square Commons!

The Craft Fair is a great place to wander around and shop for gifts.

Upcoming Local Fall Festivals

Saturday, Oct. 1
Central Florida Peanut Festival
10 a.m. to 4 p.m.
Heritage Park
Williston, Fla.
willistonfl.com/peanut-festival/

Saturday, Oct. 22
1890s Day Fall Festival
8 a.m. to 5 p.m.
McIntosh, Fla.
friendsofmcintosh.org/

Saturday, Nov. 5 & Sunday, Nov. 6
Downtown Festival & Art Show
Saturday 10 a.m. to 5 p.m.
Sunday 10 a.m. to 4 p.m.
Gainesville, Fla.
gainesvilledowntownartfest.org/

Saturday, Oct. 8
Winter Park Autumn Art Festival
9 a.m. to 5 p.m.
Central Park
Winter Park, Fla.
winterpark.org/event/winter-park-autumn-art-festival/

Saturday, Oct. 22 & Sunday, Oct. 23
Craft Fair
9 a.m. to 5 p.m.
Mount Dora, Fla.
mountdoracraftfair.com/

Saturday, Nov. 12 & Sunday, Nov. 13
Homosassa Seafood Festival
9 a.m. to 5 p.m.
Homosassa, Fla.
homosassaseafoodfestival.org/

Saturday, Oct. 15
Craft Fair
10 a.m. to 3 p.m.
Circle Square Cultural Center & The Town Square

Ocala Arts Festival
10 a.m. to 5 p.m.
Historic Downtown Ocala
fafo.org/ocala-arts-festival/

Saturday, Nov. 19
Rainbow Springs Art Festival
10 a.m. to 4 p.m.
11223 N. Williams Street
Dunnellon, Fla.
rainbowspringsart.com/

Saturday, Oct. 15 & Sunday, Oct. 16
Seafood Festival
9 a.m. to 5 p.m.
Cedar Key, Fla.
cedarkey.org/#!events/-c1vw1

Saturday, Oct. 29 & Sunday, Oct. 30
Great American Cooterfest
Liberty Park
Inverness, Fla.
inverness-fl.gov/144/Great-American-Cooter-Festival

Saturday, Dec. 10
Christkindl Festival
11 a.m. to 4 p.m.
South Main Street
Brooksville, Fla.
gfwcbrooksvillemomansclub.org/upcoming-events.html

Micanopy Fall Festival
Saturday, 9 a.m. to 5 p.m.
Sunday, 9 a.m. to 4 p.m.
Micanopy, Fla.
micanopyfallfestival.org/

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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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Read all the good news at ontopoftheworldnews.com/ocala

2016 PUBLICATION SCHEDULE

On Top of the World NEWS

Issue	Advertising/Column Submission Deadline	Home Delivery
January	Noon, Friday, Dec. 11, 2015	Thursday, Dec. 31, 2015*
February	Noon, Wednesday, Jan. 13	Thursday, Jan. 28
March	Noon, Monday, Feb. 15	Thursday, March 3
April	Noon, Friday, March 11	Thursday, March 31
May	Noon, Wednesday, April 13	Thursday, April 28
June	Noon, Friday, May 13	Thursday, May 26
July	Noon, Monday, June 13	Thursday, June 30*
August	Noon, Tuesday, July 13	Thursday, July 28
September	Noon, Monday, Aug. 15	Thursday, Sept. 1
October	Noon, Tuesday, Sept. 13	Thursday, Sept. 29
November	Noon, Thursday, Oct. 13	Thursday, Oct. 27
December	Noon, Friday, Nov. 11	Thursday, Dec. 1
January '17	Noon, Tuesday, Dec. 13	Thursday, Dec. 29*

*includes Recreation & Wellness catalog

GOLDEN OLDIES HUMOR

By Stan Goldstein



Stumbling on the truth is a happy accident.

Is It Legal?

Gerald Colen
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SCAM ALERT #1: I recently received a phone call from someone (I have no idea who it was) and the caller said one of my bank accounts was going to be "flagged." I was then told that the message is "encrypted" and that I should call such and such number for further information. Of course, I did not call any such and such number and you shouldn't either. If you ever receive a phone call from someone and you are asked to call a further number, do not return that call. Just hang up the phone.

SCAM ALERT #2: Many of us already know that if we get a phone call from an area code that we do recognize but the actual phone number we don't recognize; just let the phone ring and see if the caller leaves a voice message. Now, I have to admit that scammers sometimes do leave a message and give you a return number. The I.R.S. scam is a good example. So you still have to be cautious.

Remember this: Neither the I.R.S. nor the United States Marshall's office will ever call you (except to return your call to them) and demand money from you. When the caller starts to demand money from you, just hang up; and under no circumstances should you try to speak with these folks. Of course, the best thing is not to take or return the call at all.

SCAM ALERT #3: If you get a letter where you are asked to pay money to obtain a certified copy of your deed, throw that letter in your trash. No one ever needs a certified copy of their deed. You don't even need a copy because odds are you have the original.

Q. My neighbor told my husband and I that the correct way for a married couple to hold the title to any property is in "and/or." Is this correct.

A. Nah! First of all, if it's a homestead, I cannot possibly think of one reason why a homestead owned by a married couple should ever be held in anything other than "and" status - never "or" status. When a couple is married, and it is intended that both parties have an equal ownership interest in property - be it a homestead, or other

real property or personal property such as banking or investment accounts the wise thing to do is leave them in "and" status. For example: "Joe and Mary" husband and wife. This creates what is known as an Estate by the Entireties (also called a Tenancy by the Entireties). This is as the husband and wife estate; or the married couple estate.

In fact, holding title in the name of "John and Mary" husband and wife or "John and Mary" a married couple is an asset protection mechanism in and of itself. The reason is that if only one of the couple are sued and a judgment entered against just that one party, the judgment creditor won't be able to attach property held in the name of the two of them if it is in "and" status. "Or" status creates an ambiguity whereas "and" status does not. Example: If property is held in the name of John or Mary, then a judgment creditor can attach the property in satisfaction of a judgment because, after all it is owned by either one of the parties.

I suppose that if you have an automobile in "or" status, that's okay. It would allow one or the other of the parties to that title to sell it without the joinder of the other.

However, even so, a car, as an asset, can be attached by a judgment creditor of one of the parties if the title is in "or" status.

And while I'm on this subject, let me go further and address the holding of title to property where the couple is not married. 1) If the idea is that if one party dies then the other gets the property, it should also be held in "and" status but with the added words "joint tenants with rights of survivorship." 2) If the couple both claim an ownership interest but they don't want it to go to a survivor in the event one of them passes on, then it should still be in "and" status but with the added words tenants in common.

This is actually not a simple matter so if you are in doubt as to how to hold the title to a piece of property, it's always wise to contact your attorney. And finally, "and/or" status is always ambiguous because who knows what the intention is. I mean, is title held so that both own the property and both have equal rights in it or is it held in such a way that either one of the parties can sell it and keep the proceeds of the sale for himself or herself?

Q. I went on a singles cruise and met this really nice guy and we had a great time together. He now wants to come to Florida and move in with me to "see how things work out." What do you think and are there legal things I need to know.

A. I think that before you "see how things work out" you need to know heckuva lot more about him than that he was a nice guy that you met on a cruise. Legal "things" can come after you find out much, much more about him.

Gerald R. Colen is an attorney and member of the National Academy of Elder Law Attorneys and the Academy of Florida Elder Attorneys. He concentrates his practice of law in the areas of elder law, wills, trusts, probate, real estate and title insurance, asset protection planning, business law and simple and complex estate planning. This column is not intended to provide legal advice. You should always consult your own attorney for such advice. Mr. Colen is available for conferences; please call (727) 545-8114 or e-mail jerry@gcolen.com.

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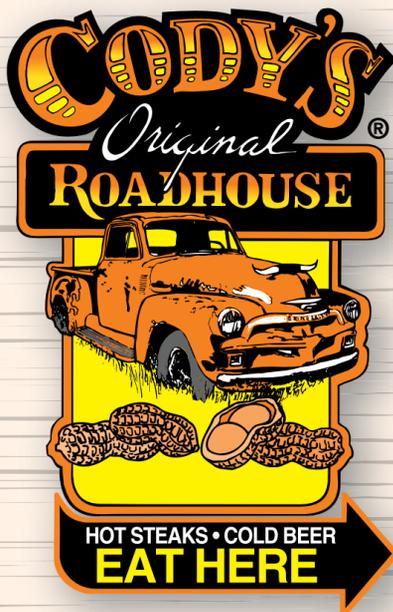
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Community News

Kenneth D. Colen
Publisher

Continued from Page 1

event takes place at Circle Square Cultural Center and will be set up in cabaret-style seating, with a cash bar available at the Saturday show, and complimentary snacks provided by Encore. For more information, contact Judy or Terry Gill at (352) 509-4033.

We have a special treat on Sunday, Oct. 16, from 2 to 4 p.m. (doors open at 1 p.m.). Legendary baritone Sherrill Milnes presents the emerging artists of VOICE Experience for an afternoon of arias and encores. The singers will perform celebrated works by your favorite opera composers, plus musical theatre and song gems. All unplugged and up close. Admission is free with a ticket (two per household) and is reserved table seating. Don't miss a note!

On Saturday, Oct. 29, Don

McLean famous for "American Pie," "Vincent (Starry Starry Night)," and so many others, along with special guest Judy Collins, famous for "Send in the Clowns," "Both Sides Now," "Turn! Turn! Turn!" and more will be one of the biggest shows of the year at Circle Square Cultural Center. Show starts at 7 p.m. and doors open at 6 p.m. Tickets are available at CSCulturalCenter.com.

Why You Need Homeowner's Insurance

As we ease into the cooler months, it is a good time to take stock of financial matters and risk factors in general. The easiest way to mitigate a large area of risk is through insurance; in this instance, I'm referring to adequate homeowner's insurance. For On Top of the World Central Owners, adequate insurance includes personal property and on the portion of the home not insured by the Association's master policy.

Generally, property coverage policies are written on the interior components of the home and on your personal property. Your As-

sociation's coverage ends at the interior finish on your walls. In other words, everything from the paint in is yours. The tile, carpet, cabinetry, appliances, plumbing above the finished floor, air conditioning, and other components are also all the responsibility of the individual owner to insure. It is the owner's obligation to maintain or replace these components, and their liability when they don't. Proper insurance coverage will help save you many out-of-pocket dollars if or when the unexpected happens.

While the Association takes the lead in the recovery and reconstruction process, a failure of any owner to carry insurance on their contents will inevitably leave a significant gap in the final completion and ability to reoccupy the home. Besides the complete loss or destruction of personal items, like clothing, furniture, and personal effects, the owner would also be responsible for replacement of all flooring, cabinetry, appliances, air conditioning components, and plumbing fixtures. Needless to say, this can become very expensive,

very quickly. In the case of negligence by an owner, the Association will also attempt to recover the insurance deductible cost. Being penny-wise and pound-foolish by "saving" the nominal cost of insurance is really no savings at all!

Within the On Top of the World Central Owners Association, the HO6 rider covers the insured owner for a portion of the deductible the Association maintains. Currently, your association maintains a deductible of \$10,000 per occurrence to property damage from any peril such as fire, lightning, vandalism, etc., and other than wind and named storms. Speak with your insurance agent to make sure you have coverage in place and that it is adequate.

For Candler Hills and Indigo East, it is the owner's responsibility to purchase insurance for the structure, contents, and liability. These associations do not carry coverage on the individual homes. Mitigation of financial risk is each owner's obligation.



Keeping It Green

Phillip Hisey
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Are you ready for the fall? It seems like this year is going by quickly.

If you have been keeping up with the Home Maintenance calendar

on otowinfo.com under Resources, you should be fine going into winter.

If you feel you are not getting the response you hoped for from your September fertilizer application, applications of iron and other minor nutrients will aid with keeping your lawn green and provide for a healthy root system until the grass goes dormant. Try to stay away from applications of nitrogen during this time unless absolutely necessary. Excessive growth from nitrogen applications can be detrimental with an early frost and cause more problems in the spring.

Keep an eye on your lawns for brown patch fungus. This fungus is typically most active when temperatures are between 65 and 85 degrees. Normally fungus issues are easily identified in your yard by a large ring or circular patch that has a yellowish edge. This is normally a fungus and should be treated to

keep from spreading. Avoid fertilizing these areas until the fungus has been treated and eradicated. Fertilizers will actually feed these fungi, creating more problems in the future. Remember, fungus is a preventable pest. Best Management Practices allows for the treatment of fungal activity when the environmental conditions warrant fungal growth.

Chinch bugs are also still very active. There have been some cases where the chinch bugs have decimated resident yards. Chinch bugs are found in the thatch layer of the grass. They are about 1/8 to 1/5 of an inch long or smaller. The adults have distinct white strips that cross their back and the young or nymphs are an orange-red color with a white strip across their abdomen. Chinch bugs will winter in shrub beds or down in the soil area and when the weather warms up they come out.

Chinch bug damage is often mistaken for drought stress until it is too late. When looking for chinch bugs do not look in the grass that is already dead, look toward the margins of the dead area in grass that is alive. Spread the grass apart and look for the insects as described above.

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

Treating chinch bugs is tough because these insects have developed resistance to almost every major chemical class. Make sure the pesticide class and mode of action is rotated with every treatment to avoid pesticide resistance. Healthy grass that is properly fertilized and watered will aid in the defense of chinch bugs.

Next month, we will begin the time of year where our mowing schedule changes for empty lots and the drainage retention areas. Residents should be aware that these areas will be mowed every two weeks.

Have a great October.

On Top of the World

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All Around Our World

Lynette Vermillion
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We are officially into fall and football season. Many of our seasonal residents are returning to winter here with us and we are glad to have you back in the community. The holidays are quickly approaching and you may be planning to visit friends and family during this time or they may be planning to come take advantage of our mild Florida weather at this time of year.

If you are new to the area, you will want to make sure you check all of the fun fall festivals and craft fairs that are coming up, and even if you've been here for a while, there's always something new to check out. Who doesn't want to get a head start on their holiday shopping?

Customer Service

Please note that the Customer Service office is closed the third Wednesday of every month from noon to 1 p.m., which falls on Oct. 19 this month. Customer Service may be reached by phone: (352) 236-OTOW (6869); e-mail: otowservice@otowfl.com; or in person by visiting Suite 200 in Friendship Commons.

Customer Service may be reached by phone Monday through Friday, 7:30 a.m. to 4:30 p.m., and the office is open Monday through Friday, 8 a.m. to 4 p.m. If you reach our voicemail during normal business hours, please know that we are helping others and will get back to you as quickly as possible.

Event Calendar

There are lots of great events planned for the fall, so please be sure to check out the Event Calendar on otowinfo.com. Once you click on Activity Info, a drop down menu will appear and you then will be able to click on the Calendar option and peruse month by month some of the wonderful and exciting things happening in our community. Be sure to check it out so you don't miss out on any of the festivities and events planned this fall.

Water Conservation Expo

The Bay Laurel Center CDD (BLCCDD) is hosting a free water

expo at Circle Square Cultural Center on Tuesday, Oct. 25, from 11:30 a.m. to 1:30 p.m.; so be sure to save the date. There will be food and refreshments, door prizes, and much more.

Guest speakers from On Top of the World Communities, Inc., and BLCCDD staff will be discussing water efficient irrigation for landscape design and behaviors. Annual water usage will be displayed by community, rain barrels - what are they, how they work and what are their benefits and many more topics. Various vendors will be on hand for you to interact with and learn more about helpful ways to conserve water.

Flags

I'm happy to say that it is now the season for football and I know how passionate some fans can be, myself included, so I just wanted to give a friendly reminder regarding the display of sports flags. As stated in the Community Standards, with ARB approval, one sports flag may be displayed on game day only in a tasteful manner. The flag must be displayed either on a flagpole that meets the requirements set forth in the Community Standards or is otherwise acceptable to the ARB, or on a mounting bracket and flag staff or mast affixed to the dwelling which have been approved by the ARB as to specifications and location.

Roundabouts

While we don't have many in the community, I was asked by a resident to remind all about the proper use of roundabouts. As taken from the Florida Drivers Handbook ... roundabouts are a newer type of intersection, which improves traffic flow and reduces traffic crashes. Most roundabouts do not require stopping, which allows vehicles to move continuously through intersections at the same low speed. Roundabouts are designed to move all traffic through a counterclockwise direction. Vehicles approaching the roundabout yield to circulating traffic; however, drivers must obey all signs to determine the correct right-of-way in the roundabout.

Chinch Bugs

Unfortunately, we have had optimal conditions for chinch bugs this season. Phillip Hisey, our land-

scape professional, has a great column in this month's edition and I would highly recommend your taking time to read it.

Yard Debris

Fall is such a beautiful time of year, the weather is gorgeous, grass growth is slowing; however, we begin dealing with falling leaves. Please place yard debris on curbs the morning of or not earlier than the night before pick-up, and please place away from storm drains. We ask that no household garbage or animal feces be placed in with the yard debris. Please follow the time schedule for placing the yard debris on the curb so that the community is much neater and debris is not blown throughout the neighborhood.

Dryer Vents

The most important maintenance for any dryer is a clear exhaust. Many dryer failures usually result from an improperly maintained vent system. This causes premature failure of the bearings, elements, igniters and other critical parts. For best drying results, clean the lint filter before each load. The roof vent should not be screened to avoid buildup and backup of lint.

Indigo East Community Center Update

We are happy to announce to all of our Indigo East residents that the remodeling of the Indigo East Community Center has been completed. Residents will enjoy having the opportunity to have two additional meeting rooms or they may be opened for one large event.

General Election – Nov. 8

Early voting runs from Saturday, Oct. 24 to Saturday, Nov. 5. Visit Freedom Library (5870 SW 95th Street, Ocala) to cast your vote early.

To vote on Tuesday, Nov. 8, please visit your assigned precinct:

- Precinct 4652: Master the Possibilities, Classroom 1
- Precinct 4653: Master the Possibilities, Classroom 2
- Precinct 4650: Hobby Building
- Precinct 4651: Arbor Conference Center

To vote at an early voting site or at a polling place on Election Day,

voters are required to present current and valid photo and signature identification. Two forms of identification may be presented if one form contains the voter's photo and the other form contains the voter's signature.

For more information, please visit votemarion.com.

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Photo courtesy of On Top of the World Communities, Inc. **Indigo East Community Center grand re-opening will take place on Friday, Oct. 7, from 11 a.m. to 1 p.m.**

Grand Re-opening

By Kayla Hall-Abdool

Indigo East celebrates the renovation and expansion of their community center with its grand re-opening on Friday, Oct. 7.

The Indigo East Community Center, which was closed for most of the summer, has undergone an impressive renovation and includes an expansion of the current multi-purpose space by more than 2,408 square feet and has the capability to convert to three separate spaces for simultaneous, independent functions. Or, the entire space can be reserved and utilized as a large ballroom for resident functions, club events or neighborhood get-togethers.

The main lobby has also received

a makeover and now features a fireplace and comfortable seating for quiet conversations or relaxing with a good book. Other renovations include a modernized kitchen and updated restroom areas.

Outside, the pool has been resurfaced and there is new patio furniture, perfect for lounging in the sun or under the shaded trellis area. A lively new paint scheme, lush landscaping and new irrigation system complete the exterior of the new community center.

Indigo East residents are invited to attend the unveiling of the beautiful new community center on Friday, Oct. 7, from 11 a.m. to 1 p.m.



Veterans Club

Fred Pulis

The Veterans Club guest speaker was Scott Traxler who spoke on the special veterans benefits through Hospice. He provided a wealth of knowledge about the subject and answered all questions asked.

The Veterans Club represents every branch of the military and meets quarterly on the third Thursday of each month at 2 p.m. in the Arbor Conference Center, Suite B.

Our next quarterly meeting is on Thursday, Dec. 15.

The Veterans Club is open to all armed service veterans and their guests. People who are concerned about Veterans Affairs are encouraged to attend. Also, the meeting will provide an update on recent legislation concerning current veterans. In upcoming meetings various topics concerning veterans-related issues will be discussed and various opinions and ideas are encouraged.

For any additional information, please contact Fred Pulis at (352) 854-9976.

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be picked up at all postal centers, Customer Service, Sales Center, Recreation Center, Arbor Club, The Club at Candler Hills, Candler Hills Community Center, Master the Possibilities, The Ranch Fitness Center & Spa and Indigo East Community Center.

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Join Kenneth Colen at Master the Possibilities on Wednesday, Oct. 19 as he presents "Community Design of the Future."



Lifelong Learning

Margaret Spontak
(352) 387-7571
margaret_spontak@masterthepossibilities.org

Community Innovations of the Future

What do the arts, transportation, energy, horse facilities and farms, SR 200 corridor planning and community design have in common? They are some of the essential ingredients to developing and maintaining quality communities for the future. Master the Possibilities put these all together for a compelling seven part Wednesday afternoon workshop series at Circle Square Cultural Center. All workshops are free and begin at 3:30 p.m. Registration is requested by calling (352) 854-3699 or going to MasterthePossibilities.org.

Beginning Wednesday, Oct. 5, from 3:30 to 5 p.m., Pat Gabriel, founder and chairman of the SR 200 Coalition, will take us on a journey five or 10 years into the future. What developments will build out with what supporting services? How can we maintain our sense of community and quality of life?

Kenneth Colen follows right behind on Wednesday, Oct. 19, with "Community Design of the Future." He will share strategies that On Top of the World and other trends in community creation around the country have employed to promote health and wellness, energy and water conservation, sustainable agriculture, lifelong learning and active living. Learn about innovations on the horizon.

Transformational changes to the electric industry are next in the line-up. Tom Lawery, from Duke Energy, helps us imagine the technology of our homes and communities of the future on Wednesday, Oct. 26. From renewable energy to better power storage to communicating with household devices, you will be catapulted into the future.

The arts are always front and center at On Top of the World with a myriad of classes at Master the Possibilities, activities at the Recreation Center and the fabulous line-up at Circle Square Cultural Center. But, art is not standing still either. Find out how various genres are being combined like theatre and movies. Discover the fun world of "pop-up" art and murals. Imagine how the arts can play a bigger role in the area's future. Jaye Baillie, executive director of Marion Cultural Alliance, moderates this panel of art innovators on Wednesday, Nov. 2.

With Ocala Breeders' Sales, H.I.T.S., the Florida Horse Park, other area equestrian facilities, and hundreds of horse farms with all sorts of breeds, on Wednesday, Nov. 16 Todd Gralla shares glimpses of cutting edge facilities across the world. What could be the future of Marion County's horse industry? Gralla is director of Equestrian Services for Populous, a national leader in planning equestrian and livestock facilities around the globe. Tammy Gantt from Florida Thoroughbred Breeders' and Owners' Assoc. introduces the workshop and provides local highlights.

As communities grow, so do their transportation needs. The

Wednesday, Dec. 7, session looks at automated vehicle technologies as a tool in reducing congestion and improving safety. This one transportation break-through may shape communities of the future.

Finally, On Top of the World's Human Resource Director Edith Gandy joins Margaret Spontak on Wednesday, Dec. 14, for "A Meeting of the Minds: A Community Charrette for Future Thinkers." Gandy, an experienced national leadership trainer and facilitator, warms attendees up with an innovation board game to get the creative juices flowing. Then teams design the community's future through coloring, sketching or just bold graffiti. All the creative and leading edge ideas from the six workshops come together for this final charrette and celebration.



Bingo

Denise Johnson

Bingo has been very busy this past month. Lots of new players are trying their luck. We have two more months of bingo before our Christmas break. Mid-September, our second jackpot was worth \$220 in 58 numbers. The first week of September, the jackpot was almost won. Diane did win it at the \$75 level. Sorry Diane, better luck next time.

We will have one more super bingo in November. Micki will have her bake sale to benefit the March of Dimes. More information to come in the November issue of the World News.

Just a reminder to all players. New folks are coming to bingo. We love seeing all the new smiling faces. Let's show them the ropes

and offer to assist them with a seat. Players may only save one seat!

If anyone has a question or comment about bingo, please contact Denise Johnson at (352) 873-1281 or Nancy Grabowski at (352) 873-4315. We are usually at bingo each week; feel free to speak to us at bingo as well!

Another reminder, the temperature of the room has been reported as too cold. As of now, the room temperature will be placed at 74 degrees. If you arrive hours before bingo, this may not be true. Bring sweaters or wear short sleeve shirts to cover all aspects of being cold or too warm.

Last but not least, no alcohol is permitted at bingo. Enjoy your beverage of choice in The Pub or on the veranda. You will be asked to leave bingo if you are found with alcohol.

The Pub is open until 6 p.m. for anyone needing a bite to eat.

See you all on Wednesday, richer, I hope!

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Candler Connection

Janet Wiles

The fourth annual fall picnic will be on Sunday, Oct. 23, from 3 to 5:30 p.m. at the pavilion. Tickets, priced at just \$6 per person, will be sold on Oct. 4, 6, 11, and 13, from 10 a.m. to noon in the Candler Hills Community Center. When purchasing tickets, you will need to select any combination of two sandwiches from the three options. Choices include hot dogs, hamburgers, and chicken. All of the usual trimmings, sides, and a dessert will be provided. Since beverages are not supplied, please bring your own. There are a limited number of picnic tables; therefore, you may wish to bring chairs and

folding tables. This event is open to all residents.

The next potluck will be held on Tuesday, Oct. 25, at 5:30 p.m. in the Candler Hills Community Center. Residents with last names beginning with A-C and T-Z should bring main dishes; D-K, side dishes, salads, or vegetables; L-S, appetizers or desserts. Label your dish with its name and ingredients to assist people with dietary issues. Volunteers helping with setup should arrive at 4:30 p.m.; all others should arrive at 5:30 p.m. to enjoy appetizers. Please get a number for the table where you will be sitting. The cost of \$1 covers eating utensils, plates, napkins and decaffeinated coffee.

Attendees should contact Bev McCarthy at (352) 854-9416 or bjtr6@yahoo.com to let her know how many will be attending, what dish you will be bringing, and if you

can help with setup.

The Candler Connection speaker series will resume on Thursday, Oct. 27 at 3 p.m. in the Candler Hills Community Center. Phillip Hisey will talk about how to prepare your lawn for the winter months.

In order to keep the neighborhood directories up to date, the communications committee requests that all neighborhood coordinators attend one of two days of special training on Tuesday, Oct. 25 or Wednesday, Oct. 26. Darrell Kenyon will introduce the new Candler Connection Social Club web site. Richard Steinfeldt will introduce the Candler Social Club Facebook page. John Podkormorski, the spreadsheet developer, will have an e-mail list for each coordinator to review.

The communications committee will present a "New Resident Welcome Session" on Thursday, Nov. 3

at 3 p.m. in the Candler Hills Community Center.

In accordance with the Candler Connection Social Club by-laws, the board of directors is looking for three resident volunteers to serve on the nominating committee to seek candidates to fill the four upcoming board vacancies, which will be filled at the annual meeting in Tuesday, January 10, 2017. This will not take a lot of time, and the board will appreciate your volunteering. Those who wish to serve should contact Bob Scherff at (352) 291-1505 or bob.scherff@otow-homes.com.

The next Candler Connection board meeting will be held on Tuesday, Oct. 18, at 2:30 p.m. in the Candler Hills Community Center. All residents are welcome to come and discuss any issue pertaining to the board.

Historical Plant

By Bob Woods
World News Writer

Many residences within our community have one or more of these historical medieval plants growing in their yards. This ancient plant can be grown anywhere inside the home or outside providing the temperature stays above freezing.

The earliest record of this plant was in 2100 B.C. Later this plant was described in an Egyptian text as a source of medicinal purposes for both internal and external symptoms in 1560 B.C. Notable people from Cleopatra to Christopher Columbus relied on this plant for its healing properties. This plant is believed to have originated in Sudan and has been referred to as "lily of the desert" or the wonder plant. The plant is commonly known as aloe vera.

Aloe vera grows wild in tropical climates around the world and within the past few hundred years the plant has been raised and cultivated for medicinal and agricultural purposes.

The plant is commonly used in

ointments for burns and sunburns along with skin abrasions but mostly in cosmetics and moisturizers as it has anti-aging effects. Some consider the aloe plant as a potent superfood.

The aloe plant was introduced to Aruba off the coast of South America and it did not take long before the island was overrun with aloe plants. Today, Aruba is reportedly the world's largest aloe exporter.

Aloe plants like plenty of direct sunlight and sandy soil. Mature plants will bloom once each summer. Potted plants or those in the ground will sprout babies from the mother plant.

Aloes thrive outdoors. The stem of the flower can reach three feet in height with all kinds of arms extending a few inches from the stem with little orange/yellowish flowers. Be extra careful if you have the plant at home as this plant has spiny needles that can easily puncture the skin.



Photo by Bob Woods

A blooming aloe vera plant in our community.

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Back at The Ranch

Rus Adams
(352) 861-8180
rus_adams@otowfl.com

Weight Loss Success

Most of us are well aware of how difficult it can be to lose weight. The concept of weight loss is very simple, "eat right and exercise." Although simple in concept, the unfortunate reality is that this is extremely difficult to do. Here's why: the changes needed (eating healthy and exercising) go against the behaviors that we derive comfort from. Successful, long term weight

loss requires permanent lifestyle changes. It requires changing your approach to how you think and feel which will influence your actions. Behavior change is a key component to long term weight loss success. Consider these six key points with regard to behavior change and weight loss success.

1. Point to the destination - Change is easier when you know where you're going and what the rewards will be. Generate a S.M.A.R.T. goal; make it Specific, Measurable, Attainable, Realistic and Time-based. Instead of this goal: "I'm going on a diet to lose weight;" try this goal:

2. Understand the difference - Knowing something is not the same as doing something. Educating yourself on good nutrition such as learning how to read a food label, understanding how to balance nutrients and correct portions sizes is great, but that knowledge won't do you any good if you don't put it into practice. Behavior change is a process and it can be very challenging. Don't give up.
3. Follow the bright spots - Take a good look at where you're having success and what is working then keep doing it! What new healthy behaviors are you able to adhere to regularly? If you love Zumba and find it's easy to commit to going then keep it up. Try new recipes, cooking tips and tools; you've got to be willing to experiment with new things to see what works and what doesn't.
4. Script the critical moves - Have a plan for high risk situations. If you are successful at eating healthy throughout the day but know that you'll be tempted by late night snacking, then be prepared for that scenario. For example, even though you are not really hungry, TV watching might be a trigger for you to want to snack. Try another activity besides watching TV

5. Shrink the change - Break down big changes into smaller ones. For example, instead of a plan to "eat healthy" make a plan to have fruits and vegetables at two of three meals every day for the week. Smaller, more specific changes are easier to accomplish, manage and measure.
6. Cultivate your identity - Find like-minded people to share your journey and lend support. Weight loss support groups are well established in aiding success. Immersing yourself with others that are sharing similar goals generates a growth mind-set. It influences positive thinking, shapes new perspectives on "eating right and exercise" and reinforces self-efficacy.

The Ranch Fitness Center & Spa has the perfect weight loss support group: "The Get Fit Weight Loss Challenge" starts Saturday, Oct. 8 and will meet for six weeks to help participants reach their weight loss goals. The program is under the direction of The Ranch personal trainers and meets weekly at 8 a.m. for discussions and workouts crafted specifically to assist with weight loss. This program is for The Ranch members only; for more information about the program or membership, please call (352) 854-8707 ext. 7589.



Food For Thought

Sandy Curtis
(352) 861-9720
sandy_curtis@otowfl.com

Fall into a season change with us as we start October. Beautiful weather has arrived and we are feeling the effects.

Sid's Coffee Shop & Deli

Sid's Coffee Shop & Deli is open six days a week for your convenience. Grab a hot cup of apple cider and homemade pumpkin muffins throughout the month. If you have not stopped in and met Ken and Sandra, two of our wonderful staff, I encourage you to do so. Enjoy a relaxing atmosphere with great company.

The Pub

Got tacos? On Tuesday, Oct. 4, you can grab lunch the lunch special at The Pub, which includes two soft tacos, rice and beans for \$6.50 per person (plus tax and gratuity). It's National Taco Day and you don't want to miss it.

During the month of October, The Pub will be offering bratwurst and one side item for \$6 per person (plus tax and gratuity). This offer is good for dine in or take out.

The Club at Candler Hills

Beginning Monday, Oct. 3, you'll be able to enter in the weekly drawing for gift cards from \$50 and up which draws on Saturdays at 6:30 p.m. at The Club at Candler Hills. During the week, each time you spend \$10 (tax and gratuity not included) your name gets placed in our weekly drawing. You must be present to win on Saturday evening. If your name is drawn and you are not present, the following week, the gift card increases in value.

Join us for our annual Oktoberfest at The Club at Candler Hills, on Saturday, Oct. 8, from 4 to 9 p.m. with a buffet style meal prepared by Chef Marlon. The menu includes all you can eat for just \$17.95* per person (plus tax and gratuity). We will offer tossed salad, German potato salad, potato cakes, red cabbage, green beans with walnuts, Sauerbraten with gingersnap gravy, bratwurst with apple, onions and sauerkraut, shepherd's pie and for dessert apple strudel and German chocolate cake. Reservations are highly recommended. Call (352) 861-8760 today, give us your name and how many are in your party and let us take care of you for this great evening event. The patio will be available if you would like to enjoy your meal outdoors.

National Gumbo Day is Wednesday, Oct. 12. Gumbo is a stew that originated in southern Louisiana during the 18th century. It consists primarily of a strongly flavored stock, meat or shellfish, a thickener, and vegetables such as celery, bell peppers, okra and onions. Different varieties exist like Creole and Cajun gumbo. This dish is traditionally served over rice. Stop in from 4 to 8 p.m. and you can try our dish of gumbo for your dinner entrée.

It's back by popular demand. Our king and queen prime rib dinner. This all day slow cooked entrée will be served on Fridays from 4 to 9 p.m. Served up with soup or salad and two side items of your choice. Come in while supplies last and taste this delicious cut of meat.

Check us out on Facebook to keep up-to-date with all our specials throughout the month.

* Certain restrictions apply. See server for details.

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Carvers

By Bob Woods
World News Writer

There are two residents who carve (mostly wildlife) in the Hobby Building. Each carver utilizes different mediums. One carves out of stone and the other out of wood. They sit at the same table chatting with each other as they go about their hobby.

Richard (Dick) Aber carves his creations out of stone. Currently, he is working on a white American buffalo.

Dick, a retired high school art teacher, busily creates his rendition on the white American buffalo in perfect detail and on the side of the buffalo is the figure of an Indian woman. To many Indian tribes, the white buffalo is a symbol of sacred life and abundance. His creations are mainly Indian or wildlife.

The legend states that while two warriors were hunting a beautiful young woman dressed in white appeared. This holy woman taught this Indian tribe the mysteries of the earth. When this woman left the tribe she rolled over on the earth four times, changing color each time finally turning into a white buffalo calf. Great herds of buffalo appeared. White buffalo are extremely rare and only happens approximately one out of every 10 million buffalo births, according to the National Bison Association.

Dick starts his creations first with pencil drawings on paper. He chips away getting the general idea and then the tedious work begins. His tools include tiny files, flathead screwdrivers and sharpened ends of paint can openers.

Dick stated that the stone used is whitish stone very popular with stone carvers. It is a medium/hard stone, harder than sandstone and softer than marble. The stone is used to produce plaster.

Dick carves for pleasure giving away almost everything he creates. Dick also paints with watercolor and likes to build things. He built a kayak with beautiful paddles to accompany his watercraft.

Robert (Bob) McLaughlin carves his creations out of wood. Currently, Bob is carving sections of an American bald eagle.



Photo by Bob Woods

Richard (Dick) Aber and Robert (Bob) McLaughlin carving their masterpieces in the Hobby Building.

Bob has been carving wildlife for many years: birds, fish, elk, and a full size loon, which took him six months to complete. Prior to moving to our community 18 years ago, he would carve duck decoys used for hunting. Bob has been carving his wildlife figures for the past 10 years in the Art Studio.

Bob likes to burn the feathers on the birds he carves. He takes his burning tools out on his front porch to accomplish the burning phase of his project.

Bob carves using a very popular type of wood - northern basswood. Basswood trees grow 65 to 120 feet in height and can be found in the Midwest and Northeastern United States. The highest quality basswood comes from Minnesota, Michigan and Wisconsin. "The wood is hard enough yet soft enough for carving," Bob added.

Bob utilizes a small battery powered sanding tool to do the majority of his carving. He has a tool case with countless sizes of sanding

wheels and many grades of roughness. He said at times he uses a carving knife but generally winds up looking for a bandage.

Both Dick and Bob can generally be found Tuesdays and Saturdays in the Art Studio carving from 9 a.m. to noon. If anyone is interested, they are welcome to stop by to watch, strike up a conversation or maybe you would like to join them in carving. The Art Studio is not just for the carvers but all artists.



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Community Patrol

Patricia Woodbury

We hope you stopped by at the Club Fair on Thursday, Sept. 15, in the Recreation Center Ballroom to say hello to the Community Patrol members. We also hope some of you considered joining the patrol to learn about our community and keeping it safe.

Several patrol members will be assisting with the annual Halloween party on Monday, Oct. 31, hosted by the Southwest District Office

of the Marion County Sheriff's Office for the kids in the community. This year, since the district office is a voting precinct, the party will be held at The Town Square at Circle Square Commons. You might want to drop by and see how much fun the kids will be having with all the games and food.

Lieutenant Welch reminded us that the Sheriff's Office has a contract with On Top of the World to periodically patrol the community and give out tickets to those who do not attend to the speed limit and those who do not respond correctly to stop signs. Also another reminder was given that it is not legal for golf carts to cross SW 90th

Street to go to Walgreens. This will constitute a citation or a ticket.

At our August meeting, General Manager Lynette Vermillion spoke to the members about the growth of the community. Currently, we have 9,000 residents. In addition to the homes in the new section of Providence, Avalon will see some new lots, as will Crescent Ridge and Indigo South. A new area, called Sanctuary, will open behind the Power Park with 119 lots. Stonebridge will soon have a community center and pool and four additional tennis courts will be built at the Arbor Club.

Ms. Vermillion also mentioned that she is a chairperson on the

Munroe Regional Medical Center board. They have a proposal to build a 100-bed hospital at Timber-Ridge. Many persons were surveyed to enlist their support of this venture. She hopes that the community will be supportive of this effort.

The next regular meeting of the patrol will be Monday, Oct. 24.

Anyone interested in becoming part of our community patrol should call Gary Rodoff at (352) 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.



Citizens Emergency Response Team

Beth McKeen

Thanks to all who stopped by our table at the Club Fair in September. We always enjoy meeting residents and helping them to be prepared in the event of a disaster.

As well as CERT, there is another volunteer team within On Top of the World that assists the community. The Marion County Emergency Radio Team, otherwise

known as MERT, was organized by the Marion County Sheriff's Office Bureau of Emergency Management to provide reliable communications in the event of loss of conventional communications. Members consist of amateur radio operators, who meet regularly to train and also to test their equipment for reliability.

During a disaster, MERT members assist with radio integration for hospitals, shelters, CERT teams, as well as from the Marion County Sheriff's Mobile Command Center.

In the event of a disaster, our CERT members rely heavily on the MERT radio operators to provide

them with communication between the Emergency Operation Center and the On Top of the World CERT Command Center; between the CERT incident commander and the teams in the field; and between teams.

We are always happy to welcome new members to our teams, so please consider participating in these service organizations and giving back to your community. Be a volunteer for the Emergency Management Bureau of the Marion County Sheriff's Office.

CERT training classes have been filling very rapidly due to an in-

crease in CERT interest throughout the county, so it is not too early to apply for the next training class. MERT training classes are held twice a year. To receive an application for either team, call Beverly Case, CERT coordinator, at (352) 369-8103.

CERT meets every second Tuesday of the month at 9 a.m. in the Arbor Conference Center, Suites E and F. Our next regular meeting is scheduled for Tuesday, Oct. 11. Anyone interested in learning more about CERT is welcome to attend these meetings or contact Beth McKeen at (352)-237-5079.



Democratic Club

Dan Lack

Our October meeting will not take place on the usual fourth Thursday of the month. Instead, we will meet on Wednesday, Oct. 19, at 6 p.m. in Suites E and F of the Arbor Conference Center. There will be two speakers. Cynthia Moody, who is running for the triple "C" position of Clerk of the Court and Comptroller, will explain how her approach will differ from the in-

cumbent's policies. Cynthia worked in the court from 1997 until this year when she had to resign to run for office. Then we will meet Walter Dartland, the Democratic candidate for Congress from our district.

We are also seeking nominations for our board of directors. This is easy work for low (no) pay. The board meets for about half an hour once a month, one week after our club meeting. There is a president, vice president, secretary, treasurer and four directors. The slate of candidates will be presented at the November meeting and our election occurs in January 2017.

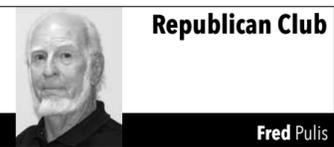
Thankfully there is only about a

month remaining until the national election. Your help is appreciated during this final stretch. You have a choice of volunteering at Marion County Democratic Headquarters at 601 SW 1st Avenue or at the Florida Democratic Party and Coordinated Campaign Headquarters at 1323 East Silver Springs Boulevard.

We continue to support the Ocala Ritz Veterans Village so please bring paper towels, toilet paper, dish detergent, toiletries, laundry detergent, canned food and dry food to our meeting.

We meet on the fourth Thursday of every month (except this month) at 6 p.m. in Suites E and F at the Arbor Conference Center. Our meetings are open to registered Democrats and Independent voters although only Democrats can be voting members of the Club. Videos of our speakers may be viewed on our otow demclub youtube channel.

For more information, contact Dan Lack at (352) 509-4942, otowdemclub@gmail.com or visit our Facebook page (On Top of the World Democratic Club). You are not alone!



Republican Club

Fred Pulis

The last Republican Club meeting was held on Friday, Sept. 9. Three different speakers made their final case for election prior to the Tuesday, Nov. 8 general election.

The first speaker was incumbent County Commissioner David Moore. He indicated how important and significant his and the national election is on Marion County.

The next speaker was incumbent David Ellspermann who is currently the Marion County Clerk of the Circuit Court and Comptroller. He informed the members of the fiduciary responsibility of his constitutional mandated office.

The last speaker was William

"Billy" Woods who is running for the Marion County sheriff. He delineated his policy and a position on what he intends to do if elected sheriff.

Other dignitaries in attendance were introduced and made themselves available for questions, comments, and answers. This included incumbents as well as candidates seeking newly elected positions.

The next meeting of the Republican Club will be held on Friday, Oct. 14 at the Arbor Conference Center, Suites E, F, and G starting at 7 p.m. Guest speakers will be making their case for election or re-election. For more information about the Republican Club, please contact Fred Pulis at (352) 854-9976.

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Sholom Park Presents Fun at the Park

By Summer Best

You're invited to a fun afternoon of live music, family-friendly games and activities at Sholom Park on Sunday, Oct. 23, from 1 to 4 p.m.

For the last 10 years, Sholom Park has been one of the best kept secrets in Marion County. The park is well known for the beautiful grounds and feelings of peaceful calm it evokes. On Sunday, Oct. 23, the park is trying something new with a part of the day being given over to a few hours of fun, organized activities. For families, the afternoon will feature a scavenger hunt that adds adventure, as well as an opportunity to visit with artists demonstrating plein air painting, and scores of activities for children of all ages. This event promises to offer a few hours of fun and good old-fashioned festivities.

"At Sholom Park, we believe communities are strongest when people take time to pause, reflect, and spend quality time with family, friends and colleagues," said board member Robert Colen. "That's why we are pleased to invite you, your families, friends, colleagues, affiliates, and neighbors to an event simply dubbed "Fun at the Park." We are presenting live music from a

local barbershop quartet and other musicians, and engaging, fun activities and games for families. Plans include multiple booths combining entertainment and education, such as science-themed scavenger hunts, face painting, plein air artists, and a myriad of other happenings."

As usual, all standard park rules will be enforced. Attendees are invited to bring lawn chairs or blankets, umbrellas, snacks and non-alcoholic beverages. There will be some refreshments available at the park.

Sholom Park is located at 7110 SW 80th Avenue, Ocala. Horticultural Arts & Park Institute, Inc., (HAPI) built and operates Sholom Park. HAPI is recognized by the Internal Revenue Service as a charitable organization under Section 501(c)(3) of the tax code. As a charitable organization, Sholom Park welcomes the generosity of year-round donations in order to maintain its continued presence in the community.

For further information, please contact Summer Best at (352) 875-4428 or Barbara Ortiz at (352) 387-7421. Additional information can be found at sholompark.org or by liking Sholom Park on Facebook.

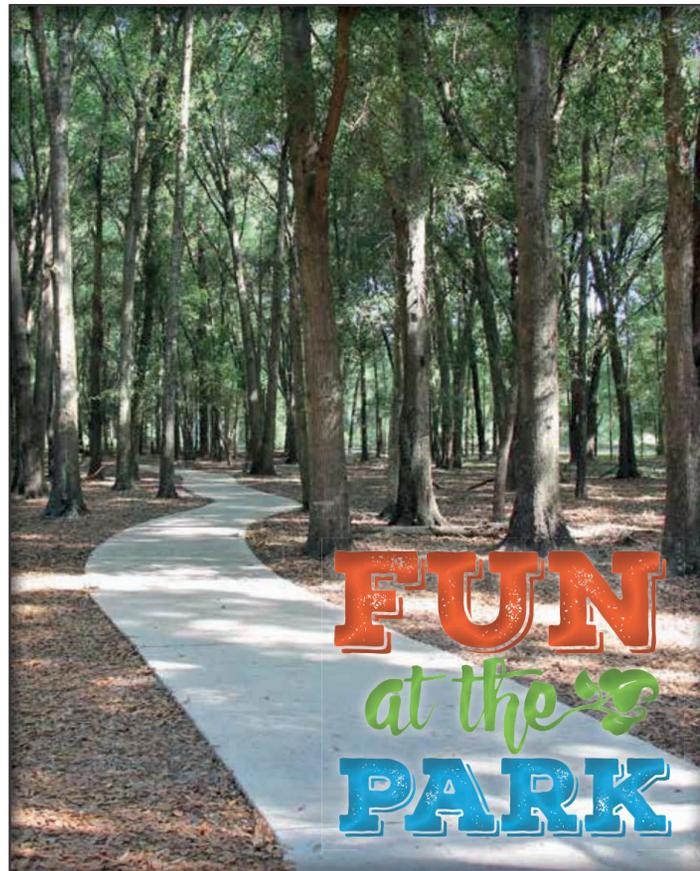


Photo courtesy of On Top of the World Communities, Inc.

Join in the fun at Sholom Park on Sunday, Oct. 23.



Photo by Ray Cech

Help support the Angel Tree for the students at Horizon Academy in Marion Oaks.

Angel Tree Returns

By Ray Cech
World News Writer

Last year, Horizon Academy in Marion Oaks reached out to the residents of On Top of the World, asking for support to help make children's Christmas morning a little bit brighter. Ed Barnes, volunteer coordinator and resident, said, "Response to the Angel Tree at the Arbor Club was overwhelming. We truly helped to put a smile on a bunch of students who found clothes, toys, games and school supplies under their Christmas tree - children who otherwise may have found nothing."

Katherine Brooks of Horizon Academy again leads this year's effort to reach out to communities, churches and volunteer groups to ensure that every student in need will be able to greet Christmas morning with a great big smile and a whoop.

Deservingly, Horizon Academy is highly ranked among the top middle schools in Florida based on schools of similar demographics but, at the same time, has one of

the highest percentages of socio-economically needy students. With this statistic in mind, Ms. Brooks, Principal Troy Sanford and Assistant Principal Scott Borth are once again asking residents to match, and maybe even exceed, their generosity of last year.

Were you to visit Horizon Academy and spend some time with Principal Troy Sanford or any one of his staff, you would be more than inspired by the enthusiasm, creativity, and personal effort that goes into making Horizon Academy the over-achieving middle school that it is. They believe that every student deserves the opportunity to succeed and, toward that end, the faculty mantra is to recognize and reward achievement and effort, build self-confidence and prepare students for the world outside.

When deciding on whom or what you will be supporting this Christmas season, think of the deserving kids at Horizon Academy and be an "angel."

The tree will be at the Arbor Club from Friday, Oct. 28, through Sunday, Nov. 27. Please remember that all gifts should be wrapped and the "angel" that you selected from the tree should be attached when dropping your gift(s) off at the Arbor Club.

Join the Fall Birding Season

By Debbie Sherer

The Unique Birders welcome you to join us as we begin the fall birding season on Sunday, Oct. 16. We plan to accompany the Alachua County Audubon Society (ACAS) on their bird walk to the Kanapaha Botanical Gardens (the Gardens) in Gainesville, Fla. The Unique Birders will enter the Gardens with the ACAS at 8 a.m. for a reduced entrance fee of \$4 per person. The contact for this trip is Margitta Claterbos (mclaterbos@cfl.rr.com). Continue reading for other important details.

The North Florida Botanical Society founded, funded and developed the Kanapaha Botanical Gardens. They named the Gardens after Lake Kanapaha that borders the Gardens on the north. The word Kanapaha is derived from the Timucua Indian words for palmetto leaf and house.

The Gardens' 62 acres provide many attractions for birds. Landscaped waterfalls, ponds, and many plant species abound here. A one-

mile nature woodland trail circles a large pond and winds through areas of woodland, palm, bamboo, tropical, fern, and cycad plants and trees. Signature plants at the Gardens are Chinese royal bamboo, giant Victoria water lilies and Asian snake arums.

Birds that we may see at the Gardens are the same as those commonly sighted in Paynes Prairie Preserve in Alachua County. ACAS records sightings of birds in the Preserve in eBird. Some of the recorded sightings listed in eBird for late August 2016 were black-bellied whistling duck, blue-winged teal, northern pintail, pelican, wood stork, great blue heron, great egret, snowy egret, little blue heron, tricolored heron, red winged blackbird, red-eyed vireo, barn swallow, and evening grosbeak. Fall migrants expected to be seen in October in Alachua County are American redstart, magnolia warbler, chestnut-sided warbler and the Tennessee



Photo by Sandra Marraffino

Snowy egret.

warbler.

Please respond to Margitta if you want to come on this trip. Our group must be at the gates of the Gardens promptly at 8 a.m. to enter with ACAS for the reduced fee. We

will need to leave the Recreation Center parking lot no later than 7 a.m. If you would like to join us on this trip, please contact Margitta Claterbos at mclaterbos@cfl.rr.com by Friday, Oct. 14.



Genealogy Society
Peter Parisi

On Friday, Aug. 12, a committee comprised of Judy White, Laurie Cope, Leona Vlacancich, Linda Detweiler, Jean Monroe, and Cathy McKelvey met to consider amendments to the by-laws of the Genealogical Society. These amendments were discussed and approved at the business meeting on Monday, Sept. 12. The major change was to move the election of new officers from the business meeting in December to the business meeting in October each year. However, the installation of new officers still occurs at the business meeting in December.

On Monday, Aug. 15, the educational presentation held in the Arbor Conference Center was a DVD titled "Researching Ancestries Online." The following is a recap

of some of the helpful sites mentioned.

- progenealogist.com: It is the official research firm of Ancestry.com. It is fee-based and they will review with you the information you've already gathered and then search for records you don't have.
- usgenweb.com: This website is a group of volunteers who provide free genealogy websites for genealogical research in every county and every state of the United States. It is non-commercial and gives information on the history of the county and state, historical cemeteries, old maps, various censuses and other helpful information.
- loc.gov/rr/genealogy/: The Library of Congress has manuscripts, newspapers, photographs, and maps but not county, state, or church

records. Those records must be obtained from the county courthouse or church in the county of interest, the state or city archives.

• stevemorse.org: This site contains links for finding passenger lists from Ellis Island, Castle Garden, Boston, Baltimore and other U.S. and Canadian ports, deciphering codes and Enumeration Districts in U.S. census records, vital birth and death records, maps, foreign alphabets, and numerous other applications. It does pull data from other websites but in an easier way than the original websites.

The Genealogical Society will hold a board meeting at 9:30 a.m. on Monday, Oct. 10 in Meeting Room #3 of the Hobby Building. A business meeting will follow at 10:15 a.m. at which the new officers for 2017 will be elected. The genealogy library will be open dur-

ing this time period.

We hope those who stopped by our table at the Club Fair in September are interested in further exploring their family roots and will consider attending our upcoming educational presentation at 10 a.m. on Monday, Oct. 17 in Suites B and C in the Arbor Conference Center. Ron Neibo has selected three presentations ("Grandma Got Me Hooked! What Now?," "Pathways to Success: How to Learn New Things" and "Don't Panic Yet: Citation for Beginners") from the National Genealogical Society 2016 Family History Conference held in Fort Lauderdale, Fla. in May and will present them in a PowerPoint format. It is for beginner genealogists.

Our annual dues are only \$10 per person or \$15 per couple. One of the benefits of membership is the large library of genealogical books and DVDs available to members to be signed out and used at home for their genealogical research. Check out our website: otowgenealogical-society.shutterfly.com.



View from the Library
B.J. Leckbee

For more than 30 years the late Mike Royko let his opinion be known about many things through more than 8,000 essays he wrote as a columnist for the Chicago Daily News, Chicago Sun-Times and Chicago Tribune. His opinions were spread across the country through syndication, as more than 600 newspapers printed those columns.

It's tempting to think that these columns would be outdated by now, as some date back to the late

1960s. Think again.

A collection of columns he wrote during his career was published in 1999 as "The Best of Mike Royko." Here are the titles of a few of the columns in this book and a clue to Royko's voice.

1968 "Accordion vs. the Guitar:" Mike explains why guitars replaced accordions as the musical instrument of choice for teenagers. This one has more to do with lifestyle changes than with music.

1974 "Let's Talk About Immunity:" Should President Richard Nixon be granted immunity or have the book thrown at him?

1981 "A Pact to Cherish:" How to be happily married and stay happily married through the years.

This was written to a young Prince Charles and his bride, Lady Diana Spencer.

1985 "If This isn't Danger, What is?" Royko rails over the decision of a judge to return a one-year-old child to her mother even though the child had been so severely abused she was bleeding internally. The public outcry after this column appeared caused the judge to change his ruling.

1989 "Woodstock Was Just a Muddy Memory:" Nothing remarkable happened there.

1992 "Parents, Not Cash, Can Enrich a School:" Royko blames lack of parental involvement for low test scores. He focused on Chicago, but believed this to be true anywhere.

1996 "And It's One, Two, Three Strikes ... You're Sued:" On a personal injury lawsuit filed by a spectator at a little league ball park who was hit in the face by an errant practice ball thrown by a nine-year-old boy, Mike asks, "Doesn't anything qualify as an accident anymore?" The spectator sued the nine-year-old boy.

These are only a few of the more than 100 columns printed in their entirety in "One More Time." Not everyone will agree with the opinions expressed in this book. But this man let us know what his were.

This is the only book by Mike Royko in our inventory. It's in the biography section along with a lot of other interesting books.



American Jewish Club
Sandra Wolf

Our welcome back meeting held on Sunday, Sept. 18 was very successful. It was nice to see many of our members rejoin and greet new

members. All enjoyed the welcome back cake and entertainment. We want to thank those members who stopped by our table at the Club Fair.

In August, we had our first dinner, which was held at Stumpknockers. It was well attended. Since this was so successful, plans have been made to have three more dinners this year. The lunch bunch will not

meet in the month when there is a dinner. The next one is scheduled for October at the Ocala Ale House while there is still daylight.

The lunch bunch went to Samantha's Café. This was a return visit as the first one was so well attended and enjoyed by all. This year's choices are a combination of new and old favorites. We look forward to seeing many of you as the season continues.

The meeting for Sunday, Oct. 16, at 1 p.m. will have a speaker from the League of Women Voters. This

is timely as elections are in November. The speaker will talk about the League, and provide information on the amendments that all of us must vote on. We look forward to having a good attendance.

If you know of anyone in the club who needs some sunshine, please contact Sandra Wolf at (352) 861-5674. I will send a card.

The board has worked diligently to create an interesting and diversified program. We look forward to seeing you there.

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Women of the World

Nancy Grabowski

While Hermine caused the Women of the World meeting to be postponed, she couldn't dampen the spirits of the members who gathered together on Friday, Sept. 9. We caught up with old friends and established new ties while we enjoyed light refreshments provided by the club and heard a presentation from Metro Crime Prevention.

Mountains of donations were created within the confines of the Recreation Center Ballroom. The lucky recipients were Kids Central, Inc., Marion County Senior Services, Operation Shoebox, and the SPCA. Members contributed much more than we anticipated! Somehow, they never cease to amaze us with their generosity!

Our cause at the Friday, Oct. 7, meeting is Romeo Elementary. Romeo is the school supported by 100 Grandparents, too. Items on the wish list include clinic items (new socks and underwear) and small prizes and/or candy for the annual Halloween round-up. The round-up provides a family-friendly, safe environment for the children to enjoy Halloween.

As always, we will assemble in the Recreation Center Ballroom about 12:15 p.m. for light refresh-



Photo by Mike Roppel

Women of the World received mountains of donations for local charities.

ments and a bit of gab! The refreshments will be provided by member volunteers with a newly added wrinkle. Ladies who provide a dish to share will receive a ticket enabling them to be the first in line

and enter them into a small drawing to be held later in the year.

Our members with the roses will be served next and then tables will be called randomly for all to enjoy the variety offered. Judy Singer and

her work-mates do a fantastic job maintaining the tables including the cleanup afterwards.

Shortly after the 1 p.m. start to the meeting, Dee Collier will present "Lizzy Jane." After her performance, a brief question and answer period will precede the business meeting.

One of our most exciting October activities, steeped in tradition, is the annual Rags to Riches sale. It will be held on Friday, Oct. 21, in the Arbor Conference Center. Lois Nix has graciously volunteered to chair this committee again and is seeking volunteers prior to and during the event. The garage that has been secured for staging is located in Friendship at 8851-A SW 92nd Place.

Items donated for the sale should be in good condition and working order. We look for anything other than clothing, make-up, and paint. Donations that do not sell at Rags to Riches are sent to another agency to help spread the good works; suitcases are given to the Domestic Violence and Abuse Center to assist families as they move out to live independently; golf clubs and bags are sent to Operation Shoebox; others are given to Divine Providence or Brother's Keeper.

Women of the World is open to women residents ... we're just a smile away. We hope to see you at the next meeting!



R/C LadyBirds

Caren Kowalsky

To all of our returning LadyBirds - a warm welcome home. Hope you had a wonderful time away. We missed seeing you at our monthly luncheons.

Welcome to our two new board members Vice President Vikie DeLuyck and Treasurer Barbara Wright. A big thank you to our outgoing Vice President Ruth Kuntar and Treasurer Linda Lohr.

Our first meeting of the 2016/2017 season took place on Friday, Sept. 9 with a full agenda. Some items of interest we discussed were by Ruth Kuntar and Cathy Fanelli regarding the need for volunteers to work at Rags to Riches on Friday, Oct. 21 at the Arbor Conference Center.

Caren spoke about needing volunteers to work at the R/C Fly-In on Saturday, Oct. 22, at 9 a.m. at the flying field.

It is time to begin thinking about and planning for our fall potluck on Saturday, Oct. 29 at the Arbor Conference Center, Suites E, F, and G. Volunteers are also needed to host our monthly luncheons at local restaurants.

The Tuesday, Sept. 27 luncheon

took place at Southern Pig and Cattle. Delicious food and great companions, who could ask for anything better?

We are beginning to set up for another fun filled year of events. So, think up some interesting speakers, events, etc. and bring your ideas to our next meeting on Friday, Oct. 14.

We are always on the lookout for new wives and significant others of the R/C Flyers to join us. To that end, we cordially invite all to attend a meeting, and see for yourself what a fun group you can join. After you sit in on a meeting, we are sure that you will want to join our happy group. Meetings take place on the second Friday of each month from

September to April, beginning at 9 a.m. at the Arbor Conference Center, Suites B and C. Delicious goodies are provided monthly by one of our fantastic bakers. So bring your beverage of choice, and please join us. Looking forward to seeing you at our next meeting. Any questions - please contact Caren at (352) 291-1235 or allensky@earthlink.net.

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Chef Randal White will conduct cooking demonstrations using locally grown food from the Farmer's Market and healthy Measure Up Marion approved recipes. Demos will include recipes and nutrition information.

Chef Randal is the talent for "The Chefs Table" TV show, airing on PBS channel 5 Gainesville, Florida. With the sponsorship of IFAS UF, the show's objective is to utilize fresh local products and promote local food awareness and healthy, fresh eating. Chef Randal's company is Chef Randal White, LLC. He is a restaurant consultant and a chef at Mark's Prime Restaurant.

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Lions Club

Estelle Clark

The summer has come and gone. We had such a great time purchasing school supplies for a group of orphans. Yes, we do have a facility here in Marion County. It is called the Heart of Florida Youth Camp and the children are classified as orphans. They have 34 children between the ages of six to 17 who needed supplies for school. With the help of the new Neighborhood Wal-Mart, Richard's Restaurant and our club, we were able to purchase everything each child needed. We will also be doing our best to make sure that these kids along with the

kids we collect for with our tree at Christmas (in the Recreation Center lobby) will not be forgotten.

In October, we will start our annual school vision and hearing screenings. This is a fun time of the year interacting with the elementary school children.

The Veterans Day program will be held on Friday, Nov. 11, at 11 a.m., in the Recreation Center Ballroom. We are looking forward to a large turnout to come and honor our veterans. Refreshments will be served.

We are also now working on our fourth annual Recycled "Trashy" Fashion Show on April 8, 2017. There will be some surprises. Everyone is eligible to enter. To participate, the outfit has to be made of at least 75 percent recycled material. There is no cost to enter. You must

be a non-professional model or designer. We will soon start pre-selling tables. Come join us; you may win funds for your favorite 501c3 Entity (non-club Foundations).

Blink, blink! Do you know what that means? A gentleman in the grocery store stopped me the other day. He told me a story about a neighbor whose front porch emergency light was blinking and the new neighbors didn't know what it was. This is a light switch that the Lions Club sells (we don't install) that you can have a handy person attach to your porch light switch. If you have a medical emergency, this light lets your neighbors know there is a problem but also helps the EMTs find your house much faster. If you need one, call me at the number below.

The Lions Club is busy collect-

ing used eyeglasses, which we send to our recycle center to be cleaned, refracted, coded and sent to Third World countries with missionaries. Our used ink jet cartridge and cell phone collections are sent to a company which gives us a rebate and we use those funds to send children to diabetes camp.

We are still collecting children's socks, stuffed animals and books for Munroe Regional's Medical Center's Children's Emergency Room.

We are a busy, fun club and love giving back to our community. We meet the second and fourth Tuesday of the month at the Arbor Conference Center, Suites B and C, at 6 p.m. Come for a visit. For further information please contact Lion Estelle Clark at (352) 861-7358. We serve!



Southern Club

Melanie Vittitow

The Southern Club started our new season on Thursday, Sept. 1, and wouldn't you know that was the day Florida had its first hurricane in 11 years? It just brushed by us but the threat was enough to keep lots of people at home. So we had our meeting with about half as many members as usual, but it was still fun and we had plenty to eat!

For those who are new residents or who may be looking for a club to join, we meet on the first Thursday of the month at the Arbor Conference Center, Suites E and F, at 5 p.m. for social time with the potluck dinner starting at 5:30 p.m. A short meeting and possibly a speaker or some sort of entertainment follows our dinner; but we are basically a social club that enjoys the fellowship and camaraderie associated with southerners and southern hospitality.

We welcome new members anytime. Our only stipulation is that at least one of the household be from the South or have lived in the South

(including Florida) for five years. We figure by that time, you have become an honorary Southerner.

As our new president, Ann, reminded us, "Southerners may say fixin', ain't" or y'all, but that doesn't mean they're not educated. We may call you sweetie or honey and greet you with hey and a hug. We were taught to be polite and say ma'am and sir. And if you don't know where yonder is, you ain't from the South! But, by golly, if you're proud to be a southerner, love southern food, married a Southerner, or simply like the South, the Southern Club is for you."

For everyone who was not at the September meeting, this is a reminder that our dues of \$10 per person are currently due. Since this is a potluck, we ask that you bring a dish to share for eight to 10 persons. It can be a salad, meat, vegetable, casserole, or dessert. You also need to bring your own utensils and plates. (The club furnishes the drinks.)

We hope you will give us a try. The first Thursday of October is one week from today, Oct. 6, so mark your calendar and figure out what you want to bring. If you have any further questions, you can call me at (352) 873-8690.



Pennsylvania Club

Micki Malsch

Welcome back! The Pennsylvania Club meeting was held on Wednesday, Sept. 14. Sloppy Joe sandwiches and cupcakes were prepared by Claudette Moher and Micki Malsch. Forty-three members and their guests enjoyed the luncheon and bingo game for prizes. There were door prizes as well. It was good to see so many old friends and new faces.

The Wednesday, Oct. 12 meeting will be our annual Oktoberfest dinner. Dinner will consist of roasted pork, kielbasa and sauerkraut, German red cabbage, potatoes, German chocolate cupcakes and apple cake. Tickets are \$8 per person and must be purchased by Wednesday, Oct. 5. Call Micki Malsch at (352) 861-8790 for tickets or information.

The Wednesday, Nov. 9 meeting will be snacks only. Claudette Moher will be the host and a guest speaker is planned.

On Wednesday, Dec. 14, the meeting will be held at 5 p.m. This is the annual Pennsylvania Club Christmas party. The board will prepare ham and members are asked to sign up to bring side dishes and desserts. All members who wish to participate in the gift exchange are asked to bring a new, wrapped gift not to exceed \$10. The sign-up sheet for side dishes and desserts will be posted at the November meeting.

You don't have to be a member to join in the fun. Guests are always welcome in search of good fun, food and people! Until we meet again ...



New England Club

Donnamarie Castellano

Our May pizza party celebration was a great ending to our last season and now on to a new 2016/2017 season of the New England Club; we have an interesting year planned. Our first social will be Thursday, Oct. 20 and we will be meeting in the Arbor Club Ballroom, at 1 p.m. All members on my e-mail list have received a schedule of meeting times, dates and locations. If you would like a schedule then just send me an e-mail with your information and I will e-mail you back with the schedule attached.

Our vice president, Barbara Garrison, will be running the October social as I will be out of town. During our first social, a membership fee (\$10 per person for the season October through May) will be collected. Registration forms will be handed out and collected for any new members. And among activities planned there will be time for everyone to get acquainted. Please mark your calendars. We do serve coffee, tea and refreshments so if you can, please bring a light refreshment to share with fellow members. Thank you.

If you reside in Indigo East you will need to hold a Gateway of Services Pass in order to attend. For more information about our club, please contact Donnamarie Castellano, president, at donnamarie22452@yahoo.com or (207) 212-6529.

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Bible Study
Lynne Roder-LeDonne

Our yearly women's Bible study will begin Friday, Oct. 7 and continue until May 2017. We will meet in Arbor Conference Center, Suite A every Friday from 10 to 11:30 a.m.

Lynne Roder-LeDonne, a qualified and experienced Bible teacher, will lead the study. We will continue our study of the Gospel of Luke. Our ladies come from many different church backgrounds but all share a heartfelt desire to read and study the word of God.

New women are most welcome, and we look forward to a year of spirit-led discussions and rich fellowship. If you have any questions, please call Lynne Roder-LeDonne at (352) 873-2668.

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Favorite Recipes Dinner Club

Luke Mullen

Last month, I discussed in general some of the activities of the club, the monthly dinner schedule and how the food for the meal is divided up. If this activity interests you, just call me. I will answer all of your questions. I would then describe the responsibilities about hosting a dinner. You would be responsible for asking guests if they have any allergies and you would also tell the guests the main entrée that you would be preparing. You would then request them to provide what type of accompanying dish to

bring to the dinner. This could be appetizers, dessert, salad, etc.

If this sounds good to you, I would then make an appointment to go over our club guidelines. These guidelines outline how the club operates. They describe what the expectations are for all members, either as a host or guest at a dinner. These guidelines were created to make sure everyone has the same idea of what is appropriate for this type of club.

If you then decide to join, I would then assign you a two-digit number and take your pertinent information. Additionally, you would decide the number of people to have at your home for any dinner you might host.

After joining, I send an e-mail to all club members indicating

that you have joined and add your name and pertinent information to the roster. This would include the amount of guests chosen for your hosting preferences.

Shown is a favorite recipe I enjoy making for the our club when it is my turn to provide the dessert for the dinner I am attending.

Choc-Full-of-Apple-Pie

6 to 8 servings

- 5 to 7 tart cooking apples
 - 9-inch unbaked pastry shell
 - 1/3-cup sugar
 - 1-teaspoon cinnamon
 - 1 package (6 ounces) semisweet chocolate bits
 - 1/3-cup sugar
 - 1-cup prepared biscuit mix
 - 1/4-cup butter
- Preheat oven to 400 degrees Fahr-

heit. Slice apples thin after peeling and coring them. Arrange half the apples in unbaked pastry shell.

Mix cinnamon with half the sugar and sprinkle half of it over the apples. Then sprinkle a 1/2-cup of chocolate bits.

Repeat with the remaining apples and sugar and cinnamon mixture, but do not sprinkle with chocolate.

Mix the remaining 1/3-cup sugar with biscuit mix and cut butter until it is crumbly. Spread over top of pie. Bake about 40 minutes.

Spread the remaining chocolate bits over the top of pie and bake 5 minutes longer.

Our club is looking for new couple members. If interested, call Luke at (352) 304-8104.



The Glitzy Gals

Janet Wahl

Our recent luncheon with hostess Dot Hinde at the Ocala Hilton was enjoyable as we were able to socialize along with eating lunch. The table was decorated in a fall theme. Ann Parker won the prize for this outing. Our next stop was the Paddock Mall where some of us found bargains.

The San Antonio Marriott Rivercenter, a magnificent hotel on the River Walk, was the location of the International Red Hat Society Convention. QM Mary Curry and Ellen Brecheen attended. Sixty-seven Red Hatters from Florida were among over 1,200 others. Highlights included a boat tour on the River Walk plus enjoying our strawberry margaritas, a tour of five missions including the influence each had on the city, and a Mexican market,

world famous for offering as close to a real Mexican market as available on this side of the border. A great lunch at Mi Tierra Cafe located at the Market was also enjoyed. Our final stop of this tour was at the Historic Arts Village that covers one square block of the city.

La Fiesta Roja was the Red Hat Society opening ceremony with Mexican inspired entertainment and food. Folklorico outfits in our colors were the dress for this activity. The Rhinestone Roundup at the Knibbe Ranch included a Texas size barbeque dinner buffet, line dancing, entertainment and an opportunity for a photo with a live Texas longhorn.

The Red Hat Society International Convention brings ladies from a number of countries together to spread the joy of fun, friendship, freedom, fulfillment and fitness with women everywhere.

"There is nothing like a broad grin or a deep belly laugh to lighten one's load." QM Mary Curry



What's Cookin'

Nancy Grabowski

Hermine has passed but left an American icon in her place: the tailgate party. While it can be outdoors, indoors, at home or away, it still needs some appetizers to add to the festivities. The following are easy and delicious, look great and are simple to prepare. Let's get started!

Warm Spinach & Artichoke Cups

- 24 wonton wrappers
- 1 14-ounce can artichoke hearts, drained, finely chopped
- 1 cup shredded mozzarella cheese
- 1 10-ounce package frozen chopped spinach, thawed, squeezed dry
- 1/3-cup mayonnaise
- 1/3 cup grated Parmesan cheese
- 1/4 cup finely chopped red peppers
- 2 cloves minced garlic

Heat oven to 350 degrees. Spray mini-muffin pans with cooking spray, line each with a wonton wrapper; arrange wrappers so it extends over the top of the cup. Bake 5 minutes. Meanwhile, combine the remaining ingredients.

Spoon mixture into wonton cups. Bake an additional 12 to 14 minutes or until the filling is heated through and edges of cups are golden brown. Crabmeat and chopped green on-

ions may be substituted for the artichokes and spinach for a play on crab Rangoon.

Mini Cheese Balls

- 1 8-ounce package cream cheese (plain or chive & onion)
- 1 8-ounce package shredded mozzarella cheese
- 4 slices bacon, cooked, finely chopped
- 1/2-teaspoon Italian seasoning
- 1/2-teaspoon garlic powder
- 1/2-cup toasted walnuts, ground

Mix cream cheese and mozzarella to blend completely. Stir in chopped bacon and seasonings.

Shape into 54 balls, 1 level teaspoon each. Roll in walnuts. Cover with plastic wrap and refrigerate at least two hours.

Other cheeses can be substituted for the mozzarella.

Cheesy Football

- 2 packages (8-ounce each) cream cheese, softened
- 1 8-ounce package shredded sharp cheddar cheese
- 1/2-cup grated Parmesan cheese
- 1/2-cup mayonnaise
- 2 green onions, chopped
- 1/4-teaspoon black pepper
- 3-ounces finely chopped bacon
- 2 tablespoons pimento strips

Beat cheeses and mayonnaise with mixer until blended. Add onions and black pepper; mix well. Refrigerate several hours.

Form into football shape on serving plate; coat with bacon. Add pimento strips for "faces." Serve with crackers.



Singles Club

Lorraine Serwan

The fall season of the Singles Club started off with a bang. More than 45 new and returning members attended the September meeting.

On Sunday, Oct. 9, a group will be carpooling to the Ocala Civic Theatre to enjoy "Sincerely, Frank (Sinatra)." The group will meet at the Recreation Center parking lot at 12:45 p.m. There is a remote possibility that a few tickets might be available. Call Nancy at (352) 854-9185.

Our next event is our birthday luncheon on Thursday, Oct. 13, at noon. If you did not sign up to attend at the September meeting, call

Dianne at (352) 509-4922. We will meet at the Recreation Center parking lot nearest the street, furthest from the building at 11:30 a.m. to carpool to Olive Garden.

Looking ahead to November, we will be having lunch at the Windmill Acres Farm and Goat Dairy. Call Dianne at (352) 509-4922 for more information.

This year, we will be celebrating the holidays at Red Lobster. We will be able to order from the menu. Don't forget about the gift exchange.

We meet on the second Thursday of each month in the Arbor Conference Center, Suites G and H, at 2 p.m. Join us and bring a friend. Remember that there is no meeting at the Arbor Conference Center in October since we are celebrating the club's birthday at Olive Garden.

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Native Plant Group

Ron Broman

Per "Native Florida Plants" by Haehle and Brookwell, "To most

gardeners, Spanish needle is a noxious weed - invasive, ugly, and something to be uprooted immediately."

Per "Wildflowers of Florida and the Southeast" by Hall and Weber, "This plant is extremely weedy. It

is propagated by seeds that move everywhere humans and fur bearing animals travel by means of the bristles catching on fur and clothing."

Per "Wildflowers - South Florida Natives" by Schuyler, "The name beggar ticks or Spanish needles refers to the half-inch long spindle fruits with two barbed prongs that attach to clothing and fur, dispersing the seeds."

With "recommendations" like these what more can be said? Perhaps we haven't heard the whole story.

Shuyler goes on to say, "Bidens is found in tropical parts of the world and is among the first plants to appear in disturbed sites."

Hall and Weber relate this interesting bit of history. "Fruits of this weed were found in the Spanish treasure ship Atocha that sank over 300 years ago and were successfully germinated." Talk about survival!

If we are searching for a plant that can teach us about successful adaptations and strategies for passing on its genes to next generations, we've surely found one.

After hiking in an area where

bidens flourished, the species has topped the list of my wife's most non-favorite plants. But let's look at the other side.

Young leaves contain healthy vitamin C and can be cooked and eaten like spinach. For butterflies and other pollinators, its nectar makes it one of the most popular plants. The caterpillars of the smallest of the Florida sulphur butterflies, the dainty sulphur, nathalis iole, survive on the leaves of bidens alba, var. radiata. With its yellow-orange disc and white ray flowers, it is really quite attractive.

Perhaps a compromise may be in order. Choose where one walks, would be one idea. Allow a few Spanish needles to flourish as food for the pollinators and the munchers, the dainty sulphur caterpillars (and us). The remainder of our garden can be maintained as a healthy diverse native habitat. What say?

The Native Plant Group members continue our maintenance of the SW 94th Street circle, the Longleaf Pine Trail, and the Belleview Library garden. Call (352) 861-4560, when you get a hankerin' to join us. Growing native is a winner!



Photo by Ron Broman

Spanish needle makes the point.



Photo by Janis Holte-Pavlatos

"Jazz Night" Happy Hour winners were Charlotte Erickson (first), Laura Schnur (second) and Pat Olsen (third).

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100 Grandparents

Janet Fragapane

Welcome to our new readers: Loretta Campagna, Pamela Monk, Elaine Morrison, Nancy Connors, Robin Kaizer, Robert Vlacancich, and Kathy Broderick. If you would like to volunteer to read to the children of Romeo Elementary, call Evelyn Holiday at (352) 237-0304.

A big thank you to all who donated items and left them on my porch: Joan Salisbury, Gary and Dee Springer plus the anonymous ones. Box tops, pull tabs, Campbell soup labels, gently used or new children's clothing and shoes as well as new socks and underwear (in sealed packaging) can always be left on my porch. If you can't come by, please call me at (352) 861-1575 and I will pick up the items.

The backpack program is always in need. Sometimes the food items the children receive from the program are the only food they have outside of school. To donate, please send a check made out to Dunnellon Food-4-Kids, P.O. Box 262, Dunnellon, Florida 34430. In

memo line, note "backpack program."

Assistant Principal Mrs. White spoke to the 100 Grandparents about the Summer Slide program. It is a reading program to keep children motivated in reading, and not lose skills over the summer; 49 percent of the school took part. There are 720 students at Romeo Elementary. Most children read over 10 hours a week and it shows in their work in school already this year. This program has helped Romeo to move up six points to a C grade. The goal for next year is a B grade.

They have an anti-bullying challenge, which they are combining with the campaign to sell Coupons for Education books. The campaign is for the children to sell the Coupons for Education books. The children get a piece of duck tape for each book they sell. If 110 books are sold, the students get to use their piece of duck tape to tape the principal, Mrs. C. Balius, to the wall. This challenge builds on the anti-bullying idea: PBS (Positive Behavior Supports). All personnel in the school wear an apron - when they see something good happening or positive attitudes - they reach in their apron and hand out paper "Pesos." The students look forward



Photo by Bill Shampine

Hannah Cole, Mary Ann Altman, and Robin Kaizer, residents living on SW 86th Loop, preparing for the first reading event of the new season for the 100 Grandparents.

to earning them, as they can carry the flag, sit in the teacher's chair, dance for 30 minutes, etc. The teachers also get paper Pesos for school supplies.

In October, the school will start a "Say No to Drugs" program. Teaching children to look to what makes them feel good by what they do.

What do you do for a high? Teaching them to want a healthy lifestyle, sports, reading, art, dance, music, etc. instead of drugs is the goal of the program.

Our next bus ride to Romeo Elementary will take place on Tuesday, Oct. 11. Please park at the rear of True Value Hardware store. The bus will leave at 8:30 a.m.



SPCA

Maria Devine

October is another busy month for the SPCA. On Saturday, Oct. 1, we will have a table at an adoption event outside the Marion County Public Library (main branch) on Silver Springs Boulevard. Other local animal rescue groups will be there as well. We will have pictures of our animals up for adoption as well as brochures about our group. There will be books and other events for children so please bring your grandkids if they're visiting.

Our next meeting is on Thursday, Oct. 20, at 1 p.m. in the upstairs meeting room at the Bank of the Ozarks. Then the next day on Friday, Oct. 21, you can stop by our table at Rags to Riches in the Arbor Conference Center, from 9 a.m. until noon. We will be selling our famous zero calorie doughnuts and

delicious coffee. You can ask us questions about our organization and get to meet our nice members.

If you need to get in touch with us for any reason, please call our hotline number at (352) 362-0985.

We are happy to report that all three cats from last month's column - Honey, Vocal and Buddy - have been adopted into their forever homes.

This month, we have a silver-haired miniature schnauzer named Bentley for adoption. Bentley is between two and three years old,

weighs about 15 pounds and is described by his foster mom as the happiest dog alive. How's that for a special pup? While he'll sit in your lap and cuddle for the longest time, he's not strictly a lap dog. He loves to play with his toys and with you, and needs quite a bit of daily exercise. He'll sit like a little gentleman for a treat or cookie, kiss you afterwards for being so wonderful, and then throw you one of his toys so you can have some extra bonding time. He also likes to play with other dogs. He knows he's spiffy

looking, being the less common silver-haired variety of schnauzer. You may be silver haired too, and the two of you will look dashing going about town together. This sweet boy will melt your heart at first greet. He was surrendered to us because his mom could no longer give him the time and attention he needed. Could you be the one to fill that void for Bentley?

What's more fun and sweeter than a basketful of kittens? Why, seven very young kittens, of course. That's how many little tabbies we have available for you. All are neutered and up to date on shots.

We also have an older kitten named Chloe that is about eight months old if you don't want to train a teeny tiny kitty. She's a gray tabby that has very good house manners and would like to live in a permanent home with someone like you.

Please call the SPCA at (352) 362-0985 to meet Bentley, the kittens, or Chloe see if one or more is right for you.



Bentley

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On the Road Again

Bob Woods

The club is excited with the planned trips for 2017. All trips sponsored by the club are open to residents and their guests. Deposits, unless otherwise noted, are fully refundable up to final payment for any reason. Flyers for all trips are on the club's website at bobwoodsontheroadagain.com or a club member will hand deliver a flyer, registration form, and collect deposits at your residence. All it takes is a simple phone call.

Please note all remaining trips for 2016 are full.

Starting with a cruise, the club has a lengthy trip departing our

community on Feb. 7, 2017 heading for Sydney, Australia to circumnavigate the island nation onboard Royal Caribbean's Radiance of the Seas with a stop in Bali, Indonesia along with many ports of call in New Zealand. Call Bob for additional details at (352) 854-0702. There is space for two additional couples.

Departing June 3, 2017, a motor coach trip is planned to Niagara Falls and Toronto, Canada for an eight-night/nine-day adventure stopping at many locations including Niagara-on-the-River, reportedly one of the prettiest towns in Canada. Passports are required. John and Annette are hosting this trip. Available space is limited so act now if interested.

Departing our community on Sept. 1, 2017 (Labor Day weekend) for a three-night/four-day fast paced motor coach trip, the club

is heading to the Callaway Gardens Balloon Festival in Pine Mountain, Ga. We will be spending two nights at the festival with a stop at FDR's Little White House Historical Site, National Infantry Museum at Fort Benning, the Naval Civil War Ironclad Museum at Port Columbus, Plains, Ga. and Andersonville POW encampment and museums. Great photo opportunities prevail. Bob and Bev Woods are hosts.

On Nov. 12, 2017, the club departs for the Christmas festivities in Pigeon Forge, Tenn. taking in many sights and five theater performances. Additional details at time of writing are not available but look on the website for updates. Hosts are John and Annette Ware.

The final club excursion departing our community will take place on Dec. 2, 2017 for a cruise on Royal Caribbean's newest Oasis

class ship, the Harmony of the Seas visiting Nassau, San Juan, and St. Maartin. There is a \$75 shipboard credit offered for each cabin. Passport required. Hosts are Bob and Bev Woods.

For additional information or flyers go to the club's website at bobwoodsontheroadagain.com or call Bob Woods at (352) 854-0702. Additional details and information will appear in future columns of the World News. Don't procrastinate - book now.

Due to the club's change in transportation for motor coach trips, the club necessitates requiring a minimum of 40 participants unless otherwise noted. This change will assure better coaches in the future beginning in 2017 for all the club's trips.

See you all on the road again.



Travel Toppers

Mary Lamp

As this column goes to press, some club members are getting ready for the Danube River cruise with three nights in Prague followed by a seven-night cruise from Nuremberg to Budapest. What a fabulous time of year to enjoy all the sights of old cities and river scenery of Europe!

The Valentine's Day cruise on Royal Caribbean's Oasis of the Seas from Feb. 12 to Feb. 19, 2017 has been closed for additional book-

ings. There are no more cabins available.

Below you will find several trips that are available for booking. If you are interested in any of these trips, please contact the coordinator listed (Monday through Friday, 9 a.m. to 1 p.m. only).

There are a few openings available for the trip to the Premium Outlet Mall in Orlando on Friday, Nov. 11. If you are interested, call Inge Gaitch at (352) 237-7428.

Reservations for the adult comedy, "Don't Dress for Dinner," at the Sonnentag Theatre at the IceHouse in Mount Dora on Jan. 21, 2017 can be made by calling Gail Ambrose at (352) 671-8280. Lunch will be on your own at a restaurant in down-

town Mount Dora.

"The Christmas Spectacular" at the Show Palace in Hudson will open for booking on Monday, Oct. 3. This trip will bring back some of your favorite Christmas memories from building snowmen to drinking eggnog, singing carols as you decorate the tree, hearing your favorite stories, or watching children open their gifts. If interested, contact Pat Hood at (352) 237-8533.

Bookings for the trip to Disney Springs in Orlando on Feb. 9, 2017 will open on Monday, Nov. 7. Bookings to see "Saturday Night Fever" at the Show Palace in Hudson will open on Monday, Dec. 5.

Be on the lookout for details on making reservations for additional trips in future columns or by visiting our website at traveltopperstours.com. If you wish to receive our monthly e-mail newsletter, contact Allan Rickards at (352) 216-0528.

Travels Toppers is a resident volunteer-run club. All Travel Toppers trips are escorted by a member of the board, include gratuities and taxes, and are open to all residents and their guests. We welcome your input and involvement as we plan travels of interest to you. Contact any officer if you would like to get involved.



Michigan Club

Nancy Meininger

The first Sunday of every month at 5 p.m. is the time for Michigan-ers to gather at the Arbor Confer-

ence Center, Suites E and F.

Bring your tales of summer fun, your lists of new favorite places to eat, new beaches to walk and campgrounds to camp. Also bring souvenirs to show and photos to share. Although we are all from the "Pleasant Peninsula," we enjoy discovering new treasures to seek!

Judy Wagnitz and Kathy Dushary, two of our founders, will greet you at the door. Nancy Meininger will be back for our November meeting.

Bring a dish of your favorite Michigan food to share at the buffet dinner and your choice of non-alcoholic beverage to drink.

And since it is that time of year, wear the colors of your favorite big ten college. Go green, go white!

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(Please park all vehicles and bring items to the truck)

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Do you have electronic items sitting around that you would love to dispose of? We are making that possible by offering "Responsible Electronics Recycling"! Everyone knows electronics can be harmful if thrown into the landfill or dump. Reelectrocycle is working to help make a difference for you and your community! Reelectrocycle's mission is to help clean up harmful electronic trash and give people an excellent alternative to just throwing away their old electronics.

*Items that will incur a \$5 fee per item: Box, Cabinet, or Projection types of TV's and CRT monitors.

FOR MORE INFORMATION, PLEASE CONTACT THE RECREATION CENTER OFFICE AT 352.854.8707 EXT. 7533 OR 7530.

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MM-16-384



Active Living

Theresa Fields
(352) 854-8707 ext. 7530
theresa_fields@otowfl.com

Fall officially began on Thursday, Sept 22, and many of us are looking for those cooler temperatures to arrive. Cooler temperatures mean we will begin to see a lot of familiar faces returning to On Top of the World. Just in time, as we are off to a busy month.

Line Dancing*

Line dance classes take place in the Recreation Center Ballroom every Monday from September to June. Four levels of dance are offered. Choose your class according to your ability. You can switch to a different level at any time. The cost is \$10 per four-week session with instructor Marilyn McNeal.

Line dance tickets may be purchased Tuesday through Friday, 8 a.m. to 4 p.m. in the Recreation office. Please note that line dance tickets will not be sold on Mondays.

- **ABSOLUTE BEGINNERS** (5 to 6 p.m.): This class is an introduction to line dance. Step patterns are described, practiced and used in simple routines. Step sheets provided.
- **BEGINNER LEVEL ONE** (3:45 to 4:45 p.m.): This class is the next level after completing Absolute Beginners. Dancers have some experience now and know step pattern descriptions. Easy dances are taught at this level with additional step patterns added.
- **BEGINNER LEVEL TWO** (2:30 to 3:30 p.m.): Class includes basic line dance steps, combinations, and easy dance patterns, with low impact movement to many different rhythms. New step patterns are taught as needed. Some prior dance experience is required.
- **IMPROVER PLUS** (1:15 to 2:15 p.m.): Dance experience required. Improver plus means slightly easier than intermediate. Current popular dances taught at this level.

Get Acquainted Coffee

Join us in welcoming some of our new residents into the community! We will have a Get Acquainted Coffee on Thursday, Oct. 13 in the Recreation Center Ballroom, from 9 to 11 a.m. There will be coffee, doughnuts and representatives from various clubs, fitness and more. Each representative will speak on the services and programs they have to offer. At the conclusion of this event, we will take you on a short walk to familiarize you with some of the facilities and amenities that are available to you as residents. For more information please contact the Recreation Center office.

Relectrocycle

Do you have electronic items sitting around that you would love to dispose of? We are making that possible by offering "Responsible Electronics Recycling" on Thursday, Oct. 13 in the Recreation Center parking lot, from 10 a.m. to noon. This is a free event with the exception of the following items incurring a \$5 fee per item: box cabinet/projection TVs and CRT monitors.

Lazy River Cruise*

Join us on a relaxing, two-hour guided and narrated riverboat cruise down the Withlacoochee River on Friday, Oct. 14. Captain Mike will share information on the history, flora, fauna and points of interest while identifying as much wildlife on the river as possible during your tour. You will find the river to be very scenic with plenty of nature surrounding you. We will cruise at 10 a.m. and then load back onto the bus for a short ride over the bridge to dine at Reds for lunch at approximately 12:15 p.m. The cost of the trip is \$28 per person and this includes transportation and the cruise. Lunch will be on your own.

Craft Fair

Start your holiday shopping at the 14th annual Craft Fair on Saturday, Oct. 15, from 10 a.m. to 3 p.m., at Circle Square Cultural Center and The Town Square.

This year's fair will showcase crafters and artists from all over Ocala/Marion County featuring stained glass, jewelry, ornaments, baskets, handbags and much, much more! Plus, enjoy live music by Fred Campbell and face painting for kids by Pockets of Clowns beginning at 10:30 a.m. There will be food for purchase and additional vendors on The Town Square at

Circle Square Commons! For more information contact the Recreation Center office.

Flu Shots*

A flu shot clinic will take place on Monday, Oct. 17 at the Arbor Conference Center, Suites E and F, 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.

Southern Women's Show*

Join us at the Prime Osborn Center in Jacksonville, Fla. for the Southern Women's Show on Thursday, Oct. 20. With over 500 vendors, cooking demonstrations, fashion shows, shopping, celebrity appearances, entertainment and so much more. We will arrive at 10 a.m. and leave at 3:30 p.m. The cost of the trip is \$36 per person and includes transportation and tickets into the Southern Women's Show. Lunch will be on your own.

Insider's Tour of Ocala's Horse Industry*

Join us for a tour of Ocala horse country on Friday, Oct. 21. The trip will include a tour of the Florida Thoroughbred Breeder's and Owner's Association Museum, one of the USA's top equine veterinary hospitals, retired champion thoroughbred stud farm and a third "surprise farm." Karen Grimes, horsewoman and Ocala "insider," will take you on a beautiful guided drive with a narration of our area's rich history and points of interest between the stops. After the tour, we will eat at The Blue Waygu. The \$31 per person cost includes transportation and tour (lunch will be on your own). Please note that this trip requires a lot of walking! Farm stops and lunch are subject to change.

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. 21. The cost per table is \$10 (limit two per resident). This event will be held at the Arbor Conference Center, from 9 a.m. to noon.

StarLite Majesty Cruise*

Join us for an afternoon on the StarLite Majesty luncheon sightseeing cruise with captain's narration

in Clearwater, Fla., on Tuesday, Oct. 25. You will cruise along the smooth inland waterways on a yacht that features multiple decks - two enclosed and climatically controlled with open observation decks. You will hear an informative narration by the captain. Enjoy a complete sit-down lunch with an individual choice of entrée, prepared on board and served to your table. Full cocktail service is available. The cost of the trip is \$63 per person and this includes transportation, cruise and lunch.

Tropic Trivia Night*

Do you like trivia? Come challenge your neighbors and friends for a fun afternoon of mind boggling, brain taxing questions on Thursday, Oct. 27 at the Arbor Club. You will be able to have groups of four, six or eight per team! Please note you must have four or more paid contestants at a table to select a team name. Each team's scores will be calculated and the team with the most points will win. There will be first, second and third place winners. A cash bar will be provided and you are welcome to bring snacks for your table. The cost is \$3 per resident and \$5 per guest attending with the resident.

August Winners

1: The Unknowns; 2: Eight is Enough; 3: Senior Moments.

Happy Hour

Happy Hour is now being held at the Recreation Center Ballroom. Individual resident I.D.s will be required for entry into Happy Hour; anyone not producing a resident I.D. will be considered a guest and guest fees are \$5 per person.

Our next themed "Spook Night" Happy Hour will be on Friday, Oct. 28. You won't want to miss this event when all the ghouls of On Top of the World will be out and about. We will have prizes for the scariest, most original, funniest and best duo or group!

The Happy Hour entertainment

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at (352) 362-0985

line-up for October is as follows:

- Friday, Oct. 7: Dino
- Friday, Oct. 14: Danny & Johnny
- Friday, Oct. 21: One Flite Up
- Friday, Oct. 28: "Spook Night" with D.J. Magic Mark

Indigo East Community Center Grand Re-Opening

The grand re-opening of the Indigo East Community Center will be on Friday, Oct. 7, from 11 a.m. to 1 p.m. Indigo East residents are encouraged to attend.

Arbor Club Indoor Pool

Please note that as of October, a "Shallow Water Aerobics" class has been added to the schedule on Tuesdays and Thursdays, from 11 a.m. to noon, in the Arbor Club indoor pool. Open swim will not be offered during this time. Please see page 30 to view the updated schedule.

Have a safe month!

*To register, call (352) 854-8707 x7530 or x7533. Payment is required at time of registration. No refunds will be issued 14 days or less prior to any event or trip.

13th Annual

OCALA MARCHING BAND FESTIVAL

Saturday, October 22, 2016
1 p.m. to 8 p.m.
(followed by an awards ceremony)

West Port High School Stadium
3733 SW 80th Avenue
Ocala, FL 34481

Gates open at noon
Admission is \$10 per person

An exciting day full of marching bands from Ocala and around the state!

Come out and have a great time with the family and experience great music, shows and food!

BUS SCHEDULE		
MONDAY - THURSDAY		
MORNING ROUTE	PICK-UP LOCATIONS	TIME
Williamsburg	91st Cir.E. - 91st Cir.W - Post Office	8:42 a.m.
Providence	90th St. - 96th Ter. - 92nd Pl. Rd. - 96th Ct. Rd.	8:45 a.m.
Avalon Post Office	Parking Lot	8:49 a.m.
Windsor East	94th Pl. - 94th Lp.	8:53 a.m.
Windsor West	95th Pl. - 95th Lp.	8:56 a.m.
Crescent Ridge 1 & 2	97th Lane - Post Office - 99th Ave. - 96th St.	8:59 a.m.
Recreation Center	At Bus Stop Sign	9:02 a.m.
Americana Village	89th Ct. Rd. - Post Office - 85th Ter. Rd.	9:06 a.m.
Friendship Village	Post Office - 84th Ter. - 93rd St.	9:10 a.m.
Friendship Colony	83rd Ter. - 90th Pl. - 87th Ave. - 97th St.	9:14 a.m.
Friendship Park	97th St. - 94th Lane	9:18 a.m.
Friendship Village	89th Ct. Rd. - 92nd St.	9:20 a.m.
Friendship Colony	90th St. - Post Office	9:24 a.m.
Candler Hills Community Center	At Bus Stop Sign	9:29 a.m.
Exit Community.....		9:34 a.m.
<i>Indigo East Community Center</i>	<i>Parking Lot</i>	<i>Call one day in advance for pick-up</i>
MORNING DESTINATIONS	ARRIVE	PICK-UP
Freedom Library.....	9:40 a.m.....	12:45 p.m.
Jasmine Square.....	9:48 a.m.....	12:40 p.m.
Dillard's//Kohl's.....	9:58 a.m.....	12:30 p.m.
Sam's.....	10:08 a.m.....	11:30 a.m.
Lowe's.....	10:13 a.m.....	11:40 a.m.
Paddock Mall.....	10:18 a.m.....	12:20 p.m.
Walmart/Stein Mart.....	10:23 a.m.....	11:55 a.m.
Target.....	10:33 a.m.....	12:03 p.m.
Hobby Lobby/Shady Oaks.....	10:43 a.m.....	12:10 p.m.
Gaitway Plaza.....	10:48 a.m.....	12:15 p.m.
Return to On Top of the World to begin drop-off/pick-up for the afternoon run.		
AFTERNOON ROUTE	PICK-UP LOCATIONS AND TIMES	
Candler Hills Community Center	1:00 p.m.	Crescent Ridge Post Office..... 1:17 p.m.
Friendship Colony Post Office.....	1:05 p.m.	Recreation Center..... 1:21 p.m.
Williamsburg Post Office.....	1:08 p.m.	Americana Post Office..... 1:23 p.m.
Avalon Post Office.....	1:13 p.m.	Friendship Post Office..... 1:27 p.m.
AFTERNOON DESTINATIONS	ARRIVE	PICK-UP
Publix Grocery.....	1:32 p.m.....	3:13 p.m.
Save-A-Lot Grocery.....	1:37 p.m.....	3:00 p.m.
Big Lots.....	1:40 p.m.....	3:03 p.m.
Beall's & Dollar Tree.....	1:50 p.m.....	2:50 p.m.
Walmart.....	1:52 p.m.....	2:45 p.m.

* All times are approximate

For information, call the Recreation Center at 352-854-8707 ext. 7530 or 7533



Photo by Bill Shampine

The Temple of Concordia, located at Agrigento, Sicily.



World Traveler

Bill Shampine

Last month, I wrote a relatively generic column on Sicily in order to give you some background on this interesting island. Today, we are going to visit the Valley of the Temples, one of Sicily's most famous attractions.

In 582 B.C., the Greeks founded a city named Akragas on the southwest coast of Sicily. The name has changed over the centuries as various conquering nations occupied the land. Today, the city is known as Agrigento. It was located at a site that was perfect for cultivating

grapes, olives, and cereals. There was a nice harbor, two good-sized rivers, and highlands that were relatively easy to defend.

Being a prime location, much of the city was built on a plateau about 750 feet above sea level, overlooking the Mediterranean Sea. With a wonderful climate, lots of fresh water, and fertile land, Akragas became one of the more important cities during the golden age of Ancient Greece. By 406 B.C., when the Carthaginians conquered it, the city had an estimated population of about 200,000 people. Today, the population of Agrigento is about 60,000.

Ancient Akragas covered a huge area, much of which still is unexcavated. Although the region is known as the Valley of the Temples, it is a misnomer because most of the temples actually are located on the ridgeline high above the sea. The area is a World Heritage Site, and is fully protected as a national park. Excavated and partially restored, the temples constitute some of the largest and best-preserved Greek buildings located outside of Greece.

Of the eight temples, the Temple of Concordia is the most complete. Originally constructed in 430 B.C., it is remarkably intact. The amazing state of preservation is thought to be because it was converted into a Christian church in 597 A.D. At that time, the main structure was reinforced, and becoming a Christian church helped it survive the later destruction of pagan places of worship. Another suggested reason it has survived better than the other temples is that there is a layer of clay underneath the hard rock on which the temple stands. It is thought that the soft clay acts as a kind of natural shock absorber that helps protect the structure from periodic earthquakes.

Some of the other temples, such as the Temple of Olympian Zeus, the Temple of Heracles, and the Temple of Juno were damaged by the periodic earthquakes or by some of the many invaders. Then, much of the temple's collapsed stonework was carted off and re-used to build other structures, such as the port docks.

The park encompassing the Valley of the Temples is a wonderful place to visit. You get such a feel for history as you walk around. You easily can visualize Greeks, Romans, or Carthaginians conducting their daily business as they walked around among the buildings; just as you are doing. In some instances, you don't have to visualize because there actually are several places where you can see chariot wheel tracks that were worn into the stone.

When you go to Sicily, you really should visit Agrigento. You will love it.

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Italian American Club

Carole Dymond

A patriotic theme welcomed in the new season for the Italian American Club. President DeBari led the pledge to the flag followed by a moment of silence.

President DeBari announced refreshments will now be shared by different members each month. Judy Dunn and Frank DelGuercio will provide coffee and pastries for October.

Cynthia Paige announced she was stepping down as vice president for the club after serving nine years. She has been very supportive of the club and we appreciate her dedication. She will continue to use her talents to decorate the Christmas wreath for the club, which will be on display at the Recreation Center during the holidays.

We will be going to Sammy's Restaurant in November, so we ask that all membership fees be paid at the October meeting as well as an extra \$5 which you will receive \$10 towards your meal as a token of our appreciation for your interest in the club.

Next month, our special speaker will be Pat Gabriel, president of SR 200 Coalition, who will update us on all the development in the area.

Did you know that traveling in Venice is done by canals instead of streets or roads?

Our next meeting is on Tuesday, Oct. 4 at Arbor Conference Center, Suites E and F. We meet at 2:30 p.m. for social time and at 3 p.m. for the business meeting.

Fitness Pass – for a Healthier Lifestyle

By Ray Cech
World News Writer

There is a "Fitness Pass" available for purchase for residents who are interested in improving their health, becoming stronger, and enjoying the company of likeminded neighbors.

The pass is the gateway to specialized classes at the Arbor Club. The pass is \$25. The card will be punched 13 times - one punch per class, which gives the holder a cost of less than \$2 per class. If you don't purchase the pass ahead of time, each specialty "fee-based" class will cost \$5. What are these special classes at the Arbor Club?

There are several. The "Shallow Water Aerobics" class is one example, conducted by Barbara Day. Ms. Day is certified in aquatic exercise with specialized training in Hydro-Pilates and Aqua Arthritis programming. Her classes are held every Tuesday and Thursday, starting at 9 a.m. at the Arbor Club indoor pool. Their focus is to strengthen the upper and lower body and improve cardio performance. This is a very popular class that is really a lot of fun for the 30 to 40 residents who regularly participate.

There is also a "Deep Water Aerobics" class conducted by fitness instructor Larry Robinson. This program differs from shallow water exercise. Here you are completely suspended ... not touching the pool bottom, although you are assisted with a float belt. Having to remain suspended is an obvious challenge, "But," says Larry Robinson, "the results are amazing, particularly with anyone experiencing joint problems." "Deep Water Aerobics" is held in the Arbor Club indoor pool every Monday, Wednesday and Friday.

If water exercise is not your cup of tea, maybe an adult karate class can fill in the blanks of your exercise program. You will study with black belt instructor Art Stallow. Currently, there are 10 participants in the class who have achieved yellow, purple and green belt levels.

The "Fitness Pass" will also gain you entrance to specialized yoga and Tai Chi classes. Yoga is on Monday, Wednesday and Friday mornings at 9:15 a.m. "Tai Chi for Joint Health" is every Thursday, from 11 a.m. to noon.



Photo by Ray Cech

"Shallow Water Aerobics" class led by Barbara Day at the Arbor Club indoor pool.

Fitness Director Cammy Dennis points out that the Arbor Club classes give residents a broader variety of specially designed fitness programs. "This is a great opportunity to pick and choose from specialized fitness activities that best align with individual needs," Cammy says.

To join one or more of the specialized Arbor Club fitness classes you can buy a "Fitness Pass" at the Recreation Fitness Center or at the Arbor Club. Also, pick up a copy of the bi-annual Recreation & Wellness Connections catalog to check out all the fitness offerings.

Stamp Show

By Joe Rosinski

First of all, I would like to thank all of you who stopped by our table at the recently held Club Fair. It's always nice to see how many people have a story to tell, or have questions about the hobby. We're always available to try and discuss anything concerning what we consider to be a very informative and interesting way to pass the time.

Next on the list of upcoming events include our month-long exhibit at the Main Branch of the Marion County Library on Silver Springs Boulevard during the month of October. We'll have an exhibit containing a full array of subjects that we focus on. A club member will be available each Sunday from noon until 3 p.m. to answer your questions. When no one is available, a list will be provided for you to leave your name and phone/e-mail address.

On Saturday, Oct. 15 and Sunday, Oct. 16 the annual Florida Stamp Dealers Association Ocala Stamp Show will be held at the Munroe Regional Medical Center Auxiliary Conference Center on SW 1st Avenue in Ocala. The show will feature a number of stamp and coin dealers, a display by the Fort King Heritage Association highlighted by a commemorative cover for the Restore Fort King project, and a table where the Ocala post office will apply a special cancellation of any Fort King covers purchased.

The show hours will be 10 a.m. to 5 p.m. on Saturday and 10 a.m. to 3 p.m. on Sunday. Admission is free, so stop by and visit us.

As some readers may be aware, in his early years Abraham Lincoln served as the postmaster in the village of New Salem, Ill. for a period of time. It is customary for some stamp collectors to request a postmaster at a specific location to address an item from his/her location and autograph it followed by the initials "P.M." and indicating the post office of origin. Many collec-

tors have tried to find such an item bearing Lincoln's name and signature, which could be worth some money.

This did not deter a collector named George S. Chan of Los Angeles who through some research in the 1960s found that there was at that time a Postmaster A. Lincoln in a town named Potter in the state of Kansas. Her name was Alice, and she was willing to provide autograph/stamp collectors with an item bearing the autograph "A. Lincoln, P.M. Potter, Kansas." The cover pictured is one of those she serviced and includes commemorative stamps from the Lincoln Sesquicentennial series postmarked "Potter Kans Jun 16 A.M. 1960."

I would like to point out that although Webster's dictionary includes a definition for the title postmistress, according to the U.S. Post Office Department there's no such thing as a postmistress. Whether a man or woman holds the job the title is postmaster.

You can e-mail me at rosinski-joe@gmail.com if you have any questions. I'll be back next month.

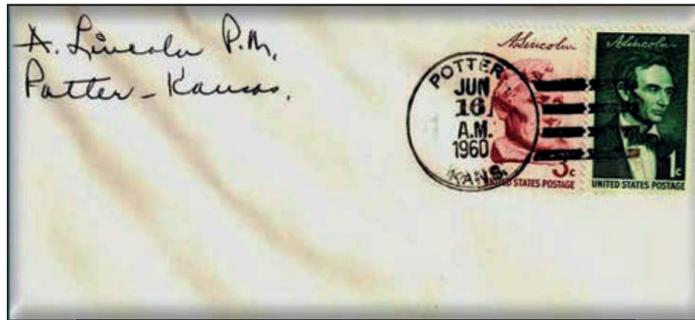


Photo by Joe Rosinski

1960s Abraham Lincoln cover.

Volunteers – Thank You

By Arlo Janssen

Dancin' On the Top wants to give a special thank you to our many volunteers and members who have given their time and talents on our past dance programs.

Our September dance was a successful season opener for Dancin' On the Top. This "Tailgate Party" dance held on Saturday, Sept. 24 featured many beautiful fall colors and seasonal outfits including high school and college school colors

and game-day jerseys.

The Starburst Band will provide the music on Saturday, Nov. 5 with a "Salute to Our Veterans" as part of their program in the Recreation Center Ballroom. This will be a wonderful red, white, and blue patriotic event for our dancers.

Remember that Veterans Day falls on Friday, Nov. 11.

The New Year's Eve event will be held on Saturday, Dec. 31, and will

feature the band Automatic. This is always one of our best dances of the year.

Dancin' On the Top is developing the final dance calendar for the year 2017 and beyond. If you want to help out in any way for our dances, please contact Gene Melnick.

A new Ballroom Dance Club for residents had their first tea dance on Sunday, Sept. 25. The Ballroom Dance Club has plans for monthly dances at the Arbor Club on the fourth Sunday afternoon of each month this fall. Please call Linda Byrd for information at (352) 509-

4317 for details.

There are other opportunities to dance here at On Top of the World. For October, the weekly Friday night Happy Hour will be held in the Recreation Center Ballroom. Guest fees apply to anyone not having a resident I.D. There is also dancing outdoors at The Town Square on most Fridays and Saturdays, from 6 to 9 p.m.

For membership or ticket information about a dance, please contact Gene Melnick at (352) 304-8293 or Peggy Sayat at (352) 509-7400.



Dancin' On the Top appreciating their many volunteers and members.



Welcome fall! This, seems to me, has been the hottest summer in years. The only thing that seems to like it this hot is the rough on the golf courses. Combine the hot temperatures with the plentiful rainfall and you get rough that you could hide an elephant in. If you are one of those down the middle guys, I envy you. I've lost more balls this summer than I ever thought possible. Luckily, I have a couple of friends who know the type of ball I play and have returned a couple dozen to me.

A few times I lost my playing partner and had to send out smoke signals. Well maybe it was not quite that bad but the rough was rough. Maybe now that summer is over, the rough on the courses will not be so thick or long.

Hope all the snowbirds had a great summer and welcome back. The MGA board is looking for a "few good men" to fill some vacancies. Please do your part and help us keep things going.

Team Stableford Aug. 3

151-Randy Ford, Bob Egger, David Miller (CH); 147-Tom McHaffie, Dennis McCourt, Claude Howie, Tom Cummings, 145 Art LaGrange, Ralph Solvold, Don Noel, Bob Selmon; 144-John Langville, Ed Conaway,

Mike Driver, Kas Kaske. Individual Net Aug. 10

Flight 1: Tie at 66-Kim Kimble, Al Wasserman, Joe Wilks; 67 Terry Hoppes
Flight 2: Tie at 63-Mike Wathen, Dale Budd; 65-Tom McHaffie; Tie at 68-Joe Bologna, Tom Fragapane
Flight 3: Tie at 67-Thomas South, Ed Conaway; 68-Dennis Pope; 69-Richard Freeman
Flight 4-64 Jerry Chase; 65-Dutch Schulze; 66-John Bauer; 67- Guy Russel
Flight 5-66 Bill Walker; 68-Danny James; Tie at 70 Jerry Segovis, Kas Kaske

Four Man Three Best Ball Aug. 17

180-Joe Bologna, Gerald Kellog, Dutch Schulze, Jack Singer; 189-John Langville, Tom Fragapane, Larry Chase, Doug Coleman; 193-Art LaGrange, Dale Budd, Thomas South, Barry Barringer

Stableford Aug. 24

Flight 1: Tie at 42-Al Wasserman, John Langville; Tie at 40-Joe Hawkins, Tom Weiss
Flight 2: 44-Dale Budd; 43-Charlie Dove; 41-Larry Manion; Tie at 39-Ed Conaway, Tom McHaffie
Flight 3: Tie at 43-Dutch Schulze, James Merrick; 42-Claude Howie; Tie at 41-Mike Driver, Dennie Pope
Flight 4: Tie at 43-Francis Caprez, Phil Johnson; Tie at 40-Bob Moravec, Guy Russel
Flight 5: 44-Jack Singer; 42-Rollin Schwab; 38-Bob Egger; 37-Doug Coleman.



There is very little news this month. The tournament will be Saturday, Oct. 1 and then I will have a lot to tell you.

Are you keeping track of all the hands you have played? I only mark the ones that I am successful with. I want to play them all so

I get my money's worth from the card. I have yet to make the last hand in the singles and pairs. The last time I was lucky was in 2000 when I could use Jokers.

What hand is your favorite? My favorite is the third one in consecutive runs. I know that they will remove it next year.

Always remember to have fun and that it is only a game. We don't need to stress over anything like a game at this point in life. Jokers to you ... until next month.

CARDS & GAMES

Monday Afternoon Bridge

Shirley Stolly & Carol Johnson

Aug. 1

1: Caryl Rosenberger & Ida Rosendahl; 2: Betty Morris & Fran Griswold; 3: Cleona Redman & Mary Rose Janssen; 4: Linda & Don Sprague; Tie at 5: Cindy Brown & Elsa Groe and Carol Johnson & Shirley Stolly.

Aug. 8

1: Nancy Clarkson & Marge Benton; 2: Fran Griswold & Betty Morris; 3: Cindy Brown & Joanne Jones; 4: Mary Rose Janssen & Cleona Redman; 5: Joan Lord & Doris Keathley.

Aug. 15

1: Carol Johnson & Pat Goltart; 2: Cindy Brown & Elsa Groe; 3: Joan Lord & Doris Keathley; 4: Cleona Redman & Mary Rose Janssen; 5: Betty Morris & Fran Griswold.

Aug. 22

1: Fran Griswold & Betty Morris; 2: Ida Rosendahl & Caryl Rosenberger; 3: Shirley Stolly & Carol Johnson; 4: Lynda Hannon & Rad D.; 5: Elsa Groe & Cindy Brown.

Monday Night Bridge

Kathie & Art Dushary

Aug. 1

1: Paul Reidinger; 2: Bob Durst; 3: Paul Agawal; 4: Fran Griswold; 5: Pat Polancy.

Aug. 8

1: Erwin Fluss; 2: Paul Reidinger; 3: Bernie Kelly; 4: Joan Sigafos.

Aug. 15

1: Paul Agawal; 2: Judy Wagnitz; 3: Bernie Kelly; 4: Paul Reildinger.

Aug. 22

1: Ray; 2: Paul Agawal; 3: Myra Butler; 4: Marion Hotz.

Wednesday Afternoon Bridge

Pat Goltart

Aug. 3

1: Fran Griswold; 2: Dianne Robinson; 3: Helen O'Brien; Cons: Carmen Arroyo.

Aug. 10

1: Fran Griswold; 2: Bernie Kelly; 3: Pat Goltart; Cons: Kay Breyfogle.

Aug. 17

1: Dianne Robinson; 2: Bernie Kelly; 3: Pat Goltart; Cons: Kay Breyfogle.

Aug. 24

1: Carmen Arroyo; 2: Pat Goltart; 3: Kay Breyfogle; Cons: Mary Klinzing.

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Thursday Afternoon Bridge

Marge Starrett

Aug. 4

1: Dianne Robinson; 2: Mary Walker; 3: Nebbie Day; 4: Marge Starrett.

Aug. 11

1: Marge Starrett; 2: Mary Walker; 3: Fran Griswold; 4: Serine Rossi.

Aug. 18

1: Serine Rossi; 2: Marge Starrett; 3: Mary Walker; 4: Fran Griswold.

Aug. 25

1: Marge Starrett; 2: Dan Hall; 3: Joanne Jones; 4: Nebbie Day.

Thursday Night Bridge

Keith Briggs

Aug. 18

1: Keith Briggs; 2: Jack Martin; 3: Ida Rosendahl.

Aug. 25

1: Ida Rosendahl; 2: Ida Hartley; 3: Ron McNeilly; 4: Miriam McNeilly.

Sept. 1

1: Ron McNeilly; 2: Miriam McNeilly.

Sept. 8

1: Keith Briggs; 2: Fran Griswold; 3: Myra Butler.

Friday Night Cribbage

Rose Marie Postin

Aug. 5

1: Norma Yonke; 2: Jerry Mills; 3: Sheila Howell; Cons: Donna Parrish.

Aug. 12

1: Sheila Howell; 2: Norma Yonke; 3: Cathy Buchanan; Cons: Donna Parrish.

Aug. 19

1: John Smith; 2: Joyce Bosch; 3: Herb Postin; Cons: Ray Buchanan.

Aug. 26

1: Cathy Buchanan; 2: RoseMarie Postin; 3: Norma Yonke; Cons: Kathy Kenyon.

Tuesday Night Pinochle

Whitney Frye

Aug. 2

1: Cathy Buchanan; 2: Joe Eisgruber; 3: Glory Herget.

Aug. 9

1: Whitney Frye; 2: Edith Kolb; 3: Diane Rothstein.

Aug. 16

1: Mildred Lane; 2: Edith Kolb; 3: Walter Hickenlooper.

Aug. 23

1: Verna Harsh; 2: Joe Eisgruber; 3: Edna Frye.

Aug. 30

1: Walter Hickenlooper; 2: Ilse Kersey; 3: Gayle Argano.

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R/C Flyers

Gary Bayless

This year's club Christmas party will be at a different and larger venue, namely the Palm Grove building in Oak Run. It takes place Wednesday, Dec. 7, from 5:30 to 9 p.m. The menu includes two entrees, sides, and dessert. There will be a cash bar also. To purchase tickets, call Don Southard at (352) 873-9826.

Don't forget the Fun Fly-in is on Saturday, Oct. 22, from 8 a.m. to 2 p.m. at the flying field. It's a great free show open to all residents. There will be a food concession, great flying, and beautiful examples of airplane modeling.

We know there are small, medium and large model airplanes. This month's featured member Gary Springer flies very, very large model airplanes!

Originally, from Hanover, Pennsylvania and raised not far from the Utz Potato Chips factory, Gary retired from management in the Hertz Corp. in Oklahoma City and moved with his wife Dee Dee to Windsor in May 2015. Gary says the R/C Flyers and the flying field were the reasons for choosing On Top of the World for their retirement home.

From hand-launched gliders in grade school to control line models

in high school to 10 years service in the Air Force, there's always been something with wings in his life. Eight of his 10 years in the service were spent in South Dakota maintaining Minuteman missile systems where he met his wife who was also serving in the Air Force on the Minuteman system. So, if you ever need a missile system repaired, look them up.

Gary's present equipment includes a Balsa USA one-third scale Stearman biplane with a 10-foot wingspan sporting a Moki seven cylinder radial engine. The covering is solar tex finished with brush on latex paint from the local hardware store. The radio system includes a redundant spectrum power safe receiver. Even the most jaded modeler stops and watches this baby from takeoff to landing. Oh yeah, there is also a large trailer with generator for transport.

His daily flyer is an Extreme Flite Extra 300 40 percent scale. The Extra 300 has a wing span of 125 inches (that's almost 10 and a half feet), a two cylinder DA 170 engine that by my math uses a quart of fuel every eight minutes at full throttle, redundant receivers, and a Smart Fly power distribution system that allows three servo's on each aileron to be perfectly matched on power draw. Add some of the neatest wiring I've ever seen in a plane and this is one beautiful setup. There's also an identical looking 30 percent version of the above, which is his



Photo by Gary Bayless
Gary Springer with his daily flyer – Extreme Flite Extra 300.

favorite and features a smoke system. Congratulations to Gary on a col-

lection of outstanding models. P.S. - He's also a pretty good flyer.



Billiards Club

Phil Panzera

If you're reading this column and have never visited our billiard room, please consider stopping by. We've got the nicest billiard room in any of the local communities, and our members share a lot of laughs and camaraderie every day.

The Billiards Club has 130 members, including many lady players. It doesn't matter if you're a shark, or you barely know which end of the cue goes toward the balls; our main goal is just having fun, and you'll have the chance to make new friends.

The summer session of the Men's Billiard League has finished, with Dan Newby and Ron Cruce doing a great job cinching first place. The summer league consisted of 11 two-man teams from four of the local senior communities.

The fall session of the Men's Billiard League begins again on Tuesday, Oct. 25. Currently there are 14 teams expected to compete, from eight different local senior communities. We are all very pleased that Rich Impresa will be retaking the helm as captain of Team 1. Bill Daly is taking the reins of Team 2, and Jerry Snyder will be continuing as the captain of Team 4. Teams 3 and 4 have been reorganized, and while there are currently enough players to fill Team 3, the team is looking for a captain. Teams have until the end of this month to finalize their

roster and submit it to the league administrator.

The Ladies Billiard League began play on Monday, Sept. 12. Penny Wilson is continuing as the captain of the ladies team, which will be competing against two other teams from neighboring communities.

Tip of the Month: While pool offers a lot of enjoyment, another emotion virtually assured at times with this inordinately difficult game is frustration. We all have bad days, and how you deal with those times when you can't make two balls in a row says a lot about who you are, both as a player, and as a person. Is your glass half full ... or half empty?

I love the example that Efen Reyes sets. Here is, in my humble opinion, the greatest pool player to ever hold a cue, and even he

sometimes misses routine shots. What does he do? He stands up and smiles, usually scratching his head. If one of the greatest players this game has seen can smile and just let it go when he misses, who are we - us mere mortals - to get upset and frustrated when we don't play as well as we think we can?!

Understand that you're playing because you love it. Understand that when you let your frustration build up you will enjoy the game less (and that often goes for those you're playing with as well). Understand that when you get angry with yourself you are almost guaranteed to play worse. Just follow Efen's lead; if a living legend can smile and let it go, so can you. You'll play better, and feel better.

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Candler Hills Ladies 18-Hole Golf

Linda Buschur

Weather is always a "hot" topic for golfers. This past summer we experienced very hot and humid temperatures. That has passed and we are now looking forward to cooler and comfortable temperatures, which, I'm sure, will be welcomed by all.

Starting a new season is always exciting with new board members bringing a variety of new ideas and perspectives. The first board meeting of the year was held Thursday, Aug. 18 attended by Matt Hibbs, Denise Mullen, Pam Monk, Betty Dong, Heddy Racinowski, Sue List and Linda Buschur. The upcoming 2016-17 event calendar was discussed and the agenda for our first membership meeting on Thursday, Sept. 15. Many thanks to Matt and Denise for their endless guidance and help they provide.

The Candler Hills Golf Course was closed for aerification (Aug. 29 through Sept. 1). Thank you to

the On Top of the World LGA-18 for hosting our league on Tuesday, Aug. 30, as part of our reciprocal invites. Luckily, the weather held out and all had a good time.

The fall and winter months will be very busy with many events and outings on our calendar.

Our first membership luncheon meeting was held Thursday, Sept. 15. Details of the meeting will follow in next month's column. Plans are in the works for the Stone Creek Golf Club's annual Charity Challenge on Tuesday, Nov. 29 and Thursday, Dec. 1, and our annual Christmas party dinner on Thursday, Dec. 15. More information on both events will be forthcoming and posted on our website.

The first Mid-State Tournament is Tuesday, Oct. 25 at Ocala Palms. We have also been invited to two outside invitationals: Plantation Belles 2016 Invitational on Thurs-

day, Oct. 13 and Haile Plantation WGA 2016 Ryder Cup Invitational on Monday, Nov. 7. All members will be contacted by e-mail on details of each event.

As mentioned in a previous column, this is the 10th anniversary of the Candler Hills LGA. Some of the original members are working on gathering information on our league and planning a celebration some time during this year. More details will follow.

Please visit our website at chlgashutterfly.com to stay informed on upcoming events, view pictures, read minutes and lots of other valuable information.

The On Top of the World Golf Club sponsors a variety of golf events throughout the year. Watch for flyers posted in both the On Top of the World and Candler Hills Golf Shops.

We are looking forward to a fun

year of enjoying the game of golf and the camaraderie!

Team One Best Ball-Blind Nine Aug. 18

29-Angie Jingco, Marie Anglace and Pam Monk. 30-Beverly Ovrebo, Paula Lilly and Linda Buschur. 31-Sara Nunn, Heddy Racinowski and a blind draw.

Individual Cross Country Aug. 25

Flight 1: 27-Beverly Ovrebo. 29-Judy McGrath.
Flight 2: 28-Diane O'Brien. Tie at 31-Carol Oman and Angie Jingco.
Flight 3: 23-May Chin. Tie at 28-Paula Lilly and Gail Banavige.
Flight 4: 28-Kathy Smyth. 30-Gail Schultz.

Individual Nine Point Sept. 8

56-Donna Smith. 57-Vicky Salyers. 60-Kate Beaty. 60-Sue List. 61-Betty Dong. 62-May C Chin. 63-Linda Buschur. 66-Su Freeman.



Ladies 18-Hole Golf

Susan Rhodes

ments to the by-laws and constitution. These amendments effectively changed the league year to a calendar year and reduced the number of positions on the board.

At the general meeting, the league voted on the changes in format for the Solheim Cup proposed by the professional staff. Expressing that they liked the competition between Candler Hills and On Top of the World, the 18-hole ladies voted to maintain the current format.

Candler Hills 18-holers joined us on Tuesday, Aug. 30. As always, it was a fun time. Because of some confusion as to the game being played, the game was not scored and everyone received shop credit.

Yuhlan Cho is the newest member to our league. She and her husband moved into the Americana Village in August. They are from Bridgewater, N.J. They were attracted to On Top of the World because of the beauty of the community, the golf courses, and the amenities. Yuhlan has been playing golf for 23 years. Be sure to welcome her!

Great news! Our league is so financially solvent that our dues will be kept at \$15 per year instead of the raise to \$20 that was previously announced. In addition, because we have decided to move to a league year going from Jan. 1 to Dec. 31, all current members will have an extra three months without paying dues! Please pay your \$15 dues for 2017 between Dec. 1-20. These should be deposited in the league box in the player's lounge.

Our first general meeting/luncheon was held on Tuesday, Sept. 13. League members enjoyed Lee's Famous Recipe Chicken in the Recreation Center. Many thanks to Lynne Dickson and Nancy Zielinski for their role in organizing the luncheon. At the meeting, members approved the proposed amend-

Our league always welcomes new members. The league is open to all women residents with an established handicap. We have league play starting at 9 a.m. with rally at 8:30 a.m. on Tuesdays. There is no commitment to play every week; you can sign up as late as Monday afternoon. If you are interested in joining us, you are welcome to play as a guest up to three times before paying membership dues. For further information, stop by the Golf Shop.

1,2,3 (Team Net) Aug. 16/Tortoise & The Hare

120-Lynne Dickson, Lane Hobby, Joyce Jones. 131-Deborah Martin, Mary Driver, May Chin.

Both Ways

(Team Net Front, Team Net Back) Aug. 23/Links
148-Linda Blewitt, Susan Rhodes, May Chin, Yuhlan Cho. Tie at 152-Lynne Dickson, Joyce Jones, Mary Driver; Gail LaGrange, Carol Johnson, Debby Wilson.

Red, White, Blue (Two Best Balls, Net) Sept. 6/Links

81-Rosemarie O'Neil, Su Freeman, May Chin, Joan Cecchini. Tie at 87-Gretchen Normandin, Linda Blewitt, Mary Lyon, Fumie Veatch; Joan D'Addio, Peggy Wiechmann, Valerie Smith, Joyce Jones. 88-Gail LaGrange, Harriet Hawkins, Christine McIntire, Susan Yenne.

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Golf

Matt Hibbs
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With fall officially upon us, we would like to welcome back all the snowbirds. This is the time of year when the community becomes extremely busy with parties and events. The golf staff is looking forward to an exciting season with many activities for you to choose from.

The annual Member Appreciation events will both take place this month. On Top of the World Golf Club will host their annual member-only event on Thursday, Oct. 13 with a 9 a.m. shotgun start, followed by the Candler Hills Golf Club member-only event on Monday, Oct. 17, at 9 a.m. Both events

will be followed by a lunch catered by Friendship Catering. Please sign up in your respective Golf Shop.

The third annual Cross Country Golf Event will be held on Saturday, Oct. 29 on The Links with a 9 a.m. shotgun start. This is a scramble format with you creating your own foursome. The cost is \$10 per person. Please contact the On Top of the World Golf Shop for more details.

We will be conducting our annual membership meeting Thursday, Oct. 20 at the Recreation Center. On Top of the World members are invited to join us at 10 a.m. and Candler Hills Golf Club members at 3 p.m. These presentations will be for members only.

A big thank you goes out to all those who donated to the Folds of Honor Foundation over Labor Day weekend. The Folds of Honor Foundation provides educational schol-

arships and other assistance to the spouses and children of soldiers. We were able to raise \$400 for this great organization.

Upcoming Events

Thursday, Oct. 13: Member Appreciation Event at On Top of the World Golf Club.

Monday, Oct. 17: Member Appreciation Event at Candler Hills Golf Club.

Thursday, Oct. 20: Annual Membership Meeting in the Recreation Center Ballroom, 10 a.m. for On Top of the World Golf Club; 3 p.m. for Candler Hills Golf Club.

Saturday, Oct. 29: Cross Country Event at The Links with 9 a.m. shotgun.

World Accolades

CANDLER HILLS: Larry Smallwood shot 70, his best round ever. Keith Nesbit shot 72, his best round ever. Bev Ovrebø shot 73, her best

round ever. Larry Joseph, hole-in-one #8.

THE LINKS: John Gayso shot 77, four strokes under his age. Tom Paszek shot 71, three strokes under his age.

TORTOISE & THE HARE: John Gayso, eagle #4. Chuck Nicholas, hole-in-one #11.

Congratulations to all for these fine accomplishments.

Golf Tip of the Month

You have three holes to go and you realize that you have a chance of shooting your best round ever. Then the pressure sets in and you miss your best round by one stroke. If this has happened to you then you're not concentrating on the present task at hand, the golf shot in front of you. Mentally you must stay in the present and concentrate on one shot at a time. Hopefully, next time I can congratulate you on the best round of your life.



Candler Hills Men's Golf

Joe Alfano

We don't want a going away party, we don't want any testimonials thrown our way and we sure as heck don't want no watch! We simply want to go "quietly into the night," which for me will take some real effort, the "quietly" part that is.

Should you be wondering what in the world I'm talking about, it's my way of telling you about the impending retirement from the board for both Garry Gerlach and myself come this November. Though dear friend Garry is much too humble to say this, I have no such reservations in saying we both would like to think our contributions to this association were nothing but positive in nature. We enjoyed the run but it is now time for the younger (younger?) guys to step up to the plate. Simply contact any board member should you be interested in running for one of these two vacant board positions.

Someone describing this great game once said, "Golf is a day spent in a round of strenuous idleness." Far from being idle this past month were Larry Smallwood (70), Keith Nesbit (72), Walt Pacuk (73), Everett Kimball and Jay List (74), Chris Jett (75), Joe Damiata, Joe Jingco, JC VanBloom, Dave Martin, Larry Joseph and Bruce Venslavsky (76), Ken Zweiback, Julian Hobby, Larry Rackstraw, Bill Anger and Jon Hill (77), Tony Misterly, Paul Rubly and Al Wassmer (78) and Dave Miller, Ron Fulton, Paul Sepulveda and Dave Berryman (79). Well done smackin' that persimmon driver lads!

Our very own CHMGA Club Championship will soon be upon us. Scheduled for Oct. 18-19, we will again compete in flights from both the blue and white tees and pay out for both gross and net scores in all flights. Information concerning the

sign-up date will be forthcoming. As in past years, your association will be providing a burger and a beverage post-round the last day of competition.

Our membership is at 111 strong but we continue to welcome new members to the association. Should you be interested in playing this grand game in an atmosphere of sportsmanship, integrity and camaraderie, simply contact me at tjalf@otowhomes.com for more information. I do feel I have a responsibility to forewarn those interested in joining us that we are not defined by wit alone but we do thoroughly enjoy our wry and sardonic humor.

As always, please allow me to continue to wish everyone "a life full of nothing but fairways and greens."

Individual Net Aug. 9

Grier Flight: 61-Larry Smallwood; 66-Joe Damiata; 68-Everett Kim-

ball; Tie at 69-Julian Hobby & Larry Rackstraw.

Olsen Flight: 62-Keith Nesbit; 66-Craig Riber; 67-Paul Rubly; 68-Ron Fulton.

Lundy Flight: 62-Ken Zweiback; 66-Tony Misterly; 68-Dale Budd; 69-Jim McGrath.

Jones Flight: Tie at 64-Dave Green & Marvin Brooks; 66-Dan O'Brien; Tie at 72-Chris Lyndrup & John Workman.

Four-Man Three Best Balls Aug. 16

+22-Everett Kimball, Joe Jingco, Ken Zweiback & Dave Green; +20-Dave Martin, Keith Nesbit, Jim McGrath & Roger Whittle; +16-Larry Rackstraw, Paul Rubly, Chris Lyndrup & John Podkomorski.

Two-Man Scramble Aug. 23

Gilbert Flight: 65-Walt Pacuk & Bob Cowie; 67-Chris Jett & Dave Green; 69-Julian Hobby & Rich Freeman; 70-Dave Martin & Dan O'Brien.

Sullivan Flight: 72-Gil Brooks & Dan Gill; 73-Dave Miller & Chris Lyndrup; Tie at 74-Dennis McCourt & JC VanBloom and Gene Moff & Rick Lilly and Ken Zweiback & Jim McGrath.

Four-Man Three Best Stableford per Hole Sept. 6

140-Chris Jett, Al Wassmer, JC VanBloom & John Workman; 133-Garry Gerlach, Gene Moff, Dan Gill & Rick Lilly; 128-Don Huston, Paul Sepulveda, Jim McGrath & Everett Kimball; 127-Larry Joseph, Ron Fulton, Mark Monk & Roger Whittle; 126-Walt Pacuk, Tony Misterly, Bob Cowie & Art Donovan.

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Tuesday
October 4, 2016
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ACROSS FROM THE DOG PARK
9:00 am

Take your workout outdoors! Join On Top of the World fitness professionals at the Power Park for exercise that feels more like fun than fitness. Reminiscent of childhood 'recess' this adult power-playground provides great overall conditioning.

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For more information call 352.854.8707 ext. 7532

Candler Hills Ladies 9-Hole Golf

Judith Parisi

Welcome back snowbirds and summer travelers. With cooler weather, we look forward to a full complement of our league members playing each week. We have lots of activities planned for the year ahead. Please visit our website at chlga9.shutterstock.com (especially the "Mark Your Calendar" column on the home page). Some of the dates are tentative, but it would be a good idea to pencil them into your calendar.

We have an exciting event on Thursday, Oct. 27, with the Can-

dler Hills LGA-9 hosting of the nine hole ladies Golf Around (GAR) at Candler Hills. Thank you to Renee Aden and Nancy Dreimiller for serving as delegates to the GAR for the upcoming year.

Last month, we had part one of an interview with Daniel Janiak. We conclude the interview in this month's column:

Q: Who is your favorite tour player?

A: Jason Day is my favorite golfer. He is a humble winner. He also has the mental strength to perform at the top level in big pressure moments. I envy the mindset he uses on the golf course and especially around the greens. His short game is amazing and is very entertaining to watch.

Q: What are your favorite courses to play?

of lady golfers.

This month, we continue our interview with Russ Smith:

Q: Are you a native Floridian?

A: Yes, I was born right here in Ocala and I was raised in a small town just south of here called Crystal River.

Q: Who is your favorite tour player?

A: I have a few right now: Dustin Johnson, Rickie Fowler, and Jason Day.

Q: What are your favorite courses to play?

A: Out of the three courses at On Top of the World, I have always enjoyed playing the Tortoise & The Hare the best.

Q: How important is the mental part of the sport?

A: The mental part of the sport can be very demanding but I always try to tell people to just go out and have fun.

Thanks to Russ for sharing information with us about his background and philosophy. How fortu-

A: I don't have too many specific courses I enjoy playing because I enjoy playing all of them. There are certain aspects of courses I prefer compared to others. I enjoy extremely fast greens. The faster, the better. Also, I enjoy bent grass greens more than any other grass.

Q: How important is the mental part of the sport?

A: I have always been interested in psychology. The mental aspect of the game is what keeps me playing. It is a never-ending battle. Being a golf teacher allows me to see and view progression of many different styles of learners.

Our thanks to Daniel.

Three Clubs & a Putter
Aug. 11

43-Kay Budd, Cheryl Nesbit, Mary Giannukos. 44-Pat Gill, Mary Vliek, Julie Crudele.

Scramble
Aug. 18

38-Kay Budd, Linda Mandala, Donna McCombs. 38-Eileen Gustavus, Mary Ann McCourt, Eve Harvey. 40-Lydia Flinchbaugh, Cheryl Nesbit, Kathy Hall, Mary Vliek

3s and 5s
Aug. 25

Flight 1: 15-Susane Trembulak, Eileen Gustavus. 16-Carla Kimball. Flight 2: 12-Marcie Hock. 15-Linda Mandala, Cheryl Engeman. Flight 3: 14-Julie Crudele. 17-Mary Giannukos. 22-Susan Pleinis.

Ribbon with a Twist
Sept. 8

33-Lydia Flinchbaugh, Mary Ann McCourt, Mary Vliek. 40-Barbara Enos, Carla Kimball, Olive Curtin. 40-Susane Trembulak, Marcie Hock, Miriam Gerlach.

Ladies 9-Hole Golf

Judith Parisi

It's great to have members of our league back from summer travels and our snowbirds back home. We have an exciting year ahead with great golf plus many fun social activities. For those newer to the league, we want to make sure you are familiar with our website at otowladies9holeleague.shutterstock.com. If you look at the home page you will see a section on "Save the Date." Mark your calendar to make sure you don't miss any of these events! The website will also provide you information on the upcoming games, the by-laws and constitution, minutes of board meetings, lots of pictures and much more.

For non-members, there is a section on the home page on how to join. We welcome new members and we can assure you that you'll be among a fun, enthusiastic group

nate we are to have such great golf professionals to work with us.

Team Gross Scramble
Aug. 17

41-Susane Trembulak, Connie Deignan, Eve Harvey. 42-Eileen Gustavus, Barbara Cribbs, Lydia Flinchbaugh. 44-Virginia Bayless, Mary Ann McCourt, Sherry Whitmer-Hall. 44-Kay Budd, Linda Mandala, Ann Flynn.

Tee to Green
Aug. 23

Flight 1: 30-Eileen Gustavus, Susane Trembulak, 34-Kay Budd. Flight 2: 36-Carla Kimball. 38-Linda Mandala. 39-Pat Gill. Flight 3: 44-Mary Vliek. 45-Jane Wilson. 53-Jean Flynn. Mary Hart.

Low Net Individual
Aug. 30

Flight 1: 36-Lydia Flinchbaugh. Susane Trembulak. 38-Dee Howie. Flight 2: 41-Connie Deignan. 42-Pat Gill. 43-Marcie Hock. Flight 3: 47-Lora Rossi. Susan Wilkes. 49-Lynn Holland. Flight 4: 47-Mary Hart. 49-Louise

Lineman. 50-Deborah Malo
Red, White, Blue
Sept. 6

Flight 1: 25-Carla Kimball. 26-Dee Howie. 28-Susane Trembulak. Flight 2: 19-Linda Mandala. 25-Mary Ann McCourt. 26-Mervyn Paz. Flight 3: 25-Louise Lineman. 27-Sheila Ashe. 30-Jean Flynn. Flight 4: 23-Mary Vliek. 25-Susan Wilkes. 27-Lynn Holland.



Women's Softball

Marie Giddings

Girls just want to have fun ... playing softball! The old Cyndi Lauper song came to mind as I was thinking about how to introduce the new women's softball team.

The team is being organized by Carol Singer and this writer who were talking together one day on the community bus about how much fun it would be to get together with other ladies and play a little softball. When we found out there was no women's team, but that many women from time to time have expressed an interest, we decided to organize a team.

The women's softball team is now official! Thanks to Activities Supervisor Theresa Fields, for her guidance and support; Bill Leon and the men's softball league, for their help; and to community bus driver, John Figueroa, for his encouragement.

Team practice will be every Friday, from 8:30 to 10 a.m., beginning Friday, Oct. 7, at the softball field next to the Recreation Center.

On Top of the World will provide the field, bases, and softballs. Each lady need only bring a glove. Softball bats are optional, but please bring one if you have one. There will be one or two bats available for team use, provided by the team organizers.

Call Carol Singer at (352) 509-4066 or Marie Giddings at (352) 361-7083, for more information or just to let us know you are interested. Come out and have some fun playing softball with us!



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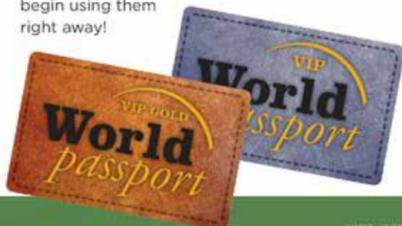
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The VIP Gold World Passport requires a \$50 annual fee (first time members will be charged a pro-rated amount of \$25 July 1 through Dec. 31, 2016) and also allows advance reservations at special restaurant events, exclusive chef specials, drink specials and access to VIP Gold events (additional restrictions may apply).

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Shuffleboard

Grace Rohde

Thirty years ago, on May 19, 1986, marked the beginning of the Shuffleboard Club. It was on this date that 55 residents met with Kenneth Colen. At the meeting, a question was raised if it was possible to provide a location and equipment for residents to enjoy playing a game of shuffleboard together.

That was just the beginning, and at the meeting, plans were finalized. At least 100 new and experienced players soon had their wishes fulfilled. Shortly, teams were formed with captains and co-captains. Then, the days of the week and times to play were chosen. The forming of a Shuffleboard Club had now become a reality!

However, if you look back, there was one pioneer shuffleboard player who stood out among all of the rest. You will see his name on a bronze plaque in his honor beneath the impressive magnolia tree at the shuffleboard courts. This man's name was Jack Huard.

Jack Huard was affectionately known as "Mr. Shuffleboard." The lives of his fellow players were touched, because of Jack's great

love for the game. He spent hours of his time and experience, volunteering for the benefit of the Club and its members. Jack was not only vice president, but also the tournament director and shuffleboard instructor. He wrote newspapers articles such as his "Do's and Do Not's" for shuffleboard play, "How to Play Shuffleboard" and various other articles.

In addition, Jack worked endlessly on various projects or tasks, like collecting newspapers to recycle, and using the proceeds in order to help the club. He could always be found at the shuffleboard courts on Tuesday, from 9 a.m. until noon, giving instructions to those who wanted to learn the game. No task was too big or impossible for Jack to do.

In remembrance of Jack and appreciation for all that he had done for the Shuffleboard Club, there was a formal ceremony in his honor on Nov. 2, 1991. Also, since 1992, the Jack Huard Tournaments have been played. There is a plaque, which lists all of the winners and runners-up, entitled "Jack Huard Memorial Championship Tournament." It is enclosed in the glass case at the shuffleboard courts.

The Shuffleboard Club is in full swing. Players are signing up and playing on the team and day of their choice. Be sure to sign up



Photo By Armann Rohde

On the 30th anniversary of the Shuffleboard Club, pioneer Jack Huard is still remembered for his contributions.

soon, as some teams fill up more quickly than others.

Just a reminder for when you are playing at the courts on your own. The courts were refinished just three years ago and we want to keep them in top playing condition. First of all, sweep the courts before you play on them. Next, wax the discs that you will be using

by going around in circles with the wax on each of the discs. The broom and the disc wax are in the same storage unit where the discs and cue sticks are. If you take just these few minutes of your time before you play, these simple two steps will continue to help keep our courts in good shape for years to come.



Pickleball

Bill Daugherty

We are having a busy autumn with three tournaments scheduled on our courts during the next month.

On Top of the World pickleball players will compete on Saturday, Oct. 15, at 5 p.m. after a review of the official USAPA pickleball rules and then we will eat. Register your name and your rank at otowpc@yahoo.com before Saturday, Oct. 8. Pickleball Club members play for free and others pay \$5. This is a warm-up for the North Central Florida Pickleball Doubles Tournament on Saturday, Nov. 5, at 9 a.m. when players from within a 60-mile radius will converge on our courts.

The entry fee is \$20 and proceeds will benefit the Ocala Domestic Violence Center. Register at pickleball-ocala.com before Wednesday, Oct. 19.

Then in conjunction with our annual Picklenic, we will have our annual tournament. This tournament will be on Wednesday, Nov. 9, at 9 a.m., with a championship match played on Friday, Nov. 11, at 9 a.m. The format will be point accumulation according to your scores with the top four players playing the championship match on Friday, Nov. 11. All club members are welcome to participate. The Picklenic will take place on Wednesday, Nov. 16 around midday at the pavilion. Register at otow.pickleball@yahoo.com.

I'd like to thank Bill Daugherty for letting me fill in while he was gone up north. He will be back for the next column in November.

Submitted by Dan Lack

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Tuesday, October 25, 2016 • 11:30 AM
Circle Square Cultural Center

Mark your calendar now to join us for the District's annual Water Conservation Expo that includes guest speakers, vendor exhibits, product giveaways, prizes, and refreshments.

Speakers will discuss...

- Annual Water Usage Displayed by Community
- Rain Barrels - What are they, How they work and What are their benefits?
- Water Efficient Irrigation for Landscape Design and Behaviors
- How to obtain a **FREE** Irrigation Controller / Rain Sensor upgrade
- And much more...

Doors will open at 10:45 am and the Expo will begin at 11:30 am.



Fit Tips

Larry Robinson
(352) 387-3571
larry_robinson@otowfl.com

Heart Health Facts

Heart disease generally refers to conditions that involve narrowed or blocked blood vessels. This condition can be very serious and may lead to chest pain, a heart attack, or stroke. Other heart conditions, such as those that affect your heart's muscle, valves or rhythm, also are considered forms of heart disease. Many forms of heart disease can be prevented or treated with healthy lifestyle choices.

There are several things you can do to improve your heart health. The first thing that comes to my mind is exercise! It's very important that you sit less and move more. You should get at least 150 minutes a week (30 minutes a day, five days a week) of moderate exercise; meaning any physical activity that gets you moving around and breaking a slight sweat. Every little bit of activity counts. If you're doing nothing, do something, and if you're doing something, do more. Try to reduce how much time you spend sitting, whether it's at your computer, car, or couch.

Your heart works best when it runs on clean fuel. That means

eating lots of whole, plant-based foods (like fruits, vegetables, nuts, and seeds) and fewer refined or processed foods (like white bread, pasta, crackers, and cookies.) One of the fastest ways to clean up your diet is to cut out sugary beverages like soda and fruit juices. As Americans, we drink far too many of our calories. Making just a few adjustments in your diet can boost your heart health.

Sleep is important for heart

health. One of the early signs of heart disease is elevated levels of calcium in the blood. Young and middle-age adults who slept at least seven hours a night had less calcium in their arteries than those who slept five hours or less a night. Make it a habit to get at least seven hours of sleep every night.

A troubling 2015 CDC study found that 70-percent of Americans have heart ages older than their actual age; men by 7.8 years and women by 5.4 years, on average. Your heart age is based on a series of risk factors. Some risk factors are out of your control such as age, gender, and family history. The good news is that we can positively influence our heart health by eating right, moving more and getting enough sleep. Most health care providers agree that your lifestyle will have a greater influence on your heart age than genetic risk factors. Ten interesting heart health facts:

1. Regular exercise is the single most important key to heart health.
2. Heart disease is your greatest health threat (It is a greater danger than breast cancer in women and prostate cancer in men.)
3. Your heart is about the size of your two hands clasped together.
4. Your heart beats 100,000 times a day.
5. A normal heart valve is about the size of a half dollar.
6. The more education you have the lower your risk of heart disease.
7. Happiness and a strong sense of emotional vitality help lower your risk of heart disease.
8. The beating sound from your heart is the clap of valve leaflets opening and closing.
9. Every minute your heart pumps one and a half gallons of blood.
10. Your heart is a coordinated machine. The right side pumps blood into your lungs, while the left side pumps it back into your body.

FIT TIP #1: Physical activity can help you control your weight and reduce your chances of developing other conditions that may put a strain on your heart.

Come join us on Saturday, Oct. 1, at 8 a.m. for the Marion County Heart Walk! The 3.1-mile walk will take place at the Baseline Trailhead Park with the hope of ending heart disease and stroke. You can join the On Top of the World Heart Walk team or make a donation to stop heart disease online at marionheartwalk.kintera.org/otow.

FIT TIP #2: Sit less and move more! Activities such as gardening, housekeeping, taking the stairs and walking the dog all count toward your total.

FIT TIP #3: You don't have to exercise strenuously to support heart health, but you will see bigger benefits by increasing the intensity, duration and frequency.

Arbor Club Indoor Pool						
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	
7:00 AM	Open	Open	Open	Open	Open	
8:00 AM	Water Walk	Water Walk	Water Walk	Water Walk	Water Walk	
9:00 AM	Deep Water Aerobics*	Shallow Water Aerobics*	Deep Water Aerobics*	Shallow Water Aerobics*	Deep Water Aerobics*	
10:00 AM	Open	Open	Closed for Cleaning	Open	Open	Open
11:00 AM		Shallow Water Aerobics*	10:30 - 11:30 AM	Shallow Water Aerobics*		
12:00 PM		Open	Open	Open		
12:30 PM	Aqua Belles**		Aqua Belles**		Aqua Belles**	

Monday through Friday, 6 a.m. to 8:30 p.m.; Saturday, 7 a.m. to 8:30 p.m.; Sunday, 9 a.m. to 7 p.m.
Indoor pool closed for cleaning every Wednesday from 10:30 to 11:30 a.m. Outdoor pool closed for cleaning first Wednesday of every month
* One hour, fee-based class. ** One hour club activity.

Recreation Center Pool
<small>Monday through Sunday, 8 AM to dusk. Closed for cleaning the last Wednesday of every month. Children permitted Monday through Friday, noon until dusk, all day Saturday, Sunday and holidays.</small>

Rules for Lap Swimming: 1. Swimmers should swim on the line; 2. If lanes are full, share the lanes; 3. When sharing lanes, swimmers of matched speed should share a lane.

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GET ACQUAINTED

Coffee

Thursday, October 13, 2016 from 9 am - 11 am
at the Recreation Center Ballroom

Join us in welcoming some of our new residents into the community! There will be coffee, doughnuts and representatives from various clubs, the fitness center and more. Each representative will speak on the services and programs they have to offer.

At the conclusion of this event, we will take you on a short walk to familiarize you with some of the facilities and amenities that are available to you as residents.

For more information call the Recreation Center Office at 352-854-8707 ext. 7533 or 7530.

SATURDAY, OCTOBER 15, 2016 ~ 10 AM TO 3 PM

CRAFT FAIR

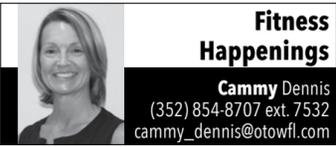
— FREE EVENT —

Join us for our Annual Craft Fair at the Circle Square Cultural Center and on the Town Square at Circle Square Commons. This is a great time to start your holiday shopping or to pick up a unique item that you have been looking for. You'll find one of a kind pottery and woodwork or unique artwork for your home. You will not want to miss this event! Over 100 crafters participated last year. During the event, enjoy live entertainment on the Town Square featuring Fred Campbell and face painting by "Pockets of Clowns" in the Cultural Center.

Circle Square Cultural Center

FOR MORE INFORMATION OR TO REGISTER CONTACT THE RECREATION CENTER OFFICE AT 352-854-8707 EXT. 7533 OR 7530.

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Fitness Happenings

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Attitudes on Aging

What is your attitude on aging? Unfortunately, the typical societal notions about aging are usually rooted in negative feelings of decline and decay. Let's flip this mind-set upside down and look at how we can view aging as a time of growth, potential and vitality. AARP research suggests a new, positive trend on perceptions of aging; a recent survey found that 85-percent of respondents (ages 40 to 90) don't see themselves as old. That's great news when you consider that a study out of Yale University (Longevity Increased by Positive Self-Perceptions of Aging) demonstrates that people with positive perceptions of aging will out-live negative thinkers by seven and a half years. Let's look at three key "aging, attitude adjustments" that just might add years to your life!

1. Consider your untapped potential. Most older adults have untapped talents and abilities that have yet to be realized. During earlier years, when working and raising families consumed so much time, there was less opportunity to develop personal potential. Encore careers and lifelong learning are great examples of discovering new possibilities later in life. On Top of the World residents have a wonderful resource for unleashing potential at Master the Possibilities. If you've had a simmering passion on the back burner, now is the time to tap into that potential.
2. Embrace wellness. Being well at any age is centered on authentic health. Wellness stems from mindful, daily decisions that support optimal aging. The absence of disease does not necessarily mean you are well. Unfortunately, our health care system is very reactive; we don't take action until we are sick. Striving to be well is a proactive position whereby daily lifestyle decisions are made specifically to promote health and ward off disease. Keeping active and eating right are your best courses of action for sustaining high levels of function and staying engaged in life. There is no better way to reverse the notion that age is equivalent to decline than to live an active, vibrant life!
3. Reframe your thoughts. Never let anyone tell you "You're too old for that." Don't let your age define you, or influence what you should or shouldn't be doing. Your actions should be based on what you are capable of. If you want to go skydiving on

FITNESS SCHEDULE

October 2016

Recreation Center Fitness Room

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 AM	Oxycise	Oxycise	Oxycise	Oxycise	Oxycise
8:00 AM	Zumba® Mix Madelyne	NEW! S.O.S. Jonathan	Wednesday Warrior Jessica	NEW! S.O.S. Jonathan	Dance Party Jessica
9:00 AM	Tai Chi Art	KBKB Han	Intro to Yoga Jessica	KBKB Han	Balance Barre & Tone Kris
10:00 AM	Balanced Body Madelyne	Chair Yoga Kathy	Balanced Body Jessica	Chair Yoga Kathy	Balanced Body Madelyne
10:50 AM	S.O.S. Larry	S.O.S. Dara	S.O.S. Larry	S.O.S. Dara	S.O.S. Larry
11:45 AM	Get Fit While You Sit Kitti	Golden Oldies Groove Madelyne	Get Fit While You Sit Kitti	Golden Oldies Groove Madelyne	Get Fit While You Sit Madelyne
1:00 PM		Fitness Orientation**		Balance Assessment**	
5:00 PM		Intro to Yoga Kathy	S.O.S. Kris		

Recreation Center Fitness Center Hours: Monday-Friday 6:30 AM - 8 PM; Saturday 7 AM - 8 PM; Sunday 9 AM - 5 PM

Recreation Center Ballroom

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:45 AM	Zumba® Gold Kitti		Zumba® Gold Kitti		Zumba® Gold Madelyne

Arbor Club

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 AM Indoor Pool	Deep Water * Larry	Shallow Water * Barb	Deep Water * Larry	Shallow Water * Barb	HIIT Deep* Larry
9:15 AM Ballroom/ Fitness	Yoga* Barb Anne		Hatha Yoga* Barb Anne		Yoga* Mary
10:00 AM Ballroom				Intro to Tai Chi Art	
11:00 AM Indoor Pool		NEW! Shallow Water * Stacy		NEW! Shallow Water * Stacy	
11:00 AM Fitness Studio				Tai Chi Joint Health* Art	
11:45 AM Fitness Studio	Adult Karate* Art				

* Denotes fee-based class.

** Fitness center orientations and balance assessments are free. Please call (352) 854-8707 Ext. 7534 to reserve your spot.



NEW THIS MONTH

Additional S.O.S. classes on Tuesdays & Thursdays at 8 AM & Shallow Water* at Arbor Club on Tuesdays & Thursdays at 11 AM

Retirement Recess! on Tuesday, Oct. 4, at 9 AM at the Power Park (across from the dog park)

COMING UP IN NOVEMBER

Take Off the Turkey on Friday, Nov. 25, at 9 AM, in the Recreation Fitness Center

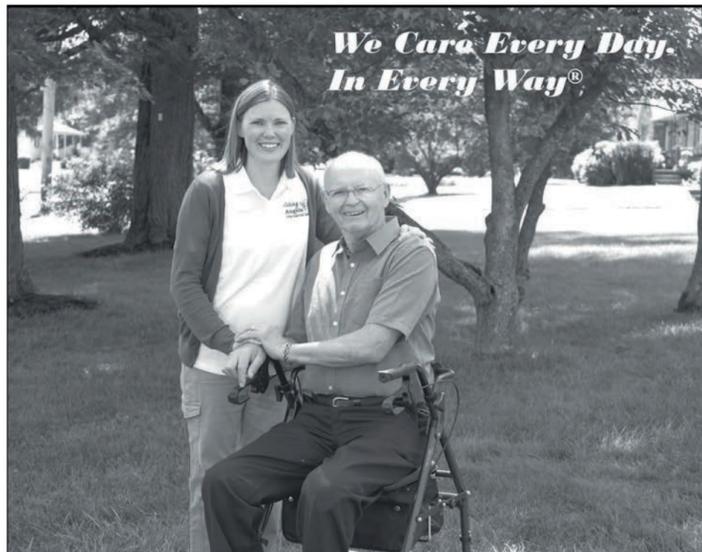
your 90th birthday and you are active, strong and capable, then go for it. That's exactly what one of our "Balanced Body" students did! "Balanced Body" is a free, fall-prevention class at the Recreation Fitness Center on Mondays, Wednesdays and Fridays at 10 a.m. I recently had a resident ask me this question, "I'm 76 years old, what exercises should I be doing?" My reply was, "I'm not that concerned with your age, tell me about your physical capability and what it is you aspire to do!" If we want to influence societal perceptions on aging, it has to start within the heart and mind of every one of us!

have a few new teams and we are looking for a couple more. If you are looking to have some fun, come and join us. We bowl at 3 p.m. on Mondays. Please contact either Sandy Fleck (president) at (612) 760-2010 or George DiFrancesco at (352) 342-1667. We are looking forward to another great season!

Monday Bowling League

Sandy Fleck

Welcome back bowlers! It was great to see everyone again. We



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Line Dancing

Nancy Carmack

We had a very successful start to our new line dance season, which began Monday, Sept. 12. Our veteran dancers were so happy to be back dancing after having a short

summer break, and the newcomers to line dancing were excited to begin this wonderful hobby.

Janice Meade's class is temporarily cancelled. When it is scheduled to start up again, a notice will be published.

Our Thursday night monthly dance was a celebration of the new dance season by wearing our blue dance shirts. Everyone had a great time, as always.

Many of our line dance members will be participating in a special line dance fundraising event for cancer at the Southeast Livestock Pavilion. This event will be on Saturday, Oct. 15. For more information, please contact Marilyn McNeal.

We dance Friday evenings at Happy Hour in the Recreation Center Ballroom and also at The Town Square on Friday and Saturday nights. If you want to add a new

hobby to your activities that is fun, good exercise and great socially, please think about joining one of our dance classes. As our friend, George, always said, "just stay in line and step when the drum goes thump."

For detailed information, please contact Marilyn McNeal at (352) 804-1546 or Nancy Carmack at (352) 533-8870.



Ballet Club

Eugenie Martin

The Ballet Club is now offering five classes each week. In addition to our two beginner and two more advanced ballet classes, we are also providing a "Fusion Floor Barre." The latter class incorporates Pilates and yoga with ballet barre techniques done on floor mats and accompanied by beautiful music. The new class is excellent for helping make the body stronger, more flexible and better toned.

Outside of our classes, we are involved in On Top of the World community activities. On Thursday, Sept. 15, the Ballet Club hosted a table at the Club Fair in the Recreation Center Ballroom. In January 2017, we are planning to participate in the Health & Wellness Expo at Circle Square Cultural Center.

Our five free classes are all held at the Arbor Club Exercise Studio, which is next to the indoor swimming pool. The studio looks out on water, trees and sky, and is a beautiful setting. The class schedule follows:

- Beginner: Tuesdays, 11 a.m. to noon; Fridays, noon to 1 p.m.
- Advanced: Tuesdays, 1 to 2:15 p.m.; Thursdays, 1 to 2:15 p.m.
- Fusion Floor Barre: Saturdays, 11 a.m. to noon.

Newcomers are welcome to all of our classes. To start ballet, regular ballet clothes are not necessary. Exercise clothes and socks are just fine for ballet or Fusion Floor Barre. Participants in the latter may bring their own exercise mats or use those in the studio, and a rolled towel or pillow is recommended for the neck. Of course, water is a must for all classes.

Before you attend any class, please call me at (352) 854-8589. That way, we can discuss in more detail what to expect in the various classes, and you can decide what is best for you. I look forward to hearing from you. Happy dancing!



Ballroom Dance Club

Linda Byrd

The new Ballroom Dance Club will have regular dances on the fourth Sunday of each month, from 3 to 5 p.m. at the Arbor Club Ballroom. This month it will be held on Sunday, Oct. 23.

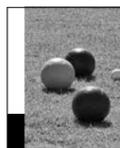
Social ballroom dancing is wonderful exercise as well as fun. At our monthly dances, we provide recorded music of most ballroom dance styles such as waltz, foxtrot, cha-cha, rumba, swing, merengue, tango, hustle, etc. You can dance to whatever styles you enjoy. Our members include beginners, intermediates and advanced levels. Our dance is a great place to practice, learn new steps and socialize with

residents who share your interest in social ballroom dancing.

Being retired at On Top of the World provides all of us with an opportunity to renew or start social dancing with our spouse/partner. Dress is dance casual, shirt and trousers (no shorts) for men and skirt or slacks for women. We suggest leather-soled shoes for dancing. You're welcome to bring any non-alcoholic beverages and snacks.

If you are looking for other ballroom dancing opportunities in Ocala, USA Dance Ocala meets at the American Armenian Hall on Baseline Road the first and third Tuesdays of each month. The Ocala Dance Club holds their dances on the second Tuesday of each month at St. Marks Methodist Church. Call me if you have any questions at (352) 509-4317.

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Monday through Friday



Bocce

Micki Malsch

This is how we roll! Open bocce is played on Mondays, Wednesdays and Fridays at 9 a.m., as well as Wednesdays at 11 a.m. These are open play days and anyone who shows up can play. Teams are determined by the luck of the draw. This is your chance to watch, learn or play! Response to open bocce has been overwhelming! Players are showing up earlier and earlier to assure their spot to play.

We are always looking for members to substitute or join the league. We encourage you to stop by and see how the game is played and what fun we have. So please call and express your interest in playing! It's a lot of fun and you get

to make new friends!

League play will resume on Tuesday, Oct. 4, at 9 a.m. and 11 a.m., and Thursday, Oct. 6, at 10 a.m. The league will not play the weeks of Nov. 21, and Dec. 26 in observance of the holidays.

The annual Christmas luncheon will be on Friday, Dec. 15, from 1 to 3 p.m. in the Arbor Club.

The best of bocce play-offs will be the week of April 25, 2017. League best of bocce will be on May 2, 2017. Open best of bocce will be on May 4, 2017. The bocce league banquet will be on May 5, 2017.

Dues this year will be \$10 per player and are due to your team captains by the end of October. Everyone who plays on a league team, or plays open is required to pay their dues.

For further information, please contact Joe Bartosh, president, Bocce Club at (608) 553-1602. Until we roll again ...

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Circle Squares

Walter Lamp

Circle Squares is getting ready for another fun filled square dance season. Our first big dance is on Saturday, Oct. 22 at the Recreation Center Ballroom, from 7:15 to 9:30 p.m. Hosting our "Autumn Leaves Ball" will be Jerry Biggerstaff from North Carolina. He will be the first national caller up this season. Lloyd and Ruth McKenrick will cue the rounds that night. As always, we invite all residents to stop by and take a peek at the fun we have.

On Sunday, Sept. 4, we raided the Orange Blossom Squares in The Villages. While there, we were treated to the calling of Dave Mueller from Alabama. We took their banner back home with us.

As previously mentioned, there were other venues to enjoy the fun of square dancing this summer. Besides some local clubs in central Florida, there were some pretty big dances going on along the east coast. One such dance was the Tennessee State Square and Round Dance Convention, held in Gatlinburg, Tenn. on Friday, Aug. 5 and Saturday, Aug. 6. My wife and I attended this one for the first time.

Each day was an all-day affair. There were many halls to accom-

modate the different types of dancing going on. Mainstream, plus, advanced, fun squares and round dancing. Most of the callers were from Tennessee, along with a few national callers. The thing that surprised me was the fact of how fast they call and, of course, a few of them had that southern drawl, which made it at first difficult for us to follow. It was a challenge to keep up with speed of the dance and the drawl, but we did and represented Circle Squares very well.

There were 14 folks from Ocala, with 10 of them representing our club. Tennessee had the largest group of dancers, while Florida had 68 dancers. There were 18 states represented, along with three peo-

ple from Japan.

The evening dances included something new. They had a live band providing the music. So, between the band, the high energy dancing and sometimes close quarters while dancing, my wife and I had a new experience which we enjoyed very much. The different dancers from all the states were true to the main ideas of square dancing: happy, laughing, and enjoying the trip without any breakdowns. Glad we got to go. It made our summer more fun.

Please feel free to call me at (352) 854-9378 with any questions about the Circle Squares.



Sidekicks Western Dance

Hannah Cole

Well, it's time to dust off those dancing shoes and sweep those cobwebs from our brains, because a new dance season is about to start. We'll be re-doing some of our old favorites, and we have a few new ones coming down the road as well, so we're hoping for a fun season.

We have an interesting 2017 planned with a lot of dancing and parties. Our last dance meeting for the season that began September 2015 closed on Tuesday, Sept. 20.

The first meeting to welcome and initiate the new beginner one level dancers was held on Tuesday,

Sept. 27 following sign-ups at the Club Fair held on Thursday, Sept. 15. Remember, no matter what your current ability level is, every member is always welcome anytime and anywhere we dance, so no matter what, you're always among friends.

For those of you who might not have seen us at the Club Fair, here is information about what we do. Country western partner dancing is most often performed by couples circling the dance floor in a counter-clockwise direction. On occasion, the dances are done in place with the couples in a line or spaced randomly around the dance floor. A number of dance steps are learned in a certain sequence, and this sequence is repeated throughout the dance. The particular steps and the order in which they are done is

what makes each dance different. Some dances, such as the two-step, triple two step or freestyle waltz are not programmed, but are lead/follow.

Country western partner dancing is known in some parts of the country by different names, such as couple dancing or partner pattern dancing. The individual steps are quite similar to line dance steps, but done with a partner. Since country western partner dancing has its roots in country music, that's the type of music used most often. However, many rhythms are danced, such as waltz, cha cha, rumba, polka, swing and merengue, even tango, so occasionally other types of music may be used as well.

Members of the Sidekicks Western Dance Club enjoy the dancing, music and social aspect of the club. We're among friends and like to have fun. Our beginner one level

dancers will meet at the Recreation Center Ballroom on Sundays, from 5 to 6 p.m., followed by a practice for our beginner two and intermediate dancers until 6:30 p.m.

Our beginner two and intermediate dancers will meet at the same place on Tuesdays, from 5:45 to 7:45 p.m. All dancers are welcome whenever and wherever we dance, and are encouraged to try any new dances within their current ability level.

No previous dance experience is necessary, but knowledge of line dancing is very helpful. A partner is required. Come give it a try. It's great exercise for both mind and body.

Please note that we will not dance in December until Tuesday, Dec. 27 when we hold regular practice to prepare for our New Year's bash. Come dance with us!



Bunco Babes Social Group

Micki Malsch

The Bunco Babes Social Group plays bunco in the Arbor Conference Center, Suite C. Registration is at 6:45 p.m.; games begin at 7 p.m. The next scheduled game is Monday, Oct. 24.

Due to upcoming holidays, the November and December games will be held on the following days: Nov. 14 and Dec. 12.

If you have never played before, come see what fun we have rolling

the dice in this game of luck (no skill required)! The game is easy and only requires rolling three dice and moving to the next table at the end of game play.

The cost is \$3 per person and all monies collected are returned at the end of the game to the category winners.

Please bring your own beverage and a small snack for sharing (if you wish).

Come join in the fun and make new friends! For more information, please call Micki Malsch at (352) 861-8790. See you there!

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Tennis

Jorge Privat
(352) 387-7539

I would like to take this opportunity to welcome into our tennis community all the new resident players and welcome back to all the snowbirds.

I hope you all had the opportunity to watch some of the best matches of the U.S. Open. Somewhat unexpected but well deserved winners in both the men's and the women's sides: Germany's Angelique Kerber and Stan "the man" Wawrinka from Switzerland showed that they had what it takes to win a "major." Exciting finals, for sure!

I am still looking to find enough interest to form a couple of teams to participate in USTA league play. It would be fun to have representation from our community in the local competition. The tennis com-

mittee is also working to organize another one of our tennis socials so that everyone can have the opportunity bring their spouses and friends to meet the players.

Putting Your Body Through Its Paces

No matter what your age or ability level, if you decided to have your presence known on the tennis court, you need a little bit of knowledge about nutrition and hydration, weight training and stretching, sun and heat protection, injury prevention and cross training. In my estimation, performing well in tennis requires three things: mental ability, physical fitness and technical skills.

Tennis requires dynamic motion - something many of our bodies are starving for. When we do move, it tends to be in linear and repetitive ways (think walking, cycling or the elliptical). The cumulative effect is a body that is stiff and somewhat robotic. Racquet sports are great because they don't just improve

fitness, they also force you to move in multiple directions in response to differing stimuli - think a ball whizzing across the court. Having to react challenges the brain, improves agility and coordination and strengthens muscles and bones at multiple angles.

Even if you work out regularly, you still need to become "tennis fit" by gradually increasing the duration and intensity of your game, and adapting your strength and cardio programs to reflect the specific bio-mechanical demands of the sport. The tennis-specific elements typically missing from traditional gym workouts are speed, agility, fluid multidirectional movements and the ability of the body to absorb and dissipate eccentric forces (the ball hitting your racquet and your feet hitting the ground).

CARDIO MODIFICATIONS: Incorporate sideways and backward running into your warm-up. Moving in multiple directions will strengthen the muscles and movement pat-

terns needed for tennis, sharpen your nervous system and improve mobility. Include short intervals that mimic the quick bouts of speed needed for tennis.

STRENGTH MODIFICATIONS: Tweak traditional gym exercises to be more fluid and athletic: add twists, lateral-side-leaning, speed, agility, and multi-directional motions. Instead of stationary lunges, try clock lunges; standing in the center of an imaginary clock, step with your right and then left foot, alternately in different directions, getting back to the center of the clock. This will help you make quick adjustments when you play.

Getting to the ball, getting away from the ball, in balance and ready to hit, is the key for every player. "Float like a butterfly, sting like a bee" Muhamad Ali's popular line was not referring to tennis, but the similarities are there. Good footwork is the precondition for everything else in tennis.

See you on the courts!



Horseshoe League

Jim Russell

Tuesday, Sept. 6, at 9 a.m., marked the beginning of our fall season competition. Although we were coming off the long Labor Day weekend, we had 12 enthusiasts ready and eager to get things kicked off. It was a beautiful morning with the temperatures in the 70s, ideal conditions for pitching some shoes.

We began by using the handicaps established during our last league play. As always, those handicaps are adjusted each week based on previous weeks results, so the playing field remains level for all the players. As we add new players during the season, we base their handicaps on their first three games and continue the adjustment each week as they gain experience so that they can compete on an even basis with our more experienced players.

We expect to see the number of players increase each week as

our snowbirds return. In addition, we saw some new faces join us as the result of our attendance at the Club Fair. As our community continues to expand, the Club Fair is a great way for new residents to learn of all the many activities available to them. We thank everyone who stopped at our display and hope to see all of them on Tuesday mornings at the horseshoe complex.

For many of our regular players, the summer break provided time for some practice in honing their skills in preparation for league play. We have to take a moment to single out one player who is living proof that practice makes (almost) perfect. Paul Pardee had one of those days we horseshoe players live for. During a practice game, he pitched 25 ringers (out a total of 40 shoes), which works out to a 63 percent ringer percentage. This helped him achieve a total scratch score of 90 points (the most you can score in one game is 120 points scratch, which, as they say in bowling, would be a "perfect game"). That means 75 of his points came from ringers and 15 points came from being within six inches of the pin. Congratulations to Paul for his great game. Hope he can reproduce these results on a regular basis during the season.



Model Railroaders

Jim Lynam

Whenever a person has an injury, what is the first request to assist the injured person? "Would someone please get the first aid kit?" It seems as though first aid kits have been in existence for as long as any of us alive today can remember. The kits are usually maintained in homes, cars, boats, airplanes and anywhere where there may be a risk of injury. Obviously the kits have not been around forever, so how did the kit come to be?

The first idea of a first aid kit developed through a conversation. Sometime in the spring of 1888 a gentleman by the name of Robert Wood Johnson was riding on a Colorado and Rio Grande train heading for a Colorado cattle ranch. Mr. Johnson initiated a conversation with a fellow passenger who happened to be the chief surgeon of the Denver and Rio Grande Railway. The surgeon explained that railroad workers were frequently injured, but medical help was too far away and too late to be effective.

So Johnson came up with the idea to package some of the products that his company manufactured and place them in a box that would be readily available. As a result, the company of Johnson & Johnson began producing first aid kits that included sterile gauze, bandages and dressings for the railroads.

By 1890, the Johnson & Johnson Company was making kits directly for the railroads (with the name of the railroad on the kit), and began making them for home, travelers, workplaces and public buildings and later, for automobiles and airplanes, and more. If there was a need, there was a Johnson & Johnson first aid kit to meet that need.

So the next time you require the services of a first aid kit, be sure to give credit to the American railroads for the invention!

The Model Railroaders are always looking for new members, and you are welcome to join us. The layout is located in a room with entry from the Recreation Fitness Center. The club members work and run trains on the layout on Tuesdays and Fridays, from 2 to 4 p.m.

Our next monthly meeting will be held at 9 a.m. on Wednesday, Oct. 5 in Suite A of the Arbor Conference Center.

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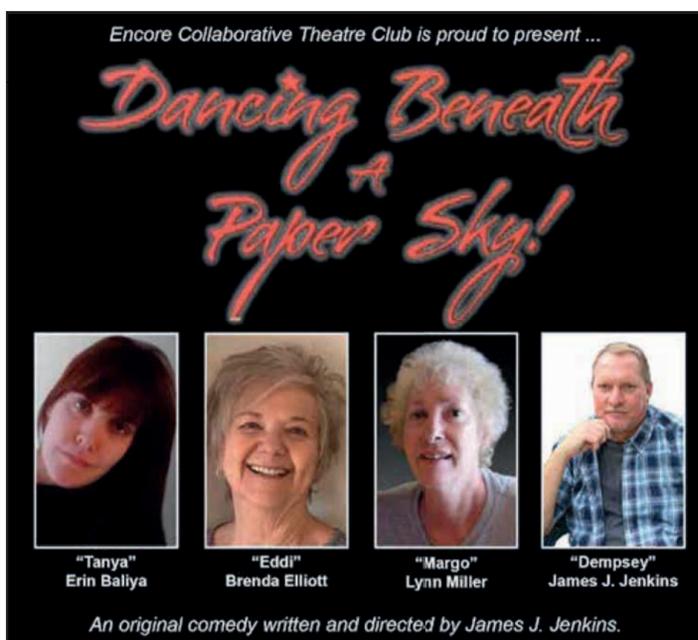
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Encore's Comedy to Premiere

By Judy Gill

Circle Square Cultural Center will be welcoming Encore Collaborative Theatre Club's audiences this weekend for "Dancing Beneath a Paper Sky" by James J. Jenkins. The production times are 7 p.m. on Saturday, Oct. 1 and 3 p.m. Sunday, Oct. 2. Doors open one hour early.

After months of preparation, the cast, committee, playwright, musical director and chorus, The Voice of Encore, are proud to announce their original production.

This delightful comedy about two half-sisters forced to live together after not speaking for several decades is riddled with outrageous shenanigans beginning the moment the curtain opens to the final encore!

If you haven't gotten your tickets yet, there is still limited availability. Call Judy or Terry Gill at (352) 509-4033 for ticket or theatre club information. Comfortable reserved cabaret-style tables with eight chairs are \$10 per resident or \$12 per non-resident. Proceeds after expenses are donated to charity.

A cash bar and complimentary snack are available for Saturday's performance. A complimentary mini-dessert and non-alcoholic

beverage are provided for Sunday's performance.

A signature feature that Encore Collaborative Theatre Club is known for is their theme enhancements; transforming a play into an actual production. Endless hats graced their first performance of "Too, Too, Too Many Hats" in January 2016. It's no wonder that audiences are curious to see what might be done with this celestial theme for "Dancing Beneath a Paper Sky!" Don't miss the laughter and creative entertainment right here in the convenience and comfort of Circle Square Cultural Center. Join us, right here in your neighborhood!

For the final encore of this production, a wrap party will be held at The Club at Candler Hills. While this restaurant is normally closed Sunday evenings, they'll be open for a private party for our cast and committee, friends, family and Encore theatre supporters. If you'd like to join us for this at 5:30 p.m. Sunday, Oct. 2, please make a reservation with the restaurant. This celebration is called: "Paper Sky, The Final Encore!" Everyone will pay for their own meal from a special limited menu. A perfect encore!

Halloween Thriller

By Bob Woods
World News Writer

There will be a Halloween "Thriller" dance event on Saturday, Oct. 29 at The Town Square at 7 p.m. Hordes of "senior kids" will be dressed for the occasion. This event is free and open to the public.

All interested folks are encouraged to dress for the occasion letting the "kid inside" shine by dressing in a costume. There are sure to be countless witches devouring their brewed potions as well as many zombies strutting around in their erratic movements. This promises to be a fantastic evening of fun featuring all kinds of monstrous characters.

Although this event is free and open to the public, the organizers are seeking donations to benefit the Marion County Domestic Violence/Sexual Assault Shelter.

An organizational meeting was already held earlier in September, however it's not too late to sign up

to participate! There will be planned rehearsals leading up to the big day. Join the fun by contacting the organizers for this event: Cheri Irwin, spa director at Stone Creek, at aimfitness@aol.com or Dara Turner, fitness instructor at On Top of the World and The Ranch Fitness Center & Spa, at (352) 433-5551.

Rehearsals will include practicing a choreographed routine (dance skills not required) to Michael Jackson's "Thriller" song, getting row assignments, and designing costumes.

This is a chance for all participants to act like kids, have fun and support a good cause. As Cheri put it, "Show up, sign up, and prepare to have fun."

In addition to the "Thriller" dance event, Mark Raisch will provide musical entertainment, from 6 to 9 p.m. Come enjoy a thrilling evening outside ... if you dare!



Photo by Bob Woods

Residents "thrill" the night away at the last Halloween event at The Town Square.

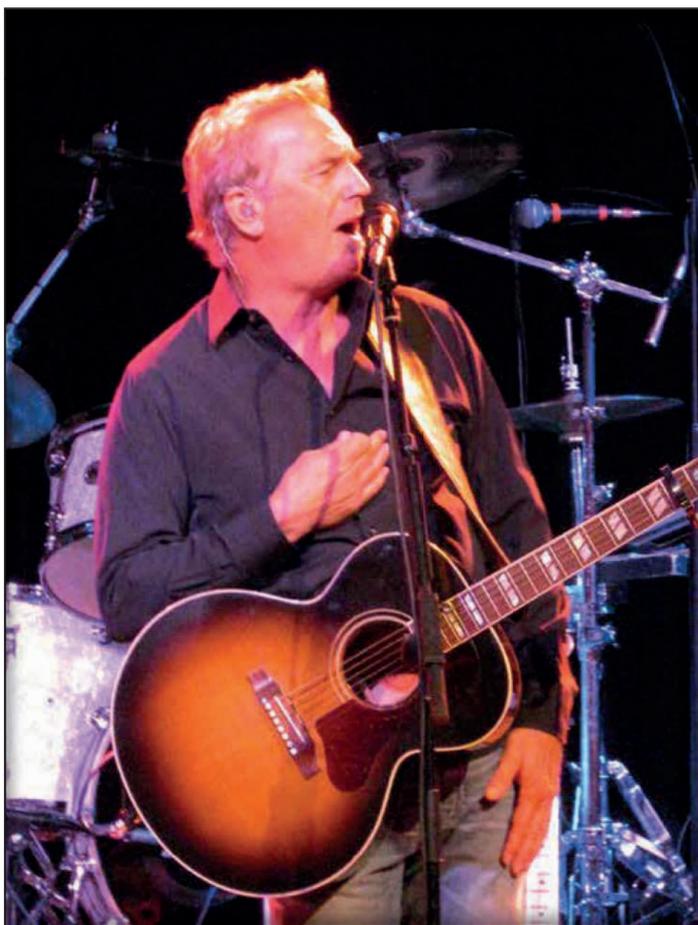


Photo by Bob Woods

Kevin Costner and Modern West rocked Circle Square Cultural Center on Saturday, Aug. 27.

Oh What a Night!

By Bob Woods
World News Writer

Kevin Costner and Modern West rocked the house on Saturday, Aug. 27 at Circle Square Cultural Center. Costner proved that he cannot only act but he can really belt out a tune as well!

Audience members were not disappointed with the show! One On Top of the World resident stated, "It's great to have a star of his caliber in an intimate venue like this one!"

Costner made his appearance at the concert like no other performer has in the past. Costner entered from the theater's entrance, not from the sides or rear of the stage as expected, surprising all those in attendance, including the press covering the event. Most were a distance away from the performer but were able to witness all the action and excitement on the big screens to the right and left of stage.

Costner has had a very rewarding career as a very popular American movie actor, film director, producer, musician, songwriter, and singer. The 61-year-old Costner has won two Academy Awards, three Golden Globe Awards and one Emmy plus many additional awards and accolades.

As anticipated at the beginning of the concert, Costner showed short film clips of his popular movies. Some of the clips included his roles in "The Untouchables," "Bull Durham," "Field of Dreams," "Rob-

in Hood: Prince of Thieves," "JFK," "The Bodyguard," and of course his most popular film, "Dancing with Wolves."

Kevin Costner and Modern West is a rock/country band with Costner as lead singer, which was formed back in 2007 at the encouragement of his wife, Christine. They have been performing worldwide every since.

A representative from Circle Square Cultural Center stated that approximately 80 percent of those attending the Costner concert had never purchased tickets for any event held here. Event Manager Gary Pierre stated in an e-mail, "Some folks came from out of state from such places as Iowa, Chicago and Texas."

Residents, Merrill and Caroline Smith liked the show very much. Merrill stated, "The film clips did not last more than seven minutes but Costner did talk a little about the films from which the songs were sung and originated." Merrill also commented that Costner "can sing very well."

At the conclusion of the concert, clapping, yelling, whistling along with some ladies screaming could be heard. Obviously those in attendance really enjoyed what they saw and heard - Kevin Costner and his Modern West band in concert.



Photo by Bob Woods

An open-air cable car travels up and down the Swiss mountain, Stanserhorn.

Stanserhorn

By Bob Woods
World News Writer

Remember back in your younger years when riding in a convertible was an unbelievable experience? Recently a group of residents did just that, rode in an open-air convertible, but it wasn't the type of convertible of yesteryear. It was a convertible like no other convertible.

In fact, this convertible is the first of its type. This convertible was an open-air cable car traversing up and down a Swiss mountain. That's right. The group rode in the world's first double-decker, open-air cable car. It was thrilling as the wind blew through one's hair and being able to see the 360-degree views of Switzerland's beautiful landscape. The cable car with open deck is one of the main attractions in Lucerne, Switzerland.

The group was transported by their tour coach to the dock area of Lake Lucerne where they boarded a narrative boat tour of the lake before arriving in the small lakeside town of Stans. This is a popular town as it is the jumping off location for those traversing either by funicular railway and cable car or hiking to the summit of Stanserhorn Mountain.

The tour coach transported the group from the boat dock to the funicular railway station for the beginning of the ascent to the mountaintop. These 1893 open wooden carriages have been slowly taking passengers up the Stanserhorn for the past 120 years in three different stages. Stepping off the railway's carriage after reaching the final destination of the railroad carriage the group was in for a lifetime thrill of riding the double-decker open

top cable car to the summit.

A funicular is also known as an incline railway in which a cable is attached to a pair of tram-like electric powered carriages that counter-balance each other as one ascends and the other descends. The carriages from Stans are just as they were in 1893 when the railroad was inaugurated.

When the group arrived at the cable car destination, most in the group scurried to get a spot on the open deck of the cable car. The open-air deck holds 30 passengers while the enclosed lower deck holds about 60 passengers. An elaborate spiral staircase connects both decks.

The Stanserhorn stands 6,227 feet in altitude. The railroad is electric powered making it one of the world's first electrically powered mountain railroads. Approximately four years ago is when a new cable system was erected and the double-decker cable cars were inaugurated.

Reaching the summit the group was first ushered to a location for a group photograph with the snowcapped mountains in the background. Some climbed to another location for a better view of the surrounding area while others sought something to drink in particular - Swiss hot chocolate. Descending the mountain the same rush took place looking for a spot on the upper open deck to achieve some great photos. Upon returning to Stans the coach picked up the travelers and then headed back to Lucerne.

What an excursion. As the old saying goes, "It was worth the price of admission."



Photo by Bob Woods

Residents on the Switzerland trip.



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Art Group

Anne Merrick

This month, we have more innovation from the Art Group. Jerri has invented a unique watercolor palette. She has taken a shallow plastic container with a lid, put a magnetic liner in the bottom and used beer bottle caps, which magnetically adhere to the bottom in which to put her paints. The top of the container also becomes the mixing palette. This system could be very efficient for Pleine Aire painting. It saves time choosing your colors and squeezing paint out of tubes while outside. Great job, Jerri.

This has been an exciting summer with new people coming to join us. When the snowbirds come back we will have a full house. We will be getting even more ideas and visual stimulation. We all find the two to three hours spent doing our thing, most rewarding.

On Thursday, we were talking to a new member about papier-mache. We are looking forward to seeing what she does and it reminded me of some artwork I have done using paper and wallpaper paste to give dimension to painting. I have used the colorful ads from the paper;

cutting them in strips so the colors are bright and can be left naked on the painting.

Someone left a box of old paper sewing patterns in the Art Studio so we took a couple of patterns to use for a collage or Papier-Mache. There should be some interesting stuff coming out of the Art Studio in the future.

One of our members is having a painting vacation at St. George Island. Luckily the storm only left a lot of debris on the beach and hasn't affected anything else. She has e-mailed us a couple of photos of her work so far and we are impressed. Pleine Aire is not an easy way to paint but she makes it look so easy.

We are in the Art Studio every Thursday and Saturday, from 9 a.m. to noon. There are no dues for this group and no expectations. You come with your paints and paper/canvas or your carvings or any other art you want to work on, find a table and get to work. When you need a break you stand up and take a look at what everyone else is doing. If you feel like chatting, we are all there to listen. Sometimes we talk a lot and sometimes it is very quiet. You can feel the concentration.

If you need any information call Anne at (352) 732-0706.



Photo by Anne Merrick

Watercolor palette by Jerri Gill.



Artistic Crafts & Gifts

Barbara Lingis

Our new season began on Tuesday, Sept. 6 in the Recreation Center Ballroom and we were very happy to see many old and new friends attend our craft sale.

Because the Artistic Crafts & Gifts Club would like to thank all of the folks who come to see us each Tuesday morning during our craft season, our club is going to be having a customer appreciation drawing in which each crafter will give a gift from their table and a drawing will be held for each item donated on Tuesday, Dec. 13.

Every time you visit us on Tuesday morning this season, you will receive a ticket when you come and an additional ticket when you make a purchase at the various crafters' tables.

On the award table each item donated by the crafters will have a ticket box. You may then place your ticket in the box for the item you would like to win.

This is our way of saying thank you and hope to see you soon. The feedback we have received from our customers has been very positive. Remember, we will meet every Tuesday from 9 a.m. to noon in the Recreation Center Ballroom.

If you are interested in joining our club, please contact Rene Beck at (352) 854-4918. Hope to see you there.

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Pool & Spa Rules

Pool rules are for your benefit and safety. Non-compliance of pool rules will result in loss of privileges. Thank you for your cooperation.

RECREATION CENTER POOL

Hours: 8 a.m. to dusk

Swim at your own risk; no lifeguard on duty.

- No alcoholic beverages allowed on pool deck.
- Facilities are for use by residents and guest(s) only.
- Guest(s) under 15 years of age may use the pool from noon to dusk and must be accompanied by parent or resident.
- During weekends and holidays, there are no time restrictions for guest(s) under the age of 15.
- Diaper age children must wear swim diapers or Little Swimmers®.
- Remove any oils or lotions by showering before entering the pool.
- No running, jumping or horseplay in or around the pool.
- No throwing of objects or littering.
- Food, drinks, glass containers, and pets must be kept outside of fenced pool area.
- Water bottles are allowed as long as they are plastic - no coolers allowed.
- No smoking in and around pool area including pool deck.
- For your safety, please exit the pool during thunderstorms.
- Water wings and noodles are allowed, but please no tubes, rafts or inflatables.
- 911 emergency phone located on the veranda.
- Diving is prohibited.
- Bathing load capacity is 100.
- Be safe, responsible, and considerate while using the pool.
- Pool will be closed on the last Wednesday of the month for cleaning.

ARBOR CLUB POOLS & SPA

Indoor Pool Hours:

Mon. - Fri. 6 a.m. to 8:30 p.m.

Sat. 7 a.m. to 8:30 p.m.

Sun. 9 a.m. to 7 p.m.

Outdoor Pool Hours:

Mon. - Sat. 7 a.m. to 8:30 p.m.

Sun. 9 a.m. to 7 p.m.

Swim at your own risk; no lifeguard on duty.

- No alcoholic beverages allowed on pool deck.
- Pool use is for residents and adult guest(s) only.
- Guest(s) must purchase a pass - \$2.25/day or \$10.75/week per guest.
- Children under the age of 15 are not permitted in pools or on pool deck areas.
- Please refer to Arbor Club indoor pool schedule for complete listing of hourly activities.
- Remove any oils or lotions by showering before entering the pool or spa.
- No running, jumping or horseplay in or around the pool.
- No throwing of objects or littering.
- Water bottles are allowed as long as they are plastic - no coolers allowed.
- No smoking in and around pool area including pool deck.
- 911 emergency phone located outside the ladies bathroom wall.
- For your safety, please exit the pool during thunderstorms.
- Be safe, responsible, and considerate while using the pool.
- Noodles are allowed, but please no tubes, rafts or inflatables.
- Food, drinks, glass containers and pets are prohibited in pool and on pool deck.
- Diving is prohibited.
- Indoor pool bathing load is 75, the outdoor pool bathing load is 37 and the spa bathing load is 8.
- The indoor pool will be closed for cleaning every Wednesday, from 10:30 to 11:30 am.
- The outdoor pool and spa will be closed for cleaning the first Wednesday of the month.

CANDLER HILLS POOL

Hours: 9 a.m. to dusk

Swim at your own risk; no lifeguard on duty.

- No alcoholic beverages allowed on pool deck.
- Pool is open to all Candler Hills residents and their guest(s).
- Guests under the age of 15 are permitted in the pool from noon to dusk only when accompanied by a resident or parent.
- During weekends and holidays, there are no time restrictions for guest(s) under 15.
- Children in diapers must wear swim diapers or Little Swimmers®.
- Remove any oils or lotions by showering before entering the pool.
- No running, jumping or horseplay in or around the pool.
- No throwing objects or littering.
- Plastic water bottles are allowed.
- Food, drinks, smoking, glass containers, coolers and pets are prohibited in pool and on pool deck.
- For your safety, please exit the pool during thunderstorms.
- Water wings and noodles are allowed, but no tubes, rafts or inflatables.
- Diving is prohibited.
- Bathing load is 55 persons.
- The pool will be closed for cleaning the second Wednesday of the month.

CANDLER HILLS SPA

Hours: 9 a.m. to dusk

Swim at your own risk; no lifeguard on duty.

- Shower before entering.
- Food, drinks, smoking, glass containers and pets are prohibited in spa and on deck.
- Bathing load is 10 persons.
- Children under the age of 12 must have adult supervision.
- The spa will be closed for cleaning the second Wednesday of the month.

INDIGO EAST POOL

Hours: 9 a.m. to dusk

Swim at your own risk; no lifeguard on duty.

- No alcoholic beverages allowed on pool deck.
- Pool is open to all Indigo East residents and their guest(s).
- Guest(s) under the age of 15 are permitted in the pool from noon to dusk only when accompanied by a resident or parent.
- Children in diapers must wear swim diapers or Little Swimmers®.
- During weekends and holidays, there are no time restrictions for guest(s) under 15.
- Remove any oils or lotions by showering before entering the pool.
- No running, jumping or horseplay in or around the pool.
- No throwing objects or littering.
- Plastic water bottles are allowed.
- Food, drinks, smoking, glass containers, coolers and pets are prohibited in pool and on pool deck.
- For your safety, please exit the pool during thunderstorms.
- Water wings and noodles are allowed, but no tubes, rafts or inflatables.
- Diving is prohibited.
- Bathing load is 55 persons.
- The pool will be closed for cleaning the third Wednesday of the month.

INDIGO EAST SPA

Hours: 9 a.m. to dusk

Swim at your own risk; no lifeguard on duty.

- Shower before entering.
- Food, drinks, smoking, glass containers and pets are prohibited in spa and on deck.
- Bathing load is 10 persons.
- Children under the age of 12 must have adult supervision.
- The spa will be closed for cleaning the third Wednesday of the month.

#9820 - 8/15

Bern, Switzerland

By Bob Woods
World News Writer

Switzerland's capital city goes by many names but the most popular are Bern or Berne. There are not too many cities in the world that have managed to retain their historic appearance as Bern.

The city is a UNESCO World Heritage Site thanks to its thousands of feet of historical covered shopping arcades. It is the longest weather-sheltered shopping promenade in Europe. At the end of the cobblestone street of the promenade is

the city's famous medieval clock tower or better known to the Swiss as the Zytglogge.

The Zytglogge was constructed in the early 13th century and has served the city as a guard tower, clock tower, prison and urban life and civic memorial. It is one of Bern's most recognizable symbols. The tower's namesake bronze bell hangs in the tower's cupola.

The bell has remained unchanged since the tower was constructed in 1405. The bell is 50 inches in diameter and weighs 3,100 pounds ringing once every hour in a normal tone.

The great bell is struck on the hour by a large clockwork-operated hammer. Looking up at the tower when the bell rings, the observer sees a larger-than-life gilded figure in full harness moving his arms to strike the bell. The clock tower is an impressive structure with all its figurines and working mechanical objects.

The old medieval city of Bern is built on a hill surrounded on three sides by the Aare River. It is home to many churches along with Switzerland's tallest cathedral dating back to 1421, bridges, historical buildings and a large collection of Renaissance fountains. The city is also the seat of Switzerland's federal government.

On Top of the World residents on a tour of Switzerland entered the city after first visiting the famous Bear Pit also known as Bärengraben. Legend has it that in 1191, Duke Berthold von Zahringen vowed to choose as his namesake the first animal his hunt met in the woods. The hunting party caught a bear, which is why the city was called Bern. Records of bears being kept in the city date back to 1513. The pit has been in Bern ever since.

The group of residents crossed the Aare River via a bridge and in front of them was the long main cobblestone street with the promenades on both sides of the street housing all types of shops. In the center of the street were many fountains evenly spaced as the group walked toward the clock tower. On some of the buildings second story fronts were some type of statues but one statue stood out from all the rest and that was the Zähringerbrunnen constructed in 1535 just in front of the clock tower.

This statue is a memorial to the founder of Bern, Berchold von Zahring. This statue is a bear in full armor with a cub at his feet. The bear represents the bear that Berchold shot on the Aare peninsula as he was searching for a site to build a city, according to legend.

The old city of Bern was a fantastic stop where our residents saw first hand medieval historical structures. What a trip. What an experience.



Photo by Bob Woods

Bern's famous medieval clock tower also known as the Zytglogge.



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#11280 - 2/16



Concert Chorus

Patricia Woodbury

The Concert Chorus is back in session as of Tuesday, Sept. 6, getting ready for its December concert "Believe." There are two scheduled free performances: Saturday, Dec. 3, at 7 p.m. and Sunday, Dec. 4, at 3 p.m. Both performances will be in the Recreation Center Ballroom.

The theme of "Believe" refers to the true spirit of the season and to the lyrics of the song. Christmas is the time of year we renew our spirit of belief in what we feel inside and perhaps have forgotten over time. Christmas is the time to believe in what your heart is saying and renew those feelings of the simple

joys of the season.

"Believe" is a 2004 song from the Christmas-themed film "The Polar Express." The words and music were written by Glen Ballard and Alan Silvestri, and the song was performed by Josh Groban. The songwriters received a Grammy Award in the category Best Song Written for a Motion Picture, Television or Other Visual Media at the ceremony held in February 2006. «Believe» was also nominated for Best Original Song at the 77th Academy Awards in February 2005, with Groban and Beyoncé performing the song during the awards broadcast.

Another returning chorus member is Marty Powell. Marty originally came from Gardner, Kansas. Her education was between Johnson County Community College and the University of Kansas where she

received an associate arts degree in her two majors of music and business. She worked for 22 years at the Coca Cola Company as a sales analyst.

Marty was part of a musical family who sang and played together. She sang in church choirs and played French horn in concert bands. She moved to On Top of the World in 2005. She has been playing her horn in the Kingdom of the Sun Concert Band. She also plays the flute. Last year, Marty found time to join the chorus and sing with the tenor section, for which we are very pleased.

The Concert Chorus rehearsals are in the Arbor Club Ballroom every Tuesday, from 9:30 to 11:30 a.m. If you think you would be interested in joining the chorus, please contact David Wesenberg, president, at (217) 280-4454 or



Photo by Bill Shampine

Marty Powell

Vice President Emery Bjerkmann at (352) 873-9032. We are always seeking people who like to sing and look forward to seeing you.



Theatre Group

Steve McDonald

The first of our monthly meetings of the 2016-17 season kicked off on Monday, Sept. 12 with our regular business meeting, some light refreshments, and a full agenda of short entertainment jokes and comedic skits. Several members and friends entertained us. The Theatre Group table at the Club Fair in September attracted several people to add their names to our mailing list. We are extremely excited that beginning with our Monday, Oct. 10 monthly meeting, the Theatre Group inaugurates a new program we call the "Path to Talent," a process for bringing forth and showcasing amateur talent within all our neighborhoods. If you are a resident and have a favorite joke, skit, dance, song, or any other act, then climb on board our "Path to Talent" and bring your favorite act to one of our open casting call get-togethers, held on the second Monday of every month from 7 to 9 p.m. in the Recreation Center Ballroom and stage.

All On Top of the World neighborhoods have an abundance of talented residents, so please mark your calendar to attend our first "Open Casting Call" of the season at 7 p.m. on Monday, Oct. 10 and share your talents.

Then in the spring of 2017, the Theatre Group will sponsor a "Path to Talent Showcase" event on the ballroom stage consisting of the best of the acts and jokes selected from the "Open Casting Calls" of previous months.

Very important! You do not need to be a member of the The-

atre Group in order to participate - you only have to be a resident. Get started on your "Path to Talent" beginning with our Oct. 10 "Open Casting Call" get-together and join the fun! Bring your favorite act and surprise yourself as your hidden talent emerges! Even if you prefer not to perform, please come anyway and join the fun as you cheer your neighbors on in their performances of their favorite acts.

If you can't make our first meeting, come any month prior to our spring showcase event. Some examples of acts that your Theatre Group is looking for are:

- Ballroom, round, square, line, tap and soft-shoe, aerobics, Zumba, samba, western dancers, etc.
- Solo, duet, ensemble, chorus singers or audience sing-along - optionally with various accompaniments (piano, keyboard, guitar, karaoke backing tracks, etc.).
- Barbershop or Sweet Adeline quartet
- Karaoke performances
- Clown acts/ventriloquist - either with a real dummy or someone acting as a dummy
- Magician and assistant (either real or fake)
- Standup comedian or comedic skits
- Other (the possibilities seem endless)

Again, please mark your calendar and plan to join us at our next general meeting of our new season, 7 p.m., Oct. 10, Recreation Center Ballroom and stage. You may contact Dick Phillips at (352) 861-0779 or dick.phillips@reagan.com if you have interest in our group or have any questions.

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Original Karaoke

Sindy & Richie O'Brien

At some point in your life, you grabbed a hairbrush or something that resembles a microphone, swayed back and forth and belted out a song you were listening to - sometimes in front of a mirror, or maybe in the shower - and unleashed your inner diva.

Karaoke has magnified that fantasy for many of us; we even get to hold a real microphone. So come join us; don't just imagine yourself in the spotlight, be in the spot-

light! Bring a friend, or make new friends. Catch the karaoke fever.

You can find a variety of different genres of music in our group; we enjoy them all. What kind of music do you like? We also like an audience, so if you don't want to sing, come and listen.

Half of our group will be going to The Bahama House in Daytona Beach in October for a weekend of fun in the sun by day and karaoke fun at night. I guess you can say, "Have mike will travel." Check us out to try it for yourself. We meet on the second and fourth Monday at 6:30 p.m. at The Candler Hills Community Center. For more information, call Sindy at (352) 362-4810.

Photography Exhibit

By Bob Woods
World News Writer

There will be a free photo exhibit held by the ShutterBugs Photography Club at the Arbor Club starting Monday, Oct. 31 through Monday, Nov. 21. Come visit the exhibit and vote for your favorite photograph in the "People's Choice Award." This year's exhibit features a new category titled "Reflections."

There will be a reception held on Tuesday, Nov. 1, from 3 to 5 p.m. at the Arbor Club. There will be free

snacks and a cash bar. Please call Theresa Fields at (352) 854-8707 ext. 7530 to reserve your spot. Remember, this event is free.

See you all at the photography exhibit and don't forget to vote for your favorite photograph.

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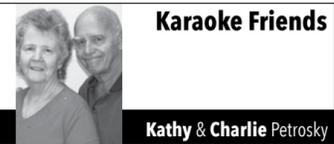
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Karaoke Friends

Kathy & Charlie Petrosky

Do you remember the oldies song "Oh What a Night?" That is all I can say about our last prop night on Monday, Sept. 5. We had 42 people in attendance and 20 singers. Thank you to all the new people who came out. We all hope you come back.

I enjoyed watching everyone there. The smiles and laughs were contagious. Those who said, "I don't sing" were doing a great job singing in their seats. I really think people like the variety of songs.

We had Tony sing some Broadway. We had several different country songs like "Your Cheatin' Heart," "Daddy's Hands," etc. Ron likes to bring back some of the oldies you never really hear or have never heard before. We had the "Dog Named Boo," "Cleopatra Queen of Denial," and Keith was our very own "Coal Miner's Daughter." We had 60's songs like "Venus" and "It's My Party." Joanie, who was new, had everyone up and singing "God Bless America." Any song genre is welcome. We enjoy

them all. Erika, Cholaine and Laurie came in August just to listen. That listening part did not last long. Cholaine does not like to sing alone so we coordinate duets, trios or quartets on her turn. You do not have to be a solo singer to join in the fun.

Many questions came up: Do we do prop night every time? The answer is no. We need to have time to get the creative juices flowing. What you can count on each time is good-natured fun. We never know what Charlie is going to do.

Do we have a list of songs? The answer is no. We have over 200,000 songs on the computer. All you need to do is tell me the singer and I can pull up all the songs we have for that person. If you give me a song title, I can pull up the different versions we have.

Can you change the key of the song? Yes, we are able to raise or lower the keys a half step at a time. So you can say I need it down two or up one.

Our goal on karaoke night is to just have fun. We meet on the first and third Mondays of the month from 6 to 9 p.m. in Arbor Conference Center, Suites E and F. Come see on Oct. 3 and Oct. 17 (hopefully another prop night). If you missed the fun, come in October.



Photo by Lennie Rodoff

Connie Filip rocking with the song "Down at the Twist and Shout" in the 2016 performance by The New Pretenders.



The New Pretenders

Bill Shampine

Let the season begin! The wait is over for The New Pretenders. We start our rehearsals next week, on Tuesday, Oct. 4. We are excited, and hope to convince the readers of this newspaper to get excited as well. We may be a bit biased, but we think we put on the best show at On Top of the World.

Last year, we performed before 1,205 people during our three shows at On Top of the World. That was 87 percent of all of the seats available! We are very proud of that new record, but hope to beat it at our shows next February.

All it will take is for you to join us for one of the shows on Friday, Feb. 10, Saturday, Feb. 11, and Sunday, Feb. 12, 2017. Ticket sales start on Monday, Dec. 12. The price is only \$8 for a reserved seat and \$6 for a general admission seat.

What a deal! This season, our 17 singers and 11-piece band (some of whom also will sing a song or two) will be offering 30 songs for your listening pleasure. But that is not the whole staff. We also have an announcer, a sound person, a prop person, a stage designer, a band consultant, a couple of dressers to help with costume changes, a couple of seamstresses to help with costumes, and several ushers. On the whole, we are a pretty large group working together to make sure you have a good time at one of our performances.

If you want to have a lot of fun, entertain your friends and family, and help support several local charities, you might consider joining our troupe. If you would like more information, please contact Bill Shampine at (352) 895-4705. I must warn you, however, that an expression of interest does not mean you automatically can join the troupe. We usually have only a limited need for new people, but we do have an opening right now for a male singer. Anybody interested?



Photo by Charlie Petrosky

Erika Winkler, Cholaine, Laurie Fondiler of Karaoke Friends.



TICKETS ON SALE!

OCT 16
VOICE Experience
 2 PM
 FREE Admission with a ticket. **
 2 tickets per household. Reserved Table Seating.

OCT 29
DON MCLEAN
 IN CONCERT WITH
 SPECIAL GUEST, JUDY COLLINS
 DonMcLean.com • JudyCollins.com
 Resident: \$60-82 | Non-Resident: \$62-84

NOV 5
CODY RAY SLAUGHTER'S TRIBUTE TO ELVIS
 CodyRaySlaughter.com
 Resident: \$18-20 | Non-Resident: \$20-22

NOV 26
STEVE SOLOMON'S MY MOTHER'S ITALIAN, MY FATHER'S JEWISH AND I'M HOME FOR THE HOLIDAYS
 SteveSolomon.net
 Resident: \$23-25 | Non-Resident: \$23-27

DEC 3
DITCHFIELD FAMILY HOLIDAY SHOW
 DitchfieldFamilySingers.com
 Resident: \$10-12 | Non-Resident: \$12-14

JAN 13
THE BRONX WANDERERS
 TheBronxWanderers.com
 Resident: \$21-23 | Non-Resident: \$23-25

JAN 21
JUST IMAGINE: THE JOHN LENNON EXPERIENCE STARRING TIM PIPER
 JustImagineTheShow.com
 Resident: \$29-31 | Non-Resident: \$31-33

JAN 28
MICHAEL CAVANAUGH
 MichaelCavanaugh.com
 Resident: \$43-47 | Non-Resident: \$47-49

FEB 10
BEGINNINGS THE ULTIMATE TRIBUTE TO CHICAGO
 BeginningsTributeBand.com
 Resident: \$21-23 | Non-Resident: \$23-25

FEB 24
7 BRIDGES THE ULTIMATE EAGLES EXPERIENCE
 7BridgesBand.com
 Resident: \$21-23 | Non-Resident: \$23-25

MAR 3
SUPER DIAMOND THE NEIL DIAMOND TRIBUTE
 SuperDiamond.com
 Resident: \$28-30 | Non-Resident: \$30-32

MAR 24
RICHARD NADER'S DOO WOP & ROCK N' ROLL LEGENDS
 FEATURING... THE CHARGE THOMAS DOWDERS, TOMMY HARRIS AND THE GIBBS AND FERRY REVEREND, FORMER LEAD SINGERS OF THE HOLLIES
 Resident: \$29-31 | Non-Resident: \$31-33

APR 7
THE COMPANY MEN
 TheCompanyMen.com
 Resident: \$24-26 | Non-Resident: \$26-28

JUL 1
DITCHFIELD FAMILY PATRIOTIC SHOW
 TheDitchfieldFamilySingers.com
 Resident: \$10-12 | Non-Resident: \$12-14



8395 SW 80th Street, Ocala, FL 34481 | (352) 854-3670 | CSCulturalCenter.com

TICKET OFFICE HOURS: Mon-Sat: 11 am - 2 pm | Day of Show: 11 am - Showtime

ALL SHOWS BEGIN AT 7 PM & DOORS OPEN AT 6 PM

(except as noted) Gift Certificates Available

*Reservations and prices subject to change without notice. Ticketed event subject to the availability of the venue. The World News Corporation and Circle Square Cultural Center are not responsible for any cancellations or changes to the event. All ticket sales final. **No online tickets available. Tickets must be picked up at the Circle Square Cultural Center Box Office during normal business hours.





Rubber Stamp Greeting Cards

Linda Lohr

Hopefully by the time this goes to print we will have cooler weather!

Mary Capri was our presenter for September, offering us several different cards. Her samples showed how each card could be modified to suit any occasion. We thank Mary for her great cards and look forward to duplicating them for our own needs.

Anyone can be a presenter - and the cards do not have to be fancy or complicated. Our group is based on friendship, socializing and helping

each other!

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, unless the demonstrator requests other arrangements. 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 (352) 237-6439. We look forward to introducing new people to our fun craft. Until then, keep on stampin'!



Photo by Mary Capri

Cards presented by Mary Capri.



Photo by Linda Lohr

New for Rags to Riches – adorable hand puppets!



Sewing Bees

Linda Lohr

Hard to believe, but Christmas will be here soon and we must be ready ... so we are working on our Christmas stockings and our Christmas-themed quilts! And stocking up on small goodies to fill those 50 stockings!

But first - Rags to Riches! This year, we are selling adorable hand puppets along with quilts and our famous wonder wallets and, of course, assorted sundries. Please be sure to stop by our tables and check out all our goodies on Friday, Oct. 21 at the Arbor Conference Center, from 9 a.m. to noon!

Our mission is to provide com-

fort 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 Studio, from 12:30 to 3 p.m. We would be happy to show you our creations made with love for the children. You may find our club is just what you have been looking for to round out your week.

We are in need of heavy, drapery type fabric. We use this heavier material to make the tote bags for the quilts. If you no longer sew and have fabric of this kind, please consider donating the material to the Sewing Bees. We will put it to good use!

Please contact Louise Green at (352) 629-1195 or Rita Miller at (352) 237-6660 for more information. As always, the children and we thank you for all your support.

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Friday, October 21, 2016
Arbor Conference Center
9 am - 12 pm

Rags to Riches Sale

On Top of the World

Clean out your attics, garages and join your friends for the bi-annual Rags to Riches sale!

The cost of the tables are \$10 and there will be a two - table maximum. Tables go on sale starting Monday, September 26, 2016 at the Recreation Office from 8 am - 4 pm. Table availability is limited so don't delay!

The SPCA will have coffee and doughnuts for sale with all proceeds going to help sheltered animals.

To register call 352-854-8707 (ext. 7533 or ext. 7530) or stop in the Recreation Center Office

Payment due with registration. No refunds will be issued 14 days or less prior to any event or trip.



Photo by ShutterBug Gordon Daniels

Ocala morning light.



Photo by ShutterBug Gordon Daniels

Three's company at Circle Square Ranch.



ShutterBugs Photography

Connie Filip

Photography equals fun! Here are three easy steps to get started:

Start simple ... today's smart-phones can take great pictures. Or pick up an inexpensive point-and-shoot camera. As you gain knowledge and experience you can upgrade to a camera that will grow with you.

Look for places to learn ... take classes at Master the Possibilities, come and see our club instructional DVDs, talk to club members and read. Check out library books, photography magazines, online articles or Flickr for ideas. There are so many ways to learn or be inspired!

Most important ... take your camera everywhere you go! Aim, then shoot! Try for a photo a day. You'll be amazed at how much more you'll notice as you cultivate your photographer's eye. And today's digital cameras give you immediate feedback.

For ideas of what you can "find" with your camera, be sure to visit this month's photo exhibit at Master the Possibilities.

Gordon Daniels is our October presenter. His display is based on photos taken since he and his wife, Cookie, moved to here four years ago. You'll see shots from our neighborhoods and from ShutterBugs' field trips. Some were used in

our club's monthly fun photo sharing activities.

Our next field trip will take place on Tuesday, Oct. 4. Our group is carpooling to Rainbow Springs. We'll scope out the photo opportunities, followed by lunch at Swampy's. Be sure to sign up!

Our annual photography exhibit at the Arbor Club will take place Tuesday, Nov. 1 through Saturday, Nov. 26.

There will be a reception with light refreshments and a cash bar on Tuesday, Nov. 1, from 3 to 5 p.m. If you wish to attend, please call Theresa Fields at (352) 854-8707, ext. 7533 or 7530 to reserve your spot.

On Tuesday, Nov. 8, we will take a field trip to the beautiful Washington Oaks Gardens State Park in Flagler County.

For up-to-date field trip information, visit our club website at www.otowspc.com

Our monthly club schedule is as follows:

- First Tuesday: Field trip.
- Second Tuesday: Club instructional DVDs.
- Third Tuesday: Photo sharing activities.
- Fourth Tuesday: Guest speaker or DVD.

Want to learn more about digital? Stop in at the ShutterBugs' Tuesday meeting. We start at 3 p.m. in Suites B and C of the Arbor Conference Center. Or contact Gary Uhley at (352) 854-8536 or guhley@cfl.rr.com.

It's Show Time!

By Bob Woods
World News Writer

Two performances grace the Circle Square Cultural Center stage in the month of October.

VOICExperience Sunday, Oct. 16

Join legendary baritone Sherrill Milnes, as he presents the emerging artists of VOICExperience in an afternoon of arias and encores. The singers perform celebrated works by your favorite opera composers, plus musical theatre and song gems. All unplugged and up close. Don't miss a note! Show begins at 2 p.m. Limit two free tickets per household. No online tickets available. Tickets must be picked up at the Circle Square

Cultural Center box office during normal business hours.

Don McLean with Special Guest Judy Collins Saturday, Oct. 29

Don McLean and special guest, Judy Collins, have received countless awards and accolades over their careers. McLean's most famous song, "American Pie," was voted fifth out of 365 in a poll for the "Song of the Century." Other famous songs attributed to McLean's repertoire are "Vincent," "The Day the Music Died," "Castles in the Air," "Crying" and many more. McLean has been inducted into the Songwriters Hall of Fame.

Some of Judy Collins' famous songs include "Some Day Soon," "Amazing Grace," "Both Sides Now," "Send in the Clowns" and many more.

This performance is guaranteed to bring back many memories from decades past to the present.

To purchase tickets, stop by the Circle Square Cultural Center ticket office at 8395 SW 80th Street or go online to csculturalcenter.com.

Let's watch the lights dim as the curtain rises. It's show time!

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ESTATE/TAG SALE ADS: There is no charge to residents, however, residents must register their estate/tag sale with Customer Service at Friendship Commons. Visit ontopoftheworldnews.com/ocala and click on "Resident Info" to download the appropriate form for your community and submit it to Customer Service by the 10th of the month prior to publication.

SERVICE ADS: Will be accepted from residents and non-residents and may be e-mailed to otownnews@otowfl.com. For advertising rates, visit ontopoftheworldnews.com/ocala and click on "Advertising Rates."

AD DEADLINE: Noon on the 13th of the month. If the deadline falls on a weekend, then it's noon on the Friday before. For more information, call (352) 387-7466, e-mail otownnews@otowfl.com or visit ontopoftheworldnews.com/ocala

The publisher reserves the right to reject any ad which, in his judgment, would not be in the best interest of the residents of On Top of the World Communities.

For Sale

- Bicycle:** 18-speed, \$75. (352) 861-8844.
- Electronics:** 42" LG plasma TV, \$175. 17" Sanyo TV, \$25. (301) 758-2665.
- Furniture:** 54" round glass dining table with antique brass base and 4 matching chairs, \$225. Wall mounted curio cabinet, 20" x 25", \$45. (352) 873-0160.
- Furniture:** White vinyl chaise lounge with red pad, \$20. French provincial nightstand with 2 drawers, cream and light olive green, \$65. (352) 817-0944.
- Holiday Décor:** Realistic 7-foot Christmas tree & stand with GE brand LED lights, \$65. (513) 349-1006.
- Misc. Items:** Humidifier. 28-piece Rubbermaid Premier container set. Twin bedspreads (2), pumpkin color. Rubbermaid clothes hamper, cranberry color. King bedrail. Samsonite luggage, 20"x8". (352) 873-4289.
- Outdoor Furniture:** Chaise lounge with side table, \$95. (352) 598-3964.
- Square Dancing Clothing:** Women's sizes 8 to 10. Slips, \$5. Dresses, \$5. Belts, \$2. Shoes, \$2. Skirts & blouses, \$5. (352) 854-2433.
- Window Treatments:** Curtain scarf valances, 60" x 216", multiple colors (mocha, sage, cream, spice, chocolate, blue), free. Decorative curtain rods, \$15 to \$20. (352) 854-8383.
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- Yard Equipment:** Neuton cordless electric mower includes new battery, charger, grass collector and manual, \$85. (352) 509-4578.

Tag Sales

Friday, Sept. 30: 8944 SW 98th Avenue (Providence), 8 a.m. to noon.

- Saturday, Oct. 1:** 8665-C SW 92nd Lane, 8 a.m. to 1 p.m.
- Tuesday, Oct. 4 & Wednesday, Oct. 5:** 8594 SW 83rd Loop (Candler Hills), 10 a.m. to 3:30 p.m.
- Thursday, Oct. 6 & Friday, Oct. 7:** 9200-D SW 83rd Court (Friendship Colony), 8 a.m. to 3 p.m. • 9063 SW 102nd Circle (Avalon), 8:30 a.m. to 2 p.m.
- Wednesday, Oct. 12 & Thursday, Oct. 13:** 9240-B SW 90th Court (Friendship Village), 8:30 a.m. to noon.
- Thursday, Oct. 13 & Friday, Oct. 14:** 9250 SW 99th Court Road (Avalon), 8 a.m. to 2 p.m. • 9728 SW 89th Loop (Providence), 8:30 a.m. to 12:30 p.m.
- Friday, Oct. 14:** 8417, 8399, 8393, 8368, 8332, 8296 SW 82nd Circle, (Candler Hills), 8 a.m. to noon.
- Friday, Oct. 14 & Saturday, Oct. 15:** 8848-B SW 96th Lane (Friendship Village), 9 a.m. to 12:30 p.m.
- Friday, Oct. 21 & Saturday, Oct. 22:** 9107 SW 102nd Circle (Avalon), 9 a.m. to 1 p.m.
- Friday, Oct. 28 & Saturday, Oct. 29:** 9250 SW 92nd Place Road (Williamsburg), 8 a.m. to 2 p.m.

Services

- Aleta's Mobile Dog Grooming:** Comes to you. Show grooming at pet prices. 25 years experience. References. Call (352) 789-0999 for appointment.
- 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 (352) 873-1297.
- Bathroom Remodeling:** Painting, flooring, drywall, relaminating and handyman services. Licensed & insured. Precision Painting & Remodeling (352) 322-8154.
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- Ceramic Tile:** All types of installation and repair. 20+ years experience. Lic. & ins. References available. Call Bob Adkins (352) 274-8678.
- Certified Nursing Assistant:** Over 20 years experience assisting with ADLs, alzheimer's and more. Flexible schedule. References available. Maxine (352) 631-4069. (CNA237368).
- Certified Nursing Assistant:** Personal care in your home. 13 years experience, reasonable rates. Penny (352) 256-4676 (CNA300158).
- Certified Nursing Assistant:** Resident caregiver, run errands, doctor appointments, shopping, etc. (386) 215-1713 (CNA39592).
- Cleaning by Evelyn Lee:** House cleaning, deep cleaning, move outs. Lic. #A27450 & insured. (352) 629-0855 or (352) 286-6055. sunshinecleaningocala.com.
- Clock Doc:** Clock repairs, experienced, inexpensive, house calls. (352) 246-2438 (resident).
- Computer Help:** Arthur Burditt, (352) 875-7878. House calls, \$40/hour. Tutoring, setups, installations, Windows upgrades, PC clean-ups, security software, Internet connections, email access, printers, wireless devices.
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- House Cleaning by Mario:** Free estimates, 15 years experience. (310) 746-8388 (resident).
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- Massage Therapist:** Experienced, professional & licensed. Deep tissue, neuromuscular, Swedish, \$45 / 60 min in the convenience and privacy of your own home. Treatments for either pain or relaxation. Call Elia Michelle Padron at (352) 464-0629 (MA45619).
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- Need A Ride?** Door-to-door service for all your needs. All airports, doctor appointments and errands. References available. Call Sandy at (352) 351-9407.
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- Painting:** 20 years experience. Free estimates, insured, references and photo gallery available at Suespainting.com. 10% off for residents. Sue's Painting (352) 237-0892.
- Painting:** 25 years experience, 10% discount, excellent references. Pressure wash house for free with paint job. Call Danny at (352) 547-9588.
- Painting by Frank the Painter:** 35 years experience, summer specials, free estimates, specializing in colors, quality service, affordable prices, references. (352) 237-5855 (resident).
- Pressure Cleaning:** Specializing in driveways, sidewalks, patios & pool decks. Family owned, 10 years exp., free estimates. Call Doug at (352) 873-9349.
- Pressure Washing:** Free estimates. Remove mildew from driveways, porches, patios, walkways and clean the gutters. Gary (352) 547-9153 (resident).
- Pressure Washing:** Houses, driveways, gutters, porches & yard work. Free estimates. 12 years experience. Call Steve (352) 237-5338 (resident).
- Rescreen & Window Repairs:** Lannais, birdcages, garage door sliders, etc. Foggy, broken glass and revinyl windows. 10+ years experience. Free estimates. Colden Heath, Florida Screen Room and Window Medic, (352) 502-8295.
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