

Community News

Kenneth D. Colen
Publisher

The Patriotic Celebration at The Town Square was a good news/bad news affair: the overcast skies kept temperatures from being "Fourth of July hot," but the threats of showers kept many people at home. Crowds were down with only a few thousand in attendance or cycled through. It was a lovely evening and the brief rain cooled things down, but not the crowd's enthusiasm. The summer weather always makes for "interesting" planning as the operations team worked to make sure that everyone was as safe as possible in the heat and when the storm rolled in.

This was our ninth year hosting this event, and I'm proud to say that the fireworks went off on time and without a hitch. This year's display was more spectacular than last (it gets better every year!). We appreciate hearing all of the positive comments that you shared with us. We are already in the planning stages for year 10!

Speaking of being proud, I am very proud of our company's team that puts on this event, plus so many other events throughout the year. Many employees from management, The Town Square, and golf course come together to work as a team and make sure that you are not only entertained and wowed by the festivities, but kept safe as well. I sincerely appreciate all of them, as they make everything seem so easy.

Community Update

Construction is rolling along. Beginning in late July or early August, an interim R/C flying field will commence development. All the other R/C clubs will be coming along as well to this new space located approximately a quarter mile west of the current facility. This new facility will host an asphalt landing strip.

The renovation of The Links 18-hole golf course is making good strides. This is one of the few times where the rain is a benefit and not an impediment to progress. The newly sprigged greens and fairways are making great progress with the growing in phase, which is a good thing given that one of the new irrigation controllers suffered a lightning strike. The new Golf Shop is advancing on schedule.

The Veterans Park on SW 98th Street is well underway. The Veterans Park will provide the community with the opportunity to honor our veterans and each branch of the Armed Forces. The park will have space for quiet enjoyment, solace and reflection. We are working hard to have it ready by Monday, Nov. 11 and plan to host a veterans celebration at the park. Other recreational amenities such as a garden, shuffleboard, archery, horseshoes, basketball, children's playground, and small and large dog park will also be offered at the park.

Insurance Update

The fact that we are nearing the peak of the storm season is a strong reminder to all residents to check in with your insurance agent and make sure the insurance coverage on your home and contents is adequate. If you feel "lucky" and go without insurance or believe you can self-insure, you should reconsider because the cost of repair or reconstruction (especially from fire) may well put you into debt.

In the On Top of the World (Central) Owners Association, residential structures as originally conveyed are insured under a master policy in the name of the Association. The event deductible remains at \$10,000 per occurrence for any event including wind/hail related damage. Named storm deductible remains at three percent of the loss.

Continued on Page 4 ▶

Fall Term Kick-Off

By Michelle Shideler

Master the Possibilities received national exposure this week at the annual Southern Regional Conference for Learning in Retirement. Members of our team were able to present and share our educational successes from right here in Ocala with more than 30 other lifelong learning organizations around the nation. It was great to experience just how unique and awe-inspiring our education center was to others. Our team was also able to bring back information on what other lifelong learnings offer for curriculum, technology, distance learning, and community connections.

Now that we are officially in August, I would like to invite everyone to attend our upcoming fall term kick-off from 1 to 3 p.m. on Wednesday, Aug. 7 at Circle Square Cultural Center to see what learning opportunities will be available this fall. The new learning theme is "Endless Possibilities." Join us at the event to see just what endless possibilities will be offered September through December. All attendees will receive the print catalog and have a chance to register before registration officially opens Thursday, Aug. 8 on the website and in-office and person Friday, Aug. 9.

Participants may still register for the more than 130 courses Master the Possibilities has available for summer. Recently added to the curriculum is "NASA: Apollo 50th Anniversary" (video presentation and discussion). Join us from 1 to 2:30 p.m. on Thursday, Aug. 1 for a video recording of a presentation given by experts at NASA's Jet Propulsion Laboratory in Pasadena, California. Learn about the Apollo program's "giant leap," which has been said to take a complete decade of intense preparation to accomplish. The Jet Propulsion Laboratory is NASA's leading center for robotic exploration and deep space communication, and its role in Apollo was primarily robotic precursor missions that helped pave the way, and management of the

Honeybees

By Ray Cech
World News Writer

Is there a bee in your bonnet, or maybe your house, garden, lamp-post?

This past winter saw the largest loss of honeybee colonies on record. Drought, fires and hurricanes, from California to the East Coast, were the major contributors to the significant losses. Meanwhile, continuing and most damaging causes for the reduction of bees throughout our country is the rampant and uncontrolled use of fungicides, herbicides and pesticides. The occasional virus also contributes to the honeybee population decline. Their average life span has fallen from over 100 to just 25 to 30 days.

Most of us think of bees as just giving us honey to sweeten our tea and desserts. But their primary, and most important contribution to our planet is to pollinate. For example, it takes more than two million hives to just pollinate the California almond crop. And if we want to find Georgia peaches, Maine blueberries or even Pennsylvania pumpkins on our dining room table, they too need honeybees.

Something is being done locally to help preserve our honeybee population.

Not too many years ago, only pest control companies were given the license to go into a home or yard and eliminate a hive. They did it with chemicals, killing the queen and all her workers. In 2012, the

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Deep Space Network. Participants are welcome to join in a class discussion following the presentation. There is no cost to attend, however, registration is required.

Join Sandy Prindle, from 1 to 3 p.m. on Thursday, Aug. 22 for "Abraham Lincoln's Assassination and Booth's Confederate Connections." Prindle will share about the co-conspirators who were caught and mention those who got away. He will discuss the legal issues, like the Supreme Court decision, Ex parte Milligan. Come hear about the skeletons in the closets of President Andrew Johnson, Secretary of State Edwin Stanton, and chief prosecutor, Joseph Holt. How did those skeletons suppress the whole story for many decades? Attend this event to find out. Cost is \$8 for members, and \$13 for non-members.

Our team is excited to team up with Cammy Dennis and AARP to offer a film screening and discussion on "Lives Well Lived" from 1 to 3 p.m. on Wednesday, Aug. 14. The critically acclaimed, award-winning documentary "Lives Well Lived" is presented by Sky Bergman. The film celebrates the inspiring wit, wisdom and experiences of forty people aged 75 to 100 and takes a glimpse into their intimate memories and compelling personal histories that span over 3,000 years of experience. Sponsored by AARP, this event is free, but does require registration.

For additional information, or to register, visit our website 24/7 at masterthepossibilities.org, or call our office 9 a.m. to 4 p.m. at (352) 861-9751. Our team is excited to share information about our amazing upcoming learning opportunities.

Department of Agriculture changed their ruling and gave registered beekeepers the license to rescue beehives.

Steve Behncke's company, EcoBeeRemoval is our local contact to remove bees that may have taken up residence in our house, garage, cable box, lamppost, etc.

Mr. Behncke has always been an environmentalist. Prior to bringing his expertise to Florida, he was a sustainable project manager in Costa Rica. Along the way, he has also grown an interest in the health value of green tea. While touring China about seven years ago, he visited several tea growers and was instantly hooked. He now has seed-

lings sent from those farmers allowing him to grow his own. When his crop is bountiful, Steve finds himself in the green tea business.

Behncke's approach to rescuing bees is to avoid chemicals altogether. He captures the active hive; the queen and all her workers, and then he shares the honeybees with other beekeepers so the bees can continue their purpose on our planet.

Should you see a bee, or hear their familiar buzzing (they love to build their hive within the walls of a house too), remember their contribution to our planet and call Steve Behncke at EcoBeeRemoval, our local contact, at (352) 617-3673.



Photo by Ray Cech

Steve Behncke rescuing honeybees embedded in a home.

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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." Events and activities that take place behind the gates of On Top of the World are for residents only.

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2019 PUBLICATION SCHEDULE

On Top of the World NEWS

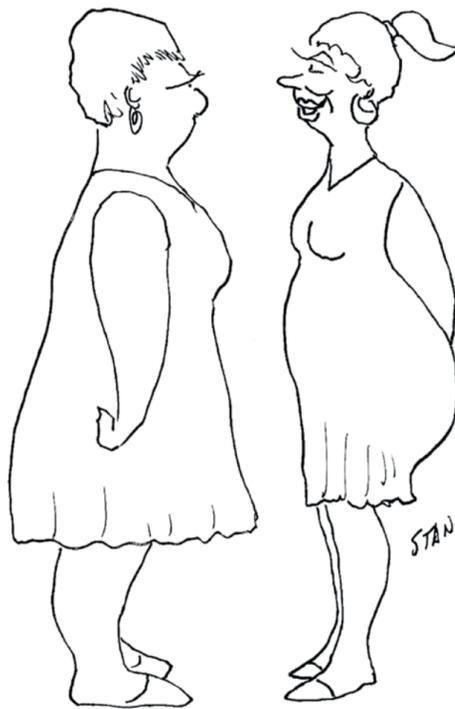
Issue	Ad/Payment/Column Deadline*	Insert Deadline**	Home Delivery
January	12/12/18	12/20/18	12/27/18
February	01/11/19	01/24/19	01/31/19
March	02/12/19	02/21/19	02/28/19
April	03/12/19	03/21/19	03/28/19
May	04/12/19	04/25/19	05/02/19
June	05/13/19	05/23/19	05/30/19
July	06/12/19	06/20/19	06/27/19
August	07/12/19	07/25/19	08/01/19
September	08/12/19	08/22/19	08/29/19
October	09/12/19	09/19/19	09/26/19
November	10/11/19	10/24/19	10/31/19
December	11/12/19	11/20/19	11/27/19
January '20	12/12/19	12/19/19	12/26/19

* Deadline at noon

** Printed inserts deadline by 3:30 p.m. at Heart of Florida

GOLDEN OLDIES HUMOR

By Stan Goldstein



It is genes and not jeans that shape our end.

Is It Legal?

Gerald Colen & Rachel Wagoner
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 rachel@colenwagoner.com

We will be lecturing at Master the Possibilities, at 3 p.m.:
 Tuesday, Aug. 13: Frauds and Scams

To register, visit masterthepossibilities.org or call (352) 854-3699.

Q. Jerry, at a lecture you gave, you spoke about a separate writing. Can you explain this more?

A. Florida law permits a person to attach a separate writing that directs the distribution of items of tangible personal property to whom he or she or they want to receive those items. So, long as a will has a statement to the effect that the testator/testatrix may leave a separate writing, which lists items of personal property and designates who is to receive those items, then that list can be valid even though those items may not appear in the will itself. The list cannot include "... property used in a trade or business." Also, if the will addresses a specific item of personal property, then that will take pre-

cedence over the separate writing. The separate writing must describe the property and the person who is to receive it. A separate writing can be prepared before the execution of a will or afterward. It does not need to be witnessed or notarized but it does need to be signed and dated by the person who executed the will. The great thing about a separate writing is that since the specific items are not in the will, if you want to change what you did, you don't need to revise your will or add a codicil to it.

We always advise our clients that if you make out a separate writing and you then change your mind about who is to receive a particular item, you should not cross out the first person's name and add the new beneficiary of that item. You must completely scrap that list and do a new one.

Q. I've heard you say time and time again, that we should not add our children to the deed to our home. Why not?

A. In the State of Florida, your homestead is the single most protected asset anyone can have. Other than for a mortgage or a lien for work done, or for a condominium or homeowners association lien, it

cannot be taken from you if there's a judgment against you. So, if someone sues you and gets a judgment against you that judgment creditor cannot take your home. Because of that, we strongly recommend that you leave your homestead in your name alone.

Well, what about something called an enhanced life estate deed, which is most often referred to as a ladybird deed? I still don't like that for your homestead. The reason is that although with one of those deeds, you can deed the property to a child but reserve to yourself the right to live in the property and also the right to sell it without the necessity of the child having to sign the deed, if you want to remove that child from the deed, he or she still must sign. There are valid and important reasons why you might need to remove a child's name from your deed, such as if something happens to the child. This is an area with potential serious problems so if you want to add a child's name to your deed, you should think about it very carefully and then discuss all aspects with your attorney. In fact, you should never add someone to your deed without a full discussion with your

attorney.

Q. We want to leave the bulk of our estate to our grandchildren and not much at all to our children, maybe nothing at all. Our grandchildren are all minors. A neighbor says we must leave most of our estate to our children. Is that true?

A. Nope. You are not required to leave anything to your children. You can leave all the assets of your estate to your grandchildren. However, although you can leave your entire estate to your minor grandchildren, you can almost be assured that the courts in Florida will require that a guardianship be established for minors in whichever state where they reside. Someone would have to be the guardian and with few exceptions, the guardian would probably be a parent of the minor child. You could get around that by creating a trust either a stand-alone trust or a trust in your will. Then you could leave whatever you wanted to the trustee of that trust and you can set out all the terms for how the funds are to be used for the support, health, education and maintenance of the minor child along with providing at which age or ages the minor, upon attaining majority can receive the funds.

Gerald R. Colen and Rachel M. Wagoner, Law Offices of Colen and Wagoner, P.A., are attorneys and members of the National Academy of Elder Law Attorneys and the Academy of Florida Elder Law Attorneys. This column is only intended to present fact situations that may be of interest; and it does not, nor is it intended to provide legal advice. You should always consult your own attorney for legal advice. Mr. Colen may be reached via e-mail at jerry@colenwagoner.com or Ms. Wagoner at rachel@colenwagoner.com. In Ocala, the law office is located in Suite 11 at Circle Square Commons.

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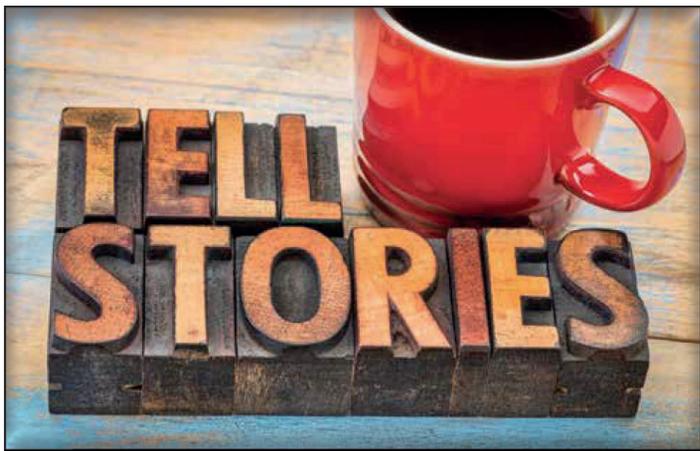
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Telling a Story

By Jerry Snyder

To many people, telling a story is like walking into the Roman Coliseum to face the lions with a powder puff ... scary.

Stories are extremely important. Without them the history of the world we live in would not be known. They have been passed down from generation to generation. Some are historical, fiction, or fables, and others are just downright funny.

Stories shape morals and inspire actions. Our brains are wired for storytelling. We can imagine ourselves in certain situations or events. As Einstein put it, "Imagination is more important than knowledge."

Each culture is rich in tradition, customs and opportunities for storytelling. People can't get together without telling stories that are funny, insightful, ironic or just happenstance.

Stories take many forms and come from many areas or circumstances; but where do your stories begin? Through the years, stories of great wonders and treasures have come from explorers like Mar-

co Polo and Ponce de Leon. Others were passed down from minstrels, traveling gypsies and odes from poets.

Mine, many of them, came from Uncle Mike around the Thanksgiving table. Many families were immigrants or first-generation Americans. Yes, family is a great source along with personal experiences.

What is the craziest or dumbest thing you ever did? How about that ghost that lived under the bed? From early in life we have stories come at us from all directions. First teacher, first love, first kiss, a broken bone, first date, the prom, first car, effects of crime, a trip to the beach or another vacation always provide plenty of story fodder.

Not all stories need to be funny either. Telling the story has always been therapeutic relief. Finding your story and telling it should be your goal.

Master the Possibilities Story Circle kicks off its new season Wednesday, Sept. 11, at 4 p.m. in Cypress Hall and continues on the second Wednesday of the month through April 2020. Join us.



Poetry

John Kinser Hall



Poetry

Alvin Ross

Master of the Mantel

Oh lad upon the mantel
so many years you stood.
Your coat is made of metal
your heart is that of wood.
So proud you held your point
as generations passed.
Your voice never heard out loud,
but some how it did last.
As children passed beneath you
and marveled at your sight.
You brought them hope and
dreams, that lasted in the night.
You gave them strength to hold
their own no matter what the
cost.
To do those things they knew were
right and care less for the loss.

Searching

Who are these people who in door-
ways dwell
Just one more stop in their living
hell
They crave for warmth
Just a bite to eat
A shoe or sock
To warm their feet
Who may they be
Some kin to one
An uncle father
Or more a son
Do not fear an outstretched hand
Some coins some coins
For this man of sand

ontopoftheworldnews.com/ocala



FALL KICK-OFF EVENT

Master the Possibilities
A NOT-FOR-PROFIT LIFELONG LEARNING CENTER

Wednesday, August 7, 2019, 1 - 3 pm
Circle Square Cultural Center
8395 SW 80th St. Ocala, FL 34481

FREE, OPEN TO THE PUBLIC, NO RESERVATIONS REQUIRED

Attendees at the Fall Kick-Off Event will have priority registration.
All participants will have the opportunity to register for courses
before general registration opens on August 9th!



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Register for classes on-site

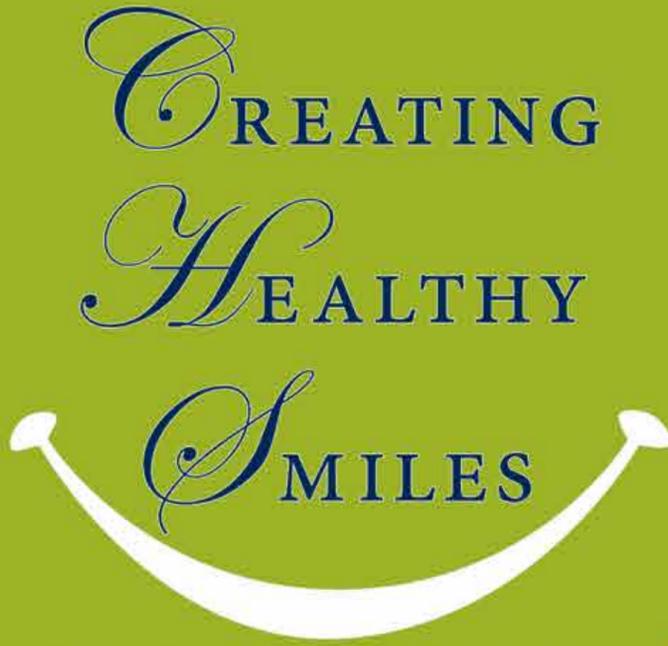
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Community News

Kenneth D. Colen
Publisher

► **Continued from Page 1**

Named storm events are subject to a minimum (community wide) deductible of \$250,000 for any one occurrence such as a named storm. With respect to flood, earthquake and flood resulting from a named storm, all loss, damage and/or expense arising out of any one occurrence shall be adjusted as one loss, and from an amount of each such adjusted loss there is a \$100,000 deductible.

The Associations do have coverage in the event of damage to buildings from sinkholes. This coverage has a \$10,000 deductible. It is worth noting that sinkhole activity may occur in several storm water retention ponds. This is not remarkable given the volume of water received and the concentrated weight imposed on the ponds in a very short period of time. The repair of such damage is a common expense of the Association and is not an insurable event inasmuch as no structures were involved. Fortunately, repairs and recovery are very straightforward.

Contents coverage may vary greatly depending what it is you wish to insure. As a basic point though, you need adequate limits to cover furnishings, personal items, floor coverings, appliances, fenestration (windows & doors), solar panels and cabinetry. Direct your agent to write an HO6 rider that provides for loss assessment coverage in the event of a special assessment from the Association to cover unforeseen shortfalls in losses. It is never a bad idea to see

if that "loss assessment coverage" component can be increased.

There may be a possibility that your carrier will offer a product called "extended protection" that in effect offers another layer to loss assessment coverage. It was pointed out to me by a local insurance agent that the carrier may require a letter from the Association stating that there are "no losses, unreported losses, and ongoing repairs" currently pending. We have drafted such a generic letter and posted it to otowinfo.com (click on Associations, OTOW Central then arrow down until you come to "Association No Loss Letter"). You may print this letter and provide it to your local agent.

Be Mindful and Safe

Summer is a great time to get out and visit family and travel around. Whether you go a great distance or stay local, please be mindful and aware of your surroundings at all times. The greatest protector of your personal safety is you.

August is also the ramp-up to the busiest part of the storm season. If you are planning a trip, please make sure you have storm-proofed your home by removing anything on or around the exterior of your home that could become an object of destruction during a high wind event. This of course includes clamshell awnings (there are a few), umbrellas, lawn furnishings together with chairs and potted plants to name just a small sampling of the hazards that are easy to overlook (we may see them every day and these items just "blend in").

Remember, that school resumes in mid-August in most counties throughout Florida. Be especially careful when driving near school zones. Have a safe summer!

Keeping It Green



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

Chinch bugs are found in the thatch layer of the grass. They are about an eighth to a fifth 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 spend 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 that are black and have white strips across their back or the orange-red color of the young. An easier way to de-

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

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

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

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

Hope you are having a great summer!



Avalon Social Group
Sherry Whitmer-Hall

We would like to invite anyone living in Avalon to join us at our potlucks. There is no membership fee - just a fun night out meeting friends and welcoming new attendees. Meetings are held in the Arbor Conference Center, Suites E-H. Set up is at 5 p.m. Help is always greatly appreciated to set up and clean up the rooms afterwards. The potluck dinner begins at 5:30 p.m. We meet the second Monday of the following months: October, December, March and May.

Our first potluck will be held on Monday, Oct. 14. We will be hosting a cookout with bratwursts and hot dogs. It is our most popular meeting! We do not charge dues but volunteers will come around closer to time selling tickets to help defray costs for the meat.

We are currently looking for entertaining programs for our four Avalon potlucks. If you or anyone you know would like to prepare a program for one of our potlucks, we would be interested in hearing about it. Please call Sherry Whitmer-Hall at (913) 638-9256. At our last meeting of the year, we really enjoyed the ballroom dance demonstrations. It was great!

Have a great summer!

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All Around Our World

Lynette Vermillion
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Welcome to August or, as we Floridians call it, the aptly named "dog days" of summer. Many indoor activities spring to mind to beat the heat, making August not only tolerable but enjoyable as well. Investigate the many classes available at Master the Possibilities, join a club, use the pools, and please stay hydrated. I'm appreciative of the much-needed afternoon showers we have been experiencing, and the relief they sometimes offer from the hot and humid days. This is very good news, as warm-season grasses are growing and filling in; however, along with the good news comes the challenge to stay on the maintenance schedule.

Bike Safety and Ear Bags

A resident has provided us with some very helpful information regarding hearing aids and the wind noise caused while bike riding. There is a product called Ear Bags, which when placed over the ears, remove the wind sounds and normal hearing is restored. The resident owns a pair and has stated that they work perfectly, and are highly recommended. You can find them online by searching for Ear Bags.

Golf Cart Paths

Please keep safety in mind at all times while you operate your golf cart, ride your bike or walk. All three may share the same path in some cases, and we ask that all users be courteous and cautious when passing each other along the path and roadway. If a path is marked for golf cart use, carts must travel the path in lieu of the roadway. Golf carts must use the roadway when a designated cart path is not available and may not use sidewalks intended for walkers. We ask in those areas where golf carts are utilizing the roadway, that golf cart drivers be courteous and stay to the right to allow vehicles to pass. Please follow all Florida Driving Rules of the road whether you are on a bicycle, golf cart, or driving in your car.

Lawn and Irrigation Maintenance

We are right in the middle of the hottest time of the year. But the good news is that we are receiving some rainfall. Residents should monitor their irrigation systems more closely to verify the grass and shrubs are getting enough water on these hot and humid days. Remember one-half to three-quarters of an inch of irrigation per week is the amount typically needed to sustain the turf. With the summer rains, residents may be able to curb their water consumption by not irrigating during weeks that we see appropriate amounts of rain.

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

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

Some controllers have been affected by the summer lightning storms this year, so we advise all residents to check their controllers after each storm. Lightning storms can surge power into the controllers affecting the program scheduling thus causing the controller to malfunction, which may prevent the system from operating correct-

ly. Rain sensors should be checked to see that they are operating properly also to keep you from over-watering.

Parking on Grass

All of us know how hot our cars and golf carts can become when they sit in the heat. However, please do not drive on the grass to find a shady spot to park. The heat from vehicles can destroy the grass, and in some cases may start a fire, so please park in designated parking areas.

Customer Service

Please note that the Customer Service office is closed the third Wednesday of every month from noon to 1 p.m., which falls on Aug. 21 this month. Customer Service may be reached by phone: 236-OTOW (6869); e-mail: otowservice@otowfl.com; or in person by visiting Suite 200, in Friendship Commons.

Power Outages

If a power outage occurs, please do not call the Marion County Sheriff's Office or visit Customer Service. This will just prolong the length of the outage. Your power company must be called to restore the power. If you are in Duke Energy territory, please call their outage line at (800) 228-8485. For other needs, their customer service number is (800) 700-8744. If you are a SECO customer, please call their outage line at (800) 732-6141. For other needs, their customer service number is (352) 237-4107. Please don't forget to check your irrigation timer after a major storm to make sure a power surge does not impact your programming.

Routine Air Conditioner Maintenance

There are some things in addition to bi-annual tune-ups of your air-conditioning systems that you can do to help ensure a high level of comfort and proper system operation. First, buy good filters and change them according to the manufacturer's specifications. Next, keep bushes trimmed and other materials away from the outside unit of your air conditioner. Repairing cracked windows and making sure no air is escaping to the outside will also reduce costs of cooling your home.

Guest Passes

As I have mentioned in the past,

we are utilizing a new style guest pass that allows us to track each guest in our database. As a result of this change, the guest license plate on vehicles must match the license plate number on the pass. When you make arrangements at Customer Service for a guest pass, please make sure you bring your guests' license plate number and the state in which it was registered.

Dumpster Information

For your convenience at the SW 90th Street compactor location, an area has been set aside for large items that will not fit in the compactors. Please do not place any items outside of the dumpsters or compactors at any other dumpster location. Waste Management will not pick up these type items, and therefore, the area remains unsightly until Parkway crews are able to clean up. This also causes unnecessary costs to the Association.

Rule of the Month

Vehicles parked in On Top of the World with expired vehicle tags are subject to removal. So please avoid this costly circumstance.

VEHICLES: The streets and parking areas of the Community are private. No unregistered motor vehicles, no motor vehicles with expired registration and no abandoned motor vehicles (whether or not currently registered) are permitted at any time in the Com-

munity. Any motor vehicle that remains unmoved for a period of fifteen (15) days or more may be treated by the Association as having been abandoned unless the owner thereof first notifies the Association in writing of the owner's intent to leave the vehicle unmoved for a longer period of time and the Association consents in writing to such longer period of time. At no time shall the Association grant permission for motor vehicles to remain unmoved for any period of time if such situation shall create a public safety concern. If a motor vehicle is determined to be abandoned, the Association shall post notice on such motor vehicle and tow within twenty-four (24) hours if not removed ...

Dog Parks and Poop Bags

My, our puppies are very productive! We are basing this comment on the bag usage at the dog parks. We have noticed the usage and thought we would provide you with some dog park data. Over 4,500 poop bags are used every week, bringing the incredible number to approximately 234,000 bags used per year. To really round this out, over \$5,200 is spent per year on bags. Please note dog park users, the bags are provided for pet owners when utilizing the park only and are not intended for home supplies.

CURBSIDE LANDSCAPE DEBRIS PICK-UP SCHEDULE

Monday*	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> Americana Village Friendship Village Friendship Park 	<ul style="list-style-type: none"> Friendship Colony Candler Hills** Indigo East** 	<ul style="list-style-type: none"> Avalon Providence 1 and 2 Williamsburg 	<ul style="list-style-type: none"> Crescent Ridge/Green Renaissance Park Windsor

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

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Veterans Club

Charles Calhoun

Thank you to everyone for a great Patriotic Celebration at Circle Square Commons. Thank you Sherry Whitmer-Hall for organizing the reading of the Declaration of Independence. Thank you Elliot, Charles, Gordon and Tim for stepping up and reading.

Our next celebration will be Veterans Day and I invite all veterans to join us and participate in planning, practicing and executing a proper tribute to our veterans. Please contact me to let me know your suggestions and how you would like to help.

The next meeting of the Veterans Club will be on Thursday, Aug. 15, at 2 p.m. and our guest speaker will be Diane Cassidy of Dignity Memorial.

We are up to 40 active members in our club.



Photo by Charles Calhoun

Veterans Club meeting with speakers Gary Pierre from Circle Square Cultural Center and American Legion Commander Dr. Allen Jones.



Photo by Bob Woods

The remains of Glastonbury Abbey.

Glastonbury Abbey

By Bob Woods
World New Writer

Glastonbury Abbey was a monastery located in Glastonbury, Somerset, England. Its ruins, a grade I listed building and scheduled ancient monument, is open to the public. The abbey was founded in the seventh century and enlarged in the 10th century. The majority of the abbey was destroyed in a major fire during 1184 but rebuilt by the 14th century. It was one of the richest monasteries at the end of the Saxon period and second to Westminster at the close of the Middle Ages and the most powerful monastery in England.

This abbey controlled vast land tracts in the surrounding area but was suppressed during the Dissolution of Monasteries under King Henry VIII of England.

Glastonbury Abbey has been connected with legends that have been unparalleled by any other abbey in England. Since medieval times, this abbey held the legendary status as the earliest Christian foundation in Britain. It was linked to Joseph of Arimathea and the burial place of

King Arthur.

During 1191, the monks at the abbey told the world they found the remains of King Arthur and his queen on the south side of the Lady Chapel. In 1278, the remains were removed in the presence of King Edward I and Queen Eleanor to a black tomb within the abbey. This tomb survived until the dissolution of the abbey in 1539.

In 1536, during the 27th year of King Henry VIII's reign, there were 800 monasteries and friaries in Britain. In 1541, there were none.

The holy thorn, which grows at Glastonbury Abbey, has become part of a legend of Joseph of Arimathea. When Joseph arrived in Britain, he landed on the island of Avalon and climbed up this hill; exhausted he thrust his staff into the ground and rested. By morning, his staff had taken root and grew into a miraculous thorn tree, which flowers every Easter and Christmas.

The abbey is a renowned historical site attracting visitors from around the world.

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Indigo East

Janice Liberton

Typical to Florida, the summer heat index quite often reaches very high and dangerous levels. All those with health issues, as well as your fur-babies, should remain indoors until the evening, when the temperature drops to a comfortable level.

Common sense tells us not to exercise during the heat of the day. However, for those of us who still want to exercise regardless of the temperatures, why not try water aerobics? Every Monday, Wednesday and Friday at 9 a.m., many gather at the Indigo East Community Center pool and enjoy heart pumping and stretching movements in the pool. If water aerobics isn't for you, the Indigo East Fitness Center has an air-conditioned exercise room with state-of-the-art equipment available to all Indigo East residents. Contact the Fitness Center for more information on the use of the equipment. As a side note, water aerobics continues year round but is suspended when the outdoor temperatures dip down to 45 degrees or lower, and resumes again when the temperatures rise.

By the time you receive the August issue of the World News, the Sunday July 14 ice cream social would have taken place. A full report will be given in the September column.

There is a new club in Indigo East called Indigo on the Go, and Linda

Rylee is heading the club. This club is for Indigo East residents only. The first day trip will be to St. Augustine, Florida, on Thursday, Oct. 3. It did not take long for many to register for this trip and bus reservations have been filled. The next trip planned is to Mount Dora, Florida, on Wednesday, Dec. 4 and bus seat reservations will begin on Wednesday, Sept. 4. Linda has many fun and exciting trips planned for next year. More information as we get closer to these events.

There are several events coming up soon. The first is the happy hour on Tuesday, Aug. 6, sponsored by the social committee and hosted by Rhonda Saunders and Dawn Winblad. Flyers with information regarding this event are posted in both the Indigo East Community Center and Fitness Center. Oktoberfest is on Saturday, Oct. 19, and hosted by the social committee. Also, it is time to start planning your costume for the Halloween party on Thursday, Oct. 31, hosted by June Colaiacono, Rita Hewitt and Kathy Rowe-Sparks.

Both the men's and the women's breakfasts are suspended through August. They will resume in September.

One other item to mention involves yours truly. The social committee asked for a volunteer to fill in as co-chair until the end of this year. I expressed an interest, if no one else volunteered, and the social committee graciously asked me to fill the position, of which I accepted.

Enjoy your August, remember to stay hydrated and most of all, have fun.



Indigo East

Theresa Fields
(352) 387-7372

Back by popular demand ... Sassy Ladies Night Out! Join us on Wednesday, Aug. 7, for a night out with your girlfriends! Enjoy live entertainment, dancing and light appetizers. This is your night to cut loose and be fancy free. Bring your favorite drink (BYOB) and we'll take care of the rest. The entertainer for the evening will be Johnny Lobo, from 5 to 8 p.m. in Indigo East Community Center ballroom. Register at the Indigo East Fitness Center office. The cost is \$10 per resident and \$12 per guest attending with resident.

Come join us for a Meet & Greet Coffee on Friday, Aug. 9, at 9 a.m. at the Indigo East Community Center ballroom. Meet your neighbors, socialize and find out what fun and exciting events we have planned for your community.

Karaoke will take place in the Indigo East Community Center, from 5 to 8 p.m. on Friday, Aug. 9. Bring your own cocktails and enjoy singing, dancing, and clapping. This event is free for Indigo East residents. Guest fees of \$5 per person will apply to anyone not providing an Indigo East resident ID card. Residents must accompany guests.

A Luau Pool Party will take place on Thursday, Aug. 15, at the Indigo East Fitness Center pool, from 3 to 6 p.m. Come join us as we luau by the pool. We will have entertainment by Johnny Lobo and Fresh Plates Creative Catering will be offering an island taco bar with flour tortillas, grilled chicken, cubed and tossed in a pineapple teriyaki glaze, mojo pork, fresh corn tortilla chips, fresh cut fruit, cilantro infused yellow rice and a special non-alcoholic drink of frozen banana piña colada with strawberry puree layered throughout. Tickets will be \$15 for residents and \$17 per guest attending with Indigo East resident. This will be a BYOB event.

A Wine & Cheese Party will take place on Wednesday, Aug. 21, at the Indigo East Community Center, from 6 to 8 p.m. Come join us for variety of different wines and cheeses as you visit with your friends and neighbors. We will have

light entertainment by Tony Mongerio. The cost is \$13 per resident and \$15 per guest. Please note that BYOB will not be permitted on this night.

Challenge your neighbors in a game of trivia on Wednesday, Aug. 28, at the Indigo East Community Center ballroom, from 5 to 7 p.m. Get those thinking caps on, form a group and come out for a fun-filled night of mind-boggling questions. Tickets are \$3 per resident and \$5 per guest attending with a resident. We will have teams of eight per table.

June Winners

1: Know Nothings; 2: Polar Gators; 3: Good Ole Boys.

Upcoming September Events

More information will be posted soon!

- Rock & roll night
- Karaoke night
- Italian potluck night
- Trivia night

Community Information

Please be advised that streaming or rebroadcasting of any copyrighted video content is not permitted at any On Top of the World facilities without prior authorization from On Top of the World Management. It is unlawful for any movies, videos and/or training videos that contain copyrighted content to be viewed without the appropriate licensing rights. On Top of the World does not hold valid licensing rights for streaming or rebroadcasting at our community facilities which could result in severe penalties should be unlawful viewing of copyrighted video content be discovered. If you would like to view a YouTube link or have questions related to streaming or rebroadcasting at community facilities, please email t_fields@otowfl.com

**Events are open to Indigo East resident and their guest(s). A guest is defined as anyone not holding a current Indigo East resident ID, and additional fees may apply.*



Community Patrol

Erwin Fluss

On Top of the World is a very safe place - you can help. "Stop" or "Please stop, thank you" signs mean the same thing - stop. Both are enforceable. Maximum speed signs are likewise enforceable. Please obey them, or sooner or later you could meet one of our very nice sheriff deputies.

There are some heavily used intersections that a special path was

constructed to get golf carts off the main roadway where many cars make a right turn. Signs plainly mark these paths; also, the roadway has been striped so that golf cart and car drivers pay special attention. The markings are for your safety; please use them.

The Community Patrol is a service organization at On Top of the World. We are volunteers who watch for unusual happenings and call your attention as necessary.

We welcome, no, urge your participation! Please contact Paul Altman at (860) 460-7632 or shelvesc@aol.com for further information.

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Barbican Plymouth

By Bob Woods
World News Writer

Barbican is the name given to sections of Sutton Harbor, which is the original name and location of present-day Plymouth Harbor, England. A barbican is a fortified gate and the name given to this harbor more than likely was derived from the Castle Barbican, which was the entrance to Plymouth Castle.

The Barbican was home to Plymouth's fishing fleet, fish market and is still the homeport for many fishermen. The market has since been relocated. The Barbican has the largest concentration of cobblestone streets in Britain.

The Barbican is a small section of Plymouth Harbor and today it is utilized by some of the city's fishing boats and pleasure craft. Looking out over this small harbor the yachts look like they are bumper to bumper with the exception of a large squared-rigged ship that was tied up along one of the quay walls. It has wooded features but a steel hull.

The harbor was enclosed by a lock in 1996 to provide adequate water depth during tide changes and reduce the risk of flood damage to buildings surrounding the harbor.

The Barbican section of Plymouth Harbor was spared during The Blitz in World War II. One of the old

buildings still standing and being utilized today is the Plymouth Gin Distillery. Since 1793, this distillery has exported gin all over the world by the Royal Navy.

Another historical building is the Elizabethan House now a museum that was constructed in the 16th century. Reportedly, the passengers of the Mayflower stayed at both the distillery and Elizabethan House before sailing across the Atlantic to what we know today to be Plymouth, Mass. The Mayflower steps and museum are also located in the Barbican.

Plymouth, during the 16th century, was homeport for many maritime traders one of which led England's first foray into the slave trade. The most famous person of the time was Sir Francis Drake who was a navigator, privateer and vice admiral of the British Royal Navy who became mayor of Plymouth in 1581. He developed the fortifications around Sutton Harbor. The remains of the wealthy Elizabethan merchants' houses can still be seen today in the Barbican.

After planning for a period of time, Drake planned the defeat of the Spanish Armada in 1588. In 1589, the English Armada's assembly had been completed with 146 ships at moorings in Plymouth Harbor. Due to poor planning, lack of artillery, cavalry and English troops aboard the ships, Drake saw his entire operation defeated.

The Barbican is the tourist destination in Plymouth. It seems there are plenty of restaurants and other facilities catering to tourists, which are all located along the walls of the Barbican. In Plymouth, the Barbican is the place to visit.



Photo by Bob Woods

A square-rigged sailing ship tied up at the quay wall in the Barbican, Plymouth, England.

HANDICAP EQUIPMENT
Handicap equipment is loaned free to residents during their convalescent term - walkers, crutches, canes or wheelchairs. For more information, call the Recreation Center at (352) 854-8707.

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Beauty Repair for Summer Hair

Sunshine, pool time and summer fun are wonderful seasonal indulgences, but not so much for your hair. The unfortunate circumstance is that hair is exposed to intense sunlight, heat, humidity, chlorine and saltwater; all of these elements

can diminish luster in your locks. The sun's rays can damage the cuticle of the hair, which will cause dryness and color fading. Chlorine and saltwater strip away the natural oils, which leaves hair at risk for damage and breakage. Wind can also lead to damage, creating tangles and causing more hair breakage. Lead hair stylist at The Ranch Fitness Center & Spa, Ashley Powell, sheds some light on how to tame your summer tresses.

Q. What is the biggest problem you see with your clients when it comes to summer hair stress?

A. Dry, brittle hair that has been subjected to sun and chlorine. In addition to the damage that these summer elements cause, overexposure also leads to color fading.

Q. What treatment could you provide to someone in need of beauty repair for his or her hair?

A. We use a great product called Olaplex. This super hydrating conditioner actually repairs the broken hair bonds that we know as 'damaged hair'. I have had great success in helping my clients restore the natural luster and shine. This helps to un-do the summer hair stress-

ors.

Q. What beauty boosting tips can you share to ward off some of these summer elements?

A. Prior to spending time at the pool or the beach, I always advise my clients to wet their hair with water that is chlorine and salt free, towel it dry and then apply a generous amount of hair conditioner. Hair is similar to a sponge; it will soak up what you put on it. Therefore, by applying the conditioner you fill the hair shaft with hydration and help to keep out the salt and chlorine.

Williamsburg Neighbors

Ginny Nardone

This time of year, we all like to enjoy a change of pace and a bit of relaxation. While summer is in full swing, and many of us have enjoyed traveling or lounging at the pool with a good book, a few other things are happening in Williamsburg: planning and organizing for the remainder of the 2019 calendar year.

Our two upcoming social gatherings are moving along in the planning process. The "getting to know you" happy hour will be held on Saturday, Nov. 2, from 4 to 6 p.m. at the Williamsburg social lot on SW 91st Circle (rain date, Sunday, Nov. 3).

The second get together is the annual holiday party, which is scheduled for Saturday, Dec. 7 at the Arbor Conference Center. This year's party will feature a catered dinner and possibly a few surprises!

Be sure to pencil us in on your social calendar and plan to attend each gathering. More details will be shared in the coming weeks in this column as well as by email.

On the organizing side of things, we also have a few new developments. The website decision has been postponed, to allow for more time to focus on immediate tasks. Updating the database is an on-going process as residents leave and others arrive. Our new treasurer has designed a financial spreadsheet and supporting documents to record cash receipts and to track expenditures of neighborhood funds, which will help us, keep an accurate cash balance. As time goes on, the changes that are being made will help the community to improve its organization.

If you are new to Williamsburg and have questions or would like to be added to our email list, please call Ginny Nardone at (352) 304-8619 or Cathy Higginbotham at (352) 509-4266.



Friendship Connection

Gail Curione

Beach party! The next social event for the Friendship Connection will be on Sunday, Aug. 11, at 4 p.m. in the Recreation Center Ballroom. We will be having a beach party. It will include fun games, beach music and pizza! Cost will be \$5 per person to cover pizza and salad. If your last name starts with A-K please bring a dessert to share. If your last name begins with L-Z, please bring drinks to share.

We will have a 50/50 drawing and donations will be accepted to cover expenses.

Friendship Connection is a new social club for residents of Friendship Colony, Village and Park. We hold bi-monthly social events for residents of those communities to get to know their neighbors. Each event will include some type of food and entertainment. Donations will be collected and we will have a 50/50 drawing.

We meet the second Sunday of every other month starting in August in the Recreation Center Ballroom, at 4 p.m. Please mark Aug. 11, Oct. 13, Dec. 8, Feb. TBD, April 12, and June 14 on your calendar for our 2019-20 club year and look for the bi-monthly flyers, check out our Facebook page and newspaper columns for additional information on each meeting. Call Gail Curione at (407) 497-3958 for information.



OneBlood Bloodmobile

Sara Sommer

The Big Red Bus® will be at the Recreation Center parking lot on Monday, Aug. 5, from 7:30 a.m. to 3 p.m.

Fourth of July has passed and Labor Day is coming. The need for blood is always greater around holidays. Blood donors truly are first responders. They do their part days before the blood is ever needed and

as a result, they help save lives.

Blood donations are needed 365 days a year. The need for blood is very real and constantly needs to be replenished. You can help by stopping by the Big Red Bus® on Aug. 5.

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Online tickets subject to a convenience fee. ALL TICKET SALES FINAL.



Republican Club

Bill Richhart

We have moved to our temporary location at the Hobby Building Art Room for our monthly meetings which are held on the second Friday of the month, at 7 p.m.

We have heard so much about the opioid crisis in the U.S. We were fortunate to have the executive director of the Marion County Children's Alliance (MCCA) and School Board member, Beth McCall speak about this addiction crisis. Nancy Castillo, the MCCA prevention coordinator and chairwoman of the Marion County Heroin/Opioid Task Force mentioned several situations particular to our county.

Of particular interest, Ms. Castillo mentioned that any addict who wants to quit can come to the Ocala Police Department, turn in their drugs and ask for help. They will not be arrested but will be taken to a treatment facility where they can receive the help they need to recover.

It was noted that Ms. Castillo and her associate at MCCA, Monica Bryant, will be giving five different courses at Master the Possibilities in the fall. These courses will be listed in the catalog, which comes out in August. Courses are listed as "Current Marion County Opioid Situation;" "Suicide Prevention;" "Adult Mental First Aid;" "Domestic Violence" and "Elder Abuse." The classes are free for residents but registration is required.

Neil "Nick" Nikkinen gave a short, most enlightening talk on the duties of a property appraiser.

We are honored to support Operation Shoebox and thank Paul and Sandy Selesky for chairing the club operation. Our members have been faithfully bringing items and also monetary donations to help with postage to our meetings. Also some members are assisting at the main facility in Belleview packaging the items to send to our servicemen and women overseas. Volunteers are welcome to join in.

A suggestion was made that we set up a system to bring people who do not drive at night to the meetings. If you have any questions, or would like to participate, please call Bill Richhart at (260) 515-0543.



Photo by Wendell Crist

Nancy Castillo, President Trump and Beth McCall.



Democratic Club

Dan Lack

Our next meeting will take place on Thursday, Aug. 22. Please note that this is not the last Thursday in August. We should be back in the familiar surroundings of the renovated Arbor Conference Center with its new bright red roof. Our speaker will be Heather Obara, associate director of the Howard T. Odum Florida Springs Institute.

The institute is a nonprofit organization that strives to preserve our natural springs through science and education. So prepare to be educated about what you can do to keep your drinking water supply clean and abundant.

We continue to learn about the Democratic presidential candidates via the debates, news sources and social media. Just remember that

you can't believe everything that you read or view on social media, which is easily manipulated by both domestic and foreign sources. You may check if the news is in fact fake at politifact.com, factcheck.org or snopes.com.

We meet on the fourth Thursday of the month at 6 p.m. at the Arbor Conference Center, Suites F-H. 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 at youtube.com/otowdemclub.

We continue to support the Ocala Ritz Veterans Village with donations of towels, washcloths, twin/full bed sheets, dry/canned food, toiletries, dish/laundry detergent and paper towels so that we can show our appreciation to these men and women who sacrificed so much for us.

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



Citizens Emergency Response Team

Beth McKeen

Many residents in our community enjoy the companionship of their beloved pet(s). Remember to always include your pet(s) in your emergency plans. If we are not safe during an emergency, neither are they.

If you evacuate the area and leave your pets behind you may not be able to go back for them. They may easily be lost or injured.

Most hurricane shelters do not accept pets.

The only pet friendly shelter in Marion County is Vanguard High School and it will fill up quickly. You cannot leave your pets at the shelter; must stay with them.

Always build a separate emergency kit for your pets. Be sure to include a picture as well as your name, address and phone number, pet identification tag, record of immunizations, food, medications

and a toy.

Create a list of places in a safe location that will accept pets during an emergency (vet clinic, kennel, etc.).

Our community is growing at a much faster pace than our CERT membership. Please consider joining our team and learning how to help your neighbors in the event of a disaster. You will receive free training from professionals of the Marion County Sheriff's Office, Fire Rescue and Emergency Operation Center. We want to be able to help all of our community members. We need your help!

If you would like to become a member of our CERT team, please contact Beverly Case in the Marion County Sheriff's Office at (352) 369-8103 to receive an application. The next class will be in October.

We welcome your attendance at our CERT meetings, which are held the second Tuesday of each month. Our next meeting will be held on Tuesday, Aug. 13 at 9 a.m. in the Hobby Building Event Room. For more information, contact Beth McKeen at (352) 237-5079.

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Active Living

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

It's that time of year that many of us refer to as the month of August as the "dog days" when it is hot and humid and we long for a refreshing pool or an air-conditioner. You will want to drink plenty of water to stay hydrated during this time.

Hope everyone had a safe and enjoyable Fourth of July!

Recreation & Wellness Connections

The Recreation & Wellness Connections catalog is out! Be sure to check out all the new exciting events, trips and fitness activities through the end of the year. Please note all trips and events will require payment at time of signup. No refunds will be issued two weeks or less prior to the event or trip. If you did not receive a copy of Recreation & Wellness Connections (July through December 2019) there are plenty of copies available at the Recreation Center.

Pool Monitoring

Summer is in full force and what better way to cool off by dipping in one of our beautiful pools? This is a busy time of year for families to visit and monitors will be on duty at the Recreation Center checking resident IDs and ensuring all guests are accompanied by a resident. An adult must accompany children and the swim time for children under 15 is from noon to dusk during the week and no time restrictions on the weekends at the Recreation Center and Indigo East pools.

Please note that coolers are not permitted at the Recreation Center, Arbor and Candler Hills pool areas. Please note that the pool rules are posted at all pool and spa areas.

Room Request, Club Guest Notifications, Deposits & Room Set-ups

Clubs planning events or meetings that will be hosting food, requiring special set-ups and having guest participation must submit the proper paperwork two weeks prior to the event. Paperwork submitted after the two-week deadline is subject to non-approval.

Happy Hour

Join us for Happy Hour every Friday night in the Recreation Center Ballroom and on the outside veranda of the Recreation Center, from 5 to 8 p.m. The entertainment lineup for August is as follows:

- Aug. 2: Dave & Kenny (Ballroom); Paul De Ritter (Veranda).
- Aug. 9: TC & Sass (Ballroom); Hal Dod (Veranda).
- Aug. 16: The 45's (Ballroom) Retro Express (Veranda)
- Aug. 23: Katilac Jack (Ballroom); Robert France (Veranda).
- Aug. 30: Danny & Johnny (Ballroom); Crystal Vision (Veranda)

Individual resident IDs will be required for entry into Happy Hour; anyone not producing a resident ID will be considered a guest and guest fees are \$5 per person. Children under the age of 15 will not be permitted to Happy Hour. Please note that no outside beverages of any kind will be allowed into Happy Hour.

Line Dance Classes*

For fun and fellowship, join one of our dance classes! It is medically proven that the best activity combining physical and mental effort at the same time is dancing!

The following classes will be taught at the Recreation Center every Monday beginning Sept. 9. The cost is \$10 per four-week class per month. Your monthly pass includes practice sessions on Wednesdays. Line dance tickets will go on sale at the Recreation Center office starting Monday, Aug. 12, from 8 a.m. to 2 p.m. only, and will be sold Monday through Friday thereafter.

Choose your class according to your ability. You may switch to a different level, if necessary. The instructor is Marilyn McNeal and she can be reached at boarsnestfarm@aol.com.

- Absolute Beginners (noon to 1 p.m.): This is class is an introduction to line dance and progresses into Absolute Beginners. Step patterns are described, practiced and used in simple patterns. Step sheets for each dance are provided.
- Improver Plus (1:15 to 2:15 p.m.): Dance experience is

required for this class. Improver Plus means it's slightly easier than Intermediate. Current popular dances are taught at this level.

- Beginner Level II (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. Prior dance experience is required.
- Beginner Level I (3:45 to 4:45 p.m.): Class participants who have completed last season's Introduction to Line Dance. Dancers have some experience now. Easy dances are taught with additional step patterns added.

Ballroom Dance Lessons*

Butch Phillips has brought social ballroom instruction to On Top of the World. With teaching certificates in American Style bronze, silver and gold as well as bronze in International Ballroom and International Latin and a Nationally Certified Country & Western Judge, Butch is a devoted and qualified instructor. We encourage anyone interested in partnership dancing to participate. Singles are also welcome as we will rotate partners among all willing students.

Butch welcomes suggestions from residents in regard to what dances should be taught. The four-week class will include step description for leader and follower, including correct characteristic of dance with an emphasis on lead and follow skills and lots of practice to music.

On the last day of class each month, we encourage you to bring video recording equipment to record what was taught that month.

In August, the Two Step will be taught on the second, third and fourth Wednesdays of the month in the Recreation Center Ballroom, from 12:30 to 2 p.m. and cost will be \$30 per resident per three-week class.

Tap Dance Classes*

Learn to tap dance with New York tap instructor, Penny Berton. She is patient, caring, creative, and is a great choreographer! Penny owned and operated a very successful dance studio in New York for over 20 years and recently moved to Ocala full time.

No experience necessary! Penny will start with the basics, and you'll find yourself progressing quickly. You will be dancing to music of all genres and doing routines the very first week. Come join the class, bring those tap shoes (or hard-sole shoes) and re-awake your love of tap!

Classes are held every Tuesday at the Arbor Conference Center, Suite H, at 10 a.m. In August, the first two weeks of classes will be held in the Recreation Center Ballroom. The cost of the class is \$20 per person per four-week per month.

Starlite Majesty Dining Yacht*

Join us for an afternoon on the Starlite Majesty Dining Yacht Cruise on Thursday, Aug. 8 in St. Petersburg, Florida. You'll enjoy a four-hour intracoastal six bridge one-way cruise which departs from the Corey Causeway in the Boca Ciega Bay and travels north through some of the most beautiful waterfront vistas of Pinellas' coastal communities. The yacht features three decks, with two enclosed and climatically controlled and a top deck lounge. You will enjoy a live narration by the captain, live entertainment, bingo and a variety of fun games. Late morning appetizers and a complete sit-down lunch are included. The cost of the trip is \$78 per person.

St. Johns Luncheon Cruise*

Join us for a relaxing steamboat river luncheon cruise on the beautiful St. Johns River in Sanford, Florida on Thursday, Aug. 15. The Barbara Lee is an authentic stern wheel paddleboat. The boat has five decks, some open air and some closed with large glass windows to take in the unspoiled view of the rippling river, water hyacinths, and the abundant wildlife along the banks.

You will enjoy appetizers, menu selection, dessert and entertainment. Coffee, tea and iced tea are complimentary. Bar beverages are separate charges. The cost of the trip is \$89 per person.

Florida Museum of Natural History & Trader Joe's Shopping Trip*

Join us for a visit to the Flori-

da Museum of Natural History on Tuesday, Aug. 20 in Gainesville, Florida. You will experience the Butterfly Rainforest and Crocodilians exhibit. Once you have completed your tour of the museum and exhibit, we will board back on the bus and head over to the Butler Plaza where you will have the opportunity to shop at Trader Joe's. The cost of the trip is \$45 per person.

Social Hour

Come join us for a relaxing evening with friends and neighbors on Thursday, Aug. 22, from 4 to 6 p.m. in the Recreation Center Ballroom. You will enjoy smooth jazz with the Paul De Ritter Duo. A cash bar and hors d'oeuvres (while they last) will also be provided. This event is free!

Insider's VIP Horse Farm Tours*

Tour Ocala's Horse Country on Friday, Aug. 23, and get an insider's view of all that is "horse" in Marion County! The tour includes close interaction with horses and their handlers. During the drive between stops you will learn about Ocala's horse industry, history and points of interest. There is approximately 30 minutes of walking at each stop. Please wear close-toed shoes. After the farm tours, we will stop at Southern Pig & Cattle Company for lunch on your own. The cost of the trip is \$33 per person.

Tropic Trivia Night*

Please note that there will be no trivia in August. The next one will take place on Thursday, Sept. 5, at the Recreation Center Ballroom. Come challenge your neighbors and friends for a fun afternoon of mind-boggling, brain-taxing questions. We have added more tables, which increases your winnings! There will be tables of eight and you will select the team names. 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. All beverages must be purchased at The Pub (no outside beverages permitted). Water is available at no charge. The cost is \$3 per resident and \$5 per guest attending with the resident.

July Winners

Tie at 1: Gym Rats, Know Nothing's & Senior Moments.

Community News

Please note if you represent a club and you are planning trips or excursions by motor coach or bus pickup in the community, you must receive pre-approval from the Recreation Center office (Theresa Fields). Coach pickup and parking for trips or excursions are not permitted at any of the facilities in On Top of the World properties. Designated areas are assigned with approval.

Please note that the community

bus will not run Monday, Aug. 12 through Thursday, Aug. 15; please plan accordingly.

The Hobby Building is now open. Please note that access to the Art Room, Event Room and Library is on the east side of the building facing miniature golf. You will need your resident ID to enter any of the rooms located at the Hobby Building.

The Arbor Conference Center is due to open Monday, Aug. 19 following the completion of the renovations. Please note the Arbor Conference Center will now be scanner activated and resident IDs will be required to enter the facility.

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Upcoming Events

- Thursday, Sept. 5: Club Fair
- Thursday, Sept. 5: Tropic Trivia Night*
- Friday, Sept. 6: Gypsy Gold Horse Farm Tour*
- Thursday, Sept. 12: Get Acquainted Coffee
- Friday, Sept. 13: Singing River Cruise*
- Monday, Sept. 16: Rags to Riches sign up begins
- Tuesday, Sept. 17: St. Petersburg Museum*
- Thursday, Sept. 19: SR200 Coalition*
- Friday, Sept. 20: Titanic Trip*
- Sunday, Sept. 22: Rays vs. Red Sox Baseball Game*
- Thursday, Sept. 26: Social Hour with The Mudds
- Thursday, Sept. 26: Southern Women's Show*
- Friday, Sept. 27: Horse Farm Tour*

*To register, call (352) 854-8707 x7533 or x7380. Payment is required at time of registration. No refunds will be issued 14 days or fewer prior to any event or trip. Events and activities that take place behind the gates of On Top of the World are for residents only.

On Top of the World NEWS

UPCOMING PUBLICATION

September Issue
Thursday, Aug. 29, 2019

On Top of the World BUS SCHEDULE		
Monday - Thursday		
MORNING ROUTE	PICK-UP LOCATIONS	TIME
The Lodge	SW 87th Cir.	8:35 a.m.
Williamsburg	91st Cir. E. - 91st Cir. W - Post Office	8:42 a.m.
Providence	90th St. - 92nd Pl. Rd. - 96th Ct. Rd. - 97th Cir	8:47 a.m.
Avalon Post Office	Parking Lot	8:51 a.m.
Windsor East	94th Pl. - 94th Lp.	8:55 a.m.
Windsor West	95th St. - 95th Lp.	8:58 a.m.
Crescent Ridge 1 & 2	97th Lane - Post Office - 99th Ave. - 96th St.	9:01 a.m.
Recreation Center	At Bus Stop Sign	9:04 a.m.
Americana Village	89th Ct. Rd. - Post Office - 85th Ter. Rd.	9:08 a.m.
Friendship Village	Post Office - 84th Ter. - 93rd St.	9:12 a.m.
Friendship Colony	83rd Ter. - 90th Pl. - 87th Ave. - 97th St.	9:16 a.m.
Friendship Park	97th St. - 94th Lane	9:20 a.m.
Friendship Village	89th Ct. Rd. - 92nd St.	9:22 a.m.
Friendship Colony	90th St. - Post Office	9:26 a.m.
Candler Hills Community Center	At Bus Stop Sign	9:31 a.m.
Exit Community		9:36 a.m.
<i>Indigo East Community Center Parking Lot Call one day in advance for pick-up</i>		
MORNING DESTINATIONS	ARRIVE	PICK-UP
Freedom Library	9:42 a.m.	12:40 p.m.
Jasmine Square	9:50 a.m.	12:35 p.m.
Dillard's/Kohl's	10:00 a.m.	12:25 p.m.
Sam's Club	10:10 a.m.	11:15 a.m.
Home Depot	10:15 a.m.	11:25 a.m.
Ollie's	10:18 a.m.	11:30 a.m.
Paddock Mall	10:22 a.m.	12:15 p.m.
Walmart	10:27 a.m.	11:45 a.m.
Target	10:37 a.m.	11:50 p.m.
Hobby Lobby/Shady Oaks Shopping Center	10:47 a.m.	12:00 p.m.
Gateway Plaza	10:52 a.m.	12:05 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	
The Lodge	1:15 p.m.	Candler Hills Community Center
Crescent Ridge Post Office	1:38 p.m.	Friendship Colony Post Office
Recreation Center	1:43 p.m.	Williamsburg Post Office
Americana Post Office	1:49 p.m.	Avalon Post Office
Friendship Post Office	1:54 p.m.	
AFTERNOON DESTINATIONS	ARRIVE	PICK-UP
Friendship Center	2:00 p.m.	4:10 p.m.
Publix	2:05 p.m.	4:15 p.m.
Walmart Neighborhood Market	2:15 p.m.	4:25 p.m.
Aldi/Lowe's	2:19 p.m.	4:30 p.m.
Save A Lot	2:25 p.m.	4:05 p.m.
Big Lots	2:30 p.m.	4:00 p.m.
Beall's & Dollar Tree	2:40 p.m.	3:50 p.m.
Walmart	2:45 p.m.	3:45 p.m.

*All times are approximate
For information, call the Recreation Center at 352-854-8707 ext. 7530 or 7533



Candler Connection

Debra Keirn

Back by popular demand is the Candler Hills ice cream social. On Sunday, Aug. 18, you can enjoy an afternoon of socializing and sampling of many different ice cream flavors and toppings and ice cream sodas. 153 tickets have been sold thus far and still can be purchased on Aug. 1 and Aug. 8, from 10 a.m. to noon at The Lodge at Candler Hills and on Aug. 6, from 10 a.m. to noon at Candler Hills Community Center. After that time, please contact John Bain at (352) 414-5434 or Peggy Janisch at (352) 484-0754 to see if any tickets are available.

The Candler Hills potluck dinner is scheduled for Tuesday, Aug. 27, at 5:30 p.m. at The Lodge at Candler Hills. Residents with last names beginning with A-H should bring a dessert; I-R a side dish or salad; and S-Z a main dish. Setup volunteers should arrive at 4:15 p.m. All others by 5:30 p.m. to obtain a seating table number. \$1 per person covers eating utensils, plates, napkins, decaf coffee and hot tea. Please label your dishes for people with dietary issues. A 50/50 drawing will be held. To attend, please contact Deb Keirn at (352) 414-5737 or arthurkipdeb@verizon.net. Hope to see you there.

The seventh annual barbecue picnic is scheduled for Sunday, Oct. 20, from 3 to 5:30 p.m. at the pavilion. This event is usually well at-

tended by over 250 residents. More information will follow in future World News columns and in "The Happenings." Volunteers will be needed for this event. Tickets go on sale in late September.

The Candler Hills holiday party is scheduled for Friday, Dec. 13, at The Lodge at Candler Hills. More information will follow.

The following presentations are scheduled for the speaker series at 3 p.m. at The Lodge at Candler Hills:

- Tuesday, Oct. 8: Lisa High of Baldwin Brothers.
- Thursday, Nov. 7: Friends of the Freedom Library and Marion County Library.
- Tuesday, Dec. 10: Bob Levinson of Hospice of Marion County.

If you are a new resident of Candler Hills, log onto candlerconnection.org and fill out the form to receive "The Happenings" by email to keep up-to-date with events and activities. There are 1,101 members in this database.

The Candler Hills Facebook group has grown to more than 695 members. Instructions to join this Facebook group are outlined in "The Happenings." This closed group is a great source of information.

The next Candler Connection board meeting will be held on Tuesday, Aug. 6, at 2:30 p.m. at Candler Hills Community Center. Any resident of Candler Hills is welcome to attend.

We hope you attend some of the above planned activities. See you around the neighborhood!



The Lodge at Candler Hills

Theresa Fields
(352) 387-9508
thelodge@otowfl.com

Because of Florida's sub-tropical climate, the warmer part of the year coincides with the wetter part of the year. This is why August is not only one of the hottest months, but also one of the wettest. It is very important that when out in the heat be sure to stay hydrated and pay close attention to the sounds of thunder and seek shelter immediately for all safety precautions.

We are proud to announce that we now have an activity calendar for Candler Hills residents. You may pick this calendar up at The Lodge at Candler Hills or at the Candler Hills Community Center.

It is time for our second annual Chili Cook-Off on Tuesday, Oct. 22, from 3 to 6 p.m. Last year, we had eight contestants with a variety of flavors. If you would like to compete this year, sign-ups are will run from Monday, Aug. 12 to Monday, Oct. 14 in the office. Entry fee is \$5 per resident. Rules and regulations will be given at the time of sign-ups.

Come join us for a night of ballroom dancing on Thursday, Aug. 1, in the ballroom, from 6 to 9 p.m. Let's dance the waltz, foxtrot, two-step and more! Butch Phillips will be the entertainer for the evening playing all the favorite ballroom dance music. This is a free BYOB event for our residents with \$5 guest fees.

Trivia is held on the first Tuesday of each month, with the next one on Tuesday, Aug. 6 in the ballroom, from 6 to 8:30 p.m. The cost is \$3 per resident and \$5 per guest attending with the resident. For more information, contact Diane Podkomorski at (352) 547-6456.

Our next "Girls Night Out" is on Thursday, Aug. 15 in the ballroom, from 5 to 8 p.m. This will be a great opportunity to unwind, catch up, and have fun with some of your closest friends. Bring your favorite drink (BYOB) and we will take care of the rest. Live entertainment with Alan Ross, and appetizers will be provided. The cost of the event is \$12 per resident \$15 per guest accompanied by resident.

Social Happy Hour is held on the third Saturday of each month with the next one on Saturday, Aug. 17, in the ballroom, from 5 to 8 p.m. Enjoy live entertainment with Rock Solid. Bring your own beverages and snacks and enjoy the evening with friends.

"Name That Tune" with Beach Bum American Media Entertainer Dave Conrad is going to put your music knowledge to the test! Our first game night will be on Wednesday, Aug. 21, from 5 to 7 p.m. in the ballroom. Tickets are \$5 per resident and \$7 per guest. Prizes will be awarded to winners.

Kocktails & Karaoke will be on Thursday, Aug. 22 with Charlie and Kathy in the ballroom, from 5 to 8 p.m. Bring your own cocktails and enjoy singing, dancing, and clapping with other Candler Hills residents. Guest fees are \$5 per guest.

Lobby lounge piano music by Jim Di Paolo will take place on Monday, Aug. 26, from 4 to 6 p.m. Come mingle with friends in a relaxing atmosphere. Enjoy light hors d'oeuvres prepared by Fresh Plates Creative Catering along with your own beverage of choice. This is a free event for our residents.

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* Events and activities that take place at The Lodge at Candler Hills are for Candler Hills residents. Guests are permitted, where noted, accompanied by a resident, and fees apply. A guest is anyone not having an authorized Candler Hills resident ID card. Tickets for events at The Lodge at Candler Hills may be purchased at the front office.

Bay Laurel Center
CDD

IRREGULAR WATER USAGE*

- **Toilets:** A failing flapper (valve seal) can waste up to 200 gallons of water a day.
- **Leaky Faucets/Showerheads:** Dripping can range from several gallons to hundreds of gallons of water per day.
- **Water Hose:** When left on with leaks at the spigot or nozzle.
- **Irrigation System:** Automatic irrigation solenoid valves not closing properly or excessive run times including multiple program cycles.
- **Water Softeners:** Excessively backwashing or the backwash valve failing.

* Water loss is estimated and varies depending on severity of leak.

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A Flaming Beauty

By Janice Puta

Hamelia patens is a very unassuming name for the charming Florida native fire bush. However, its orange-red tubular flowers are a blazing "alarm" that draws the attention of gardeners and landscapers throughout most of the year. Two of its nicknames are scarlet bush and redhead.

In Friendship Colony, this flaming beauty is growing in the center of the garden in the intersection of SW 94th Street and SW 89th Court Road. The native plant enthusiasts keep it pruned so you can see over the top for better driving conditions. Additional specimens are taking root up at the entrance to the Longleaf Pine Trail. Here the fire bush can grow into its full potential height and width of eight to 12 feet without any support. This spectacular size is the second of the four "alarms" about this native shrub.

Easily shaped and kept in bounds with pruning, fire bush can stand alone as an accent plant or grouped together for a hedge. Fire bush is known for its hurricane wind resistance. It is a cold sensitive perennial or semi-woody

shrub. A hard freeze will defoliate and kill the branches. The entire shrub may need to be pruned close to the ground. As alarming as that may sound, the third noteworthy factor of this shrub is that it quickly grows back bigger than ever, sometimes with suckers. Since it also readily grows from seed that is how the fire bush shrubs came to the Longleaf Pine Trail entrance. They were all seedlings from the SW 94th Street garden.

The fourth wow factor of the fire bush is that it is an excellent attractant for hummingbirds, gulf fritillary, statira sulphur and the zebraing butterflies. The sphinx moths use it as a food source for their caterpillars. Birds and small mammals enjoy the plentiful black fruits. Birds feed on small insects in the vicinity and help keep down pests.

When shopping for the fire bush, be aware that most plants sold at big box stores are not native. For a native fire bush, shop at native plant nurseries and where the plants are clearly marked *Hamelia patens*.

To learn more about the native plants growing here, come join the Native Plant Group as we continue to maintain the Longleaf Pine Trail and arboretum, the SW 94th Street circle and the Belleview Library native gardens. Call (352) 861-4560 for details. What a joy it is to grow native!



Photo by Janice Puta

The four-alarm fire bush.

Astronomy Club Gifted with New Telescopes

By Jim Shuman

Moonstruck Astronomy Club President Jim DiPaolo announced at the June meeting that the club was given two new telescopes. DiPaolo thanked Milt Hays of Live Oak, Florida for the gifts.

Club Vice President Larry Isenberg learned of Mr. Hays' interest in contributing telescopes, and upon contacting him arranged to pick them up in Live Oak with Jim DiPaolo. One telescope is a six-inch Parks Optical Reflector with a Parks equatorial mount; the other is a five-inch Bresser Reflector with

a Polaris equatorial mount. An assortment of eyepieces to be used with the scopes was also included.

At the July meeting, DiPaolo and Isenberg displayed the new telescopes and explained how the club plans to make them available for club members to use for their own enjoyment and learning. A "lending library" is being created to allow members to borrow a telescope for a specified number of weeks to observe the night sky on their own. DiPaolo added that instruction on the use and care of the scopes will



For the Love of Volunteering

By Christina Shearer

Sholom Park holds many volunteer opportunities throughout the year. Events, both big and small, need volunteers to help execute them successfully. Fun at the Park is our largest event with 1500 to 3000-plus park attendees. It takes place during the months of October, February and May. We also host smaller events, such as our monthly L.E.A.F. Series (an adult educational series, October through May), Lil' L.E.A.F. Series (a summer children's educational series) and a monthly weed and feed where volunteers meet in the morning for an hour of weeding or planting at the park followed by friendly volunteer socializing over breakfast.

Without the help of our gracious volunteers, these events would be nearly impossible. From parking attendants and transport operators, to welcome greeters and hospitality directors, each role is important and must be filled in order to make each event a success.

Evelyn Sarns Holiday is a dedicated volunteer and wonderful asset to our volunteer team. She has been part of every Fun at the Park event from the start. Volunteering at Sholom Park gives her the opportunity to enjoy her love of the outdoors while being involved in something meaningful. Her smile and friendly disposition provide a warm welcome as she greets event attendees.

Danielle Tuanda, a University

of Florida student from Gainesville, has been volunteering at the park since October 2017. Danielle is happy and willing to take on any volunteer role. She will do whatever is needed to get the job completed, not to mention being elbow deep in a bucket of live ladybugs during last year's "Let's Get Buggy."

Dave Santman has been a faithful volunteer since April 2018. You can find Dave at the park entrance every morning waiting for the gates to open for his daily walk. He knows Sholom Park like the back of his hand and decided to put his knowledge of the park to work as a volunteer.

Evelyn, Danielle and Dave are just a few of our dedicated volunteer team members. We appreciate the time and commitment from everyone who helps make our events safe, fun and memorable.

As the popularity of Sholom Park events grows, the need for more volunteers also grows. The fall event season begins this October. If you have the time, love the outdoors, enjoy interacting with others, can drive a golf cart or just like to have fun at the park, we would like to invite you to be part of the Sholom Park volunteer team. Please email info@sholompark.org and request a volunteer registration form or call the event planner/coordinator, Christina Shearer at (352) 873-0848 ext. 7371 for more information.

also be available.

The Moonstruck Astronomy Club continues to see a rise in membership since its formation in June 2018, as many residents express an interest in the heavens. Given events such as the recent solar eclipse in Chile, publication of the world's first image indicating a filament of dark matter, and more general questions about space, the planets, and the cosmos, the club has plenty to discuss at every meeting.

The Moonstruck Astronomy Club meets on the second Thursday of every month from 1:30 to 3 p.m. in the Hobby Building Event Room; the next meeting is on Aug. 8. This location is a permanent change from the club's former meeting room in the Arbor Conference Center.

Any resident can join the Moonstruck Astronomy Club, and new members are welcome! Yearly club dues are only \$10. Evening observing sessions are announced via email in the afternoon of any day that weather conditions will allow for an open sky at the R/C Flying Field and owners of telescopes are willing to set up for others to see interesting celestial objects. Sessions begin after dark and last into the evening, depending on the conditions and on the prospect of seeing specific targets as they cross the night sky.

If you have an interest in joining the club or would like additional information, please contact Jim DiPaolo at spacecadet3010@gmail.com.



Photo by Jim DiPaolo

Moonstruck Astronomy Club members with the two telescopes donated for use by members.



Favorite Recipes Dinner Club

Luke Mullen

The Favorite Recipes Dinner Club has suspended our regular monthly dinners through September. This is because many members head north or travel during the summer months. As such I would like to provide answers about our club that some residents have asked me.

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

The club is not a gourmet dinner club. The idea is for members to prepare their favorite recipes. If a club member happens to have a favorite recipe that is gourmet type meal, they are always welcome to do so. However, those hosting another meal shouldn't feel the need to "outdo" past meals. Almost everyone has a favorite recipe!

Here is one I recently made. This recipe ends up with a deliciously creamy mushroom sauce, which results in a restaurant quality dish.

Chicken Marsala
Serves 4

Chicken

- 1/2 cup all-purpose flour
- 1 tablespoon kosher salt
- 1 teaspoon garlic powder
- 1/2 teaspoon ground black pepper-corns
- 2 large boneless skinless chicken breasts, halved horizontally to make four fillets; then cut in half vertically

- 2 tablespoons olive oil
- 4 tablespoons unsalted butter
- Marsala Sauce**
- 1 tablespoon unsalted butter
- 8 ounces of brown or portabella mushrooms, sliced
- 4.5 cloves garlic minced (optional)
- 3/4 cup dry Marsala wine
- 1-1/4 cup low-sodium chicken broth (or stock)
- 3/4 cup heavy cream
- 2 tablespoons fresh chopped parsley (optional)

Mix the flour, salt, garlic powder and pepper in a shallow bowl. Dredge the chicken in the flour mixture and shake off excess.

Heat one tablespoon oil and two tablespoons butter in a 12-inch pan or skillet over medium-high heat until simmering. Fry the chicken breast pieces until golden-brown on both sides (about three to four minutes per side). Transfer to warm plate, tent with foil and keep warm.

In the same pan with remaining grease leftover from the chicken, melt one tablespoon of butter. Add the mushrooms and saute for two to three minutes until browned, scraping away at any of the leftover chicken bits off the bottom of the pan.

Add the garlic and cook until fragrant, about one minute.

Pour in the Marsala and broth and simmer until reduced by half and starting to thicken (about 10 to 15 minutes).

Pour in the cream and return the chicken back into the sauce. Cook until the sauce thickens (about three minutes). Garnish with chopped parsley and serve immediately. The sauce will continue to thicken off the heat.

Our club is currently looking for new members. If you are a couple who enjoys preparing and cooking food for others and enjoys entertaining people at your home, you might consider joining our club. Please call Luke at (352) 304-8104 for more information.



What's Cookin'

Nancy Grabowski

This duo of recipes is good: cool and refreshing; better: easy; best: make-ahead! They also feature the bounty of the summer garden to delight the taste buds.

Cold Pasta Salad

- 1 pound of fresh tortellini or other pasta of your choice, cooked and drained

Dressing

- 1/2 cup olive oil
- 3 tablespoons red wine vinegar
- 1 teaspoon basil
- 1 clove minced garlic
- 1/4 teaspoon red pepper
- Salt and pepper, to taste

Mix dressing ingredients. Toss dressing with tortellini and chill overnight.

I make a double batch of dressing and add more just before serving.

Before serving, I also add broccoli, sweet peppers, sliced pepperoni,

ni, grated Parmesan cheese, cherry tomatoes, and a small amount of shredded mozzarella. The best part of this salad, aside from eating it, is the array of changes you might make. If your tastes dictate that you add or subtract, no one will guess your secret.

Broccoli Salad

Chop about a pound of broccoli, add some chopped onion and celery, and mix with a smooth dressing.

Ingredients for the dressing are mayonnaise, apple cider vinegar, salt and pepper. Toss with shredded sharp cheese and cooked, chopped bacon. Just before serving, add some sunflower seeds or pine nuts for additional crunch.

There are no specific measurements for this concoction: if you like a salad with more dressing, add mayo or sour cream; less if you like it on the dry side. Again, you can add or subtract the extras in this salad.

Your guests will gobble these up ... unusual if you have leftovers. Enjoy!

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SWANS

Sandi Dickerson

June was a very busy month for the SWANS (Single Women Active Networking System). We continue to have fun and support one another in our various activities!

Breakfast out for June was hosted by Darlene Sehres. The group met at the Oasis Café. The food was good and the welcome was warm!

Lois Nix hosted the lunch out for June at The Citrus Grill in Dunnellon, Florida. The sisters who own and run the restaurant were very accommodating. The food was very tasty and everyone had a good time catching up with old friends! Afterward, many of us went over to The Grumble House and poked around through all of their fabulous plants, pottery, gifts, and ironwork.

Our June dinner out was hosted by Dianne Rooks at The Braised Onion. A group of 10 attended this event. We all sat together in one of the private rooms and all had a very good time. The food and service were excellent. We always enjoy this restaurant.

Many thanks to Darlene, Lois,

and Dianne for hosting!

As you can see we have three events every month that all of the SWANS can count on: breakfast out on the first Saturday; dinner out on the second Thursday; and lunch out during the third or fourth week of the month. The lunch out date is left to the discretion of the hostess. All of the places we go to are hosted by one of our members.

At our September 2018 meeting, women signed up to host all of these events for the entire year. At our upcoming September meeting, we will sign up to host the coming year's events. By hosting, a member chooses the restaurant, sets up a reservation, and calls the manager with the number attending. As a member, each month you receive an email about where the event will be, who is hosting, and how to contact the hostess to reserve a spot at the table. It all works seamlessly!

In the next few months several SWANS are looking forward to trips sponsored by On Top of the World. They will be taking part in the Starlight Cruise on Thursday, Aug. 8, and the Titanic Gala dinner event on Friday, Sept. 20. We have also formed a team to participate in tropic trivia night. We certainly are keeping busy and having fun!

Please join us at our Saturday, Sept. 14 meeting at the Arbor Conference Center, Suites E-G, at 10 a.m. We welcome all single women!

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Genealogy Society

Peter Parisi

On Monday, June 17, Debbie Wilson Smyth of Oak Trails Genealogy Services, LLC gave a very informative presentation on "Timelines: A Genealogical Tool for Organization and Analysis." A brief summary of her presentation is as follows:

Debbie stated that a timeline is a listing of events in chronological order, relating to a person, an event, such as war or a famine, or a location. Timelines are very beneficial in tracing our ancestral roots

as an organizational and analytical tool.

Timelines can help us visualize the records that we currently have on an individual and identify any inconsistencies in these records. They also help us determine the gaps in our documentation by identifying missing censuses or vital records, such as birth, marriage or death certificates. One record for every five years will tell you what you are missing. Timelines can also be used for two people to determine if they are the same person or different people.

Some of the elements of a timeline are the date, name and location of the event, the age of the person, names of the children, the

migration from one county or state to another, and the citation of the source of your information.

A timeline can be created using a word processor, a spreadsheet, genealogy software or the old-fashioned paper and pencil.

In tracing the events of our ancestors, a good website is gendisasters.com and browse by state and by year.

For a more in-depth summary of Debbie Wilson Smyth's presentation, go to our website, select "Genealogy Presentations" and click on "6-17-2019 Timelines: A Genealogical Tool for Organization and Analysis."

All of the following meetings take place at 10 a.m. in the Hobby

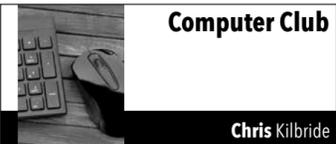
Building Event Room.

On Mondays, Aug. 12, and Sept. 9, we will hold an open genealogy discussion by the membership on genealogy issues or discoveries they have learned.

On Monday, Aug. 19, we will hold an educational presentation "Migration Routes of Our German Ancestors" by Bob Bukius, president of the Oak Run Genealogy Club.

On Monday, Sept. 16, we will hold an educational presentation "Blogging Your Family Story?" by Donna Cunningham, education coordinator.

Visit us at otowgens.shutterfly.com.



Computer Club

Chris Kilbride

Every Saturday at 9 a.m. the Computer Club meets for an hour in the Hobby Building to answer both PC and Apple related questions regarding software and hardware. Our otowpclub.org website gives lots of great information about our group.

This month we are highlighting our club president Bill Torzsa. Having worked for Pratt & Whitney for 33 years in Connecticut as a shop floor controller, Bill and his operation oversaw both military and civilian engine parts production. After retiring, he came to On Top of the World in August 2006 and worked for them as a courier for two years.

Bill first joined the Computer Club in 2009, during the time of a major transition in the club. Board members who had served for many years were in need of replacement, and Bill stepped up to the plate, volunteering to be president. It was also at a time of new computer products and software to learn, and when new members started joining the club in need of more education. Microsoft Windows and Android products were on the scene, and presentations on how to handle photos and email issues were some of the more popular topics. As a presenter and charming leader, he has earned many thanks for keep-

ing this club on a steady path for the last ten years.

Each Thursday from 9 to 10 a.m., also in the Hobby Building, we offer free help sessions. Members may bring their computer, smartphone or device for one-on-one instruction. Later in the day from noon to 2 p.m., four of the club members take part in the "Ask Arnold" help session for county residents at the Freedom Library. You can bring your devices there too, in case you missed the morning session.

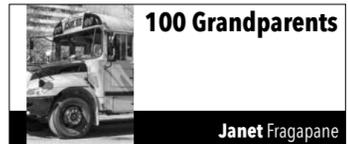
On the first Saturday of the month, members are treated with coffee and doughnuts, and during the season there is a presentation on any variety of topics. Recent presentations included digital estate planning, genealogy basics, credit and identity theft, passwords and stop ad tracking.

Software links for PC and Apple related topics are listed on the website to help you on your educational journey to learn more or find a solution to a problem.

Members are able to list on our website any computer related software or hardware they wish to sell or give away.

All residents are welcome to join our club, with \$10 individual yearly dues or \$15 per couple. You can join at the meeting or call President Bill Torzsa at (352) 873-8519 for more information. Or you may reach us through the contact page on otowpclub.org or email otowpclub@gmail.com.

We keep the meeting fun and offer good advice and solutions to help our members. Hope to see you on Saturday!



100 Grandparents

Janet Fragapane

While I was at Romeo Elementary this summer, I picked up the school supply list for the year. If you are a member of 100 Grandparents or a resident who is interested in donating school supplies, please call me and I will tell you what the school or a specific grade needs. If you buy supplies and wish to take them to the school yourself, know that the office at the school is open 9 a.m. to 2 p.m. If you would rather I take the supplies, leave them on my porch at 9791 SW 97th Place (Crescent Ridge II) or call me to schedule pickup at (352) 861-1575.

Other classroom supplies needed are Clorox wipes, hand sanitizer, tissues, all size Ziploc bags (from sandwich to gallon size), plastic or styrofoam cups, small paper plates (no styrofoam), glue sticks, bottles of glue, #2 pencils, dry erase markers, chunk erasers, Pink Pearl erasers, cap erasers, box of markers, crayons, colored pencils, school supply box, one-inch binders, one and a half-inch binders, two-pocket prong folders, (not plastic), four-prong folders, pocket folders, dividers, wide-ruled notebook paper, post-it notes, composition notebooks, ear buds and headphones. Headphones are requested by every grade; keep in mind not all families can afford this item.

Please note that in most class-

rooms school supplies are donated to the classroom as materials for all students to use throughout the year. The exception to this are the headphones; one child uses them.

Box Tops for Education and aluminum can tabs are collected as well.

We accept donations of gently used or new children's shoes, clothing, sweaters, hats, bicycles, bicycle helmets, art supplies, yarn, and buttons. Donated underwear must be new and unopened packaging. Donated items may be left on Evelyn Holiday's front porch at 8880 SW 94th Street, Unit C (Friendship Village) or call to arrange pickup at (352) 237-0304. Or Janet Fragapane's porch (see above).

To donate money to help feed the children, please send a check in any amount to Food-4-Children Backpack Program, P.O. Box 262, Dunnellon, FL 34430 (memo line note "for backpack program").

School seems a long way off, but before you know it, September will be here and the 100 Grandparents will be back to reading. If you would like to join us in this very rewarding endeavor, call Evelyn. If you are no longer able to read, please let Evelyn know as soon as possible so she can find a replacement for your class. The children start school in August.

Reading date and times for the school year and if we have a bus will be in a later column.

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Oscar.

Photo by Betty Kyle



SPCA of Marion County
Paula Gajewski

Thanks to all of our supporters who turned out for the Sonny's BBQ fundraiser in July. We also appreciate the people who stopped at our weekend table outside Walmart. Both of these events were great! Our next Walmart dates will be Saturday, Sept. 21, and Sunday, Sept. 22, from 9 a.m. to 3 p.m.

This month's featured pet is Oscar, a dachshund, that still acts like a puppy at age 14. Please contact Betty Kyle at betkyle@icloud.com to meet this gentle dog.

Visit spcaofmarioncounty.weebly.com to see our current available pets. Contact Paula at (352) 300-1072 or spca.marion.county@gmail.com with any questions.

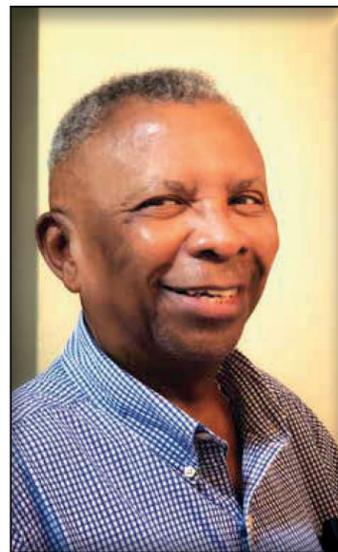


Photo by Pam Winter

Talk of the World President Cole Small.



We are a club for On Top of the World residents who have a "connection" to Texas by: being born and/or raised there; living there for work, college or military service; spending time there for any reason such as vacation, professional,

competitions, etc.; or having family living there. Spouses or partners who haven't been to Texas (bless their hearts) are welcome too. We consider them honorary Texans by association.

Our main focus is on gettin' together, jackin' our jaws and havin' fun. Though we've only been around for two years we've done a lot. Food wise we've had chili cook-offs, a pizza party and a Texas style Oktoberfest. Fun competitions included a poker run, Family Feud night, Texas trivia contests and games, and even a Texas themed horse race. We were entertained one month by Kathy and Charlie Petrosky who created an outstanding musical celebration of Texas with iconic state songs. Another fun night was spent watching videos of famous Texas comedians performing their standup routines. Summer time means time off for

our club. Our next official meeting will be on Sunday, Sept. 8, at 6 p.m. in the Arbor Activity Center Event Room. We're having a taco bar night where everyone contributes a little something food wise. Members please keep an eye out for the food sign-up email coming out around the end of the month.

Also at the September meeting we will start collecting our \$10 per person dues for the year. This money is used for expenses such as paper products, game supplies and compensation for outside entertainers or speakers.

We have a great group of folks who look forward to welcoming new members into the fold. Lots more fun and maybe even unique activities are in store for next season. For more information, contact Kathy Cornell at (352) 300-3729, (352) 562-2801 or kcornell54@cfl.rr.com.



On Wednesday, July 10 our meeting saw the installation of new officers by Area Director Nancy Wilkins.

Also, Mary Halter gave her icebreaker speech on the leadership development track of pathways. Her title was "My Caregiving Journey."

Pam Winter's speech, "A Year in the Driver's Seat," is in the effective coaching track of pathways. The goal is to understand your leadership style.

One of the speakers on Wednesday, July 24 was Howard Moon, an experienced speaker and storyteller. He demonstrated how to use humor and humorous stories to get a message across in his speech entitled, "Does America Need a Favorite Manure?"

The other speaker, David Wesenberg, gave his icebreaker, entitled "A Second Life" for the dynamic leadership path. As a Cub Scout, Boy Scout, Explorer and Scoutmaster, Dave said he has lived a life based on scouting.

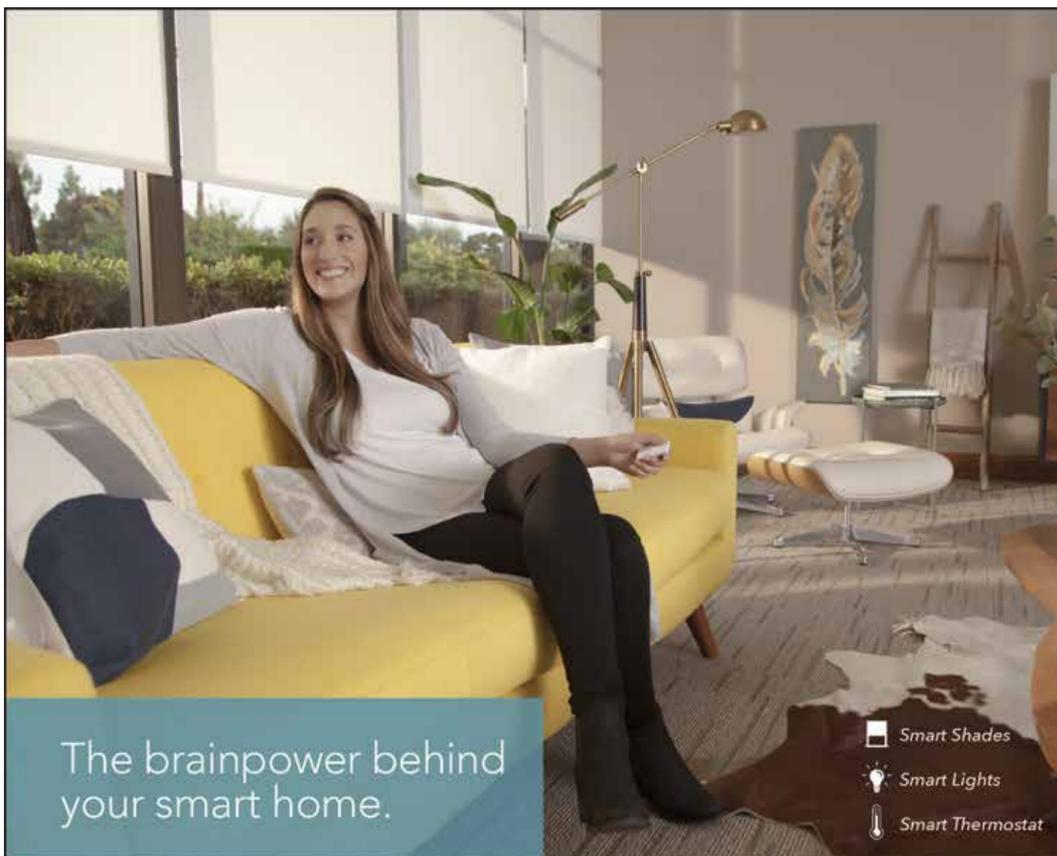
Talk of the World Toastmasters normally meets the second and fourth Wednesdays of each month from 8:30 to 9:30 a.m. at Cypress Hall.

There will be a break in this tradition for the meeting on Wednesday, Aug. 14. It will be at Oasis Cafe. Rosemary Walter will be giving a five-to-seven minute speech entitled, "The Prison System," and Leona Vlacancich's speech on that day is entitled "The Bail Project." Leona will explain how a group collaborated on a project.

Since 1924, Toastmasters International has helped millions of men and women become more confident when communicating with others. The Toastmasters network of clubs and its learn-by-doing program were created to help you become a better speaker and leader.

You can join Talk of the World Toastmasters Club for a fraction of the cost of a seminar and have fun in the process. Members pay international dues of \$45 every six months plus a one-time new member fee of \$20. Contact Leona Vlacancich at Invlcnch843@gmail.com or (205) 410-0836.

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World Traveler

Bill Shampine

The Terracotta Army in China is one of the world's most impressive sights. The story of its creation begins in 475 B.C. At that time, what we now call China consisted of seven different states, all speaking different languages, and all wanting the riches in the other states. King Zhuangxiang had control of the state of Qin and one other state when he died in 246 B.C. His son, Ying Zheng, then became the King of Qin at the young age of 13.

Twenty-five years later, the young king had managed to conquer the other five states. To elevate himself above the other kings, he invented the title "emperor" and became Qin Shi Huang, the first emperor of Qin. Qin wisely consolidated his rule by standardizing coins, weights, and measures, and connecting all seven states with new roads and canals.

Qin was consumed with the idea of immortality, and assumed he would rule forever. Consequently, he took extraordinary steps to prepare a necropolis for his afterlife. Construction began as soon as he became king in 246 B.C., and ended in 208 B.C., two years after his death. Researchers think it took

720,000 workers 38 years to create this grand-scaled imperial necropolis. Ground-penetrating radar and core sampling have indicated that the necropolis covers about 38 square miles.

The location of Qin's tomb is known, but it has not yet been excavated, due to concerns over preservation of its artifacts. The tomb appears to be a hermetically sealed space a bit bigger than a football field. According to ancient writings, his tomb contains untold treasures - gold, silver, jade, pearls, precious gems and artwork. The tomb is thought to include a huge bronze model of the region, with mercury flowing in the rivers and streams instead of water!

Having survived a few assassination attempts, Qin felt he needed an army for protection in his afterlife. He also wanted to be entertained. Toward that end, he had artisans build him a terracotta army. The three main pits that currently have been excavated held more than 8,000 soldiers, 130 chariots with 520 horses, and 150 cavalry horses. Incredibly, every figure is different - no two soldiers look alike! In addition to the soldiers, these pits also contain bronze carriages, terracotta figures of entertainers such as acrobats, strongmen, officials, stone armor suits, burial sites of horses, rare animals, laborers, and bronze cranes and ducks set in an



Photo by Bill Shampine

Part of the Terracotta Army in the necropolis of Qin Shi Huang, located in Xi'an, China.

underground park. Around 206 B.C., four years after the death of Emperor Qin Shi Huang, it is thought that a rival overlord vandalized the site in order to steal the weapons of war enclosed with the soldiers and to destroy the "soldiers." Archaeologists also know that the area has suffered flooding and a great fire that caused the roof to collapse, further damaging the figures.

The necropolis was found in

March 1974 when local villagers were digging a well during a dry season, and found a few terracotta pieces. They contacted the authorities, and the rest is history. However, they almost missed the site. If the well had been located about 6 feet further east, they would have missed the site altogether.

To date, only a small percentage of the area has been excavated. Who knows what treasures remain to be found?



Photo by Nancy Meininger

Members enjoy monthly meet and greets.



The Jewish Club

Nancy Meininger

When the Jewish Club opens the doors to their first meeting this fall - Sunday, Sept. 15 at 1 p.m. in the Arbor Conference Center, Suites E-H - it will welcome over 200 members to an exciting new season. The club calendar offers plays, demonstrations, speakers, trivia and historic recollections of interest, which include lots of group participation.

Behind the scenes, board mem-

bers have gathered to plan these popular events including the possibility of another fashion show to support the club's charity.

Day trips to points of interest, brunch, lunch and dinner at a variety of restaurant venues are some of the social get-togethers in planning as part of this year's agenda along with the monthly meetings.

The Jewish Club is open to all residents - men, women, couples and singles no matter what your religious affiliation. You can pre-register for membership prior to the first meeting. Dues are \$18 per person. For more information, contact Nancy Carp at (410) 935-2625.

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A Sea of Competition

By Bob Woods
World News Writer

Recently a couple of On Top of the World residents entered a contest on board a Southern Caribbean bound cruise ship. The upcoming competition was announced days before the actual contest was to take place allowing those wishing to participate plenty of time to make or create their "contraption."

This so-called contraption was to be made from materials found on the ship, such as trash and plastic bags or balloons. The idea was to drop the contraption from the 10th floor in the ship's centrum landing on the fourth floor without breaking an uncooked egg.

The egg had to lie on top of whatever was used and could not be contained or surrounded. The competition had 13 contestants. Most utilized some type of parachute.

If the egg broke from the fall from the 10th deck (floor), then that contestant would be disqualified. If the contraption landed on the fourth floor without breaking the egg, then the contestants had a chance to win prizes.

Leslie and Leo McCormick put their heads together along with another friend to create an aerody-

amic parachute-type contraption. They utilized a plastic bag for the parachute and designed a special basket that would cushion the egg.

When dropped, the McCormicks' contraption gently floated from side-to-side down to the fourth floor. Once it neared the bottom, a passenger sitting at the centrum's bar reached out and grabbed their contraption; disqualifying the On Top of the World participants.

The judges and crowd went into an uproar over the disqualification. It was decided to allow the McCormicks to do it all over again because of the interruption.

Leslie carried their contraption over to the elevator taking it back to the 10th floor to be dropped again. The contraption was dropped and floated nicely towards the final goal until it floated to a ledge located on the eighth floor. Sitting there with the egg still intact, a spectator grabbed the contraption and flung it out into the centrum where the egg became dislodged only to splatter on the floor, but the contraption made it nicely to its final destination only to have it disqualified, thus ending their endeavors.



Photo by Bob Woods

Leslie and Leo McCormick take part in a competition.

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Active Singles

ASC

Kathy Mansfield

There is nothing like a golf cart parade, unless it is parade with a chance to win money. Twenty decorated carts traveled through our communities on Saturday, June 22 for our second annual golf cart poker run. The run was followed by a delicious potluck dinner. Congratulations to Kevin McCabe for the best poker hand. Aggie Mahoney and Connie Preis won the prize for the best decorated cart. Many thanks to all of our volunteers! Special thanks to our organizers Beverly Cox and Barbara Reed. Everyone did a fantastic job.

The monthly second Tuesday

EMERGENCY AFTER-HOURS PHONE NUMBER
(352) 236-6869

happy hour is fun and gives our members a chance to really socialize with one another. RSVP on Meetup and join us. Many of our members enjoyed a day trip at Harn Museum and the Florida Museum of Natural History.

We have postponed the monthly nine-hole golf scramble until September. Thanks to our organizer, Natalie Torgeson, several energetic members enjoyed two events walking at Marshall's Swamp Trailhead and Blue Run.

Plans are underway for our second annual pool party, as well as our second anniversary picnic.

Don't forget your non-perishable donations for Interfaith Emergency Services. You can bring them to our membership meeting on Wednesday, Aug. 21.

Scandinavian American Club

Ginny Nardone

The Scandinavian American Club will resume its regular meeting schedule in September, and we look forward to once again socializing with other Scandinavians. Meanwhile, have a fun and safe rest of the summer!

All residents of Scandinavian descent are invited to participate in club activities (spouses welcome). Meetings are held on the fourth Tuesday of the month (September through May) at 1 p.m. in Arbor Conference Center, Suite B. For more information about the club, contact Ginny Nardone at (352) 304-8619.

Women of the World

Mary Purfeerst

Happy August to all the ladies of On Top of the World! We are excited to meet you all next month on Friday, Sept. 6, at 12:30 p.m. at the Recreation Center. Lee's Famous Recipe Chicken will provide lunch. Golf carts will be available for those who need assistance in getting up that hill! And of course, back down to your vehicle after the meeting.

Please come and meet your new board and other ladies who have volunteered to help our club in being a huge success. Please bring \$15 to officially join our group. Come, participate and "live your best life" this year. See you in September.

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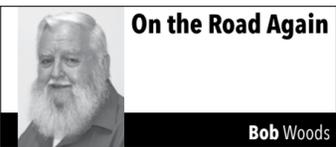
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On the Road Again

Bob Woods

The International Albuquerque Balloon Fiesta is right around the corner -Thursday, Oct. 3. At the time of writing, the club had two additional cancellations. So, the club has openings for two couples to venture on this seven-day trip.

The trip will include a tour of Old Town Albuquerque plus additional destinations in this city including the balloon glow and watching over 500 hot-air balloons take to the air. The trip will also visit Santa Fe for two nights and view the city's Old Town district plus many more additional sights before returning to Albuquerque for the flight home. For additional information and pricing, please call Bob Woods at (352) 854-0702 or check the club's website at bobwoodsontheroad-again.com for some of the information. Time is getting close so don't procrastinate.

Cruise Critic has sent out warnings to people concerning the wrong year for booking a cruise and ignoring the finer print. Some folks book a cruise two years or more in advance. According to the critic it doesn't happen often but every once in a while someone accidentally books a cruise for the wrong year and shows up a year early for their cruise.

"If you mean to book a cruise for 2021 and inadvertently book one for 2020, you most likely will be turned away upon arrival at the pier. Check, and re-check, your

dates of travel before you hit submit on that payment."

Cruise Critic continues highlighting booking mistakes. "Who doesn't skim (or completely ignore) the fine print when presented with pages of small type legalese? Yet, it's important to know the booking rules about the cruise deal you are about to get. Does the lower fare require you to pay in full at time of booking? Can you combine the offer with your past-passenger perks and other discounts/value-adds? Will the cruise line be choosing your cabin location? Will additional fees be tacked on later? You want to know all of that up front."

The critic suggests when thinking of a cruise to shop around. Other travel agencies can perhaps offer the same price but with onboard credits, prepaid gratuities and even an upgrade.

Cruise Critic also states, "Ship life can be a little mysterious. Your choices aren't always spelled out in black and white. The more you cruise, the more you pick up on the unofficial secrets the cruise line doesn't tell you."

One item concerns unlimited main dining. The Cruise Critic states, "You are not limited to one of each appetizer, entrée and dessert in the main dining room. You can order two entrees or three desserts, if you choose. You can also order appetizer-sized portions of entrees as starters or order a few appetizers for your main meal. It's a great way to try new foods."

If you have any questions or need additional information, don't hesitate to call Bob at (352) 854-0702. See you on the road again!



Travel Toppers

Anne Parker

Travel Toppers has exciting trips planned, and we want to invite you to be a part of them.

Our trip to the Alhambra Theater in Jacksonville, Florida on Saturday, Nov. 9 to see "Jekyll and Hyde" is currently wait list only. Based on the classic story by Robert Louis Stevenson, this musical brings to life the epic struggle about the nature of man. The price is \$84 per person. Please call Linda Hein (352) 861-9880 (weekdays only, 9 a.m. to 1 p.m.) to be added to the wait list.

The seven-day trip to the 2020 International Albuquerque Balloon Fiesta is now open for booking. Call Inge at (352) 237-7428 (weekdays only, 9 a.m. to 1 p.m.) to hold your place. A deposit of \$200 per person is required at the time of booking. Air will be out of Orlando on Oct. 1 with all coach arrangements made with Mayflower Tours. This trip will include sightseeing in the Old Town of Albuquerque, the evening balloon glow, the mass ascension, two nights in Santa Fe, and other historic venues in the surrounding areas. The total cost is \$2,848 per person plus \$50 for the transportation to and from the airport. Please be sure to have available for Inge at the time of booking the exact name that appears on your government issued ID. Linda Hein will be escorting this trip.

Space is limited for the seven-night Eastern Caribbean cruise on the Oasis of the Seas sailing from Miami on Sunday, Nov. 24, and returning on Sunday, Dec. 1. Call Inge at (352) 237-7428 (weekdays only, 9 a.m. to 1 p.m.) to book. Cabins start as low as \$1,280 per person double occupancy for an ocean view balcony cabin. Ports of calls are St. Thomas, U.S. Virgin Islands; San Juan, Puerto Rico; and Labadee, Haiti, before returning to Miami. A \$250 deposit is required at time of booking with final payment due Sunday, Aug. 25. Travel protection is available from \$99 depending on type of cabin booked. With a minimum of 20 passengers, motor coach transportation can be provided to and from the Port of Miami.

On Christmas Day we are going to the Show Palace to see "Elf the Musical," the hilarious tale of Buddy the Elf, a young orphan who mistakenly crawls into Santa's bag of gifts and is transported to the North Pole. Buddy is raised unaware that he is actually a human, until his enormous size and poor toy-making abilities cause him to face the truth. With Santa's permission, Buddy embarks on a journey to New York City to find his birth father and discover his true identity. The cost is \$78 per person and includes show, dinner, transportation and tips. Please call Allan Rickards at (352) 390-3075 to secure your spot starting Sept. 2 (weekdays only, 9 a.m. to 1 p.m.).

Visit traveltopperstours.com for a list of current trips. Remember these trips are open only to residents and their guests.



R/C LadyBirds

Caren Kowalsky

Welcome to the middle of summer. I hope you are all staying in the shade, and keeping cool.

Many thanks to Lyn Titcombe for arranging our July luncheon at Marcelina's Italian Restaurant. The food was delicious, and the company was great. As usual, all had a wonderful time.

We are still in need of three LadyBirds to volunteer to arrange the August, September, and October LadyBirds luncheons. Please contact Secretary Leigh Workman at (352) 414-5445 to apply. With so many restaurants in our area, it would

be fun for the LadyBirds to check some of them out, and then spend some time lunching together.

To all R/C Flyers, we wish to invite each and every one of your wives and/or significant others to come join the LadyBirds at one of our monthly meetings, beginning September through April. They take place the second Friday of each month, at 9 a.m. Just bring your beverage of choice, and one of our very talented LadyBirds bakers will supply the delicious goodies. For information on location of meetings, please read this monthly column.

We're hoping to see you soon at one of our meetings.

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Each household in On Top of the World should receive a complimentary copy of the World News along with the Ocala StarBanner every month.

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Visit ontopoftheworldnews.com/ocala, to view or download a PDF of the World News. Please see page 2 of the World News to view the publication/delivery schedule for 2019.

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Clay Booker Band
Bobby Buchanan Band - FRI., AUGUST 23
Billy Buchanan - SAT., AUGUST 24
Boogie Brothers Band - FRI., AUGUST 30
Mark Zauss & The Z Street Duo - FRI., AUGUST 16
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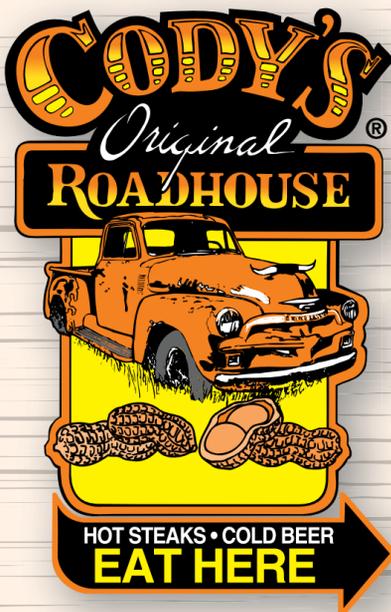
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Fitness at Your Fingertips

By Cammy Dennis

Residents recently joined Group Fitness Supervisor Jessica Pinkowski for a tutorial on Fitness On Demand (FOD). She explained how easy it is to access hundreds of workouts, and literally have “fitness at your fingertips” whenever you choose!

FOD is a virtual training platform that provides residents with hundreds of fitness videos. FOD is available at the Arbor Fitness Center and Indigo East Fitness Center. We have live classes at the Arbor Fitness Center Monday through Friday from 9 to 11 a.m., other than

those times, you are welcome to use the room for FOD at your convenience!

FOD even has videos specific to active aging. Currently there are ten World Class Active Aging videos available on FOD; choose from “Walk Fit,” “Dance Fit,” “Step Fit,” “Box Fit,” “Muscle Fit,” “Stretch Fit” and “Strong and Steady.” We are currently in the production process of 10 new World Class Active Aging videos.

The Arbor Fitness Center is currently running a Fitness On De-

mand challenge; it is not too late to join. Simply stop by the Arbor Fitness Center desk to register, try out an FOD video and get a prize! For more information, please call (352) 854-8707 ext. 7638.

FOD FAQs

Q. Is it easy to operate the FOD system?

A. Yes! Simply use the FOD, iPad kiosk to review all the available videos and then push “play” to start the video of your choice. The fitness video will start playing immediately on the TV screen inside the group fitness room. The fitness attendants are available to assist you with this.

Q. When is FOD available?

A. FOD is available anytime the Arbor Fitness Center is open with the exception of our instructor-led classes on Monday through Friday, from 9 a.m. to noon.

If someone is using FOD, can I join his or her workout, or do I have to wait until they have completed their workout?

If FOD is in use and the workout is something you are interested in, feel free to join in the fun! If not, put yourself on the wait list. When the current FOD session is finished, you can select a new video.

Q. Does FOD offer any videos specific to older adult fitness?

A. Yes! On Top of the World Communities has their own channel on FOD - World Class Active Aging. These videos are specific to the needs of our residents and created just for you!



Photo by Cammy Dennis

Group Fitness Supervisor Jessica Pinkowski providing instruction for Fitness On Demand (FOD).

National Senior Games Medalists

By Walt Lamp

Well, just a month to go and shuffleboard season 33 will begin.

We’ve been playing on a shorter schedule this summer. With two regular sessions played in the morning and Ten Pin in the early evening and Saturday morning. Ten Pin is quite the favorite among many of the club members. It tests their skill in a much different way.

The new season begins Monday, Sept. 9 at 9:30 a.m. at the shuffleboard courts. The complete schedule will be posted in this column next month. Once the season begins, there will be an instructional class once a month (time and day to be announced).

Three of our members participated in the National Senior Games in Albuquerque, New Mexico during the week of June 9. In the sport of shuffleboard, there were over 200 participants in both singles and doubles. In singles, men and women play separately. In doubles, men, women and mixed teams compete against each other.

Representing the State of Florida, On Top of the World and our club were Paul Hodges, Darryl Kenyon and John Mataya. They were hoping to repeat their performances from June 2017 in Birmingham, Alabama. During those games, they won a handful of gold and silver medals.

According to the National Senior Games Association, this year there were 13,712 athletes ages 50 and over who competed in 20 medal competitions. This was an all time high participation in the 32-year history of the games. It was also the largest multipart event in the world for seniors.

The courts were much different for the players than what they were used to. On the courts, tiny little beads were sprinkled on the surface of the court and acted like little ball bearings to allow the disks to glide down to the other end and hopefully into the scoring area. So our players had to adjust their game, as did all players involved. The shuffleboard courts were laid out in the main ballroom of the Albuquerque Convention Center.

Paul Hodges won the men’s gold medal for the 60 to 64 age group and John Mataya took the silver for

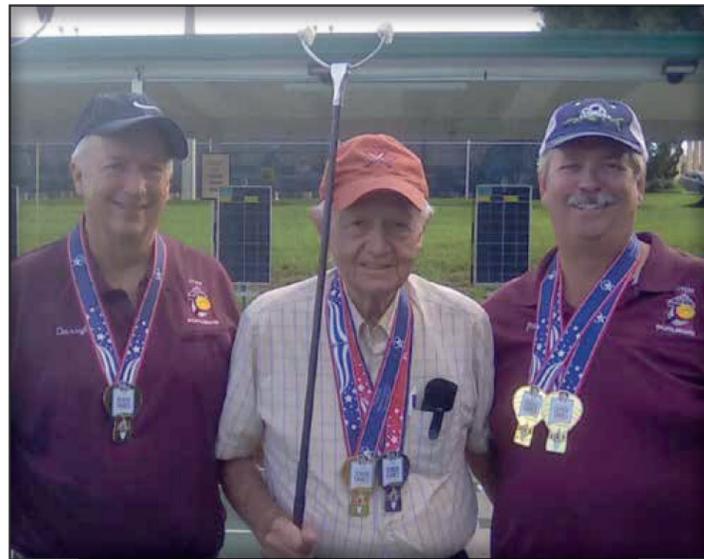


Photo by Annette Hodges

National Senior Games Medalists Darryl Kenyon, John Mataya, and Paul Hodges.

men in the ages of 90 to 94. Darryl Kenyon and Paul Hodges won the gold for doubles in age 60 to 64, while John Mataya and his partner from Indiana, Robert Fasiang, won the gold for mixed doubles in age 90 to 94. A team competes in ages group of the younger player.

Florida came in third place overall for the games. The next Senior

Games will be in 2021 in Fort Lauderdale, Florida. If anyone has an interest in participating in the 2021 games in any of the various sports, I urge you to contact either Paul Hodges, Darryl Kenyon or John Mataya to tell you of the sports available and the requirements that must be met.

Keeping Your Cool

By Tom Sheridan

Drink, drink, drink. In between, hit the ball, catch the ball and run the bases. And sweat. A lot.

Summer softball at On Top of the World usually means hot. This year seems to be extraordinarily hot. So the routine is sweat a lot; drink a lot.

And for ballplayers, “drink” means water, Gatorade or some other sports beverage. Not beer. (Save that for your round of golf.)

Yes, summer softball can be a healthy sport for seniors, even in these hot days. There’s exercise to keep us limber, improve balance and even get a little cardio. With enough water even all that sweating isn’t bad.

But our senior softball players are careful. There’s lots of hydration and caution about overdoing it when the temperature peaks. Cooling fans in dugouts take the edge off the heat as well. To ward off the sun, some players sport long-sleeve

shirts and even Lawrence of Arabia headgear. In addition, games are played Monday and Wednesday mornings before temperatures start to soar.

Remember, drink, drink and drink that water.

After one hot game of softball a group of golfers gathered at the pavilion following their round of golf and were enjoying their well-earned adult beverage - beer. I joked that ballplayers’ coolers were loaded with water instead of brewskis. A golfer smiled, hoisted his beer and quipped: “Well ... that sounds like a personal problem.”

Maybe. But healthy.

At deadline we learned that On Top of the World has begun installing an electronic scoreboard for our softball field. Current players will certainly enjoy this benefit. And it also brings On Top of the World into parity with other active-adult communities in the area, which

pitch the popular sport of softball to future residents. More on that next month.

Planning is underway to expand women’s softball and begin a weekly coed recreational slow-pitch softball game in the fall in cooperation with men players.

Sherry Winn is seeking to encourage women of all skill levels to come together and have the opportunity to learn and improve with good coaching. For more information, see her column in the World News. Or contact Sherry at (315) 528-8499.

The battle for summer champs is well underway. Jimmy Russo’s Hilton Auto team has been tearing up the competition, leaving other squads in the dust. Rom Hamel’s Pulse Center players and Paul Gatto’s Dr. Dunn team are battling for distant second place. Bringing up the rear is Jeff Thomas’ Pierson Nissan crew.

But summer play doesn’t end until September. Look for all four teams to keep working to notch scores in the win column.



Photo by Tom Sheridan

Beating the heat: Pete Feliciano stays hydrated following a hot summer season game.

CARDS & GAMES

Monday Afternoon Bridge
Shirley Stolly & Carol Johnson

June 3
1: Craig Ford & Joan Lord; 2: Shirley Stolly & Carol Johnson; 3: Barbara Heller & Caryl Rosenberger; 4: Sharon Davis & Pat Smith.

June 10
1: Caryl Rosenberger & Barbara Heller; 2: Fran Griswold & Joan Lord; 3: Bernie Kelly & Rad; 4: Patrick & Debbie Quinn.

June 17
1: Patrick & Debbie Quinn; 2: Craig Ford & Joan Lord; 3: Marlene Floeckher & Joe McKeown; 4: Pat Goltgart & Betty Morris.

Tuesday Night Dup Bridge
Marie Fiorillo

June 4
North/South 1: Caryl Rosenberger & Barbara Heller; 2: Dan Lack & Ed Bodnar; 3: Kathie Dushary & Marjorie Benton. East/West 1: Betty Devoy & Bettirae Woodruff; 2: John Lollo & John Leasure; 3: Darlene & Andrew Fiel.

June 18
North/South 1: Sophie Redman & Jean Kreuger; 2: Patsy & Paul Claremont; 3: Caryl Rosenberger & Barbara Heller. East/West 1: Darlene & Andrew Fiel; 2: Peggy Borro & Kathie Dushary; 3: John Lollo & John Leasure.

June 25
North/South 1: Caryl Rosenberger & Barbara Heller; 2: Dan Lack & Ed Bodnar; 3: Kathie Dushary & Marjorie Benton. East/West 1: Betty Devoy & Bettirae Woodruff; 2: Darlene & Andrew Fiel; 3: Tie for 3: Lucy Molloy & Joe McKeown & Patsy & Paul Claremont.

Wednesday Afternoon Beginners Bridge
Jean Krueger-Travis

Practice and play for free with new bridge players or those returning to bridge after "many years." We will meet at the tables in the Master the Possibilities Living Room every Wednesday, from 1 to 3 p.m. Please contact Jean at (352) 414-5907 or jakt@excite.com to indicate if you will attend, or if you have any questions.

Wednesday Afternoon Bridge
Dianne Robinson

June 5
1: Fran Griswold; 2: Pat Quinn; Tie at 3: Rad & Bernie Kelly; 4: Debbie Quinn; Cons: Pat Goltgart.

June 12
1: Joe McKeown; 2: Bernie Kelly; 3: Nancy Lustenberger; 4: Fran Griswold; Cons: Dianne Robinson.

June 19
1: Craig Ford; 2: Rad; 3: Dianne Robinson; Cons: Fran Griswold.

June 26
1: Shirley Stolly; 2: Mike Meirick; 3: Dianne Robinson; 4: Craig Ford; Cons: Linda Morgan.

Thursday Afternoon Bridge
Pat Goltgart

June 6
1: Rad; 2: Debbie Quinn; 3: Pat Goltgart; Cons: Nancy Lustenberger.

June 13
1: Bernie Kelly; 2: Sharon Davis; 3: Mary Rose Janssen; Cons: Betty Morris.

June 20
1: Nancy Lustenberger; 2: Dianne Robinson; 3: Marlene Floeckher; Cons: Betty Morris.

June 27
1: Mike; 2: Mary Rose Janssen; Cons: Joe McKeown.

Friday Ladies Luncheon Bridge
Jean Krueger-Travis

Play has been suspended for the Friday Ladies Luncheon Bridge due to the on-going construction at the Arbor Conference Center. We are planning to resume play Friday, Sept. 6, at 9 a.m. Please contact Jean (352) 414-5907 or jakt@excite.com to indicate you will attend, or if you have any questions. Please bring your own brown-bagged lunch. Soda, water, and dessert are provided.

Monday Night Euchre
Bob Bicknell

June 10
1: Mike Gerbo; 2: Phyllis Wall; 3: Tom Conners.

June 17
1: Phyllis Jarskey; 2: Mary Bicknell; 3: Mary Bartel.

June 24
1: Phyllis Wall; Tie at 2: Carrie Beisler, Billy Swing, & Rich Piotrowiak.

July 8
1: Mary Bartel; 2: Billy Swing; 3: Jo Swing.

Wednesday NASCAR® Euchre
Bob Bicknell

June 5
1: Phyllis Wall, Dave Smith; 2: Arlene Luehrs, Henry Vieu; 3: Edith Kolb, Mike Kurlakowsky; 4: Toni Strance, Cleona Redman.

June 12
1: Dave Smith, Gayle Argano; 2: Billy Swing, Mike Kurlakowsky; 3: Wayne Garold, Marsh Vieu; 4: Walter Hickenlooper, Chip Parsons.

June 19
1: Sharon Coldiron, Bob Bicknell; 2: Mike Kurlakowsky, Jean Gillette; 3: Toni Strance, Edith Kolb; 4: Wayne Garwold, Mary Bartel.

June 26
1: Dave Smith, Paul Pinter; 2: Toni Strance, Billy Swing; 3: Sharon Coldiron; 4: Jo Swing, John Wall.

July 3
1: Dave Smith, Paul Pinter; 2: Henry Vieu, Mary Bartel; Tie at 3: Dick Bartel, Billy Swing; Toni Strance, John Wall.

Friday Night Euchre
Bob Bicknell

May 31
1: Richard Miles; 2: Richard Bartel; Tie at 3: Sharon Coldiron, Phyllis Wall.

June 7
1: Jean Gелlette; 2: Richard Bartel; 3: Mary Bartel.

June 14
1: Marian Hotz; 2: Richard Miles; 3: Jim Zaborowski.

June 21
1: Paul Argawal; 2: Rick Carol; Tie at 3: Irene Pasani, Jim Zaborowski.

Tuesday Night Pinochle
Herb Katz

June 4
1: Bob Hoerr; 2: Marian Hotz; 3: Paul Pinter.

June 11
1: Marian Hotz; 2: Walter Hickenlooper; 3: Andy Nuccio.

June 18
1: Rick Carroll; 2: Herb Katz; 3: Walter Hickenlooper.

June 25
1: Whitney Frye; 2: Andy Nuccio; 3: Walter Hickenlooper.

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Ladies Shuffleboard
Lois Nix

Even though it is hot our ladies have been playing every Wednesday at 9 a.m. We have had quite a number of new members join us. Every Wednesday since the beginning of our summer shuffle we have had as many as 25 ladies shuffling at one time. We are open to all women residents. If you would like to join us and have never played, we will be happy to start you out with basic rules and have you shuffle with someone. Shuffleboard is a fun game. Come on down.

OTOWInfo.com

Mexican Train Chicken Foot
Barbara & David Lee

We hope everyone is having a safe and enjoyable summer. Our trains are still on schedule because of great conducts by our experienced engineers. We are the experts - we run in the rain and even when the temperatures rise. We have a lot of fun playing Mexican Train Chicken Foot dominos. If you haven't joined us, come on out and give us a try on Mondays, from 7 to 9:30 p.m. in the Hobby Building Art Room. Please bring a quarter and resident ID. It's not hard - we will train you! Please note that we will not play on Monday, Sept. 2.

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Line Dancing

Vivian Gecan

Our quiet month of August has arrived. Most of our line dance instructors are taking a well-deserved break. All classes will resume on Monday, Sept. 9. September dance passes will be available for purchase beginning Monday, Aug. 12, from 9 a.m. to 2 p.m., Monday through Friday. Make sure you bring your resident ID with you. No passes will be sold on Monday, Sept. 9, which is the first day of class. Bree is now taking Nora's place for the purchase of passes.

In June, we had our last monthly dance before summer break. We had a smaller group than usual, as many of our snowbirds had already left. Everyone who attended had a great time. Our next monthly dance will be in September, barring any unforeseen circumstances. The September column will have more information on this.

Looks like the Arbor Conference Center renovations will not be completed by Aug. 1. However, Rose O'Rourke has secured the Arbor Activity Center Music Room for intermediate and improvers workshops on Wednesdays in August, from 9 to 10 a.m. Rose will teach some of the intermediate monthly dances to improvers. From 10 to 11 a.m., Rose will teach improver dances to those who are new and are moving up to the improver level. All improvers are welcome to come.

There will also be some absolute beginners and beginners I practices in August for those who would like to attend. Watch your emails for dates, time and place.

Have a great and relaxing August. Don't forget we are still dancing recorded favorites every Thursday at The Town Square. Join us and keep on dancing!

For detailed information on classes, please contact Marilyn McNeal at (352) 804-1546 or for the intermediate class contact Nancy Carmack at (352) 533-8870.



Photos by David George

Top: Intermediate and improver classes at the June monthly dance. Bottom: Beginners II class at the June monthly dance.



Ballet Club

Eugenie Martin

- Tuesdays and Fridays: 1 to 2:15 p.m.
- Thursdays: 2 to 3:15 p.m.
- Saturdays: 11 a.m. to 12:15 p.m.

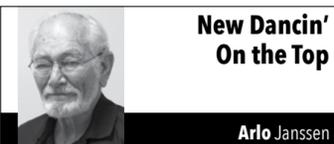
Our Saturday classes have become special technique classes. We use them for newcomers, or for more experienced dancers who want to work on certain steps, or both. We start with the traditional barre, and then focus on repeatedly practicing steps very carefully.

As we have said before, newcomers are always welcome in our classes. No previous experience is necessary, nor are ballet clothes. To start, all that is needed are exercise clothes, socks for the

feet and a bottle of water. Regular ballet clothes can be purchased later if the newcomer wishes. So join us if you wish, and for information about our classes, call Eugenie at (352) 854-8589. Happy dancing!

LEAK AUDIT

If you suspect a water leak, call Customer Service at (352) 236-6869 to schedule a leak audit for \$15.



New Dancin' On the Top

Arlo Janssen

The big Fourth of July celebration has come and gone. We are now in our extended summer break, and the New Dancin' On the Top Club is making special plans for the fall dance season.

Our first dance for the fall is set for Saturday, Sept. 21, from 7 to 10 p.m. with Retro Express and our theme is "Cruising on the Love Boat." You are encouraged to dress for a cruise in the Caribbean. The Recreation Center Ballroom stage will match closely with our cruise theme and will be colorfully decorated for this special dance. Ticket sales (\$12 per person) for club members will be held in the Recreation Center Ballroom on Monday, Aug. 19, from 8:30 to 10 a.m. Ticket sales (\$12 per person) for residents will be held on Wednesday, Aug. 21, in the Recreation Center Ballroom, from 8:30 to 10 a.m. Outside guest tickets accompanied by a resident are \$22 per person.

Our Saturday, Nov. 16, dance will have a theme of "Country Western at the Circle Square Saloon" and music will be provided by Solid Gold.

Our final dance for the year will be the gala New Year's Eve dance on Tuesday, Dec. 31, with great music by Automatic and as formal as we can make it.

A special "thank you" in advance to all those members who have volunteered to help with our future dances. Our club provides dancing for all - ballroom, waltz, meringue, line, free style, slow, pattern dancing, etc.

Keep watching for dance flyers this fall with these exciting themes and more information along with ticket sale dates for each dance. Resident IDs will be required at the time of ticket purchase and for entry to the Recreation Center Ballroom on the nights of our dances.

For club membership, ticket information, what the club is about, or if you want to help with our dances, please contact Jack or Jean Hester at (919) 291-8542/(919) 669-6919 or hestermulch@aol.com; or Donna Cottrell at (410) 591-7899. The New Dancin' On the Top Club is open to all residents. So, keep on dancing.

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Chicken Day returns from summer recess on Wednesday Aug. 7, when the Candler Hills MGA will join us on The Tortoise & The Hare. You need to sign up by 10 a.m. Tuesday Aug. 6 to participate in Chicken Day.

Red, White and Blue Day on Wednesday, July 3 was a big success as we celebrated the holiday with hot dogs and apple pie.

Remember to keep hydrated on these hot, humid summer days. Golf Digest recommends you drink about 16 ounces of cool water an hour or two before you go outside to play.

During league play, keep up with the group in front of you. If you can't see them, then you are playing too slowly and must pick up your pace.

A continuing reminder: when returning to the rally area after play, use the roads and not the golf course. If you use the course, you risk getting hit by a ball from a non-league golfer.

Mark these dates in your calendar (all on The Tortoise & The Hare):

- Wednesday, Aug. 7: Chicken Day Scramble with Candler Hills MGA
- Wednesday, Aug. 14: 1, 2, 3

GOLF CART REGISTRATION

Customer Service
8 a.m. to 4 p.m., Monday through Friday
All residents in household must be present. Bring golf cart, resident I.D. and insurance policy (stating amount of bodily injury).

- Best Balls
- Tuesday, Aug. 20: Scramble at Candler Hills
 - Wednesday, Aug. 21: Course closed
 - Wednesday, Aug. 28: Odd Man In

We currently have 252 MGA members. Please welcome our newest: Don Crosslin, Dave Johnson, Tom Kujawa, Larry Gibson, Neil Seaman and Joe Pruss.

Red White Blue Scramble July 3

Tie at 62—Michael Almon, Rex Heitz, Jerry Dennis and Brad Weirick; Joseph Bologna, Larry Cordill, Bob Barbee and Mike Driver. Tie at 63— Paul Sepulveda, Jim Weaver, Tony Loureiro and Barry Barringer; Jeff Downs, Paul Silliman, Paul Richards and Ken Watroba; Art Lagrange, Richard Deschenes, David Johnson and Douglas Coleman. Tie at 64—Jarrett Englar, Neil Seaman, Jerry Lubich and Mike Kurlakowsky; Joseph Szall, Claude Howie, Joseph Mandala and Jerry Nagel; Rick Schriewer, Carl Zeiler, Guy Wathen and Bill Koch; Everett Kimball, Rick Plesea, Paul East and Charles Miele; Jon Hill, Bill Dobbins, C David Nelson and John Ft Moses.

Individual Low Net July 10

Flight 1: 63—Larry Manion. Tie at 66—Al Wassmer, Paul Sepulveda, Jarrett Englar. 67—Joe Wilks. Flight 2: Tie at 58—Jim Weaver, John Spisak. Tie at 64—John Spielvogel, William Derohan. 65—Mike Wathen. Flight 3: 64—Rusty Zarrell. 65—Roy Coombes. Tie at 66—Damon Boston, Gene Cardarelli. 67—Paul Stoecklin. Flight 4: 63—Tom Bogan. 64—Alan Varney. 65—Tom Fragapane. Tie at 66—Howard Hudgens, Ron Delaney. Flight 5: 64—Tom Neville. 66—Ralph Solvold. 67—James Merrick. Tie at 69—Barry Smith, Leonard Ruble. Flight 6: 57—Loren Magsam. 62—John Sutherland. 63—Charles Crenshaw. 66—Larry Zieser.



We recently welcomed new member Vincent Taylor. If you are interested in playing in our group, check out our website (chmga.com), send me an email (millrace1@aol.com), or talk to one of the golf professionals in the Candler Hills Golf Shop. We are a fun-loving group who gather to play every Tuesday, at 9 a.m.

Scoring well in our Tuesday league events were: John Mayfield shot below his age (72 was the score - great round, John!), Walt Pacuk (74), Bruce Shanfelt (76), Sonny Bunce (78) and Billy Scholp & Dave Miller (79). In earlier rounds that I failed to report, Paul Rubly and George Allen have also shot their age (or better) in league play this year.

4-Man Scramble June 18

51—Bill Gubisz, Jim Lefaver, Ray Wilson & Paul Richards; Tie at 54—Tom Weiss, Dale Budd, Sam Fox & Roy Harvey; David Steel, Mike Kurlakowsky, Jerry Dennis & Richard Free-



In conjunction with several members of the men's softball league, I would like to offer to coordinate another option - co-ed recreational softball. We would gather as a group of ladies and men who are interested in learning or improving their slow-pitch softball abilities in a coached format.

Hopefully with enough commit-

man; Tommy Lowe, Rusty Zarrell, Mike Gerbo & Mike Benes; Tie at 55—Bill Young, Mike Almon, Kevin Hammonds & Dave Nelson; Paul Sepulveda, Bill DeRohan, Danny Ball & Danny James; Jon Hill, Frank Smith, Tom McHaffie & John Sutherland.

Intra-Club Ryder Cup June 25

Forty golfers teamed up (20/20) to play a Ryder Cup style of golf. In a very closely played match Damiata's Destroyers defeated Miller's Marauders by a tight score of 10-½ to 9-½. But the main objective was met - everybody had a great time!

4-Man Team Quota Points July 2

27—Walt Pacuk, Sonny Bunce, Sam Fox & John Podkomorski; 24—Rick Brown, John Mayfield, Tim Beaty & Marvin Brooks; 23—Gene Moff, Charlie Taylor, Paul Silliman & David Green.

4-Man Shamble, Best Net 3 of 4 July 9

-47—Rick Brown, Bill Wignall, Ken Fournier & David Green; -46—Tommy Lowe, John Mayfield, Charlie Taylor & Jim Marley; -45—Bill White, David Clune, Jim Dewey & Sam Fox; Tie at -41—Joe Damiata, Sonny Bunce, Rusty Zarrell & Chris Lyndrup and Dave Martin, Billy Scholp, Dennis McCourt & Richard Freeman.

ted interest we can enjoy skills and drills training and friendly challenges among players of all skill levels from beginner to the more experienced. Initially it would be based upon still active, co-ed seniors whose goals and skill levels are focused on supportive team participation and individual growth.

I know many of you ladies reading this will be thinking, "I haven't played softball since my school-days" or "I can't run" or "I'm very much out of shape" or "I don't want to embarrass myself." This is exactly the position I was in just a few years ago! Fortunately, I can now say that I have overcome many of these obstacles, love the physical challenges and camaraderie.

Now that I've been bitten by the softball bug and relocated to On Top of the World, I want to keep progressing. Being a member of a team activity has been a real joy and has greatly expanded my self-image and social circle. It is a fun way to get exercise!

If co-ed recreational softball is an activity that appeals to you and you'd like to participate, please contact Sherry Winn at (315) 528-8499 to express your interest.

Talk it up amongst your friends! Beg, borrow, buy or revive a glove then come to the softball field at 8:30 a.m. on Tuesday, Sept. 10 for the beginning of our new venture.

HANDICAP EQUIPMENT

Handicap equipment is loaned free to residents during their convalescent term - walkers, crutches, canes or wheelchairs. For more information, call the Recreation Center at (352) 854-8707.

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Golf

Matt Hibbs
(352) 854-2765
matt_hibbs@otowfl.com

We are in the dead heat of summer. Afternoon thunderstorms and high humidity are the norms for central Florida. This doesn't necessarily bode well for our afternoon



Ladies 9-Hole Golf

Russ Smith

The excitement is building as we move closer to opening the Links golf course and our new Golf Shop. Now is a great time to join the nine-hole ladies. Stop by the On Top of the World Golf Shop and the staff will be happy to help you get started.

Some of the games that we have coming up on Tuesdays are:

- Aug. 6: 3 Tee Summer Scramble with the LGA 18.
- Aug. 13: Count the Number of Fairways Hit.
- Aug. 20: No league play due to course maintenance.
- Aug. 27: True or False (only the holes that start with a T or F count towards your



Ladies 9-Hole Golf Play Day

Denise Mullen

Summer is definitely here. June was one of the hottest months on record here in Ocala. With that said, hydration is critical when you are playing on Thursday with the ladies. You may want to try a new twist in your water bottle by adding some cucumber slices, lemons, mint leaves or orange slices. All of these provide a refreshing taste and for those of us that tend to not drink enough water, this may be the solution to try.

A topic I wanted to discuss with you is how to mentally overcome that first drive on hole #10 at Candler Hills. Often times I hear you ladies discussing how you can't get past the bushes or the little trench in front of your tee box. Next time you play hole #10, I want to challenge you to change your mindset and focus on where you want to go rather than where you don't want to go.

The power of a positive thought is tremendous when you change your approach. Look at where you want to go, let's just use the big tree out in the fairway as an example. You see said tree, now let the tree become your intended target. Once you place this thought in your mind, your focus becomes about swinging to the tree. Hence, you have a positive plan that will achieve a better outcome.

Remember, every swing we take is to a target!

As my favorite golfer Arnold Palmer once said, "Success in golf

golfers. If you like to play in the afternoon when the course is less crowded, please make sure to follow all inclement weather safety precautions. Here are some tips if you are caught on the golf course during a storm.

1. Avoid open high ground and large trees.
2. Avoid bodies of water.
3. Seek shelter inside a building immediately.

score).

One of the hot topics this month has been the heat and don't worry the Golf Shop has you covered. Check out our soaker hats that you can pour water into and will keep your head cool. We also offer cool towels that you can wear around your neck. Lastly, one of our new arrivals are cool sleeves that you wear on your arms that not only keep you cool but are SPF 40 so they protect you from the sun. We have several water stations out on the course to help you stay hydrated and our rangers carry coolers of ice to help you stay cool.

To end each column every month I will be recognizing accomplishments within the league for hole in ones, birdies, and chip-ins.

CHIP-INS: Carla Kimball & Sherry Whitmer-Hall.

BIRDIES: Marlene Floeckher, Donna Ireland, Suzanne Weirick & Carla Kimball.

Great job ladies.

depends less on strength of body, more on strength of mind and character."

Starting in August, we are going to track birdies, chip-ins, and eagles. We will have the weekly captain of your group make a separate note on the scorecard should any of these happen. Each month we will recognize your accomplishments in this column.

Please note we will not have a play day on Thursday, Aug. 8 due to course closure for maintenance.

Make sure you subscribe to our channel on youtube.com (OTOW Golf). You will get the latest updates on events, course renovation progress, golf tips, special merchandise and much more.

Please feel free to contact me with any and all concerns or questions you may have at denise_mullen@otowfl.com or (352) 861-9712.

4. Remember that if you hear thunder, lightning is nearby.

As everyone is aware, pace of play and course difficulty are two main reasons for decline in new golfers. I'm sure you have all appreciated the "While Were Young" commercials produced by the USGA. This public campaign was created to address slow play on the golf course and create a more enjoyable game.

Please make sure you are monitoring your pace of play while on the course. A foursome should complete nine holes in no longer than two hours and 18 holes in no longer than four hours. Please help your fellow golfers and make sure you're group is keeping track of their pace play.

Candler Hills will host a Summer Sizzle on Saturday, Aug. 24. The Summer Sizzle is a two best ball of four with one of the two best balls being predetermined before play. Create your own foursome and register at either Golf Shop.

Make sure you subscribe to our youtube.com channel (OTOW Golf). You will get the latest updates on events, course renovation progress, golf tips, special merchandise and much more.

Upcoming Events

- Monday, Aug. 5: Candler Hills closed through Thursday, Aug. 8 for aerification.
- Saturday, Aug. 17: Monthly event at The Tortoise & The Hare, 9 a.m. shotgun.
- Monday, Aug. 19: The Tortoise & The Hare closed through Friday, Aug. 23 for aerification.

- Saturday, Aug. 24: Summer Sizzle at Candler Hills Golf Club, 9 a.m. shotgun.
- Monday, Sept. 2: World Labor Day event at Candler Hills Golf Club, 9 a.m. shotgun.

World Accolades

THE TORTOISE & THE HARE: Joe Wilks, shot his age 66. Jim Merrick, hole-in-one, 15. Bill Dobbins, shot his age 77. Gary Cornell, hole-in-one #8. Tom Weiss, best round ever 71. John Mayfield, eagle #3.

CANDLER HILLS: Rick Brown, best round ever 71. Walt Pacuk, shot his age 72. John Mayfield, shot even par 72. Daryl Bordon, hole-in-one 13. Mike Rec, hole-in-one 17.

Congratulations to all of you for these fine accomplishments!

Golf Tip of the Month

How many of you watch the Golf Channel, read Golf Digest or listen to your fellow golfers for tips on how to improve your game? You then take these tips to the golf course expecting to immediately improve.

This unfortunately isn't the best approach to take. Most of the tips you see or read aren't always the best tips for you to apply to your game. The best way to improve your score is to take lessons from a golf professional. A golf professional can pinpoint specific ways for you to improve your game. Next make sure you practice what your instructor is teaching. If you don't practice then you are wasting your time and the instructors. Take a series of lessons, remember to practice and take pride in your improvement.

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Candler Hills Ladies 18-Hole Golf

Beth Wolinsky

The course has been quite a challenge with the record high heat we have been experiencing. As always, it's important to remember to drink water and sports drinks to maintain hydration levels.

The women's Invitational occurred on Thursday, June 20, which was open to all ladies in our community. It was a Shamble Best Ball format. The event was successful with 52 ladies participating.

On Tuesday, Aug. 6, Candler Hills will be closed for aeration. The On Top of the World Ladies Golf Association has invited the Candler Hills Ladies Golf Association to play at The Tortoise & The Hare. Anyone wishing to participate may sign up in the On Top of the World Member's Lounge or place everything in a labeled envelope in the ladies golf mailbox.

On Thursday, Aug. 22, The Tortoise & The Hare will be closed. There will be a reciprocal event at Candler Hills. Both invitationals should be a fun time.

The league is open to all ladies in the community. Anyone interested in joining should contact our president, Toni Stevenson, at stevensontwo@yahoo.com.

Finally, believe, achieve and enjoy golf.

Women's Golf Invitational Shamble Best Ball (Team) June 20

49-Toni Stevenson, Jill Strey, Ellen Brin, Peggy Shanfelt; 55-Carol Oman, Gail Lagrange, Vicky Salyers, Kathy Gallagher; 57-Jeanie A. Gallo, Jonell Washburn, Faye Barbie, Lydia Flinchbaugh; Tie at 58-Maria Fournier, Katie Schriewer, DeAnne Green, Liz Pruss; Yuhlan Cho, Peggy Ellenberger, Sharon Johnson, Patty Ware; Rosann Ross, Vadonna Hall, May Chin, Myra Noel.

Best Nine June 27

Flight 1: 25-Beverly Ovrebo; Tie at 27-Mary Burns, MJ Strelec; Tie at 28-Angelita Jinco, Iro Lisinski. Flight 2: Tie at 27-Betty Dong, Paula Lilly; Tie at 29-Carol Oman, Rosann Ross; 30-Jonell Washburn. Flight 3: 26-DeAnne Green; 27-May Chin; Tie at 28-Bertha Myers, Vicky Salyers. Flight 4: 23-Maxine Allen; 26-Kathy Zunica; Tie at 28-Joan Gustafson, Gail Banavige; 29- Beth Wolinsky.



Ladies 18-Hole Golf

Susan Yenne

Sign up in the members lounge for the Tuesday, Aug. 6 Lazy Hazy Days of Golf invitational tournament and luncheon. The cost is \$20 for golf, prizes, and the salad and dessert bar at The Lodge at Candler Hills. Put your check or money in an envelope with your name in the box in the members lounge. Members of the Candler and On Top of the World 18- and 9-hole leagues are invited to play.

The tournament will be a Three Tee Summer Scramble/Team Net with A, B, C and D players on each team. Each player must have at least one drive. Players tee off from the black tee markers on hole #1, the orange tee markers on hole #2 and the gold tee markers on hole #3 - with the sequence continuing.

Thanks to everyone for their patience on The Tortoise & The Hare. Remember: wait until the group in front of you is leaving in their golf carts before that final approach to the green.

Executive Tees/3 Best Balls June 25/The Tortoise & The Hare 207-Linda Blewitt, Diane Boston,

Ellen Brin, Rosann Ross. 212-Deborah Martin, Johanna Forceno, Christine Parnau, Yuhlan Cho. Tie at 219-Beverly Ovrebo, Carolyn Cummings, Geri Treppa; Christine McIntire, Vadonna Hall, Mary Driver, Sandra Dechambeau.

Individual Low Gross Low Net July 2/The Tortoise & The Hare Gross

Flight 1: 79-Deborah Martin. 83-Yuhlan Cho. Flight 2: 90-Linda Blewitt. 92-Connie Norris. Flight 3: 95-Nancy Zielinski. 100-Joyce Jones. Flight 4: 93-Donna Brunnell. Tie at 104-Geri Treppa, Sandra Dechambeau.

Net

Flight 1: 66-Gail Lagrange. 72-Gretchen Normandin. Flight 2: Tie at 71-Virginia Madura, Katie Schriewer. Flight 3: 74-Dee Howie. 76-May Chin. Flight 4: 70-Susan Yenne. 74-Antonia Varney.

Team Stableford 2 Best Ball Net July 9/The Tortoise & The Hare

93-Gail Lagrange, Christine McIntire, Lilly Gee, Christine Parnau. 92-Connie Norris, Peggy Wiechmann, Sharon Johnson, Susan Yenne. 90-Linda Taylor, Iro Lisinski, Dee Howie. 87-Yuhlan Cho, Peggy Borro, Sandy Chase.



Archery Club

Frank Tarentino

The board of directors welcomes David Miller as a new board member. David will be on the safety committee and will be working with Leo McCormick, director of training and safety. Congratulations to Bill Millican for winning the second place medal in the 900 Round at the Florida State Games held at Easton-Newberry Archery Center on Sunday, June 9. Bill will also help set up a custom archery shop which will be located in our future storage building. The custom archery shop will be available to members wishing to fine tune or repair their archery equipment.

The hazy days of summer sandwich and salad social will start at

12:30 p.m. on Thursday, Aug. 8, at the Arbor Activity Center Event Room. Menu highlights will be meat and cheese subs and wraps, and croissants with egg, tuna, or ham salad. Also included will be potato salad, pickles, fruit, assorted desserts, iced tea, lemonade, and bottled water. Tickets are \$8 and went on sale in July. Last day to buy tickets will be on Friday, Aug. 2, from 10 to 11 a.m. at The Lodge at Candler Hills. The regular club meeting will immediately follow the social. For more information, please call Leslie at (352) 873-9381.

Please note that the next regular club meeting will be at 12:30 p.m. on Thursday, Aug. 8, at the Arbor Activity Center Event Room. The board of directors meeting will immediately follow. For more information, please contact Frank Tarentino at otowac@outlook.com or (978) 979-0814.



Call of the Wild

Roger Bonifield

Well, this hot summer has brought up the gulf flats water temperature to nearly 90 degrees, scattering the fish or sending them to the deeper, cooler holes where there is some current. This makes finding them much more difficult. The best bite seems to be the first two hours of visible daylight, or the last hour before sunset. If you want to learn more about how to better put more fish in your freezer, or just get some better fishing action in the summer, please come and join us.

Also, fall hunting season is just around the corner, and despite what you hear, there is plenty of

good hunting opportunities here in Florida. Call of the Wild Sports Club membership, although primarily fishing, does have a number of members like myself who still enjoy taking their gun or bow for a walk in the woods. We are always looking for new members who have more experience hunting in Florida, and willing to share that experience with us northern transplants.

We have a number of special events coming up this fall, from professional charter fishing trips, to deep sea fishing opportunities and our fall dinner. We meet the first Wednesday of every month in the Hobby Building Event Room, from noon to 2 p.m. Our meetings are open to anyone, so if you would like to learn a little more about us, please don't hesitate to stop in and see us. If you would like more information, please feel free to contact Roger Bonifield at (352) 300-3601.

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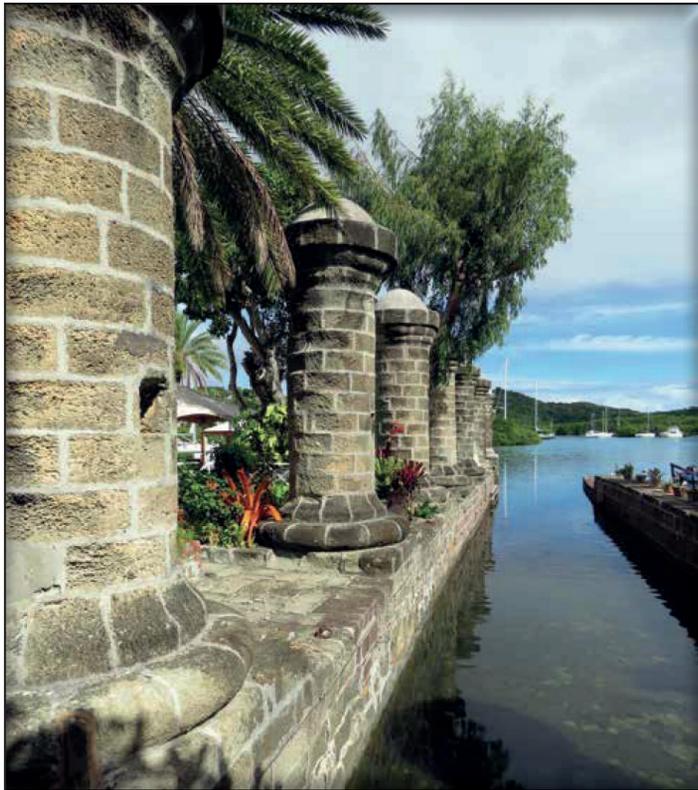


Photo by Bob Woods

Nelson's Dockyard National Park.

Antigua

By Bob Woods
World News Writer

Christopher Columbus was the first person recorded to spot the island of Antigua; he named it in 1493, and then ignored it due to threats from the locals. At the time, local Carib Indians were determined to keep colonists off the island; in fact, it was well over 100 years for any settlement to be established. The first group of English arrived on the island in 1632.

What makes Antigua such a famous tourist destination in the Eastern Antilles of the Caribbean? The biggest attraction is located on the island's English Harbor where the historic district is home to Nelson's Dockyard National Park and the former base of the British Royal Navy. Today, the dockyard is the only working Georgian dockyard in the world. The Antigua Naval Dockyard and related archaeological sites are an UNESCO World Heritage Site.

For nearly 100 years, starting in 1713, the Caribbean had been a struggle for naval supremacy in which Britain, Portugal, Spain and France along with the United Provinces were all competing to establish naval bases throughout the area to protect their holdings and interests. With all the controversies in the Caribbean and the American War of Independence plus privateers seizing valuable cargo from the West Indies to Europe, English Harbor was developed into the main naval base in the Eastern Caribbean.

English Harbor's importance grew in the 18th century not only as

a port of call but as a shelter from hurricanes. The British Navy was able to keep a squadron of ships in the Caribbean giving them superiority over their enemies. Also, the harbor enabled the British to repair their ships and take on fresh water in the West Indies.

There had been many well-known British admirals utilizing the dockyard over the years. But the name of Nelson's Dockyard became known when Admiral Horatio Nelson was made temporary commander of the Leeward Island Station 1784 to 1787.

Up to Nelson's assuming command, the dockyard added this and that to the yard as needed. But the British government wanted Nelson to establish a full working naval base.

Most of the buildings at the dockyard were constructed between 1785 and 1792. When steam-powered ships entered into the picture, interest in the area caused the dockyard to fall into gradual usage and despair until the Royal Navy completely closed the base in 1889.

This historic dockyard was reconstructed by the Friends of the English Harbor formed in 1951. The dockyard was reopened after much renovation work in 1961. The Georgian Naval Dockyard is part of the Antigua and Barbuda National Parks Authority. The harbor and many of the buildings are being utilized in ways for which they were built. Instead of old naval vessels, private sailing yachts use the harbor. Among the original buildings are two hotels, a museum, craft and food shops, restaurants and a large marina.

As a matter of interest to all the beach goers and sun worshipers, Antigua has a whopping 365 public beaches.



Photos by Tom Sheridan

A squirrel makes himself comfortable in the rafters of the visitor's dugout during a game at the softball field.



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Tennis

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In case you were not able to follow Wimbledon the finalists were Serena Williams from the USA against Simona Halep from Romania and Roger Federer from Switzerland against Novak Djokovic from Serbia. Both finals were very interesting to watch.

On another note, Martin K. has been trying to coordinate another friendly meet with Stone Creek.

One hot month down and another to come. Remember to stay hydrated! To this end, I will address "Nutrition and Hydration" as my tip of the month.

Nutrition & Hydration

No matter what your age or ability level, it is important to understand nutrition, hydration, weight training and stretching. To perform well in tennis, it requires three things: mental ability, physical fitness and good technical skills. These in turn, require a significant amount of energy. For strong and consistent performance, players need to eat right and stay properly hydrated. Neglecting to drink enough fluids during and after a match, and paying no attention to timing and substance of pre-match meals is the fastest way for a player

to become dehydrated and fatigued and therefore, lose his or her competitive edge.

When it comes to nutrition, you should always consult with a doctor, a licensed dietitian or a sports nutritionist if you are trying to start, change or design a diet. For tennis, a diet rich in complex carbohydrates is usually good, such as pasta, rice, breads, fruits, vegetables, potatoes and corn. They represent fuel for the muscles and should make up approximately 60% of the diet. The diet should also include 25 to 30% of fat and 10 to 15% of protein. For most players 2,500 calories a day is recommended; some may require more.

Your energy needs will vary according to the amount of play and competition. Try not to eat a full meal too close to match time. Within an hour from play complex carbs with moderate fiber and lower in fat would be the best choice, such as fruit and bagels, and with moderate amounts of salt, like pretzels and saltine crackers.

Dehydration can be a tennis player's worst enemy, if not addressed quickly, causing fatigue and loss of speed, power and strength. So, consumption of fluids before, during and after play is very important in order to keep your body properly energized. For every pound of body weight loss, drinking at least three cups of water is recommended during training. It would not be a

bad idea to weigh yourself before and after play to determine body weight loss.

Also, prior to match play, limit caffeine beverages such as coffee, tea or soda, and milk based products. When competing in high temperatures, four to eight ounces of fluid is recommended during change overs, which can be increased to 12 ounces.

After the match, start replenishing electrolytes and carbohydrates

immediately. If you are going to be playing again soon, you may help yourself with sport beverages or high carbohydrate drinks, to help your body recover more quickly. If you have the tendency to sweat profusely, consider adding table salt to your food or drinks before and after play, to replenish sodium, in order to prevent muscle cramping and heat exhaustion. See you on the courts!



Billiards Club

Phil Panzera

Our quarterly meeting of the Billiards Club was held this month. It was announced that the club's annual Christmas party will be held at the Indigo East Community Center. More details will follow as we get closer.

Club President Dan Newby also reminded everyone to try and attend the next quarterly meeting, at which the club will hold its annual election of officers.

In my column last month I wrote that aside from the league playoff match Team 6 had not lost another match "across the table in the last two full years." This statement was incorrect, as Team 2 did beat Team 6 in April.

My apologies to Team 2 for this absolutely unintentional memory lapse and senior moment. They say your memory is the first thing ... well ... something like that. I really don't think I have Alzheimer's yet, but I do think I have "some-timers" - sometimes I remember, and sometimes I don't.

It actually reminds me of another

similar moment. Two elderly people living in the same senior community had known each other for a number of years. One evening they were having supper in the activity center. The two were at the same table, and as the meal went on, he took a few admiring glances at her and finally gathered the courage to ask her, "Will you marry me?"

After about six seconds of thoughtful consideration she answered, "Yes; yes, I will." The meal ended and, with a few more pleasant exchanges, they went home.

Next morning the man was quite troubled. Did she say 'yes' or did she say 'no?' He couldn't remember. Try as he might, he just could not recall; not even a faint memory. With trepidation, he went to the telephone and called her.

First, he explained that he didn't remember as well as he used to. Then he reviewed the lovely evening past. As he gained a little more courage, he inquired, "When I asked if you would marry me, did you say 'yes' or did you say 'no?'" He was delighted to hear her say, "Why, I said, 'Yes; yes I will' and I meant it with all my heart."

Then she continued, "I really am so glad that you called, because I couldn't remember who had asked me."

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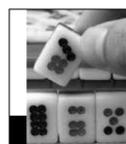
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Mah Jongg

Mary Ehle

It is never too early to mark your calendar for the fun filled Mah

Jongg Junkies Day on Saturday, Oct. 5, from 9 a.m. to 4 p.m., in the Arbor Activity Center Card Room I. It is an all day affair but you can come any time you want and leave whenever you want. You may bring your lunch or go home or to a restaurant for lunch and then come back and continue playing.

The only rule of play is you must bring enough money to play all the time. There is no grace period. If you happen to have an extra set just throw it in your car. We never know how many players will show up so we might need an extra set.

Please try to make it. It is a very non-stressful day of fun. Jokers to you!

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*Please refer to the Association Rules as to when hurricane shutters may be closed.

#10703 - 8/19

BE PREPARED FOR HURRICANES!

Florida's hurricane season runs from June 1 through November 30. It is important to plan ahead so you are safe in an emergency. Get ready now for the risks associated with stormy weather so you are prepared to act when alerted by emergency officials.

HERE ARE A FEW TIPS TO HELP YOU PREPARE FOR HURRICANE SEASON:

- **Build a disaster supply kit** (first aid kit, water, canned food supply, etc.)
- **Compile a list of medications, including dosage and frequency.** Have a 7-day supply on hand, particularly special needs items like oxygen tanks
- **Those with special needs should register with the Marion County Special Needs Program** to receive assistance during a disaster (marionso.com/special-needs-program or (352) 369-8100)
- **Bring in anything that can be picked up by the wind** (bicycles, lawn ornaments, patio furniture, etc.)
- **Close windows, doors and hurricane shutters***
- **Fill your vehicle's gas tank and any gas cans you may have**
- **Obey evacuation orders**
- **Pet owners should have plans to care for their animals**
- **Register for emergency alerts at alertmarion.com**

Visit www.nhc.noaa.gov/prepare/ready.php and www.ready.gov/hurricane for additional information.



Fit Tips

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

Self-Compassion Boosts Healthy Habits

We all have an “inner voice” that sometimes gets in our way of sticking to our plan to eat healthy and exercise more. If we tell ourselves things like, “I really blew it eating out last night, no sense in trying to eat healthy now” or “I’m terrible at exercise, I could not keep up in that exercise class” or “I will never be fit enough or thin enough.” This type of inner talk is self-sabotaging. Here are some tips to tame your inner voice and change the message.

FIT TIP #1: Focus on what you can do, not what you can’t do. Seek self-empowerment by redirecting your inner voice to say, “I really gave it my all in that exercise class and it sure feels good to challenge myself.”

FIT TIP #2: Don’t make excuses ... make changes. If you had a bad night out feasting on fettuccini, try to redirect your self-talk. “Okay, I overdid it at dinner last night so today’s focus will be on planning my meals for the rest of the week.”

FIT TIP #3: Replace self-criticism with self-compassion. Try to shift your thinking from judgment to acceptance. “I’m going to move more and make better food choices so that I’m healthier and feel better! I’ll become fitter and lose weight in the process of caring for myself.”



Bingo

Nancy Grabowski

With the dog days of August upon us, what better way to spend a Wednesday evening than in the cool, cool, cool Recreation Center Ballroom? Bingo takes no summer vacation; so come and join us! While many volunteers and players arrive early, cards are not sold until 4:30 p.m. They are sold until 5:45 p.m. unless they are sold out before that. The 70/30 raffle tickets are sold during that time frame as well and the winning tickets are pulled before the games begin. Ask Andy R. how easy it is to win multiple times!

All players are required to show their resident ID. Your summer guests are welcome to join in the fun, too! They must be of legal age and you must sign them in after showing your ID.

A reminder that the gym closes early now; however, an attendant remains on duty until after our intermission. This provides access to the restrooms in that area. You must enter through the door nearest the elevator, which requires your ID card to open it. The Pub is open for business, too. Check out the new menu! Currently, a survey is underway to determine what favorites should be included on the specials list.

FITNESS SCHEDULE

August 2019

Recreation Center Group Wellness					
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 AM	Oxycise	Oxycise	Oxycise	Oxycise	Oxycise
8:00 AM	Dance Party Denise	S.O.S. Jonathan	Wednesday Warrior Ingrid	S.O.S. Jonathan	Boomer Beat Darla
9:00 AM	Strength & Stretch Tucker	MAC Fit Tucker	Chair Yoga Julie	MAC Fit Tucker	Strength & Stretch Tucker
10:00 AM	Balanced Body Tucker	Chair Yoga Kathy	Balanced Body Kitti	Chair Yoga Kathy	Balanced Body Madelyne
11:00 AM	S.O.S. Larry	Move to Improve Larry	S.O.S. Ingrid	Move to Improve Larry	S.O.S. Larry
11:00 AM Ballroom Location	Zumba® Gold Kitti		Zumba® Gold Kitti		Zumba® Gold Madelyne
12:00 PM	Get Fit While You Sit Kitti		Get Fit While You Sit Kitti		Get Fit While You Sit Darla
1:00 PM		Fitness Orientation*		Balance Assessment*	
5:00 PM		Intro to Hatha Yoga Kathy		Yoga Sandra	

Recreation Center Fitness Center Hours: Monday-Friday 6:30 AM - 8 PM; Saturday 7 AM - 8 PM; Sunday 9 AM - 5 PM
* Fitness center orientations and balance assessments are free. Please call (352) 854-8707 Ext. 7534 to reserve your spot.

Arbor Fitness Center Group Wellness					
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 AM	OPEN Fitness On Demand	OPEN Fitness On Demand	OPEN Fitness On Demand	OPEN Fitness On Demand	OPEN Fitness On Demand
8:00 AM	OPEN Fitness On Demand	OPEN Fitness On Demand	OPEN Fitness On Demand	OPEN Fitness On Demand	OPEN Fitness On Demand
9:00 AM	Yoga Julie	Boomer Beat Nichole	Yoga Linda	Boomer Beat Cammy	Yoga Renu
10:00 AM	STRONG Kelly	STRONG Tucker	STRONG Linda	STRONG Kelly	STRONG Roger
11:00 AM	Dance Aerobics Nichole	Dance Aerobics Madelyne	OPEN Fitness On Demand	Dance Aerobics Madelyne	OPEN Fitness On Demand
12:00 PM - 8:00 PM	OPEN Fitness On Demand	OPEN Fitness On Demand	OPEN Fitness On Demand	12:00-1:00 FOD For Fun Sherri	OPEN Fitness On Demand
1:00 PM		Posture Assessments**	Orientation**		
Arbor Conference Center	(Suites E, F & G) 8:00 AM Qi Gong Art 9:00 AM Tai Chi Nancy			(Suites E, F & G) 9:00 AM Qi Gong Art 10:00 AM Intro Tai Chi Nancy	

Arbor Fitness Center Hours: Monday-Friday 6 AM - 8:30 PM; Saturday 7 AM - 8:30 PM; Sunday 9 AM - 7 PM
** Fitness center orientations and posture assessments are free. Please call (352) 854-8707 Ext. 7638 to reserve your spot.

Arbor Fitness Center Indoor Pool					
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 AM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming
7:00 AM	Open	Open	Open	Open	Open
8:00 - 9:00 AM	Water Walk	Water Walk	Water Walk	Water Walk	Water Walk
9:00 - 10:00 AM	Deep Water Fitness Class***	Shallow Water Fitness Class***	Deep Water Fitness Class***	Shallow Water Fitness Class***	Deep Water Fitness Class***
10:00 - 11:00 AM	Open	Shallow Water Fitness Class***	10:30 AM - 12:30 PM	Shallow Water Fitness Class***	Open
11:00 AM - 12:30 PM	Lap Swimming	Lap Swimming	Closed for Cleaning	Lap Swimming	Lap Swimming
12:30 PM - 1:30 PM	Aqua Belles	Water Walking Outdoor Pool 1:00-1:45	Aqua Belles	Open	Aqua Belles
1:30 PM - 5:00 PM	Open	Water Volleyball 1:30 PM-3:30 PM	Open	Water Volleyball 1:30 PM-3:30 PM	Open

*** Fee-based class
For pool inquiries, please call (352) 854-8707 Ext. 7639.

Bingo was played on Wednesday, July 3 and it was fitting that our jackpot winners were loyal followers of our game: Ed H. won the first jackpot while Ruth N. won the second on a split. The naughty table was surprisingly quiet that night although Bill K’s shout of “bingo” could be heard down at the softball field!

We are pleased to welcome Marge Reed to the volunteer corps, too; her radiant smile is a real crowd-pleaser!

Super bingo will be held on the first Wednesday of November so mark your calendar now. Sixteen games will be played for \$75 each and the remaining four will garner you \$250 if you win alone. This is the only night that guests are not permitted to join us. We always have a larger than normal crowd so

come a bit early to get your seat. You may only reserve one seat for a friend, too. As a safety reminder we cannot allow chairs to be tipped forward.

The continuing renovations to the Recreation Center will not al-

ter our schedule. Come on out and join in the fun! If you have any questions, contact our president, Carl Folkers; our head caller, Ron Motchkavitz; or our treasurer, Nancy Grabowski.

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Photo by Bob Woods

York, England.

York, England

By Bob Woods
World News Writer

Situated just two hours north of London by train is the city of York, which holds 1900 years of history. York is a walled city built by the Romans in 71 and captured by the Vikings during raids in 866. The museums in the city are full of items left behind. Today, York is a traditional English town in the historic county of Yorkshire.

The city became the capital of the Roman province and later the Kingdom of Northumbria and Jorvik. During the Middle Ages, York grew into a major wool trading center and became the capital of the northern ecclesiastical province of the Church of England, a role it has retained today.

Cathedral and Metropolitan Church of Saint Peter in York, commonly known as York Minster, is the second largest Gothic cathedral of Northern Europe. The first Christian church on site dates back to 627 and the first Archbishop of York was recognized by the Pope in 732. The remains of the basilica, which was the ceremonial center of the Roman fortress, has been discovered beneath the minster. A stone Saxon church survived the Viking invasion in 627 but was ransacked by William the Conqueror's forces in 1069. The current cathedral was designed to be the greatest cathedral in the kingdom. It was built over 250 years (between 1220 and 1472).

In addition to the cathedral, there is a place in York called the Shambles, which is another popu-

lar tourist destination. Shambles is a narrow cobbled stone street with beautiful preserved Elizabethan buildings. Originally, the street was home to York's butchers. Today, the old butcher shops are a mixture of shops and eateries. There are many meanings for the word Shamble but most agree that it stood for the tables or stalls, which were used to display and sell meat and fish.

Shambles is probably the best-preserved medieval street in the world. Back in the street's heyday, modern day sanitation facilities or hygiene laws did not exist. So how did the butchers get rid of their animal waste? The pavements (sidewalks) are raised on both sides of the cobbled stone street forming a channel where butchers would throw the unused portions of the animal into the middle of the street and wash down the area twice weekly.

Looking down the main Shamble street the buildings lean towards each other from both sides of the street. The over hanging timber framed fronts of the buildings are deliberately leaning towards the center of the street giving shelter to the butchers' shelves and tables below to protect the meat from any direct sunlight. One might say it acted like an awning.

Some of the buildings in the Shambles date back to the 14th century. In 1872, 25 butcher shops were still located along the popular street, but today there are none.

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California Lighthouse

By Bob Woods
World News Writer

The California Lighthouse sits on the northern coast of Aruba - not in the state of California!

Why in the world would they name a lighthouse in Aruba Califor-

nia Lighthouse? Simple. It all stems way back when the wooden steamship S.S. California ran aground off the island's northern coast. According to reports, the ship shipwrecked around midnight on Sept. 23, 1891.

The lighthouse commemorates the S.S. California that was sailing from Liverpool to Central America. Before it ran aground, passengers were having a great party at the time.

In an attempt to keep the California afloat, the ship's crew tossed some of the ship's cargo overboard. Cargo included clothing, furniture and provisions.

As the cargo from the California floated ashore many locals picked up the items to sell in local markets. Two police officers from Curacao were summoned to the area to help stop the locals from stealing the cargo. They were told before leaving Curacao that they would be assisting the Aruban police with the California, not knowing it was a ship. Today, many locals call this northern section of Aruba California.

Two decades later, a lighthouse was erected in honor of the shipwrecked S.S. California. Construction started in 1914 and took two years to complete.

Today, the lighthouse is perched high over the sea. The lighthouse is constructed from stone blocks from a local quarry. The top stands 100 feet made of metal, which houses the lights that shine over the landscape. The lighthouse was completely refurbished and painted in 2016 - the lighthouse's 100th year anniversary.

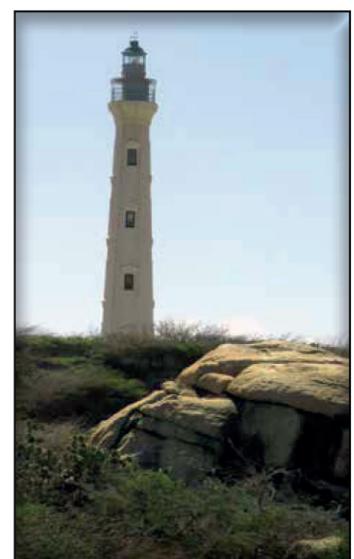


Photo by Bob Woods

California Lighthouse in Aruba.

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R/C Flyers
John Workman

Those of you who read suspense or mystery stories are probably familiar with the term "black bag job." It usually relates to a criminal break-in of some sort, sometimes even by law enforcement in pursuit of information of some sort. The "black bag" refers to the black satchel in which the perpetrator carries his tools of the trade. Well, the R/C Flyers have their own kind of black bag job, and it is not any more pleasant than the criminal one. It involves a flyer taking a

black plastic garbage bag out to the site of his or her crashed model. The bag is needed to gather up all of the pieces usually generated by a significant meeting of airplane and ground.

Unfortunately, we have had a few black bag jobs recently at the flying field. Due to our careful layout of the field and the members following of safety rules, these incidents have not been a danger to anyone, including the flyer involved. Which is not to say that they were not of interest to the usual gathering of spectating members along what I call "vulture's row" under the shade pavilion.

At one time or another we have all been in the same position as the unfortunate going out with the

dreaded "black bag" so the interest is mainly in the causes of the crash rather than any criticism of the flyer. We try to learn from the experiences of others as well as our own. We have a saying in the hobby: "Every model has an expiration date. We just don't know what that date is."

Most flyers have already heard, either from discussions with other flyers at the flying field or at the July club meeting, that the anticipated move of the flying field scheduled for the near future is now going to be a temporary one. The move is needed due to development of adjacent areas for lots for houses. Clearing of the land has already begun. We have been told that the temporary field will be ful-

ly usable when we move. A paved runway is still planned due to lack of time for a grass runway to grow in to the point of being usable. Other details are still being worked on. We have been told that On Top of the World is looking for a better site that addresses all concerns as a permanent location, both for the flyers and the rest of the community. The R/C Flyers leadership is fully on board with this process and feels that it is in the best interests of the whole club. We will have to wait and see what comes out of this search for a better location. In the meantime operations continue as before.

Have fun! Fly safely!



Cornhole Club
Jim Russell & Bill Ballweg

OPEN PLAY: Our players are a devoted bunch and are always eager to learn about their favorite game. This month's column aims to quench their thirst for cornhole knowledge by explaining some of the terminology used while playing the game.

Woody is a bag on the board worth one point. If the woody stops in front of the hole, it's called a blocker. If it stops just above the hole, it's called a backstop. If it's partway into the hole (but doesn't fall in) it's a hanger.

Of course, we want all of our bags to go into the hole and when they do

it's called a drano (although some of our horseshoe playing friends like to call them ringers) and are worth three points. If all your bags go in the hole during your turn, it's called a four-bagger and all players should stop play and say "oooooh!" to acknowledge your feat. Just kidding, that part is optional!

If you score a drano by flying the bag straight into the hole without touching anything it's called airmail. If it bounces over an opponent's blocker it's called a backdoor. If it hits low on the bottom of the board and slips up into the hole it's called a slider. If it goes around an opponent's blocker it's called a hooker. If both teams score the same amount it's called a wash and if the players can't agree on what the score is it's called confusion!

Don't suffer from confusion, contact Jim Russell at jimrus-

sell44@outlook.com to learn more.

LEAGUE PLAY: Fall leagues are now forming! If you are looking to play fun and competitive cornhole consider joining our leagues! We are now accepting teams for our fall season that starts in September. League options include mixed doubles, men's doubles and women's doubles. Mixed league plays at 3 p.m. on Thursdays, men's and

women's league play at 3 p.m. and 4 p.m. on Wednesdays.

If you have a partner you are ready to go, if you do not have a partner, no problem, we will find one for you. Registration will close when we have reached eight teams; so sign up now. If you are interested contact Bill Ballweg at otowcornhole@yahoo.com.

CURBSIDE LANDSCAPE DEBRIS PICK-UP SCHEDULE

Monday*	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> Americana Village Friendship Village Friendship Park 	<ul style="list-style-type: none"> Friendship Colony Candler Hills** Indigo East** 	<ul style="list-style-type: none"> Avalon Providence 1 and 2 Williamsburg 	<ul style="list-style-type: none"> Crescent Ridge/Green Renaissance Park Windsor

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

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New Entertainment Lineup

By Jo Salyers

Circle Square Cultural Center

The new 2020 entertainment lineup (January through April) goes on sale on Monday, Aug. 5, at 11 a.m., both online at CSCulturalCenter.com and at the box office. Check out the great lineup of performers in this edition of the World News.

The big news is that Air Supply will be coming on Jan. 9, 2020. At this writing, 50% of the tickets have sold. Additionally, Air Supply is offering VIP packages that may be purchased at CSCulturalCenter.com.

On Saturday, Aug. 31, make a point to get tickets for Fortunate Son - CCR Experience. Fortunate Son combines timeless Creedence Clearwater Revival favorites and Fogerty solo hits. They personify the spirit and grit of America's favorite rock and roll band. Check them out at fortunatesontribute.com.

The Town Square

In spite of a bit of rainy weather, the Patriotic Celebration and the fireworks went off some definite bangs! Every year, we are pleased with the turnout and the excellent fireworks display that takes place. It was fun to see people dancing in the streets in front of The Town

Square - near the portable stages. These stages have helped the entertainment move right along without waiting for setup by the next band.

We have some exciting news to announce. Since the middle of July, you will notice that we are adding shade to The Town Square. Five very large umbrellas (or vistas as called by the manufacturer) have been installed. In the coming months, we will also be adding a few more table and chair setups.

On another note, smoking! Yikes! This has become a very hot topic around Circle Square Commons. Especially on The Town Square and in front of Circle Square Cultural Center. While most smokers are courteous, some are not. Some do not care if they offend others with their second hand smoke, and most litter the area with cigarette butts. Our policy has been, since we opened the venues, is that smoking could take place away from the crowds. We also provide ashtrays. However, this is no longer working, and we are designating new smoking areas.

At Circle Square Cultural Center, the ashtrays/trash cans are placed on the south side of the portico. Please go to that area to smoke.



Air Supply hits the Circle Square Cultural Center stage on Thursday, Jan. 9, 2020.

At The Town Square, please go to the designated area on the southeast corner of The Town Square to smoke and then feel free to return to your table or seat elsewhere. This area is also where guests should go who arrive by golf cart and park near the tables. Please smoke in the designated area.

The designated areas at Circle

Square Cultural Center and The Town Square are for all forms of smoking, including and not limited to vaping, pipes, cigars and cigarettes.

Please, let's all be courteous to one another and enjoy the events! We appreciate your cooperation.

Holiday Cards Already in the Works

By Linda Lohr

Are you working on your Christmas cards yet? Amazingly, there are many people disciplined enough to work on them during the summer. Great job!

Our presenter on Monday, July 15 was Kathy Meyer. Kathy has a fantastic craft room - neatly organized and everything in its place. She offered three cards: a young girl sending get well wishes; a funny card with a familiar hospital theme; and a beautiful white on white card which can be used for a christening or confirmation. If the cross is removed, another sentiment can be added for any other occasion.

We thank Kathy for these beautiful, creative cards. She provided

all the dies and embossing folders necessary to finish these creations.

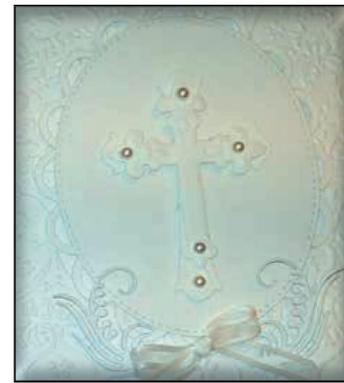
Anyone can be a presenter - and the cards do not have to be fancy or complicated. Our group is based on friendship, socializing, and helping each other.

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 or third Thursday of the month, at the discretion of the demonstrator. To find out, which Thursday we will meet, in any given month, contact Kathy. 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, or if you have

any questions, please contact Kathy Hoefer at (352) 237-6439 or kathyh508@yahoo.com. We look forward to introducing new people to our fun craft. Until then, keep on stampin'!



Photos by Linda Lohr

Cards presented by Kathy Meyer.

Karaoke Friends Have a Fun Prop Night

By Kathy Petrosky



Photo by Steve Warren

Karaoke Friends enjoy prop night in June.

What a great time we had! We had to take a picture to show you. Three of us knelt on the floor. We were all laughs hoping we could get back up! I will start there from left to right

There I am in prison stripes. I sang "Stripes." They prevent me from criminal acts because I don't look good in stripes and I hate orange. Nancy Jennings-Fair is next. She was attired in motorcycle garb to sing "Leader of the Pack." She also was covered in money and sang "Hey Big Spender." Nancy Warren joined with "Leader of the Pack" and also sang "Splish Splash." She looked lovely in her shower cap.

Standing in back is Lucy. She had her "Secret Love" with her. Now Keith was intriguing. He sang "The Box" and had all sorts of things in it. We had a live rabbit with us. Linda Jones joined us for the first time and sang "White Rabbit." Patty is wearing a frog as she sang "Jeremiah Was a Bull Frog" also known as "Joy to the World." She also had a heart in chains and sang "Unchain My Heart." Roger sang, "Have You Ever Seen the Rain?" Jeff was ready for that song. He sang "Simple Things" and got some of us dancing. John sang "Travellin' Man." Laura was his "Pretty Polynesian Baby." There is Charlie holding his baby doll. We had fun watching him cuddle and sing to the doll. He sang "Go Away Little Girl."

Prop night brings many laughs. We try to do one every four to six weeks. Of course, we always can sing along with the singers. Every time we meet is a good time. Come join us.

We meet in the Arbor Activity Center Music Room on the first and third Monday from 5:30 to 8:30 p.m. This month we will meet Aug. 5 and Aug. 19. All residents are welcome to join the fun.

TICKETS ON — SALE NOW!

Circle Square Cultural Center



Air Supply

JAN. 9, 2020

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FEB. 15, 2020 FROM \$26

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#1321 - 8/19



Model Railroaders

Paul Lewandowski

In 1883, the U.S. adopted a system of time standardization that laid out the Eastern, Central, Mountain and Western Time Zones to coordinate time for operating railroads. In the days before on-train communications, conductors had to maintain schedules tightly by their personal watches in order to prevent undesired head-on meets on sections of single track. Farmers and other shippers then became aware of the need to schedule delivery of their wares at the station for shipment out of town. A large market for pocket watches was born.

In 1886, a 26-year old telegrapher for the Minneapolis and St. Louis Railway received a shipment of watches from an unscrupulous vendor in Chicago, consigned to a local retailer. The retailer had not ordered the shipment and refused delivery. The telegrapher contacted the shipper and worked out an agreement that he could sell the watches on consignment, keeping any monies in excess of the base price. He immediately went about notifying telegraphers up and down the line that he had watches for sale at a reasonable price. He suggested they offer the watches for sale to trainmen and shippers to coordinate deliveries. In a short time, he had sold all the watches and garnered a handsome \$5,000 profit (\$124,000 in 2018 dollars).

Not content to remain a telegrapher, he went to Chicago and

opened up his own watch business. In one year, he hired a watchmaker to produce and maintain the watches in the company stocks. He produced a catalog to sell the watches and a line of jewelry and did quite well for himself. Two years later, he sold the business, planning to become a rural banker. When that did not succeed, he contacted his former watchmaker, and they formed a partnership in a mail-order firm with watches and jewelry as the product line. The former telegrapher produced a catalog that eventually grew from less than 200 pages to over 500. The company prospered, and the former telegrapher retired to a farm north of Chicago in 1909 to live out his remaining years in comfort.

Who was the telegrapher? Richard Warren Sears. Who was the watchmaker? Alvah Roebuck. What

was the company? Sears, Roebuck. The rest, as they say, is history ...

The entrepreneurial spirit in this country built the U.S. into the economic giant it is today. Where else in the world could a lowly railroad telegrapher parlay a few cases of unwanted watches into one of the largest and one of the most successful companies in the world?

The members of our club come from many walks of life and business and/or military experience. Our common interest in model railroading is what glues us together in the club. Our club schedules run sessions every Tuesday and Friday (except holidays) from 2:30 to 4 p.m. at the HO layout on the first floor of the Recreation Center.

Club business meetings are held the first Wednesday of each month (except holidays) at 9 a.m. in the Arbor Activity Center Card Room III.



Original Karaoke

Sindy & Richie O'Brien

Summer is officially here and everyone is looking for something to do to get out of the heat, but still have fun without spending money. If you feel the same way, then karaoke is for you.

We'd like to welcome Rochelle and Mike Pasquale to our karaoke family. They've been coming for months for an evening of entertainment and were our biggest clappers. You can always tell when our clappers really want to entertain all of us, they come to have fun and always sing along, then one day they step out of their comfort zone and give it a try, then they're hooked. Now we clap for them.

Rochelle's first song was "Love Me" by Collin Ray. She did a great job. Mike sang, "Tequila" by The Champs. He was so funny. So get out of the heat, come clap for us and maybe one day we'll be clapping for you.

We meet at 6:30 p.m. on the second Monday in the Arbor Activity Center Event Room and the fourth Monday in the Candler Hills Community Center right next to the restaurant. All residents are welcome in both places.

I just want to let everyone know, karaoke will be cancelled for the month of August. We will resume Monday, Sept. 9. Hope to see you there. For more information, call Sindy at (352) 362-4810.



Artistic Crafts & Gifts

Chris Kilbride

For the summer, the Artistic Crafts & Gifts group is taking a break from their Tuesday craft show at the Recreation Center Ballroom, from 9 a.m. to noon. Tuesday, Sept. 3, will be the first day back for the start of the new season. Visit ArtisticCrafts.org, which will give you a great idea of all the quality and workmanship built into these items for sale by such talented artists, sewers and craftsmen.

This month, we feature Jan Riede who began making greeting cards before retiring as Consumers Energy's customer communications director in Michigan in 2006. Retirement opened the door to Jan focusing more on her hobby. She

taught classes in Michigan and in Tamarac, Florida, before moving full time to On Top of the World six months ago.

Her card designs are one-of-a-kind (unless a customer desires more of the same) and made to fit a variety of special occasions. The styles of cards include: birthday, get well, sympathy, wedding, shower, graduation, engagement, anniversary, patriotic, holidays, and even centerpieces for events. Personalization is provided at no extra charge.

With a love for making custom cards, Jan asks about the person who will receive it. She notes their likes, interests and background, so that she can combine visual references on the card to make it truly special. By not making the same card twice, yours will be totally unique. Orders of any quantity are welcome, although she does offer a six-pack in which all cards are the same.

Everything at home is organized and catalogued in her studio, which makes her 20 years of card making a breeze, and she can get a card easily made in a day, if necessary. With over one thousand stamps, papers, card stock, fifty color inkpads, punches and dies, the variety of designs seems endless.

Recent creative additions include three-dimensional cards and a memory book, which has six pages for holding photos and other memorabilia. Jan loves that her brain never stops working creatively, and she appreciates all the wonderful friendships she has made at the weekly craft show.

If you have your own artistic endeavor you wish to sell, please contact us through ArtisticCrafts.org where our coordinator Rene can answer all your questions!

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The New Pretenders

Nancy Grabowski

The dog days of August are upon us; for most it means keeping an eye on the weather conditions. For The New Pretenders, it means keeping an eye on the calendar. We are inching our way to autumn and our new program. Let the countdown begin!

The New Pretenders are still on their yearly hiatus from the weekly, organized practices. Any number of them are, however, standing before mirrors, walking with headphones, dancing around the ironing boards, or in countless other ways, learning the lyrics and lines designed to entertain you on Feb. 7, 8, or 9, 2020. The Friday and Saturday performances begin at 7 p.m. while Sunday is at 2 p.m.

Of course, to see our new show you will need tickets. The sales begin on Monday, Jan. 6, 2020, at 8 a.m. in the Recreation Center Ballroom. We will remain there until 10 a.m. and then return every Monday, Wednesday, and Friday until

Feb. 7; naturally, we hope we are sold out long before that February date. Tickets remain at \$10 for reserved seating and \$8 for general admission. After our bills are paid, we donate the proceeds to local charities.

After the 2019 show, we were able to donate to Hospice of Marion County, Ocala Ritz Veterans Village, Sewing Bees, Food-4-Kids, and the Ocala Domestic/Abuse Center for Women. Our budget is in good shape, which means we will be able to make additional donations in September.

Last month, the hometowns of our freshmen were mentioned and encouraged our readers to look for more information this month. Our veteran performers hail predominantly from the eastern states. Which state wins the title? Surprisingly, it is Pennsylvania! Those claiming birthrights in Pennsylvania include Doug Ensley (Philadelphia), Ron Fulton (Apollo, near Pittsburgh), Tom and Georgiann Hagerty (both near Pittsburgh), Nancy Jennings-Fair (York, home of the peppermint patty), plus Tom and Rita Miller (Clarion and Brandy Camp, near Warren).

Some of the Pretenders hail from



Photo by Lennie Rodoff

Dave Guildford, George Brush, Bruce Herget, and George Bausewein.

large cities; Fran Allen is from Charleston, South Carolina; Janet Becker started in Detroit, Michigan; Nancy Carp proudly calls Baltimore, Maryland home; Darlene Clark states Chicago, Illinois, is her home; and Gail Epstein represents Atlanta, Georgia. Not to be outdone, George Bausewein is Hoboken's second son (Frank Sinatra is the first); Joe Furfaro is the star from Brooklyn, New York; and Bill Tupper represents Milwaukee, Wisconsin.

Smaller towns but not smaller talents color the backgrounds of

George Brush (Monroe, New York), Dave Guildford (Torrington, Connecticut), Janet Juhlin (Lynn, Arkansas), Nancy Kibler (Minerva, Ohio) and Joe Wood (Bern, North Carolina).

Is your curiosity aroused? Why are these places mentioned? Next month's column will reveal more ... the best is yet to come!



Art Group

Elizabeth Wales

More than five years have passed since Margaret Edmiston was a featured nonagenarian in the "Neighbors" magazine. Time has not slowed her down one bit. One might see Margaret at the gym, in computer class, at The Town Square dancing on a Saturday evening, or very specially in the Art Group's meeting room on a Thursday or Saturday morning. She usually has her sketchbook with her; full of adorable reproductions of photos she has taken, carefully put down in watercolors.

Having come to Florida in the 1950s, and On Top of the World over 15 years ago, Margaret has never stopped learning, doing, and charming everyone she meets. Whether she is operating a computer, cell phone, or camera, there is always something new going on with her. She is our inspiration and an adored member of the Art Group, and we are all so glad she chose to share her world with us!



Photos by Elizabeth Wales

Margaret Edmiston's sketchbook painting of Sholom Park.

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Happy Hookers

Jan Spielvogel

This month we are featuring another one of our Happy Hooker members. Ginny Nardone has been part of our group for eight years - the exact same number of years she has been a resident. In fact, Ginny came to Happy Hookers looking to improve her knitting skills. She started crocheting in the 1970s as a means to pass the time since her husband, who was in the Air Force

at the time, was away quite a bit.

With the help of Happy Hooker members, Ginny was able to enhance her knitting skills, and these days she both knits and crochets for family as well as charitable work for premature infants. When not busy with those projects, Ginny plays bridge, attends water fitness classes, walks and rides her bike. Ginny also writes the Williamsburg Neighbors and Scandinavian Club columns for the World News.

Our Happy Hookers group is open to all residents. We meet year round on Mondays, from 1:30 to 3 p.m. in the Hobby Building Art Room. There are no dues or agenda and no penalties for missing a meeting, arriving late or leaving early. Life can and does interfere at times, and we would hate for that

to hold you back. What we do have is a large group of ladies busy with crocheting, knitting, needlepointing, card crafting, embroidering and handcrafting of all kinds. This is a very talented group who is never too busy to help someone with a difficult pattern or stitch. We welcome newcomers with open arms. Attendees should bring whatever they happen to be working on. If you have any questions about our club, you may call Naomi Berman at (352) 873-4328. If you have yarn, pattern books, knitting needles, crochet hooks or other crafting tools that you no longer have a use for, donations are always appreciated. Please bring them on Mondays during our meeting time or contact Elyn Weir at (352) 509-4355 to arrange for pickup.



Photo by Jan Spielvogel
Ginny Nardone.



ShutterBugs Photography

Connie Filip

Anyone using their cell phone to take photos? Silly question!

Here are three great tips that I heard on my recent Azamara cruise from Rebecca Adler, cruise photographer, to help you take better cell phone photographs. I understand these tips will apply for both Android and iPhone models.

Use your phone's volume button to snap your picture in landscape position. Why? A sharper image. By using both hands to hold your phone steady, you become a human tripod and reduce camera shake.

Want something more in those photos of your loved ones? Capture a candid moment! Tell us a story! And use stealth to take your photo. Plug in earphones, and bob your head from side to side. Now hold your phone by your side, and use the volume button to take your photo. Surprise!

Do you like to take selfies? All phones have an inferior quality and resolution in their rear-facing selfie camera lens. Next time, try using the photo timer and turning the phone around to use your forward-facing camera. My Android shows a clock icon on the camera screen. When I tap on it, I get a timer choice of off, three or 10 seconds.

Have fun trying out these tips and maybe by looking at all those icons, you'll discover something else new to you!

Remember that our ShutterBugs 2019 photo contest and exhibit is coming this fall. My apologies to anyone who started to take night photos in anticipation of that being our special category this year. I stand corrected that this year's special category is "gates." You can still use any night photographs you've taken as a regular entry.

Our August field trip will be to the Tampa Aquarium. Hopefully club members who were interested have already signed up, as prepayment was required.

For up-to-date schedule information, visit our website at otowspc.com

Consider "stopping by" on Facebook! Our members post their favorite shots on Shutterbugs PSH (Photo Scavenger Hunt). Anyone can log on and see them. And if you're a ShutterBugs member, just go to the site and get permission to play.

We're continuing an instructional DVD series about travel photography. Stop in and learn along with us!

Our monthly club schedule:

- First Tuesday: Morning field trip.
- Second Tuesday: Instructional DVD.
- Third Tuesday: Photo sharing activity.
- Fourth Tuesday: DVD or speaker.

Want to learn more about digital? Stop by the Hobby Building for ShutterBugs' Tuesday meeting. We start at 3 p.m. For more information contact Gary Uhley, our club president, at (352) 854-8536 or guhley@cfl.rr.com.



Photo by ShutterBug Margaret Edmiston

Dancing in the Rain.

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Concert Chorus

David Wesenberg

The Concert Chorus has appointed Michael Nagy to be our director for the winter Christmas concert on Saturday, Dec. 7 and Sunday, Dec. 8. Arlene Chilcott will be our pianist. We continue to search for a director and a pianist for our spring program and beyond. If you have an interest in working with the Concert Chorus as a future director or pianist, please contact Mary Ann Majni at (954) 557-8176 or flmam68@aol.com. This is a great group and a joy to direct.

We encourage anyone who loves to sing to join us. As an example of members who love to sing and enjoy their friendships, let me introduce you to yours truly, David Wesenberg. David has been the president of the chorus for the last four years and now that responsibility is born by Mary Ann Majni.

David's early musical experience began at age seven when he started playing the trombone in Edina, Minnesota. After almost quitting when he was 10, David got an excellent instructor who really helped him improve his tone and articulation. This led to being in the middle and high school marching and concert bands.

In eighth and ninth grades, David learned to play baritone and tuba in Fort Dodge, Iowa. There David played in a combo that performed at local clubs and school events.

Moving to Crystal, Minnesota, David was not only in the marching and concert bands, but also in the pit orchestra for "Guys and Dolls" and "Music Man."

Finally, David performed part-time as a musician in Detroit; but



Photo by David Wesenberg

David Wesenberg.

the competition with work, graduate school and many other activities stopped musical involvement for a time. He did pick up the guitar and some keyboard skills when time permitted.

While in the U.S. Army at Fort Knox, Kentucky, he began to do some singing in church and to make a few bucks; something he had never done before. He continued to sing in church choruses in Michigan, Ohio, Idaho, Indiana and Illinois. In Springfield, Illinois, he began performing as a solo singer in musicals in the "Mature Mob" and continued for six years.

David came to On Top of the World in 2012 and began singing with the Concert Chorus as well as the church choir. He also performed with the Theatre Group and now sings with a newly formed banjo band.

Do you love music and want to share your love of music with great people as Dave does? Come and join us for our Christmas concert. You will meet great folks and sing your heart out with joy! Contact Mary Ann Majni at (954) 557-8176 or flmam68@aol.com.



Theatre Group

Leslie Miller

Auditions for our fall show, "Love Times Four" in the Arbor Conference Center, Suites G and H on Friday and Saturday, Nov. 22 and 23, have been completed and a cast has been chosen. In addition to some of our Theatre Group veterans, we also had some new faces at tryouts, and we welcome them to our group! The four one-act comedies are so hilarious that it was difficult for those reading for parts to stay composed, and those listening to the auditions were roaring as the twists and turns of the plots developed. Mark your calendar now so that you don't miss this!

Director and Theatre Group president Richard Rosen is excited that rehearsals have begun. He is working with each comedy to perfect the interpretation and timing of each line to bring out the most from the humor, and each actor brings their own background to his or her character to bring them to life. The show is playwright Dennis Jones' compilation of four funny and profound short, one-act comedies, and deals with topics such as frustration with HMOs in the world of health care, parents who come for a very unexpected visit (after their funeral!), a GPS gone rogue, and Cupid's metamorphosis to someone other than the typical winged cherub.

Meanwhile, even as the "Love Times Four" production has taken off from the runway, the flight plan

for our Spring 2020 show has been reviewed and approved by our storyboard committee. "Snippets" will feature wonderful musical tributes to several popular Broadway shows: "Cabaret," "Crazy for You," "Damn Yankees," "The Fantasticks" and "Titanic." If one of these is your favorite musical, you may want to consider trying out for "Snippets!" Auditions will take place in the Recreation Center Ballroom on the following Mondays: Oct. 14 and Nov. 11, at 7 p.m. These tryouts will take place during the latter half of our regular Theatre Group meeting time, which is the second Monday of each month. Whether you wish to sing, be part of the dialogue in between numbers, or contribute behind the scenes, we would love to have you join us.

Still have that calendar out from writing down the dates for "Love Times Four?" You may want to also add the dates for "Snippets," which will run Saturday night, April 3, 2020 and Sunday afternoon, April 4, 2020 in the Recreation Center Ballroom.

The Theatre Group is an organization of community members who are passionate about sharing good theatre, and being cast in a part for the show also means that you get to officially join our wonderful and talented group. We are off for the month of August, but will meet again on Monday, Sept. 9, at 7 p.m. in the Recreation Center Ballroom. If you would like more information about the Theatre Group or upcoming auditions, please contact our president, Richard Rosen, at (561) 235-6791 or upstage111@yahoo.com.



Antiques & Collectibles Club

Susan Johannes

"Letters, we get letters, we get stacks and stacks of letters." Remember that song from The Perry Como Show? Well that's how it is going for me this summer, but not in the form of letters, but its modern day equivalent, email. I have received many phone and email inquiries from people wanting to sell their collections and don't know how to go about it. This is a dilemma many of us are facing as we age and downsize to smaller living spaces. I certainly am no expert on this and kindly suggest that they come to our club meetings so as to get feedback from others in the same situation.

The advice I offer as an active antiques dealer and frequent auctioneer is that many categories of antiques and collectibles are not

as desirable as they once were. My husband and I sit at auctions and cringe when we see gorgeous pieces of 19th Century furniture sell for a quarter or less than what they sold for 20 years ago. We see collectibles such as Hummels, Precious Moments, and Royal Doulton sell for 10 cents on the dollar.

So what should you do with your collections? I say enjoy them as long as you can, try to give them to people you love, or bring them to an honest auction house. Don't expect to get much from the auction, but it is a quick way of divesting yourself of things you no longer want.

Another method is to try selling items at a flea market, tag sale or online venue such as eBay or Etsy. I suggest you look up the sold price of similar items on these sites so as to have an idea of what they are worth in today's market. Perhaps you will be pleasantly surprised. Online selling can be rewarding, but it takes a lot of time and effort.

I hope some of these suggestions work for you. To get more ideas and the support of others in a similar situation, I invite you to join our Antiques & Collectibles Club. We meet the fourth Wednesday of each month, September through May at 10 a.m. at the Arbor Conference Center, Suite B. Our next meeting will be on Wednesday, Sept. 25. Come learn about our programs for the 2019-2020 season.

If you need more information, please contact Susan Johannes, club president, at victoran@bright-house.com or (570) 862-8785.



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FOR SALE, WANTED AND LOST/ FOUND ADS: There is no charge to residents as long as it is not of a business nature. There is a \$500 limit on FOR SALE items. Items valued at more than \$500 (i.e. golf carts) may be listed, but price will not accompany the ad. Auto, apartment, financial service, home, legal, real estate, and timeshare ads WILL NOT be accepted. Ads may be e-mailed to otownnews@otowfl.com.

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.

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AD DEADLINE: Noon on the 12th 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

Appliance: Eureka vacuum, cleans well. \$75. (954) 790-2591.

Appliance: Homeright steamer/cleaner, \$25. (352) 873-8565.

Appliance: Whirlpool electric 5 burner cooktop, black, \$280. (609) 647-3116.

Appliances: Bissell Power Force bagless turbo vacuum, 12 amp, \$25. Hoover Floormate Spin & Scrub for hard surfaces, \$25. (352) 512-1787.

Appliances: Waring Pro electric food slicer, \$40. Oreck 1600 hand vacuum, \$40. (352) 509-7903.

Appliances: Sunbeam cool mist humidifier, \$10. Haier manual defrost chest freezer, 3.5 cu. ft., \$100. (352) 291-7670.

Automobile Parts: Cadillac SRX used tire, 18,000 miles, \$20. Cadillac CTS thick rubber front floor mats (2), \$25. (352) 512-1787.

Computer Equipment: 24" HP monitor with keyboard, mouse and connecting wires, \$75. (352) 237-4472.

Exercise Equipment: Recumbent bike, \$150. (352) 433-6117.

Furniture: Cherry dining room table and 4 chairs with leaf, \$400. Brown pattern ottoman, \$50. (352) 615-0490.

Furniture: Rattan round dining room table with a 48" glass top & 4 chairs with tropical print pattern, \$100. Glass display case for collectibles, \$50. (352) 450-1001.

Furniture: Twin bed, entertainment center, white fan and twin mattresses (2). (910) 670-8122.

Golf Cart: 2009 Arnold Palmer Freedom with side shades. (352) 873-1297.

Golf Cart Parts: E-Z-GO 48-volt charger, \$275. E-Z-GO front and back seats, \$40. (352) 512-1787.

Misc. Items: 6" Normark filleting knife, \$6. Adjustable camera tripod, \$8. Telescope with tripod, \$5. (352) 873-8565.

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Misc. Item: 48"x22" white vanity sink, \$50. (352) 237-4472.

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Misc. Item: University of Florida Gators beanbag toss, \$80. (570) 640-6756.

Misc. Items: 20 lb. propane tank, \$9. Kohler brushed nickel tub/shower door, 55" x 59-5/8", \$75. (612) 723-4703.

Mobility Scooter: Safari, red, heavy duty, \$400. (352) 615-0490.

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Musical Instrument: Vintage Calace classical guitar, made in Japan in 1960s or 1970s, \$90. (352) 509-7147.

Sports Equipment: Vintage tandem 26" bicycle, new metallic paint with comfortable seats, \$125. (570) 640-6756.

Tools: 1-1/2 HP Poulan electric chainsaw, 14", \$35. (352) 873-8565.

Tools: Craftsman 6-inch jointer/planer with new blades, \$75/obo. (352) 854-4701.

Yard Equipment: 4-gallon back sprayer, \$5. (352) 512-1787.

Yard Equipment: 22" Weed Eater lawnmower with fresh oil change and new air filter, \$30. 16" Black & Decker electric hedge trimmer, \$25. Grass Hog electric grass trimmer/edger, \$20. Handheld fertilizer spreader, \$8. Push type fertilizer spreader, \$8. (352) 873-8565.

Tag Sales

Saturday, Aug. 17: 8711-C SW 90th Street (Friendship Colony), 9 a.m. to 1 p.m.

Friday, Aug. 23 & Saturday, Aug. 24: 8618-F SW 91st Place (Friendship Colony), 8 a.m. to noon.

Wednesday, Aug. 28 & Thursday, Aug. 29: 8886-A SW 95th Street (Friendship Village), 8:30 a.m. to noon.

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Transportation: Appointments, errands, doctor's appointments, shopping, hair, surgery center, church, etc. Diane (352) 854-9999 (resident). Leave message.

Transportation: Doctor appointments, shopping, errands. Call Anna (resident) at (352) 615-0174 (cell) or (352) 873-4151 (home), leave message.

Trusty Toolbox: For all your home improvement needs! Shutters/blinds, handyman services, kitchens, bathrooms, flooring, cedar ceilings, painting, organizational and more. Mention this ad for 10% off. I look forward to serving you! Jonathan (352) 653-8787.

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Appliance: Refrigerator in good condition. (910) 670-8122.

Donations: Bicycles and helmets for children [Tom (352) 861-1575] • Dog or cat food [SPCA of Marion County (352) 362-0985] • Personal hygiene, school/craft supplies & small appliances for homeless; pet food/supplies for animal shelters; used cell phones, computers & musical instruments for troops/veterans; theatrical costumes & props [Donna (352) 237-3062] • Shoes and sneakers for the needy [drop off at Recreation Center] • Toiletries for troops [Bob (352) 854-0702] • Yarn for lap robes for VA hospitals and newborns [(352) 843-6519].

HAM Radio Operators: Support the Community Emergency Response Team. Beth McKeen (352) 237-5079.

Installer: For Jailbroken Firestick. (612) 723-4703.

Musician: Guitar player and singer for an amateur country band. Jeff (352) 509-7147.

Pet Foster Parents: Temporarily open your home to a pet in need. Call S.P.C.A. of Marion County at (352) 362-0985.

Volunteers: Guardian ad Litem volunteers oversee children in the court dependency system (Foster Care) and become the child's advocate and friend. Amariys Ortega (352) 343-2736 or Don Mossa (508) 688-7414.

Lost

Prescription Sunglasses: Black Maui Jim. Accidentally picked up at tag sale on Saturday, June 15 in Candler Hills. Donna (856) 371-7707.

On Top of the World NEWS

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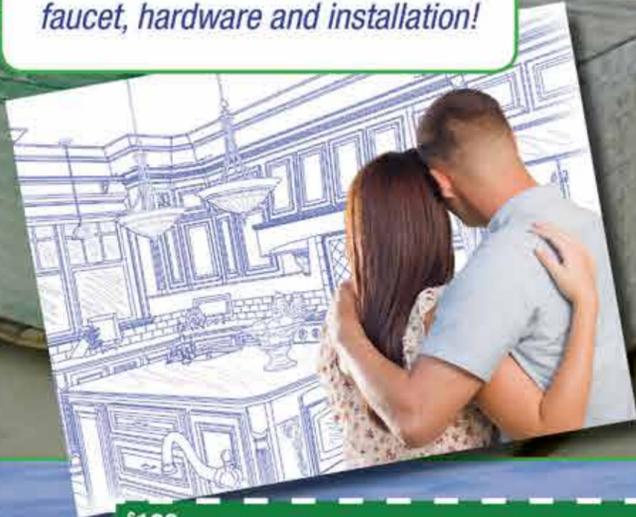
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