Senior Times

LOVE YOUR BONES

INSIDE

DEM BONES
Thrill your grandkids this Halloween with a crafty milk jug skeleton

TAKE A HIKE!
Improve & maintain good bone and cardio health by walking daily

OCTOBER 2017 seniortimesmagazine.com
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Patients come to Exceptional Dentistry from all parts of Florida to experience Dr. Art and Kim Mowery’s world class quality, service and experience in cosmetic, reconstructive, implant and sedation dentistry. The doctors were featured in Newsweek magazine’s “10 Nationwide Leaders in Dentistry and Surgery” showcase in the December 2011 national edition.

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< Marilyn before, age 68
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Drs. Art and Kim Mowery

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Bones are the support system of our bodies and it’s vital that we keep them healthy and strong. Daily walks and attention to necessary vitamins are a few ways to make sure your skeleton stays on track. Learn how to keep “dem bones” connected in this issue!

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BY ERICKA WINTERROWD

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Congratulations to the winner from our SEPTEMBER 2017 issue...

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Greetings, loyal readers! As your new editor, I am honored to carry on the tradition of bringing you stories about the interesting people and important events that make our communities so wonderful. This issue brings you helpful information on strengthening your bones. In this fast-paced world we live in today, it's easy to forget that our skeletons need some TLC too. Read on to learn more about how to keep “dem bones” happy and healthy! I also want to send a heartfelt thanks to our previous editor and my dear friend, Albert Isaac. Albert taught me so much and for that I am very grateful. So with that said, here's to our next big adventures!

:: Correction Notice ::

In the September issue, the gourd showcased on the cover was created by Deb Deffenbaugh with Happy Heart Gourd Art. You can learn more about her artwork at happyheartgourdart.com.
We believe in compassionate care. We believe in industry-leading excellence. And we believe there’s no place like home for healing. Maybe that’s why so many patients and physicians turn to us every day for:

- Skilled Nursing
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Home Health Aides
- Social Services

I believe that better care begins at home.
Tom Petty
OCTOBER 20, 1950

Tom Petty was born in Gainesville, Florida as Thomas Earl Petty. The rock singer/guitarist is the leader of Tom Petty and the Heartbreakers. In 2002, Petty was inducted into the Rock and Roll Hall of Fame. Along with performing in his band as well as occasionally solo, he’s teamed up with other musical legends such as Bob Dylan, Beatle George Harrison, and Roy Orbison in the band The Traveling Wilburys.

“Go after what you really love and find a way to make that work for you, and then you’ll be a happy person.”

A FEW OTHER NOTABLE Birthdays this month

Sting (66)
October 2, 1951

Angela Lansbury (92)
October 16, 1925

Brynn Thayer (68)
October 4, 1949

David Lee Roth (63)
October 10, 1954

Paul Simon (76)
October 13, 1941

Judge Judy Sheindlin

Judy Sheindlin was born Judith Blum in Brooklyn, New York on October 21, 1942 and is well known for her reality courtroom television series “Judge Judy,” DVD “Judge Judy: Justice Served,” and film “CHiPs ’99.” She received her bachelor’s degree from American University in Washington, D.C. in 1963 and her Juris Doctor degree from New York Law School in 1965. After working for 25 years as a prosecutor dealing with juvenile delinquents, she retired and started her television series. Her husband, Jerry Sheindlin, is also a retired judge and author. Sheindlin is a mother of five children and a grandmother of 12 grandchildren.
SPOOK-TACULAR TRIVIA!

Fall welcomes the changing of leaves, cooler weather and the highly anticipated celebration of Halloween! Whether you’re a horror explorer or prefer to be by the candy dish outside of the doorway, this holiday history is sure to get you into the seasonal spirit!

DANCE OR TREAT?
Trick-or-treating used to involve holiday partakers performing dances, plays or songs door-to-door in hopes of receiving a treat!

JACK-O'-LANTERN ROOTS!
Decorative and scary faces were originally carved into turnips, beets and potatoes to scare away spooky spirits of the night.

THAT’S RICH
Halloween was found to be the fifth most expensive holiday in 2015, with the average person spending $75 and the holiday yielding 8 billion annually – that’s a lot of candy!

PET PROJECT
Some animal shelters used to be wary about adopting out black cats around this holiday in fear of the animals being sacrificed. Though as the idea of such gruesome rituals become less heard of and less of a threat, many actually offer adoption specials for these purrfect feline companions!
Dem Bones
Milk Jug Skeleton Project

Story and photography by Ericka Winterrowd

The thigh bone’s connected to the hip bone, now shake dem skeleton bones!
Here is a great DIY Halloween project that will bring thrills and chills to your trick-or-treaters. There’s no need to spend a bundle on spook-tacular decorations this year when you can create your very own Mr. Bones. This also makes a great October activity for the grandchildren! Create the magic by following these steps:

**Supplies:**
- 7 clean and dry gallon milk jugs
- Highlighter to trace pattern
- Black marker to outline pattern
- Craft knife (X-Acto)
- Scissors
- Grandparent supervision required
- Yarn or string to tie dem bones together
- Hole Punch
- Additional: Glow paint and paint brush

**STEP 1:** Take four of the plastic jugs and trace a pattern for hands and feet. A highlighter works great and will wipe off when you are done cutting. If necessary, a black marker can be used to dot the highlighter markings. Cut out hands and feet at the handle, two of each. Punch a hole at the end of each hand and the middle area of each foot.

**STEP 2:** Next, take two more of the plastic jugs and cut out the shoulders at the handle. At the top of the jug side punch one hole and two at the other side.
**STEP 3:** Now take one of the plastic jugs and draw a skeleton face on it and cut it out with a craft knife. Then punch two holes in the bottom as well as at the opening on each side.

**STEP 4:** Next, draw some ribs on the opposite side of one of the milk jugs that were used to make the hands. After tracing the pattern, cut them out using a craft knife. This kind of utensil makes the process a lot easier and precise. Now make a hole in the bottom of the jug and punch a hole at each side of the opening. You can cut out the side where the hand was traced so that it is completely open. This will make the ribs more visible.

**STEP 5:** To make the hips, draw a large oval on the uncut area of the jug that was used to make the other hand. Cut the same oval out on the opposite side so you can see through it. Punch two holes at the jug opening, which will connect to the chest area above. Then punch two holes at the base of the jug towards the front where the leg bones will be attached.

**STEP 6:** Now cut four long bones for arms from one plastic jug that was used to make the foot. Then cut four long bones for legs from the other jug that was used to make a foot. Punch a hole on each end of them.

**STEP 7:** For the final step be sure to sing the lyrics to “Dem Bones” as you cut strings of yarn to attach all the pieces of the skeleton together.

For additional fun, paint some designs on your skeleton with glow in the dark paint or add some yarn hair to the top of his head! The sky is the limit, or should we say six-feet under is the limit? <Insert evil laugh>
Why Assisted Living is a Smart Choice for Seniors

Making a change can be stressful — even if that change is the best thing to do. Many seniors are reluctant to move to assisted living because they’re worried about losing their independence.

The fact is, though, that living in a home you can no longer take care of and relying on family to help you with daily activities in their spare time isn’t the independent lifestyle you were hoping for. Here are some ways assisted living communities like The Windsor of Gainesville can help seniors maintain their independence.

Choose new friends. Our desire for companionship is lifelong. Yet about half of older adults in the United States report experiencing some degree of loneliness — and 19 percent of seniors say they’re lonely relatively frequently — according to the AARP Foundation. And recent studies show that the health risks of prolonged isolation are equivalent to smoking 15 cigarettes a day.

Assisted living gives seniors access to communities full of people with similar experiences and interests, so it’s easy to meet new friends without worrying about coordinating schedules and arranging transportation. Simply stroll into The Windsor’s courtyard, dining room or bistro and strike up a conversation.

Choose to pursue new interests. Retirement is the perfect time to explore hobbies you may not have had time for while you were working and raising a family. Seniors in The Windsor’s Florida locations are avid painters, quilters, gardeners, and more. Our robust Life Enrichment Program offers engaging activities each day to help seniors discover a new talent or pursue a lifelong passion.

Choose getting around without the hassle. Many seniors find that driving their own cars becomes difficult or uncomfortable long before they’re ready to give up their independence. Don’t worry — we’ll give you a lift! At The Windsor, scheduled trips to local restaurants, attractions, and shopping make it easy to enjoy all Gainesville has to offer.

Choose a maintenance-free lifestyle. Taking care of a house can be time-consuming and tiring. At The Windsor, residents enjoy our beautiful courtyards, comfortable common areas and stylish apartments without lifting a finger. Housekeeping and laundry services can handle all the chores you used to do yourself, freeing you up to spend your time the way you choose.

Choose increased independence. Assisted living means help is available whenever you need it. Experienced associates help you with tasks like getting dressed or tracking your medication. You can feel confident knowing helpful associates are always nearby when you want or need a hand.

Choose on-site amenities. Assisted living communities provide everything you need in one place. The Windsor features a movie theater, dog park, and beauty salon — bringing convenience and leisure right to your doorstep. Save yourself time without neglecting the things that matter to you.

Choose The Windsor. With 10 locations throughout Florida, it’s easy to see why so many seniors choose The Windsor as their home. The Windsor of Gainesville is now taking deposits! Call or visit our Welcome Center to learn more about choosing The Windsor’s state-of-the-art features and inviting aesthetics for your next home.
For over 50 years, L.Q. Jones was a familiar supporting character actor in some 100 films and hundreds more television shows. Lanky, tough, and athletic, he could tackle any role, but was often cast as the ‘heavy’ in westerns and dramas — projecting the ‘bad guy’ image with merely a sinister smirk or a menacing twinkle in the eye.

Over summer (August 19) Jones turned 90, and two days later hosted a showing of “The Wild Bunch” at Grauman’s (now the TCL) Chinese Theatre. Born and raised in Texas as Justus McQueen, relatives took care of the young boy after his mother was killed in a car accident.

“I was born in Beaumont, although they may try to disclaim me, but it’s too late now!” said Jones from his home in LA. “We moved around quite a bit, to Houston to Dallas to Oklahoma City, back to Beaumont, and finally Port Neches. I had a horse by the time I was eight or nine, and grew up around tough rodeo people -- my uncle was into roping -- so westerns were easy and fun.”

In college, at the University of Texas at Austin, his roommate for over a year was Fess Parker. While the future ‘Daniel Boone’ actor moved west to Hollywood, McQueen headed south and took up ranching in Nicaragua. When Parker sent his buddy a copy of Leon Uris’s war novel “Battle Cry,” about to be filmed, McQueen thought one character could be his ticket to fame and was encouraged by Parker to come out to Hollywood.

“Within two days of arriving, I had the part of L.Q. Jones in ‘Battle Cry’ and probably would never have been in the business had it not been for Fess,” Jones said.

Despite lacking Hollywood experience, McQueen had worked some comedy acts during college to help pay the bills. This experience, no doubt, helped him play the comic relief character in the 1955 war drama like a veteran.

After adopting his screen character’s name, the lad from Texas quickly settled into Hollywood and soon became a favorite supporting actor in Sam Peckinpah’s films, such as “The Wild Bunch.”

“Sam was a genius and I loved him, but he was a basket case. He drove everybody nuts,” he said.

That was evident during the production of “Major Dundee” with Charlton Heston.

“Heston was using a real saber for one scene. Sam made him so mad, Chuck came within an eyelash of cutting Sam in two -- and it scared Chuck because he damn near did it,” Jones said. “Sam
found a way to get under your skin to get what he wanted out of you.”

Jones calls “The Wild Bunch” a “hell of a movie,” but believes Peckinpah’s “Ride the High Country” was the best Sam ever made. “Just gorgeous to watch,” he said. “Although I cry like a baby at the ending.” Jones went on to say it’s “one of the best Saturday afternoon westerns you could ever sit and watch over a bowl of popcorn”.

And while he had a few lead roles in films, Jones was content as a supporting actor. “I suppose I could have worked my way up the acting food chain, but character work was very rewarding and great fun,” he said. “I loved playing the heavies because I could do what I wanted and got to work with the best in the business, so I consider myself very lucky.”

Nick Thomas teaches at Auburn University at Montgomery, Ala, and has written features, columns, and interviews for over 650 newspapers and magazines.
Embracing Life

The Eighth Wonder of the World

With lots of encouragement from my daughter (Loni) and grandson (Owen), I hiked to the summit! As a senior citizen, I questioned my ability to climb 1,686 feet to the peak of a colossal mass of plutonic rock. Okay, it was not Mount Everest, but nonetheless it was an accomplishment. Our expedition took place on Stone Mountain.

This was not my first trip to Stone Mountain, but it was the best. Prior stopovers were brief. On one family vacation, we paused to picnic somewhere on the park's 3,200 acres. Another time we arranged for a nighttime drive-by to see the laser light show. The sole purpose of this trek was to explore Georgia's most prominent landmark. Each of us, however, had different expectations.

Owen gasped at his first glimpse of Stone Mountain! He saw this gigantic rock as a humongous playground. His fascination expanded well beyond the trail; especially intriguing was the amphibious DUKW “Duck” vehicle tour.

Our guide on this land and lake adventure issued mouthpieces called “quackers” to all passengers. Enthusiastic encounters ensued when two Duck vehicles crossed paths. Everyone used their assigned quacker to make roaring duck calls at the opposing vessel. Young and old alike participated in the battle of the loudest. After we plunged into the water, Owen was allowed to maneuver the former Army vehicle, once used in live combat. Being a temporary captain was a highlight for my 7-year-old grandson. Witnessing his facial expression quacked me up. (Sorry, I could not resist.)

Loni's mission was to continue a healthy lifestyle while on vacation. She packed pre-portioned meals and quality snacks. Since we did not want to leave the park, this reduced our temptation to devour junk food. The park offered many opportunities for Loni to pursue physical fitness, including rock climbing competitions. Loni entered several heated races. Even though she performed amazingly well, she did not win.

More importantly, my determined daughter increased her running speed and endurance. Every morning she began her day with a jog up to the summit and back down to the base.

The highpoint of her trip was when she met the Georgia State football team on the trail. Even though she confessed to being a University of Florida graduate, they allowed her to take pictures and workout with them. She was motivated when the players and coaches chanted, “Hard Work Easy Work.”
While Loni was running, I was investigating the mountain's controversies. One myth is that Stone Mountain is the world's largest piece of exposed granite. The “Geologic Guide to Stone Mountain Park” indicates that it is the largest granite dome in the United States east of the Mississippi River, but not the world.

Another debatable detail is that Stone Mountain is the remnant of an old volcano. The “Gainesville Times” reported, “It formed when magma, or molten rock, pushed upward into the solid crust from a very great depth. It didn’t make it to the surface. Over a period of several thousand years, it cooled and solidified into granite.”

This month’s column would be incomplete without mentioning Stone Mountain’s relief sculpture. The 3-acre confederate memorial carving (which some may see as controversial) stands 400 feet above the ground. This mammoth project began in 1923 and took a half-century to complete. Albeit a vivid reminder of our past, the bas-relief is an artistic masterpiece.

In spite of its myths and controversies, Stone Mountain remains an extraordinary historical site. The fact that most of the mountain actually lies beneath the surface is absolutely astonishing. It is estimated that the underground granite extends ten miles deep and nine miles wide. The visible dome is merely the tip of the massive mound.

My soul soared when I witnessed the trail to the top. People of all ages, races and religions joined together for a united goal... to reach the summit. I am grateful for the opportunity to embrace a unique mountain, considered by some to be the Eighth Wonder of the World.

Donna Bonnell is a freelance writer who moved to Newberry in 1983. She enjoys living and working in the town she now calls home. bonneldj@gmail.com
Take a Hike!
One Foot in Front of the Other

STORY AND PHOTOGRAPHY BY DARLA KINNEY SCOLES

When it comes to writing a prescription for improving and maintaining both good bone and cardiovascular health, daily walking - especially outdoor walking - is a great drug-free option. Take a hike, a walk, a leisurely stroll; every step will benefit the body (and mind!) in a variety of healthy ways.

MOVE MUSCLES, STRENGTHEN BONES

According to American Bone Health, a national non-profit organization dedicated to educating the public about bone health and fracture prevention, the benefits in greater muscle strength and better balance control from a regular, long-term walking regimen can reduce the risk of falls, a common cause of fractures for senior citizens.

Sandra Friend, of FloridaHikes!, a website and blog dedicated to regular outdoor adventuring in the Sunshine State, encourages Seniors to hike regularly. “Hiking is great for all ages, as walking is the simplest form of exercise,” Friend said in a recent email. “It can be as easy or as tough as you want it to be. A gentle walk in the park or an overnight backpacking trip? That’s your choice based on your knowledge of your health.”

Health studies have also shown that as muscles are strengthened, stronger bones can result. Walking is a great way to include a weight-bearing exercise to an individual’s fitness routine. No need to pick up barbells or strap on leg weights. Body weight provides that critical element in bone strengthening.
TAKE IN FRESH AIR

Generously inhaling fresh air while hiking not only helps clear the lungs, but also increases the amount of oxygen being transported to the body’s cells — creating renewed bodily energy and often mind clarity as well.

A good deep breath of outdoor air has healthy impacts for a scientific reason: Phytoncides.

Phytoncides are substances emitted by plants and trees (the forest, aroma, if you will) for protection against insects and rot. When inhaled by folks on a wooded-area walk, these natural chemicals have a variety of positive impacts on human health — reducing stress, lowering blood sugar, improving concentration, minimizing pain, and boosting overall immunity. Such study results have been consistent among “forest bathing” subjects in both the United States and Japan.

SOAK UP SUNSHINE

The health information website Healthline.com, offers multiple benefits to taking in 30 minutes of sun with skin exposed - including an increase in mood-boosting serotonin, up to 50,000 IU's of vital-to-bone-health Vitamin D, therapeutic benefits for those with skin conditions such as psoriasis, eczema, jaundice, and acne, and even a preventative boost against cancers of the colon, ovaries, pancreas, prostate, and Hodgkin's lymphoma.

With most walking and hiking groups scheduling events in the winter months here, getting those Florida rays isn't as brutal as one might imagine. The Sandhill Chapter of the Florida Trail Association (FTA) has a Meetup group where information on upcoming hikes is readily available.

“Almost all of our activities are open to the general public as well as FTA members,” said Sandhill Chapter member Deb Blick in a recent email. “We are right now putting together our fall and winter events and have quite a few of them posted already at www.meetup.com/Sandhill-FTA/, where we hope seniors will feel welcome to join.”

Blick states that while they don’t gear activities specifically to Seniors, the majority of their active members are retirees and empty nesters.

“We offer activities that range from short nature walks to more strenuous backpacking overnights and trail maintenance weekends, so there is a wide variety to choose from during the fall through spring season.”

CONNECT WITH NATURE

Relief from stress, lowered blood pressure, improved short-term memory, restored mental energy, reduced inflammation, better vision, improved concentration, mental clarity and creativity, boosted immunity, lessened anxiety, depression and other mental health issues: These are all scientifically proven benefits from spending time in the great outdoors and all issues often faced by the senior citizen population. Nature hikes can help.

“The majority of our friends who hike and backpack are older than us. Many took up hiking once they were retired.”

“Being out in nature;” Friend said, “that’s the spiritual benefit to hiking outdoors. It is calming. It’s easy to forget about the stressful world around you when you’re watching a gopher tortoise munch on a blade of grass, or peering into the center of a butterfly orchid, or just listening to the crunch of leaves beneath your feet.”

JUST KEEP WALKING

When planning a walking regimen, as with most things in life, consistency, not mileage, matters. A study reported on by the American Heart Association concluded that walking briskly can lower a person's risk for diabetes, high cholesterol and high blood pressure — all risk factors for heart disease and stroke. The study also showed that the more the test subjects walked each week, the more their health benefits increased.
Seniors can be encouraged by these findings and by the fact that hiking is one of the most popular and accessible physical activities for the 55+ age group.

“We’re both over 55,” said Friend, of herself and partner John Keatley, who have co-authored several books and guides on hiking in Florida. “I’ve hiked and backpacked several hundred miles this year already while doing research for hiking guides. The majority of our friends who hike and backpack are older than us. Many took up hiking once they were retired.”

**Hiking: Head to Toe**

The FTA, the nonprofit steward of the 1,300-mile Florida Trail, is one organization that can offer would-be hikers head-to-toe advice on getting started. FloridaHikes! is another.

“It’s important to know your physical condition before you take off into the woods,” Friend said. “Make sure you’re carrying enough water with you for the distance you plan to go, and a snack. Use bug spray and sunscreen. And if you are going solo, let someone know where you’re headed and when you plan to return.”

For Seniors specifically, well-fitting shoes, hiking poles, hats, maps, a compass, fully-charged cell phones, important medications, and proper attire are vital factors in having a positive hiking experience.

Fresh air, sunshine, nature and movement will take care of the rest.

For more information on Florida hiking, visit: floridahikes.com and floridatrail.org.
SunState Federal Credit Union has been serving our community for over 60 years. Since the beginning we’ve always found ways to support some of the area’s most amazing charitable organizations. Check out our Facebook page for more information and get involved!

Dreamer’s Foundation

**IMPROVING LIVES ONE EVENT AT A TIME**

Most of us remember our Senior Prom. That high school right of passage where women don gorgeous dresses and men wear fancy suits and bow ties. Almost all of us can think back to our proms and remember our dates, what we wore and even where we had dinner before the event. Maybe you remember the theme, the decorations or the music you danced to. But for some, an event as common as prom just isn’t an option.

It was a 10-year dream for Wanda Jackson, founder of the Dreamer’s Foundation, to host a free, community-wide dance for the hundreds of intellectually challenged men and women living in group homes, ARC or other facilities in our area.

“There is no greater achievement than empowering intellectually challenged persons in our community and helping them with their dreams,” said Wanda recently. “Any opportunity where they can be a part of our community, and get out of the homes in which they spend most of their lives, provides them with a joy that is incredible to witness. Our annual gala event does this and so much more.”

The Dreamers Foundation was established almost eight years ago and is dedicated to enriching and strengthening the lives of the intellectually disabled community. As a mother to an intellectually challenged son, Wanda learned quickly that help
for people with intellectual challenges, or support for their families, wasn’t readily available. The Dreamer’s Foundation provides opportunities for people with disabilities in Alachua County by promoting the capabilities and talents of youth, adults, and senior citizens facing those challenges. As a volunteer organization, The Dreamer’s Foundation seeks to provide family and individual services in an effort to further develop interpersonal skills that will lead to an improved quality of life for the families involved.

“Our whole goal is to help people in need,” Wanda said. “Through our events we are able to bring people together, give them a sense of community and most importantly, help them to live more fulfilling lives.”

“In addition to the annual “Prom” style event, Wanda and her team of volunteers hold other community events, all geared towards helping families and people in need. From an annual fashion show to the huge bake sale event held in November each year, the Dreamers Foundation depends on the generosity of area businesses and individuals to financially support the various programs the foundation offers. With no overhead costs, all of the donations raised each year go directly to furthering the mission and supporting their clients.

“Almost all of the money we raise goes right back towards the events we produce. Partners like SunState Federal Credit Union play such an important role in our ability to continue from year to year. They’ve always helped us when we needed them and we are so lucky to have them as a community partner.”

Wanda and her team are always looking for people who have the heart of a servant and the will to help others. Donations can be accepted by making a check payable to the Dreamer’s Foundation, Inc. and mailing it to 914 NW 16th Avenue, Gainesville, Florida 32601. If you’re interested in learning more about this amazing group or ways you can help, contact Wanda directly at 352-374-7955, or you can call the marketing department for SunState FCU.
**Boney Bunch**

**Ten Top Tips for Keeping Your Bones in Tip-Top Shape**

**BY CAMERON COBB**

Beginning on World Arthritis Day (Oct. 12) and ending on World Osteoporosis Day (Oct. 20), Bone and Joint Action Week raises awareness for all sorts of skeletal subjects. With arthritis affecting almost 40 million Americans (according to medicinenet.com), osteoporosis affecting nearly 10 million (according to cdn.nof.org) and countless other bone-related diagnoses — it’s certainly important to know how to help your joints survive and thrive. Here are 10 ways to help benefit those bones!

**Calci-yum**

With most being familiar with the repetitive “drink your milk to keep your bones big and strong” advice, it’s likely no surprise that proper calcium intake made it on the list. Yet some studies conclude that 90 percent of women and 70 percent of men don’t obtain enough of the mineral, according to insidetracker.com. With nearly all the body’s calcium stored in your bones and teeth, it’s critical for strengthening your skeleton and giving it structure.

While low-fat milk and other dairy products are great sources, there are plenty more you can turn to. Almonds, tofu and quinoa are just some out of the many calcium-rich foods. Men and women between the ages of 19-50 should get 1,000mg per day, and woman age 51 years and older and men aged 71 years and older should get 1,200mg per day. For reference, an 8-ounce glass of nonfat milk has 299mg, an 8-ounce container of nonfat yogurt has 415mg, and a half-cup of firm tofu has 253, according to ods.od.nih.gov.

**Vita-vigilance**

All good things come in moderation, including vitamins like calcium. Studies show that men and women who get more than the recommended dose have an increased risk for strokes and heart attacks, according to health.clevelandclinic.org. Too much calcium can lead to mood disorders, muscle and abdominal pain, kidney stones and even the life-threatening issue of hypercalcemia, according to healthcentral.com.

**Buff bones**

Move over, muscles — make way for some competition. Bones are made up of living tissue that become stronger with regular exercise, which can also decrease your chances of bone loss, according to niams.nih.gov. Along with reaching peak bone mass, working out helps improve coordination, balance and muscle strength, thus a greater prevention of falls that might lead to fractures or breaks. It’s suggested to perform at least 30 minutes of daily physical activity, with weight-bearing exercises being best for bone health, according to webmd.com. Such activities include tai chi, yoga, golf, dancing, hiking and more.
Ten to 15 minutes in the sun without sunscreen for one or two times a week provides about as much Vitamin D as you’d need.
Under the sun

In addition to calcium, another prime vitamin for keeping your bones healthy is Vitamin D. Your body creates this nutrient from something as simple as sunlight-to-skin contact. Ten to 15 minutes in the sun without sunscreen for one or two times a week provides about as much Vitamin D as you’d need, according to webmd.com. Any longer than that — be sure to apply sunscreen, stay shaded and wear protective clothing.

Foods like cheese, egg yolks, mushrooms and certain breakfast cereals can also provide Vitamin D. So enjoy a luxurious day at the beach featuring your favorite snacks (guilt-free) knowing it’s for your health.

Got fruits and veggies?

While dairy’s usually dubbed the calcium king, your daily servings of fruits and vegetables do more than you may think. Collard greens, mustard greens, kale and other dark, leafy vegetables contain calcium (such as a cup of turnip greens, which provides roughly 200mgs), according to webmd.com. Citrus fruits offer Vitamin C — proven to prevent bone loss — with one pink/red grapefruit holding 91mgs (enough for your daily intake). Fortified orange juice can give your body some if not all of the same amount of calcium as milk. Figs contain 90mgs of calcium along with other skeleton-strengthening nutrients, like potassium and magnesium.

Bad to the bone

What you DON’T do is just as important for your bones as what you DO. For instance, drinking alcohol can lead to bone loss, and the National Osteoporosis Foundation recommends consuming no more than two to three drinks a day. Caffeine can decrease calcium absorption and contribute to bone loss,
so limit coffee, sodas and other caffeinated beverages whenever possible. Excessive amounts of sodium can cause calcium deficiencies and bone loss, therefore try to minimize salty foods and keep your daily sodium intake at about 2,300mg.

**Bone appétit**

Eat enough! Restricting your number of calories can cause far more harm than weight-loss help. When you don’t intake enough calories, you’re essentially robbing the body of necessary nutrients, according to annamarshnutrition.co.uk. If vital organs aren’t getting a sufficient amount of energy, they could take away from your bones’ supply and cause those structures to suffer.

**Magnesium, zinc and omega-3 fats – oh, my!**

Magnesium helps with converting Vitamin D into its active, calcium-absorption form, according to healthline.com. Studies have shown that magnesium consumption results in higher bone density than for those who received the administered amount. Dark chocolate, avocados and bananas are some examples of excellent sources of magnesium. Zinc makes up the mineral portion of bone structure, promotes the development of bone-building cells and prevents the breakdown of bones, according to healthline.com. Shrimp, spinach, oysters and pumpkin seeds all contain zinc. Omega-3 fatty acids aid in protecting your body from bone loss that is inevitably experienced when you age, and can be found in foods like fish, chia seeds, flaxseeds and walnuts.

**It’s in your bones**

Learn your medical family tree. If one or more family members have been diagnosed with bone-related diseases, it’s important to let your doctors know so they can ensure you’re doing and getting exactly what’s needed for the core of your being. Remember, preventative maintenance is the easiest kind of maintenance, so make sure you’re staying up-to-date with physicals, bloodwork and other health appointments.

**DNAAnatomy**

The test called “DXA” (dual-energy X-ray absorptiometry) offers a simple, painless opportunity to get a better look at your skeletal specifics, according to health.clevelandclinic.org. It measures bone mineral density and helps to determine risks for fractures and osteoporosis. DXA testing is recommended for women within two years of menopause and earlier for men and women diagnosed with certain types of diseases or taking medications that increase these risks, according to the website.

Maintaining healthy bones is important for everyone, and that becomes increasingly imperative as your body journeys through the aging stages of life. So stand tall and proud knowing your bones are working hard to ensure you’re able to do so!
Simply Smart Travel
Cedartown, Georgia
Fleeing Irma, Finding Southern Hospitality

BY JEFF AND VIRGINIA ORENSTEIN

We always try to plan our Simply Smart Travel trips well in advance. We have found that it pays to do our homework and research the best places to stay and learn about our destination’s attractions and culture. However, sometimes this kind of planning is not always possible. That is the situation we faced at our Sarasota, Florida home as category 5 Hurricane Irma churned toward us, days away. The official message was clear: get out if you can or go to a shelter if you cannot.

THE EXODUS BEGINS
We heeded the advice and fled north. But planning and preparation still proved to be valuable and made our evacuation less stressful.

After poring over TV weather reports and downloading the Florida Storms app for our phones, we filled our gas tank, loaded our precious computers in the trunk, packed appropriate clothes and a few necessities and decided that northwest Georgia seemed to be a good place to evacuate to, given the storm’s predicted path. Knowing Atlanta would be mobbed by evacuees, we decided on Cedartown, Georgia. This town is 60 miles west of Atlanta. We made a reservation for two nights at the Cedartown Best Western and hit the road four days before the storm was scheduled to hit.
We figured and soon verified that the highways would be clogged. So we got on our phones and started to call hotels along the way, since it became obvious that we would not make Cedartown in the normal drive time of nine hours. After getting a lot of “Sorry, we are full” responses, we found one in Tallahassee and arrived there after a ten and a half hour drive (normally about five and a half), mostly on secondary roads because I-75 became a parking lot.

SOUTHERN HOSPITALITY

The next morning, we set off from Tallahassee on U.S. 27 toward Cedartown and arrived there in mid-afternoon. After checking in to the hotel, the front desk suggested that we go to Jefferson’s restaurant across the street for dinner since they were offering free food to Florida evacuees. That was our first taste of southern hospitality. What wonderful and generous people. We tried to pay but they would not accept it.

The hotel filled up fast and by the next morning there were people sleeping in campers in the parking lot (provided gratis by people in the town). And the hotel even opened a room for showering — for those evacuees without a hotel room of their own. Even though we had reservations for two nights, the hotel accommodated us and extended our stay for four nights.

The lobby of the hotel began to fill up with huge quantities of food, bottled water, diapers, pet supplies, toiletries and so forth. Private citizens, stores and local churches donated the items and made sure all the donations were available for the taking, no questions asked. The local volunteer fire department showed up and made provisions to set up a huge tent if needed. Fortunately, it was not needed since the hotel allowed people to stay in the lobby and in the campers in the parking lot.

Soon grills appeared on the lawn and the townspeople began grilling hamburgers, hot dogs and bar-b-que and urging evacuees to take their fill. They kept it up every day until two days after the storm, when we left to return home. Nobody would take any money for anything.

To put it mildly, the people of Cedartown stepped up and showed what hospitality is all about.

Since we had a car, a room, credit cards and adequate provisions, we decided to make the best of a bad situation and explore the region. Cedartown, the county seat of Polk County, is a picturesque town with a population of 9,750.

The town was named for its Red Cedar trees and its downtown is full of historical buildings. It is listed on the National Register of Historic Places because of the 1890’s architecture. Although the town was ravaged by the Union Army during the Civil War, the coming of the railroad and U.S. 27 helped it recover in the late 19th and early 20th centuries.

Postscript: We arrived back home to no damage. Irma had largely spared our town. Unfortunately, other places were not so lucky. Thanks for everything, Cedartown!
The old mill at Martha Berry College in Rome, Georgia is a beautiful place to visit.
BEFORE YOU GO, CHECK OUT:
• downtowncedartown.com
• exploregeorgia.org/city/cedartown
• roadsidegeorgia.com/city/cedartown.html

GETTING THERE:
• By car, Cedartown is located on U.S. 27, 27 miles north of I-20 and 60 miles from Atlanta and its interstate highway connections.

• By air, the nearest major airport is Hartsfield-Jackson International (ATL) in Atlanta.

• By train, Atlanta is the nearest Amtrak stop. Birmingham is 120 miles away.

MUST-SEES FOR A SHORT TRIP:
• Historic Cedartown downtown.

• Big Spring, the largest natural limestone spring in the South.

• A stroll on the Silver Comet Trail which runs through town.

IF YOU HAVE TWO OR THREE DAYS, ENJOY:
• A drive to the restaurants and antique shops at nearby Cave Springs.

• Seeing the still-open West Cinema Theatre’s art-deco architecture.

IF YOU HAVE SEVERAL DAYS, ENJOY:
• Exploring the gorgeous campus of Martha Berry College in Rome, Ga.

• Wandering through the Museum of Coca-Cola Memorabilia in Cedartown.

Cedartown, Georgia at a Glance

Over 50 Advantage: Small town Georgia oozes history and hospitality. Cedartown’s historical downtown is walkable and welcoming.

Mobility Level: Public and commercial buildings are accessible. There is no public transit system. The terrain is flat-to-rolling and most places have convenient on-street parking. A car is a necessity.

When To Go: When you need to, with enough time to beat the throngs of last-minute hurricane escapees. Hurricane season is June through November. Georgia summers are hot and autumn turns cool to cold.

Where To Stay: Before you leave, make hotel reservations. Expect traffic congestion, since you won’t be the only one with plans to evacuate.

Special Travel Interests: Safety and a place to be comfortable during a hurricane evacuation. While you are away, be sure to explore your surroundings and enjoy the hospitality, history and charms of Cedartown.
Elizabeth Jones walked into the welfare office in Gainesville for her second day at the location since being transferred from Chiefland.

As with her first day, the atmosphere didn’t seem like a good fit for the 19-year-old stenographer — and neither did the “cell with a light bulb” that was her workspace.

“And when it came time for lunch ... they said, ‘Go to Louis’ diner,’” the now 85-year-old remembered of that day in 1952, referencing longtime Gainesville staple Louis’ Lunch, which closed in 2010 after 82 years.

“Nobody said, ‘Betty, would you like to go to lunch?’ ‘Betty, you wanna have a cup of coffee?’ or anything. So I went to lunch, and I found a phone, and I called the lady, and I said, ‘I am sorry. I’ve never done anything like this in my life. But I cannot come back to your job.’”

And she didn’t. Jones stuck to her abrupt resignation, and she certainly didn’t regret it. But the teen still needed a next move: not school (“I was young, and I didn’t want to go to college”), so it had to be work.

As is with most things in Gainesville, her rooming house rang of the University of Florida, as all of the other women who lived in it were either UF employees or students.

The obvious course, then, was to join them at UF, and the working ones told her how: take the test that measures shorthand and typing abilities offered at the Seagle Building downtown.

So Jones did, and thanks to gaining those skills in her hometown of Live Oak, she got the scores necessary to become a secretary at UF. It’s there she started in September 1952, and it’s there she remains today, working as a receptionist for the UF Information Technology office in Turlington Hall.

To save you some math effort, that’s 65 years (if you include two year-long gaps: one upon the birth of her son and the other following her 1994 “retirement”).

Regardless of whether it’s 63 or 65 years, though, UF maintains that she’s by far the longest-serving employee not only now but also ever.

“This is my university,” she said confidently. “This is my UF.”

Over the decades, while working in different offices, Jones has carried out the duties typical of a secretary, receptionist, administrative assistant, and staff assistant — all titles she’s held.

But she’s learned to wedge in a little something extra not listed as a job role: periodically moving about the office to make sure everyone is cheerful and feels welcomed.

Jones — or, popularly, “Miss Betty” — does this in part by capping off about one in five sentences with an endearing name. Her weapon of choice is “darlin’.”

“This woman’s energy is like that of a 60-year-old, easily, or less,” said UF Information Technology Web Services Manager Kimbley Standifer, who has worked with Jones for seven years.

“I’ve seen 50-year-olds move slower than she does. She’s amazing. She keeps me happy. Everybody’s a darlin’ or a sweetheart.”

For someone who tried to quit school in the first grade and only briefly latched onto the idea of attending college, Jones said she sees the irony of building a career within education.

But it’s that same devotion that has indeed given her an education, an infor-
“The truth is, I have had the best education possible because I had access to all the professors, and all you had to do was ask ‘em a question, and you get a lecture.”
mal one but one that she equates to a Ph.D. in psychology.

“The truth is, I have had the best education possible because I had access to all the professors, and all you had to do was ask ‘em a question, and you get a lecture,” Jones said.

“I’m a good manipulator,” she added, describing the ability as a positive to getting things done. “And that’s what I love is the people.”

Jones took life’s first steps as Elizabeth Bass in 1932 on her parents’ farm in Suwanee County, three miles outside of Live Oak. It’s there that she and the six Bass brothers grew up and got their first touches of work, helping tend to cows, pigs, chickens, watermelon, cotton, corn, and tobacco, her dad’s main money crop.

The farm had modern conveniences others didn’t, most notably a gas generator for electricity as well as a pump and collection barrel that provided running water. Another feature of the property: three houses for three black families of sharecroppers.

One of the families, the Williamses, had a daughter about Jones’ age, so the two became playmates and each other’s first friend. Jones attributes this interaction to her later being a supporter of black Americans during the civil rights movement, desegregation, and school integration, including at UF.

(The university admitted its first black student, George Starke to the College of Law, in 1958, six years after Jones started working at the university.)

Jones’ pre-teen years lined up with World War II, and this was an especially turbulent time for the family because the four older Bass brothers ended up in wartime service. Only one, though, was injured.

Initially that brother, the third oldest, remained on the farm through a military exemption, “but one day, while he was out there digging stumps, he put his shovel down and walked to
town and signed up for the Marines,” Jones remembered.

Aboard an amphibious craft headed onto the island of Tinian, the brother took a Japanese bullet to the shoulder. After the war, pain medication evolved into alcohol, and another brother’s attempts to get him dried out proved to be a challenge.

“It ruined him and the family for a good long time because it took away his shoulder socket,” Jones recalled.

The family took another blow with the father’s death in 1949, but the brothers picked up work at the farm and managed it for many more years.

Meanwhile, as a senior at Suwannee High School set to graduate in 1950, Jones did consider the possibility of college and took the Florida Twelfth Grade Test, a minimum score on which was required by universities in the state.

But she didn’t receive much encouragement from her school. When she went to ask the assistant principal about her score on the test, “he said, ‘Why do you want to know what score you made?’

“I said, ‘Well, I might want to go to college.’ He said, ‘You won’t go to college.’ He said, ‘You’ll be married in two years.’ I mean, that’s the kind of atmosphere it was, darlin’.”

(Later, while working in a UF office that had access to the scores, she saw that hers was only one point lower than the student who got Suwannee County’s sole scholarship from the state.)

Without college at the forefront, Jones went to work, first doing clerical tasks for Ford Motor Company in Live Oak, then as a stenographer in the welfare office in the city. She got

Two work-study students in perhaps the 1960s or early ‘70s who worked with Jones in the College of Education’s Educational Media Center.

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transferred to Chiefl and then to Gainesville, where she quickly eased into UF.

When she arrived here in her story, she asked me to guess her starting monthly salary at the university. I was hesitant at first because I knew I’d be way off, but I eventually offered up $800.

“It was $125 a month.”

Her position was in the now-defunct Department of Industrial Arts in UF’s College of Education in Norman Hall, which at the time still housed P.K. Yonge Laboratory School.

That first semester in 1952, she found out she got a free day for the university’s homecoming parade, which goes down University Avenue each fall and today still means a Friday off for students and workers alike.

Jones did have a boyfriend at the time, but she reached out to her cousin instead.

“I don’t know why I didn’t call my boyfriend,” she remembered. “I called my cousin Tom and said, ‘Are you going to the parade?’”

Tom, a UF student, arrived to pick his cousin up with another student, his friend Harold Jones, and the three went together.

“Between the two of ‘em, I laughed during the whole parade,” said Jones, who married her cousin’s friend on June 13, 1953. “Harold still makes me laugh.”

This time of joy for the newlyweds was one of darkness for the U.S. The beginnings of the civil rights movement and its push for desegregation met considerable opposition — at UF, across the South, and back at the family farm in Suwannee County.

Jones would go home on the weekends, and she and her brothers “would visit and talk and argue occasionally.” At points, the debates became so intense that Jones walked out of the house and to her nearby sister-in-law’s.

“One [brother] said to the other one something about Sister being down there with all those Yankees,” Jones remembered.

“They were having problems with the integration of schools in Live Oak because it wasn’t easy. [My brothers] were all good, but it was a very difficult time, very difficult.”

Jones has UF-specific stories from integration and from another dark chapter during the 1950s and ‘60s: the Johns Committee investiga-
tions into homosexuality at the university and at others across Florida, which were meant to remove gay and lesbian students and professors.

But some recollections from these eras she doesn’t want shared publically.

“It was an interesting time to go to those meetings” at the university on integration, she said. “I’m glad to see that it’s working.”

Jones and her husband gave birth to their only child, Hal Jr., in 1957, and he also experienced racial conflict firsthand once he grew into school age.

“He had friends, black friends, who would say, ‘Hal, don’t hang around this afternoon,’” Jones recalled. “But he knew about the things that were happening: fights after school and ganging up and boys bothering girls.”

Hal Jr. said he remembers the 1969 closing of Lincoln High School, an all-black school that also educated middle-schoolers, and students from it first arriving at his school, Westwood Middle.

“I made some super friends that I otherwise would’ve never gotten to know,” he remembered. “But still, it was tough for everybody.”

Jones did leave UF in August 1958 because she planned to be a stay-at-home mom. But a little more than a year later, the secretary who replaced her became pregnant herself, so Jones went back to work to fill in.

When the replacement returned, Jones stayed in the College of Education but, in 1959, moved over to an empty spot in its Educational Media Center — a secretarial role but one that included the handling and reserving of audio-visual equipment and films for classes in the days before PowerPoint and YouTube.

This new position came with a promotion, and eventually, perhaps in 1972, her boss put her in for another.

Around the same time, a Gainesville engineering firm became interested in hiring her after a recommendation from a former UF doctoral student whose wife also worked as a secretary at the firm.

Before making a decision, Jones went to visit the College of Education’s dean to see if he planned on approving her promotion. “He looked at me and he said, ‘Ah, Betty … I think you’ve made up your mind what you’re gonna do!’ I probably said, ‘Yeah, I think I’m just now making up my mind.’”

So she chose the engineering firm — only to awake that night crying because she’d go from working with people constantly to a more isolated office and position that came with meager tasks like buying bouquets for the firm’s president to give to his wife.

“You don’t have to go work down there,” Jones’ husband told her that night. So she chose to stay at UF.

Soon after, in 1973, she moved into the role of staff assistant in the Office of Instructional Resources, located in the old Library East building.

The office was an all-purpose one, in charge of photography, Xerox copying, ID creation, multiple-choice-test scoring, and a variety of other duties within UF.

It also managed the external Florida Teachers Certification Examination, which teachers in the state have to take and pass, and the College-Level Academic Skills Test, a now-discontinued requirement to receiving an associate or bachelor’s degree in Florida.

Instructional resources moved to Turlington Hall in the heart of campus in 1980, and Jones kept at it until retiring in 1994.

“This has not been an easy decision to make but gradually it has become clear that it is the right one for me at this time,” she wrote to instructional resources Director Jeaninne Webb of her retirement in August 1994. “Working with you and the outstanding [Office of Instructional Resources] staff has been a pleasure.”

But about a year later, she got a call requesting help with the FTCE and CLAST tests, doing things like registering test-takers and scoring. So in September 1995, back to work she went.
When the office stopped overseeing both tests, Jones switched to the role of part-time receptionist, the job she still holds.

The office is today called UF Information Technology and has shifted to a new variety of duties, such as ensuring in-classroom technology runs properly, installing it in new buildings, and providing accommodations for deaf students, to name a few.

In reflecting on the tech evolution she has seen since switching to the office in 1973, Jones said, “I don’t know where we’ll all end up. … You know technology, too. It’s scary.”

Above all else, though, I had to ask the most obvious question of the longest-serving employee in UF history: Any thoughts on retirement?

“No. No,” Jones replied. For one, she said, her husband, a photographer during his working years, didn’t like the idea of her ‘94 retirement.

“My husband was concerned because … he was afraid I was gonna stay home and might interfere with his routine and so forth,” Jones explained. “And he made a joke not long ago: Somebody asked him what he does. He said, ‘I’m a go-getter.’ He said, ‘I take my wife to work and go-get-her.’”

Hal Jr. figures his mom “will go forever.”

“It’s pretty amazing, right?” said the 59-year-old, an artifact diver by trade and dad to Jones’ two grandchildren. “I mean, good God, she’s 85. … But she’s pretty humble about it.”

So without retirement in sight, Jones presses on, applying the same simple motto to her routine that she has throughout her time at UF: “You get it done as fast as you can, and you must do it right.”

The fast part once caught the attention of a boss, who gave Jones a suggestion for then but, unknowingly, perhaps also an appropriate forecast for her career.

“Spread it out. Make it last a little.”

This longevity has, of course, led to many a coworker and student surrounding her over the years. Each one of them, she said, holds a special place in her heart.

“I like everybody. I fall in love.”

“People person to the max?” I ask.

She laughs. “Yes, darlin’.”

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CLEAR SOUND AUDIOLOGY
WELCOMES
DR. MICHELLE LANG
Hammered out on the anvil of experience, here are some guidelines that have helped me in daily life:

• Don’t give anyone free rent in your mind.
• Don’t have conversations with people who aren’t there.
• Don’t let anyone eat your lunch.
• Put down the whip. Go easy on yourself.
• Never triangulate (a manipulation practice in which party No. 1 will not communicate directly with party No. 2, but instead uses party No. 3 to relay communication to party No. 2, thus forming an unholy triangle). In other words, if someone asks you, “Wonder why Jim is mad at me?” don’t take the bait, just say, “Give Jim a call and ask him.”
• If you worry don’t pray; if you pray don’t worry.
• Courage is nothing but fear expressed as a prayer.
• Fear and faith cannot simultaneously be entertained in the human mind.
• Faith is not something I can decide to have. Rather, it is something I can ask my Higher Power for, and He/She will do the work of building it within me.
• EGO = Edge God Out.
• FEAR = False Evidence Appearing Real.
• Quiet my head so my heart can hear what’s going on.
• We’re all the victims of victims.
• Hurt people hurt people.
• Stick with the winners.
• Stay away from slippery people and slippery places.
• I am not what I do for a living. We are humans being, not humans working. So what am I? A magnificent creation of a power greater than I.
• I am not a physical entity having a spiritual experience, but a spiritual entity having a physical experience.
• What is, is God’s will.
• The first thing I hear is my will; the second is God’s will.
• Do the next right thing.
• Life has two purposes: to love my Creator as passionately as He/She loves me, and to help others.
• We are manufacturers of our own misery, architects of adversity.

• There are only two sins: placing an obstacle in the path of my spiritual growth, and placing an obstacle in the path of someone else’s spiritual growth.
• If I’m not the problem, there is no solution.
• There is only one problem, separation from the Great Spirit of the Universe, and only one solution, connection with the Great Spirit of the Universe. Author Barbara Ehrenreich calls it the Presence, something that makes you feel at one with nature.
• Never explain, never complain.
• No is a complete sentence.
• I’ve resigned from the debating society.
• Avoid crazy situations.
• Life is not about problem solving; it’s about problem removal. I can’t change things; God can, if asked nicely.
• Forgiveness is difficult but can come about not by an act of will but by asking for the sunlight of the spirit to flood in and force out hurts and hatreds.
• People can no longer push my buttons, because the buttons have been removed.
• Generally, I should do the opposite of what I want to do.
• I should decrease myself and increase others.
• Expectations are the first step to a disappointment.
• I want what I have.
• Resentment: Drinking the poison intended for my enemies. As Noel Coward once said, “I never met a grudge I couldn’t bear.”
• Let go, let God.
• Turn it over. That’s easy to say, but hard to do. It’s easier if I turn the turning over to God. He will do the work. He knows how to take out the garbage.
• In prayer we talk to God; in meditation we listen.
• GOD = Good Orderly Direction.

People who meditate are happy. Begin your five-minute meditation with a prayer, asking for an empty mind, a clear channel to God. Clinch and unclench every part of the body, one part at a time, and shake out any tensions. Focus on breathing. Accept the busy-bee brain by letting its thoughts, resentments and worries flit across the TV screen of your mind, and let them float right out. Don’t fight them, and they’ll go away if you keep bringing your attention back to your breathing. Eventually the mind is reduced to zero. Now it is a tabula rasa, a blank slate on which God can write his will. Don’t try to meditate while washing the dishes or driving. “Be still, and know that I am God.”

Ellis Amburn, author of “Pearl,” a biography of Janis Joplin (amazon.com), can be reached at ellis.amburn@gmail.com.
We feel the best way to find and recognize local charities in our communities is by asking you!

The SunState Community Foundation is a 501 (c)(3) nonprofit organization that serves the communities in and around North Central Florida by promoting and facilitating philanthropy.

The Foundation was established to promote and provide charitable assistance that contributes towards the development, education and well-being of the communities, areas and residents of Alachua, Columbia, Dixie, Gilchrist, and Levy Counties in Florida. The foundation’s initial goal is to administer and fully fund the award winning Facebook Charity-of-the-Month program. SunState Federal Credit Union started the program in 2013, but has turned over administration of the program to the foundation, with SunState Federal Credit Union acting only as a sponsor. This has been done in the belief that this path will ensure the program remains a strong and expanding community resource long into the future.

The SunState Community Foundation, Inc., provides donors/members opportunities to participate in the furtherance of the foundation’s goals in multiple ways. First, and foremost, the donors/members are providing funds to support the foundation’s charitable initiatives. Donors/members can also nominate groups for the Charity of the Month program, and then vote for the group of their choice. Donors/members are encouraged to participate and vote in the Charity of the Month program. Ultimately, the voters choose where foundation donations go as part of the infrastructure of the program.

**SunState Community Foundation, Inc.**

**SPONSORSHIP LEVELS AVAILABLE**

**$1,000 CHARITY OF THE MONTH SPONSOR**
- Recognized on all 4 Entercom Communication stations, 30 times (120 total); KTK, SKY, WRUF and ESPN.
- Recognized on the Charity of the Month Facebook Contest page, KTK’s Facebook page and Senior Times' Facebook page.
- Mentioned in the Charity of the Month page in Senior Times Magazine.

**$500 RANDOM CHARITY SPONSOR**
- Recognized on 2 of Entercom Communications stations, 30 times (60 total); WRUF and ESPN.
- Recognized on the Charity of the Month Facebook Contest page, KTK’s Facebook page and Senior Times’ Facebook page.
- Mentioned in the Charity of the Month page in Senior Times Magazine.

**$300 NOMINATOR SPONSOR**
- Recognized on the Charity of the Month Facebook Contest page, KTK’s Facebook page and Senior Times’ Facebook page.
- Mentioned in the Charity of the Month page in Senior Times Magazine.

**$100 RANDOM VOTER SPONSOR**
- Recognized on the Charity of the Month Facebook Contest page.
- Mentioned in the Charity of the Month page in Senior Times Magazine.
AUGUST 2017 WINNER – 4,374 VOTES

Gentle Carousel Miniature Therapy Horses

Gentle Carousel Miniature Therapy Horses is a non-profit, all-volunteer organization that provides over 25,000 people annually with love from these animals when needed most. For more than 20 years, the organization’s highly trained therapeutic horses have eased all kinds of suffering, including during times of natural disasters, violence, loved ones in hospital care, medical challenges and more, thanks to the generosity and time of volunteers, donors and partners. Tiny horse teams trot to offer comfort in all sorts of places — from veterans’ hospitals to hospice programs and wherever else they can deliver help and hope. For more information about Gentle Carousel Miniature Therapy Horses organization and how you can get involved, visit www.gentlecarouseltherapyhorses.com.

Other winners include Debbie Garcia, who will win $300 for nominating them.

The random charity is Pets and Patriots Foundation, and they will receive $500. The random voter, Carolann Book will get $100. ■
TAP DANCE WITH CHAYA  
*Tuesdays*  
Times Vary  
GAINESVILLE - North Central Florida YMCA, Studio 2, 5201 NW 34th Blvd. Designed to demonstrate that creativity can be fun for everyone and make the community stronger and healthier! Open to the public, all are welcome. 6:00pm beginner and 7:00pm intermediate. Class cards are 6/$74 or 10/$108. 352-358-5005.

BIRD WALK  
*Wednesdays*  
8:30am  
GAINESVILLE - Sweetwater Wetlands Park, 325 SW Williston Rd. Birding field trips will be led by volunteers from Alachua Audubon Society. Walks are free, but park admission is $5 per car. www.alachuaaudubon.org.

WIND DOWN WEDNESDAY  
*Wednesdays*  
7:00pm - 11:00pm  
GAINESVILLE - 101 Downtown, 201 SW Second Ave. Enjoy live Jazz and great wine – Seasonal wines are available for half price to give patrons the ability to find their perfect wine. $20 all-you-can-drink house wine. 352-283-8643.

ROCKEYS COMEDY BOOM  
*Wednesdays*  
9:30pm – 11:00pm  
GAINESVILLE - Rockeys Dueling Piano Bar, 112 S Main St. Local comedians open the show for a different nationally touring headliner each week. Doors open at 8:45pm and price is $5, with drink specials accompanying the show. 352-505-0042.

BIRDS AND BREW  
*First Thursday*  
7:00pm – 8:00pm  
GAINESVILLE - First Magnitude Brewery, 1220 SE Veitch St. Meet at the Brewery each month for a stroll to Depot Park to look for birds, and return to First Mag for a cold brew and good conversation. Birds and Brew is a monthly event meeting on the 1st Thursday evening. All birding skill levels are welcome; enthusiasm is what matters! www.alachuaaudubon.org.

GAINESVILLE HARMONY SHOW CHORUS  
*Thursdays*  
7:00pm – 9:30pm  
GAINESVILLE - Grace Presbyterian Church, 3146 NW 13th St. For all who are interested in learning and singing women's Acapella barbershop harmony music. 352-318-1281.

ARTWALK GAINESVILLE  
*Last Friday*  
7:00pm - 10:00pm  
GAINESVILLE - Downtown. Artwalk is a free monthly self-guided tour that combines exciting visual art, live performance and events with many local galleries, eateries and businesses participating. www.artwalkgainesville.com.

LADY GAMERS  
*Fridays*  
1:00pm  
HIGH SPRINGS - New Century Woman's Club, 40 NW 1st Ave. The Lady Gamers meet for fun, friendship and food. Everyone is invited. Meet old friends and make some new ones. For more information, call 386-454-9828.

GUIDED WALK  
*First Saturday*  
10:00am – 12:00pm  
GAINESVILLE - Kanapaha Botanical Gardens, 4700 SW 58th Dr. Come out for a guided tour of the Gardens the first Saturday of every month. Regular admission price for non-members and members are admitted free of charge. 352-372-4981.

MUSIC IN THE PARK  
*Third Sunday*  
2:00pm – 4:00pm  
HIGH SPRINGS - 120 NW 2nd Ave. A free concert featuring artists from all over North Florida. Performances take place at locations in and around the James Paul Park area.

CHAYAYOGA HATHA SERIES  
*Thursdays, Oct. 5 – Nov. 16*  
4:30pm – 5:45pm  
GAINESVILLE - Facilities Administration Building at UF, 1281 Newell Drive. Chayayoga synchronizes breathing and postures, integrating body, mind and energy, exploring the flow of energy and tension release, moving without pain, gentle to moderate. Appropriate for all levels, including beginners. $50, register at ChayaVeda.com or 352-358-5005.

12TH ANNUAL FALL ARTS & CRAFTS FESTIVAL  
*Saturday, Oct. 7*  
9:00am to 2:00pm  
OCALA - Fellowship Hall of the First Baptist Church of Ocala, 2801 SE Maricamp Rd. The festival features fabulous door prizes donated by the vendors, baked goods and homemade gifts perfect for the holidays. Food and drinks will be available for purchase. The event is free and open to the public. 352-629-5683.

QUILT DAY & HERITAGE NURSERY PLANT SALE  
*Saturday, Oct. 7*  
9:30am – 2:30pm  
NEWBERRY - Dudley Farm Historic State Park, 18730 West Newberry Road. The Joy of Quilting - There will be a “Quilt As You Go” demonstration, and the popular bed turning program will be held twice. The event will also include quilts for sale, interesting collections and games. The Heritage Nursery Plant Sale will have heritage plants from the original Dudley gardens including varieties of gingers and many species of Florida native plants. $5 per vehicle. Contact: Sandra Cashes, 352-472-1142.

Writers Alliance of Gainesville  
*Sunday, Oct. 8*  
2:30pm – 4:00pm  
GAINESVILLE - Millhopper Branch Library, 3145 NW 43rd St. Award-winning author and retired University of Florida law professor, M.W. Gordon will talk about the Mystery of Mystery Writing. His Deadly Drifts novel won the 2014 Royal Palm Literary Award and was named overall Book of the Year. This WAG meeting, appropriate for novice to experienced writers, is free and open to all who are interested in the written word. Writersalliance.org
BACK TO WORK 50+
Thursday, Oct. 12
2:00pm – 4:00pm
GAINESVILLE - Santa Fe College, 3000 NW 83rd. St. Building I, Room 49. Designed for the 50+ jobseeker, this free workshop introduces the 7 Smart Strategies needed to secure employment. Learn about a resume that will pass the applicant tracking system, how to answer tough interview questions, networking and more. Visit: sfcollege.edu/wesi/ or contact Carolyn Das at 352-395-5184.

BREATHING BASICS
Thursday, October 12
2:30 pm – 4:00pm
Gainesville - Senior Recreation Center, 5701 NW 34th Blvd. Breathing Basics - Elaine Sears, a certified Kripalu Yoga teacher who provides instruction at the Senior Center, will discuss the benefits of breathing fully. She will lead chair exercises to deepen the breath; bring flexibility to the spine, ribcage, and shoulders; and strengthen the muscles of respiration. www.primetimeinstitute.org, 367-8169.

MATHESON GRAND OPENINGS
Saturday, Oct. 14
11:00am – 4:00pm
GAINESVILLE - Matheson Library & Archives, 418 East University Ave. and Mary Ann Cofrin Exhibit Hall, 513 East University Ave. The grand opening of the Matheson Library & Archives and the Mary Ann Cofrin Exhibit Hall. Bobby Parker, the museum’s librarian & archivist, will lead guided tours of the library. Museum director Peggy Macdonald will give tours of the renovated museum space. www.mathesonmuseum.org.

FEAR OF FALLING
Thursday, October 19
2:30pm – 4:00pm
Gainesville - Senior Recreation Center, 5701 NW 34th Blvd. Fear of Falling - Sudeshna Chatterjee, a PhD in Rehabilitation Science and Licensed Physical Therapist, will discuss research that includes novel efforts to assess walking impairment and improve walking adaptability in elderly adults. www.primetimeinstitute.org, 367-8169.

“ZODIAC CODE: SOLVED!” BOOK SIGNING
Friday, Oct. 20
5:00pm – 7:00pm
GAINESVILLE - The Perfect Gift, 5202 SW 91 Terrace. Learn about the infamous Zodiac Killer that terrorized California in the 1960s and 1970s and the 340 Cipher that was never solved. Author Michael D. Sechrest has cracked the cipher & exposed the Zodiac Killer’s true identity. 352-375-8000.

ALZHEIMER’S ASSOCIATION WALK TO END ALZHEIMER’S
Saturday, Oct. 21
8:00am – 11:00am
GAINESVILLE - Depot Park, 200 SE Depot Ave. The largest event to raise awareness and funds for Alzheimer’s care, support and research. The association hopes to raise over $99,000 for the nation’s sixth leading cause of death. 904-281-9077, act.alz.org/Gainesville.

FALL PLANT SALE & ORCHID SHOW
Oct. 21 & 22
9:00am – 5:00pm
GAINESVILLE - Kanapaha Botanical Gardens, 4700 SW 58th Dr. In addition to viewing the botanical gardens, approximately 50 booths will be set up selling a wide variety of plants. The American Orchid Society will have their annual American Orchid Society’s judged show that will coincide with the Fall Plant Sale. Free Admission. 352-372-4981.

13TH ANNUAL FLORIDA BAT FESTIVAL
Saturday, Oct. 21
11:00am – 4:00pm
GAINESVILLE - Lubee Bat Conservancy, 1309 NW 192nd Ave. This fun family festival will feature conservation groups, an entire Kids Zone, live music, food from local vendors, raffle prizes and more! Admission is $5 for children 5-12, Adults $8, Children 4 and under are FREE! www.lubee.org.

SOUP & SANDWICH SUPPER
Saturday, Oct. 21
6:00pm – 8:00pm
NEWBERRY - First United Methodist Church, 24845 West Newberry Rd. Join the Newberry Garden Club for this delightful dinner including light dessert. Donations are $10 per person. All proceeds support community projects and scholarship funds. Contact: Gloria Hughes at 352-474-6442.

Woofstock 2017
Friday, October 13
6:00pm – 10:00pm
ALACHUA - The Barn at Rembert Farms, 13014 NW 174th Ave. Come get groovy with live music, enjoy delicious food and drinks, along with a live and silent auction all to benefit the Alachua County Humane Society’s mission to end the needless euthanasia of companion animals in the community. Contact: Margot DeConna, Director of Development at 352-415-2460 or margot@alachuahumane.org.
CARSON SPRINGS WILDLIFE TOUR
Thursday, October 26
10:00am
Gainesville - Carson Springs
Tour of Carson Springs Wildlife Conservation Center - Visitors get information about the
more than 80 animals of 28 different species living there and learn the special stories of
individual animals. All donations go directly to animal care, education, and conservation of wild
endangered species. Located approximately 30 minutes NE of the Senior Recreation
Center on E. County Rd 225, Gainesville. Transportation on your own. Must sign up at a
PTI program by 10/19/17. Handout with map and details will be available. Cost: $25 per
person. Two-hour tour begins at 10:00 a.m. www.primetimeinstitute.org, 367-8169.

ARTS AND CRAFTS SHOW
Saturday, Oct. 28
9:00am – 3:00pm
GAINESVILLE - Gainesville Senior Recreation
Center, 5701 NW 34th Blvd. This will
feature more than 50 crafters and a wide
variety of handmade holiday and general
craft items. Free admission and parking.
Contact: Joy Flowers at 352-335-7797.

10TH ANNUAL TRICK OR TREAT
& COSTUME CONTEST
Saturday, Oct. 28
10:00am – 1:00pm
WALDO - Waldo Farmers & Flea Market, 17805 NE
U.S. Highway 301. The first 50 kids in costume
to register will receive a “Flea Market Buck”
and/or prizes. www.waldofleamarket.com.

BOO AT THE ZOO
Tuesday, Oct. 31
3:00pm – 7:30pm
GAINESVILLE - Santa Fe College Teaching Zoo,
3000 NW 83rd St. The students and staff transform the zoo into a
spooky but safe trick-or-treating, family-friendly
event. The event features seven areas with
14 different candy stations. Admission to the
event is one canned good per person. Cans
collected help two charities, Gainesville Harvest

ODE TO JOY!
Friday, Nov. 3
7:30pm
GAINESVILLE - Santa Fe Fine Arts Hall, 3000 NW
83rd St E-127. The Gainesville Orchestra will be
presenting Ludwig Beethoven’s magnificent Ninth
Symphony (the Choral Symphony) composed
in 1823. A special chorus is being assembled
for the performance drawn from Gainesville’s
gainesvilleorchestra.com, sfcollege.edu/finearts.

NEWBERRY MAIN STREET FALL
FESTIVAL
Saturday, Nov. 4
9:00am – 4:00pm
NEWBERRY - Downtown Newberry.
This 11th annual festival will feature an
assortment of vendors and activities. www.
newberrymainstreet.com/home.

SESQUISENSATIONAL: 150
YEARS OF MATHESON HISTORY
Saturday, Nov. 4
5:30pm – 9:30pm
GAINESVILLE - Matheson History Museum,
513 East University Ave. This year, the historic
1867 Matheson House is turning 150 years
young! This event will honor five families
whose ancestors were in Alachua County
150 years ago and have made a significant
contribution to our community’s history. The
evening will include cocktails and tours of the
1867 Matheson. Dinner will be served inside
the museum. www.mathesonomuseum.org.

Writers Alliance of
Gainesville Fall 2017 Readings
Saturday, Nov. 5
2:30pm — 4:00pm
GAINESVILLE - Millhopper Branch Library,
3145 NW 43rd St. Free and open to anyone
interested in readings of prize-winning
work from the organization’s eighth annual international print journal, Bacopa Literary
Review 2017. Refreshments and conversation
afterward with journal editors and local
writers and poets. writersalliance.org.

VETERAN’S DAY SPECIAL
Saturday, Nov. 11
Times Vary
GAINESVILLE - Kanapaha Botanical
Gardens, 4700 SW 58th Dr. Any enlisted or
retired military get free admission into the
Gardens on this day as a thank you to their
service to the country! 352-372-4981.

BLUE STAR MEMORIAL MARKER DEDICATION
Saturday, Nov. 4 10:00am
GAINESVILLE - Veteran’s Memorial
Park, 7400 SW 41 Pl. This event is in
support, respect, and honor for the
military. Hosted by the Gainesville
Garden Club and the Gainesville Elks
Lodge 990. Reception will follow
dedication in the Freedom Center.

FALL BOOK SALE
Oct. 21 – 25
Times Vary
GAINESVILLE - Friends of the Library
Bookhouse, 430 N. Main St. Book sale to
benefit Alachua County Library System and
Literacy programs. Browse thousands of
books, artwork, comics, manga, software,
CDs, DVDs, videos, records and more. Cash
or check only. folacld.org, 352-375-1676.

LOCAL AUTHOR SERIES: GENE COWELL
Sunday, Oct. 22
2:30pm – 3:30pm
GAINESVILLE - Alachua County Libray
District Headquarters, Room A (fourth
floor), 401 E. University Ave. Gene Cowell,
author of Bring Me the Gypsy, will read from
his fiction novel, answer questions, and

HOWL-A-PALOOZA!
Sunday, Oct. 22
3:00pm – 6:00pm
NEWBERRY - Sun Country Sports Center, 333
SW 140th Terrace. Come out for Sunny’s 29th
annual Halloween Carnival for an afternoon
full of spooky good fun including food,
festivities and activities at the facility. All
proceeds benefit the March of Dimes and the
Phoebe Louise Dooley Foundation. Contact:
Jodi Hunt or Nick Cusi, 352-331-8773.

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The Theatre

ACROSSTOWN REPERTORY THEATRE

The Rocky Horror Show
October 20 – November 5
Brad and Janet are a simple engaged couple whose lives get turned upside down by the “sweet transvestite” Frank ‘n Furter and his household of strange Transylvanians on a stormy night. Sing along to this cult favorite and prepare to have the time of your life!

CURTIS M. PHILLIPS CENTER

The Other Mozart
October 23 & 24
The untold story of Mozart’s prodigy sister. You would be hard pressed to find a person who does not, at the very least, recognize Wolfgang Amadeus Mozart’s name, but bring up his sister Nannerl at a dinner party, and you’re likely to get some blank stares. Sylvia Milo’s one-woman theatrical piece tells Nannerl’s story. A keyboard virtuoso and composer, she performed throughout Europe with her brother to equal acclaim, but her work has been lost to history.

Kinky Boots
October 30 & 31
With songs by Grammy®- and Tony®-winning pop icon Cyndi Lauper, this joyous musical celebration is about the friendships we discover, and the belief that you can change the world when you change your mind. Inspired by true events, this performance takes you from a gentlemen’s shoe factory in Northampton to the glamorous catwalks of Milan. Take a step in the right direction and discover that sometimes the best way to fit in is to stand out.

HIPPODROME THEATRE

The Legend of Georgia McBride
October 13 – November 5
How does a down-on-his-luck Elvis impersonator with an empty bank account and a pregnant wife become the most popular drag queen in the Florida Panhandle? The Legend of Georgia McBride is a show-stopping, hilariously extravagant comedy about discovering your true voice with music and glitter galore.

UF CONSTANS THEATRE

Kiss Me Kate
Oct. 27 – 29, 31 & Nov. 1 – 5
This performance blends the book writing of Samuel and Bella Spewack with the incomparable music and lyrics of Cole Porter to bring about a theatrical play-within-a-play scenario based on William Shakespeare’s “The Taming of the Shrew.” In this celebration of the 1940’s American musical, a company of travelling actors’ off-stage antics begin to creep into their on-stage performances. Directed by Tony Mata with musical direction by Tony Offerle.

ACTORS’ WAREHOUSE

Se Llama Cristina
Through October 8
A man and woman wake up in a California apartment with no memory of who they are or how they got there. All doors are locked and all that is there is a crib with a fried chicken leg in it. Slowly their memories start to reform and the characters gain back their identities, eventually rediscovering who they are.

HIGH SPRINGS PLAYHOUSE

The Cemetery Club
October 6 – 29
Three Jewish widows meet once a month for tea before going to visit their husband’s graves. Ida is sweet tempered and ready to begin a new life, Lucille is a feisty embodiment of the girl who just wants to have fun. And Doris is priggish and judgmental, particularly when Sam the butcher enters the scene.

FINE ARTS HALL THEATRE – SFC

War of the Worlds
October 19 – 21
The H. G. Wells story, adapted in a famous radio play by director Orson Welles in 1938, now brought to life on stage by Theatre Santa Fe.

Over the River and Through the Woods
October 19 – November 12
Both sets of Nick’s old-school Italian-American grandparents in New Jersey are a little too close for comfort in this warm-hearted comedy. You might think they’d be thrilled for him when he’s offered his dream job — but since it’s across the country, none of them are on board. So, the grandparents start scheming. This charming ode to family, food, and tradition will tie its apron-strings around your heart.

Fit
October 21
In this gently humorous dramatic comedy for young audiences, Lucas is forced to wear a protective helmet to safeguard him from his unexpected seizures. He asks his mom if he can stop wearing the helmet, and she allows him to do so for one hour. During that time the kids at school see him very differently.
Money Out of Pocket
More. No Risk, No Cash Award. Call 855-
Your Family may Be Older? If So, You and
Health Hotline Now!
Pain? Get a pain-
Back Pain? Shoulder
Got Knee Pain?
Ask about your condi-
qualifying conditions.
Depression, many more
Get Your Medical
Insurance Company for
Call Physicians Mutual
DENTAL INSURANCE.
READER ADVISORY:
only over the phone it is illegal to request any money before delivering its service. Toll free numbers may or may not reach Canada.
Under NO circumstance should you send any money in advance or give the anyone your checking, license ID, or credit card numbers. Also beware of ads that claim to guarantee loans regardless of credit and note that if a credit repair company does business only over the phone it is illegal to request any money before delivering its service. Toll free numbers may or may not reach Canada.

DENTAL NURSE. Call Physicians Mutual Insurance Company for details. NOT just a dis-
count plan, REAL cover-
age for 350 procedures. 855–404-2263 or www.
dental50plus.com/cpf
Ad# 6118
Get Your Medical
Marijuana Card for any
debilitating condition. Pain, Cancer, Anxiety,
Depression, many more
资格者について。
Ask about your condi-
tion. Locations state-
wide. 1-844-420-7277
Got Knee Pain? Back Pain? Shoulder Pain? Get a pain-
relieving brace at lit-
tle or NO cost to you.
Medicare Patients Call Health Hotline Now!
1-844-673-3069
Stop OVERPAYING for your prescrip-
tions! SAVE! Call our licensed Canadian and
International pharmacy, compare prices and
get $25.00 OFF your first prescription! CALL
1-844-359-3209 Promo Code CDC012752
Portable Oxygen
Concentrator May Be Covered by Medicare! Reclalm independence
and mobility with the
compact design and
long-lasting battery
of Inogen One. Free
information kit! Call
855-397-7056
Canada Drug Center es
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cios de farmacia con
licencia Canadiense
es Internacional te
proveeran con ahor-
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todas las medicinas
que necesites. Llama
ahora al 1-800-261-
2368 y obtén $10 de
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gratuito
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Old TV shows were wrong. “Duh,” you’re probably saying to yourself. Nobody in your neighborhood was like the Bradys or the Partridge Family. Few kids actually wore love beads and fringed vests. And yet, says Tom Shillue, despite stereotypes, dumb TV and goofy fads — the late 1960s and early 1970s were the best time to be a kid, ever, hands-down.

That generation, he says, might have grown up in the ’70s, but was raised by an older mindset. This meant having a stay-at-home mom, at least most of the time. It meant being a kid without a care. And it meant having a dad that ruled the roost.

Shillue’s dad, for instance, got Shillue and his brother up every Saturday morning for a little trip/ history lesson that involved the Revolutionary War. The hour was always early, the lesson was often Bicentennial-based, and the ride was rough because Shillue was prone to motion sickness. Still, nobody questioned the need to obey when Dad said “GET IN THE CAH.” Like “Darth Vader with a Boston Accent,” Shillue’s dad’s word was final.

Because he only really wanted to raise good citizens, Shillue’s dad wasn’t exactly mean but he did mean business. So did Shillue’s mother, who taught Shillue to “be practical” and to fight back when confronted by a bully.

A profitable lemonade stand taught Shillue to “be thrifty.” His mother’s abundant (and unfinished) “projects” showed him creativity. The Church taught him reverence and how to attract girls (or not). Bravery and audacity showed him that he could speak up for his own benefit, however badly it might turn out. And, he says, the “love of a great woman… changed everything for me.”

To say “I laughed, I cried…” seems cliché, doesn’t it? But I did — I laughed at author Tom Shillue, I got teary, and I loved “Mean Dads for a Better America.” There’s a narrow audience for this book, but it’s a big one: anybody born between, say, 1956 and about 1971 will recognize nearly everything Shillue recalls — the fads, feelings, awkwardness, first dates, and social faux pas — and you’ll remember them wistfully, even warmly. As a comedian, Shillue also knows how to give the most embarrassing things a humorous spin and his memories are so universal that you’ll wonder if he didn’t go to your school once. Wasn’t he that nerdy kid who…?

Nah, probably not.

Look over your memories with fondness; Shillue helps uncover them with a smile. “Mean Dads for a Better America” is a memoir like that, so just wait til your father gets home. He’ll want to read this book, too.

Terri Schlichenmeyer has been reading since she was 3 years old and she never goes anywhere without a book. She lives with her two dogs and 11,000 books.
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