



# Parrish Village News

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For copies of this newspaper, please visit [www.ParrishFlorida.info](http://www.ParrishFlorida.info)

Volume 24, Issue 8

August 2017 FREE

In this issue of the  
*Parrish Village News*



Read an interesting  
interview with  
Commission Trace about  
Parrish on page 2.



Great recipes for a  
luncheon or dinner.  
See page 5.



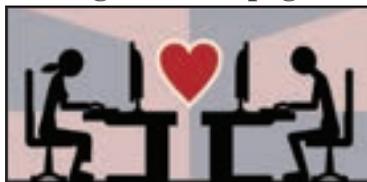
Ralph completes his tour  
of Venice, Italy on page 5.



Bob the Wine Guy  
answers the question of  
"What's in your wine  
bottle" on page 11.



Andrea talks about taking  
the high road on page 12.



Kathryn reminisces about  
dating on page 25.

## FORT HAMER BRIDGE RUN

### 5K & 10K

### We Have A Date!

Saturday, August 26, 2017  
7:30 a.m.

Fort Hamer Park  
Rowing Center Facility  
Parrish, Florida



### 5K • 10K • 1 Mile • Kids' Races

*Across The Bridge*



There is still time to join us for running or walking in the Inaugural Fort Hamer Bridge 5K/10K, One Mile Walk and Children's River Dashes on August 26th. Our Parrish and surrounding communities have embraced our August 26th Inaugural Fort Hamer Bridge 5K/10K run & Walk by getting involved. Registrations are way ahead and now forecasted to exceed 1,600. This is an all-time record for both counties for a chip timed 5K/10K run. The bridge will then open to vehicle traffic after the run at a time to be determined. Running over a newly constructed bridge prior to vehicle traffic is a once in a lifetime athletic event and it is happening right here in Parrish!

To accommodate the increase number of participants the race organizers have added an additional day for registration and packet pick-up. Packet pick-up will commence on Saturday August 19 at the Parrish YMCA from 9:00 am to 5:00 pm. Thereafter at the Fit2Run Store in the UTC Mall next to Dillard's Sunday August 20th through Thursday

August 24th during store hours.

The Fort Hamer Bridge race committee is now offering a wonderful opportunity for local teams of (15) or more by having their team or organizational logo to be solely illustrated in the back panel of their shirts. This is a great way to involve your community subdivision, club, team, or office to be associated with this historical event and also in the process supporting the event charities.

The event shirts are Leslie Jordan moisture wicking shirts in bright safety yellow available in women's racer/tank top design and unisex styles. The front panel breast pocket features the Fort Hamer Bridge event logo and date. The back panel illustrates our supporting sponsors. This panel would be modified to solely feature your team logo - a wonderful opportunity to create camaraderie for your group. The deadline to have your team involved is August 9, 2017. Just have each member

Please see **Fort Hamer Bridge Run** CONTINUED ON PAGE 7

## The Parrish Foundation 2017 Grant Process Has Begun

The Board of The Parrish Foundation is pleased to announce that it will begin accepting grant applications for its 2017 awards. Grant applications and other information can be found on the Foundation's website [www.parrishfoundation.com](http://www.parrishfoundation.com). Applications for grants will be accepted until September 15th and awards will be announced in October. Charitable organizations serving residents of the Parrish community are encouraged to apply for a grant.

The Parrish Foundation is a 501 (c) 3 corporation that was founded in 2009. Its mission statement is: **The mission of the Parrish Foundation shall be to enhance the quality of life in the Parrish community, to enrich the lives of its citizens who choose to be part of the community, to supply sustainable support for the new and emerging needs of businesses in the community, and to grant funds for the philanthropic needs of the com-**



munity while preserving the culture and heritage of Parrish.

The Foundation's original project was to lease the Old Schoolhouse building from Manatee County and operate it as a community center. An operating lease was signed with the Manatee County YMCA and the Parrish Branch of the Y was opened. A long time Parrish resident recently said the opening of the Parrish Y Branch has had the most positive effect on Parrish of anything she can remember.

Please see **The Parrish Foundation** CONTINUED ON PAGE 15

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## Parrish Village News



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*Tight Lines! Fishing*

## Priscilla Whisenant Trace, Manatee County Commissioner, District 1

### Answers Questions About Parrish's Future Development Plans



*I've seen Parrish change over the years in very positive ways. I hope you will find my answers to these questions helpful. We need to stay focused as a community on managed growth and public safety. I will be sure that our interests are heard by the County Commission.*

**What are your thoughts on the creation of a new dedicated community meeting/event space in the village of Parrish?** Frankly, I believe that we have several excellent possibilities available to us now, which eliminates the need to identify and potentially purchase a new location. Consider the possibility of using the Florida Railroad Museum for gatherings and events. The

Museum grounds have been used for the very successful annual Parrish Chili Cook-Offs. The Parrish Civic Association has a strong relationship with the Museum management, and the Museum has indicated an interest in hosting other Parrish events that do not conflict with their schedule. Other possibilities include the Parrish United Methodist Church field and the under-used Ola Mae Simms Park for smaller events. I would also suggest continued use of the Parrish YMCA for certain small functions. Looking forward, the new high school grounds should provide a very fine space for our large events, and let's not forget the new YMCA facility when it is completed roughly two years from now.

**Can you confirm the status of the two major construction projects currently underway at Fort Hamer Park on the Manatee River, are there any updates?** The Fort Hamer Bridge, as you may have read in the July issue of the Parrish Village News, opening to vehicular traffic will be delayed due to the recent heavy rain; however, the ribbon cutting ceremony will still take place at 7am on August 26th as planned, followed by the Inaugural Fort Hamer Bridge 5K and 10K runs. This new route into and out of Parrish will provide better mobility and reduce travel time for residents on both sides of the Upper Manatee River. The new boat ramp completion will also be delayed due to the rain. When completed, it will be wide enough to accommodate the launch of two boats at the same time, while providing a larger shell area for boat turn around. The size of the dock itself will also be expanded.

**What are the plans for Hidden Harbor Park?** This exciting new attraction is located adjacent to the Parrish end of the new bridge at Fort Hamer and is currently scheduled for the start of development later this year with a projected completion date of late 2018. The timetable may be adjusted as the development is rolled out. This tremendous facility is projected to offer all, if not most of the following amenities on its seven acre site: permanent restrooms, parking, 1.5 - 2.5 miles of shell trails, boardwalk, observation pier with kayak launch site, volley ball courts and an open play field. In addition, we will also see upland habitat and forested wetland environmental enhancements. Hidden Harbor Park will be a wonderful place to relax and play.

**What are the County's plans for the Fort Hamer Road extension?** When engineering plans and budgeting are completed, land acquisition will start. The extension is currently routed from the intersection of US 301 and 121st Ave. through Parrish up to and north of Erie Rd. Although we do not have a definite timetable, it will be

a high priority to have construction completed by the time the new high school opens which is projected to be August 2019. Obviously, student and vehicular safety are a major concern here. Also, the County is trying to be sensitive to Parrish residents' concerns regarding real estate boundaries along the extension's route. The current thinking is to create a curved routing that will meander in such a way as to dampen traffic speed. Regarding the actual design, it will be a multi-use road with the following minimum features: two lanes, curbed with a sidewalk on one side and a multi-use lane on the other side. Our overwhelmingly preferred design option would be four lanes, curbed with a sidewalk on one side and an 8' - 10' wide multi-use lane on the side.

**Pat Neal has offered to help the county with this project, how does he plan to do this?** Mr Neal has offered to assist in funding the new road. Neal Communities has new homes currently being built with many more in the near future. These rooftops will ultimately provide the county with more impact fees. Since the Ft. Hamer Road extension is a new road, the impact fees can be used for this piece of infrastructure. The 1/2 cent tax cannot be used for this purpose. Mr Neal is willing to provide a portion of his projected impact fees to facilitate this road construction.

**What is the schedule for the new sewer construction and lift stations in Parrish?** Construction bids are scheduled to be opened on August 1st. After County Board approval, we anticipate construction to start by year end 2017 and be completed within a two year period. This project will include new 16' and 18' force mains, a new booster pump station and a new building. The route will run from 69th St. E. at US 301, west to 121st Ave. E., then north along 121st Ave. to Erie Rd. west on the north side of Erie Rd. to the entrance to Copperstone. The lift station will be constructed simultaneously with the laying of the sewer pipes, located on Erie road at the end of 121st Ave. Also regarding 121st Ave, I have expressed my concerns for the safety of this road which is in terrible shape. It needs to be repaired, and it would make the most sense to have that done when it is being torn up for the sewer installation.

**Does Manatee County provide any kind of Parrish Village clean-up service?** Yes, a community clean-up service is provided once a year. This year's was held on May 13th; next year's is currently scheduled for May 19th. This will be a mobile clean-up where residents will be encouraged to clean out their homes and yards and place all items they wish to discard at the curb. Trucks will make special passes through the neighborhood to collect the garbage and other items left there. There is no charge for this service, and postcards will be mailed to residents prior to the event to give them time to prepare. You can contact Manatee County to determine items that will not be eligible for pick up.

**Learn more about Priscilla, her commitment to Parrish and to the Parrish Civic Association on page 55. Also, see how you can join the growing PCA membership on that page as well.**



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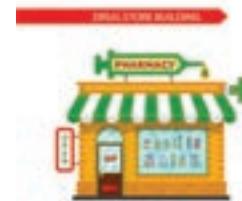
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# Cooking with Cookie

## Luncheon or Dinner Ideas

I had a luncheon for my Book Club last week and featured some of the recipes I am choosing for you this month.

### Bake Brie Bites

24 frozen mini phyllo pastry shells, thawed  
3 oz. Brie cheese, rind removed  
2 Tbsp. red pepper jelly  
24 toasted pecans  
1 tsp. flaky sea salt

Preheat oven to 350 degrees. Arrange pastry shells on a rimmed baking sheet. Cut Brie into 24 very small pieces. Spoon 1/4 tsp. jelly into each shell; top evenly with Brie pieces and pecans. Bake in preheated oven until cheese is melted, 7 to 8 minutes. Sprinkle with salt; serve immediately.

Yield: 12 servings ( 2 apiece)

### Slow Cooker Reuben Dip

1 (16 oz.) jar sauerkraut, drained  
1 (8 oz.) package cream cheese, softened  
2 cups shredded cooked corned beef  
1/4 c. Thousand island dressing

In a slow cooker, combine the sauerkraut, cream cheese, Swiss cheese, corned beef and thousand island dressing. Cover and cook on high for 45 minutes until just hot and cheese is melted. Stir occasionally while cooking. Serve with cocktail rye or rye crackers.

Yield: 12 servings.

### Chicken Cordon Bleu Roll Ups (pictured right)

4 boneless, skinless chicken breasts, pounded 1/2" thick  
Salt  
Freshly ground pepper  
1/4 c. Dijon mustard  
1 c. bread crumbs  
4 slices ham  
4 slices Swiss cheese  
1 package Swiss cheese, grated

Preheat oven to 350 degrees. Season chicken with salt and pepper. Place Dijon mustard and bread crumbs in two separate, shallow dishes. Dip chicken in Dijon mustard until fully coated, then toss in bread crumbs. Transfer to a cutting board. Top each chicken breast with a slice of ham and a slice of Swiss cheese. Roll up chicken breasts and transfer to a baking dish. Top with shredded Swiss cheese and baked until chicken is cooked through, 25 minutes.



Yield: 4 servings.

### Green Pea Casserole

1 (15 oz.) can baby peas, drained  
1 (5 oz.) can diced water chesnuts, drained  
1 (10.5 oz.) can condensed cream of celery soup  
1/2 cup onion, diced  
1/2 cup Cheddar cheese, shredded  
2 cups crushed Ritz crackers  
1/2 cup butter, melted

Preheat oven to 375 degrees. In a medium bowl, mix together peas, water chesnuts, soup and onion. Pour into a 1 1/2 quart casserole dish. Top with shredded cheese. In a separate bowl, mix together cracker crumbs and butter; sprinkle over cheese. Bake for 30 to 40 minutes until browned and bubbly.

Yield 6 servings.

### Easy Cherry Cobbler

2 cans (21 oz.) cherry pie filling - undrained  
1 pkg. yellow cake mix  
1 stick butter, melted  
1 c. nuts (optional)

Preheat oven to 400 degrees. Pour cherries in bottom of 9" x 13" pan. Sprinkle dry cake mix over cherries; do not stir. Pour butter over cake mix; sprinkle nuts on top. Bake at 400 degrees for 30 minutes.

Yield: 10 servings.

### Ultimate 7-Layer Dip

1 can (16 oz.) refried beans  
1 Tbsp. Taco Seasoning Mix  
1 cup sour cream  
1 cup thick and chunky salsa  
1 cup shredded lettuce  
1 cup Mexican style finely shredded four cheese  
4 green onions, sliced  
2 Tbsp. sliced black olives

Mix beans and seasoning mix until blended; spread onto bottom of pie plate. Top with layers of remaining ingredients. Refrigerate several hours or until chilled.

Yield: 48 servings.

Bon appetit!

# A Land Tour of Italy (Venice - Palace of the Doge)

Ralph Bellrose



A view of the Palace of the Doge from the canal in Venice, Italy.

The schedule for our last day in Venice included a tour of the Palace of the Doge. The Doge was a king-like ruler elected for life by the Venetian aristocracy. He was the religious, civil and military leader of the "Republic of Venice". The salary was modest and many of the Doges remained merchants while they occupied this office. They were not allowed to name their successor; and, upon a Doge's death a commission reviewed his reign and fined or taxed his estate if any corruption was uncovered.

In order to insure the elections weren't rigged by a few powerful families, the Venetians came up with a system that would make a good "Abbott and Costello" comedy routine. I just can't resist describing it! (My thanks to a work by Martin Da Canale.) Thirty members of the 2,000 person Great Council, chosen by lot, were reduced, by lot, to nine; the nine chose forty, which were reduced, by lot, to twelve, who then chose twenty-five. The twenty-five were reduced, by lot, to eleven, who then chose the forty-one that actually elected the Doge. Want to try reading it again? Apparently the system worked. A total of 120 doges ruled Venice for over 1000 years until Napoleon's conquest in 1797.

The original palace was started in the 9th century, but after several fires and reconstructions, little remains of that building. The current palace, with its Gothic design, was started in 1340. The building is enormous and once contained law courts, administrative offices, courtyards, ballrooms, prison cells, meeting chambers and the private apartments of the reigning doge. It extends from the Cathedral of St. Mark to the lagoon, is U-shaped, and has a spacious courtyard between the two wings. The original entrance was on the lagoon side, but we entered through the beautifully carved "Porta della Carta" located near the basilica. It was designed by Giovanni Bon and Bartolomeo Bon and completed in 1442. You need tickets and a reservation to tour the palace, which were both provided by our tour guide. We proceeded through the gate into the courtyard, once the waiting area for officials attending meetings and people having business in the palace. To our right was the "Giant's

Please see **A Land Tour of Italy** CONTINUED ON PAGE 29



A map showing important landmarks in Venice, Italy.

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## Local Writer, Martial Artist Inducted into the USA Martial Arts Hall of Fame

Local writer, motivator, and martial artist, Andrea F. Harkins, a/k/a "The Martial Arts Woman," was inducted into the USA Martial Arts Hall of Fame in Tampa, Florida on July 22, 2017. The USA Martial Arts Hall of Fame event took place at the Sheraton Suites in Tampa, Florida. Along with seminars during the day, a black-tie banquet and awards ceremony topped off the evening.

Andrea was recognized for her martial art and positivity outreach. Her award is for Leading Motivational Speaker/Author/Martial Arts Business Expert. She was also surprised to receive the prestigious Ambassador Award. Andrea's book, *The Martial Arts Woman*, will be included in the USA Martial Arts Hall of Fame Museum in Belen, New Mexico.



Andrea is an internationally recognized regular columnist for *Martial Arts Illustrated UK*, *The Martial Art Guardian* (UK), and *Martial Art Business* magazine in Australia. She is also a contributor to numerous magazines in the US including the *Parrish Village News*, the *World Martial Arts Magazine*, *Conflict Manager*, *Think Positive Magazine*, *MASUCCESS*, her blog and her book of the same title, *The Martial Arts Woman*. She is also a published greeting card writer with Blue Mountain Arts cards.

Andrea's mission is to make the world a better place every day through positivity and martial arts. She is available for public speaking or empowerment seminars, and teaches martial arts at the Parrish YMCA with her family. You can reach her at [www.themartialartswoman.com](http://www.themartialartswoman.com) or through social media.

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**Fort Hamer Bridge Run** CONTINUED FROM FRONT PAGE

member of your team complete a Fort Hamer registration form, enclose payment and send to the Parrish YMCA, 12214 US Highway 301N, Parrish, FL 34219, attention Jamie Ruskak or Doug Schiller. Your logo should be in an eps/vector file if possible. Registration forms available at the YMCA's, and local running stores, or download from the event web site [www.forthamerbridgerun.com](http://www.forthamerbridgerun.com).

Runners and walkers completing the 5K or 10K will receive a beautiful Commemorative medal which will double as a key chain. The medal illustrates the Fort Hamer Bridge and inscribed with the event and date. The medal is being fashioned by the supplier to the Boston Marathon. Many potential participants have inquired if they can walk the 5K and the answer is YES! Also completion guarantees the commemorative finishers medal.



This inaugural run and walk will start and finish at picturesque Fort Hamer County Park. The 5K (3.1 miles) and 10K races will traverse over the 2,300 foot bridge to breathtaking views and back. The 5K briefly enters the Islands of the Manatee subdivision and then returns to Ft Hamer Park and finish to a great after party. The 10K continues into and around the beautiful Islands of the Manatee River subdivision and back. Four water stops are planned to hydrate the runners and ample course marshals to spirit the runners along the way.

The Bridge run is being planned as a family event also with a One Mile walk and Kid's River Dashes for the children. The Manatee YMCA is planning a special kid's zone

with children's activities, face painters, bounce houses and more. The kid's River dashes features four heats for children ages 3 to 12 years. Ages 3 to 4 run 100 meters, ages 5 to 6 run 200 meters, ages 7 to 9 run 400 meters and the biggies 10 to 12 years run 800 meters. The Kid's event commences at 6:45 am after a brief warm-up. Children receive their own customized runner bib, tech t-shirt, and goodie bag. All children finishers receive an engraved medal and boy/girl winners 1st through 3rd in each age group engraved trophies. **Children 12 and under registered for the 5K or 10K can enter the Kid's River Dashes for free!**

The 5K/10K Runners and One Mile Walkers are treated to a moisture wicking shirt featuring the Fort Hamer Bridge logo with date which will be a collector's item for years. In addition runners finishing in their top categories will receive hand crafted award tiles three deep ages 9 & under, 10 to 14, and five year age groups to 80+. The post-race party will feature a buffet, refreshments and adult beverages with proper I.D.

Proceeds obtained from the inaugural Fort Hamer Bridge Run benefit the Parrish YMCA, a full service facility providing programming to Parrish and the surrounding area, The Parrish Foundation whose mission in part is to grant funds for the philanthropic needs of the community, and the Manatee County Youth Rowing whose mission is part is to provide rowing programs in a positive and competitive environment for all ages.

To register and for more information go to [www.forthamerbridgerun.com](http://www.forthamerbridgerun.com). You can also register at the Parrish YMCA or contact the race director Doug Schiller at (941) 932-6147.





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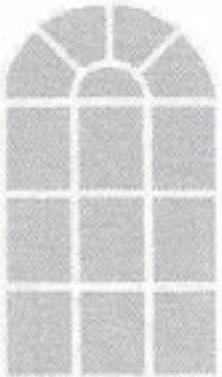
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# Preparing for Success

Pat Walsh

PGA Golf Professional at River Wilderness Golf & Country Club

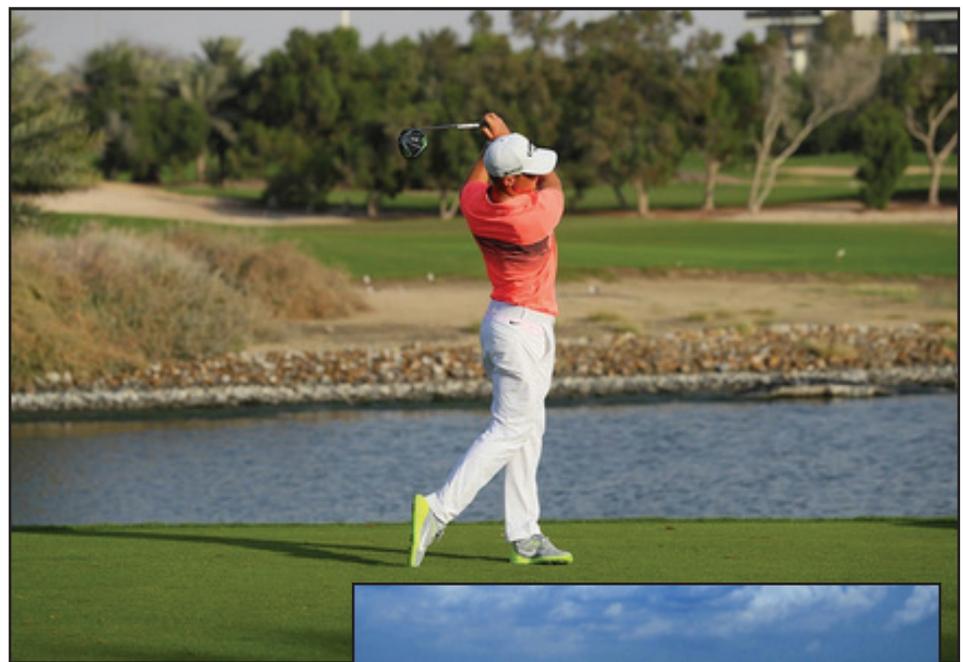
As I greet golfers prior to their rounds one of the most often heard phrases I hear is "I'm hitting it so bad right now." Most of us hate to prove ourselves wrong so we therefore go out and hit it poorly just so we can later say, "I told you so!" Great players never enter a round with a negative thought but always focus on the positive of their games. The most common phrase heard by the best players prior to teeing it up is, "I can't wait to play today because I'm hitting it so pure!"

Just by changing our attitudes we can change the results. The next time you go out to play pump yourself up with compliments by stating a few of these simple thoughts:

- ◆ I am so excited to play today!
- ◆ The cup looks like a bushel basket right now.
- ◆ I'm driving the ball farther than ever.
- ◆ My iron play is deadly.
- ◆ I feel great today and my golf game matches my attitude!

It's amazing how by changing our attitude we put ourselves in positions to succeed. A great golfer once wrote "Golf is 90% mental and 10% physical." Like many things in life if we concentrate on success and see ourselves succeeding we tend to reach our goals. The next time you golf approach the game with positive thoughts and enjoy the outcome you richly deserve.

For more thoughts on golf or swing tips you can YouTube: Pat Walsh PGA Golf Professional or friend us on Facebook at River Wilderness Golf and Country Club. Private and Group Lessons are available by calling Pat Walsh at 941-776-2602.



*Concentrate on success and see yourself succeeding.*



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# What's In Your Wine Bottle?

Wine Guy Bob Monica



It's a common everyday event. You find a product that interests you in the supermarket. The price is right. "But," you ask yourself, "What is its nutritional value?" How many calories? How many carbs? So you flip the box and check out the Nutrition Facts matrix printed on the side. Simple.

But what about your favorite bottle of wine? The information displayed on its label is very different. You will be sure to find the name of the primary grape used in its production as well as the Viticultural Area and the year the grapes were harvested. For sure you'll find a couple of warnings indicating that it is unwise for pregnant women to consume any alcoholic beverages and that wine may impair your ability to drive.

But why is the information on the bottle so limited? And why is it so much different than what is found on food products sold in the same market? The answer rests with the fact that groceries are regulated by the Food and Drug Administration (FDA). Wine is regulated by the Bureau of Alcohol, Tobacco and Firearms (ATF). You know, the guys with the guns and vests who occasionally show up in action films and cops shows.

While the FDA has worked diligently to provide more detailed data to keep the public informed of the chemical content of various food products, the ATF has greatly limited its focus to matters like the amount of alcohol content – which for wine is typically around 12 – 14%.

This may lead you to conclude there is nothing in that bottle but good, old, natural grape juice that has been fermented. But not so fast, my friend.

Are you aware that a typical 8 ounce glass of merlot contains about 190 calories, 9 milligrams of salt, 6 grams of carbohydrate, 1.5 grams of sugar and virtually no fat or protein. Of course not. Because there are no Nutrition Facts posted on the label.

Most wine contains a combination of sulfur dioxide (to preserve it), gelatin (to control tannins) and Velcorin (to reduce bacteria). Red wine is often enhanced with a grape concentrate called Mega Purple to improve flavor and color. If the grapes used in production are of low quality (cheap) the wine will have additional levels of sulfur added to enhance flavor and stabilize the wine. Ugh. No wonder you have headaches.

For those of you who love Chardonnay with an oaky, buttery flavor – beware. Many of those everyday whites never see the inside of an oak barrel. They are treated to a bouquet of floating "oak chunks, chips, sticks, cubes or staves" during processing. Some never even get that close to anything wood having been treated with a splash of liquid oak extract. Gasp.

None of this appears on the bottle, much less pertinent information about Gluten, GMO's and organic ingredients (or not). Nor do words like enzymes, yeast strains and bentonite clay. All fair game in wine production.

These additives are more likely to show up in mass produced wines that you find in your local supermarket. To avoid heavily manipulated vintages be alert for products that use clever marketing techniques like provocative or charming names (Hank the Hammer Red or Lily of the Valley White) and by all means look twice at bottles that feature cute little animals like bunnies and unicorns that appeal to the female heart.

These wines are usually sold at a very attractive price making one think that they are getting a great deal. But it's likely a distraction from the fact that the wine is heavily manipulated and chemical rich. Purchasing from smaller wineries whose products are exclusively found at your local wine shop may be a safer option.

Some winemakers have voluntarily chosen to place more information on their respec-  
Please see **What's in Your Wine Bottle** CONTINUED ON PAGE 38

# Taking the High Road is Worth It

Have you ever had a day when life feels like it is working against you, for whatever reason? Expectations are uprooted, emotions are volatile, and anger brews right below the surface. Whatever the problem, conflict, or difficulty, it weighs on you. You feel slighted and unappreciated. You want to shut down, keep it all inside, and push it away. When you do that, anger and frustration begin to control who you are. You are traveling down a path that is riddled with negative reactions.

I have learned a lot about conflict recently, and why how you react is so important. Win or lose, there are good and bad behaviors that you can exhibit. We can all think of examples of how not to react. Yelling, demeaning another, or even taking so hard a stance that you will never back down are emotionally charged reactions, and not the best ways to cope with a situation.

Unexpected events, circumstances and misfortunes are not comfortable, but but they should never shake the core of who you are. Remain grounded and remember that although certain behaviors seem warranted, and you are free to "feel" however you feel, actions and abrupt decisions have consequences. Once you allow yourself to take a drastic action, it can never be undone. Your reputation and your character can be diminished in that single moment. In the end, rash reactions only hurt one person, and that is you.

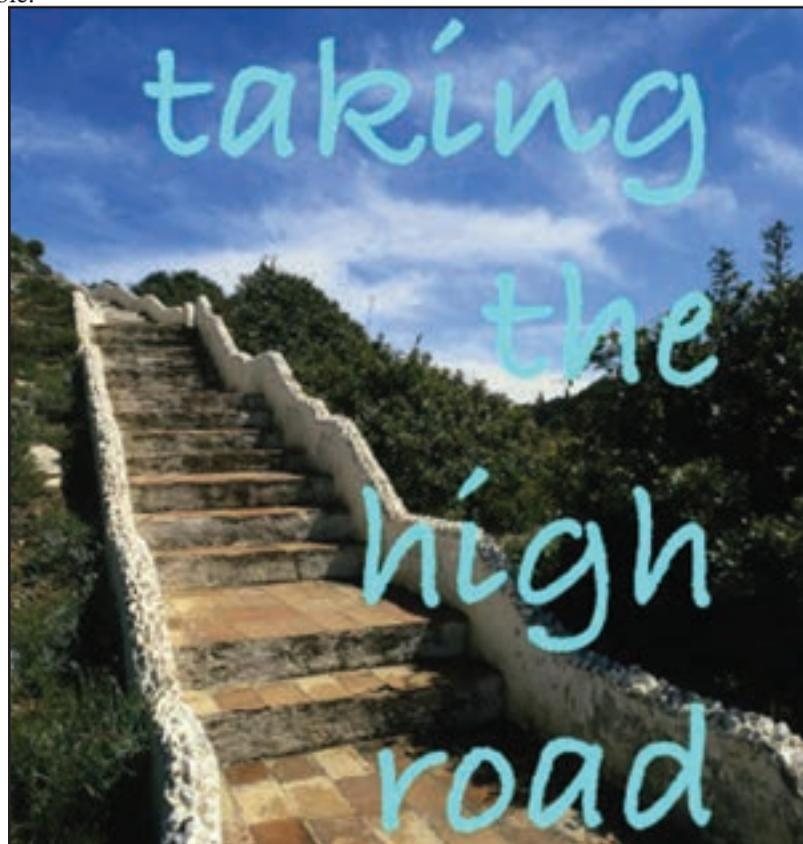


*Andrea F. Harkins*  
 Karate Teacher at Parrish YMCA,  
 motivational blogger  
[www.themartialartswoman.com](http://www.themartialartswoman.com)

I love martial arts because they are all about reactions, and they are a great parallel to life. Even within a fighting art, where you think that there would be a lot of angry reactions, there is more respect and courtesy than anything else. Within a sparring match, there is humility. These examples prove that even in a volatile moment, control of one's emotions is possible.

Many martial artists believe that you are taught to fight so that you do not have to fight. My definition of taking the high road is that you must take the actions that allow you to move past the problem while maintaining your self-truth and integrity. It does not mean that you allow others to take advantage of you, or that you should not make your opinion known, but that you should use the best behavior possible.

The high road is high for a reason. It requires thought, practice, and patience, and humility. Because everything is instantaneous, we forget that we have the gift of thought, the human spirit, and the option to make the right decisions, respect ourselves, others, and the world around us. Not every conflict has a happy ending or is easy to resolve. Sometimes there is no amicable solution. Allow yourself time to heal, mend, or accept, and then lift your head again and climb back up to the high road. You must use the right mindset to travel the high road with confidence. Conflict, discouragement, or even the misguided actions of others, should never derail you. With that in mind, the high road will always be available.



You are the only one who can create the attitude with which you want to live your life. Like a martial art, life has many twists and turns. In both, the high road has a clear and distinct message. Always remain the person you want to be on the inside, no matter what is happening on the outside. Never let one bad moment overshadow who you are.

The high road has many road signs to guide you. Stop. Caution. Yield. Blind Curve. Use these to guide you in the right direction. Before you know it, you will be smoothly traveling life's highway with a perspective and outlook that allows you to continually move forward, no matter what tries to slow you down.

I know why only a select few follow the high road, and that is because it takes effort to stay on it. Still, those who choose the high road never question if they did the right thing. They know they are traveling the road that will lead them exactly where they want and need to go. Taking the high road is worth it.



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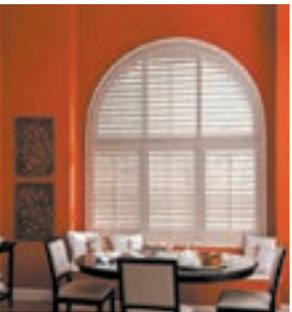
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# August Activities at Rocky Bluff Library

Rocky Bluff Library offers a lot of activities for August. There are the usual Pre-School Story Times; Mah Jongg, Chess and Board Games; Color Therapy for Adults; Book Clubs; Tech Help on electronic devices; and advice from the Master Gardeners.

### Tech Help Drop In

If you need help with your electronic devices, you can stop by the library for personalized help. Sessions will be available on Saturday, August 12th and 19th from 10:00 am to 12:00 noon. Bring your iPad, tablet or phone!



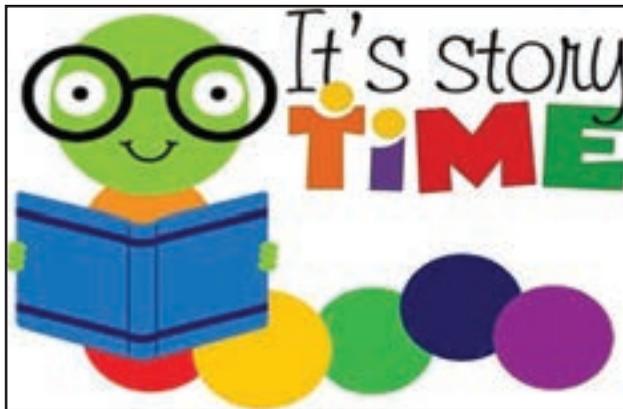
### Play Chess, Mah Jongg or Board Games

On August 1st, 8th, 15th, 22nd and 29th, you can take advantage of playing board games, mah jongg or chess at the library. You will meet new people and take part in an activity you might like. Games like Monopoly, Scrabble and others are available. All ages and skill levels are welcome. The games are from 3:00 to 5:00 pm. Mah Jongg is from 11:30 am to 1:00 pm. Come enjoy the fun and test your skills as a player.



### Pre-School Story Time

Pre-School Story Time continues on Tuesdays in August on the 1st, 8th, 15th, 22nd and 29th, at 10:15 am. and on Fridays August 4th, 11th, 18th and 25th at 10:30 am. Your pre-school aged child can interact with other children and the Children's Librarian to enjoy a really good time learning about reading.



### Color Therapy for Adults

One of the newest activities really having a great deal of popularity is coloring different designs - *for adults!* It's called Color Therapy and is offered on Thursdays in August (the 3rd, 10th, 17th, 24th and 31st) at 2:00 pm. This is a new craft opportunity testing adults' coloring skills with colored pencils, chalk, water colors or even acrylics. The designs are pre-done and all you have to do is decide what tools you will use to color the design - or you can bring your own project. Come on out to the library and test your skills. See if you can stay within the lines!



### Other interesting Events at the Library

You might want to take advantage of other activities at the library: a Harry Potter Party from 1:00 to 4:45 pm on Saturday, August 5th, the Tween Reads Book Club on Wednesday, August 9th at 4:00 pm, Crafty Afternoon Paper Crafts on Saturday, August 26th at 2:00 pm or you can try working one of the jigsaw puzzles that is always under construction in the front of the library. If you have some time to kill, it's great fun!

### Film Series - *The Zoo Keeper's Wife*

On Wednesday, July 16th from 4:00 to 6:00 pm there will be another film - *The Zoo Keeper's Wife*. This is a great opportunity to view a fairly new film and enjoy it comfortably in a theater-like environment at your library. You will really enjoy this opportunity without having to pay for view at home or pay the high prices at a local movie theater. You might even have popcorn!

This true story adapted from the book by Diane Ackerman follows the keepers of the Warsaw Zoo who helped to save hundreds of people from the nazis during World War II by smuggling them into empty cages. It stars Jessica Chastain and Daniel Bruhl.



### Hours of Operation

The library is open Tuesday through Saturday. The hours of operation are as follows: Tuesday and Friday - 10:00 am to 6:00 pm; Wednesday and Thursday - 12:00 noon to 8:00 pm; and Saturday from 9:00 am to 5:00 pm. **The library is closed on Sundays and Mondays and will be closed on Tuesday, July 4.**

See you at Rocky Bluff!



**"Friends Book Shoppe around the Corner" is open!**

Looking for books to read now that you have more time? Don't want to worry about due dates on library books? Visit the Friends of the Rocky Bluff Library's *Book Shoppe Around the Corner* and find the perfect books for your reading. The *Book Shoppe* is located in the library across from the computer area on the last shelving unit. Paperback books are priced at \$.50 and \$1.00 and hard back fiction at \$3.00. Books are sold on the honor system, and payment is placed in the box located at the end of the shelves. All proceeds go to the Friends of Rocky Bluff Library and will help pay for library programs for children and adults.

Enjoy your reading and support the Rocky Bluff Library by shopping at the Friends' *Book Shoppe Around the Corner*.

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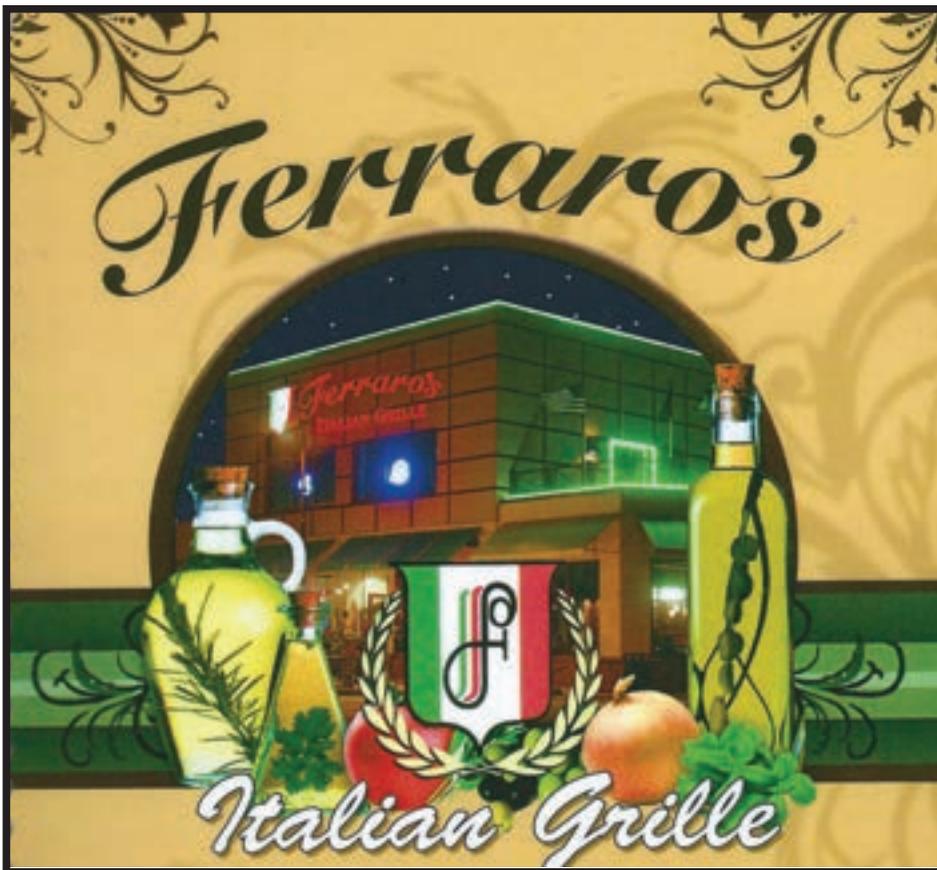


**The Parrish Foundation CONTINUED FROM FRONT PAGE**

Six years ago, the Foundation teamed with the Parrish Civic Association to add a Chili Cook Off and festival to their annual Heritage Day Parade and the revenues from this event have been the funding source for the annual grant program. With the grants about to be awarded in October, in just six years the Foundation will have passed almost \$180,000 back to charitable corporations serving residents of the Parrish community. All of this would not have been possible without the support of our sponsors, Chili Teams, The Florida Railroad Museum, our many volunteers and, of course, the Parrish community that supports the event.

Hugh McGuire, President of the Parrish Foundation said, "The Chili Cook Off has been successful beyond our wildest dreams of six years ago. The Parrish community has embraced it as a way of showing their support for Parrish and I really enjoy seeing the many young families that come to the event. From the bottom of our hearts, we thank everyone that has worked so hard to make the funding of these grants possible."

Next year's Chili Cook Off is scheduled for March 3 and the committee planning it will have their first meeting shortly. If you would like to get involved with this effort, please contact Tami Vaughan at [www.frstworldr@msn.com](http://www.frstworldr@msn.com). It's a great way to meet some new people and get involved with our efforts to make our community an even better place to live.



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*At left the Boy Scout Troop 41 from Parrish was a 1916 recipient of The Parrish Foundation grant.*



*At right the Florida Railroad Museum received a grant from The Parrish Foundation in 2016.*

## Ferraro's Italian Grille Supports the Community

Ferraro's wants to thank all its customers and the community for supporting them and being loyal. The owners and staff feel that the support the customers have shown them has been rewarding and worthwhile. Your loyalty has made our restaurant so successful. Thank you!

We also want you to know that we wholeheartedly support the community right back. We are active with Little League teams, local schools, the Parrish YMCA, community groups, school nights and more. We love children and try hard to give back whenever we can. Come take a look at our walls decorated with the many children's pictures and mementoes of our community support (similar to the one pictured at right of Buffalo Creek Little League). We enjoy the participation with your groups. Frank, Anthony and Salvatore LoGrande are members of the community and live here raising our families as well as work in the restaurant. So, it's our community, too!

As our local children and teachers go back to school, we welcome you to come to Ferraro's as your choice for dining, take out orders and delivery. Our children-friendly menu is inviting and great for families who want to dine casually and enjoy a good meal. We want you to feel comfortable in our restaurant and enjoy time spent there.

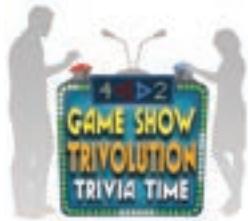
Oh, and just a reminder - we love for you to come to Ferraro's for that special occasion. Whether it be a birthday, anniversary, special event or family gathering, we welcome you to Ferraro's. Let us know about your celebration and we will help make it a memorable occasion.



# August Trivia

**Jim Casey, Trivia & Game Show Host**  
 seen at Ellenton Applebee's each  
 Tuesday at 9:00 p.m.

With school starting in the next week or so,  
 I'm giving you a quick bit of history for 10  
 questions. This is all based on the month  
 of August.



- The month of "August" was named after...
  - Saint Augustine
  - Augustus Caesar
  - The adjective "august," meaning grandeur, because it was believed to be the grandest month
  - the word "auger," meaning a hole digging tool, because ancient farmers dug for the next season at this time
- Born on August 17, 1786, Davy Crockett was killed defending the Alamo. Which of these descriptions does NOT appear on his tombstone?
  - Pioneer
  - Patriot
  - Trapper
  - Hero
- On August 2, 1876, frontier Marshall "Wild Bill" Hickok was shot and killed while playing poker at a saloon in Deadwood, South Dakota. The poker hand he was holding when shot in now known as the "dead man's hand". What was that hand?
  - Aces & 8's (Two pair)
  - Four Deuces
  - Four Queens
  - A Full House
- On August 24, 1992, this devastating hurricane made landfall near Miami as a Category 5.
  - Katrina
  - Wilma
  - Ivan
  - Andrew
- This city was liberated by the United States and French troops in August 1944.
  - London
  - Paris
  - Normandy
  - Versailles
- August 1945, two cities in Japan has atomic bombs dropped on them. Nagasaki and ...
  - Tokyo
  - Hiroshima
  - Kobe
  - Kyoto
- On August 15, 1969, the 3-day rock festival originally called the "Woodstock Music and Art Fair" began. What was the original price for an Advance Sale THREE DAY TICKET for one person?
  - \$18.00
  - \$36.00
  - \$75.00
  - \$150.00
- On August 8, 1974, President Richard Nixon announced that he ...
  - Was "not a crook"
  - Would not surrender the tapes
  - Would never resign
  - Would resign
- On August 1, 1976, Elizabeth Taylor got divorced one more time. Who did she D-I-V-O-R-C-E this time?
  - Eddie Fisher
  - Senator John Warner
  - Richard Burton (the second divorce)
  - Larry Fortensky
- This event is generally thought to take place in September, but takes place in August ...
  - Labor Day
  - National Back to School Month
  - National Preparedness Month
  - The end of Trivolution

**Trivia Answers can be found on page 28.**

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***Some Interesting August Dates***

**August 2, 1776** - In Philadelphia, most of the 55 members of the Continental Congress signed the parchment copy of the Declaration of Independence.

**August 3, 1492** - Christopher Columbus set sail from Palos, Spain, with three ships, Nina, Pinta and Santa Maria. Seeking a westerly route to the Far East, he instead landed on October 12th in the Bahamas, thinking it was an outlying Japanese island.

**August 5, 1861** - President Abraham Lincoln signed into law the first Federal income tax, a 3 percent tax on incomes over \$800, as an emergency wartime measure during the Civil War. However, the tax was never actually put into effect.

**August 6, 1945** - The first Atomic Bomb was dropped over the center of Hiroshima at 8:15 a.m., by the American B-29 bomber Enola Gay. The bomb detonated about 1,800 ft. above ground, killing over 105,000 persons and destroying the city. Another estimated 100,000 persons later died as a result of radiation effects.

**August 14, 1935** - President Roosevelt signed the Social Security Act establishing the system which guarantees pensions to those who retire at age 65. The Social Security system also aids states in providing financial aid to dependent children, the blind and others, as well as administering a system of unemployment insurance.

**August 16, 1896** - Gold was discovered in Rabbit Creek, a tributary of the Klondike River in Alaska, resulting in the Great Klondike Gold Rush.

**August 18, 1920** - The 19th Amendment to the U.S. Constitution was ratified, granting women the right to vote.

**August 21, 1959** - President Dwight D. Eisenhower signed a proclamation admitting Hawaii to the Union as the 50th state.

**August 24, 79 A.D.** - Vesuvius, an active volcano in southern Italy, erupted and destroyed the cities of Pompeii, Stabiae and Herculaneum.

**August 31, 1997** - Britain's Princess Diana died at age 36 from massive internal injuries suffered in a high-speed car crash, reportedly after being pursued by photographers. The crash occurred shortly after midnight in Paris inside a tunnel along the Seine River at the Pont de l'Alma bridge, less than a half mile north of the Eiffel Tower.

# August 2017 Daily Holidays, Special and Wacky Days:



- National Girlfriend's Day
- National Mountain Climbing Day
- National Raspberry Cream Pie Day
- National Ice Cream Sandwich Day
- National Watermelon Day
- National Chocolate Chip Cookie Day
- U.S. Coast Guard Day
- National Clown Day
- National Mustard Day
- National Underwear Day
- Work Like a Dog Day
- Friendship Day
- Sister's Day
- Wiggle Your Toes Day
- International Forgiveness Day
- National Lighthouse Day
- Sneak Some Zucchini onto Your Neighbor's Porch Day
- Book Lover's Day
- Lazy Day
- National S'mores Day
- Son and Daughter Day
- Middle Child's Day
- Left Hander's Day
- National Creamsicle Day
- Relaxation Day
- National Tell a Joke Day
- National Thriftshop Day
- Bad Poetry Day
- Aviation Day
- National Honey Bee Awareness Day
- National Potato Day
- National Radio Day
- National Spumoni Day
- Senior Citizen's Day
- Be an Angel Day
- National Tooth Fairy Day
- Ride the Wind Day
- Vesuvius Day
- Kiss and Make Up Day
- National Dog Day
- Women's Equality Day
- Global Forgiveness Day
- Just Because Day
- Daughter's Day
- More Herbs, Less Salt Day
- Frankenstein Day
- Toasted Marshmallow Day
- National Eat Outside Day
- National Trail Mix Day



# Florida Extension Classes and Activities for August

The Manatee County Agriculture and Extension Service is offering a variety of free educational classes during August, 2017. The Extension Service is an educational program within county government which brings the resources of the University of Florida's Institute of Food and Agricultural Sciences (IFAS) to Manatee County to solve local problems, provide educational opportunities, promote economic enhancement and development, and improve the quality of life for all of our citizens.

**REGISTRATION INSTRUCTIONS:** Unless otherwise noted, all classes are free and are held at the Manatee County Agriculture and Extension Service, 1303 17th Street West, Palmetto, Florida 34221. Minimum workshop size is required; workshop size is limited. Please register in advance online via our website at <http://manatee.ifas.ufl.edu> (click on Calendar of Events located at center, bottom on website) or call 941-722-4524 for all workshops.

vegetable scraps to create compost. Rain barrels and composting bins can be purchased after class. Register on-line or call the Extension Master Gardeners.



**Get involved in your community!**  
**For information about the Parrish Civic Association, contact Gretchen Fowler, President, at [gmfowler68@yahoo.com](mailto:gmfowler68@yahoo.com).**

### Workshops and Classes Offered by Extension Agents and Master Gardeners (Gardening, Water Conservation and More)

**Air Potato Beetle Rally and Open House** - Tuesday, August 8, 11am-2pm, Extension Office, Free: This is an open house — come learn more about the invasive air potato vine and a biological control, the air potato leaf beetle. Receive a free supply of beetles for use on your property, first come first served. Limited supply of beetles. Register on-line or call the Extension Master Gardeners.



Learn composting and about rain barrels.



Learn about the invasive air potato vine and beetle.



For more detailed "Workshop Session" dates/times, and registration information, visit the website: [SMARTcouples.org](http://SMARTcouples.org). Registration closes two days prior to event starting.

**ELEVATE A RELATIONSHIP ENHANCEMENT PROGRAM:** A program to improve communication skills. Workshop 9 begins August 15, 2017.

**BEFORE YOU TIE THE KNOT:** A premarital program to start marriages out right. Workshop 9 begins August 16, 2017 and Workshop 10 begins September 20, 2017.

**SMART STEPS:** A stepfamily program developed specifically to strengthen relationships. Workshop 9 begins August 17, 2017 and Workshop 10 begins September 21, 2017.

**Florida's Bromeliads: A Story of Wind Dispersal and Survival** - Saturday, August 12, 10am-Noon, Extension Office, Free: Did you know that Spanish moss is a type of Florida bromeliads? There are other species that can add beauty, color, and a southern appearance to landscape trees. Come and learn more on Florida's native bromeliads and their growing conditions. Register on-line or call the Extension Master Gardeners.



Learn about Florida bromeliads.

**Fall Vegetable Gardening** - Saturday, August 26, 9am-Noon, Extension Office, \$5: Find out what type of vegetable garden will work for you and get it ready for fall planting! This workshop covers the basics from the ground up, including soils and amendments, plant selections, fertilizing, and pest management. Receive one vegetable seedling. Register on-line or call the Extension Master Gardeners.

**A Florida-Friendly Combo** - Rain Barrels & Composting, Saturday, August 26, 10am-Noon, Extension Office, \$40 for each bin: Learn about how to use stormwater runoff productively and learn how to recycle your yard waste and



Enroll in the Smart Couples series.

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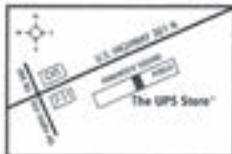
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# Collectibles on Display at Rocky Bluff Library



A very generous donor contributed the items in the display case at left to the Friends of Rocky Bluff Library. You won't want to miss seeing this collection!

A very generous donor has given a wonderful assortment of collectibles to the Friends of Rocky Bluff Library. Included are collections of Winnie the Pooh memorabilia, Wizard of Oz art pieces, sports items and other items of value.

Some of the Winnie the Pooh items are now on display in the lobby of the library in the lighted display case. This is one exhibit you won't want to miss.

Next time you are in the library be sure to take the time to view the artist's display and read about each of them. It is quite interesting and unique.



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**Sunday, August 20th**

# 12 Cheers

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Birthday Cake Cocktail \$5.00\*  
Ice Gold Dos Equis \$3.50\*

**Help Support Our Local Schools!**

School Supply Drive all month long, supporting:

- DAUGHTREY PREPARATORY
- ANNA MARIA ELEMENTARY
- PALMETTO ELEMENTARY
- BALLARD ELEMENTARY

Suggested supplies... Notebooks, pencils, crayons, glue sticks, erasers, etc...

## It's National CATFISH Month!

### Florida Cracker Basket \$10.99

Fried Catfish, Coleslaw, Cheese Grits & Hush Puppies

**A True Florida Classic**

## AMOB on the Pier

Open from 8am-9pm for all your waterfront dining needs...

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**Land or Sea!**

"You can't drink all day if you don't start in the morning!"

Let US do the cooking this week!

WELCOME BACK TO SCHOOL

...because Back to School Week is hard enough.

## Eat for a Penny-An-Inch!

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# h2U (Health to You) in Ellenton Offers August Activities for Seniors

Why settle for an ounce of prevention when h2U can offer you so much more! Living a healthier lifestyle is easy when you have the support of like-minded people. At h2U-Health To You, that's exactly what you'll find - active engaged members who never take good health for granted.

Blake Medical Center's h2U - Health To You program offers three convenient locations to better serve Manatee County. To join h2U visit any location or go to H2U.com. Annual memberships only \$20 per person or \$35 per couple. h2U members receive hospital VIP benefits, national & local discounts, and so much more!

Volunteer opportunities available at h2U & Blake Medical Center! Do you know the health benefits of volunteering? Volunteering is a great way to give back! For Volunteer information please call (941)722-5683 or (941) 798-6151. All of our seminars are open to the public. Simply call 1-888-359-3552 to register.

h2U Ellenton Center: 7042 US 301 N, Ellenton.

941.722.5683

h2U Cortez Center: 6670 Cortez Rd W, Bradenton.

941.792.0211

h2U Bayshore Center: 6012 14th St W, Bradenton.

941.758.8343

Blake Medical Center, Medical Arts Building: 2010 59th St W, Bradenton.

Below are h2U Ellenton Ongoing Activities for members. Please call for more information.

### Monday

9:00 am - Take Control with Exercise (Chair Exercise)

10:00 am - Eldergym Series: Balance/Flex/Strength (Chair Exercise)

11:00 am - Hatha Yoga with Carol (\$20/4 week sessions) bring a mat! Reservations Required

12:00 pm - Ukulele: Learn to Play with Sunny

1:00 pm - Rummikub

### Tuesday

9:00 am - Hula Dancing Experience

10:00 am - Eldergym Series: Balance/Flex/Strength (Chair Exercise)

11:00 am - Tai Chi for Health with Tom (\$36/6 week sessions) Reservations required

12:30 pm - Canasta

1:00 pm - Bunco

### Wednesday

9:00 am - Take Control with Exercise (Chair Exercise)

Please see h2U CONTINUED ON PAGE 39

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# This Old House

7114 121st Avenue East

Parrish, Florida

The home of C. M. (Sidney) and Vivian Buice

Iris Worth McClain



This home was originally built by Emil Lindemeyer on a farm near Parrish (Oak Hill) believed to have been on State Road 62 back in 1896. Emil married Emilie Burger on March 25, 1896. Emil was the son of Louis and Caroline Keller Lindemeyer who came to the United States, from Darmstadt, Hessen Germany in 1855. After immigrating to New York, he married Caroline Kellner. Emil served in the Civil War. In 1906 Emilie's brother, Theodore Burger, tore down the home, board by board and re-built it on its present location. Theodore numbered each board to make sure when he re-built it that each board would be placed just as it had been originally. When doing repair work on this old home, you can still see the numbers. The inside walls are built tongue and groove joints on both sides, electric outlets can only be placed on the outside walls.

Descendants of Emil and Emilie Lindemeyer have always lived in this home. Sidney is their grandson and the son of Oswald and Gertrude Lindemeyer Buice. Sidney has lived in this home the majority of his life. Sidney married Vivian Simmons in 1948. They moved into this home in 1966. They raised two sons, Emil and Michael. They love fishing, family and community. Sidney retired from Manatee County Government as a surveyor; Vivian retired from Manatee County School System where she worked in several lunchrooms as a baker.

Through the years of knowing Sidney and Vivian, I have learned they have a wealth of information and history of the Parrish area. They have been very instrumental in gathering the history and photos of Parrish that are on display at the Parrish Community Center/YMCA. They have kinfolks all over the Parrish area, Simmons, Lundy's, Gillett's, just to name a few.

Through the years, thankfully Vivian's family documented much of what went on in Parrish way back when. Speaking of Lundy's, Vivian was telling me that many years ago, there had been a Lundy's Landing on the banks of the Manatee River and a Fountain of Youth. Watch for upcoming article's on Lundy's Landing, Simmons family, old historic homes, buildings, churches and items of historic interest here in Parrish.

One that you may enjoy will be the Parrish Fire Department and how it all started from the beginning to present and how much we the people of Parrish appreciate all the help they have given us through the years; they have been very instrumental in keeping many of the old homes and buildings safe from fires. Well now, these stories are for another day.....

"This Old House" book, author Iris Worth McClain, is on sale at PJ's Sandwich Shop, 12342 N US 301 and Cecil's Emporium, 12348 N US 301. All proceeds from the sale of this book will go to the Parrish Arts Council, Inc., which is a 501 (c) 3 organization, to be given in the way of grants to children not-for profit organizations.



*Iris Worth McClain, widow of Merle McClain, moved from Sarasota to Parrish in 1973 with two young sons, Kenneth (Kenny) and Larry. Her boys went to local schools, made lifelong friends, went fishing, hunting and raised cattle. After retiring from a career in banking, Iris became actively involved in the Parrish community with the Parrish Civic Association, The Parrish Foundation, the Parrish Chili Cook Off, the Parrish Arts Council and the Parrish Y. She coordinated the Children's Christmas Party for needy children in Parrish and loves to read and learn about Florida history. She wants to provide interesting stories of old homes and old buildings to preserve the history of Parrish and promote the vitalization of Parrish.*

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- 8,000 sq. ft. fully enclosed and secure boat house
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- All students get an awesome memorable camp t-shirt
- Anyone from 6th to 12th grade welcome

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**New this year: full day camp with aquatic activities like paddle boards and kayaks. We also added before and after care for campers with busy families.**

**Half Day Camps 8am to 12pm \$175 per week**

- June 5th - June 9th      • June 19th - June 23rd
- June 26th - June 30th    • July 10th - July 14th

**Full Day Camps 8am to 5pm \$295 per week**

- June 19th - June 23rd    • June 26th - June 30th

Full day camps consist of rowing camp from 8am to 12pm, lunch from 12 - 1pm, and aquatic activities from 1 - 5pm

**Special 2 week Regatta Option 8am to 12pm \$295 per 2 week session**

- June 5th - June 16th      • July 10th - July 21st

The 2 week regatta option will have a fun, competitive regatta at the end of camp.

## Come Learn More about the Sport of Rowing!

### Open to All Ages!

Interested in learning more about rowing. MCYR is having its annual community meeting on August 5, 2017 at 1:00 pm at the Manatee County Central Library, 1301 Barcarrota Ave, Bradenton, FL 34205. Come learn about how middle school and high school age students can become part of one of the fastest growing sports in the area. People 18 years and older can learn about our Master's Program that is now open for participants and has been operating out of the Fort Hamer Boat House this summer. For more information go to: [www.manateeyouthrowing.com](http://www.manateeyouthrowing.com)



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The Enrichment Center at Renaissance On 9th is in partnership with Senior Advantage of Manatee Healthcare System. It is located at 1816 9th Street West, Bradenton, FL 34205, 941-749-0100, or www.renaissanceon9th.org.

**Special Activities for August**

**Monday, August 7, 1:45 pm:** Join staff to learn about opportunities to serve at *The Enrichment Center at Renaissance on 9th*.

**Classes and Activities in August**

**Educational, Social & Recreational**

**Ballroom Dancing with the band "Just Friends":** Resumes August 21.

**Bradenton Christian Women's Connection:** On vacation for the summer.

**Exercise & Wellness**

**Argentine Tango Lessons:** On vacation for the summer.

**Beginner Ballroom Dance Lessons:** Thursday Classes on vacation for August.

**Tai Chi (Wu-style):** Resumes Monday, August 7.

**Qi Gong Meditation:** Resumes Thursday, August 10.

**Zumba Gold:** On vacation for the summer.

**Ongoing Activities**

**Education, Social & Recreational**

**Ballroom Dancing with the band "Just Friends":** Resumes August 21. Mondays, 1:30 pm to 3:00 pm. Free to all!!! Dance to the reminiscent melodies of the 20's through the 50's.

**Bingo:** Friday, August 25, 1 pm to 3 pm. 25 cents a card.

**Book Club Meets:** 2nd Thursday each month at 10 am. \$2 (Free for Members). July's Book *All the Light We Cannot See* by Anthony Doerr.

**Bradenton Christian Women's Connection:** On vacation for the summer.

**Bridge:** Wednesdays, 12:30 pm, \$2 (Free for members).

**Chicken Foot Dominion:** Friday, 10 am. Play (or learn) Chicken Foot. Join the fun and make new friends. Free.

**Coffee Talk:** Wednesday, 9 to 10 am. Socialize and get acquainted over coffee and pastries. \$3 (Free for members).

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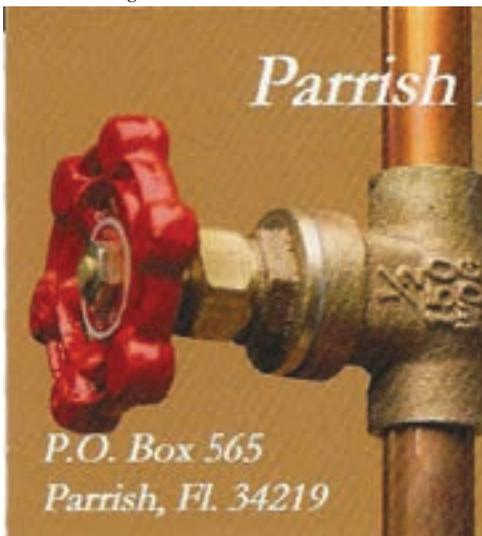
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Please see **Enrichment Center** CONTINUED ON PAGE 38





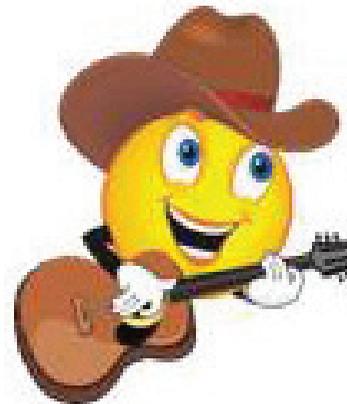
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# Are We Having Fun Yet?

John Phillips



You have played the song a thousand times. You know every chord. Every note. You are as prepared as you could be. Now you are on the stage. All eyes and ears are on you. You begin the song.

Then it happens.

Your hands begin to shake. The notes become difficult to find. You forget parts of the song. You are so focused on not making mistakes that mistakes are all you think about, and mistakes are exactly what you make. How did this happen?

Stage fright. Nerves. Panic attacks. Whatever you want to call it, the symptoms and results are the same. The question is, what do you do about it?

First, realize that you are not alone. Many of the greatest performers, orators and statesmen of all time have struggled with this anxiety. Among these were Mahatma Gandhi, Thomas Jefferson and Laurence Olivier, to name a few. It is a perfectly natural reaction. Even so, it must be dealt with, so what is one to do?

Let's take a look at what is actually happening. When you are placed under great stress or a feeling of imminent danger, your body triggers a 'fight or flight' response. Your pulse rate quickens. The blood supply is sent away from the extremities (which is why people speak of getting 'cold feet') and rushed to the larger muscle groups of the chest, abdomen, legs, etc.

Your body is now ready for almost anything. Anything, that is, except for performing complex and detailed maneuvers with your fingers such as playing a piece of music.

These natural biological reactions, unfortunately, cannot simply be ignored. They also do not necessarily go away over time as you grow accustomed to performing. Indeed, many of the most prolific performers of our time struggle with these feelings despite having given thousands of performances.

The solution, as I see it, is a complete paradigm shift in your mindset. If you have properly and sufficiently practiced, you have done all that you can do in that respect. When it is time for your performance, you must abandon all thoughts of making mistakes as well as all thoughts of impressing the audience. The secret, you see, is to relax and have fun. (After all, that is why you wanted to play in the first place, right?) This alleviates the body's need for the fight or flight response. It also helps to set the audience at ease and helps them to enjoy the music. Think about it. Would you rather watch a concert given by someone who was visibly nervous, tense, and frightened, or someone who was relaxed, cheerful and genuinely having a good time?

For this reason, I enjoy interacting and even joking with the audience when I play. It helps everyone, including myself, to relax and have a great time. That, after all, is what the performance is really all about.

If you have any questions regarding music or topics which you would like to see in future columns, contact John Phillips on his website at [www.guitarlessonsmanatee.com](http://www.guitarlessonsmanatee.com). To inquire about guitar lessons or gift certificates, call 941-915-4694.

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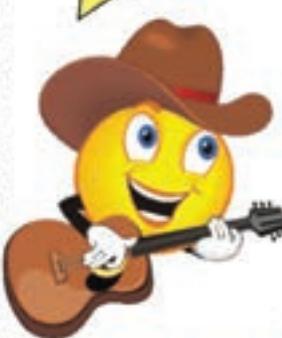
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With over 25 years of combined experience in both Real Estate and Mortgage industry, Faith brings a wealth of knowledge to her clients. And her devotion to her industry is evident by the awards and designations she's received over the years. This month she was featured in national Top Agent Magazine and has earned the 5 Star Agent Award for consecutive years in a row. Her most recent certification is RENE (Real Estate Negotiation Expert) which she applies as a major advantage when representing her clients' offers.

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Dawn believes that real estate is about building meaningful relationships, and her goal is to provide such exceptional service that every client is a client for life. Her commitment to her clients and her strong communication has helped countless individuals and families make their move a smooth and pleasant one. For Buyers, Dawn listens to what is important to them and has the experience and knowledge of the market to find properties that her clients love. For sellers, Dawn takes a personal approach knowing that

each home has special features that will appeal to buyers. She has a keen sense of what buyers are looking for when purchasing a home. Her talents in this area and in interior design, allows her to help you properly prepare and stage your home so it sells for the maximum market value.



**Sandra Coleman, Administrative Assistant:**  
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Sandra works hand in hand with Faith and Dawn, and their clients, to ensure each transaction runs smoothly. Sandra agrees that our clients are our number one priority and wants each client to enjoy and understand the process of buying or selling a home. Having prior experience working in the mortgage industry for 12+ years as a Loan Processor, Conditions Specialist and Administrative Assistant, has given Sandra the experience and tools to better assist our clients, not only on the real estate aspects of the transaction, but also on the mortgage side of the transaction. Sandra is very responsive to each client and is available to answer any questions they may have throughout each transaction.

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**Mark Moore, Lending Hand Mtg., Lender partner:**  
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Mark Moore has been in the Mortgage Business 31+ years helping customers Purchase and Refinance their homes. Mark is available 7 days a week, and is very prompt at following up with clients, and will answer any mortgage questions or provide a pre-qual letter as late as 10 p.m. As a Mortgage Broker, we have the ability to shop around for the very best Rates & Programs to fit our customer's needs. Lending Hand Mortgage offers very competitive Rates and all loan programs. Lending Hand Mortgage will close

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# Dating Isn't What It Used To Be

I remember my first 'real' date. I say 'real,' because I had already been a 'girlfriend' to two other guys - once in 7th grade and once in 9th grade. (I suppose my 8th grade year was a bust.) The 7th grade guy lived across the street from us and we held hands, went to the roller rink together and listened to Boston music together. I don't remember his name, as that magical attraction (not!) only lasted maybe two weeks.

My 8th grade year was a bust because I had a crush on Steve Jones and even though he knew I existed, he was never interested in me 'in that way.' Oh, how my heart ached when he didn't reciprocate my affections. He did ask me to slow dance once at one of the Friday night dances and I had a glimmer of hope that he'd finally like, like me. The song was "99" by Toto and I was so nervous the entire dance. Did he like me now? Was I dancing okay? Should I talk during the dance to lighten up the mood? Anxiety raced through me the entire dance, but as soon as it was over, it was over. Oh, well.

Grade 9 was no highlight, let me assure you. I found out that a guy from choir liked me. As a matter of fact, he thought I was amazing, according to his friends who told my friends. Problem was...he was an 8th grader - a totally inferior grade to mine. A dilemma for sure, but someone admiring me instead of the other way around was kind of intriguing. How could I be so cruel as to deny him at least the opportunity to win my attention?

I decided to lower my status and accept his invitation to watch a movie with him at his house, you know, since it was the '80's and Beta movies were all the rage in cutting edge technology. I don't remember his name either, but I do remember that he was sweet, his parents were nice and he smelled really clean. Clean is good. After a long three weeks, though, the shame of 'going out' with an 8th grader was just too much to bare, and I dropped him like a hot potato, never even giving him a reason. Cold, I know.



So, my 'real' date, as I deem it, happened the summer before my sophomore year. Again, I can't tell you his name or how we even met, but he would soon be a junior in our high school and asked me properly over the phone. This date would be my first car date to a real place, not just hanging out at his house and with someone that I had not known previously or with which I had gone to school. Can you say, "Nervous!!"

For whatever bizarre reason, I wore this lavender jumpsuit thingy that my mom made for me. Sure, it was the 80's, so fashion was certainly all over the place, but I don't know what was more uncool - my wearing a jumpsuit in general or my wearing a jumpsuit made by my mother? Hmmm. I digress.

What's-his-name picked me up in his car that summer night and we went to see a movie (don't ask, I can't remember which movie) and then he took me out to eat at Red Lobster. You'd think I would have enjoyed this 'proper' date the poor guy planned all by himself and maybe even using his own money, but I didn't. From the moment I agreed to go and then throughout the entire date, I had a sense of overwhelming dread and regret. I felt awkward,

bored, disinterested...stuck.

Would he want to go out again or worse, would he expect a kiss? Here's this nice person, who has behaved gentlemanly all night and all I can think about is how to get out of this situation. I wanted to fake sickness, sneak out and have my mom pick me up or anything else other than endure the ride home with this guy, all the while acting like I actually had a good time. I knew the awkward phase of the night was soon to come and what little I had been able to eat at dinner was lingering in my throat about to be spewed. I was in panic mode. Do I behave politely and 'expectantly' offering both an insincere interest in going out again and the obligatory kiss or do I show character and class by being honest and letting him know that I would not be interested in going out again?

Hey, I was 15, so I said thanks and high-tailed it out of his car walking myself to the door of my house. The poor sucker must have thought I was a real !%\$#\*, and totally ungrateful. Needless to say, I never heard from him again, thank God, and decided I would never go out with someone I didn't already know on that kind of date again. My take-away? Dating was an uncomfortable, psychological game with too many unknowns. A game I did not like...at all!

No matter what our ideas or experiences with the dating scene have been, we can all agree that the ideas and experiences of dating have changed drastically from our own encounters growing up. I think the biggest area of change has been in how people meet. Thousands of years ago, people met by dating their sibling, aunt/uncle or cousin. Sounds gross, but that's the way societies were created. Heck, in as early as the 20th century people were still marrying their first cousins: Albert Einstein and Jerry Lee Lewis, to name a few.

For thousands of years and in many cultures, relationships were pre-arranged by other family members. Even  
Please see **Dating** CONTINUED ON PAGE 33

## NORTH RIVER CHURCH OF CHRIST If Ye Know These Things...

"If ye know these things, blessed are ye if ye do them" (John 13:17). These words were spoken by Jesus to His disciples on the night of His betrayal and arrest. He was emphasizing the importance of putting into practice the great truths that He had just laid out to them relative to the need for humility so beautifully and vividly demonstrated by His own unselfish act of washing their feet. He had demonstrated to them the heart of the true servant of God. It is one that is willing to do what is necessary in the sight of God to further the cause of good among men.

This principle holds true for all the obligations and privileges that God has given to those who call upon His name. What a tremendous advance the cause of Christ would make if every person took to heart the exhortation of this text!

Imagine, if husbands and wives, fathers and mothers, and parents and children would apply this inspired advice in the way they structure their family life, what a difference it would make in our homes! What if Christians as good citizens applied this principle regularly and consistently in obeying the laws of the land, being good citizens, et al.? What if every accountable person conformed his or her life to the pattern set by the example of Jesus Christ (1 Peter 2:21-24)? What kind of difference would it make in the world?

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# New State of The Art Contact Lenses for Astigmatism

**Dr. Douglas K. Black**

One of the most exciting developments in the field of contact lenses has been the advent of "hybrid" contact lenses. For patients with astigmatism, hybrid contacts achieve a clarity of vision that is superior to soft contacts while still maintaining comfort which is far better than with hard or gas permeable lenses.

To understand how a hybrid contact lens works, it is important to understand what exactly astigmatism is. The cornea is the clear front covering of the eye. Ideally, the cornea should have a perfectly round or spherical shape to it. However, many people have corneas that have more of a cylindrical shape, much like that of a football or an egg. This is astigmatism.

To successfully fit a patient who has astigmatism with contact lenses, we cannot use simple spherical soft contact lenses because they will not fit the cornea properly and subsequently will not provide clear vision. In the past, there have been two contact lens options available for patients with astigmatism: soft toric contact lenses or hard (gas permeable) lenses.

Soft toric contact lenses are designed so that the back surface of the lens has curves to match the shape of the cornea. However, one problem that has always been common with these lenses is that they can move around and rotate on the eye. If they rotate, they are not matching up to the shape of the cornea. This can affect how clearly a person is seeing. As a result, we often hear from patients the complaint of fluctuating vision with these lenses. Hard (gas permeable) contact lenses have always been able to provide very clear, stable vision for patients with astigmatism. In most cases, these lenses are not made with specific curves, they are perfectly spherical. But since they are made from a more rigid material, they artificially mold the cornea to that same shape. When these lenses are on the eye, the cornea artificially does not have astigmatism. This provides very clear, stable vision. However, the down side to these lenses is that they are not nearly as comfortable as soft lenses and can take several weeks to adapt to.

Hybrid lenses combine the best of both worlds. A hybrid lens is made with a rigid central portion and a soft outer portion to the lens. Since the central part of the lens is rigid, they provide very clear, stable vision, just like that achieved with rigid lenses. However, since the outer portion of the lens is made from a soft material, these lenses feel like a soft lens on the eye.

If you have astigmatism and you are not entirely pleased with either the clarity of your contact lenses or the comfort of your lenses, hybrid lenses may be the solution to your problems. These lenses are also ideal for many people who have thought or been told that



*Dr. Douglas K. Black, O.D. is a Doctor of Optometry at Eye Center, Inc.*

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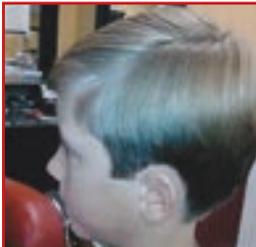
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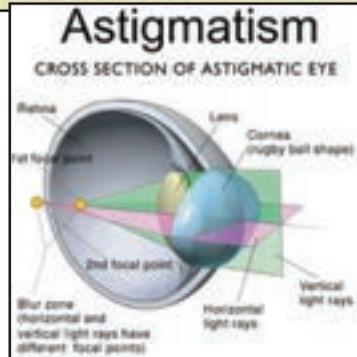
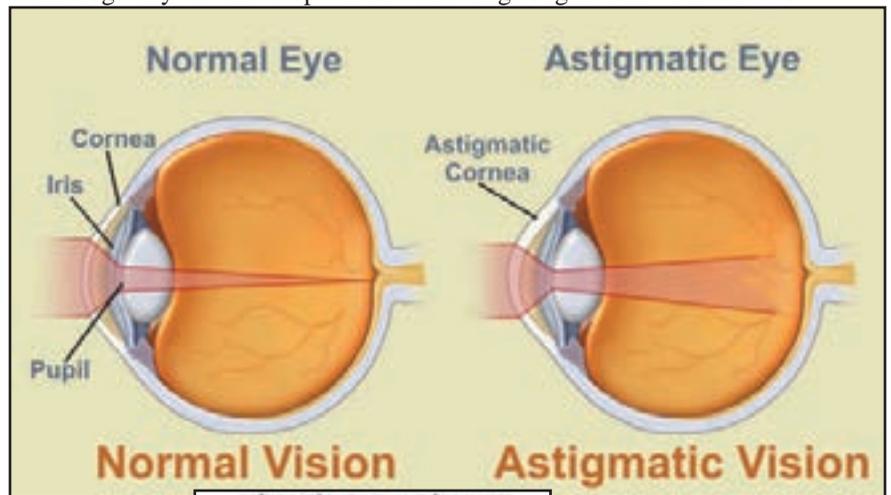
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they cannot wear contacts because of their astigmatism. These lenses offer a much more technologically-advanced option for correcting astigmatism with contacts.



*Many people have corneas that have more of a cylindrical shape, much like that of a football or an egg. This is astigmatism.*

**About Dr. Douglas K. Black:** Douglas K. Black, O.D. has over 20 years of experience as an optometrist. Originally from southwestern Pennsylvania, he earned his Doctor of Optometry from Ohio State University College of Optometry. Prior to that, he earned a Bachelor of Science degree in Biology from Pennsylvania State University.

He practiced optometry in the Columbus, Ohio area from 1995 until relocating to the Gulf Coast of Florida in 2001. His private practice, Island Vision Care, was located in The Center Shops on Longboat Key until 2008. At that time, he was lured away from the area to take advantage of a unique opportunity to temporarily provide eye care for the residents of the island nation of Bermuda.

Dr. Black returned to Florida permanently in 2015. In his spare time, he enjoys traveling with his wife Helena, as well as many outdoor activities, including golf, tennis, kayaking, and hiking.

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# Ponderings from Parrish

Julie Ann Cacianti



*The exposure of naked eyes to the sun rays can cause permanent damage and loss of sight. Only in the totality phase of the eclipse, it is safe to stare directly at the sun.*

When I was very young, my father would often take me to our local airport on Sunday afternoons. Sitting in the car, I would watch in awe as massive jets effortlessly ascended into the majestic sky and seemed to drop like feathers floating to earth as they returned from their journey. It was during those fleeting moments of bliss and sky gazing that the exhilaration of flight merged with a universal sense of connection. When I was 18, I became a flight attendant and was rewarded with sacred glimpses of luminous sunbeams spitting through peek-hole windows and the brilliance of celestial lights summoning just beyond our seats in the sky. Those heavenly sights seemed to be invitations to accept the reality of our inseparable and perfectly synchronized existence. Indeed, "Astronomy compels the soul to look upwards and leads us from this world to another." (Plato)

On Monday, August 21, 2017 one of the most dramatic, unimaginably beautiful and awe-inspiring celestial events in our world will take place with the arrival of the "Great American Eclipse:" the first coast-to-coast total solar eclipse in 99 years. The maximum duration of totality for this eclipse will be 2 minutes and 40 seconds. The eclipse will reveal its wonder traveling a 70 mile wide swath, touching 14 states and providing the stunning view of a total eclipse. The moon will block the sun's rays from the Earth, encasing parts of the continent in a blanket of total darkness. More than 10 million people are in the path of totality and 28 million people live within 60 miles of the path. Over a million people are expected to travel to sites of total totality.

In the words of David Makepeace, who filmed the 2010 Total Eclipse from Patagonia, "You do not simply see a total eclipse. You experience it. You are immersed in it. You are completely overwhelmed by it. Many people say that the experience of totality changes their lives."

As the eclipse follows the path of totality, day will turn to night. Stars will appear in the middle of the afternoon and planets will become visible. "You can literally feel the ominous shadow before it arrives. The temperature drops. The wind picks up speed. The Sunlight slowly dims, bathing the surroundings in an eerie twilight that produces colors with shades rarely seen in the natural world. Then it is time. Moments before totality a wall of total darkness comes creeping towards you at speeds of up to 5,000 miles per hour – this is the full shadow of the Moon. You feel alive. You feel in awe. You feel a primitive fear. Then – totality. In this moment there is just you and the Universe." (Being in the Shadow, <https://www.beinginthesadow.com/>)

Science and spirituality have often contributed opposing explanations for the wonders in our world. In truth, there is considerable commonality. Perhaps it is in the merging of the scientific search for knowledge and the spiritual search for truth that a deeper understanding of the "oneness" of our existence will be revealed.

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**A Land Tour of Italy CONTINUED FROM PAGE 5**

Staircase," a large ceremonial stairway leading into the palace, constructed of Istrian stone and red Verona marble. At the top, flanking the steps, are giant statues of Mars and Neptune, representing Venice's power over the land and the sea. The walls and ceilings of the almost uncountable rooms are decorated with beautiful paintings and frescos by masters such as Titian, Tintoretto and Bellini, rivaling the artwork of the Vatican. There were prison cells on the ground floor of the palace, known as the "Wells" because they were so dark and damp. In 1614, the infamous "Bridge of Sighs" was built to connect the palace and a new prison complex intended to "improve" conditions for those incarcerated. It was romantically named for the presumed sighs of those leaving the courtrooms and crossing the bridge to serve their sentences.

Giacomo Casanova was once a guest of the Venetian prison system. He was a well-educated author, a notorious scoundrel, and a skilled impersonator, who amused the rich and powerful aristocrats and politicians of his time. His numerous and well known affairs with women were legendary. In 1775, Casanova was convicted and sentenced to five years in prison for "affront to religion and common decency," but after several months, he executed a clever escape and fled to France.

By the end of the 19th century, the decaying palace needed extensive restoration. The Italian government raised a large amount of money, completed the work required and turned the palace into a museum. Today it is managed by the Fondazione Musei Civici di Venezia.

A final note on Venice - very few Venetians still live there. Most of the palaces have been converted into hotels or purchased by wealthy Europeans who covet the prestige of a Venetian address. North African panhandlers and assertive street vendors are everywhere. It's not really a functioning city anymore. It is a historical museum with a unique atmosphere, containing some of the most interesting architecture and art you will ever see.

No one really knows how long Venice will survive. Catch it while you can!



# Stay Calm on the Investment “Roller Coaster”

James F. Morrison, Financial Advisor

Unless you live near an amusement park that does a lot of advertising, you probably didn't know that August 16 is National Roller Coaster Day. Actual roller coasters provide people with thrills. But as an investor, how can you stay calm on the “roller coaster” of the financial markets?

Here are some suggestions:

- **Know what's in front of you.** If you've ever ridden a roller coaster in the dark, you may find it scarier than if you boarded it in daylight – after all, it can be unsettling not to know where you're going. The same can be said about investing: If you have no idea what's in front of you, you might find the journey unnerving – and if that happens, you could make panicky decisions, which are usually bad ones. So prepare for the inevitable market volatility – it's a normal part of the investment landscape.

- **Buckle up.** When you're on a roller coaster, you need to buckle your seat belt or use a restraint. You want to have the excitement of the ride, but you certainly don't want to take unnecessary risks. And you can enjoy some of the excitement of investing without incurring more risk than you are comfortable with, too. One way to lower your risk level is to diversify across a range of investments – stocks, bonds, government securities, and so on. That way, if a market downturn primarily affects just one type of investment, you'll have some protection. However, although diversification can reduce the impact of volatility on your portfolio, it can't protect against all losses or guarantee a profit.

- **Choose a strategy for the journey.** Different people have different ways of handling a roller coaster ride. Some like to throw their hands up, enjoying the feeling of abandon, while others hold on tightly to the bar in front of them. When you invest, you also need a strategy that works for you, and the best one may be the simplest: Buy quality investments and hold them for the long term. How long is “long term”? It could be 10, 20, 30 years or more. Famed investor Warren Buffet says his favorite holding period is “forever.”

If you've chosen a mix of quality investments appropriate for your risk tolerance, you may be able to hold them until either your goals change or the investments themselves undergo some transformation.

- **Stay for the whole “ride.”** When you hop on a roller coaster, you've got no choice – you're staying until the ride is over. As an investor, though, you can exit the investment world whenever you like. But if you take a “time out” from investing every time the

market drops, you risk still being out of the market when it rallies – and the early stages of a rally are often when the biggest gains occur. Furthermore, if you keep investing during a “down” market, you'll be buying shares when their price has dropped, which means your dollars can go further – and you'll be following one of the basic rules of investing: “Buy low.”

You can't take out all the twists and turns of the investment road, but by following the above suggestions, you can help make the ride less stressful – and possibly more rewarding.



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# Florida Author Conducts Book Signing in Palmetto

## Sarah A. White Younger Will Discuss and Sign "A Bend in the Straight and Narrow"



Sarah A. White Younger

Sarah A. White Younger, an award winning Florida author, will be conducting a Book Talk and Signing on Saturday, August 19th, 10 am at the Woman's Club of Palmetto, 910 6th St. West, Palmetto.

The gathering is free of charge. Known as Cindy White during her years of growing up in Palmetto, the author will discuss her novel, "A Bend in the Straight and Narrow." Stories that her grandmother shared with her are used as the basis for this work of historical fiction.

The author will also discuss the publishing process and her genealogy research. Her ancestors settled in Florida during the post-Civil War period, with some branches on the family tree traced to the 1820s.

Her book "A Bend in the Straight and Narrow: A Woman's Journey Into the Heart of the Florida Frontier" is a good insight into Florida early history.

The bravest fighters are often not soldiers. Based on a true story of Civil War era passion and sacrifice, this novel follows the life of Sally Ann Marsh. Born to a poor, but close-knit family, Sally is married off in 1859, at the age of 15, to a wealthy man twice her age. She is distraught, but determined to make the best of her life. She falls in love with her husband and they create a blissful home together with their growing family.

Their lives are upended when Sherman marches through Georgia. Sally is forced to evacuate and leads a small group of women, children and her elderly father-in-law to the Florida frontier. As their men are off fighting, the refugees rebuild their lives amidst the sweltering heat, mosquitoes and gnats, alligators and poisonous snakes. But it is the two-legged varmints who threaten the most harm. Sally manages to establish a community for her friends and family, while they wait for the men, some of whom might never return.

Recent reviews have been:

"The content is heart stopping. Other than 'Gone with the Wind,' I never saw the War through a woman's eyes. It is an eye opener."

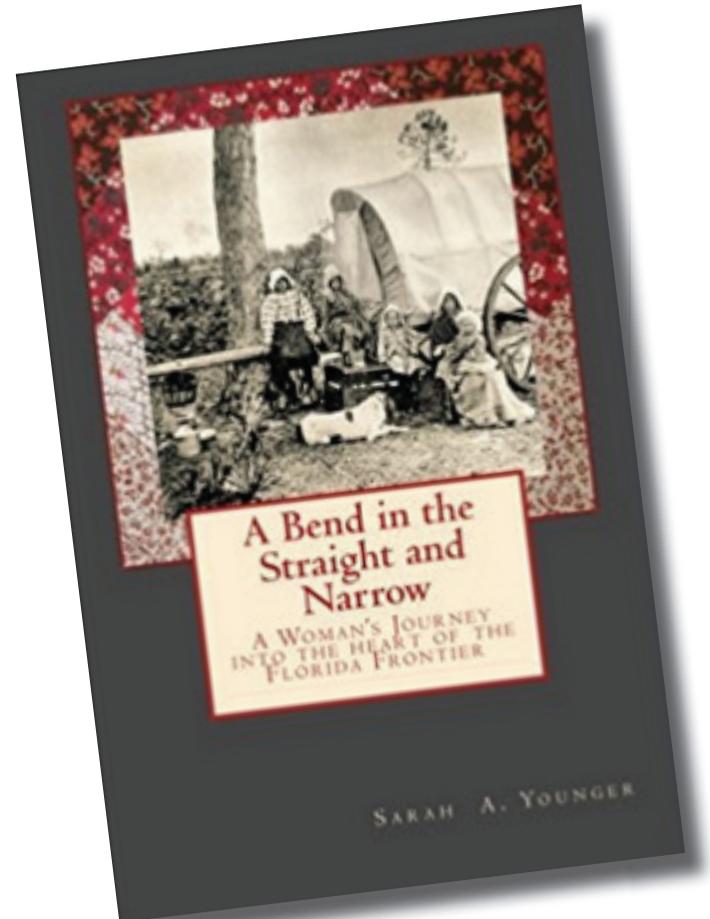
Dr. Charles L. Sullivan, Historian, Professor Emeritus,  
and Archivist at Mississippi Gulf Coast College

"The pages are rich in detail and rife in the inner-workings of a complicated family. The prose by novice writer Sarah A. Younger, of Merritt Island, is peppered with apt descriptions of true events that colored the lives of her real family members."

Ocala Star Banner

**About the Author:** Sarah A. White Younger is a native Floridian whose ancestors settled Florida in the post-Civil War period, with some branches on the the family tree traced to the 1820's. The stories Sarah has passed on in the novel, "A Bend in the Straight and Narrow," were told to her by her grandmother (Granny O'Steen). Since the stories were a mere skeleton, she filled in the gaps with historical fiction.

Not only did the inspiration come from family narratives, but after studying the picture of the real Sarah, the author thought that as a young girl, she could not have looked that stern. From that reflection "flowed the story like water over a broken dam." Much of the research done for this project was accomplished by visiting graveyards in the Bradford and Alachua County areas. The search for Jacob Henry's and Sarah's graves is ongoing. Many of the markers revealed things not known previously in family history, such as an epidemic that killed three people in the family, including her grandfather's mother, one week after he was born. The last names in the book have been changed, but many of the given names remain the same. Sarah has a BA degree from Baylor University and an Education degree from the University of Southern Colorado. She has an avid interest in history and quilting. She lives in Merritt Island, FL with her husband.



**Williams Elementary  
will host their  
2017 -2018  
Back to School Open House  
as follows:  
Tuesday, August 8th:  
3rd-5th grade 4:00 pm to 6:00 pm  
and  
Wednesday, August 9th:  
PreK-2nd grade 4:00 pm to 6:00 pm.**

**ADDITIONAL INFORMATION**

In addition to the workshops identified above, several other opportunities are offered to receive free gardening information:

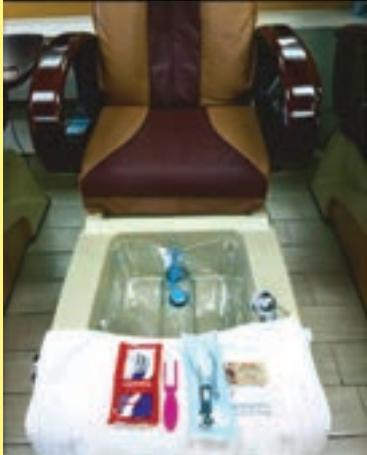
1. The Manatee County Master Gardener monthly E-newsletter, The Master Gardening Bench, is available to download at <http://bit.ly/ManateeMGnewsletter> -- look for The Master Gardening Bench on the right of the page and click on "Monthly E-newsletter."
2. Can't make it to the Manatee County Agriculture and Extension Service office to get advice or to solve your gardening problems? E-mail us at [manateemg@gmail.com](mailto:manateemg@gmail.com). Be sure to include as much information as you can in your e-mail and include your telephone number in case additional information is needed. Attach photos if possible. Remember, a photo can be worth a thousand words!
3. Get FYI from FFL (Florida-Friendly Landscaping™ Program). Visit the Manatee County Florida-Friendly Landscaping™ Program page on Facebook and "like" us to stay current on workshops and classes, events, publications, tips for your landscape, plant information, and more.
4. Ask an Extension Master Gardener! - Every 2nd Saturday (10:00 a.m. - 1:00 p.m.), Visit the Extension Master Gardener information table and get answers to your gardening questions. Location: South Manatee Library, 6081 26th Street West, Bradenton.
5. Ask an Extension Master Gardener! - Every 2nd and 4th Saturday (10:00 a.m. - 1:00 p.m.), Visit the Extension Master Gardener information table and get answers to your gardening questions. Location: Rocky Bluff Library, 6750 U.S. Highway 301N, Ellenton.
6. Interested in having a beautiful landscape while saving water? The Manatee County Agriculture and Extension Service offers a Mobile Irrigation Lab with a FREE evaluation of your landscape and irrigation system. Call 941-722-4524 today to schedule your free evaluation.

# Answers to August Trivia

1. b. Augustus Caesar
2. d. Hero
3. a. Aces & 8's
4. d. Andrew
5. b. Paris
6. b. Hiroshima
7. a. \$18.00
8. d. Would resign
9. c. Richard Burton (second divorce)
10. b. National Back to School Month



*About the Author: Jim Casey is a Parrish-based Game Show Host and has entertained thousands in the Bradenton and Sarasota areas since 2010. He invites you to email your question suggestions to [jim@floridagameshow.com](mailto:jim@floridagameshow.com).*



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Sunday: Closed

before children were born, alliances were made and betrothals were betrothed whether the two involved agreed or not. As society evolved, depending on the nation and culture, men and women were free to choose partners for themselves. People met at community functions, places of worship or work, through friends or family, school or college and the dreaded 'blind date.'

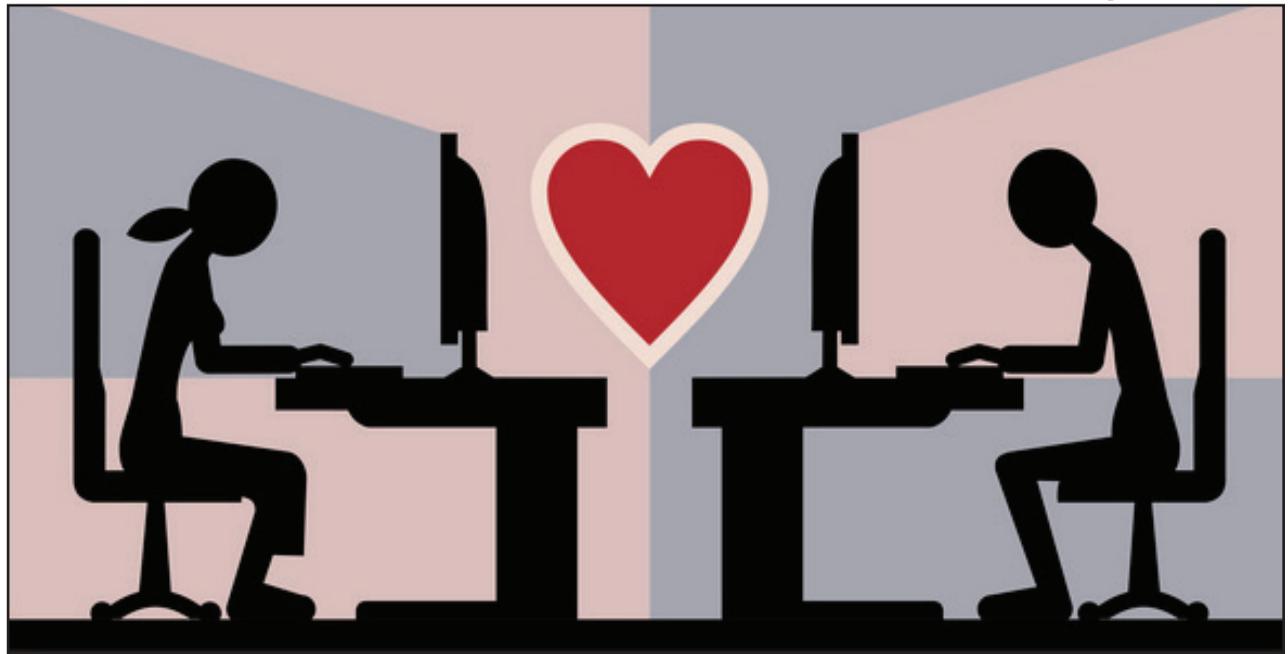
Though the physical places of where people meet still occurs, today's how is much more dependent on the technology of our day than the good 'old fashioned' way we all knew so well in our youth. Today's how is the Internet: the social gathering place for all mankind.

There were also several reasons why people dated throughout the ages. People dated for companionship, for fun of adventure or a common interest, for practical reasons like tax benefits, for intentions of marriage and family or just for sex. Every one of those reasons exists today and always will, but in today's Internet-driven social gathering places, the why people are looking for dates varies greatly between men and women and according to Charles Orlando on yourtango.com, the actual ritual of dating doesn't even exist anymore.

Says Orlando, "A few short years ago, we had to put some actual effort into dating and finding love. We dressed up. We connected with friends and headed out on the town/ to the bar/to the game. To meet possible compatible love partners, we started a new hobby, networked in our social circles, had friends set us up on blind dates, and generally spent some time looking for someone just as amazing/ screwed up as we are." "Now," says Orlando, "when it comes to love, all technology does is leave a wake of emotional destruction, disconnection, and false positives."

What? How can this be? You mean the big players like E-Harmony, Match or Farmer's Only are not legitimately offering to help those seeking true love and lasting relationships find their one and only? But those commercials seem so genuine, so sincere. It's called marketing, folks, and online dating sites certainly know how to market. But where's the true data concerning the conversion rate from single to couple as a result of your paid membership to those sites?

In the 2016 Pew Research Center article by Aaron Smith and Monica Anderson, "5 facts about online dating," the authors cite the following research fact, "Despite the



wealth of digital tools that allow people to search for potential partners, and even as one-in-ten Americans are now using one of the many online dating platforms, the vast majority of relationships still begin offline. Even among Americans who have been with their spouse or partner for five years or less, fully 88% say that they met their partner offline – without the help of a dating site."

If the odds of finding your one and only are that low, then why people are using dating apps has got to be for some other reason than settling down with mister or misses right. The real reasons vary from article to article, but most admit the overwhelming reason people join a dating website is for hookups. Others say they are simply curious and or bored and want to see who's out there that might find them interesting or attractive, more like a game of red rover. There are those that say they are too busy to have a social life where they can meet people personally (but seem to have hours upon hours of time to spend online chatting), and then there are the very few that truly believe their prince or princess charming is waiting for them to join the virtual dating world and sweep them off their feet.

Regardless of why people join a dating website, professionals warn that there are dangers to joining that everyone should know before filling out that 400 question profile. Remember that the overwhelming truth of online dating profiles is that people lie about their looks, weight, salary/job, intentions, etc. Since there is no way to gauge body language while reading an online profile, red flags that might usually fly high in a face to face meeting don't have opportunity to give you a gut feeling about someone. Psychology Today cautions people to be extremely

careful when talking to people online and even more prudent when eventually meeting someone in person.

I never went on a date again with someone I didn't already know through friends or school. For me, knowing them somewhat beforehand became my standard practice for dating because I just couldn't put myself through another awkward situation again like the date of 1983. I can't imagine how horrifying dating must be in today's world and thank you, God, I don't ever need to know. I would, however, love to hear from any Parrish folks that found their true partner while using an online dating app and would enjoy hearing how it worked for you so I can share that data with our readers. You can always contact me through my website, [www.homeswithnewman.com](http://www.homeswithnewman.com).

*The vast majority of relationships still begin offline.*





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# Afternoon Tea at Charms of Leffingwell

## August 25, 1:00-3:00 & August 26, 1:00-3:00pm

You are cordially invited to Manatee Village Historical Park's Afternoon Tea to be held at Charms of Leffingwell in the heart of historic Ellenton...

Charms of Leffingwell is an antiques gallery and tea room located in the historic Mathews House (1905). The teas, which will take place from 1:00 - 3:00 pm on Friday, August 25 and Saturday, August 26, will be served by the Smith family, who owns and operates Charms of Leffingwell.

The staff of Manatee Village will open the tea with a short talk about the history of afternoon tea in England, the popularization of afternoon tea by Queen Victoria, and tea traditions in Florida. There will also be a brief discussion of historic preservation, the history of the Mathews House, and the process of restoring it into the tea room it is today. Table decorations will include trivia cards about the history of tea.

Dress-up is encouraged. There will be a best hat contest with a prize from Walk Bradenton.

These afternoon teas will include freshly brewed hot tea of your choice (over 20 types to chose from!), homemade scones, Devonshire cream, pastries, and savorys.

This is a ticketed event with limited space. Tickets are \$20.00. (Please Note: Tickets may be purchased for either Friday or Saturday — one ticket does not apply to both days). \*If you have dietary restrictions, please contact Manatee Village staff at least two weeks in advance of the event. While Charms of Leffingwell makes every effort to accommodate restrictions, they cannot guarantee that there has been no cross-contamination with allergens.

Tickets are on sale from July 10 through August 18, and must be purchased by cash or check. Tickets may be bought in person at Manatee Village, or by mail to Manatee Village Historical Park, 1404 Manatee Avenue East, Bradenton, FL 34208. Please make checks payable to the Manatee County Historical Commission. Space is limited. If mailing a check, call in advance to make your reservation and download the ticket order form from: <http://www.manateevillage.org/Events>.

Manatee Village Historical Park is located at 1404 Manatee Avenue East (State Road 64) Bradenton, Florida. For more information call (941) 741-4076 or visit: [www.manateevillage.org](http://www.manateevillage.org), [www.facebook.com/manateevillage/](http://www.facebook.com/manateevillage/).

Charms of Leffingwell, where the tea will be held, is located at 905 Leffingwell Avenue, Ellenton, FL 34222.

This public program is offered by producers: Manatee County Angelina "Angel" Colonneso, Manatee County Clerk of the Circuit Court and Comptroller, Department of Historical Resources and the Manatee County Historical Commission.

The Clerk of Circuit Court was established as a public trustee by the Florida Constitution in 1838. The Clerk of the Circuit Court serves as the Clerk of Courts, the Clerk of the Board of County Commissioners, Auditor, Recorder, and Custodian of all County Funds. In Manatee County, the Clerk's office also administers a local child support enforcement program, violence protection advocacy program, and Teen Court programs. Located at 1115 Manatee Avenue West in Downtown Bradenton, the Courthouse is open Monday-Friday from 8:30 a.m. until 4:30 p.m. Please be sure to visit our web site at: [www.manateeclerk.com](http://www.manateeclerk.com).



Manatee Village Historical Park Presents...

**Afternoon Tea**  
At Charms of Leffingwell  
905 Leffingwell Avenue, Ellenton, FL 34222

**Friday August 25, 1:00-3:00pm**  
**Saturday August 26, 1:00-3:00pm**

Come enjoy an elegant afternoon tea with scones and sweet & savory treats in a 1905 historic home. Includes a brief talk on Victorian tea traditions by Manatee Village.

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There's always that moment right after your loving dog slathers you with kisses and makes your heart warm with joy where you wrinkle your nose in an unpleasant afterthought along the lines of, "Wow. That is some BAD breath." You wouldn't deny those kisses for anything, but you also don't have to endure that smell every time, nor should your dog have to endure that bacteria in their mouth which causes it. This is only one of the reasons why making sure your pet has clean teeth can be so important. Bacteria that forms in the mouth can lead to other health problems past simply gum disease, like heart, kidney, and liver problems. This can seem overwhelming in a world where anesthetic dental care is so expensive and often problematic for dogs. Luckily, we have the solution.

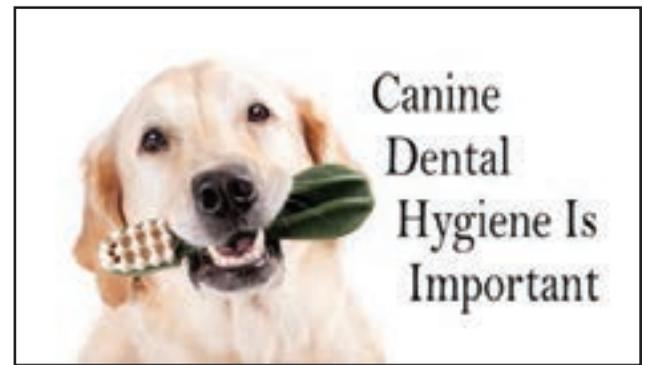
**Doggydentals** is a caring company helping provide anesthesia-free dental care to improve the lives of the pets we love so much. These dog dentists take special care to make sure each dog has a comfortable experience that leaves them healthier than when they entered. First, they go through a routine check, looking at the dog's teeth and medical history to determine how they should approach the cleaning. Then, gently handling the dog, they clean each tooth thoroughly, one by one, getting rid of plaque and tartar. If the dog ever gets too uncomfortable or stressed out, they will stop the procedure because the dog's safety is

paramount. Generally though, dogs remain calm with their techniques, with smaller ones cozily wrapped in blankets. All of this is done without anesthesia, and for good reason, too. Not only is anesthesia expensive, making many owners unable to afford dental treatment for their pets, but it is much healthier for dogs to refrain from using it. While it can help calm dogs for important procedures, regular and frequent use of anesthesia can be harmful to them. Doggydentals uses simple handling techniques to make sure your dog is comfortable during the procedure so that you can keep your dog healthier at an affordable price.

Still, this isn't a procedure that happens every day. Doggydentals recommends a visit once every six months. So how can you keep your dog's mouth healthy in between appointments? Here at Pets Plus, we have plenty of products to complement Doggydentals' work. These range from oral care spray and teeth-cleaning powder for sprinkling on pet food, to breath-freshening treats and chewable toothpaste for dogs.

- **Petzlife** oral care spray freshens breath with just a spritz into your dog's mouth – no brushing required – and helps prevent the buildup of plaque, tartar, and gum disease.
- A scoop of **EvoraPro** added to your pet's food uses probiotics to keep the bacteria in their mouth in check.
- If you want to give your dog something to look forward to, Dog Dental Treats, Whimzees, and Brushless Toothpaste are yummy treats that clean as your dog chews on them.

These are just a taste of what we have to help you and your loving companion, so stop by the store to check them out! The expectation of stinky breath shouldn't take away from the joy of your dog licking you, and dirty teeth and gums shouldn't plague your furry friend either. **For a Doggydentals appointment, stop in to the store and reserve your space with a minimal deposit.**



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**941-776-0770**

**Saturday, August 5th: 1 - 3 PM**  
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# Learn about Peter's House

Todd Anderson

Fellow member Belinda Waiters-Duncomb was our guest speaker for the Parrish Professionals July meeting. Belinda runs a daycare called Laugh N Learn Academy. With several years of the daycare profession under her belt, she very often saw homeless expectant mothers dropping off their young children at daycare so they could work. Belinda's friend Tammy Johnson, who has also worked in daycare for 11 years, saw the same thing. They saw a need and decided to meet it head on.

These women started Peter's House, a 501(c) nonprofit organization which will provide shelter and life skill training to homeless expecting mothers with young children, ages 1 to 5 years old. It is a 12-month program, and the participants will not be released until their new baby is at least four months old. Peter's House will then work with the Bradenton Housing Authority to find these women and their children a more permanent home. Many of the women come from shelters and the Salvation Army, but cannot afford the daily fees. There will be no fees charged by Peter's House.

Peter's House is run by a five member board of directors, with Belinda Waiter-Duncomb as President, and Tammy Johnson as the Vice President. They welcome any donations, whether monetary, or in the form of clothing, furniture, and especially diapers and formula. There will be a fund raiser held tentatively on Saturday, December 2nd of this year, to try and find a permanent home for Peter's House. All are invited, and welcome. Anyone interested in helping Peter's House can call 941-281-4899 for information or email Peters-House29@gmail.com. Make the email to the attention of Belinda or Tammy. Belinda is a member of Parrish Professionals Networking Group which meets on the 3rd Thursday of each month, and we welcome your participation. For more information, visit our website: [www.ParrishProfessionals.org](http://www.ParrishProfessionals.org) or call Jackie Felix 941-504-2376.

Resource: <http://www.heraldtribune.com/news/20151115/salvation-army-steps-in-to-provide-housing>



Parrish Professionals networking group meets on the third Thursday of each month, and we trade referrals, ideas and information to help boost small businesses here in Parrish, Florida. We welcome all small business owners from Parrish and the surrounding area. Attend a meeting and see if you want to join our group. For additional about Parrish Professionals, please contact Jackie Felix at (941) 504-2376.

## Parrish Professionals:

"Connecting lives one referral at a time"

## 34th Annual Clearwater/St. Petersburg Ski and Sports Club 2017 Kickoff Meeting



As Pinellas County's only snow ski club, we will be holding our 34th annual kickoff meeting Friday, August 11th at the Clearwater Country Club, 525 North Betty Lane in Clearwater. Starting at 6:00 pm, this event will showcase our club's four winter ski trips for the upcoming season, and our Spring Bike and Barge trip to Europe.

With trips planned to Steamboat Springs Colorado, Sun Valley Idaho, Whitefish Montana and Snowbasin Utah, there will be trips all season long including Spring Break. Trips are for all levels of skiers at various price ranges.

While at Steamboat, we will be joined by as many as 14 other ski clubs from Florida.

We will also be heading to the Netherlands for a Bike and Barge trip during their Tulip season. This is a trip that shouldn't be missed.

This season marks the 34th anniversary of our "Not for Profit" Clearwater/St. Pete Ski and Sports Club, commonly known as the Snowsharks.

The SnowSharks are a proud sponsor of Team Bay Pines. We have several planned fundraising events for the Bay Pines disabled veterans. Funds raised will help these veterans attend the Winter Sports Clinic in Snowmass, CO in March, 2018. This unique rehab clinic is held every year, but due to the cost of travel, only a handful of the veterans have been able to attend.

This event is free to attend.

Details about the club's trips, our social events, and the Winter Sports Clinic can be found on our web site, [www.snowshark.org](http://www.snowshark.org) or on our Facebook page.

## Blood Drives for the Month of August



- Friday, August 4, 2017:** Walmart, 508 10th St East, Palmetto, 12:00 pm - 6:00 pm.
- Saturday, August 5, 2017:** Walmart, 508 10th St East, Palmetto, 12:00 pm - 6:00 pm.
- Monday, August 7, 2017:** River Wilderness Golf & Country Club, 1 Wilderness Dr., Parrish, 8:00 am - 1:00 pm.
- Thursday, August 10, 2017:** SYSCO, 3000 69TH St East, Palmetto, 8:00 am - 12:00 pm.
- Friday, August 11, 2017:** Bank of America, 700 8th Ave West, Palmetto, 11:00 am - 4:00 pm.
- Saturday, August 19, 2017:** Copperstone, 8790 115th Ave E., Parrish, 11:00 am - 4:00 pm.
- Saturday, August 19, 2017:** Ferraro's Italian Grille, 8348 US 301, Parrish, FL, 11:00 am - 4:00 pm.
- Tuesday, August 22, 2017:** Mosaic - Wingate, 1295 Duette Road, Parrish, 8:30 am - 11:30 am.
- Tuesday, August 22, 2017:** Southeastern Guide Dogs, 4210 77th St East, Palmetto, 1:00 pm - 3:30 pm.
- Wednesday, August 23, 2017:** ITW GSE Americas, 11001 Hwy 41 N., Palmetto, 8:00 am - 12:00 pm.
- Sunday, August 27, 2017:** St. Frances Cabrini Church, 12001 69th St., Parrish, 8:00 am - 1:00 pm.
- Monday, August 28, 2017:** Publix, 9005 US Hwy 301 North, Parrish, 12:00 pm - 6:00 pm.
- Wednesday, August 30, 2017:** FPL - Manatee Power Plant, 19050 SR 62, Parrish, FL, 12:00 pm - 3:30 pm.

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# The Grumpy Old Geezer

## Please Show Good Manners

*A column for seniors who find their views of today's American marketplace of ideas more than a little bit bizarre.*

Is it me or are people much less civil than they once were?

When I was a kid my mother spent considerable time and effort in teaching me how to live politely. She taught me to be kind and courteous towards others, respectful of their feelings and considerate in my behavior around them. She provided me with a set of rules that were called "good manners," and they were to be employed at all times – regardless of whether I was in the company of friends, family or strangers.

Boy – would Mom be disappointed today!

The first rule, and the foundation for good manners, is to always say "please" when requesting any consideration. This is to be followed by the phrase, "thank you" when generosity or courtesy has been provided. It's not hard. Just a few syllables to alert the provider how much you appreciate their respect and kindness. It's easy.

Smiling and wishing someone "good morning" is part of the deal. So are paying compliments and congratulations. All good manners. A caring, "God bless you," following a sneeze doesn't hurt.

But, alas, the art of good manners is rapidly disappearing. Apparently it's too time consuming and inconvenient for today's fast paced environment. For some reason our technology driven, politically correct culture has discounted any regard for the feelings or sensitivities of others.

Apparently it's sexist for a gentleman to hold a door for a lady. Steals from her personal power. Personally, I disagree. I hold the door just to see her smile at the unexpended courtesy. I do it for the guys as well. They like it, too.

I often see young people behind the wheel blaring their horns at senior citizens whose driving is too slow to meet their gallop. Apparently they fail to understand or care about that fact that mental acuties and human reflexes don't last as long as the need to drive in order to get anywhere. The beeping really doesn't help. Patience – an important part of good manners – is the key here.

Then there is the issue of language. I understand that words are just words – and our culture has taken a decidedly hard turn towards the crude and obscene. You hear it in the grocery store and at almost any restaurant. You see it on tee shirts and body art. But here's the thing... many of us still consider it disgusting and obnoxious. Is it too much to ask that you restrict your foul language to your private conversations? And that includes cell phone use. Thank you.

What bothers me a lot is the lack of good manners in the marketplace. For instance, at Walmart you rarely get a comment or a smile from a checkout clerk. Just a grunt, a glance and a spinning bag rack. It leaves the impression that smiles cost extra. You have to go someplace that charges more if good manners are a part of your experiential expectation.

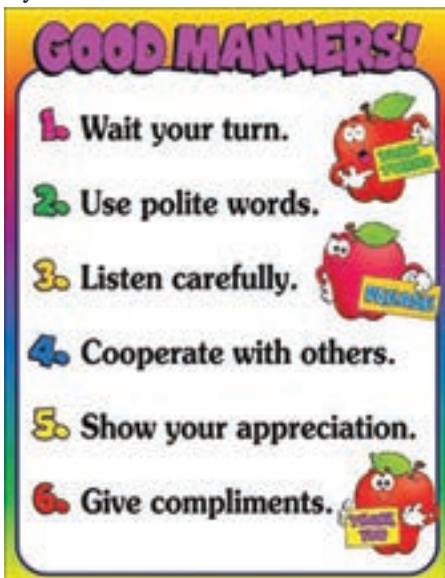
And why are receptionists at doctor's offices so rude? They are typically completely unwelcoming, ordering to fill out forms and take a seat like some kind of drill instructor. Perhaps they are just reflective of their doctor boss who makes you wait for 40 minutes past your appointment time to get to see him. Will somebody please tell him that your time is every bit as valuable as his? Please.

Here's the thing: Good manners make life better. They calm the nerves and greatly contribute to our emotional security. They make us feel good about ourselves both when receiving them and providing them to others.

They alert those with whom we come into contact that we are a confident, caring, sensitive human being. No weakness is inferred. Not at all. In fact, good manners are an expression of high personal self-esteem. Like laughter, good manners cost nothing extra and make every day brighter.

So, let me make a personal plea. Let's all please try to remember what mother taught us. Make a personal resolution to focus on inserting good manners into our daily routine. Let's include a smile and a caring glance. It will feel good - and contribute to a happier day. I promise.

Thank you.



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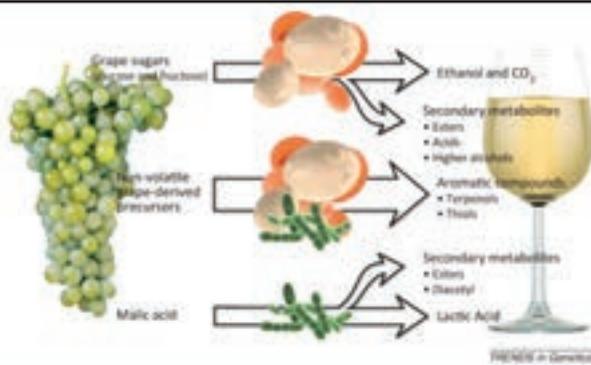
### What's in Your Wine Bottle CONTINUED FROM PAGE 11

tive labels. Randall Graham of Bonny Doon Vineyards has led the way in this effort in California. But few wineries have followed. Organic wines are a step in the right direction. But the contents of even those wines may be not what you expect.

Of course, the use of additives is not in and of itself unhealthy. Key additives used judiciously do make wine more palatable. But it would be nice if the federal government would wake up to the fact that wine is something that adults consume as part of a healthy lifestyle, transferring regulatory responsibility to the FDA.

At a minimum, we would all be better off if the good folks at ATF would put down their weapons for a minute to create some regulations requiring that nutritional information be placed on every bottle – just like packaged food. That might help the customer make a more informed decision.

Don't you think?



### Nutrition Facts

Serving Size: 8 oz	
Amount Per Serving	
Calories from Fat 0	
Calories 193	
	% Daily Values*
Total Fat 0g	0%
Saturated Fat 0g	0%
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 9mg	0%
Potassium 250mg	
Total Carbohydrate 5.92g	2%
Dietary Fiber 0g	0%
Sugars 1.41g	
Protein 0.15g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 0%

\*Percent Daily Values are based on a diet of other people's secrets. Your daily values may be higher or lower depending on your calorie needs.



### Enrichment Center CONTINUED FROM PAGE 21

Impacts the Community, 8/21/17: Reverse Mortgage/Elder Law, 8/28/17: What We Need to Know about ZIKA VIRUS.

**Mah Jongg:** Thursdays, 1 pm. \$2 (Free for members).

**Pancake Breakfast:** Last Friday of each month, 8 to 10 am. \$6 (4 for members). This month's featured flavors: "Peaches and Cream" and our regular buttermilk pancakes.

**Pinocle:** Fridays, 1 pm. \$2 (Free for members).

**R9 Outdoor Game Club:** Tuesdays, 1:30 pm - 3:30 pm. Join us down the street at Motorworks Brewing (1014 9th Street West) every week to play corn hole, bocce ball, putt-putt golf, Giant Jenga or just hang out and enjoy the outdoors. Free. Weather permitting.

**SHINE Medicare Services:** Need help navigating Medicare? SHINE provides FREE, confidential and unbiased help. Speak with a SHINE volunteer, call 1-800-963-5337.

**Trivia Games:** Monday, 1 pm to 1:30 pm. Free for all!! Join a team and match wits. Refreshments and prizes provided. Sponsored by Bay Vue Rehabilitation and Right At Home.

**Share, Listen & Learn:** The 2nd Wednesday every month, 10 am to 11 am. What's Trending is a discussion group on the topics that YOU want to discuss. Talk about your favorite subjects. This is YOUR group! \$2 (Free for members).

**Women's Republican Club:** Meets the first Friday of each month for lunch, 11 am to 2 pm. For more details contact Donna at 773-512-9366.

**Writer's Club:** Mondays, 2 pm to 4 pm. Come share your writing and learn from others. Free.

### Exercise & Wellness

**Argentine Tango Lessons:** On vacation for the summer.

**Beginner Ballroom Dance Lessons:** Tuesdays, 9:30 am. Maria Miller teaches many styles of ballroom dance. Come alone or with a partner. \$7.50 (\$5.50 for members).

**Belly Dancing for Cancer Survivors:** Wednesdays, 10:30 am. Sponsored by JFCS. Call 941-366-2224 for more details. Free.

**Fitness Center:** Open Monday through Friday, 8 am to 4:30 pm. Call to learn more and join.

**Group Walk:** Tuesdays and Fridays, 9 am. A 45 minute DVD-led exercise routine. Free to all.

**Line Dancing Lessons:** Mondays, 9 am to 11:30 am. Come early and learn the basic steps. The longer you stay, the more advanced the dances become. \$5 per person (Free for members).

**SilverSneakers Classic Exercise Class:** Tuesdays and Thursdays, 10:30 am to 11:30 am\*. Designed to increase muscular strength, range of movement and activities for daily living. Hand held weights, elastic tubing and balls are available for resistance. Chairs used for support. \$7 (\$5 for members). (SilverSneakers Members free with pre-registration). \*(subject to cancellation, call in advance).

**Tai Chi (Wu-style):** Resumes Monday, August 7.

**Tai Chi (Yang Style - Most popular style):** Tuesdays, 11:30 am - Beginners. Thursdays, 11:30 am - Intermediate. Movements are slow, soft and circular. \$5 (\$3 for members).

**Yoga for Cancer Survivors:** Tuesdays, 2 pm. Sponsored by JFCS. Call 941-366-2224 for more details. Free.

**Qi Gong Meditation:** Resumes Thursday, August 10.

**Zumba Gold:** On vacation for the summer.

All activities take place at the Enrichment Center at Renaissance on 9th unless otherwise noted. Pick up a copy of the calendar at Front Desk or visit [www.renaissanceon9th.org](http://www.renaissanceon9th.org) to see daily activities at the ECR9!

Events are subject to change or cancellation without notice. Call 941-749-0100, ext. 2100 for reservations, to check on cancellations or additional details.



10:00 am - Senior Cardio & Strength Training (Bring hand weights)  
11:00 am - Ukulele: Learn to Play with Sunny  
12:30 pm - Hand & Foot  
1:00 pm - Mah Jongg

**Thursday**

9:00 am - Zumba Gold  
10:00 am - Eldergym Series: Balance/Flex/Strength (Chair Exercise)  
11:00 am - Book Club (Every 4th Thursday)

**Friday**

9:00 am - Take Control with Exercise (Chair Exercise)  
10:00 am - Senior Cardio & Strength Training (Bring hand weights)  
10:00 am - Handicraft Social Club  
12:30 pm - Art Class \$40 (check for dates & upcoming projects)

2:00 pm - Alzheimer/Caregiver Support Group (Every 3rd Friday)

**Saturday**

11:30 am - Tai Chi with Tom (\$36/ 6week session) Reservations required

**August Special Events:** Registrations required.  
1-888-359-3552

**Are You Ready for Joint Replacement?** August 1st, 2:00 pm. Seminar. Cortez Center

**Hatha Yoga:** August 14th, 11:00 am. 3 week session. \$15. Ellenton Center

**Saturday Luncheon:** August 12th, 11:00 am. Blue Jasper, Bradenton

**The Science of Aging:** August 8th, 2:00 pm. Seminar. Bayshore Center

**Dinner Out:** August 23rd, 4:30 pm. Riverhouse Reef & Grill, Palmetto

**Book Club:** August 24th 11:00 am. *The Underground Railroad*, by Colson Whitehead. Ellenton Center

**Heart Murmurs & TAVR Updates:** August 23rd 2:00 pm. Seminar. Blake Medical Arts, Suite 1000

**Art Class:** August 25th, 12:00 pm. \$40. Ellenton Center

**Osteoporosis Updates:** August 24th, 2:00 pm. Seminar. Ellenton Center

**S.H.I.N.E Counseling by Appointment:** Call for appointment times.

**Support Groups**

**Stroke Support Group:** August 2nd, 16th, & 30th, 4:00pm. Blake Medical Center, Medical Arts Bldg., Suite 1000. To RSVP call (941)798-6505

**Smoking Cessation:** Please call (941)518-9187

**Mended Hearts Support Group:** August 17th, 12:00 pm. Blake Medical Center, Medical Arts Bldg., Suite 2700. To RSVP Call (941)798-6500

**Amputee Support Group:** August 17th, 5:30 pm. Call (941)798-6026.

**Alzheimer/Caregiver Support Group:** August 18th, 2:00 pm. Ellenton Center

**Caring Friends Cancer Support Group:** Wednesdays, 5:30 pm. Call (941)798-6588

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- 11025 77th St E in 77 days
- 11523 84th St Cir E #106 in 8 days
- 10903 79th ST E in 25 days

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★★★★★ Highly likely to recommend

12/04/2016 - Jane Campbell  
 Bought and sold a Single Family home in 2016 for approximately \$200K in Parrish, FL.

Local knowledge: ★★★★★  
 Process expertise: ★★★★★  
 Responsiveness: ★★★★★  
 Negotiation skills: ★★★★★

Good guy. He knows the area, is a family man, and does a lot for the community as well. Patrick was easy to work with and I never had a call go to voicemail. A 3-D virtual tour was completed on my house which aided in its sale within 2 weeks!

★★★★★ Highly likely to recommend

01/10/2017 - Sherrilyn Howard  
 Sold a Single Family home in 2016 for approximately \$170K in Parrish, FL.

Local knowledge: ★★★★★  
 Process expertise: ★★★★★  
 Responsiveness: ★★★★★  
 Negotiation skills: ★★★★★

Patrick was my second realtor and did a really great job marketing my house ---there was no open avenues when it came to marketing. He knows all the neighborhoods very well. One thing I love is his availability ---he always answers my phone calls and messages immediately. The 3-D tours saved me from a lot of unnecessary showings!!! That's worth a lot in itself thx Patrick!! Less ^-

★★★★★ Highly likely to recommend

04/21/2017 - Mitch Goldenberg  
 Sold a Single Family home in 2017 for approximately \$200K in Parrish, FL.

Local knowledge: ★★★★★  
 Process expertise: ★★★★★  
 Responsiveness: ★★★★★  
 Negotiation skills: ★★★★★

Patrick sold our home for a very fair price. We wound up walking away with about \$3,000 more than we had expected cash in hand. He was always very quick to answer his phone.

# Remembering Snooty

On July 23, the City of Bradenton lost its most famous resident when Snooty the Manatee died at age 69. Guinness World Records had certified him as the oldest manatee in human care, but we know his fame really came from his unique personality and the love that people all over the world had for this barrel-chested and barrel-rolling manatee who had called Southwest Florida home since 1949.

When he came to Bradenton for the DeSoto Celebration at just 11 months old, he was known as “Baby Snoots,” a youngster born in captivity in the optimistic years following World War II. He moved to the South Florida Museum in 1966 and was declared the official mascot of Manatee County in 1979.

During his lifetime, he greeted some two million visitors in person at the Museum and on the Internet through the Snooty Cam. We were honored to have had him with us for so long.

Snooty’s legacy will continue at the South Florida Museum through our work in the Manatee Rescue and Rehabilitation Partnership, a network of providers who rescue sick and injured manatees, rehabilitate them and return them to the wild. We will also continue Snooty’s work as an ambassador for his species through our continued public education programs about the plight these endangered animals face in the wild and how we can work to secure a better future for them all.

### Highlights of Snooty’s Life

Snooty became an icon and an inspiration during his long life. Loved by millions, he played an important role in manatee conservation by inspiring people to care about, and to take action for his species. Here are highlights of his amazing life, for which we are all grateful. Thank you, Snooty!

**July 21, 1948** - “Baby” (later to be referred to as Snooty) is born on The Prins Valdemar, a Danish warship that capsized in the Miami harbor in 1926 and later became a floating restaurant and the Miami Aquarium and Tackle Company.

**1949** - “Baby Snoots” comes to Bradenton for the Desoto Celebration and later makes his permanent home in an exhibit inside the South Florida Museum’s area in the Chamber of Commerce building on the city’s Memorial Pier.

**1966** Snooty moves to the newly constructed South Florida Museum, at its current location.

**1979** - Manatee County Commissioners declare Snooty to be the County’s official mascot.

**1982** - Snooty gains even wider fame when the children’s television show, Captain Kang-

*The entire Save the Manatee Club were saddened to hear about the death of Snooty, the world’s oldest manatee in captivity, and offer our sympathies to the staff and friends of the South Florida Museum and appreciation for what Snooty meant to the cause of manatee awareness.*  
 – Save the Manatee Club



aroo, films him as part of a documentary on manatees.

**1985** - A hydrophone placed in Snooty’s tank reveals for the first time the high-pitched squeaks — Snooty’s vocalization.

**1987** - Snooty begins training to aid researchers trying to determine how well manatees hear at different frequencies.

**1993** - Snooty moves into his newest home: a 60,000-gallon exhibit in the newly constructed Parker Manatee Aquarium.

**1998** - The Parker Manatee Aquarium joins the Manatee Rescue and Rehabilitation Network and is introduced to his first tank mate, Newton. During his life, Snooty hosted 33 rehabilitating manatees.

**2008** - Snooty celebrates his 60th birthday at his annual Birthday Bash and Wildlife Festival. His life history makes him one of the most renowned stewards for endangered species and the environment.

**2013** - More than 6,000 guests visit the South Florida Museum to celebrate Snooty’s historic 65 th birthday — the largest crowd the museum has ever seen and a testament to Snooty’s popularity in the community and beyond.

**2015** - Snooty is officially certified as the world’s oldest captive manatee by Guinness World Records.

**2017** - Snooty marks his 69th birthday.

<http://www.southfloridamuseum.org/remembering-snooty/>



### FROM LEFT TO RIGHT:

- M. Joanne Bevers, CNM
- Therese E. Goode, PA-C
- Edgardo J. Aponte, MD, FACOG
- Jennifer R. McCullen, MD, FACOG
- Jorge E. Alvarez, MD, FACOG
- Jill S. Miller, ARNP

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# Early Summer Success

Capt. Jason Prieto



June is here already and what a year thus far it has been. We had one of the warmest winters on record, but the wind in May just seemed to keep blowing causing a change in the fish patterns. June marks the start of summer and while it might be hot, I like to enjoy the consistent light winds this time of year. It makes planning your trips a lot easier and fishing is very good. It's a great time to get out and do some fishing. So here is what you can expect to catch this month.

Tarpon are stealing the month as they continue their migration along the coast. If you have not encountered the battle of the Silver King, it's something every avid angler should check off their bucket list. Tarpon are pretty easy to find. You can find them breaching the surface at first light just off the beaches early morning. You will also find plenty of success fishing the passes and bridges as fish use these areas to feed frequently on bait as they pass through. Patience and planning around optimal feeding times is key with Tarpon as they are picky fish. Once you hook up with the Silver King the wait will be worth it!

Snook fishing is good almost year round in Tampa Bay but June offers some great opportunities to catch the bigger females. Snook this time of year move around the outer flats and spoil islands to get ready for the summer spawn. You will get more hook ups on bigger fish and they tend to feed heavily leading into the spawn. Tackle of choice would have to be free lined baits or if fishing the outer flats get out your Cajun Thunder Bay float. These work great when fishing potholes. Tampa Bay offers some of the of the best Snook fishing in the state so make sure to get out on a trip and enjoy the experience.

Summer also brings our Mangrove Snapper run. Mangrove Snapper are one of the most overlooked species in the bay. Snapper invade the reefs and wrecks of Tampa Bay as smaller fry bait shows up on the flats. With the smaller bait, it's a good idea to downsize hooks. I like to go with a Daiichi #1 circle hook. Snapper also have keen eyesight so going to #20 leader will also help with hookups. Mangroves are great fighters when matched with light tackle. It's a great time to get out and do some Snapper fishing.

Last would have to be Redfish. While most think it is too hot this time of year to chase Reds, you can have some great success when planning the tides and early starts before water gets hot. Reds still school up throughout the summer and good areas to start is along the outside flats and outer sandbars. Fishing the higher tides in the mornings up along the mangroves will also be very productive. Sometimes using artificials first thing in the mornings will be a very productive approach. I love throwing the Zman minnowz soft plastic baits along the mangroves on high water. This is always a great way to catch early morning Reds. When chasing the bigger schools of Reds on the outer bars, it's always a good idea to have a Miro Lure hard bait tied up as these fish are typically on the run.

Tightlines!!

**Captain Jason Prieto** is a full time captain and has been fishing the waters of Tampa Bay since he was a kid. He is a native Floridian and would love to share his knowledge and experience through his charters. He is the Owner of Steady Action Fishing Charters and can be reached at 813-727-9890 or you can go to his website at [www.steadyactionfishingcharters.com](http://www.steadyactionfishingcharters.com) or email him at [captjasonp@gmail.com](mailto:captjasonp@gmail.com). He is Regional Director of the Florida Guides Association and Co-Host of Tampa Fishing Outfitters Radio, 1040 Tampa Bay NBC Sports which airs every Sunday morning from 8:00 to 9:00 am. He is an Outdoor Writer for the *Tampa Times*, *Onshore/Offshore Magazine* and the *Parrish Village News*.

For charter information  
contact Capt. Jason

at  
813-727-9890

or

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



# Parrish Arts Council News

Jerri Phillips



*Congratulations to Jerri Phillips on the opening of her Art Studio and Gallery located at 7216 US Highway 301 N, Studio 101, in Ellenton.*

Saturday, August 19th, from 1:30 – 4:00 pm, is the time to join us at the Parrish YMCA for our 2nd Annual Arts & Social event! You and your guests will have the opportunity to learn about the Parrish Arts Council's upcoming projects while socializing with its members who have a passion for arts and heritage in our community. Meet the artists showcasing their work including paintings, sketches, photography, ceramics and more in the member exhibition between 1:30 — 4:00 pm. We will have a project overview between 1:30 – 2:00 pm to briefly explain our developing programs and goals. Volunteers will be available during the whole event with loads of information to help you get involved by becoming a member, volunteering or becoming a supporter. "This Old House," a book of historic homes and buildings in the Parrish community written by Iris Worth McClain will be available. We hope to see you there!

Please stop by Rocky Bluff Library, 6750 US Hwy 301 N, Ellenton, to see the Art Wall. August display features the works of Fran Kain, portrait artist, and Karri Krumlauf, photographer.

You may have heard, a lot is happening in Parrish! With the opening of the Fort Hamer Bridge, the arts culture is going to expand. It is time to get busy with your painting, sketching, sculpting, photographing, writing, historic researching, teaching and community involvement. We can be ready with our cultural presence when the new residents and visitors appear!

Our mission is to utilize the arts as a tool to re-establish the identity of the Parrish Community, to preserve its history and to jumpstart the revitalization of its economy. Now is the time to get involved!

I cannot close without mentioning our beloved "Snooty" the Manatee. I saw him for the first time that I remember when I was about 5 or 6 years old. He was called "Baby Snoots" and had a smaller pool. Throughout the years, my family and all I could bring with me would visit. He is the reason that I learned to appreciate wild manatees and the efforts that are made to help them. It is my hope that Snooty's mission will continue even though he is gone. He was the best ambassador for Manatee County and he did it without any words of his own at all. He just shared his warm, charming animal personality and good looks with all of us for his 69 years in the care of some amazing people who got him there. I saw him for the last time on his very last birthday, the day before his party, and am thankful to have seen his face surface at the water in front of me. I was able to tell him "Happy Birthday, Snooty," with many more admirers while taking his photo. We love you, Snooty, and you will continue to inspire us.

Jerri Phillips is a local artist and the current President of The Parrish Arts Council. Learn more about the Parrish Arts Council on [www.parrishartscouncil.org](http://www.parrishartscouncil.org) or call (941) 809-5059 for more information. See Jerri's art on [www.artisticflorida.com](http://www.artisticflorida.com).

# The Apology Tour Begins

Expect the unexpected! That's certainly going to be my mantra for a while. You see, we hadn't planned to sell so soon. In fact, we had taken our house off the market. Then, as sometimes happens, the unexpected occurred and the timing seemed right. Before I could blink, a deal was struck and our home for the last 15 years now belongs to someone else.



Leslie Wells.

Moving can be a shock to the system. It's rarely easy and often riddled with waves of exhaustion, nostalgia and a constant feeling of being overwhelmed.

Over the years, I've simply advised my friends and clients with the following words: "Just hire a packer, hire a mover, you can be out of here in a few days," or "You have family and friends that can help you, don't stress it." Well, I owe you a big apology! As time goes by we tend to forget how monumental things really are could be. Of course, I meant what I said at the time but 15 years without a move made me forget a few critical check-off items.

You were in my thoughts with every box I unfolded, each piece of tape that rolled out of the monster dispenser, and with each memory that we parted with. Recently, I shared an article with my mother regarding the topic of "letting go" of personal items and the relationship younger generations have with "stuff." Some seem to prefer Chinet to beautiful china heirlooms and having "valuables" translates to having cold hard cash. With this in mind, I knew we had to make some tough decisions.

Charlie retired while we lived here and we had huge tubs of 41 years of his law enforcement career. How many plaques, photos and honors would each of the kids want now or when our time comes? Deep down we knew the answer. Pictures that told the story of our lives were scanned and old frames were tossed.

In semi-ceremonial fashion, we gathered all of the kids and presented them with their clay handprints, report cards and every newspaper article written about their sports days. They looked at us in amazement; they had no idea that we had saved these "treasures" for these years!

Together, we laughed at some of the things we toted around for almost 37 years of marriage. We were tearing up over personal items of loved ones no longer with us. We packed together, reminisced and in the end, we were exhausted and got on each other's

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last nerve! The "stuff" was overwhelming.

So, to you, my deepest apology if I was less than sympathetic or helpful during your move. My revised words of wisdom are, "less is more" and "nothing is coming in to the house until something goes out!" Moving is hard. I remember that now. If a change is anywhere in your near future, start early.

Onward to life's next adventure...after a great BIG nap of course!

## Craft at the Library

### Crafty Afternoons

A Monthly Maker Space Program Open to All Ages

Paper Crafts

Saturday, August 26  
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“Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble we ourselves receive from God.”  
 2 Corinthians 1:3-4



Services:  
 Saturday  
 4:30 PM

Sunday  
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 9:15 AM  
 Sunday School  
 9:15 AM  
 Worship  
 10:30 AM

9608 US Hwy 301 N  
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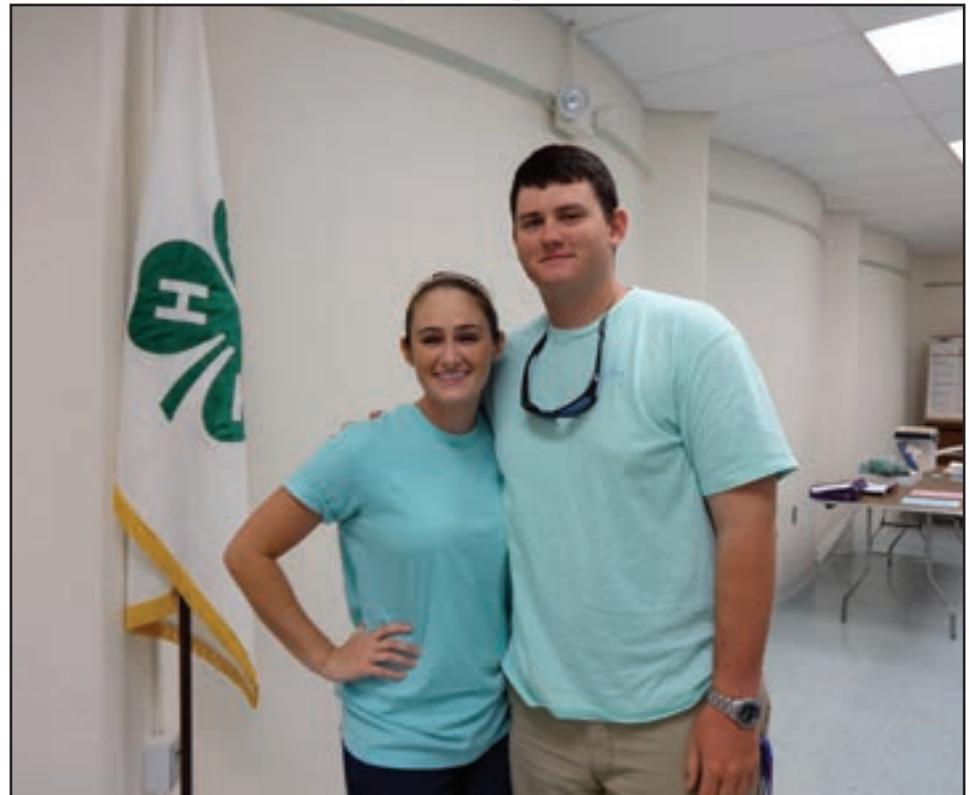
Web: [www.faithparrish.com](http://www.faithparrish.com)  
 LCMS

## WE WELCOME YOU TO JOIN US!

# 4-H Camp Transformed into Circus during Five-Day Stay



Manatee County 4-H youth at 4-H Camp Cloverleaf pose for a final group photo before heading home.



Key Counselors Kristi Vole and Ben Hoffner take a "photo" break during the counselor work day. Under the direction of key counselors, volunteers and 4-H staff, counselors prepared camper programs, schedules and name tags during the work day.

During the weeklong residential camp, 4-H Camp Cloverleaf located in Lake Placid, FL was transformed into a learning circus complete with a big top tent and animals. "The Circus is Coming" was the theme of this year's camp, so everything had a circus theme while youth enjoyed nature in a safe and fun environment.

In the imaginary circus setting, 109 youths built relationships and learned about the outdoors, environmental education, healthy lifestyles, swimming, kayaking, science and more. Campers and counselors alike got a chance to try new things in a positive, inclusive atmosphere such as paddling a kayak, making slime, tie-dyeing a shirt, making quirky cork animals, discovering marine life, driving an ATV, and making new friends.

The 4-H camping experience engages youth in activities focusing on belonging, independence, mastery, and generosity.

Financial support for the 4-H camping program was received from the Kiwanis Club of Bradenton, Manatee County River Fair Association, PepsiCo, Manatee County 4-H Foundation, local 4-H clubs and Friends of 4-H.

For more information on the 4-H program, contact the Manatee County 4-H Office at 941.722.4524. 4-H programs are open to all youth (ages 5-18) without regard to race, color, sex, handicap or national origin.

h2U CONTINUED FROM PAGE 16

11:00 am: Ukulele: Learn to Play with Sunny

12:30 pm: Hand & Foot

1:00 pm: Mah Jongg

**Thursday**

9:00 am: Zumba Gold

10:00 am: Eldergym Series: Balance/Flex/Strength (Chair Exercise)

11:00 am: Book Club (Every 4th Thursday)

1:00 pm: Tea Time & A Classic (1st Thursday, Quarterly)

**Friday**

9:00 am: Take Control with Exercise (Chair Exercise)

10:00 am: Senior Cardio & Strength Training (Bring hand weights)

10:00 am: Handicraft Social Club

12:30 pm: Art Class \$40 (check for dates & upcoming projects)

2:00 pm: Alzheimer/Caregiver Support Group (Every 3rd Friday)

**Saturday**

11:30 am: Tai Chi with Tom (\$36/ 6week session) Beginning July 8th!

**July Special Events**

**Registrations required  
1-888-359-3552.**

Worries About Dementia? July 11th, 2:00 pm, Seminar, Bayshore Center.

Hatha Yoga: July 11th & 18th, 11:00 am, \$5/ class, Ellenton Center.

Saturday Luncheon: July 8th, 11:00 am, Panda Buffet, Bradenton.

Dinner Out: July 19th, 4:30 pm, Mi Pueblo, Bradenton.

Book Club: July 27th 11:00 am, *The Underground Railroad* by Colson Whitehead, Ellenton Center.

The Aging Back: July 25th, 2:00 pm, Seminar, Cortez Center.

Causes of Knee Pain: July 26th, 2:00 pm, Seminar, Blake Medical Center, Medical Arts Bldg., Suite 1000.

Art Class: July 28th, 12:00 pm, \$40, Ellenton Center.

Living with Arthritis: July 27th, 2:00 pm, Seminar, Ellenton Center. S.H.I.N.E Counseling by Appointment: Call for appointment times.

**Support Groups**

Stroke Support Group: Blake Medical Center, Medical Arts Bldg., Suite 1000. To RSVP call (941)798-6505.

Smoking Cessation: Please call (941)518-9187.

Mended Hearts Support Group: Blake Medical Center, Medical Arts Bldg., Suite 2700. To RSVP Call (941)798-6500.

Amputee Support Group: Call (941)798-6026.

Alzheimer/Caregiver Support Group: July 21st, 2:00 pm, Ellenton Center.

Caring Friends Cancer Support Group: Wednesdays, 5:30pm. Call (941)798-6588.

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# The Total Eclipse Is Coming August 21, 2017



A total solar eclipse will occur on Monday, August 21, 2017. It will be visible in totality only within a band across the entire contiguous United States. The last time a total solar eclipse was visible across the entire contiguous United States was June 8, 1918.

A solar eclipse occurs when the Moon passes between Earth and the Sun, thereby totally or partly obscuring the image of the Sun for a viewer on Earth. A total solar eclipse occurs when the Moon's apparent diameter is larger than the Sun's, blocking all direct sunlight, turning day into darkness. Totality occurs in a narrow path across Earth's surface, with the partial solar eclipse visible over a surrounding region thousands of miles wide.

The total eclipse will have a magnitude of 1.0306 and will be visible from a narrow corridor through 13 states of the contiguous United States. It will be first seen from land in the US shortly after 10:15 a.m. PDT at Oregon's Pacific coast, and then it will progress eastward through Salem, OR, Casper, WY, Lincoln, NE, Kansas City, KS, Nashville, TN, Columbia, SC and finally Charleston, SC. (A partial eclipse will be seen for a greater time period, beginning shortly after 9:00 a.m. PDT along the Pacific Coast of Oregon.) This eclipse is unprecedented in modern times in that 12.2 million people reside in the path of totality, and 88 million live within a day's driving distance.

The longest duration of totality will be 2 minutes 41.6 seconds at about 37°35'0"N 89°7'0"W in Giant City State Park, just south of Carbondale, Illinois, and the greatest extent (width) will be at 36°58'0"N 87°40'18"W near the village of Cerulean, Kentucky, located in between Hopkinsville, KY and Princeton, KY. This will be the first total solar eclipse visible from the Southeastern United States since the solar eclipse of March 7, 1970, which was only visible from Florida.

### Eye Safety during a Solar Eclipse

The Sun can be viewed safely with the naked eye only during the few brief seconds or minutes of a total solar eclipse. Partial eclipses, annular eclipses and the partial phases of total eclipses are never safe to watch without taking special precautions. Even when 99% of the Sun's surface is obscured during the partial phases of a total eclipse, the remaining photospheric crescent is intensely bright and cannot be viewed safely without eye protection. Do not attempt to observe the partial or annular phases of any eclipse with the naked eye. Failure to use appropriate filtration may result in permanent eye damage or blindness! (Glasses may be purchased either online or at Lowe's.)

----Adapted from NASA RP 1383 Total Solar Eclipse of 1998 February 26, April 1996.

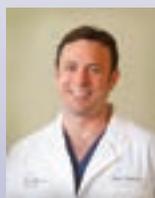


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# Another Great Parrish Y Summer Camp!

A very successful Summer Camp run by the Parrish Y Branch will come to an end on August 9th.

The camp started on June 5th and was held at the Saint Francis Cabrini Center in Parrish. Over 90 children attended camp each week – you can sign up for the whole camp or just individual weeks of camp – and they enjoyed activities like arts and crafts, relay races, archery tag and various other sports.

Every other week they had a large inflatable slide and three times a week they went to the pool. In addition to all of this, they had field trips to a baseball game, went roller skating, went to an arcade and visited the Big Cat Habitat.

One of the campers said “This was the best camp ever. I had a lot of fun and met some great new friends.” His mother added, “And she came home worn out every day.” Great job Parrish Y!!



*“This was the best camp ever. I had a lot of fun and made a lot of new friends.”*

# Worship Services



**FIRST BAPTIST CHURCH OF PARRISH**  
 12125 71st Street East  
 Parrish, FL 34219  
 941-776-1533  
 Rev. Joe Skidmore, Pastor

**Sunday Services**  
 Bible Classes, all ages . . . . . 9:45 AM  
 Morning Worship . . . . . 11:00 AM  
 Evening Worship . . . . . 6:00 PM

**Wednesday Services**  
 Youth Group Meetings . . . . . 6:30 PM  
 Prayer Meeting and Bible Study . . . . . 7:00 PM  
**Parrish Baptist Learning Center**  
 Monday through Friday  
 6:30 AM to 6:00 PM

  
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[www.gonorthriver.org](http://www.gonorthriver.org)

  
**Faith Lutheran Church**  
 9608 Highway 301 North  
 Parrish, Florida 34219  
 941-776-1395  
[www.faithparrish.com](http://www.faithparrish.com)  
 Interim Pastor - Kenneth L. Hinrichs  
 Saturday Service - 4:30 PM  
 Sunday Services - 10:30 AM  
 Bible Study - 9:15 AM  
 Sunday School - 9:15 AM

**Saint Frances X. Cabrini Catholic Church**  
 12001 69th Street East  
 Parrish, Florida 34219  
 941-776-9097

Saturday Mass: 4:00 PM  
 Sunday Masses:  
 8:00 AM and 10:30 AM

Confessions - Saturday 3:00 PM

**St. Mary's Baptist Church**  
 Erie Road  
 Parrish, Florida 34219

Reverend Fletcher Lawson, Jr., Pastor  
 941-776-3723

**Fellowship Alliance Church**  
 5735 69th Street East  
 Palmetto, Florida 34221  
 Phone: 941-723-9593  
[www.FellowshipAllianceChurch.com](http://www.FellowshipAllianceChurch.com)

Sunday School - 9:30 for all ages  
 Sunday Services - 10:45 AM  
 Wed. Eve. - Dinner 5:30 PM - \$3 per person  
 Bible Study - 6:00 PM  
 Prayer Time - 7:00 PM

2nd Friday each month - Friday Night Coffee House - 7 to 10 PM. The coffee house offers: praise music, a featured artist or group (genre varies from month to month), open mic and free refreshments  
 Small Groups - call Church Office for times  
 Email: [FellowshipAllianceChurch@gmail.com](mailto:FellowshipAllianceChurch@gmail.com)

**Crossroads Christian Church**  
 1400 10th Street W, Palmetto, FL

941-729-2327  
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 Church Services - Sunday 10:00 a.m.  
 Bible Study - Wednesdays 10:00 a.m.

  
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 Kevin Thompson  
 Senior Pastor

**Sunday Services**  
 Sunday School (for all ages) . . . 9:15 AM  
 All Ages  
 Worship . . . . . 10:30 AM  
 Children's Church . . . . . 10:30 AM  
 Evening Worship . . . . . 6:00 PM

Nursery available for all services

**Wednesday**  
 Adult Bible Study & Prayer . . . . 7:00 PM  
 Awana Club (ages 3-6th Grade) . 7:00 PM  
 Word of Life (Teens) . . . . . 7:00 PM

Everyone Welcome

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**Sundays**  
 Bible Classes (all ages) . . . . . 10:00 AM  
 Morning Worship . . . . . 11:00 AM  
 Evening Worship . . . . . 6:00 PM

**Wednesdays**  
 Bible Classes . . . . . 7:00 PM

Audio Sermons Available  
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 Church Office - 722-0218

Dr. Scott Douglas, Pastor

Website: [ebcparrish.org](http://ebcparrish.org)  
 Email: [office@ebcparrish.org](mailto:office@ebcparrish.org)

**Sunday Services**  
 9:00 AM & 10:30 AM . . . . .  
 . . . . .Worship/Sunday School/Bible Study  
 10:30 AM . . . . . Children's Church

**Tuesday**  
 9:30AM . . . . . Women's/Men's Bible Studies

**Wednesday**  
 6:00 PM . . . . . Bible Study/Prayer/Children/Youth

EVERYONE WELCOME!  
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 Pastor Phillip Hamm

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 941-722-7795

**Sunday Worship Services**  
 9:15 am Encounter Service  
 9:15 am Celebration Service  
 10:45 am Celebration Service

**Sunday School Classes**  
 8, 9:15 & 10:45 am

  
**St. Mary's Episcopal Church**  
 (Iglesia de Santa Maria)  
 1010 24th Ave W  
 Palmetto FL 34221  
 (941)722-5292

*The Episcopal Church welcomes you!  
 La Iglesia Episcopal le da la bienvenida!*

**Holy Eucharist/ Santa Eucaristía**  
**Sunday/ Domingo**  
 Rite II (Contemporary language) 7:45 am  
 Rite II (Contemporary language) 10:00 am  
 Santa Eucaristía (Español) 1:00 pm

**Wednesday/ Miércoles**  
 Holy Eucharist and Healing 9:30 am  
**Grupo de Oración y Alabanza 6:30pm**

The Rev. Glen Graczyk, Priest  
 The Rev. William de la Torre, Sacerdote

**First Baptist Church of Gillette**  
 3301 Moccasin Wallow Road  
 Palmetto, Florida 34221  
 (941) 722-1937

[contactus@gillettefbc.org](mailto:contactus@gillettefbc.org)  
[www.gillettefbc.org](http://www.gillettefbc.org)

**Sunday Service**  
 Sunday School - 9:30 AM  
 Children's Worship - 10:30 AM  
 Worship Service - 10:30 AM

Everyone Welcome! (Nursery Provided)

  
**Parrish United Methodist Church**  
*Connecting people with the life-changing power of Jesus Christ*

**Traditional Worship 8:15 AM**  
**Contemporary Worship 9:45 AM**  
**Blended Worship 11:11 AM**  
**Sunday School 9:45 AM**

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 and CR 675 @ flashing yellow light

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 7710 121st Ave. E, Parrish, FL 34219  
 155 W. Center Ave., Sebring, FL 33870  
 941-773-7081

  
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**Saturday at 10:30 AM - Parrish, FL**  
**Saturday at 5:30 PM - Sebring, FL**

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*Where you can count on Christ!*

Non-denominational  
 Bible based - Christ centered  
**Worship Services**  
**10:00 AM**  
**Sundays**  
**Nursery available**

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 Pastor:  
**Rev. Terry L. Cary - 941-725-4150**  
[www.harvestfieldcc.org](http://www.harvestfieldcc.org)

*"Ask the Lord of the harvest, therefore to send out workers into his harvest fields."*  
**Mat. 9:38 NIV**

  
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# BACK TO SCHOOL BASH



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FREE EVENT  
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Come join us for Games, Bounce Houses, Food & FUN !!!



It's hard to believe but the Heritage Day Festival and Chili Cook Off Committee will soon have its first meeting for the 2018 event!

In late August the Committee will start meeting and then meet monthly for about a couple of months and then as the event nears, begin meeting every week.

This year will be our 7th Annual Chili Cook Off which will occur on Saturday, March 3, 2018. In the past six years, the event has grown and has raised over \$180,000 which has gone back to charities in the Parrish area who need grants for their worthy projects.

The Committee needs help as each year it grows and there are more tasks that need to be accomplished to make this event successful. We need people to recruit volunteers. We need people who can help with marketing the event. We need people who can help get vendors and food concessions to the event. We need people who can help recruit teams and work with those teams. We need people who can help plan children's activities. We need people who can help with the extremely popular Parrish Pioneering area. We need people who can help us plan and "book" entertainment for the event. The list goes on and on!

If you find yourself with some extra time and want to help with an event that is becoming one of the most popular and well attended ones in Parrish, we need you!

Email Tami Vaughan (Event Chairman) at [FrstWordDr@msn.com](mailto:FrstWordDr@msn.com) with your name and contact information to help for 2018!

# AUGUST 19<sup>TH</sup>

11AM - 3PM

First Baptist Church of Parrish  
12125 71<sup>ST</sup> ST E  
Parrish FL. 34219

- Face Painting
- Bean bag toss
- Cup Knock Down



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Bounce House FUN !!!

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- Kiddie Bounce House

DUNK A DEACON



The Parrish Civic Association welcomes our new and returning members! Thank you for your support!

Basic

Chester & Susan Bullock  
John & Rosina McFadden

Parrish Sponsor

Robert Craig Birner

## Join the Parrish Civic Association for 2017

The Parrish Civic Association has been going strong for over 30 years. In the beginning, it accomplished a really significant thing for Parrish - helping to establish the Parrish Fire Department. This has had so much importance to Parrish.

After all these years, the Parrish Civic Association is still working hard for the common good of the community: organizing the Parrish Heritage Day Festival including the parade and Chili Cook Off, helping with the Parrish Children's Christmas Party for needy children and families, helping to get the Y established in Parrish, developing Overlays to the Manatee County Comprehensive Plan and the Village, hosting the Christmas Tree Lighting, bringing important programs to PCA meetings during the year, and currently working with the Parrish Arts Council on cleaning up the corridor along 301 from CR 675 to Moccasin Wallow Road. We still have work to do.

Help us out in this effort by joining the Parrish Civic Association in 2017. A form is on page 47. Clip it out, complete it, enclose a check and mail it in today! Help your community continue the efforts!

# Kiwanis Club donates to 4-H



*Pictured at right: Dr. Diana L. Smith, 4-H Program Coordinator and Sharon Barhorst, Kiwanis and 4-H Foundation member.*

The Kiwanis Club of Bradenton recently donated \$10,000.00 to the Manatee County 4-H Foundation for support of local 4-H youth programs. This annual donation dates back to the early 1970's as Kiwanis has been a long-time supporter of the 4-H program which annually serves over 8,000 Manatee County youth in the area of citizenship, leadership, and life skills.

mon:	Closed
tue:	9 am - 7 pm
w - f:	9 am - 5 pm
sat:	9 am - 2 pm



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# Glenda Lammers Named New Supervisor of Rocky Bluff Library

Glenda Lammers is Rocky Bluff Library's new Supervisor. She hails from Alabama and Mississippi although she has worked in many other areas of the United States.

Glenda graduated from Birmingham Southern University in Birmingham, Alabama with a degree in accounting. She put that degree to great use working with the Department of the US Army for 10 years as an auditor in Yuma, Arizona and also auditing the pension program of Eastern Airlines in the District of Columbia area.

She received her Master's Degree in Library and Information Sciences from the University of North Texas and worked in various library-related positions including a public library, a non-profit that provided librarians training on utilization of the Internet for locating government information and helped develop a software product which compared library collections throughout the country and internationally. The product received a patent.

Additionally, she was a director of a public library in Brewton, Alabama, worked with Marion Military Institute in Marion, Alabama and worked for the Naval Air Station in Meridian, Mississippi. Her broad knowledge of public, private and military library systems brings a variety of experience to her position at Rocky Bluff Library. It also gives her a wider view of the use of libraries across a wide spectrum.

She joined the Manatee County Library system on June 26. She said, "I have never worked for a library system with multiple locations which provides services to all the community."

Glenda is especially interested and excited about adding more programs to the schedule at Rocky Bluff. She wants our library to offer its patrons more for children, teens, tweens and adults. Before doing this, however, she wants to assess our library - talking to patrons and staff to see what is needed. She said there will be no substantial changes until she has accomplished this activity.

On a personal note, Glenda enjoys reading all genres of books and says that her favorite author is John Krakauer. (Krakauer is an American writer and mountaineer, primarily known for his writings about the outdoors, especially mountain-climbing. He is the author of best-selling non-fiction books—*Into the Wild*, *Into Thin Air*, *Under the Banner of Heaven*, and *Where Men Win Glory: The Odyssey of Pat Tillman* — as well as numerous magazine articles.)

She is an avid sports' enthusiast and enjoys baseball, soccer, golf and college sports. However, her main hobby is running, and she has competed in many races and intends to run in the upcoming Fort Hamer Bridge Run on August 26. (Note her many medals in the



Glenda Lammers, new Supervisor of Rocky Bluff Library.

photograph above.) She is an animal lover and moved here with her two cats and owns 10 cows back in Alabama.

She really wants to meet people in the community and the patrons of Rocky Bluff Library. She encourages people to stop in and introduce themselves and tell her about programs they would like to have at the library.

Asked why she likes her position and profession, she replied, "Every day is different. I learn so much by helping people find what they need at the library. I am people oriented and want our patrons to learn about our services and how to utilize them." She also added, "Librarians would make good contestants on *Jeopardy* because they learn so much working at the library while helping patrons!"



**WII & BOARD GAMES!**

**First Thursdays  
First Game Night:  
September 7  
6 to 7 PM  
Rocky Bluff  
Rocky Bluff Library  
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<p><b>Reduced</b></p> <p><b>\$56,900</b> Ridgewood Estates, 2/2 on lake, open plan, updated kitchen appliances, breakfast bar, beautiful water views, enclosed lanai, storage shed <b>Howard Brundage 941-776-4577</b></p>	<p><b>New Listing</b></p> <p><b>\$29,900</b> Ridgewood Estates, furnished 2/2, large kitchen/dining room, enclosed lanai, new driveway, security system, 2 storage sheds, 55+, pools, clubhouse <b>Howard Brundage 941-776-4577</b></p>	<p><b>Sold</b></p> <p><b>\$12,500</b> Lovely 2/2, large living/dining area, updated kitchen appliances, screened lanai, storage shed, beautiful back yard with lake views, 55+ community, pools, tennis, clubhouses <b>Howard Brundage 941-776-4577</b></p>

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# 1st Manatee Bank Changes Its Name to Premier Community Bank

Premier Community Bank of Florida (FKA 1st Manatee Bank) has changed its name! We did this in order to accommodate growth into more areas, like the Venice Market where we recently opened a new branch in May. We are the same great bank, with the same great people, just a great new name! We remain committed to offering the absolute best customer service in the industry. As we have grown, we have hired veteran bankers and loan officers that understand the needs of our local businesses and citizens, bringing over 200 years of collective banking experience with them. We have added more branch locations to service our clients and continue to remain competitive, offering many of the same convenient services that the larger banks offer.

We are locally owned and operated and it is the mission of our Board of Directors and the Employees of Premier Community Bank to create a financial institution that is focused on outstanding operating performance, professional excellence, exceptional customer service, and sound community relations.

If you miss the personalized, friendly approach to business banking that only a Community bank can provide, you can find it once again at Premier Community Bank of Florida.

We're one of the only locally-owned banks in Sarasota and Manatee Counties and one of the best capitalized, too.

Visit our full-service branch today, and rediscover banking that focuses on you and your community—just as it should.



*Premier Community Bank  
Same great bank with the same great people,  
just a great new name!*



# Parrish Civic Association Corner

August 2017

## A Letter from the President

### Priscilla Whisenant Trace District 1 Commissioner: Open, candid, honest and enthusiastic

I had an opportunity to sit and have a candid conversation with our Commissioner Trace at a local Parrish favorite and a place she frequents, C&K Barbecue located on Highway 301. We interviewed her on the development in Parrish and learned more about her and why she chose to represent the people of District 1.

Priscilla is a native of Manatee County, attended local primary schools and graduated from Palmetto High and the University of Florida. She married her high school sweetheart, Craig Trace and together they founded Ellenton Nursery Growers in the 1980's. Their son, Blake, also works at the Nursery, taking on more responsibility so she can serve the people of the county where her life, family and business are based.

While talking with Priscilla, her passion for our safety and preserving our history was evident. Priscilla travels our roads, patronizes our local establishments and spends time with the people of Parrish. "I talk to people. I listen to people". She has been active in the community for decades, being recognized as 2015 Agriculturalist of the Year and serving as past President of the Manatee County Agricultural Museum.

Priscilla is straight forward and will let you know what she thinks "sometimes that's not such a good thing". She will continue to bring our concerns for safety and the need for infrastructure to the county. "In addition to protecting the environment, transportation is a huge issue and we have to deal with it right away. Our roads and bridges need improvements; we can't wait to become one big gridlock. By being your voice in our local government, I promise to work with you and for you." She welcomes input and questions from our residents and easily approachable. You can email her at priscilla.trace@mymanatee.org.

Priscilla has also made a commitment to working with the Parrish Civic Association. She has had a relationship with the PCA over the years, recently becoming more actively involved; as your PCA President I have her starred in my contacts. She understands that Parrish's voice is the PCA and plans to continue to nurture the rapport we have developed. She ends every conversation with "call me anytime," and she means it.

### Fort Hamer Bridge Run

The Fort Hamer Bridge 5K/10K Run supporting the Parrish Y, The Parrish Foundation and Manatee County Youth Rowing is planned for August 26th. The opening of the bridge to cars may be delayed due to recent rains, but the run will continue as planned. The races start at 6:45 am and the Manatee County Commissioners and staff will have a dedication ribbon cutting at 7 am. Come out and participate, volunteer or spectate and show your Parrish pride. You can register for the race at the Y and online at <http://www.active.com/parrish-fl/running/distance-running-races/fort-hamer-bridge-5k-10k-run-2017>.

Gretchen Fowler  
President, Parrish Civic Association  
gmfowler68@yahoo.com

## PCA Membership Matters!

Norma Kennedy – Membership Chairman



The Parrish Civic Association's membership is growing! Thank you!

### VOLUNTEER OPPORTNITIES!

#### Rural Development Committee

The Parrish Civic Association is *reinstating* the Rural Development Committee to keep the residents of Parrish apprised as to the status of the Fort Hamer Bi-pass extension road that is being considered by Manatee County. The new Parrish High School that is being built along Martha Road between Erie Road and 69th Street and the completion of the new Fort Hamer Bridge has propelled the potential start date forward. If you would be interested in being informed of the status of this road and would want to have some input on how it might be designed along with where it will impact, please send an email to the Committee Chair, Tami Vaughan at [FrstWordDr@msn.com](mailto:FrstWordDr@msn.com) and you will be included in the group emails.

#### PARRISH HERITAGE DAY

The PARRISH HERITAGE DAY COMMITTEE is gearing up to start meeting again to plan the Heritage Day Festivities which include the Heritage Day Parade, Chili-Cook Off and all the festivities that go along with it. Our first meeting will be right after school is back in session in August.

Should you like to serve on a committee and interested in joining and helping with the Heritage Day Festivities and Chili Cook-off, please send email to Tami Vaughan at [FrstWordDr@msn.com](mailto:FrstWordDr@msn.com) and you will be kept apprised of the meetings. Wednesday afternoons at 3:00 o'clock at the YMCA located at 12214 US Hwy 301 N in Parrish.

#### CHRISTMAS TREE LIGHTING EVENT

The PCA is looking for volunteers to help in putting on the Christmas tree Lighting event to be held December 2, 2017. This event is for the entire Parrish Community. The Location for the event is to be determined, as we have several options. Please contact Norma Kennedy at [norma.kennedy@verizon.net](mailto:norma.kennedy@verizon.net) or phone 941-776-1681. Our first meeting to get things planned would be at the end of July or 1<sup>st</sup> week of August.

**Join the Parrish Civic Association.  
Just clip out the form below  
and mail it in with a check for your dues.**

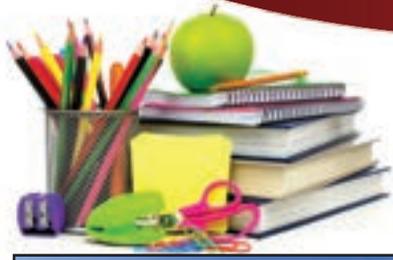
	<p>I wish to join the Parrish Civic Association. Here are my dues. Mail to Parrish Civic Association, P. O. Box 257, Parrish, FL 34219. (Please print.)</p>
Name: _____	
Address: _____	
City, State, Zip: _____	
Phone No.: _____	
Email Address: _____ <small>(Above information is for PCA use only. We do not give out or sell to outside parties.)</small>	
Please check one: <input type="checkbox"/> New Member <input type="checkbox"/> Renewal	
\$15.00 Basic Member (Member and Spouse) \$25.00 (Community Booster) \$50.00 (Parrish Sponsor) \$100 or more (Community Patron) \$500.00 or more (Community Sponsor)	
Amount Enclosed \$ _____	

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On this 1.36 acre lot you can go fishing in your back yard, relaxing on your porch or swimming in your pool. There are many things to do right here. MLS #A4190036 **\$385,000**



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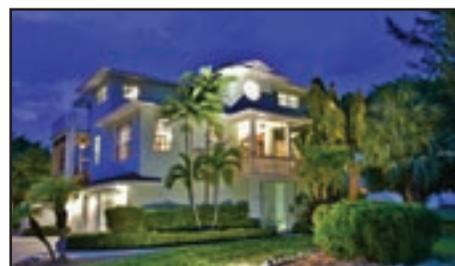
A blank canvas is waiting for your personal touch! Beautiful 4 BR/3BA home in the gated community of Creekside Oaks with over 2600 SQ/FT of well-designed living space. MLS #A4191176 **\$314,900**



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