



Parrish Village News

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Parrish Village News



How about some slow
cooker recipes for
February? See page 5.



Ralph takes us to see the
Iceman found in Bolzano,
Italy on page 5.



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tells us about selecting the
right wine on page 8.



Kathryn tells us 'Don't
Stop Believing' on page 21.



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Bob. See page 31.

Volume 24, Issue 2

Saturday, March 4, 2017

Parrish Heritage Day Parade, Festival and Chili Cook Off



Parade starts at 10:30 AM
on 121st Avenue
Festival and Chili Cook Off
at the Florida Railroad Museum
12210 83rd Street East, Parrish
Gates open at 11:00 AM

**Adult Tickets \$8.00 if purchased before the event -
\$10.00 at the gate. Children 12 and under FREE!!!!**

Advance tickets may be purchased at the Parrish 7 Eleven (cash only) and the Parrish Y.

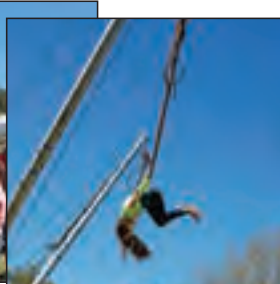
Chili Tasting from over 30 Teams,
Train Rides, Rock Climbing Wall, Kid's Maze,
Kid's Bungee Trampoline, Bounce Houses,
Ice Pro Sculpture, Live Music, Food and Drinks,
Vendors! Fun for Everyone!!!!

Special Attraction: Parrish Pioneering

Cracker Trail Wagon, Bullwhip Maker, Singers, Fiddlers,
Dobro Player, Guitar Player, Florida Cattle, Mini Donkeys,
Chair Caning, Story Telling, Broom Making, Hand Spinning,
Quilting, Moonshine Still

All proceeds go to
The Parrish Foundation Grant Fund.
Grants were recently awarded
to the following organizations who serve the
Parrish community and residents:

**Friends of Rocky Bluff Library,
The Parrish Y, Florida Railroad Museum,
Boy Scouts Troop 41,
Manatee County Youth Rowing,
Esther's School,
Ellenton - Parrish Lions Club,
Tidewell Hospice, Meals on Wheels PLUS,
Manatee County 4 H,
Girl Scouts of Gulfcoast Florida
Feeding Empty Little Tummies (FELT)
Family Partnership Center and
Parrish United Methodist Church
Food Programs**



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February 2017 FREE Parrish Heritage Day and Chili Cook Off Is Coming!

It's time for some good old
homemade chili at the 6th annual
Parrish Heritage Day Parade, Festi-
val and Chili Cook Off. The event
is on Saturday March 4th at the
Florida Railroad Museum in Par-
rish. Gates open at 11:00 a.m. fol-
lowing the parade and tickets are \$8
in advance and \$10 at the gate with
kids 12 and under getting in free.
Advance tickets are available at
the Parrish 7 Eleven (corner of Old
Tampa and 301 - cash only) and at
the Parrish Y.

There are lots of things for
the family and kids to do includ-
ing bounce houses, rock climbing
wall, bungee jump, obstacle course,
kids fire fighters challenge and train
rides. A visit to the Parrish Pioneering
area is included in the admis-
sion price and there you will see
how life was in early Parrish with
Cracker Cattle, a bull whip demon-
stration and contest, spinning
wheel demonstration and much
more. There is live music all day
and over 30 vendors selling a vari-
ety of food, drinks and other goods.
And then there is the chili!! Twen-
ty-five teams will be competing for
the coveted award of best Chili in
Parrish. Your admission gets you
a sample of each team's chili and
you can vote for your choice of best
chili.

Also we have added an addi-
Please see **Parrish**

CONTINUED ON PAGE 16

**Parrish Civic Association
Meeting on February 16,
7:00 PM - Parrish Y
Speaker from Benderson Development
Topic: Creekside Commons
(Center behind CVS at corner of Erie
Road and US 301 N)
See story on page 39**

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Parrish Village News



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Message from the Editor

One month and counting until the Chili Cook Off! I am getting my team together and we are planning our strategy and looking over our recipe.

I have talked with other teams and they are getting excited about the event as well. It looks like we should have nearly 30 teams competing in this year's event.

The Florida Railroad Museum has done a lot of work on their property. There are more trains on display and the wooded areas are cleared out even more. It looks as if the teams will be in the trees, so if it's a hot day with lots of sunshine (as we hope), the Chili Teams will have cover other than their tents.

Tami Vaughan has lined up great entertainment with bands so that there will be live music during the entire event. Additionally, there are lots of activities for children including the popular bungee jump trampoline, the rock climbing wall, bounce houses, a kid's obstacle course and activities from the Parrish Fire Department.

Oh, and did I mention the food? Of course, there will be lots of good chili to sample. And . . . barbecue, hot dogs, beer, soft drinks, snocones, strawberry shortcake, pizza and this year *wine tasting* as well as lots of other good things to eat.

Don't miss this event on Saturday, March 4th! It's a great family day!

Parrish Arts Council News

You are invited to the Winter Paint-Around fundraiser at Keeton's Office and Art Supply, 817 Manatee Ave West, Bradenton on February 18th from 2:30-5:30 pm. Audience and artists alike have fun. Artists paint and pass to the next artist to paint until it arrives back to the original artist for finishing touches. Raffle for the final paintings commences after you witness collective art unfold before your very eyes! Proceeds will benefit local Manatee school art and music departments. There will also be a community painting during the event where you may leave your own mark on local art culture!

History is unfolding in Parrish! Our very own Iris McClain is nearing completion of her "This Old House" manuscript for publication which will give the reader a glimpse into historic homes, buildings, cemeteries and the people who built them. This has been a labor of love for her as she has dedicated years to collecting stories and photos. Norma Kennedy is continuing an ongoing Parrish Pioneer Oral Histories project showcase where residents' lives are described and how they had an impact on the Parrish of today. Sales proceeds from the publications will be used to help residents in the community through the Parrish Arts Council. Contact us on our website if you would like to be notified by email when the books will be available.

Stop by to see Karl Ford's photography and Jean Hall's painting exhibition at the Rocky Bluff Library Art Wall, 6750 US Hwy 301 N, Ellenton, from now until end of February.

Another must-see is the Florida Railroad Museum! Members of the Parrish Arts Council have been assisting in the model railway project inside a restored 1950's Baggage Car under the direction and planning of Stan Kotas with a host of volunteers. We have painted sky murals for the backdrop and helped build the terrain. Now alongside the garden scale railroad, the volunteers have compiled a collection of handmade buildings, early 1900's street scenes, parks, farms, a lumber mill and the circus coming to town to celebrate our history. Visit www.frrm.org to learn more.

This year, take time for your art! Why not learn a new skill or hone the ones you have? Parrish has many artists who would love to connect with you whether you are an artist or art lover. If you have never painted outdoors, consider joining us with Parrish En Plein Air. It is not a class, but a group of artists that get together at an interesting Parrish location to paint what we see now in order to preserve history for future generations. We have fun while we are at it. You will need your own easel, paints or pencils, canvas, chair and supplies. Parrish will supply the inspiration! Contact us for the next date.

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 jump-start the revitalization of its economy. We need volunteers for special events, community outreach and prospective board members. Now is the time to get involved!

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



Donate Your Books for the Spring Book Sale

The Friends of Rocky Bluff Library Spring Book Sale is coming up. It is scheduled for March 15 - 18, 2017!

Do your spring cleaning early this year and donate your used books to the Friends. This is a great way to help your library and clean out your clutter!

Load your books up - paperbacks, hardbacks, CD's, DVD's, puzzles and coffee table books - and bring them to the library for resale. Proceeds from the sale go right back to making improvements in our library (furnishings, landscaping projects, children and adult programs, teen projects and other programs).

Help the Friends and our library!



Jerri Phillips

Blood Drives for the Month of February



Thursday, February 2, 2017: SYSCO, 3000 69TH St East, Palmetto, 8:30 am – 11:30 am.

Thursday, February 2, 2017: Palmetto Branch Library, 923 6th St. W, Palmetto, 12:30 pm – 3:30 pm.

Saturday, February 4, 2017: Ferraro's Italian Grille, 8348 US 301, Parrish, 11:30 am – 4:00 pm.

Monday, February 6, 2017: Port Manatee, 300 Regal Cruise Way, Palmetto, 9:00 am – 12:00 pm.

Monday, February 6, 2017: Palmetto Elementary School, 1540 10th Street West, Palmetto, 1:00 pm – 3:30 pm.

Wednesday, February 8, 2017: Air

Products, 2525 Inland Transport St, Palmetto, 11:00 am – 4:30 pm.

Thursday, February 9, 2017: Esplanade at Artisan Lakes, 4725 Los Robles Ct., Palmetto, 8:30 am – 11:30 am.

Sunday, February 12, 2017: St. Frances Cabrini Church, 12001 69th St, Parrish, 8:30 am – 12:30 pm.

Monday, February 13, 2017: Winterset RV Park, 8515 US 41 N, Palmetto, 8:00 am – 1:00 pm.

Friday, February 17, 2017: Tropic Isles Mobile Home Park, 3100 10th St West, Palmetto, 8:00 am – 12:00 pm.

Saturday, February 18, 2017: First Baptist Church of Palmetto, 1020 4th St West,

Palmetto, 8:00 am – 3:30 pm.

Monday, February 20, 2017: Terra Ceia Manor, 5619 Bayshore Rd, Palmetto, 8:30 am – 11:30 am.

Monday, February 20, 2017: Bealls Outlet, 6242 US Highway 301 N, Ellenton, 12:30 pm – 4:30 pm.

Tuesday, February 21, 2017: Mosaic – Wingate, 1295 Duette Rd, Parrish, 8:30 am – 12:30 pm.

Wednesday, February 22, 2017: HO-BART Ground Systems, 11001 Hwy 41N, Palmetto, 8:00 am – 12:00 pm.

Saturday, February 25, 2017: Ridgewood Estates, US Hwy 301 N, Ellenton, 9:30 am – 12:30 pm.



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Cooking with Cookie

Slow Cooker Recipes

Sometime you just want to make something simple that can be cooked in your slow cooker and cook on its own. Here are a few that I like.

King Ranch Chicken (pictured at right)

4 cups cooked chicken, chopped
1 large onion, chopped
1 large green pepper, chopped
1 (10 3/4 oz.) can cream of chicken soup
1 (10 3/4 oz.) can cream of mushroom soup
1 (10 oz.) can diced tomatoes and green chiles
1 garlic clove, minced
1 tsp. chili powder
12 (6-inch) fajita size corn tortillas
2 cups shredded sharp Cheddar cheese

Stir together first 8 ingredients. Tear tortillas into 1-inch pieces; layer 1/3 of tortilla pieces in a lightly greased 6-qt. slow cooker. Top with 1/3 of chicken mixture and 2/3 cup cheese. Repeat layers twice. Cover and cook on Low 3 1/2 hours or until bubbly and edges are golden brown. Uncover and cook on Low 30 minutes.

Yield: 6 servings.

Spaghetti Casserole

2 pounds ground round
1 medium onion, chopped
8 oz. uncooked spaghetti, broken in pieces
1 (26 oz.) jar tomato and basil pasta sauce
1 (14.5 oz.) can diced fire-roasted tomatoes
1 tsp. dried Italian seasoning
2 cups shredded sharp Cheddar cheese
Freshly grated Parmesan cheese

Cook ground round and onion in a large skillet, stirring until beef crumbles and is no longer pink; drain meat and return to skillet. Spoon half of meat mixture into a lightly greased 5 quart slow cooker. Top with spaghetti. Spoon remaining half of meat mixture over top. Combine pasta sauce, diced tomatoes, 1/2 cup water and Italian seasoning. Pour mixture over meat and sprinkle with Cheddar cheese. Cover and cook on Low 4 hours. Let stand 10 minutes before serving. Serve with Parmesan cheese.

Yield: 6 to 8 servings.

Uncle Jack's Mac and Cheese

1 (16 oz.) package elbow macaroni



1 1/2 cups heavy cream
1 (12 oz.) can evaporated milk
4 large eggs, lightly beaten
1/2 cup butter, melted
1 1/2 tsp. salt
1/2 tsp. freshly ground pepper
4 cups (16 oz.) shredded extra sharp Cheddar cheese, divided
Vegetable cooking spray

Cook macaroni according to package directions. Stir together cream, next 5 ingredients, cooked macaroni and 2 1/2 cups cheese in a large bowl. Pour macaroni mixture into a lightly greased (with cook spray) 6 quart slow cooker; sprinkle remaining 1 1/2 cups cheese over macaroni mixture. Cover and cook on High 3 hours; reduce cooker to Low and cook 1 hour.

Yield: 8 to 10 servings.

Saucy Slow Cooker Pork Chops

5 boneless pork chops, trimmed
1 onion, sliced
2 green peppers, sliced
1 (8 oz.) can tomato sauce
1/4 cup brown sugar
1 Tbsp. apple cider vinegar
2 tsp. Worcestershire sauce
1 1/2 tsp. salt
2 Tbsp. cornstarch

Heat olive oil in a large skillet over medium heat; cook pork chops in the hot oil until browned. Transfer chops to slow cooker; top pork chops with onion and peppers. Whisk tomato sauce, brown sugar, vinegar, Worcestershire sauce and salt together in a bowl. Pour sauce into slow cooker, stirring gently. Cook on Low until tender, 6 to 8 hours. Transfer pork chops to a serving platter; tent with aluminum foil to keep warm. Whisk cornstarch into sauce until thickened; spoon sauce and vegetables over pork chops.

Yield: 5 servings.

Bon appetit!

A Land Tour of Italy (Otzi, the Iceman)

Ralph Bellrose

In September of 1991, two German tourists hiking in the Otztal Alps on the Austrian-Italian border, discovered what they thought was the body of a recently deceased mountain climber. The body was partially frozen in ice at an elevation of 10,500 feet and turned out to be the remains of a 5300 year old man. Nicknamed Otzi, he is Europe's oldest human mummy. After archaeologists carefully removed the body and the artifacts around it, Otzi was taken to the South Tyrol Museum of Archaeology in Bolzano. Very soon the Austrian and Italian governments got into a dispute regarding who had the legal rights to Otzi's remains since he was found so close to their common border. Meticulous research determined that Otzi was 100 yards inside Italy, based on a line defined by the 1919 Treaty of Saint-Germain-en-Laye. The South Tyrol's claim was upheld, but, they did agree to allow the nearby University of Innsbruck unlimited access to the remains for scientific research.

Forensic analysis revealed that Otzi was feet 5 inches tall, weighed 135 pounds and was approximately 45 years old at the time of his death. It's believed he lived in one of the valleys near Bolzano. Hair and pollen examination indicate that his diet consisted of meat, bread made from barley and wheat, fruits and domestically grown vegetables. Bone X-Rays suggest he was a shepherd and may have at one time been a copper miner, based on the high levels of copper and arsenic found in his hair. Using modern 3-D techniques, a facial reconstruction was created. Otzi had over 61 tattoos, making him the oldest tattooed human mummy ever discovered. Based on their location, it's speculated that these tattoos might have been part of a pain relief treatment similar to acupuncture, pre-dating its use by the Chinese. His clothes were well made. He wore a woven grass cloak and a coat, belt, leggings and waterproof shoes, all made of leather. Otzi carried with him medicines, materials to start a fire, a copper axe, a flint knife, a quiver of arrows with a longbow, and a sharpening stone. The axe was both a tool and a symbol of status. Some believe Otzi was a tribal chief.

The most interesting mystery is the cause of Otzi's death. Researchers originally believed that he died from exposure in a winter storm. However, a 2001 CAT scan found an arrowhead in his left shoulder. Medical experts concur that given the nature of the wound, Otzi would have died of blood loss even if modern medical procedures were available. A head wound was also discovered which could have caused massive brain damage. DNA

Please see A Land Tour of Italy CONTINUED ON PAGE 25



The South Tyrol Museum of Archaeology in Bolzano, Italy.



A map of northern Italy showing the location of the discovery site of the Iceman.

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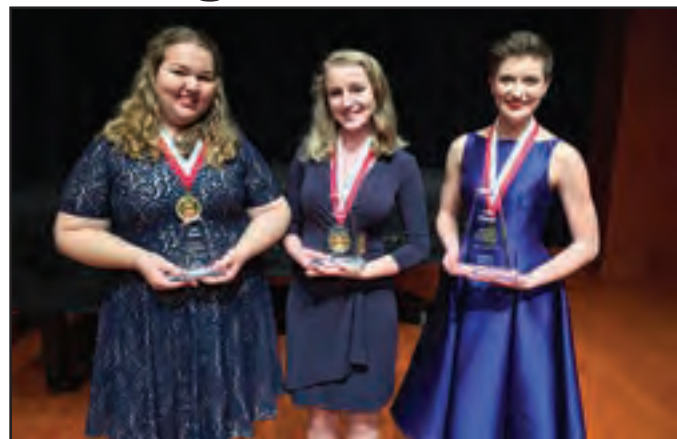
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Parrish's Katherine Herbert Wins Prestigious Award

From right to left, Senior Victoria Hill from Canton, GA finished first while Katherine C. Herbert, a junior from Parrish, FL, Sarasota Youth Opera and Booker High School placed second. Emily Jayne Thompson, a senior from Lantana, FL. placed third.



Katherine Herbert won second prize at the Schmidt Youth Vocal Competition at Palm Beach Atlantic University in West Palm Beach, FL on January 17, 2017 which awards a generous prize of \$2,000 and a scholarship for the summer Schmidt Vocal Institute at Miami University in Oxford, Ohio. The Schmidt Vocal Competition is the Nation's Premier Youth Vocal Competition and as part of its mission the William E. Schmidt Foundation provides support and encouragement to youth in the arts. Mr. Schmidt moved to Sarasota, Florida, where he became a substantial behind-the-scenes supporter of several key community projects, including the Sarasota Opera where he recognized the value of participatory philanthropy, one of which is the Sarasota Opera house which bears his name, William E. Schmidt Opera Theatre.

Katherine has been involved in the Sarasota Youth Opera for eight years, and has tremendously benefited from Mr. Schmidt's support to the Sarasota Opera House. Katherine has been in many productions and principal artist in two including with the last season in the Secret World of Og and as early as 12 years old, Katherine was the Principal Artist (Princess) in Little Nemo in Slumberland (World Premiere).

Katherine performed with Voices at the Wilderness at their spring 2016 patriotic concert as well as their Christmas program. Katherine will perform at the Voices Spring Concert which will be March 31 at Freedom Village, 7:15 p.m. and April 2 at River Wilderness, 7:00 p.m.

Katherine has studied at Westminster Choir College | Rider University in Princeton, New Jersey for two summers. Katherine also has performed in two Broadway musicals playing Hodel in *Fiddler on the Roof* at Manatee Players Community Theatre and Dorothy in *Thoroughly Modern Millie* at Manatee School for the Arts. Katherine is a junior at Booker High School studying in the honors program, Cambridge AICE (Advanced International Certificate of Education).

Katherine's main passions include opera and animals especially dogs so she was very excited to combine these as a singer at the Opera for Animals Singing Is Saving (OASIS) on January 14, 2017 at the Palm Aire Country Club.

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Picking the Right Wine – Help is Available

Wine Guy Bob Monica

In a recent *Wall Street Journal* interview, David Trone, President of Total Wine & More was asked for tips about wine purchasing. One of his pieces of advice, “Read ratings and reviews. Many wine store feature review’s notes and background information on individual wines. Find a critic or reviewer whose tastes resonate with yours.”

We have all experienced frustration when, having read a rave review of a movie, we went to the theater only to be disappointed. What was the reviewer thinking?

Well, the great thing about people is that we are all unique with our own peculiar likes and dislikes. A critic’s tastes and viewpoints may differ from yours. The wise thing to do is to find and follow a reviewer whose tastes you most often agree with.

This wisdom holds true with wine. I have found that my taste in wine rarely matches that of the noted wine reviewer Robert Parker. Does that mean that he is right and I am wrong? I don’t think so.

I have nothing but high regard for Mr. Parker. His work has literally changed the wine industry. Most feel for the better. But he and I just rarely agree on the question on the flavor profile of great wine. So, I never seek his opinion when searching for a wine for my personal consumption.

My recommendation is that you sample opinions from an array of critics on a particular vintage. Then, try the wine for yourself and judge whose opinion comes closest to yours. Do this a few times and you may have a handy reference going forward.

This same issue relates to your local wine steward. To be honest, few employees in a wine store are real wine experts. Most are hired to stock the shelves, sweep the floor and check you out at the register. But worse, many real local experts are so self-absorbed that when asked for a wine recommendation they tell you what they like. Once again, their tastes may be nothing like yours. So that’s really the wrong approach.

Find a wine steward with some real expertise who is willing to spend some time asking you questions that will determine your favorite wine profile. Now in fairness you will have to do your best to provide her with more information than, “Cabernet... real smooth.” Examples of past favorites will help or some descriptive narrative like, “Cab... bold, structured, heavy bodied and spicy.” By the way watch for her reaction to that kind of description. If she looks confused - you are speaking to the wrong steward.

As always - enjoy the wine you like best. Cheers!





Robert Parker.

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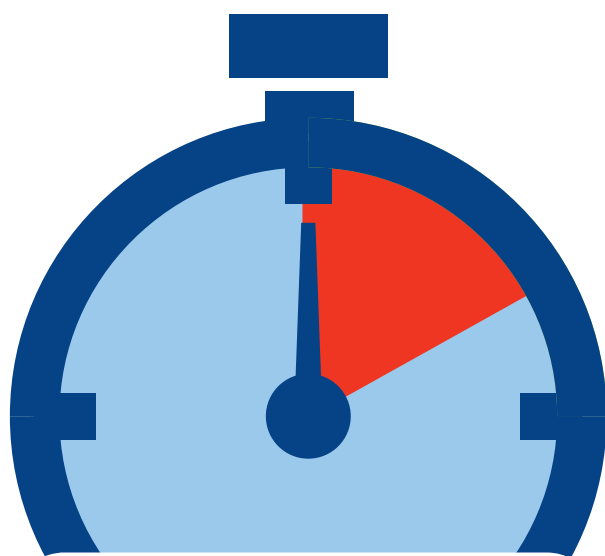
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Stop Doubting

When you start doubting, you set yourself up for disaster. You are bound to become what you believe. That's right. Once you start doubting yourself, you will fall into the depths of becoming the kind of person you NEVER wanted to be. Doubt, like negativity, grows over time. Before you know it, you eliminate all the dreams and desires you ever had. Quietly, you slip into complacency, rather than being excited about all that life should offer.

We all see it, but we don't always address it. You feel the ever-so-slightly slipping away of your aspirations, and the gradual acceptance that you cannot change. Then, you begin to ignore the dreams and plans you had planned for your life.

Believe me. You can start over. You can face that person in the mirror and decide that enough is enough. It is time to put doubt, even shame or shyness, aside.

You are worthy of being who you want to be. The thing about starting over is that it doesn't happen on its own. You must finally accept that doubt, despair, and negativity is preventing you from living the life you want to live. If you don't like what is happening in your life, you have only a few choices.

1. Do nothing and accept it;
2. Doubt that you can ever change;
3. Realize that now is the time for self-improvement.

With the first two choices, you end up falling deeper and deeper into doubt. You stare back at the person in the mirror and wonder what went wrong. Doubt easily settles in and you get comfortable with it. You start to believe that this is all there is.

Complacency and lack of effort in your life will never bring you joy, happiness, or success. Excessive indulgence or instant gratification are also culprits that are empty and not fulfilling. These behaviors make you believe that you have no future or potential, when in fact, the very opposite is true. Look around. How many people are excelling? How many are making dreams come true? How many are self-motivated?

Recently, I was on a cruise vacation and at dinner a discussion ensued about how our youth have lost some of the traditional values of patience, integrity, or humility. I see the trend as well, but I see it as much in adults as anyone. No matter where I am, I see people lowering their personal standards for the sake of being like everyone else. It takes a warrior spirit to step up and be different.

I believe that martial arts are one of the few ways that all people can learn to curb their doubt, by developing their mind, body, and spirit. For example, you must commit to attending classes. You must give an effort if you want to advance. You must practice to get stronger and improve. You must change your negative thoughts to positive ones to see the warrior within. There are no shortcuts and no skipping steps.

In a world where everything is fast paced, martial arts provide a steady ground. A white belt student cascades through many different colored belts to finally reach the black belt. Yet, he always returns full circle as a student and life-long learner. As he realizes that the black belt is the beginning and not the end, he also learns that self-doubt deters personal success. Doubt causes you to close your mind and limit your options.

I am not exempt from doubt. There were years when I doubted myself. It is almost a natural tendency to believe that you can never be good enough to learn a new skill, advance in a job, or follow a dream. I never thought I would be a martial artist. I never thought I would express positivity to thousands of people. I never knew I would write a

Please see **Stop Doubting** CONTINUED ON PAGE 15



Andrea F. Harkins
Karate Teacher at Parrish YMCA,
motivational blogger
www.themartialartswoman.com

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Activities at Rocky Bluff Library in February

Lots of activities are planned for February. Some of them include Color Therapy, Pre-School Story Time, games, book clubs, a Creative Aging Series, Films with Fran feturing an “Irish Series,” the Master Gardeners’ from the Extension Service help with plants and teen crafts.

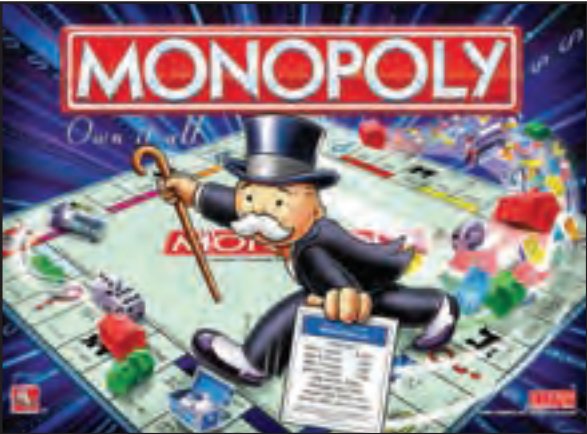
Tech Help Drop In

If you need help with your electronic devices, you can stop by the library and get personalized help. The sessions will be available on Saturday, February 4th and 18th from 10:00 am to 12:00 noon. Bring your iPad or tablet or phone and drop in!



Play Board Games, Mah Jongg or Chess

On February 7th, 14th, 21st and 28th, you can take advantage of playing board games 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 p.m. Mah Jongg is from 11:30 a.m. to 1:30 p.m. Come enjoy the fun and test your skills as a player.



Pre-School Story Time

Pre-School Story Time continues in February on Tuesdays the 7th, 14th, 21st and 28th and on Fridays the 3rd, 10th, 17th and 24th. Your pre-school aged child can interact with others and the Children’s Librarian to enjoy a really good time learning about reading. The program starts at 10:15 am on Tuesdays and 10:30 on Fridays.



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 February 2nd, 9th, 16th and 23rd. 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. 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: Art Club for ages 8 - 12 on Thursday, February 23rd from 6:00 to 7:00 p.m.; the Family Movie (new Patterson feature film about schools) on Saturday, February 4th from 2:00 to 4:00 p.m.; the Master Gardener help on Saturday, February 11th and 25th; Teen Crafts on February 25th from 2:00 to 3:00 p.m.; and the Rocky Bluff Library Book Club on Wednesday, February 8th at 6:00 p.m. The book selection is “A Spool of Blue Thread” by Anne Tyler. The book focuses on the relationships between various members of a Baltimore family — spouses, parents and children, siblings and in-laws — as they evolve over the long haul.



AARP Tax Aides

Again this year the helpful people from AARP will be available at the library to assist with taxes for Seniors. They AARP people will be available on Tuesdays in February: the 7th, 14th, 21st and 28th. If you need help with your taxes, come to the library and see the people from AARP.

Hours of Operation

The library is open Tuesday through Saturday. The hours of operation are as follows: Tuesday and Friday - 10:00 a.m. to 6:00 p.m.; Wednesday and Thursday - 12:00 noon to 8:00 p.m.; and Saturday from 9:00 a.m. to 5:00 p.m. The library is closed on Sundays and Mondays.

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 corner of the library across from the computer area. 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 toward 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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- Bronze - \$100

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February Trivia

Jim Casey, Trivia & Game Show Host
Seen at State Road 64 Applebee's on
Thursdays at 8:30 pm


The holiday that we celebrate our presidents is coming up on February 20th. This Trivia is 10 questions about this particular group of people that have been the leader of this nation, for better or worse and the holiday itself.



- Monday's holiday is officially called this by the Federal Government
 - Leaders Day
 - Washington's Birthday
 - Lincoln's Birthday
 - President's Day
 - As of 2014, the united States has had many different men as President
 - 42
 - 43
 - 44
 - 454
 - This President is the first to not be born in the lower 48
 - Barrack Obama
 - George H. W. Bush
 - Zachary Taylor
 - George Washington
 - He was the youngest man to be President of the United States
 - John F. Kennedy
 - Barrack Obama
 - Teddy Roosevelt
 - Bill Clinton
 - There have been two father-son Presidents. The Bushes and this family
 - Roosevelts
 - Harrisons
 - Washingtons
 - Adams
 - He was the tallest President at 6 feet 4 inches
 - George Washington
 - Abraham Lincoln
 - George W. Bush
 - Ronald Reagan
 - He is the only President to be elected for four terms
 - Bill Clinton
 - George Washington
 - Grover Cleveland
 - Franklin Delano Roosevelt
 - Only one US President remained single for life
 - John Quincy Adams
 - James Buchanan
 - Warren G. Harding
 - Woodrow Wilson
 - This President died after only one month in office
 - William H. Harrison
 - Chester Arthur
 - Andrew Jackson
 - James Buchanan
 - This was the last US President to not be identified as a Republican or Democrat
 - Martin Van Buren
 - William H. Harrison
 - Millard Fillmore
 - John Tyler
- BONUS QUESTION:** True or False - Donald Trump has been divorced more times than the previous 43 Presidents of the United States.

Trivia Answers can be found on page 28.

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Some Interesting February Dates

February 1, 2003 - Sixteen minutes before it was scheduled to land, the Space Shuttle Columbia broke apart in flight over west Texas, killing all seven crew members.

February 3, 1870 - The 15th Amendment to the U.S. Constitution was ratified, guaranteeing the right of citizens to vote, regardless of race, color, or previous condition of servitude.

February 3, 1913 - The 16th Amendment to the U.S. Constitution was ratified, granting Congress the authority to collect income taxes.

February 4, 1861 - Apache Chief Cochise was arrested in Arizona by the U.S. Army for raiding a ranch. Cochise then escaped and declared war, beginning the period known as the Apache Wars, which lasted 25 years.

February 6, 1933 - The 20th Amendment to the U.S. Constitution was adopted. It set the date for the Presidential Inauguration as January 20th, instead of the old date of March 4th. It also sets January 3rd as the official opening date of Congress.

February 6, 1952 - King George VI of England died. Upon his death, his daughter Princess Elizabeth became Queen Elizabeth II, Queen of the United Kingdom of Great Britain and Northern Ireland. Her actual coronation took place on June 2, 1953.

February 8, 1910 - The Boy Scouts of America was founded by William Boyce in Washington, D.C., modeled after the British Boy Scouts.

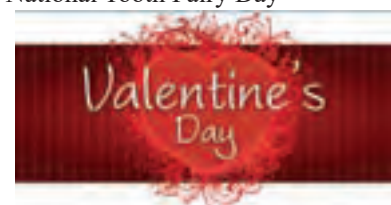
February 11, 1990 - In South Africa, Nelson Mandela, at age 71, was released from prison after serving 27 years of a life sentence on charges of attempting to overthrow the apartheid government. In April 1994, he was elected president in the first all-race elections.

February 14, 1929 - The St. Valentine's Day massacre occurred in Chicago as seven members of the Bugs Moran gang were gunned down by five of Al Capone's mobsters posing as police.

February 24, 1867 - The House of Representatives voted to impeach President Andrew Johnson. The vote followed bitter opposition by the Radical Republicans in Congress toward Johnson's reconstruction policies in the South. However, the effort to remove him failed in the Senate by just one vote.

February 2017 Daily Holidays, Special and Wacky Days:

- 1 National Freedom Day
- 2 Ground Hog Day
- 2 Candlemas
- 3 Feed the Birds Day
- 3 The Day the Music Died - Buddy Holly, Richie Valens and the Big Bopper died in a plane crash in 1959.
- 4 Create a Vacuum Day
- 4 Eat Ice Cream for Breakfast Day
- 4 Thank a Mailman Day
- 5 National Weatherman's Day
- 5 Superbowl Sunday
- 6 Lame Duck Day
- 7 Wave All you Fingers at Your Neighbor Day
- 7 Send a Card to a Friend Day
- 8 Boy Scout Day
- 8 Kite Flying Day
- 9 Toothache Day
- 10 Umbrella Day
- 11 Don't Cry over Spilled Milk Day
- 11 Make a Friend Day
- 11 National Inventors Day
- 11 White T-Shirt Day
- 12 Abraham Lincoln's Birthday
- 12 Plum Pudding Day
- 13 Clean out Your Computer Day
- 13 Get a Different Name Day
- 14 Ferris Wheel Day
- 14 National Organ Donor Day
- 14 Valentine's Day
- 15 Candlemas - on the Julian Calendar
- 15 National Gum Drop Day
- 15 Singles Awareness Day
- 16 Do a Grouch a Favor Day
- 17 Random Acts of Kindness Day
- 18 National Battery Day
- 18 National Drink Wine Day
- 19 National Chocolate Mint Day
- 20 Cherry Pie Day
- 20 Hoodie Hoo Day
- 20 Love Your Pet Day
- 20 President's Day
- 21 Card Reading Day
- 22 George Washington's Birthday
- 22 Be Humble Day
- 22 Walking the Dog Day
- 22 International World Thinking Day
- 23 International Dog Biscuit Appreciation Day
- 23 Tennis Day
- 24 National Tortilla Chip Day
- 25 Open That Bottle Night
- 25 Pistol Patent Day
- 26 Carnival Day
- 26 National Pistachio Day
- 26 Oscar Night
- 26 Tell a Fairy Tale Day
- 27 Polar Bear Day
- 27 No Brainer Day
- 28 Mardi Gras / Fat Tuesday
- 28 Floral Design Day
- 28 National Tooth Fairy Day



Florida Extension Classes and Activities for February

The Manatee County Agriculture and Extension Service is offering a variety of free educational classes during February, 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.

Workshops and Classes Offered

by Extension Agents and Master Gardeners

(Gardening, Home Composting, Rain Barrels, Tillandsia and Orchids, Water Conservation, and more)

Irrigation with Water Conservation in Mind: Wed., Feb. 1, 10am-noon, Manatee County Utility Department, Free - This class satisfies the irrigation educational requirement for the Manatee County Outdoor Water Conservation Rebate Program. Topics will focus on how to adjust your in-ground sprinkler system to conserve water, how you can repair parts, and the benefits of installing smart irrigation devices. Register online or call Joann.



Invasive Plants: Mon., Feb. 6, 6:30-8pm, Extension Office, Free - Beware! Many common yard plants are actually alien invaders. These non-native, invasive species have thrived throughout Florida, threatening native vegetation and the wildlife on which it depends. Learn how to identify key invasive species, the threats they pose to native vegetation and wildlife, and how they can be prevented throughout the landscape. Register online or call the Extension Master Gardeners.



Learn how to identify invasive species and prevent them.

Spring Vegetable Gardening: Sat., Feb. 18, 9am-noon, Extension Office, Free - Find out what type of vegetable garden will work for you and get it ready for spring planting! This workshop covers the basics from the ground up, including soils and amendments, plant selection, fertilizing, and pest management. Register online or call the Extension Master Gardeners. **Class limited to 75 attendees.**



Orchid "Make and Take": Sat., Feb. 18, 1-3pm, Extension Office, \$20 - A "make and take" workshop where you will mount a Phalaenopsis orchid on a piece of wood. Learn about these beautiful epiphytes and how they can enhance your home and landscape. Registration and advance payment for materials due by February 8 guarantees your spot in class (cash or check only, payable to Friends of Extension). Register online or call the Extension Master Gardeners.



Learn how to mount an orchid on a piece of wood.

Making Sense of the 6 Senses of Alligators: Sat., Feb. 25, 10-11am, Extension Office, Free - If you are in awe of, amazed by, and attracted to alligators, make sure you don't have a fatal attraction! Master Naturalist Instructor, Wayne Douchkoff, will share his journey from absolute, hair standing on end, fear of alligators to a layman's understanding of facts and fiction. Alligators are dangerous — make no mistakes about it! Register online or call the Extension Master Gardeners.



Learn all about alligators from Master Naturalist Instructor Wayne Douchkoff.

Ground Covers - Plants that Work: Mon., Feb 27, 5-7pm, Extension Office, Free - This class satisfies the landscape educational requirement for the Manatee County Outdoor Water Conservation Rebate Program. Learn how landscaping with low-growing ground cover plants has become a popular trend in landscape practices. Register online or call Joann.

Taking the Mystery Out of Micro-Irrigation: Wed., Mar. 1, 10am-noon, Extension Office, Free - This class satisfies the irrigation educational requirement for the Manatee County Outdoor Water Conservation Rebate Program. Learn how to select, install, and operate your own water-saving micro-irrigation system. Register online or call Joann.



Learn about micro-irrigation.
Please see **Extension** CONTINUED ON PAGE 28

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Stop Doubting CONTINUED FROM PAGE 9

book. That is because I doubted myself. It wasn't until later in my life when I woke up and realized, "Doubt is stopping me from being the person I want to be."

When I first began learning martial arts, I often had doubt, too. After a few classes, I kicked my doubt to pieces. I learned a very valuable lesson. When you doubt yourself, you place your life on hold. Allow doubt to linger for too long, and turning it around feels impossible.

I know that you are destined for personal greatness. Trust in yourself. We all have that possibility inside. We are all born with goodness, talents, traits, and skills. When you recognize yours, you must push through. When doubt inches its way into your mind, delete it as easily as you delete a photo on Instagram, or a post on Facebook. It only takes a moment to make the deletion, and then you are free to start over.

Take a look in the mirror, but look beyond your perceived flaws and doubt into the depths of who you really are. Let no one and nothing cause you to doubt your unique spirit and abilities. In that reflection, there is a grateful and happy person, and a person fully committed to personal empowerment and success. Erase doubt and replace it with hope and optimism. Stop doubting and you will change your life, forever.



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tional parking area this year including a large lot on 301 just north of the Rural Health Clinic. Note that we will not be using the lot across 301 from the Florida Railroad Museum this year. We encourage you to arrive early – again the gates open at 11:00 a.m.

The best part of the whole event is that the proceeds go to the Parrish Foundation’s Grant Fund which each year awards grants to the small not for profit organizations serving our Parrish community. In just five years, the money raised from the Chili Cook Off has enabled the Foundation to award grants totaling \$140,000.

So come on out with friends and family and have some fun while supporting our community. If that’s not a WIN WIN, I don’t know what is!



Manatee Genealogical Society Will Meet on March 7

The Manatee Genealogical Society will meet on Tuesday, March 7 from 10:00 a.m. to 12:30 p.m. at the Manatee County Central Library located at 1301 Barcarrota Blvd. W. in Bradenton. Bryan Mulcahy, Reference Librarian, Fort Myers Regional Library, will present: Canadian Genealogy.

For more Society information, go to <http://www.rootsweb.ancestry.com/~flmgs/>.

You may email questions to mgs.society@gmail.com.



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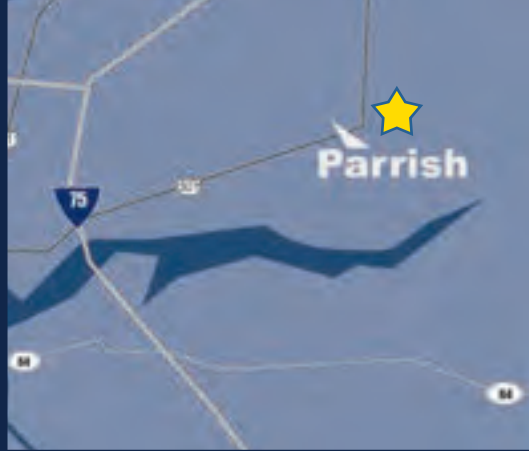
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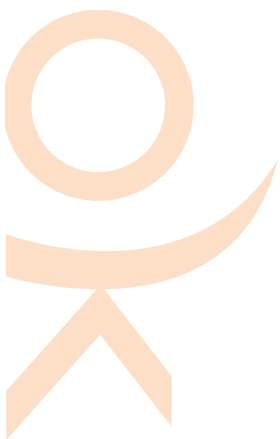
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An Athlete's Perspective

Matthew Klepper, Palmetto High School



For six weeks a year, my boathouse is invaded by a new and strange species... the college rower. Athletes from all over the country come to visit the place I call my second home, Fort Hamer. A rowing paradise as some might say.

Schools such as the University of Pennsylvania, Washington College and even Harvard come down for their winter training. As someone looking to row in college, it puts a lot into perspective. I have seen and heard firsthand how many hours these athletes have given for the sheer love of the sport. Some of these athletes are looking to go further and make this a profession although others are just looking to pass the time.

During this time at my boathouse, there becomes less and less space, but it's a feeling that I start to welcome. Getting to row side by side of the very people I want to follow is something I wouldn't trade for the world. I get an insight that few other high school rowers have or get to experience and that is to watch and train beside some of the elite rowing programs and athletes in the country. Although my teammates and I do not talk with the athletes or their coaches directly, we are able to watch and overhear their training regimen, goals for their practices and their coach's expectations. This also gives me a unique perspective and a comparison between our workout program and theirs and what I might expect when I get to college. These visits have inspired me and other athletes on my team to want to row at the next level.

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Se Habla Español

A Firm Foundation

John Phillips

“Do you wish to be great? Then begin by being. Do you desire to construct a vast and lofty fabric? Think first about the foundations of humility. The higher your structure is to be, the deeper must be its foundation.” - Saint Augustine

“When I teach master classes, I tell young singers if the foundation isn’t good, the house will crumble.” - Sondra Radvanovsky

I began playing guitar in the 1980’s. Like many teenage musicians at the time, I wanted to be a rock star. This was an age of guitar heroes and virtuosos, and I wanted to be part of it. I spent hours listening and struggling to figure out songs which seemed impossibly complex and difficult. I would hang out with the other kids who knew the beginnings (usually only the beginnings) to the iconic songs of the time. I learned some intros and famous guitar riffs. I could make you believe that I was pretty good, at least if you didn’t listen for too long.

After a few years of struggling in this way, the inherent paradox of my struggle dawned on me. The problem with being self-taught is that your teacher doesn’t know anything about music. I was like an architect trying to build some fantastically elaborate building on a foundation of sand.

I set out to correct this problem. I began studying with professional guitarists. I went to college to study music. I learned what music is and what makes it work. Once this firm foundation was set down, I was able to successfully build my other skills upon it.

All too often beginners on the guitar are content to learn a few songs by watching videos, learning from friends, and the like. While it is an admirable goal to play songs (that is the point of playing the guitar), one should not neglect to first establish a solid foundation. A student who learns the basics of music theory will soon find that they don’t need someone else to show them how to play songs. They will know how to do it themselves, and in any key they wish.

They will also know how to write their own songs and play in a variety of styles. Knowledge of music theory greatly enhances a musician’s appreciation and enjoyment of music. Likewise, a working knowledge and application of proper technique will greatly accelerate a student’s progress, and will help to avoid potential problems such as repetitive strain injuries.

In conclusion, while we all desire to play our guitars skillfully, we must not neglect to build those skills upon a firm foundation. This will not only improve our skills, but will also greatly enhance our enjoyment of music for years to come.

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. To inquire about guitar lessons or gift certificates, call 941-915-4694.



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Girl Scouts Thrive in North Manatee County

**Lori Tomlinson, Manager of Communications and Marketing,
Girl Scouts of Gulfcoast Florida, Inc.**

You've seen them at cookie booths outside the grocery. You've watched them participate in holiday and Veteran's Day parades. And if you're a woman, you were quite likely among their ranks when you were a child. We're talking, of course, about Girl Scouts.

While Girl Scouting is most often associated with cookies, camping, and crafts, the program has grown into the premier leadership development organization for girls in the country. The organization offers a variety of different experiences, in which girls get to try new things, develop valuable life skills and take on leadership roles.

"When girls plan and lead projects, whether related to community service, outdoor expeditions, cookie sales, robotics or any number of other Girl Scout themes, they gain skills and confidence that also help them do well in school," said Sue Stewart, CEO of Girl Scouts of Gulfcoast Florida. "It's about inspiring them to achieve personal and academic success now while preparing for the careers or life journeys they choose in the future."

The 105-year-old organization is thriving in our community. Within Parrish, Palmetto, and Ellenton, which encompass the council's M1 Service Unit, there are 415 girl members in 36 troops, and 142 adult members, most of whom serve as volunteers. Roberta Rodgers, Membership Specialist for Manatee County, is proud of how much Girl Scouting has grown in the region within the past few years.

"M1 is one of the fastest-growing areas in our council, Rodgers said. "In 2010, we had 208 girl members. Today we're serving double that number of girls."

Those girls, in turn, serve the community. Community service is a key component of the Girl Scouts leadership model. Local troops are involved with a wide variety of nonprofits and causes, ranging from animal charities to literacy initiatives, environmental protection, food drives and the homeless.

Recently, girls from Troop 408 led a donation drive to benefit The Umbrella Women, a local group that provides umbrellas, toiletries, bottled water and snack items to the homeless. Girls in the troop had the opportunity to accompany organization volunteers as they distributed the donations to homeless persons in Parrish. "It was an eye-opening experience for the girls to interact with those receiving their donations," Rodgers explained.

This time of year, Girl Scouts are particularly visible in the community selling Girl Scout Cookies. Troops use a portion of their earnings from the Cookie Program to fund service projects, along with educational field trips and special troop activities. All net earnings from cookie sales stay within the council, and are also used to pay for program development, maintenance of council properties and financial assistance for girls in need.

"By offering program scholarships to girls whose families are struggling financially, we ensure that all girls can receive the benefits of Girl Scouting," said Rodgers. The scholarship program, known as the Promise Fund, pays for registration fees, program books and supplies, and troop uniforms.

One school has seen massive growth as a result of program scholarships. At Palmetto Elementary, over 22% of female students are active in Girl Scout troops.

But Girl Scouting cannot be funded by cookies alone. A recent grant from the William G. and Marie Selby Foundation, for example, is paying for repairs to the canoe/kayak launch and observation deck at Camp Honi Hanta in Bradenton. The camp hosts an average of more than 600 Girl Scouts and volunteers each month, many of whom are from Manatee County. In addition to canoeing, kayaking and fishing, camp activities include archery, a climbing wall and low-ropes challenge course, nature trails and a swimming pool. The 123-acre camp first opened to Girl Scouts in 1953.



Other funding organizations, such as The Parrish Foundation, help support program-related expenses. The Foundation recently awarded \$500 to pay for lifeguard certification training for two Parrish-area volunteers. Previously, The Parrish Foundation supported first aid/CPR training for volunteers.

"Volunteers are really the heart of Girl Scouting," said Kelly McGraw, Director of Volunteer Service for the council. "They are what make Girl Scouting possible."

Despite the impressive growth in the number of Girl Scouts locally, Rodgers noted the potential for even greater reach. "Within Manatee County, there are nearly 26,000 school-aged girls, each a potential Girl Scout," she explained. "Right now, we're only reaching an average of about 5.4% of those girls county-wide. With more volunteers in place, we can broaden our impact."

"Some people assume you have to be a mom, and have a girl in Girl Scouts, to be a volunteer," McGraw said. Yet, Girl Scout volunteers come from all walks of life – young women, grandmothers, aunts, even fathers. "We welcome anyone who shares our mission and vision to build girls of courage, confidence and character, who make the world a better place," she explained.

All volunteers must pass a background check and complete program training, and the council is preparing to launch a new business system that will make the onboarding processes faster and easier. "We're looking forward to welcoming even more caring adults into our council," said Rodgers.

Volunteer applications are accepted year-round. To learn more about volunteering, visit www.gsgcf.org.

Girl Scout Cookie booths will be open around the community from February 11 – March 12. To locate a cookie booth near you, visit www.girlscoutcookies.org.



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Don't Stop Believing or Hoping

Parrish Village News PAGE 21

Kathryn Newman

The large wall clock seems like it's not working. You wonder why the hands seem to move more and more slowly each time you look up. If that clock is working correctly, it's telling you that there's 35 more minutes until 5:00 pm. You've written and re-written the same ad copy for the past hour. The four words you did manage to scribble down an hour ago haven't magically multiplied on the page and that nervous thing you do with the pen clicker has those nearby staring at you with daggers in their eyes.

You know you should have forgone that most recent cup of regular sitting in your ceramic mug, but you were hoping the caffeine would keep you awake and perhaps jar your creativity a bit. It didn't. You draw circles around the four words, then tap your pen by each word begging for them to speak some sort of inspiration to get your creative juices going. They don't.

You realize that you've done absolutely nothing productive at work since lunch. "Ah, lunch," you remember, "pulled pork BBQ sandwich and fries with a pickle on the side." The sauce drip still shows on the jacket of your plaid leisure suit and the flavorful taste of it still shows up when you belch. You glance at the wall clock again as subtly as possible so that your co-workers don't notice your lack of concentration and focus.

Phyllis, last week's office secretary now a junior copywriter, throws a nonchalant peek your way as if to say, "Keep daydreaming, Gary. I'll have your job next!" Her patronizing smirk lingers in your mind as you, once again, look down at your legal pad and draw thicker circles around those four words with your clicking ink pen. All you want is for this work day to be over so you can enjoy a refreshing drink at the new Cat's Restaurant down the road, listen to other hard working men share the challenges of being a working stiff and forget about your boring life for a while.

Forget about his boring life for a while is exactly what Gary Dahl did that night in Los Gatos, California in 1975.

He didn't care if the guys playing darts at Cat's bitched about how the close of the Vietnam War was being overshadowed by the Watergate scandal or how President Ford would take care of the CIA's alleged domestic abuses. Gary knows that he'll undoubtedly have to hear old Fred's redundant re-telling of how Pittsburgh's quarterback, Terry Bradshaw, led the offense for a total of 333 yards against Fran Tarkenton's, Minnesota Vikings team to a win in Super Bowl IX. Gary will nod in amazement as if he's never heard old Fred tell the story of how the Steel Curtain held the Vikings to only nine first downs and how fullback, Franco Harris, was named the game's most valuable player.

Gary didn't care if Cat's would be hosting live music that night or even if they were playing that sappy, number one Billboard hit, "Love Will Keep Us Together" by Captain and Tennille. Gary was quite happy to hear guys gripe, talk sports or sing along to the music on the juke box, as long as he was away from the monotonous routines of his smothering, creative-juice-sucking, deadline imposing, cubicle work life. Gary just needed some change in his life.

So, here's a guy, Gary Dahl, with an ordinary, average life, a wife and two kids, and all the other 'trappings' that come along with being the family breadwinner, sitting in a bar one night in 1975 listening to his friends at the bar talking about the mundane responsibilities of caring for their pets. It's probable that his friends protested about the daily walks, the bags or cans of food and treats and the expensive visits to vets. Perhaps some of his bar friends shared stories about neighbor complaints of continuous barking or a cat that ate someone's pet bird. There was probably moaning about smelly cat litter and criticism about dogs that piddle a little when they got excited.

Gary was completely okay with the typical "manly" chatter that was customary at Cat's, but this incessant whining about how laborious it was to take care of a pet was just so ridiculously mind-numbing for him that when



asked by these "manly" scholars at the bar how he coped with pet care, Gary replied, "I have no such trouble."

"Why?" they inquired almost jealously.

"Because I have a pet rock," said Gary Dahl. And thus, the short-lasting Pet Rock phenomenon was born.

Yes, those of you born later than 1975, there really was such a thing as a Pet Rock, and it was all the rage by Christmas-time of 1975. "People are so damn bored, tired of all their problems," Dahl told *People* magazine in 1975. "This takes them on a fantasy trip — you might say we've packaged a sense of humor."

The sense of humor was displayed in the packaging of the Pet Rock. Each Pet Rock came in a cardboard carrying case, complete with air holes, (it wouldn't be humane otherwise) and gingerly sitting atop a bed of soft wood shavings. The true stroke of genius was the rock's accompanying manual on the care, feeding and house training of Pet Rocks.

Says the manual, "If, when you remove the rock from its box it appears to be excited, place it on some old news- Please see **Don't Stop Believing** CONTINUED ON PAGE 24

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Interestingly, Jesus Himself placed His emphasis upon the spiritual and eternal, rather than the physical and the temporal. On one occasion when He was told that His mother and brethren after the flesh "were outside" desiring to see Him, He said: "My mother and My brothers are these who hear the Word of God and do it" (Luke 8:19-21). The spiritual family of God is what He was ultimately focused upon in His own work. He desires that all people be part of that family and has made that possible through the Gospel, if people will only "hear the Word of God and do it" (cf. Galatians 3:26-29; 4:4-7; Romans 8:14-17). Our purpose at North River is to encourage all who will to do His will to become and be Christians, just as set forth in the Bible.

Come and be with us at our services of the North River Church of Christ at 13885 U.S. Highway 301 N. in Parrish, FL. The times of our services are as follows: 10:00 A.M. each Sunday (Bible Study); 11:00 A.M. & 6:00 P.M. each Sunday (Worship); and 7:00 P.M. (Bible Study). We meet at 13885 U.S. Highway 301 N. in Parrish, FL 34219. We have Bible correspondence courses free upon request. You may write us at P.O. Box 527 here in Parrish, or call (941) 776-1134. You can also visit with us on the web at www.nrchurchofchrist.org or at <https://www.facebook.com/northriverchurchofchrist/?fref=ts>.

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4-H BBQ Contest – It is Fair Fun 101



Jesse Danke is seasoning his chicken during the 4-H chicken barbecue contest. Last year Danke, won the county contest and went on to place second in the 4-H state tailgate contest, earning him a \$1,000 college scholarship.



4-H chicken barbecue contest participants' Britton Ricks, Chloe Carnegie, Garrett Murphrey, Hezekiah Hendry, Jesse Danke, and Jay West pose near the event sponsor's sign during the Manatee County Fair in Palmetto.



Outdoor cooking and family are a part of Fair Fun 101! Family members join 4-H chicken barbecue participants who won new grills at the contest during the Manatee County Fair.

Six local youths recently participated in the Manatee County 4-H Chicken Barbecue Contest held this past weekend during the Manatee County Fair. Judges Kaleigh Braden, Kent Ellermets and Chris Roberts were impressed with the youths' presentations, barbecuing skills and final products. Also on hand and auditing was Kevin Howard.

Top winners in the contest were: Senior Division (ages 14-18) - Jesse Danke, First Place; Jay West, Second Place; and Chloe Carnegie, Third Place. Intermediate Division (ages 11-13) - Britton Ricks, First Place; Hezekiah Hendry, Second Place; and Garrett Murphrey, Third Place. The division top winners were encouraged to participate in the District competition later this summer in Pasco County.

The county 4-H barbecue contest was sponsored by the Manatee River Fair Association and Crowder Bros. Ace Hardware. Chris Chaffee served as 4-H volunteer coordinator for the contest.

The purpose of the 4-H chicken barbecue program is to provide young people an opportunity to develop leadership talents and to work toward achieving the broad objectives of developing sound character and effective citizenship; to acquire scientific knowledge and improved understanding of the economy, versatility and nutritional value of chicken broiler meat and its relationship to human nutrition and health; and to help youth develop skills in the preparation and use of chicken. Youth also acquire the ability to express their ideas proficiently and efficiently through participation in 4-H projects, talks, discussions, demonstrations and exhibits.

For more information on the 4-H chicken barbecue program, contact the Manatee County 4-H Office at 941.722.4524.



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The Facts about Cataract Surgery

Dr. Douglas K. Black

Last month, we discussed how the development of cataracts happens and I explained specifically what a cataract is. As I mentioned, in most cases cataracts can be easily taken care of through surgical removal. A vast majority of the time, this can lead to a life-changing improvement in overall vision. How does this happen?

During cataract surgery, the natural lens in the eye, which has become cloudy over time, is removed. This is done as an outpatient procedure and typically takes a matter of just a few minutes. A synthetic lens, called a "lens implant" is then placed into the eye to replace the natural lens that was removed. This implant is clear, just like the natural lens was earlier in life.

Aside from the main goal of replacing the clouded natural lens from the eye, one of the best benefits of having an implant placed into the eye is that this implant can have the ability to provide clear vision without the use of glasses or contact lenses. For many years, surgeons have been able to give patients implants with the proper power to achieve clear distance vision. This has allowed millions of people to be able to drive, watch television, watch movies and attend sporting events without the need of wearing any vision correction, even if they required glasses or contacts to see clearly at distance for most of their life.

With this traditional form of cataract surgery, reading glasses are needed to see clearly at close distances. However, in today's world there are more specialized options available with implants. Patients undergoing cataract surgery now have options to have implants to correct astigmatism and even multifocal implants, which can greatly reduce the need for any vision correction at all.

There are some commonly believed myths out there regarding cataract surgery that simply are not true. One statement that I commonly hear from patients when we discuss cataract surgery is, "They will just laser my cataract, right?" A cataract cannot simply be lasered away; it must be actually removed from the eye. The most modern versions of cataract surgery do utilize a laser to help make the procedure more precise, but cataract surgery is not simply a laser procedure.

Another commonly believed myth regarding cataract surgery is that some patients are concerned that at some point after having surgery, their cataract will grow back. It is not possible for any removed cataract to grow again. During surgery, the natural lens is removed from the eye and, once removed, it cannot re-grow itself.

As you can see, there are a number of great benefits that can be achieved through cataract surgery. It's amazing how such a relatively simple surgical procedure can lead to a big improvement in quality of life. If you've been told that you have cataracts that are having enough impact on your vision to warrant doing surgery, it could be something to actually look forward to!



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

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STEPS: LASER CATARACT SURGERY



Above - the steps to removing a cataract with a laser.



At right - the photograph shows the cataract film that grows over the eye and must be removed.

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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Don't Stop Believing CONTINUED FROM PAGE 21

newspapers," the manual read. "The rock will know what the paper is for and will require no further instruction. It will remain on the paper until you remove it."

Because I was only seven when the Pet Rock revolution began, my parents (erroneously) deemed me too "young and immature" to take on the necessary responsibilities required in the ownership of such a Pet Rock. (They were afraid I'd throw it through a window or at one of my sisters.) So sadly, I never had the pleasure of being the proud, mothering caretaker of a Pet Rock, but I remember my older cousins all getting one for Christmas that year.

[Truth is, even as a seven-year-old, I found the Pet Rock fad to be weird (not understanding its satire, of course) and wondered why my cousins thought it was so cool since it was just, well..., a rock for gosh sakes. No worries, though. A whole two years later, in 1977, I got to have my very own Chia Pet. Now that was the stuff!]

I know what you're wondering: Kathryn, are you really writing about the short-lived Pet Rock mania of 1975 or are you going somewhere with this crazy story? My point is, history is full of average people doing extraordinary things. Though Gary Dahl's silly Pet Rock invention didn't last forever (maybe six months,) it did make him a millionaire and led him to embark on a few other ideas he had. Sure, his later inventions, including the Original Sand Breeding Kit, which let buyers grow their "own desert wasteland," never matched the success of his Pet Rocks, Dahl continued to try and in 2001, wrote the book, "Advertising for Dummies."

Thomas Edison, kicked out of school at a young age for asking too many questions and then self-taught, became a prolific inventor of such devices as the phonograph, the motion picture camera and the long-lasting light bulb. His

most impactful invention, electric light and power utilities, is the reason you and I can watch The Walking Dead on our big screen televisions and why we can power up that new Tesla hybrid in the garage. (No, I don't have a Tesla...but they're cool!)

What about Austin Gutwein? Never heard of him? That's because he was only nine when his moment of inspiration came. Austin was moved by a video he saw showing children who were left orphaned by parents that died of AIDS in Southern Zambia. He couldn't imagine what it must be like to lose your parents, so he felt God calling him to do something to help them. But would could a young kid from Arizona do to help thousands of orphans in Africa?

The idea that God gave Austin Gutwein was simple. Shoot free throws on World AIDS Day, 2004, for each of the 2,057 kids that had lost their parents. He would raise support from friends, family and his community and was able to raise \$3,000 that first year to help eight of the orphans. Doesn't seem like a big deal?

"Over the past eleven years, Austin's effort has turned into the largest free throw marathon in the world with an estimated 40,000 people in more than 25 countries participating in Hoops of Hope. By doing something as simple as shooting free throws, Hoops of Hope participants have raised close to nearly \$4 million. The efforts have led to the construction of the only high school in a rural region in Southern Zambia, four dormitories, two medical clinics, two computer laboratories, feeding programs, multiple water projects as well as the funding of a dormitory at an orphanage in Kenya and a school in India." (See www.hoopsofhope.org)

We could spend hours talking about all of the people that had an inspirational idea or invention throughout the ages. We could talk about how some made millions from

those ideas or inventions and how others used the millions they raised to help mankind. In either case, whether for personal gain or gain for the masses, these were simply ordinary, average people that accomplished great or unique results. Some were highly educated, while others had little to no education at all. Some were adults when they had their breakthrough and some were mere children.

The message here is one of hope. A message that anyone, no matter what their age or skills has a purpose and can make a difference that lasts forever. We can all believe in and strive for our moment of awakening to greatness, whether it be financial profit or humanitarian exchange. You may have a stroke of genius to present the world's next trending product or you may have the idea that saves the planet from some horrible, inevitable fate.

Just don't give up! Don't stop trying or dreaming or hoping or believing. Don't stop creating, designing, envisioning, developing, helping, giving, caring! It's okay to be an ordinary, average guy or gal. Over the course of the history of this planet, most of the amazing 'things' we enjoy today were brainchildren of ordinary, average people!

I'm just an ordinary average guy, My friends are all boring
And so am I
We're just ordinary average guys, We all live ordinary average lives
With average kids, And average wives
We all go bowling at the bowling lanes, Drink a few beers
Bowl a few frames
We're just ordinary average guys, Ordinary average guys
And every Saturday we work in the yard, Pick up the dog do
Hope that it's hard (woof woof)
Take out the garbage and clean out the garage,
My friend's got a Chrysler
I've got a Dodge
We're just ordinary average guys
Ordinary average guys

Written by Joe Walsh,
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A Land Tour of Italy CONTINUED FROM PAGE 5
analysis found traces of blood on Otzi's clothes
from four different people. The interpretation is
that Otzi was ambushed, killed or wounded two
of his attackers and may have carried a wounded
comrade on his back before he was ultimately
killed. (Sounds like CSI: Bolzano).

We were able to see Otzi's mummy in a
special exhibit at the South Tyrol Museum of
Archaeology, in Bolzano. The body is housed
in a chamber which is kept at 30 degrees F. and
98% humidity, duplicating the icy conditions in
which it was discovered. His possessions are also
displayed, including the axe, which is the oldest
complete copper axe ever found. Otzi is not pret-
ty, but he is fascinating.

As a final footnote, Italian law entitled the
German couple who found Otzi a finders' fee.
The government's initial symbolic offer was about
\$8,000 which was turned down. The couple filed
a lawsuit asking for \$300,000. With that kind of
money in play, several other "finders" quickly ap-
peared claiming they had a part in the discovery.
Fourteen years later, in 2008 after numerous ap-
peals and hearings, the case was finally settled
and the Germans were awarded the \$300,000 they
asked for in recognition of Otzi's discovery and in
consideration of the significant tourist income that
his mummy attracts. (Beware the Italian Courts)

Next time we continue our tour of Bolzano
and take a bus ride in the Italian Alps.

A reconstructed view
of how the Iceman may
have looked.



At left
some
of the
Iceman's
weapons.



A scene of the Tyrolian Alps where the Iceman was discovered.



The mummy of the Iceman found in the South Tyrol Museum.

Enrichment Center at Renaissance On 9th News for February 2017

The Enrichment Center at Renaissance on 9th is your local community center for active adults over 50 to gather and participate in recreational, cultural and educational programs. Many activities are offered at Renaissance on 9th. Although we have a membership program, most of our activities are open to the general public. It's a great place to meet new people, connect, learn and get active. Renaissance on 9th is centrally located just south of downtown Bradenton at 1816 9th Street West, and our phone number is 941-749-0100.

Other delights you'll find at the Renaissance on 9th

- Turner Ballroom is the area's premier meeting and banquet facility, offering elegant and full-service space for weddings, events and meetings as well as professional, onsite and off-site catering services.
- 9th Street Bistro, offering affordable lunch with delicious daily soup, quiche and sandwich specials, is open to the public Monday – Friday, 11am – 2pm.
- Generations Gift Shop and the 2nd Generations Thrift Shop are open to the public Monday-Friday, 8am-5pm and offer the latest in fashion, jewelry, bags, gifts and home accessories.
- All proceeds from Renaissance on 9th help support the programs of Meals on Wheels PLUS of Manatee.
- Tours are available Monday – Friday, 11am – 2pm. No appointment needed.

Special Events this month at the Enrichment Center at Renaissance On 9th
Holiday Schedule: Please note, we will be closed Monday, February 20th for President's Day.

Special Announcement: Effective January 3, 2017, all Enrichment Center Members are automatically enrolled in membership with Senior Advantage at Manatee Memorial Hospital at no additional charge. Membership at the Enrichment Center is only \$55 per year. Members receive discounted pricing on activities, discounts in the gift shops and 2nd Street and 9th Street Bistros, and much more!

Aging Mastery Program: Thursdays, February 2nd – April 6th, 12noon – 2:30pm at the Sheridan of Lakewood Ranch. This innovative 10-week course created by the National Council on Aging, helps prepare you for what's ahead. Explore how to master the art of aging well and have fun doing it! Each week we explore a different topic with guest speakers, activities, and group discussion. \$99 per participant. Lunch is included every week. Seating is limited, call to make your reservation today. 941-749-0100, ext. 2100.

Bridge School: Thursdays, February 2nd, 9th & 16th, 1-3pm. Learn bridge in three classes for \$38 (\$30 for Members) for all 3 classes. Reservations required. Seating is limited. 941-749-0100 ext. 2100.

Device Clinic: Thursdays, in February, 3:45pm—4:45pm. Bring your Smart Device (phone, tablet, laptop, etc.) and get assistance from a Manatee High School Student. Sign up for 30 minute sessions. \$10, (Members Free) 941-749-0100 ext. 2100.

Medication Financial Assistance Program: Wednesday, February 8th, 10am—11am. Sponsored by Barbara Carley of Manatee TV. Call Barbara at 941-426-1973 to reserve your seat.

Celebrity Bartending Fundraiser: Thursday, February 9th, 6pm—9pm at Polo Grill, 10670 Boardwalk Loop, Lakewood Ranch. 941-782-0899. Proceeds support the Meals on Wheels of Manatee County.

Love, Legends & Laughs Luncheon & Show: Monday, February 13th, 12pm. Enjoy a delicious lunch of Cranberry & Wild Rice Stuffed Chicken, Sweet Potato Mash, Veggies and Dessert, followed by a fantastic Vegas style show featuring Jimmy Mazz. \$28 (\$25 for Members). RSVP by Wednesday, Feb. 8th. 941-749-0100 ext. 2100.

Reaching Your Health Goals: Wednesday, February 15th, 2:30pm. MAXhealth reviews the benefits of having a health coach. Free.

MindSet: Enroll in this 4-part series and learn how to exercise your brain. Wednesdays & Fridays, Feb. 22nd, 24th, Mar. 1st & 3rd. 2pm-3:30pm. RSVP today! Seating Limited. \$16 for 4 classes (Free for Members). Sponsored by Help at Home Homecare & JFCS. 941-749-0100 ext. 2100.

Baby Love—Manatee County's Largest Baby Shower: Luncheon & Fashion Show by Charley's Boutique Thursday, February 23rd, 11:30am—2pm at Polo Grill, 10670 Boardwalk Loop, Lakewood Ranch. Tickets \$50 & available on-line at www.MealsonWheels.org



WheelsPLUS.org/tickets-events/. Proceeds support the Food Bank of Manatee County.
Movie & A Meal: Tuesday, February 28th. *The Lady in the Van* starring Maggie Smith, Alex Jennings. In this true story, Alan befriends the elderly Miss Shepherd who's living in the van in his driveway. Cost \$15 (\$10 for members). RSVP by noon Monday, February 27th. Payment is due at time of reservation, meals are not available after RSVP time and no refunds for cancellations after RSVP. Meal choices are: Bistro salad with chicken, Quiche with fresh fruit, or soup & half a sandwich. Lunch can be enjoyed anytime after 12noon, and the movie starts at 1:30pm. 941-749-0100 ext. 2100.

Bingo: Friday, February 24th, 1pm. 25¢ per game. Sponsored by Riviera Palms and Braden River Rehabilitation.

St Patrick's Day Party: Friday, March 17th, 11:30am. Mark your calendar for this fun celebration luncheon with River Dance entertainment. Call for more details. 941-749-0100, ext. 2100.

Monthly Activities and Other Services

Computer Lab/Library: Members only. Open Monday –Friday 8am-5pm.

Book Club: Second Thursday, February 9th, 10am-11am. \$2 (Free for Members). This month's topic *Absolute Power*, by David Baldacci. Please join us.

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

Bradenton Christian Women's Connection: Meets at R9 2nd Friday of each month. Contact Linda Cilles 941-750-8786 or email her at whc67@verizon.net.

Pancake Breakfast: Friday, Feb. 24th 8am-10am. Grab your friends and join us for Traditional Buttermilk or Red Velvet with Cream Cheese Topping. Only \$6 (\$4 for members).

Free Services from SHINE: SHINE (Serving Health Insurance Needs of Elders) is a free program offered by specially trained volunteers who assist with Medicare, Medicaid, and health insurance questions by providing one-on-one counseling and information. SHINE services are free, unbiased, and confidential. Call for reservations 1-800-963-5337. Sponsored by the FL. Dept. of Elder Affairs.

Tours are available: Monday – Friday, 11am – 2pm, please feel free to come by, shop in our gift shop and have lunch in the 9th Street Bistro.

The Lunch Club at Renaissance on 9th and Lakewood Ranch

A fun, informative club for the life-long learner, you'll enjoy a delicious meal from the 9th Street Bistro, meet new friends, and participate in discussions led by a featured guest speaker each week. The cost is \$9 per person (including lunch). Call Sue Taylor at 941-749-0100 for more information and to R.S.V.P.

The Lunch Club at the Enrichment Center at R9: Mondays, 11:30am. This month's topics include: 2/6 Outsmart the Scammers, 2/27 Financial Pitfalls in Retirement.

The Lunch Club at Lakewood Ranch Town Hall, Tuesdays, 11am – 12:30pm. Lakewood Ranch Town Hall, 8175 Lakewood Ranch Blvd., Lakewood Ranch, FL 34202. This month's topics include: 2/7 Medicare vs Private Duty, 2/14 Geriatric Care, 2/21 Adapting Your Home to Senior Living, 2/28 No Lunch Club, 3/7 Floaters and Flashers.

Weekly Exercise and Wellness Activities at the Enrichment Center

Fitness Center: Open Monday – Friday, 8am – 4:30pm. Call to learn more and join. Line Dancing Lessons: Mondays, 9am – 11:30am. Come early and learn the basic steps. The longer you stay, the more advanced the dances become. \$5 per person (free for Members). *No class Feb 20th*

Tai Chi (Wu-style): Mondays and Wednesdays, 9am—10am. Open to all levels. Janet Montague teaches this more controlled narrow stance style. Great for balance. \$5 (\$3 for Members) *No class Feb. 20th*

SilverSneakers Yoga: Mondays, 11am. Wednesdays, 1pm. Move your whole body through seated and standing yoga poses designed to increase flexibility, balance and range of movement. Breathing exercises and final relaxation will promote stress reduction and mental clarity. \$7/ \$5 for Members. (SilverSneakers Members free (pre-registration required). *No class Feb. 20th*

Group Walk: Tuesdays & Fridays, 9am. A 45 minute DVD lead exercise routine. Free to all.

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

Please see **Enrichment Center** CONTINUED ON PAGE 45

north river hair salon

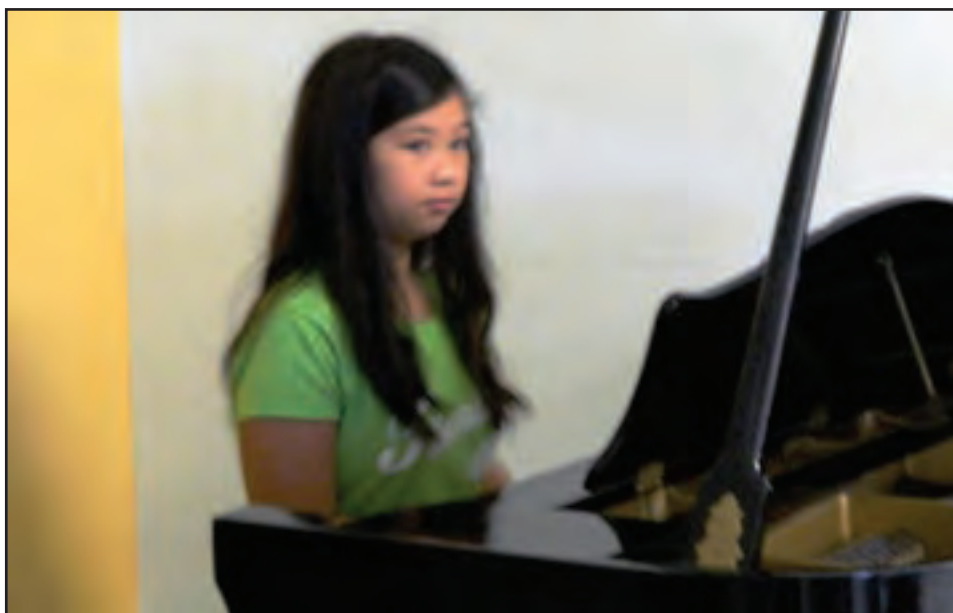


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Wonderful Activities at Williams in January

5th Grade Students Perform for School



Fifth grade music students perform as students arrive to school in the morning. Music teacher, Mrs. Hagan has been instructing the students on piano once a week since October. They each performed several musical pieces including “Ode to Joy” to “Wipe Out” on the electric and acoustical guitar. Performing on the guitar was Nikolai Krywko and piano were Thomas Burkhardt, Michaela Ziegler, Ella Senkow and Addison Josey.

A Big Welcome to Ms. Zaagman, Williams’ New Bus Driver

Thank You to All Who Participated in Walk-A-Thon



Welcome to Ms. Zaagman, new driver for bus 627. Ms. Zaagman has been with the Transportation Department for 19 years. Ms. Zaagman replaces Mrs. Lawson who recently retired.

Thank you to everyone who participated and supported the Annual Walk-A-Thon Fund-raiser. These Kindergarten students are “Star for a Day” because they earned \$400 or more for their grade level. These students, Olivia Guido, Marlee Jones, Aubrey Weber and Jacob Guarino spent the day exploring different jobs at the school including Principal, teacher, lunchroom and office helper. They enjoyed a pizza luncheon with Principal Dixon donated by Ferraro’s of Parrish.



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. 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.

Storybook Cafe

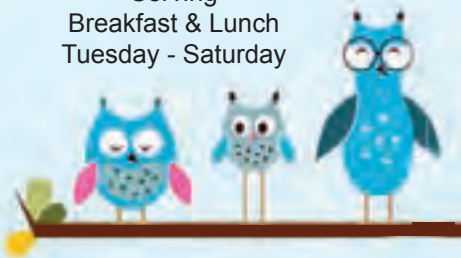
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Contact Michelle at 941-704-3351 or Michelle@YourCupcakeArtist.com

Answers to February Trivia

1. b. Washington's Birthday
2. c. 44
3. a. Barrack Obama
4. c. Teddy Roosevelt
5. d. Adams
6. b. Abraham Lincoln
7. d. Franklin Delano Roosevelt
8. b. James Buchanan
9. a. Williams H Harrison
10. c. Millard Fillmore



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.



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- Medicare Advantage
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- Medicare Railroad
- Tricare/Humana Military Healthcare
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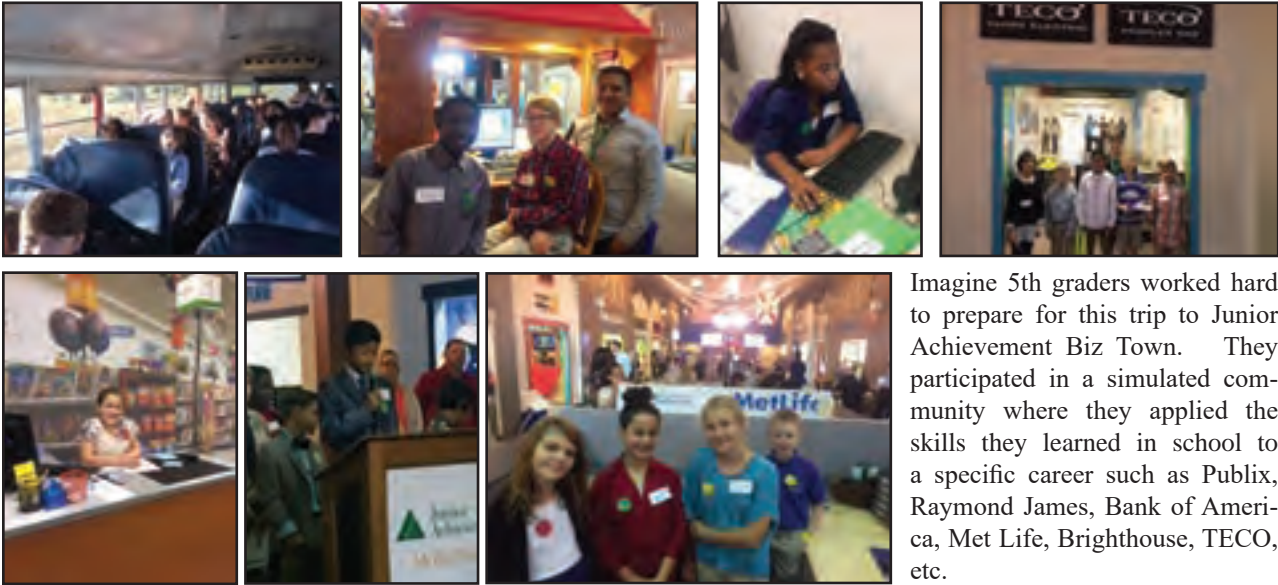
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Lots of January Activities at Imagine School North Manatee

5th Grade at JA BIZ TOWN!



Imagine 5th graders worked hard to prepare for this trip to Junior Achievement Biz Town. They participated in a simulated community where they applied the skills they learned in school to a specific career such as Publix, Raymond James, Bank of America, Met Life, Brighthouse, TECO, etc.

The NED SHOW!

Students enjoyed some story-telling, humor and tricks with a yo-yo while they received some very important character messages: Never give up, Encourage others, and Do your best! This was a pay-it-forward assembly. Imagine School got The NED Show for free because they hosted a sale of NED items (yo-yos). The proceeds then helped send the assembly to another school!



Teacher of the Year!

Congratulations go out to Imagine School teacher of the year, Barbara Brunner. Mrs. Brunner teaches 3rd grade at ISNM and has been a valuable member of the school community for the past 5 years. Please join everyone in congratulating her and wishing her luck as she moves on to the regional level competition!





Service Club
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for information or a tour of our facilities.

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There is the old story of the man who prayed to God every day to win the lottery. After years and years, he still hadn't won. Finally, one day as he was praying, he heard a voice, "Give me a chance...buy a ticket." Like the man hoping to win the lottery without buying a ticket if you are trying to hit a powerful drive but not set up in a powerful position, you don't have a chance.

When setting up in a powerful position you need to do several things:

- Widen stance slightly
- Make sure ball is positioned just off the instep of the front foot
- Tilt your spine so the back shoulder is much lower than the front shoulder
- Make sure the back of the lead hand is lined up with the back of the ball
- Head should be well behind the ball and weight over back leg

If you put your body in the power position you'll be able to fully coil behind the ball and maximize the power you have coming back to ball. The next time you watch the professionals play, pay special attention to their setup with the driver. This position allows them to swing up at the ball and launch it at the proper angle with the least amount of spin. Setting up with the shoulders level and the ball back makes you hit down on the ball producing too much spin and very poor launch angles. Basically we are setting up as if playing from an uphill lie. This allows us to swing correctly at a ball that is 4 to 5 inches off the ground. Remember: in golf there are ground swings for when the ball is on the ground and air swings for when the ball is high on a tee. Adjusting shoulder tilt is the best way to produce the proper power position and angle of attack.

Try this simple setup adjustment the next time you play and you'll hit the ball farther and straighter.

For more information on this suggestion feel free to call one of the golf professionals at River Wilderness Golf and Country Club at 941-776-2602.

Although River Wilderness Golf and Country Club is now a Private Golf and Country Club, we offer Business Outings and Charity Golf Events. Contact our PGA Head Golf Professional, Brian Sikkema, at 941-776-2602 for information.

Memberships are also available at a great value. Contact our Membership Director, Eric Richard, at 941-776-2691 for more information.

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Patrick Walsh
PGA Golf Professional and General Manager

*River Wilderness Golf and Country Club:
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*The next time you
watch the
professionals
play, pay special
attention to their
setup with the
driver.*

Litter Box Bob is coming for Customer Appreciation Day at Pets Plus!

We love our customers! We are celebrating ALL OF YOU on Saturday, February 11 at our annual Customer Appreciation Day. From 10 am to 3 pm, there's going to be lots of fun to be had at our store in Parrish, FL. We'll have special deals, vendors, food, activities and more.

This year, we are pleased to welcome special guest **Litter Box Bob** from Lucy Pet Products. Who is Litter Box Bob? He's a huge cat lover and animal advocate who travels around the United States carrying around a five-day-old used cat litter tray with Cats Incredible™ litter in it. Sound funky? Trust us, it's not! You won't smell a thing!

Litter Box Bob was featured on the Lucy Pet Foundation 2017 Pasadena Rose Parade float, which just broke the two World Records for longest float and heaviest float! Stay tuned for special giveaways from Lucy Pet Products and Litter Box Bob as well.

At Customer Appreciation Day, you'll also be able to take away samples from different dog food companies, meet with rescue groups for adoption, and your favorite pet experts will be on hand! Vendors include Taste of the Wild, Sojos, Open Farm, Blue Buffalo, World's Best Cat Litter, Open Farm, Zignature, Country Naturals, and more! They'll all have booths where you can talk to their representatives and snag some samples.

But that's not the only fun at our event. We'll have a bounce house for the kids, corn-hole (bean bag toss), Jenga, Connect Four, and more! Come hungry, too. Enjoy delicious munchies such as cotton candy, snow cones, hot dogs, sausages, sodas, and chips.

We will also have a fantastic deal of 20% off everything in the store.* Why? Because we love you guys!

So come on down February 11, anytime between 10 am and 3 pm, and enjoy our celebration for you. We want you to know we appreciate you and everything you do to support us. We hope to see you there!



Grieving? Know Someone Who Is?

GriefShare is a special seminar and support group, meeting weekly for 13 weeks, designed to help you rebuild your life after losing a loved one. Our group is led by caring people who have experienced grief and want to help you through the difficult days ahead.

We meet on Wednesdays, January 18 - April 12, 2017 from 6:00 -7:30 p.m. at Ridgewood Oaks Clubhouse located at 7004 US Highway 301 North in Ellenton, Florida.

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4-H Open Horse Show Being Held

A Manatee County 4-H Open Horse Show will be held Saturday, March 4th at the Mosaic Arena located on the Manatee County Fairgrounds in Palmetto. Division order of go classes will be English, Western, Ranch and Speed. Junior (ages 8-13 as of September 1, 2016), Senior (ages 14-18 as of September 1, 2016), and Open (non-4-H'ers) classes will be offered. Day of the show costs are \$8.00 per class for 4-H'ers and \$9.00 per class for non-4-H'ers. Pre-entries are discounted \$1.00 per class. To pre-enter, visit <http://manatee.ifas.ufl.edu/4H/index.shtml> and/or email registrations to kdkhomeinteriors@aol.com. A \$2.00 insurance fee will be charged for all non-4-H'ers. Daily high point awards will be given. Don't miss this opportunity to test your equestrian riding skills!

For more information, contact the Manatee County 4-H Office at 941.722.4524. This program is open to all youth (ages 8 and above) without regard to race, color, sex, handicap or national origin. Anyone with a disability needing assistance should call 941.722.4524 prior to the show.



Sarah John is all smiles after earning top placings in her classes at the 2016 Spring Show.

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The Grumpy Old Geezer

Life... It's Complicated

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

I guess it's a truism that the older you get the more complicated life seems. Inven-
tions that are touted for making life easier often seem to make it more complicated.
Technology drives it. To my mother a washing machine, refrigerator, gas range and oven
was high technology. To my generation the dishwasher, clothes dryer and microwave
oven was new and exciting. Then came personal computers and mobile phones (which
originally were called car phones because they were too big to hand carry). But did they
make life simpler? I don't think so.

My dad, God bless his soul, had a pacemaker. Great invention – unless you are in
the habit of using a microwave to heat your food. Poor dad used to run for the bedroom
under fear for his life every time someone warmed up some leftover pizza. See what I
mean - complicated.

We recently purchased a new dishwasher at a price of about \$500. Not cheap. I was
tired of washing the dishes BEFORE I put them into the dishwasher. What sense did that
make? Well, the new machine looks great and it's really quiet. But I find that I still have
to do a lot of “prep work” before loading the dishes and utensils into the machine if I ex-
pect them to be really clean and free of any unwanted matter.

Our kids were born into the computer age. I used to help my dad use his stereo
system (remember those?). Lots of buttons and flashing lights. This was very confusing
to my father, but a snap for me. I was young – I had no fear. Plus, if I broke it, I had no
financial skin in the game. Likewise I call upon my kids every time the computer con-
founds me – which is way too often. They're patient and helpful – but I know that they
are thinking that the old man is out of date and out of touch. Probably right.

I have two beautiful grandchildren (wanna see some pictures?). At ages three and
five each of them can navigate an iPad... at least well enough to get to and play with the
games installed therein. Wow.

So, I deal with all of this like every person of age since the beginning of time. I try to
be patient and accept that there are things beyond my ken. But it seems to me that some
things are just too darn complicated. Unnecessarily complicated.

For instance – virtually every retail business today has a device to read your credit
card. And who carries cash anymore? So this is important. First comes the decision –
credit or debit? Credit may linger while debit is like cash. But credit also costs the vendor
about 2% of the sale while debit transactions cost them only about 35 cents. So the store
tries to encourage debit transactions.

But here is the question I want answered - Why does every card reader have to be
different? Is it be too much to ask for manufacturers develop an industry design standard
so that you don't have to take a three-credit course in credit card processing every time
you buy a grapefruit or two? Most businesses are switching from swiping to insertion to
read your financial data. It seems to be taking a long time. This could be an ideal time to
standardize. But no – they're all a little be different. Complicated.
Every time I go to the grocery store I have to rehearse a speech so as to get the right type
of sliced turkey breast. I used to approach the deli department and simply say, “A pound
of turkey breast – sliced thin please”. Simple. Not anymore. Now I need to know what
brand of turkey breast and its preparation style. Do you
want it smoked, barbequed, mesquite, browned, black pep-
per, buffalo, honey roasted, low sodium... the list goes on.
I mean, hey man, I just want some turkey. So here is what
I am required to say, “Boar's Head Oven Roast Turkey
Breast sliced thin please.” And if I ask just right and stand



on one foot, I may get what I want. The other day I was waiting in line to give my turkey
breast speech when I noticed a jar with a bright label. Searching for a modest amount of
distraction I read the label. “One Screw Loose Brew Ha Habanero Beer Jelly Rub.” I read
it again, “One Screw Loose Brew Ha Habanero Beer Jelly Rub.” I asked myself, “What
is this?” I then turned to the crowd waiting in line for deli and asked, “What the hell is
this?” A nice man walked over and read the label, looked up at me and said, “I dunno.” I
found myself wondering how well can a product will sell if no one can figure out what is
Please see **The Grumpy Old Geezer** CONTINUED ON PAGE 45

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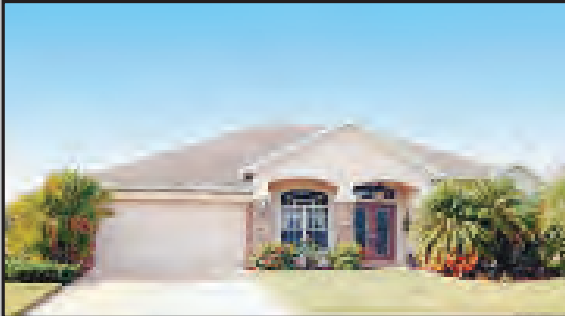
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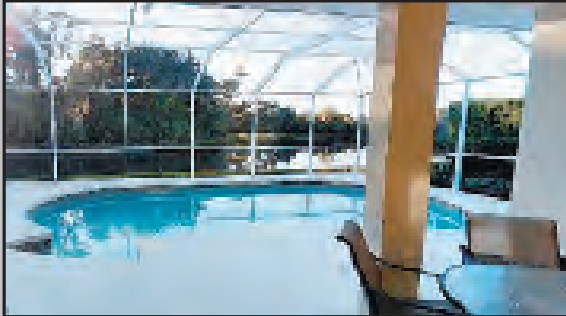
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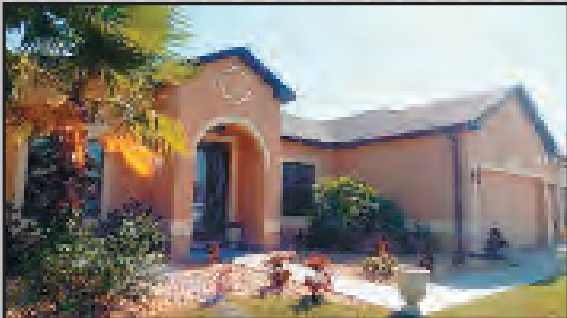
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Sheepshead - A Good Target for February!!!

Capt. Jason Prieto



As we enter the end of a typical winter here in west central Florida you can expect to see some of the coldest temperatures of the year. With that being said, we are also seeing one of the mildest winters in a long time. This should make for a great March.

Sheepshead are one of the most underrated fish targeted in the bay as most people don't know where or how to target them. It's rather easy and there are various ways to do so and most that start catching them are amazed at the fight they pick up, not to mention they are a delicious table fare. Sheepshead are a rather odd both shape and colors with a zebra like look and very wide midsection mixed with teeth like a human and spikes on just about every edge. Don't let their odd body fool you they are an awesome fish to target.

Sheepshead are found in both the flats and docks or you will also find them in the bay on the wrecks and ledges. They are plentiful and the big fish have shown up to spawn in the bay this time of year. These toothy critters love to munch on barnacles on the wrecks or docks so if you are fishing around pilings, you can scrape the poles to chum them up. Various baits work such as mussels and others, but I tend to use small to medium shrimp. They are easy to get at the bait shops and work good. I like to keep it simple on rigging by using 25 lb ohero fluorocarbon leader matched with a #1 Daicchi circle hook. I'll add just enough weight to keep the bait down on the bottom. Very simple but effective.

Finding areas for Sheepshead used to be a little more difficult back in the day, but thanks to technology and great programs to build artificial reefs, it's a little easier with the right equipment. My simrad matched with the all new 3D side scan technology makes things a lot easier. Navionics offers chips with hundreds of wrecks marked in the bay taking the guessing game out of finding that secret wreck. Mix this with the awesome 3D structure scan to see what you are actually fishing on, the wreck matched with the Rhodan Trolling motor to use the anchor feature you won't have to even throw an anchor. These are great tools that will make your fishing trip in the bay for Sheepshead a success.

Another great option is to get the bags and start targeting. Trout will be a great option on the flats. This is the time to bring out the bag of artificials as Trout fishing takes off this time of year. Trout stage up on the flats and really feed good around the warmer days of the winter. Fishing around the stronger tides will prove to be very productive. A live select shrimp suspended under a Cajun Thunder Float is a deadly combination. Another great option and one of my favorites is to throw a Z man paddlez matched with an 1/8 ounce jighead for an absolute awesome bait. Another great option would be the Mirolure 52M suspending bait. These are great options for Trout fishing and always remember to use a dehooker and handle all Trout with wet hands to ensure a successful release.

Tightlines!!!

Capt. Jason Prieto is the owner of Steady Action Fishing Charters and be reached at 813-727-9890. You can also visit his website at www.steadyactionfishingcharters.com or send him email at captjasonp@gmail.com. He is Regional Director of Florida Guides Association, Co Host of Tampa Fishing Outfitters Radio, 1040 Tampa Bay NBC Sports airing every Sunday morning from 8 to 9 am. He is also an outdoor writer for the *Tampa Times*, *Onshore/Offshore Magazine* and *Parrish Village News*.

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4-H Golf Benefit Being Held

The Manatee County 4-H Foundation invites golfers to the links in support of the 26th Annual Clover Classic Golf Tournament. This annual fund-raiser will benefit 4-H Youth Programs in Manatee County. Shotgun start for the tournament is 8 a.m. Saturday, February 25, 2017 at The Preserve Golf Club located at 7310 Tara Preserve Lane (west of I-75, off State Road 70) in East Bradenton. The \$100 per player registration fee includes green fee, cart, lunch and door prizes. All golfers will have a chance to qualify for hole-in-one, closest to the pin, and longest drive prizes.

For registration and other information, contact the Manatee County 4-H Office at 941.722.4524 or visit <http://manatee.ifas.ufl.edu/4H/index.shtml>. To date, major sponsors for the 4-H Clover Classic Golf Tournament are: Mosaic, Florida Power & Light (FPL) and Waste Management.

The Manatee County 4-H Association, dba Manatee County 4-H Foundation is a non-profit educational organization. 4-H programs are open to youth between the ages of 5-18, without regard to race, color, sex, handicap, or national origin.

Hold on Tight!

It sure looks as if 2017 will be a wild ride. Changes in business regulations, government policies, interest rates and more could certainly steer us in an entirely new direction.

As Realtors, change is steadfast. Market trend shifts, inventory fluctuations and prices that move up and down are just a few of the areas we deal with daily. If an agent isn't fully prepared and able to keep up with the incredible pace, consequences can be massive. Constant real estate schooling and research is essential. Always investigate the continued education policies of the firm you choose work with. In the end, it could make a huge difference in your closing!



Leslie Wells.

Several days ago, our team learned a few important nuggets we'd like to share with you.

1. Sale contracts will be changing in the upcoming months with changes affecting both buyers and sellers alike. Buyers will need to be extremely proactive and prepared with loan documentation because the new contracts call for a shorter timespan to obtain financing as well as an option for sellers not to extend the loan period. The details have yet to be finalized, so stay tuned for more on this topic.
2. Owners living in subdivisions with Home Owners Associations will need to provide more documentation to buyers at the time of an offer. If you currently have an HOA property listed, be sure to check with your agent for the timelines you must follow in providing buyers with the Declaration, Rules and Regulations, minutes from the most recent HOA meeting as well as the most current budget. Not having this information readily available could cost you a sale! If you are thinking about selling, now is the time to start getting these documents together. While these items are readily available through your HOA management company, there could be a fee.

Manatee County single family home market update:

In Manatee County, closed sales in December 2016 were down by 8.2% from December 2015, cash sales were down 27% for that same time-period. Foreclosures were down 59.2% and short sales down 42%.

Looking for more market info? Don't forget to visit our booth at the Parrish Chili Cook-off! Not only will you get a tasty sampling of delicious chili, you'll be able to mingle with some of the best Realtors around!

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**Parrish Civic
Association Meeting**
Thursday, February 16
7:00 PM at the Parrish Y



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Adoptions and News from the Humane Society of Manatee County



Why Adopt?

Every time you adopt an animal from the Humane Society of Manatee County, you enable them to save the life of another animal in need of a loving home. Each adoption also brings the Humane Society one step closer to becoming a humane community – a community where all adoptable animals find permanent loving homes and euthanasia is no longer accepted as a means of population control.

The Humane Society is proud of its efforts, and the Board, staff, and volunteers of HSMC are committed to placing 100 percent of the animals brought to HSMC for adoption into permanent, loving homes.

FAQ About Adoptions

What does the adoption fee include?

Not only do you take home your new best friend, but all of the animals are spayed or neutered, microchipped and up to date on all their vaccinations. Pet insurance for 30 days is also included. Adoption fees are \$75 for all the dogs and kittens, \$50 for adult cats 6 months or older.

What is the Selection Criteria?

Pets placed up for adoption need to be of sound temperament and good health. Pets with a history of severe aggression or untreatable conditions are not suitable for the adoption program. Many animals undergo substantial medical and/or behavioral rehabilitation prior to placement for adoption. For example, the dog enrichment and obedience program, staffed by a group of dedicated volunteers, works with all the dogs to help them develop good manners as well as special needs dogs in order to resolve behavior problems that otherwise would be a deterrent to adoption.

Do you ever get purebred dogs or cats?

It is estimated that about 25 percent of the animals brought to the shelter are purebreds. If you are interested in a specific breed, check the pet lists to see if one is available. The Humane Society of Manatee County also works with purebred dog rescue organizations. Many times, these dogs are transferred from the Humane Society to rescue groups who specialize in adoption of a particular breed. That way HSMC has more room for mix breeds.

Can I return a pet I've adopted?

Yes, the Humane Society of Manatee County wants you and your pet to be a good fit for each other and recognizes that despite everyone's best efforts, sometimes this doesn't happen. Terms of return are:

The Humane Society of Manatee County will accept your pet back within 10 days of adoption. After 10 days each animal will be evaluated according to the HSMC selection criteria. The adoption fee is non-refundable.

Please call 747-8808 to discuss your circumstances with a counselor and schedule a date and time for return.

“Like” the Humane Society of Manatee County on Facebook

Take a look at the HSMC Facebook page. You'll find pets available for adoption, recent adoptions, special events that are coming up soon and many other news about Society programs. You can also catch up on all the news about the Humane Society's programs. There is even a map showing the location.

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2 Corinthians 1:3-4



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LCMS

WE WELCOME YOU TO JOIN US!

By the way, why is it when you shop you find racks and racks of clothes available for the thin and petite? Why? Because there are so few of them while there are hordes of us who are in need of those XXX sizes.

My favorite indulgence to the culture of obesity are the motorized carts that are now available at virtually all grocery stores. Originally made available for the handicapped and injured, they are now being confiscated by the fattys. You’ve seen them. There is a highway of them navigating down every aisle. One has to be careful not to be cited for jaywalking in front of a wild-eyed cart driver aiming for the Krispy Kremes. Watch out!

Hey folks - here’s a tip: If your ass is so big that you can’t even get around the store to buy more food – it’s time to cut back. Fat is nature’s way of telling you that you eat too much!

Oh I know, people will say I’m insensitive or worse - politically incorrect. They will likely label me as fat hater – a fatophobic. But I’m really not. Like I said, I’m a fatty myself carrying at least 50 pounds more than I should. But there comes a time when you have to accept natures plan and cut it out.

So here are hints that you may be a fatty:

- If your bag of groceries is too heavy for you to lift into your car - you may be a fatty.
- If you get winded walking from the couch to the kitchen to get a snack – you may be a fatty.
- If you’re training your pooch to do its business inside the house because you just can’t find the energy to take him for a walk – you may be a fatty.
- If you’re friends have to back up 10 feet to get you in group photo – you may be a fatty.
- If you can’t share a golf cart because you’re a natural doublewide – you may be a fatty.
- If it takes more than two minutes to climb out of bed – you may be a fatty.
- If you have to buy an SUV because you can no longer fit in a sedan – you may be a fatty.

- If you have to hold the seat belt extender on an airplane because there is just no way the two ends are going to connect – you may be a fatty.
- But don’t despair. You belong to an enormous club (again, no pun intended) of us that are just too fat. And if you’re sick and tired of being exploited by the Food Industry, there is always the Diet Industry right there to take its place. Exploitation abounds! What fun.
- So stick to that resolution. Eat less. East healthy foods. Walk, run or ride a bike.
- You can do it. You can.
- If not? Well, what the hell.
- Have another Twinkie.



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Parrish Civic Association

General Meeting on Thursday, February 16 at Parrish Y - 7 PM

If you are interested in what will be in the new shopping plaza at the corner of US Highway 301 N and Erie Road, you won’t want to miss the Parrish Civic Association’s General membership meeting on Thursday, February 16th at 7:00 p.m. at the Parrish Y.

Our guest speaker will be Todd Mathes, the Director of Development for Benderson Development Company, which is the company building the new mall. We all know the mall is anchored by a Walmart store, but so far nothing official has been said about the other stores that will be opening including (hopefully) new RESTAURANTS!!

We are expecting a large crowd so you might want to get there early to be sure you have a seat. See you on the 16th at 7:00 p.m. at the Parrish Y.

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www.manateeymca.org



Martin Aldrich, MD

The Fat Conundrum

It's February and we just got over a wonderful holiday season and like most Americans our wallets are light and bellies are full. We want to be a better person and often that means being in better physical condition. To put this all in perspective, 40% of Americans make New Year's resolutions, which is more than those who watch the Super Bowl. Only 8% of those will even achieve their goals. The best way to achieve your goal is to make it tangible. It is recommended to have a specific, realistic plan that clearly spells out what and how you are going to achieve your desired result.

So, we all know PC is going out of style. We are going to talk about fat. No one has to look too far to find it because Americans are gaining weight. The Obesity epidemic is real. Per the CDC, more than 1/3 of Americans are overweight, and as we get older the numbers rise. 40% of those between 40-59 are obese and 37% of those over 60 are overweight and sadly, of the 20-39, 37% are obese. We can see it in our daily lives and truly the younger population is catching up. Why is this important? Is it because we want to look good in a bathing suit? No, it is because obesity is connected with some fairly clear-cut medical risks such as Diabetes, Hypertension, Coronary Artery disease, and it raises our body's inflammation allowing certain cancers to grow, and it is associated with degenerative orthopedic issues. Being in good condition and not physically fit limits our quality of life. We don't climb that one flight of stairs when the elevator is slow; we don't go hiking or experience the outdoors; we opt for sitting rather than doing; and it is far beyond our time in this article, but is linked to poor sexual health, especially as we get older.

So is this the year to make it right? Is there something that could make things different this year than before? Are you finally going to get more control of your life, what you eat, how you eat and start exercising to enjoy an improved quality of life? The choice is yours.

The more information you have, the more well suited you are to deal with tackling an issue. I always tell my patients, "smart people live longer". That sounds crass, but I don't mean IQ. I mean asking the right questions, understanding your body, the food you put in it, and how you take care of it. It is my recommendation, if you have a chronic disease, learning as much as you can about it. Unfortunately, in today's world and the way health care is delivered your local Doctor does not have time to educate you on every facet of your health. I wish we did. It is so satisfying to see someone change his or her lifestyle for the better. No physician walking the planet wants their patients to always be in their office from the lack of correctable lifestyle changes.

I will tell you life is not fair. I used say that and then would follow up with, "Fair is where they put Blue Ribbons on Pigs." So, frankly it's not fair. Some people are more naturally talented, some are more attractive, some have more money, some have more friends and better relationships, and some can eat a dozen donuts and not gain any weight. It is real. The people whom gorge on donuts and potato chips are not genetically blessed. They have trained their bodies, unbeknownst to themselves, to metabolize differently what they eat. Its magic and it is called Leptin.

What is Leptin? It is a hormone discovered in 1990's that is secreted by fat cells and tells your brain you are full thus regulating hunger, food intake and energy usage. Studies show that most overweight people whom have problems losing weight have Leptin resistance meaning that Leptin is not able to produce normal results and stimulate weight loss. People have extra fat cells and the Leptin is going to the brain, but the brain does not respond and hence, the person is still hungry even though their fat stores are high. This is all cave man survival stuff, but we aren't cave men anymore. Factors that contribute to Leptin resistance include: overeating, eating carbohydrates, high fructose consumption, high insulin levels, eating grain and lentils, lack of sleep, high stress levels and exercising excessively.

So how are you going to fix this? It's simple... Do not eat starches, no refined sugars, no fructose, eat large amount of proteins, take Omega 3 fish oils, and do not snack. Additionally, when you exercise, do sprints and weight lifting, remove toxins such as processed foods, eliminate as much stress as possible and get to bed by 10 pm. Additionally, some studies talk about having cheat days when you are dieting. You are on a diet, in starvation mode and Leptin is low thus telling your body to store calories as fat. If you have a cheat day once per week, this will raise your Leptin level, which will cause you to metabolize calories rather than store them as fat. And now that you are a smart nutritionist, having high Leptin levels will lower your appetite and cause you to metabolize your calories more efficiently.

So what kind of exercise to do? Studies have shown that endurance aerobic, activities after age 40 raises your cortisol and hence promote the aging process. The best things to do are to focus on high intensity interval training where you get your heart rate at 80-90% of age predicted peak heart rate for 1 minute and then back down to 60-70% max heart rate for 2 minutes; then repeat the cycle which is mainly an anaerobic process. You know how an Olympic sprinter looks, lean and muscular, that's what anaerobic training does.

Another form of anaerobic training is weight training or resistance training. Weight or resistance training is also important especially as we get older. After age 35, we lose 10% of our lean muscle mass every decade. So imagine you are 55 and overweight. It goes to reason because your basal metabolic rate is 20% less than when you were 35, that 20% of calories you were once used to eat, will go into fat stores.

It is all a little complicated. Like that saying goes, "Rome was not built overnight." It took decades to gain that extra 10-20-30 or 50% of extra body fat and doing it smartly, healthy and in a way that will keep the weight off, takes time. Maximal, healthy weight loss is 2 lbs. per week. That is intense and doing it week in and week out over a year is

amazing. Further, when it comes to weight loss, 70% is what you eat and 30% is the exercise. However to lose weight without losing too much muscle mass, requires both diet and exercise.

Regarding exercise, slow resistance training or time under tension being longer will cause increased muscle gains and is also more anaerobic, hence it chews up fat. This is not easy to do independently. It often requires a trainer or someone whom has been exercising for so long they are extremely disciplined. No one needs to know how a car engine works to drive a car. They put a key in the ignition, turn it on, and go. Same with exercise and weight loss, you really just want to have a solution. I have it for you that succinctly will put all these complicated metabolic, nutrition and exercises at the tip of your fingers and all you have to do is put the key in, so to speak. It is called KOKO Fit Club.

So what is KOKO Fit Club and where did it come from initially?

A MIT physiatrist working with professional athletes developed a cutting edge diet and exercise program. He saw how the results worked in a one-on-one process and felt that the general population was getting gipped. Koko is where science and technology meet exercise and dieting. The Koko plan is essentially a virtual personal trainer that will always be there for you anytime you go. You put your little, customized, personal key fob in the exercise machine that has been created for you on every level. You will get a baseline evaluation that will determine your strength and capabilities. Hence, you will not get an injury from being exercise naïve or deconditioned. The program will tell you what to do every time you go and will track it, grow with your progress, and communicate your progress to you via email regarding your personal, KOKO health plan. Additionally, you will be given a personal diet to follow to achieve your goals. If it is weight loss, you will get a calorically restricted diet that will allow efficient, healthy weight loss. If it muscle gain, it will be a diet of increased protein intake. There are also exercise plans to help people with specific health conditions such as back pain, Diabetes, etc. For you golfers out there, there is an exercise program to improve your golf swing, increase your drive distance and shave your handicap.

I ascribe by KOKO. I am like the Norelco advertisement from Christmas's past where he says, "I loved it so much, I bought the company." That's me; I fell in love with the KOKO philosophy. It works and I can maintain a healthy lifestyle, feel good and keep working long hours without failing. Also, KOKO philosophy is not about killing yourself in the gym. It is about the getting the most out of a workout in 45-50 minutes, getting on with your life, and doing the things you want to do like golfing, fishing, boating, traveling, and "doing the do."

I was overweight as a child and sadly my Mother had diabetes. I never wanted to have diabetes and of course did not want to be weak, fat, out of shape and not able to live the life I wanted due to physical limitation. I have been exercising in some form since 18. KOKO makes it easy for me and as I get older too, it allows me to do it without getting hurt.

I encourage you to be a statistic and one of the 8% of people this year whom act on their resolution, and change their life. You will feel better, happier, more confident and likely not have to see me in the future.



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More than a pretty face....Deb's Helping Hands

Carol Ciarniello, Parrish Professionals

When it comes to service, and especially service with a smile, Deb Carter stands out. From the moment you meet her, you realize that her 1,000 watt smile is a reflection of her kind heart, positive attitude, and genuine desire to help others. And once you experience her service, you'll know that she goes to great lengths to provide the best care possible.

Deb has a special fondness for Senior Citizens, and for helping them to maintain quality of life. Her mission statement is, "Our mission is to give helping hands to empower all Seniors, provide Seniors with greater independence, and improve their quality of life." She is so committed to helping Seniors that she is expanding her business model to include a few, select "teammates". These select folks will be hand-picked by Deb, and they will mirror her high quality standards.

Are you a 24/7 caregiver who needs respite from time-to-time? Deb understands how important it is to you (and to your loved one) for you to take some time to get away for a while, relax, and do something you like. While you're out playing golf or tennis, or getting a massage, or shopping, or relaxing at the beach, or joining friends for a meal or whatever "recharges" you, someone from Deb's Helping Hands will be with your loved one providing comfort and care. Or maybe you want to stay home - call Deb and she will take your loved one to doctor or hair appointments or shopping or out for a meal, while you relax in the comfort of your own home. She'll even walk the dog!!

So why choose Deb's Helping Hands over other senior-care companies? First of all, no one else has Deb Carter! Deb gets deeply involved with continuity of care; her service is personal/specialized for each individual. So for example, if a client is receiving OT or PT, Deb creates a profile which includes the specific regimen the client is to follow; then those things are incorporated into the time



that Deb's there; hence, the client's routine is not interrupted. Deb is very creative in developing ways to keep clients active physically, mentally, emotionally, and spiritually. And when the caregiver returns from their respite, a written report is given so they know exactly what was done. If Deb's there, you'll get quality care!

Deb lives in Parrish, loves the community, and wants to help you. Give her a call 724-816-7693. After one try you'll wonder how you ever managed without her!

Deb is a member of Parrish Professionals Networking Group. Parrish Professionals meets on the 3rd Thursday of each month, and we welcome your participation. For more information visit our website: www.ParrishProfessionals.org or call Jackie Felix 941-504-2376.

Parrish Professionals:
"Connecting lives one referral at a time"

Manatee River Garden Club Meeting on "The Art of Ikebana"



The Manatee River Garden Club will host "The Art of Ikebana" on Wednesday, February 15, 2017 from 1:00 – 2:00 p.m. The meeting will be held at 3120 First Avenue West in Bradenton.

"The Art of Ikebana" will be presented by Pat Bonarek and her assistants. Bonarek is a certified teacher of the Sogetsu School of Ikebana based in Tokyo, Japan. She studied the art of Ikebana while working in Japan for 13 years, and has conducted many workshops locally, in various states, as well as, overseas. She will create both historical and modern designs during her presentation.

There is no charge to attend the meeting. For more information of questions, please contact Barb Beury at (941) 795-4621 or beuryb@gmail.com.

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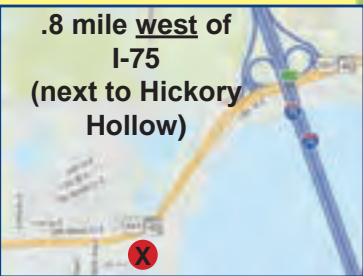
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**PCA Meeting on Thursday,
February 16 at the Parrish Y
7:00 PM**



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

Basic

Robert Briggs & Sally Swanson
Doug & Vicki Brown
Vin & Vinita Burns
Bill Matthews & Pam O'Neill
Jim & Doreen Van Minsel

Community Booster

Jerry & Marie Amos
Mike & Peggy Caltabiano
Connie Goodman
Katherine Martinez
Bob & Barbara Mustain

Parrish Sponsor

Bill & Jean Clark
Dick & Daphne-Ann Haynes
Norma Kennedy
Rob & Linda Powell
Phil Stewart
Gerard & Sharon Szczygiel

Community Patron

Leonard Harman & Lynn McDonald
Tor & Sue Hultgreen
Mike & Gracie Johnson
Ben & Cookie Jordan

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, 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 13. Clip it out, complete it, enclose a check and mail it in today! Help your community continue the efforts!

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

Zumba Gold Classes: Tuesdays, 11am. Join this fun aerobic exercise class with its variety of music types. \$7 per class (\$5 for members)

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

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

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

Qi Gong Meditation: Thursdays, 10am-10:30am. \$5 (Free for Members)

Argentine Tango Dance Lessons: Fridays, 1:30pm. Learn this authentic dance from our local experts Frank Solinko & Patricia Fodor. Come alone or with a partner. \$7.50 (\$5.50 for Member).

Weekly Educational, Social and Recreational Activities at the Enrichment Center

Euchre: Monday, 9:30-11:30am. \$2 (Free for members) *No class Feb. 20th*

Trivia Games: Monday, 1pm-1:30pm. Free for all! Join a team and match wits. Refreshments and prizes provided. Sponsored by Bay Vue Rehabilitation and Right At Home. *No games Feb. 13th & 20th*

Ballroom Dancing with the band “Just Friends”: Mondays, 1:30pm-3pm. Free to all! Dance to the reminiscent melodies of the 20’s through the 50’s. *No dance Feb. 13th & 20th*

Writer’s Club: Mondays, 2pm-4pm. Free *No class Feb. 20th*

French Class: Tuesdays, 10:30am-11:30am. \$5 (Free for members)

New!! R9 Outdoor Game Club: Tuesdays, 1:30pm-3:30pm. Members, starting in November, join us down the street at the Motorworks Brewing. (1014 9th Street West) every week to play games and enjoy the outdoors. Play corn hole, bocce ball, putt-putt golf, Giant Jenga, or just hang out and have a cold one. Free.

Coffee Talk: Wednesdays, 9am-10am. Socialize and get acquainted over coffee and pastries. \$3 (Free for Members)

Cribbage: Wednesdays, 10am. \$2 (Free for members)

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

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

Game Time: Fridays, 10am. Play (or learn) Chicken Foot. Join the fun and make new friends. Free.

Knitting & Crochet: Fridays, 10am. Learn, share patterns, and be ready to socialize! \$2 (Members Free).

Pinochle: Fridays, 1pm. \$2 (Members Free).

Volunteer at Renaissance On 9th

There are many opportunities to volunteer at Renaissance on 9th, teach a class, give a tour, help out at the front desk, plan events, help in the office, etc. We will work to find a volunteer job that best utilizes your strengths and skills. For more information about getting involved, give us a call or come to our Next Monthly Volunteer Meeting: Next Monthly Volunteer Meeting: Monday, February 6th, 1:45pm – 3:30pm. All events and activities are subject to change without notice.

Located at 1816 9th Street West, Bradenton, FL 34205 • 941-749-0100

www.renaissanceon9th.org749-0100

The Grumpy Old Geezer CONTINUED FROM PAGE 33

inside the jar? I dunno.

My wife likes honey on her biscuits and asked me to pick some up. Sounded easy. But when I arrived at the honey display, there were dozens of choices. Whipping honey, honey for the grill, honey for cheese, honey with lemon. You get the idea. Ironically there were no jars offering honey for biscuits. I had to make my best guess. Complicated. The display offering Oreo Cookies runs 12 feet long and four levels high. Oreo cookies! You know – little chocolate cookies with white stuff in the middle. A classic. But now you can get them in a variety of flavors and shapes. You can get them with stuff, double stuff, triple stuff and so much stuff you can no longer even taste the cookie. Pretty soon you’ll be able to buy a container of Oreo Stuff. Just stuff. Then the march of new flavors of stuff will commence.

It’s not easy outliving the pace of technology. But if you’re patient there are some benefits. The other night we were visiting with some nice folks when I became aware of the quality of the background music. I asked my hostess what was the source. She told me that it was a Pandora station and she bought a piece of equipment at Walmart for just \$89 and she could choose from virtually any music she wished without charge. Pretty good if you know what you’re doing. To me it sounded a bit... complicated.

I received an Echo Dot for Christmas. It looks a lot like a hockey puck and it has a name – Alexa. Just ask her a question and she will provide the answer. “Alexa – what’s the weather?” – You get the local weather is detail. “Alexa – What is the recipe for a Bloody Mary Cocktail?” results in an exacting list of all the right ingredients. But, “Alexa – what is the meaning of life?” will get you this response, “Sorry I didn’t understand the question.” You see – even Alexa thinks some things are too complicated.

So we plod on, enjoying the benefits of progress without really understanding how they work. I try to accept life’s complications with patience and civility. But, sometimes I wonder if it’s worth it. Then again, I have never figured out exactly how indoor plumbing works, but it’s a complication for which I am truly grateful.

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Lovely 2/2, large living/dining area, updated kitchen appliances, screened lanai, storage shed, beautiful backyard with lake views, 55+ community, pools, tennis, clubhouses
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On Valentine's Day, Consider Financial Gifts

James F. Morrison, Financial Advisor



Last year, Americans spent more than \$19 billion on Valentine's Day gifts, according to the National Retail Federation, with the majority of this money going to flowers, candy, cards and an evening out.

These gifts were thoughtful, of course, and no doubt appreciated, but they were also somewhat disposable, for want of a better word. On the other hand, some financial gifts can have a pretty long "shelf life."

Beyond simply enclosing some money in a card, what sort of financial gifts can you give? The answer depends somewhat on the recipient. For example, if your sweetheart is also your spouse, some of the gifts suggested below may be redundant to the financial moves you make together. However, if you aren't married, or if you and your spouse maintain separate finances, these ideas may make excellent Valentine's Day presents:

- **IRA contributions** – Technically, you can't contribute directly to someone else's traditional or Roth IRA, but you can write a check to your loved one – although, of course, he or she is free to use the money for any purpose. Like most people, your valentine may not usually contribute the yearly maximum amount – which, in 2017, is \$5,500, or \$6,500 if you're 50 or older – so your check should be quite welcome. A traditional IRA can grow on tax-deferred basis, and contributions may be tax-deductible. (Taxes are due upon withdrawal, and any withdrawals you make before you reach 59½ may be subject to a 10% IRS penalty. A Roth IRA's earnings are distributed tax-free, provided withdrawals aren't taken until the account owner is 59½ and has had the IRA for at least five years.

- **Charitable gifts** – Consider making a gift to a charitable organization supported by your loved one. When you send cash to a qualified charity, you can get a tax deduction, but you might gain even bigger benefits by donating appreciated securities you've held for more than one year. By doing so, you can generally deduct the value of the securities, based on their worth when you make the gift. Plus, neither you nor the charity will have to pay capital gains taxes on the donated investments.

- **Contributions to an emergency fund** – It's a good idea for everyone to maintain an emergency fund to cover unanticipated expenses, such as a major car repair, a new furnace or out-of-pocket medical bills. If your valentine doesn't have such a fund, consider helping him or her establish one, with the money going to a liquid, low-risk account.

- **Gym membership** – Although not actually a "financial" gift, a gym membership can nonetheless bring some positive economic results to your valentine. For one thing, the insurance industry is providing more incentives to encourage people to exercise and live healthier lifestyles. But even if a gym membership doesn't give your loved one a break on insurance premiums, it can nonetheless result in better physical conditioning, which, in turn, could ultimately result in lower medical costs.

On Valentine's Day, you may still want to get your sweetheart something associated with the holiday. But if it's within your means to do so, also consider one of the above suggestions for financial gifts. Your generosity will still be felt long after the chocolates are eaten and the flowers have faded.



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Parrish Civic Association Corner

February 2017

Dear Friends:

Enter A Team for the 2017 Chili Cook Off

I hope those of you thinking about entering a team in this year's Chili Cook Off will get off the fence and send in your application today. It looks like we'll have close to 30 teams this year and there is always room for a couple more. It's easy to cook up a big pot a chili and you will have a fun time getting your entry ready for the judging and then serving up samples to the crowd. The event is on Saturday March 4th at the Railroad Museum at 12210 83rd Street in Parrish. We have added some parking this year both at the Museum and at a new lot on 301 just north of the Rural Health Clinic. For more about this year's event go to www.parrish-chili.com.

The Parrish Foundation Grants Have Been Awarded

Last month, Cookie and I finished making the official presentation of the Parrish Foundation's 2016 grants to 14 deserving not for profit corporations that serve our Parrish community. Doing this is always enjoyable and we learn a lot when we get to visit with the different groups. For instance, did you know that there is a beautiful 123-acre Girl Scout Camp just off of Highway 64 on the Braden River called Honi Hanta (Beautiful River); or that there are 19 Girl Scout troops active in the Parrish area; or that 20% of the girls attending Williams School are members of the Girl Scouts? Like most charitable organizations, one of the biggest challenges facing the scouts is having enough volunteers. If you would like to know more about the Girl Scouts in Parrish go to www.gscgf.org.

Grants were awarded to the following groups: Florida Railroad Museum, Meals on Wheels PLUS of Manatee, Friends of Rocky Bluff Library, Tidewell Hospice, Parrish Y, Girls Scouts of Gulfcoast Florida, Ellenton – Parrish Lions Club, Parrish United Methodist Church Food Programs, F.E.L.T, Esther's School, Manatee County Youth Rowing, Manatee County 4 H, the Family Partnership and Boy Scout Troop 41.

Work to Begin on Fort Hamer Boat Ramp

Manatee County has informed us that work on the boat ramp at Fort Hamer Park will start in the next few weeks. The work includes rebuilding and widening the ramp so it can accommodate two boats at the same time. The dock will be rebuilt and lengthened and there will be some significant work done to improve drainage. Signs with more information on the planned work and its schedule should be posted soon. Also, this is a fun time to visit the park as the collegiate rowing teams are coming in for their annual visits and it's always fun to watch them practice.

Parrish Civic Association General Meeting on February 16th

If you are interested in what is going to be in the new shopping plaza at the corner of 301 and Erie Road, you will want to be at the Parrish Y at 7:00 p.m. on Thursday, February 16th. Todd Mathes, the Director of Development for the project, will be the Civic Association's guest speaker and he will be discussing what stores (RESTAURANTS) will be coming to the project. So come out and learn more about what's happening in Parrish.

Please feel free to contact me with any ideas or concerns about Parrish.

Ben Jordan
President, Parrish Civic Association
ben.jordan@verizon.net or (941) 776-9019

Message from the Membership Chairman

Dear Friends:

The Annual Membership Drive for the Parrish Civic Association began in January for 2017. Many of you have responded and mailed in your 2017 dues and we really appreciate your support for the Parrish Civic Association. If you joined in November or December of 2016, consider your dues paid. You will not receive a letter asking you to join. For the others who joined earlier in 2016, you will be receiving a letter and membership form this month. We appreciate your support.

The only source of revenue for the Parrish Civic Association is dues. Your dues go to help our organization in many ways: supporting the Parrish Children's Christmas Party, funding for the annual Heritage Day Parade and the 2017 Chili Cook Off (scheduled for March 4, 2017), bringing guest speakers to our meetings and many other activities performed by the Parrish Civic Association as well as the July 30th Pancakes & Politics in Parrish and the recent First Annual Christmas Tree Lighting.

We now have over 460 members of the Parrish Civic Association. That's a very good number of people in the community who are interested in the Parrish community and making it the best place to live in Manatee County. By joining and providing your email address, we can keep you informed of any upcoming meetings, events in the community, volunteers opportunities and general news about the community. We will not bother you with trivial emails!

If you are interested in helping out on any of our activities and want to be on a committee, please contact Ben Jordan, our President, at ben.jordan@verizon.net. We would be pleased if you would like to help. We have already met with several people new to the area who are getting involved in our community's activities. We also have a lot more activities and initiatives planned. It is a lot of fun and a great group of people who work to make a lot of activities occur.

And, volunteering is also fun. Every year, we need people for the Heritage Day Festival and Chili Cook Off, Children's Christmas Party with the Y and Parrish Arts Council as well as other activities during the year.

We hope to see you soon in and around our Parrish community!

Cookie Jordan
Membership Chairman
RJo2344@aol.com
941-776-9019

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



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.)

Name: _____

Address: _____

City, State, Zip: _____

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Email Address: _____

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Please check one: ☐ New Member ☐ Renewal

\$15.00 Basic Member (Member and Spouse)
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 for **11 YEARS** in a row!



Move-in ready 2 bedroom/2 bathroom + Den villa now available in the gated section of Harrison Ranch. Spacious, open-floor plan is built on a premium corner lot. A4175701 **\$200,000**



Recently updated home in the historic area of Palmetto. 2 bedrooms/ 2 baths + den. Updates include: newer AC, remodeled bathroom, kitchen, carpet, and paint. A4172780 **\$159,900**



This home offers an open split floor plan with 3 bedrooms and 3 full bathrooms. On 3/4 of an acre you will enjoy your private backyard with preserve views! A4174096 **\$399,000**



2-Story Colonial Home on 6.58 acres with fabulous curb appeal, character and charm. Located on the outskirts of Parrish Village, the home sets back from the street. A4174961 **\$499,000**



Woodlawn Lakes with its mature landscaping, canopy of Oak trees throughout the community and LOW HOA fees! Block constructed 3/2/2 with Florida Room, Screened Lanai and Large In-Ground Pool. A4173295 **\$265,000**



Very clean 3 bedroom, 2 bath house home situated in desirable Fairways At Imperial Lakewoods. This home was built in 2005 by Lennar Homes and has been well maintained by the owners. A4173530 **\$239,000**



Unique Village of the Arts Duplex located on corner lot. Unit 1 - 2 bde/1 bath Unit 2 - 1bd, 1ba - 2 car garage - 1/2 bath and studio. A4174931 **\$158,000**



Vacant, 3600+ sq/ft former bank branch building and ready for a buyer! Built in 2009, frontage on Brandon Blvd. A4174390 **\$1,495,000**



This building and its unique corner lot offer a true realm of possibilities. A rare find of a stand-alone building, 1/3 acre within steps to large future residential developments. A4175507 **\$349,900**

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