

# Lake City Reporter

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## Shands part of big hospital merger

HMA being bought up by Community Health Systems Inc.

By **TONY BRITT**  
tbritt@lakecityreporter.com

Shands at Lake Shore Regional Medical Center's parent company, Health Management Associates, has agreed to a merger with Community Health Systems Inc. Community Health Systems

will buy HMA in a \$7.6 billion deal that will impact at least 25 hospitals in Florida. The acquisition will include Community Health Systems assuming a \$3.7 billion HMA debt.

HMA executives said they don't anticipate the merger will significantly affect the hospitals' day-to-day operations.

"The combination of Health Management and CHS is not expected to impact local hospital operations," Eric Waller, HMA

senior vice president and chief marketing officer, said in a prepared statement. "Our deep commitment to providing the highest quality of patient care will not change."

HMA operates or is a partner in 23 hospitals in the state, including Shands at Lake Shore, Shands Live Oak and Shands Starke, while Community Health Systems owns two Florida hospitals.

**HOSPITALS** continued on 3A



FILE

Shands at Lake Shore Regional Medical Center is one of 23 HMA hospitals in Florida being merged into Community Health Systems Inc.

### LEARNING ABOUT CHINA



JASON MATTHEW WALKER/Lake City Reporter

Alice Liang (right), owner of the Guangdong Chinese Buffet, shows James DiMauro, 7, Cody Lindsey (background), 10, and Connor Bass, 8, how to use an abacus while teaching Wee Care Preschool and Daycare summer campers about China during a tour of the restaurant on Tuesday. 'I always like to see a lot of kids ask a lot of questions,' Liang said.

## Day campers take Asian field trip

Guangdong buffet owner provides look at homeland.

By **STEVEN RICHMOND**  
srichmond@lakecityreporter.com

Ai Ying, who goes by the Americanized name Alice Liang, gently poured boiling water into a small tea kettle as a room full of excited children eagerly craned their heads to witness their first ever Chinese tea ceremony.

Such was the scene at Lake City Mall's Guangdong Chinese Buffet Tuesday during an educational and tasty field trip organized by Wee Care Preschool and Daycare.

Wee Care owners Kim Service and Maria Ellis wanted to provide their kids with an experience not often found in

Columbia County.

"We like to think outside the box with our field trips," Service said.

Alice demonstrated traditional tea making, showed several pictures from her recent visit home and even taught the children how to use a Chinese-style abacus.

She also taught them the story behind General Tso's chicken.

"The emperor invited the victorious General Tso to dinner," Alice told the kids. "He enjoyed the food so much that he asked the emperor the name of the dish. He didn't know, so he just said 'It's General Tso chicken!'"

Service and Ellis were well acquainted with Alice and knew she was returning from a brief vacation in her childhood home in China.

**CHINA** continued on 3A



Alice Liang, owner of the Guangdong Chinese Buffet, tells a brief history of her restaurant, the origins of General Tso's chicken as well as how to prepare and enjoy certain Chinese teas.

## Fire fee increase on board agenda

Commissioners also to consider action on bounce houses.

By **STEVEN RICHMOND**  
srichmond@lakecityreporter.com

Columbia County commissioners will be focusing on issues pertaining to fire safety and bounce houses at tomorrow evening's board meeting.

Commissioners will discuss details regarding upcoming Fire Protection Assessments that will determine how much county residents outside Lake City limits will pay to fund fire protection services.

Owners of residences and industrial/warehouse properties should expect to see their rates rise, while owners of commercial, institutional and vacant land parcels will see their rates fall.

The last assessment revision occurred in 2005. According to County Manager Dale Williams, assessments likes these should occur every five years.

"We're overdue," he said. "Partly because this is one of the most heavily litigated areas of local government."

Homeowners and landowners who are unable to afford the assessments would technically be at risk of losing their property. However, the resolution has

**COUNTY** continued on 3A

## Tentative schools budget approved

By **AMANDA WILLIAMSON**  
awilliamson@lakecityreporter.com

In attempt to pull the school district from its financial hole, the Columbia County School Board set a goal to have at least \$1 million left over at the end of the current fiscal year.

Recent estimates of the 2012-13 budget calculate the ending unassigned cash fund balance at \$430,409, with the total fund balance at \$1.7 million. However, during its Tuesday budget meeting, the board said it wants to raise that unassigned fund balance to \$1 million by June 30, 2014.

"We have to figure out how we do it," board chairman Steve Nelson said. "I'm not comfortable setting a final budget that has

**BUDGET** continued on 3A

## \$1.2 million grant to fund shelter expansion

20 more beds to be added to Another Way's local facility.

By **TONY BRITT**  
tbritt@lakecityreporter.com

Another Way, a local domestic violence and rape crisis center, has been awarded more than \$1 million from a state grant to expand its emergency services

for victims.

Another Way was one of 11 domestic violence centers in Florida to receive portions of the \$10 million available to the state's 42 domestic violence centers for capital projects. The local agency was awarded \$1.2 million from a competitive grant through the Department of Children and Families.

Donna Fagan, Another Way executive director, said the funds will be used to renovate the Lake

City shelter facility and increase services by adding 20 shelter beds.

"Between our shelters and our outreach programs, we serve about 1,200 people annually," she said. "The grant is specifically for Lake City and all the funds are coming to Columbia County. The grant funds are going to allow us to remodel the shelter."

Under the grant requirements, Another Way has until January to start the construction and the

construction must be completed by June 2015. Fagan said construction is expected to begin in about six months.

Another Way operates 35-bed shelter facilities in Lake City and Chiefland and has provided services for 24 years. The first Another Way shelter in Lake City opened in 1996.

The facility in Lake City also houses its administrative offices.

**SHELTER** continued on 3A

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**TODAY IN PEOPLE**  
Kids make some big moves.

**COMING THURSDAY**  
Local news roundup.





OUR OPINION

## A great community partner

*Editor's note: An editorial that appeared in Wednesday's edition contained several factual errors. The corrected version follows.*

**W**hite Springs Agricultural Chemicals, Ltd. PCS. PotashCorp-White Springs. The phosphate company north of us in Hamilton County is known by several names.

Another name we think fits the company: Great Community Partner.

PotashCorp-White Springs is part of a global corporation engaged in providing plant nutrients to help feed a hungry world.

PotashCorp-White Springs continues to set the standard for supporting the communities it serves, evaluating the needs in these communities and meeting them by giving back. The industry also has shown itself as a safe workplace for its diligent employees. In addition, PotashCorp leads the way with reclamation projects, restoring natural lands once the phosphate is harvested.

More than 700 full-time workers are employed at PotashCorp-White Springs. A little more than one-third of them live in Columbia County. Several hundred additional contractors find work at the mining operation. Other businesses and industrial partners sell products to the company and thrive with the phosphate business.

Each year for the past several years, PotashCorp-White Springs has given back hundreds of thousands of dollars to non-profit groups and worthwhile community projects. Company officials are quick to support worthwhile causes.

PotashCorp-White Springs may be based in White Springs, but they have shown us they care about Columbia County and have their finger on the pulse of projects needing assistance in Lake City. The company is a good friend to Lake City and Columbia County, but also to their entire service area, and we salute their corporate philanthropy.

PotashCorp continues to thrive and share the proceeds of its hard work to improve the quality of non-profit efforts and educational goals in Columbia County. For their continued focus on making a positive contribution, we say "thank you."



## Ronald Reagan history serves as good model

**I**f you don't learn from history, you're doomed to repeat it, a philosopher once said, but here's an addendum: You may also want to learn from it – as in reading "Sagebrush Rebel: Reagan's Battle With Environmental Extremists and Why It Matters Today" – because you do want to repeat it.

There you find out how President Ronald Reagan gave us policies serving the environment and the economy at the same time. Excuse me, President Barack Obama, but please visit this book.

It's by William Perry Pendley, who served in the Interior Department under Reagan and talked about the book recently at the Western Conservative Summit in Denver. He knows his subject inside and out, just as Reagan seemed to know environmental issues inside and out.

Reagan, he explains in this engaging, educational work, had done research and writing on the environment for years as a radio commentator. As governor of California, he had learned more about the operations of Interior than any president ever. He had guidance from think-tank wizards and a heaping helping of common sense, to boot.

The result of all of this was extraordinary environmental protections – restoring national parks, protecting endangered species, extending wilderness lands, safeguarding us against hazardous wastes – and something else.

This president increased energy production, refuting the 1977 prediction of his predecessor, President Jimmy Carter. He had said we were running out of natural gas and oil, meaning we



**Jay Ambrose**  
Speaktojay@aol.com

therefore had to endure sacrificial pain.

On radio that year, Reagan said this just wasn't true. Later, after winning the presidency himself, he proved it wasn't by overcoming the best-laid plans of radical environmentalists and translating his analysis into programs that led to increased exploration, discovery and production of oil and natural gas. He boosted coal production, too, and through all of this fed a robust economic recovery he was otherwise helping to manage, reversing the economic spiral of the Carter years.

Reagan believed in American ingenuity. He trusted free markets and they performed as expected, and now – thanks partly to what he helped get going – we are nearing an energy boom. Sadly, someone is getting in the way: Obama, who is presiding over the weakest economic recovery since World War II and holds hands with the radical environmentalists Reagan fought.

Obama gave a speech on the economy the other day, asking, among other things, for more spending on infrastructure, which would not be necessary if he had stuck to his original plan to afford us infrastructure heaven in the 2009 stimulus. In fact, the projects chosen were not always the most important and money was diverted for such other stimulus objectives

as spending \$349,243 per home for broadband Internet access in one area where federal help wasn't much needed.

Talk about scandals.

The truth is that more seriously addressing waste would provide enough funds to fix highways and bridges most in need along with normal funds properly spent and non-federal efforts being pursued. Meanwhile, how about approving the privately financed Keystone XL pipeline that could provide thousands of jobs, lots of oil from Canada and billions to the economy? Science says do it, radical environmentalists are opposed and Obama is so far heading them more than science and this particular infrastructure need.

But hasn't Obama, like Reagan, helped direct increased production of oil and natural gas? He brags as if he has, but he hasn't. It's happening, but mainly on private lands. Whereas Reagan opened up federal lands, Obama is playing hard to get. During his years in office, it's reported that energy production is down on them, even though they harbor resources vital in boosting the economy and adding more desperately needed jobs.

The issue, as a couple of additional sources recently agreed, is that it's easy for radical environmental groups to get in the way of permits when dealing with an administration that is largely in philosophical cahoots with them. One consequence is to limit an energy boom that would soon be bursting out all over if Obama would just do the nation a little favor. Repeat some Reagan history.

■ Jay Ambrose is a columnist living in Colorado.

### Lake City Reporter

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Letters to the Editor should be typed or neatly written and double spaced. Letters should not exceed 400 words and will be edited for length and libel. Letters must be signed and include the writer's name, address and telephone number for verification. Writers can have two

letters per month published. Letters and guest columns are the opinion of the writers and not necessarily that of the Lake City Reporter.

**BY MAIL:** Letters, P.O. Box 1709, Lake City, FL 32056; or drop off at 180 E. Duval St. downtown.

**BY FAX:** (386) 752-9400.

**BY EMAIL:** news@lakecityreporter.com

### LETTERS TO THE EDITOR

## Thanks for supporting spray field project

**To the Editor:**

This is in reference to the headline "Spray field project backed," July 19, Lake City Reporter.

The Ichetucknee Alliance is a grassroots organization dedicated to the restoration and preservation of Ichetucknee Springs and River. We are pleased to commend the Columbia County Commission for approving the expenditure of \$100,000 toward a plan to convert the city's

wastewater spray field to a wetland treatment system.

This proposed facility will be a major step in reducing nitrate that is impacting our aquifer and the Ichetucknee. Furthermore, we commend the city for pledging \$200,000 and the Suwannee River Water Management District for pledging \$400,000 for this important project. We trust that the Department of Environmental Protection will provide the remaining funding from the 2013 Springs

Protection appropriation.

Ensuring that this project is sustained to completion will demonstrate that our community cares about our springs. We applaud the city, the county and the water management district for standing tall for the Ichetucknee, "the people's spring."

**John Jopling**  
President  
Ichetucknee Alliance

# COMMUNITY CALENDAR

■ To submit your Community Calendar item, contact Jim Barr at 754-0424 or by email at [jbarr@lakecityreporter.com](mailto:jbarr@lakecityreporter.com).

## July 31

### Plant clinic

University of Florida Master Gardeners are available every Wednesday from 1 to 4 p.m. at the Fort White Public Library on Route 47 to answer questions about lawns and plants. Bring samples for free diagnosis or solutions. For more information, call 752-5384.

### Soil testing

Columbia County Master Gardeners will do free soil pH testing each Wednesday at the Columbia County Extension Office's new location, 971 W. Duval St. (U.S. 90), Suite 170. Drop off soil samples at the office any week day during business hours. For more information, call 752-5384.

### Men's Bible study

Our Redeemer Lutheran Church will have a men's breakfast and Bible study from 7 to 8 a.m. each Wednesday at the church, 5056 SW State Road 47, one mile south of Interstate 75. For more information, contact Pastor Bruce Alkire at (386) 755-4299.

## July 31-Aug. 2

### Revival services

Fellowship Missionary Baptist Church, 1015 SW Birley Ave., will have revival services at 7 each night. The speaker will be the Rev. Dr. Michael Warren of Pleasant View Baptist Church in Apopka.

## July 31-Aug. 3

### Art classes for youth

The Art League of North Florida and the Columbia County Public Library will have free art classes for children 10 to 14 years old. Registration will be from 10



JASON MATTHEW WALKER/Lake City Reporter

## Maintaining the system

AT&T technician Mark Cade is seen in a bucket 20 feet high as he does maintenance work on a line along Marion Avenue on Tuesday.

a.m. to 11:30 a.m. July 31 at the West Branch Library on Hall of Fame Boulevard. Classes will be from 10 to 11:30 a.m. Aug. 1-3 at the West Branch Library. Classes will be taught by professional artists. Space is limited, and early registration is recommended.

## Aug. 1

### Cleanup classes

Servpro will offer two free continuing education classes at Fairfield Inn & Suites, 538 SW Corporate Drive. Subjects will be bio-hazard cleanup and ethics. For more information or to register, call (386) 754-0261 or email [servpro9322@comcast.net](mailto:servpro9322@comcast.net).

### Hospice volunteers

Haven Hospice, a non-profit organization, is seeking compassionate volunteers who are interested

in making a difference in the lives of patients and families facing life-limiting illnesses. Anyone interested is asked to call Carolyn Long at (386) 752-9191 by Aug. 1 to reserve a place in the next volunteer orientation session. Orientation will be Tuesday, Aug. 13, from 9:30 a.m. to noon at the Haven Hospice Suwannee Valley Office, 675 W. U.S. 90. The orientation will discuss Haven Hospice and its network of services for the community and the many ways volunteers can choose to get involved, including providing patient/family support, visiting nursing homes, working in our Haven Attic resale store, assisting with fundraising activities and office tasks.

## Aug. 2

### First Friday

Jazz music by Unspoken, Joel St. John and Rose Burls will be performed at The Cafe', 281 N. Marion St., from 6 to 10 p.m. Food and drinks will be available. Cost is \$6 per person in advance or \$8 at the door. Purchase tickets at The Cafe' or call (407) 690-0776. Proceeds will be donated to Richardson Community Center's back-to-school book bag giveaway.

### Boys Club sign-up

The Boys Club of Columbia County is now registering for the fall session, which runs Aug. 19 through Dec. 1. All boys and girls ages 6 to 14 are eligible. The club picks up children from elementary, middle and high schools. The fee is \$200 per child, which includes transportation. The club offers indoor and outdoor sports, game room, homework help, a

computer lab and other activities. For more information, call 752-4184.

## Aug. 3

### CHS class reunion

The Columbia High School Class of 1983 will have a reunion at 7 p.m. at the Columbia County Fairgrounds pavilion. For more information, contact Carmen Bickel at [texasrds@aol.com](mailto:texasrds@aol.com) or Sheri Roberts at (386) 965-5394.

### Humane Society raffle

The Lake City Humane Society is holding a raffle for a beach blanket handmade by Kathy Dixon and donated to the society. Tickets are \$1 each. The drawing will be Aug. 3 at the Gleason Mall. The blanket can be seen and tickets purchased at Creative Ideas Hair Salon, 819 SW Alachua Ave. Call (386) 438-8488.

## Aug. 3-4

### Family and friends

Mount Tabor AME Church, 519 SW L.M. Aaron Road in the Watermelon Park Community, will have a family and friends weekend. On Saturday, there will be a Songfest showcasing local talent, followed by the annual First Saturday in August Picnic. The picnic is a church-sponsored event and all water and drinks will be provided by the church concession stand. On Sunday, services will begin at 11 a.m. The community is invited. For information, call George Moultrie at (386) 965-8920 or Reola Finkley at (386) 438-4803.

## Aug. 4

### Homecoming services

Jerusalem Missionary

Baptist Church, 4637 NW Lake Jeffery Road, will have Homecoming services. The 11 a.m. service will be rendered by the Rev. W.W. Williams and the 3 p.m. service will be by the Rev. Willie J. Lucas. For more information, call (386) 365-4919.

### Homecoming service

Long Branch Congregational Methodist Church on County Road 135 in White Springs will have a homecoming service celebrating 112 years of Christian service at 11 a.m. Brother Randy Ogburn, pastor of Watertown Congregational Methodist Church, will bring the message. A covered-dish lunch will follow the service. For more information, call (386) 397-2673.

### Homecoming service

Fellowship Missionary Baptist Church, 1015 SW Birley Ave., will have a homecoming service at 11 a.m. with the Rev. Wyndell Wallace bringing the message. A dinner will be served in the annex after the service.

### Family reunion

The annual Allbritton family reunion will be at noon at Deep Creek Community Center on U.S. 441 North. Bring a covered dish to share. For information, call Dessie Meeks at 752-1473.

## Aug. 5

### Women's Bible study

A women's Bible study class will be held each Monday at 9:30 a.m. at the Class Extension of Our Redeemer Lutheran Church, 436 SW McFarlane Ave. For more information, call Esther at (386) 752-9909.

## OBITUARIES

### Dorothy Marie Chestnut

Dorothy Marie Chestnut, 57, passed away Monday, July 29, 2013 at the Suwannee Valley Care Center (Haven Hospice). She was the daughter of the late Charles and Myrtis [Skinner] Davis and a lifelong resident of Suwannee County. She was a loving mother, grandmother, and faithful caregiver to her family and friends. She was preceded in death by her parents, her brother, Charles Davis Jr., sisters, Cora Frye and Rhonda Sharp, and her son, Donnie Abbott. Survivors include her daughter, Donna Abbott of Live Oak, FL; sisters, Gloria Royals of Wellborn, FL and Sandra Hill of Jennings, FL; grandchildren, Brad, Chadd & Kaylin Abbott and Brayden Blake all of Lake City, FL. Memorial services will be held at 1:00 p.m., on Thursday, August 1, 2013 in the chapel of Gateway-Forest Lawn Funeral Home with Cary Bryan officiating. GATEWAY-FOREST LAWN FUNERAL HOME, 3596 South U.S. Hwy 441, Lake City, FL, 32025. (386) 752-1954. Please leave words of encouragement for the family online, at [www.gatewayforestlawn.com](http://www.gatewayforestlawn.com)

### Elizabeth Ann Ruark

Elizabeth Ann Ruark, 80, passed away on July 29, 2013 at the Health Center of Lake City. She was the daughter of the late George and Gertrude [Kohlbecher] Ruark. She had been a resident of Lake City for the past 19 years, having moved here from Eastpointe, Michigan. She was a loving sister, aunt, and a faithful member of Epiphany Catholic Church where she served with the Alter Society and on the Liturgy Committee. She is preceded in death by her parents, her brother, George Henry Ruark, her sisters, Mary Maynard, Gertrude and Katherine Ruark, and her niece, Nanette Carnevale. Survivors include her sister, Matilda Ruark of Lake City, FL; nieces, Karen Ann Petre of Hoschton, GA and Mary Swinney of Orlando, FL; great nieces, Suzanne Pratt of Hoschton, GA, Christine Scheurich of Buford, GA, Jessica and Tiffany Swinney both of Orlando, FL and great grand nephew, Bradley Scheurich of Buford, GA. Funeral services will be held at 11:00 a.m. on Friday, August 2, 2013 at Epiphany Catholic Church with Father Mike Pendergraft officiating. Interment will follow in Forest Lawn Memorial

Gardens. Visitation with the family will be Thursday evening, August 1, 2013 from 6:00 p.m. until 8:00 p.m. at the funeral home. GATEWAY-FOREST LAWN FUNERAL HOME, 3596 South U.S. Hwy 441, Lake City, FL 32025. (386) 752-

1954. Please leave words of loving kindness for the family at [www.gatewayforestlawn.com](http://www.gatewayforestlawn.com)

Obituaries are paid advertisements. For details, call the Lake City Reporter's classified department at 752-1293.

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## Selenium deficiency can lead to many diseases

### Dear Pharmacist:

I have Hashimoto's thyroid disease, and my husband has Grave's. We are a perfect match because he makes too much and I make too little. Advice?

— B.L.,  
Dallas, Texas

### Answer:

You're little thyroid is a small gland with a big function. Located at the base of your throat, your thyroid produces hormones that control your metabolism (as in fat-burning ability) and regulates the rhythm of your heart and your body temperature. That explains why you eat like a bird and gain weight, while your hus-

band eats like a horse and stays thin. People like that either have a healthy thyroid and good metabolism, or they have intestinal parasites!

Well, anyway, the point is, one glitch in your thyroid and dangerous consequences can ensue, ranging from encephalopathy to heartbeat irregularities. Most people think hypothyroidism is strictly about fatigue, cold sensitivity and weight gain but news flash, it causes misery head to toe.

The opposite of hypothyroidism is hyperthyroidism, where excessive thyroid hormone is produced causing weight loss, rapid heartbeat, and heat intolerance (and 100 more symptoms). Hyperthyroidism

### DEAR PHARMACIST



**Suzy Cohen**  
info@dearpharmacist.com

is often referred to as Graves' disease, an autoimmune condition where the body attacks its own thyroid gland. A goiter in the neck can occur. Whether you have hypo- or hyperthyroidism, selenium is one trace mineral that may help. There are others that I've written about in the past (see my article archives). Selenium has been

shown in clinical trials to either slow the progression of or reduce symptoms of thyroid conditions, meaning any imbalance (hyper or hypo). Selenium is directly tied to the health of your thyroid gland. So, discuss this mineral with your doctor.

Your precious stash of selenium may be mugged by ... wait for it ... your medication. Surprised? Well, unfortunately it's true, your medicine might be crashing your thyroid over time, and this is covered in the selenium chapter in my book, "Drug Muggers."

Here are some common muggers of selenium:  
— Acid reducing medications  
— Antidepressants

— Corticosteroids  
— Hormone-replacement therapy  
— Birth control pills  
— Breast cancer drugs  
— Sulfonamides

If you take any of those, selenium supplementation may be critical for you. And just FYI, it's not just medicine, certain medical conditions and beverages affect selenium status. Recently, scientists discovered a certain gene is associated with thyroid cancer. This gene usually stops tumor growth, and when lifestyle factors turn it off in your body, thyroid tumors are more apt to

grow.

If you'd like more details about thyroid disease, this cancer gene, how to switch it back on or anything else, sign up for my "health tips" newsletter at my website, in the banner, upper right hand corner.

One more thing, selenium-rich foods include walnuts, tuna (not too much. Mercury.), shrimp, eggs, cheese, turkey, beef and oatmeal. I like Brazil nuts because eating four per day gives you about 200 micrograms of selenium.

■ Cohen is a pharmacist in Gainesville.

## Insurance officials: Rates likely to rise in Fla. under ACA

By **KELLI KENNEDY**  
Associated Press

MIAMI—Florida's insurance officials said Tuesday that health insurance rates will rise 5 to 20 percent for small businesses and 30 to 40 percent in the individual market through the state's new exchange under the federal health law.

Some of the state's largest individual health insurers, including Florida Blue and Cigna, will be among 11 plans competing through the exchange in the individual market and five insurers will offer plans in the small group market. Florida insurers have until today to approve plans in the exchange.

Under the Affordable Care Act, coverage sold on the individual market has to undergo a significant upgrade. As of Jan. 1, insurers can no longer turn away people with pre-existing medical conditions, and they will be limited in what they can charge to older policy holders. Consumers' financial exposure will be capped. Insurers are also required to offer a certain set of benefits under the plans, so while prices may increase, consumers will be getting an upgraded product.

But residents making less than \$48,000 a year will receive a voucher from the federal government to help offset premium costs. The less a person makes, the more the government will pay.

In general, premiums in the individual market will be higher on average, but after the tax credits, most people will end up paying less, said Larry Levitt of Kaiser Family Foundation, who commented on the exchanges in general and was not speaking specifically to Florida's rates.

Several other states have already released rates, but the Republican-led Florida Legislature, which has been reluctant to implement the new health law, decided to let the federal government run the state's online marketplace. The feds aren't expected to release the rates until September.

The new marketplaces, which are open for enrollment Oct. 1, will have the feel of an online travel site where individuals, families and small businesses can compare different private insurance plans. Individuals will be required to either have health insurance from their employer or purchase it and will pay a roughly

\$100 penalty next year if they don't. Anyone making below the poverty line, \$11,490 for an individual or \$23,550 for a family of four, won't be eligible to buy insurance through the online marketplace.

"Everyone is so focused on price that they're giving the consumer a false sense that it's only the price that's important to them," said Ray Smithberger, general manager in charge of Cigna Individual and Family Plans. For example, they want potential customers to understand that even though a premium may be low, there could be a \$5,000 deductible before the plan kicks in.

Cigna will offer two to four plans at the bronze, silver and gold levels to residents in the Orlando, Tampa and South Florida areas that will include a variety of deductibles. The insurer will not offer platinum or catastrophic plans.

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# SPORTS

Story ideas?

Contact  
**Tim Kirby**

Sports Editor  
754-0421  
tkirby@lakecityreporter.com

Wednesday, July 31, 2013

www.lakecityreporter.com

Section B

## BRIEFS

### CHS SWIMMING

#### Parents meeting on Thursday

Columbia High swim team has a parents meeting from 6:30-7:30 p.m. Thursday in the education building across from the pool. Parents of previous swimmers and those who want to try out for the team are invited. The first practice is 4-6 p.m. Aug. 5 at the pool. All paperwork is due by the first practice.

For details, call coach Mary Kay Mathis at (386) 397-6661.

### CHS FOOTBALL

#### Season tickets at McDuffie's

Columbia High football season tickets, corporate sponsor gifts and booster parking passes are available at McDuffie Marine & Sporting Goods on U.S. Highway 90 west.

For details, call Alan Moody at 288-8408.

### CHS CROSS COUNTRY

#### Practice begins Aug. 5 at track

The first practice for Columbia High's cross country team is 5 p.m. Aug. 5 at the CHS track. A parent's meeting is scheduled for 5:30 p.m. Aug. 8 at the track.

For details, call coach Brooke Solowski at (352) 507-3091.

### CHS GIRLS GOLF

#### Tournament at Quail Heights

The Columbia High girls golf team has a three-person scramble set for Aug. 10. The fundraiser tournament begins with a shotgun start at 8:30 a.m. Format is three-person captains choice with gross and net prizes. Cost of \$75 per player includes golf, lunch, prizes and a cash payout for the gross and net team winners.

For details, call the pro shop at 752-3339.

■ From staff reports

# Changing roles

## Ronsonet goes from Tiger to Indian in new role as coach

By **BRANDON FINLEY**  
bfinley@lakecityreporter.com

It's not every day that a player graduates high school and is elevated to a head coaching position.

But that's exactly what happened for Kelbie Ronsonet as her volleyball background and work ethic helped her land the head coaching job of Fort White High's volleyball team.

Ronsonet was a Columbia High player just last season, but doesn't expect her age to be any problem with leading the Lady Indians.

"I've had a job since I was 15 years old," Ronsonet said. "I always thought that I was mature for my age. I was actually a manager at Maurices before this. It's kind of funny, because last year the girls joked that I should coach. When I heard it was open, I thought that it would be really cool to be able to share my knowledge. I wanted to give them a chance to have a good season. I thought I would wing it and give it a try."

Winging it paid off and

Ronsonet will have a chance to lead the Lady Indians beginning on Aug. 22 when Fort White plays host to Union County and Lafayette high schools.

But what led the freshly graduated former Tiger to believe that she was ready?

"I heard about the job through a couple of parents," Ronsonet said. "They're friends with my dad, and I thought I'd apply. When they wanted to see me for an interview, I was like, they're serious? I know a lot about the game and played for a travel team that came in third in the country in nationals. I've learned from all kinds of different coaches. I made the decision not to go to college for volleyball due to a couple of ankle injuries. I thought what a great way to still be in the sport without reaching further injury."

Ronsonet may have given up college as far as sports go, but she still plans on completing her education.

"I'm (Florida Gateway College) and have six more

**COACH** continued on 2B



JASON MATTHEW WALKER/Lake City Reporter

Former Columbia High school volleyball player Kelbie Ronsonet will be starting as Fort White High School's new varsity volleyball head coach this school year.



### Community Relations Manager

Suwannee Valley Electric Cooperative, Inc. has a job opening for a Community Relations Manager. This position reports directly to the Executive VP/CEO and its purpose is to promote communications, public relations and economic development programs aligned with the Cooperative business priorities; assist in the development, implementation and evaluation of strategies, plans and operational management of public relations; promote effective community and governmental relationships with local and state governmental agencies, elected and appointed officials and business and community organizations.

This position requires a minimum of 2 years of college or, one year of related job experience with one year of college. Applications and Resumes are being accepted on our website at [www.svec-coop.com](http://www.svec-coop.com), under "about us". The deadline for accepting applications is Friday, August 9, 2013.

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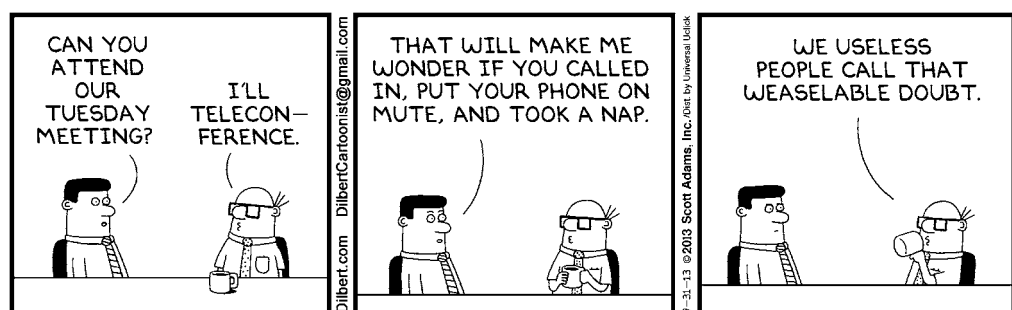
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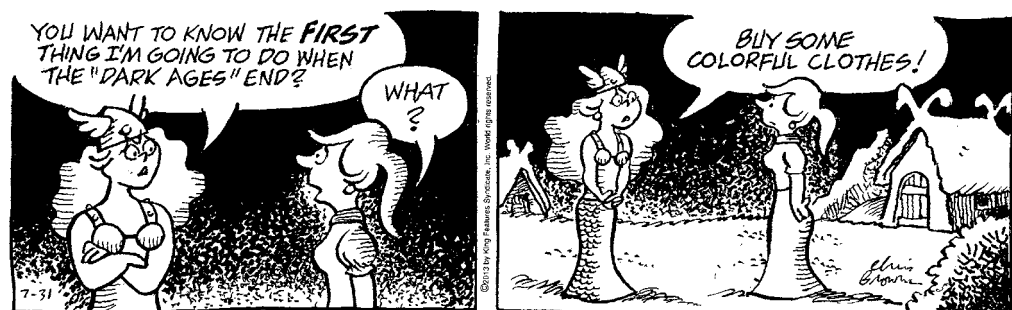
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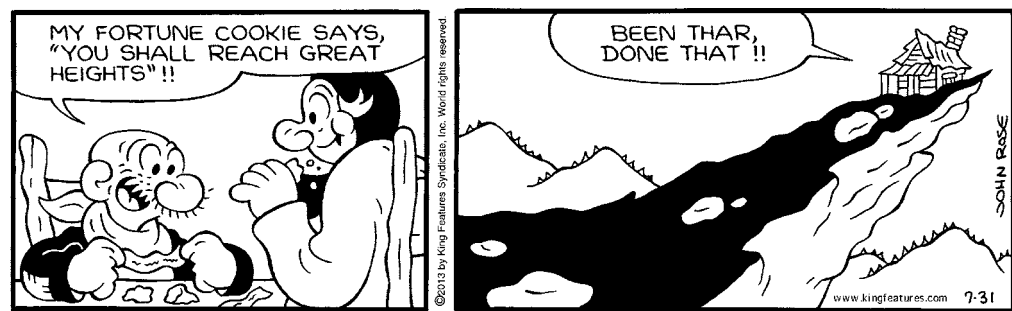
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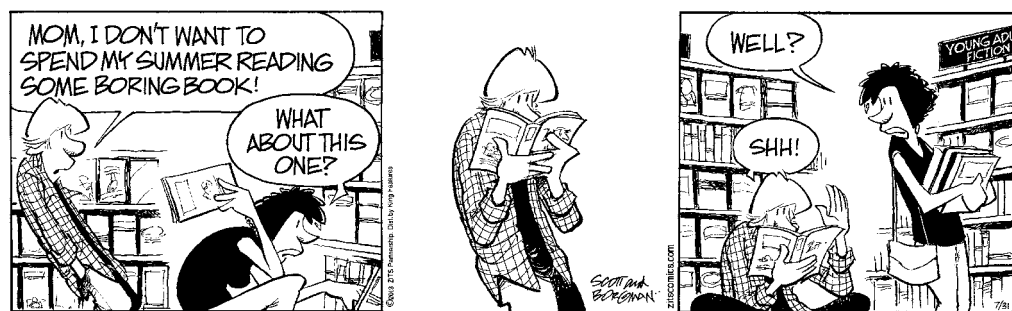
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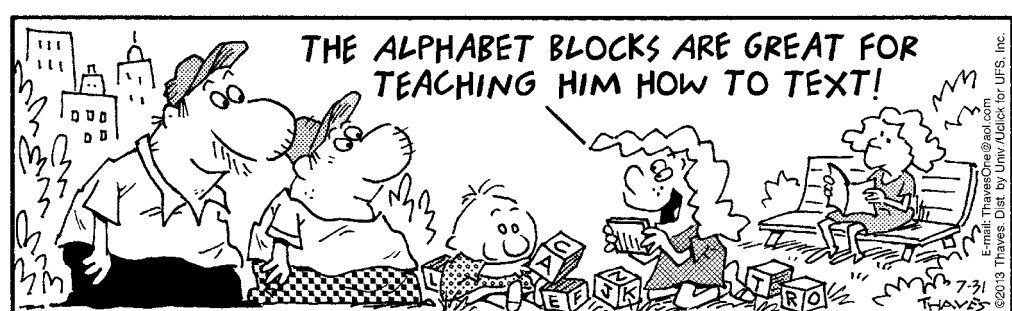
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FOR BETTER OR WORSE



DEAR ABBY

Young couple's intimacy is risky without birth control



Abigail Van Buren www.dearabby.com

DEAR ABBY: My girlfriend, "Allison," and I have been in a relationship for two years. We met in our sophomore year of high school and have been dating ever since. We have an incredible relationship.

We were virgins when we started dating, but decided we would lose our virginity to each other. We have always used birth control pills and condoms to ensure we wouldn't be having any children.

Earlier this month we had a pregnancy scare. Allison had failed to tell me she stopped taking her birth control pills three months ago. My trust was broken, but most of all I was scared she might be pregnant. It turned out she wasn't, but because of the incident I have been skeptical about making love to her. She says this frustrates her, but I have told her the reason I won't is because she refuses to take the pill.

Abby, we are way too young to have a child and are totally unprepared. I'd still like to be intimate with Allison, but I'm afraid. What should I do? - BETRAYED IN BANGOR, MAINE

DEAR BETRAYED: You appear to be an intelligent and responsible young man. The first thing you should do is thank your

higher power that there wasn't an "accident" and your girlfriend didn't become pregnant.

The next thing you should do is find out why Allison would stop taking her birth control pills without telling you. If there was a medical reason, there are other methods she could have used in their place. (If you are planning to attend college, she may have been thinking a baby would "anchor" you to her.)

And last, recognize that if you resume having sex with her - which I emphatically DON'T recommend - that you won't be able to trust her as far as birth control is concerned, and you will be the one totally responsible for preventing a pregnancy.

The saying, "Fool me once, shame on you; fool me twice, shame on ME," applies here.

\*\* \*\* \*

DEAR ABBY: I would like your opinion on the

relatively new craze of trashing the wedding dress. I think it's a deplorable waste. I'm sorry I kept mine and watched it yellow over the years, but I haven't heard a reasonable argument for destroying the gown.

Some women say if they have a daughter, she wouldn't want a dated dress. But if the dress is currently in style, I'm sure some less fortunate girl would love to have it. Rather than trash it, I say why not donate the dress or sell it and send the money to a woman's charity? - SENSIBLE IN THE SUNSHINE STATE

DEAR SENSIBLE: The only rational reason I can think of for "trashing" a wedding dress would be if the marriage was a disaster and the bride was doing it as a way of venting her anger. I can't speak for all young women, but I am willing to bet that many would be thrilled to wear the gown their mother wore. And for those who aren't interested or can't fit into it, your idea of recycling is compassionate, generous and sensible.

Write Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

HOROSCOPES

THE LAST WORD Eugenia Last

ARIES (March 21-April 19): Overindulgence and overreacting will not pay off when it comes to domestic affairs. You are best to listen to what's being proposed and to weigh the pros and cons carefully before you make a commitment that you may find confining.

TAURUS (April 20-May 20): Strive for perfection. Turn an idea into a profitable venture. Promote and present plans and you will get support. Romance is in the picture, and putting time aside to spend with someone you care for will enhance your relationship.

GEMINI (May 21-June 20): Mixing business with pleasure is likely to jeopardize your job. Focus on what you can do for others and you will advance. A quick but practical response will put you in a favorable position regarding future prospects. Rely on past experience.

CANCER (June 21-July 22): Take care of personal responsibilities. Your ability to take control and make things happen will be impressive. Love is on the rise, and making changes to your lifestyle or the way you live will bring stellar results. Live in the moment.

LEO (July 23-Aug. 22):

Proceed with caution. Be wary of anyone asking for too much or taking advantage of what you have to offer. Don't be afraid to speak up and let your wishes be known. You will excel if you put in an honest effort.

LIBRA (Sept. 23-Oct. 22): Don't be too quick to judge or to believe what you hear. You can and should look at your options and professional opportunities that can lead to a better future, but make sure your motives are right before you make a decision.

SCORPIO (Oct. 23-Nov. 21): Think, experiment and follow through. Believe in who you are and what you do. Let your imagination lead the way and your heart decide what's best for you. Romance will enhance an important relationship. Live, love and laugh.

SAGITTARIUS (Nov. 22-Dec. 21): Play hard, have fun and most of all, keep everyone guessing what you'll do next. The element of surprise will be your best weapon when you face competition. Changes at home that will help you lower your overhead should be considered.

CAPRICORN (Dec. 22-Jan. 19): Make important decisions regarding professional direction or personal status. Staying in control will be what counts if you want to protect your assets and set the standard for future dealings. Romance is in the stars.

AQUARIUS (Jan. 20-Feb. 18): You can learn through observation. Not everyone will offer a clear description of what's expected of you. Ask questions that will leave no room for misinterpretation. Changes to the way you live will lift your spirits. Rely on emotional insight.

PISCES (Feb. 19-March 20): Put pressure on anyone standing between you and your dreams. Don't let emotional blackmail lead you down the wrong path. Set your sights on your goals and follow through. Love is heading in your direction, but so are ulterior motives.

CELEBRITY CIPHER

by Luis Campos

Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

" U W H X D W V M E V W R H B X M E V X E C J F D X : I H V T . R E C X J C N W I I H V T E S W V C J F D X , U J X D U J I W Z G B R H X X W V W I Z J F D X A G P E V C J C F . " - F W E V F W R H V Z J C

Previous Solution: "I came from a real tough neighborhood. Why, every time I shut the window I hurt somebody's fingers." - Rodney Dangerfield

TODAY'S CLUE: F equals G

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CLASSIC PEANUTS







