

Seniors

Gulf Breeze NEWS

Old Christmas lights still shining bright

After attending the Christmas concert at Old Christ Church, I returned to admire all the festive decorations that shone brightly up and down the street (including my own lights, of course.) I hope your neighborhood is like ours - everyone goes all out to make the most of the holidays. It's a lot of work, but it's worth it. Many folks drive around at night just to see all the lights. Uh-oh, I just remembered: everything has to be taken down now and packed away for another year.

I know a couple of strings of lights will have burned out, and my big wreath with the lights and poinsettias is getting pretty old and starting to fall apart in several places, but it looks all right at nighttime.

But now I have to find room in the closets to fit the Christmas stuff back in. It has to go in with all those other decorations - Valentine's, St. Patrick's Day, Easter, Halloween - I could go on and on. Well, I'll worry about that next week. After all, there is always next year.

How many of you have ever heard about the painful and debilitating

Senior Scene

Bette Boyle



ailment commonly known as frozen shoulder (or, in the fancy Latin terminology, adhesive capsulitis?)

This condition may be a result of trauma, calcium deposits, or tendonitis. Symptoms may include restricted motion in all directions and associated pain.

It's important to seek early treatment for a frozen shoulder - also, physical therapy is indicated, including heat, ultrasound, and eventually, strengthening exercises for the shoulder muscles.

The physician may choose to inject cortisone directly into the shoulder joint, or, as a last resort to restore the range of motion, patients may be placed

under general anesthesia while an orthopedist manipulates the shoulder.

Having a son who is becoming an 'official' senior this year by passing the age of 65, I was encouraged to hear that he had long ago given serious thought to his retirement plans. I advised him (not as his mother) to take a long hard look at the issues. You may want to go over some of these yourself, if you are a 'young' senior.

First, assess your current needs - will they change when you retire? What special plans or dreams do you have? Will those frequent trips to Europe still be possible? Are you making the most

of your company's retirement plan and/or your 401K? And, last of all, is retirement mandatory at some point, or do you have the option of continuing to work if you choose to do so?

I hope my children are able to follow in our family's footsteps and enjoy a long and happy retirement. And I wish you good luck with your retirement, from a "senior" senior!

If one of your New Year's resolutions is to get out and exercise more - or to get out and socialize more - you can do both by joining the Gulf Breeze Methodist Church's walking club.

The club meets Wednesdays at 6:30 at the church at 75 Fairpoint Drive in central Gulf Breeze. From there, they walk a variety of routes through town, some short and some longer. You don't have to be a member of the church to join the club, so get out your new sneakers and get going. Call 932-3594 for more information.

A thought for the New Year - Aspire to inspire before you expire. See you next week!

NOTICE OF APPLICATION FOR TAX DEED

NOTICE IS HEREBY GIVEN THAT KENNETH G THORPE holder of the following Tax Sale Certificate has filed said Tax Certificate for the Tax Deed to be issued thereon. The Certificate Number and year of Issuance, the Description of property, and Name(s) in which it is assessed is as follows:

Certificate Number: 2132
Year of Issuance: 2004

Description of Property: LTS 80 & 81 OF UNREC AVALON VILLAS, AS DES IN OR 1851 PG 1901 Parcel ID: 36-1N-29-0000-00206-0000 Name in which Assessed: ROBBIE BREWER LABORDE All of the above property is located in Santa Rosa County, in the State of Florida.

Unless such certificate shall be redeemed according to Law, the Property described in such Certificate will be sold to the Highest Bidder, at the east end lobby of the County Administrative Complex at 6495 Caroline St., Milton, Florida on the 5th day of February, 2007 at 12:00 noon. Dated this the 13th day of December, 2006.

Mary M. Johnson Clerk of the Circuit Court of Santa Rosa County, Florida

IN THE CIRCUIT COURT IN AND FOR SANTA ROSA COUNTY, FLORIDA PROBATE DIVISION

IN RE: ESTATE OF HERBERT MITCHELL LYLE, Deceased.

File No.: 57-2006-CP-396 Division:

NOTICE TO CREDITORS (Summary Administration)

TO ALL PERSONS HAVING CLAIMS OR DEMANDS AGAINST THE ABOVE ESTATE:

You are hereby notified that an Order of Summary Administration has been entered in the estate of HERBERT MITCHELL LYLE, deceased, File Number 57-2006-CP-396, by the Circuit Court for Santa Rosa County, Florida, Probate Division, the address of which is 6865 S.W. Caroline Street, Milton, Florida 32570; that the decedent's date of death was September 9, 2006; that the total value of the estate is \$12,000.00 and that the names and addresses of those to whom it has been assigned by such order are:

Name/Address
Herbert Mitchell Lyle, II
4441 Stacey Circle
Milton, FL 32583

Cynthia Lyle
4217 Seaport Road
Pace, FL 32571

Melissa Proper
4586 Southern Place
Milton, FL 32571

NOTICE OF APPLICATION FOR TAX DEED

NOTICE IS HEREBY GIVEN THAT DONALD R OR JUANITA L JOHNSON holder of the following Tax Sale Certificate has filed said Tax Certificate for the Tax Deed to be issued thereon. The Certificate Number and year of Issuance, the Description of property, and Name(s) in which it is assessed is as follows:

Certificate Number: 1782
Year of Issuance: 2004

Description of Property: PROPERTY DESCRIBED IN OR BOOK 328 PG 121 Parcel ID: 34-6N-28-0000-01420-0000 Name in which Assessed: JOHN H CALHOUN JR All of the above property is located in Santa Rosa County, in the State of Florida.

Unless such certificate shall be redeemed according to Law, the Property described in such Certificate will be sold to the Highest Bidder, at the east end lobby of the County Administrative Complex at 6495 Caroline St., Milton, Florida on the 5th day of February, 2007 at 12:00 noon. Dated this the 13th day of December, 2006.

Mary M. Johnson Clerk of the Circuit Court of Santa Rosa County, Florida

ALL INTERESTED PERSONS ARE NOTIFIED THAT:

All creditors of the estate of the decedent and persons having claims or demands against the estate of the decedent other than those for whom provision for full payment was made in the Order of Summary Administration must file their claims with this court WITHIN THE TIME PERIODS SET FORTH IN SECTION 733.702 OF THE FLORIDA PROBATE CODE. ALL CLAIMS AND DEMANDS NOT SO FILED WILL BE FOREVER BARRED. NOTWITHSTANDING ANY OTHER APPLICABLE TIME PERIOD, ANY CLAIM FILED TWO (2) YEARS OR MORE AFTER THE DECEDENT'S DATE OF DEATH IS BARRED. The date of first publication of this Notice is December 28, 2006.

Attorney for Person Giving Notice: MICHAEL D. TIDWELL, ESQUIRE Michael D. Tidwell, P.A. 811 North Spring Street Pensacola, Florida 32501 (850) 434-3223 - Phone (850) 434-3822 - Fax Florida Bar No.: 0899887 Attorney for Petitioners

Person Giving Notice: HERBERT MITCHELL LYLE, II

LEGAL 255 Gulf Breeze News 12/28/06, 1/04/07

Turn of a new year offers a fresh start

Have you made your New Year's resolutions? I've rarely been successful keeping mine. One problem is that they were always too vague. ("Get fit." "Eat right.") Or maybe they were too stringent. ("Work out at the gym every day." "Save \$50 every month.") I've decided to try again, but to give myself some leeway in how I approach resolutions.

I've broken them down into categories -- brain, body, financial, others -- with

choices for each one. All I have to do is pick from the menu a couple times a week. While not a perfect plan, I'll at least be heading in the right direction. Perhaps an activity or two will become a routine.

Brain: Tackle the crossword puzzle in the newspaper. Check foreign-language tapes out of the library. Read a book by an author I don't know. Subscribe to a new monthly magazine. Expand my vocabulary. (I've signed up with www.word-

smith.org, and they promise not to sell my e-mail address, so I won't get spam.)

Body: Get up and exercise during TV commercials. Join a walking group or walk a neighbor's dog. Eat broccoli (that's a tough one).

Financial: Save all my

SENIOR NEWS LINE

by Matilda Charles

change in a jar -- at the end of each month, half of whatever is in the jar is mine to spend as I please. Cut coupons and use them. Shop the thrift store when possible.

Others: Visit a retirement center and play cards with the residents. Take a non-driving senior shopping or to a doctor appointment. Volunteer to wield a paintbrush at a Habitat for Humanity house. Shelve books at the library. Help another senior set up an e-mail program.

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Others: Visit a retirement center and play cards with the residents. Take a non-driving senior shopping or to a doctor appointment. Volunteer to wield a paintbrush at a Habitat for Humanity house. Shelve books at the library. Help another senior set up an e-mail program.

Facing the worst case scenario in bridge

The bidding:
East South West North
Pass 1 NT Pass 3 NT
Opening lead -- four of spades.

Establishing a long suit at either notrump or suit contracts is one of the most common of all procedures. Before attempting to set up a suit, however, declarer should consider whether one approach to the suit's establishment offers an advantage over another.

For example, take this deal where West led a spade against three notrump. South took East's nine with the king and, needing four club tricks to make the contract, led the deuce to dummy's queen as West followed suit with the

three. When East showed out, there was no longer any way to produce four tricks from the club suit. West's remaining holding of the A-10-9 made that task impossible. Furthermore, regardless of how declarer chose to continue, he could not score nine tricks before the opponents took five, and he finished down one.

Before attacking clubs, South should first examine the combined club holding to see whether it matters how he initiates the suit. Obviously, if the missing clubs are divided 2-2 or 3-1, it makes no difference how he begins. But if one opponent holds all the missing clubs, the contract is in danger, so he should address himself

to that possibility. If East has four clubs, South cannot score more than three club tricks no matter how he plays. But if West has A-10-9-3, declarer can make four tricks in the suit if he starts by leading the jack from his hand.

Let's say West takes the jack with the ace and returns a spade. South wins and leads a club toward the K-Q-8. When West plays the nine -- if he does not, dummy's eight wins the trick -- declarer takes the queen, returns to his hand with a heart and traps West's 10-3 of clubs by leading toward dummy's K-8. A diamond to the ace then allows South to score his fifth club, and the contract is home.

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Contract Bridge

East dealer
North-South vulnerable

NORTH
♠ 10 7 5
♥ K 7 5
♦ Q 8 5 2
♣ K Q 8 1

WEST
♠ Q 8 6 4 2
♥ J 4
♦ K 8
♣ A 10 9 3

EAST
♠ J 9 8 3
♥ Q 10 9 6 5
♦ 10 9 7
♣ 10

SOUTH
♠ A K
♥ A 8 5
♦ A 6 5
♣ 1 7 6 5 3

The Bidding:
East South West North
Pass 1 NT Pass 3 NT
Opening lead: four of spades.

by Steve Becker

*Chronic Cough?
*Sneezing?
*Snoring?
*Wheezing?
...All May Be Allergy Related

GULF BREEZE 932-9434
41 Fairpoint Drive Suite F

PENSACOLA 477-5656
9400 University Pkwy In Baptist Medical Park

Frank Lachowsky, MD, PA
Asthma Board Certified Allergy & Immunology

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9 to 10:30 a.m.

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Thursdays
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CITY OF GULF BREEZE
DIRECTOR SUMMER DAY CAMP

Employment Period: May 23 through August 17, 2007

Plans, organizes, and directs the summer day camp program for the City of Gulf Breeze, Monday through Friday, 7:30 a.m. to 5:30 p.m. Qualifications include a Bachelor's degree in education or closely related field and a minimum of five years professional, full-time experience with elementary age children. The successful candidate must demonstrate the skills and experience necessary to motivate and direct a staff of 20 young adults, develop and administer a budget, and provide a diverse, educational and enjoyable summer day camp experience for 100+ campers. This person should possess extensive knowledge of the Santa Rosa, Escambia County area and the recreational/educational opportunities available therein. Requires strong customer service, public relations skills. Salary: Based on Experience (min. \$600.00 per week). Resumes with references should be submitted to Ron Pulley, Director of Parks and Recreation, 800 Shoreline Dr., Gulf Breeze, FL., 32561 phone (850)934-5140 or fax (850)916-4193.