



SPORTS | B1  
**HIGH SCHOOL FOOTBALL GETS UNDERWAY AROUND AREA**



SPORTS | B1  
**WHAT YOU NEED TO KNOW ABOUT NFL'S RULES CHANGES**

# DAILY COMMERCIAL

Tuesday, July 31, 2018

YOUR LOCAL SOURCE FOR LAKE & SUMTER COUNTIES

@dailycommercial

Facebook.com/daily.commercial

75¢

## Eustis to debut holiday ice rink

**City will look for sponsorships to cover \$200,000 cost**

By Roxanne Brown  
 roxanne.brown@dailycommercial.com

EUSTIS — Eustis city officials are looking to add some extra cheer to holiday

celebrations this year with an attraction reminiscent of those at places like Celebration near Disney and at Rockefeller Center in New York — ice skating.

Eustis Events and Tourism Manager Erin Bailey said the city has earmarked \$15,000 toward a temporary ice skating rink in downtown Eustis

for about one month starting at its Downtown Eustis Light-Up celebration on Nov. 23 to Jan 1, 2019. The ice rink will cost about \$200,000, most of which will come from private sponsorships.

Eustis City Manager Ron Neibert said he hopes people will appreciate the new attraction.

"It'll bring a little more of a Christmasy feel to our Christmas here in Eustis," Neibert said.

Niebert said his vision includes makeshift snowfall, food sales, vendors and a holiday village or Santa house for the children.

Bailey said the ice rink will join the "amazingly

successful" ice slide they debuted at Light-Up last year.

The entire plan, however, is still out for bid.

Once a company is chosen, fundraising efforts to cover costs like skate rentals and operations will begin, Neibert said.

See RINK, A6

## Not so fast



Swimmers, sun bathers and campers enjoy Alexander Springs in Altoona in 2013. [GATEHOUSE MEDIA FILE]

**Groups protest new Florida springs action plans as inadequate**

By Dinah Voyles Pulver  
 GateHouse Media

A sweeping effort to adopt action plans to improve water quality in 13 springs

systems across the state is on hold after a dozen groups and individuals asked to intervene with the Florida Department of Environmental Protection, including one of the department's own springs experts.

Thomas Greenhalgh, a hydrogeologist with the

department's Florida Geological Survey, is one of two people who asked for an administrative hearing on one of the 13 "basin management action plans" signed by Noah Valenstein in late June.

"There are many claims and statements in the BMAP that I believe are inaccurate

and unsubstantiated," wrote Greenhalgh in seeking a state hearing on the plan for the Suwannee River, where he owns property.

He's not alone. Paul Still, who lives on 115 acres on Lake Sampson near

See PROTEST, A6

## Cops: Man exposed himself at Wal-Mart

Staff Report

FRUITLAND PARK — Fruitland Park police Friday arrested a man on charges of exposing himself to an 80-year-old greeter at Wal-Mart.

The greeter told the store's security officer and police that a man later identified as Justin Lee Freeman, 28, of Lady Lake, came into the store at about 6:50 p.m., walked to the vision center, grabbed a pair of sunglasses and sat down on a bench by the door where she was standing.

She told him to put the glasses back on the display. At that point, the man exposed himself.

"The victim advised she yelled at him (uncertain exactly what she said) and he immediately stood up and ran out of the store trying to zip up his pants," the officer noted in his report. "He left the sunglasses behind on the bench."

She notified loss prevention. A short time later, he came back in, walked around the store and left. This time she followed him out of the store while the store detective was on the phone to police. She followed him across the parking lot and onto Dixie Avenue until she saw an officer and flagged him down.

The store provided video of the man exposing himself.

Freeman was charged with lewd and lascivious exhibition in the presence of the elderly and was jailed on \$2,000 bond.

See MAN, A6

## Mom sells device that deadens mosquito bites



"The Bug Bite Thing" acts as a reverse syringe, sucking out the saliva and poison from bugs before the skin has a chance to form a welt. [PROVIDED PHOTO/THE BUG BITE THING]

By Ellie Rushing  
 Tribune News Service

Newcomers to Florida often are struck by its sunny weather, mild winters — and the small, agitating menace of the pesky mosquito.

Kelley Higney, who arrived from California six years ago, couldn't stand the bites any longer and decided to do something about it. The result: the "Bug Bite Thing," a small device that doesn't prevent the insects from biting you, but stops the bite

from developing into an ugly welt.

Higney operates the business out of her Loxahatchee home. The products are made in Denmark, then shipped to a warehouse in Jacksonville before making their way down to South Florida for shipping.

"It's really personal for me because I was the one suffering. There was nothing I could do for my child, and I was tired of it," said Higney,

See DEVICE, A4



LOCAL | A4

**WOMAN ACCUSED OF THROWING FULL BED PAN**

# NATION & WORLD

## IN BRIEF

### LOS ANGELES Police probing whether suspect in NYC murder killed others

Investigators are looking into whether a man suspected of killing a woman he met on a dating app in New York City may have killed others, two law enforcement officials said on Monday. Danueal Drayton, 27, was arrested last week in Los Angeles after police say he sexually assaulted a woman, tried to strangle her and refused to let her leave her North Hollywood apartment.

He pleaded not guilty Monday to attempted murder, rape and false imprisonment charges and was held on \$1.25 million bail. After his arrest, Drayton talked about killing at least five others in Connecticut and New York, the officials said. Investigators are trying to determine whether his claims are true.

### BERLIN Ancient sarcophagus held mirror, cosmetics

Archaeologists say a 3rd century sarcophagus found in what is now western Germany contained the remains of a young Roman woman who was buried along with perfume bottles, a makeup palette and a silver hand mirror.

The Landesmuseum in Bonn said Monday that the massive stone coffin contained an unusual wealth of beauty products, jet jewelry, pins and a folding knife with a handle in the shape of a Hercules figure.

The Associated Press

## LOTTERY

**Sunday, July 29**  
Fantasy 5: 14-20-25-26-36

**Monday, July 30**  
Pick 5  
Afternoon: 5-0-1-6-3  
Evening: 2-2-5-5-4  
Pick 4  
Afternoon: 1-6-9-6  
Evening: 4-0-5-2  
Pick 3  
Afternoon: 4-5-0  
Evening: 7-8-1  
Pick 2  
Afternoon: 1-6  
Evening: 2-1

# California fires displace over 15K

By Jonathan J. Cooper and Sudhin Thanawala  
The Associated Press

REDDING, Calif. — The number of people ordered to flee from two Northern California wildfires has swelled to 15,000, authorities said Monday as flames rolled toward several small towns in a rural area of lakes, forests and mountains.

Elsewhere in the same region, firefighters were hopeful that the state's largest and deadliest blaze of the year was slowing down after days of explosive growth.

The twin fires in Mendocino and Lake counties flared up late Sunday, forcing the new evacuations from the 4,700-resident town of Lakeport and other communities near Clear Lake, about 120 miles north of San Francisco. The blazes have destroyed six homes and threaten 10,000 others. So far, the flames have blackened 87 square miles, with minimal containment.

Those fires were among 17 burning across the state, where fire crews were stretched to the limit.

At midday Monday, Lake County Sheriff's Lt. Corey Paulich put the number of people under evacuation orders at 14,000, up from a previous estimate of 10,000. Another 1,000 people have been displaced in neighboring Mendocino County.

Paulich said residents have been heeding evacuation orders because they have seen the destruction caused by past wildfires, which have destroyed thousands of homes and killed at least four people since 2015.

To the north, near Redding, California, where an unpredictable blaze killed six people, a man whose wife and two great-grandchildren were among the dead said he did not receive any warning to evacuate.

Ed Bledsoe told CBS News he did not know his home was in danger when he left his wife, Melody, and the 4- and 5-year-old children to run an errand on Thursday.

"If I'd have any kind of warning, I'd have never, ever left my family in that house," Bledsoe said.



San Bernardino County Fire department firefighters assess the damage to a neighborhood in the aftermath of a wildfire Sunday in Keswick, Calif. [MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS]

Bledsoe said he received a phone call from his wife 15 minutes after he left saying he needed to get home because the fire was approaching. He said one of the children told him the blaze was at the back door. When he tried to return, the road was blocked and flames prevented him from returning on foot.

Shasta County Sheriff Tom Bosenko told the network there's an investigation into whether the Bledsoe home received a warning call or a knock on the door.

The sheriff said there is evidence that door-to-door notifications were made in the area.

Crews handling the blaze near Redding struck a hopeful tone for the first time in days as the massive fire slowed after days of rapid expansion. As of Monday, the Redding fire had destroyed 723 homes.

"We're feeling a lot more optimistic today as we're starting to gain some ground rather than being in a defensive mode on this fire all the time," said Bret Gouvea, the California Department of Forestry and Fire Protection's incident commander on the blaze around Redding, a city about 230 miles north of San Francisco.

Authorities were also

investigating at least 18 missing-persons reports, though many of them may simply be people who have not checked in with friends or family, police said.

The Carr Fire that threatened Redding — a city of about 92,000 people — was ignited by a vehicle a week ago about 10 miles west of the city.

On Thursday, it swept through the historic Gold Rush town of Shasta and nearby Keswick, fueled by gusty winds and dry vegetation. It then jumped the Sacramento River and took out subdivisions on the western edge of Redding.

Redding Police Chief Roger Moore kept up a round-the-clock work schedule despite learning that his home was one of those destroyed. He was helping evacuate people from his River Ridge neighborhood in western Redding when the flames became unbearable.

"I saw everything around it ignite, and I go, 'It's gone,'" Moore said.

At least one person was arrested on suspicion of stealing from evacuated homes, and authorities were keeping watch for other potential looters, said Deputy Travis Ridenour, whose home also burned.

"Lost our house like so many

others," Ridenour wrote on Facebook. "Still out watching over the ones still standing. No looting on my watch."

After days of fortifying the areas around Redding, fire crews were increasingly confident that the city would escape further damage. The fire had not grown inside the city limits since Saturday, Gouvea said.

Some evacuees were frustrated because they didn't know whether their homes were still standing. Some evacuated neighborhoods were reopened Monday but many remained closed as firefighters mopped up.

Fed up, Tim Bollman hiked 4 miles (6 kilometers) Sunday to check on the Redding home he built for his wife and two sons 13 years ago. He found rubble.

"There's not even anything to pick up," he said. "It's completely gone."

Keswick, a mountain town of about 450 people, was reduced to an ashy moonscape of blackened trees and smoldering ruins.

Meanwhile, officials said a second firefighter died fighting a huge blaze to the south near Yosemite National Park. Brian Hughes, 33, was struck by a tree while removing brush and other fuel near the so-called Ferguson Fire's front lines, officials said.

Visit your local neighborhood  
**Winn-Dixie**  
for the latest deals!

<p><b>LEESBURG</b> Leesburg Winn Dixie 27405 US-27 Suite 119 (352) 315-4188</p>	<p><b>EUSTIS</b> Eustis Winn Dixie 1955 North S.R. 19 (352) 589-2644</p>
<p><b>THE VILLAGES</b> Lake Sumter Landing 820 Old Camp Road (352) 391-1594</p>	<p><b>TAVARES</b> Tavares Winn Dixie 450 E. Burleigh Blvd (352) 343-2002</p>
<p><b>THE VILLAGES</b> The Villages Winn Dixie 2500 Burnsed Blvd (352) 753-5575</p>	<p><b>LADY LAKE</b> Lady Lake Winn Dixie 944 Bichara Blvd (352) 753-5073</p>

Be sure to look for the  
**DAILY COMMERCIAL**  
kiosk. Get a free paper and a great deal on a new subscription.

## America's Farm and Home Store

Visit us at 1715 Citrus Blvd. ~ Leesburg, FL 34748  
(352) 314-0461  
www.ruralking.com

Be sure to look for the  
**DAILY COMMERCIAL**  
kiosk. Get a free paper and a great deal on a new subscription.

YOUR LOCAL NEWS SOURCE FOR LAKE AND SUMTER COUNTIES

## DAILY COMMERCIAL

**PUBLISHER**  
Steve Skaggs: steve.skaggs@dailycommercial.com ..... 352-365-8213

**EXECUTIVE EDITOR**  
Tom McNiff: tom.mcniff@dailycommercial.com ..... 352-365-8250

**DIGITAL EDITOR, LIFESTYLES EDITOR**  
Whitney Lehecker: whitney.lehecker@dailycommercial.com ..... 352-365-8258

**SPORTS EDITOR**  
Paul Jenkins: paul.jenkins@dailycommercial.com ..... 352-365-8204

**SPORTS WRITER**  
Frank Jolley: frank.jolley@dailycommet.com ..... 352-365-8268

**REPORTER**  
Frank Stanfield: frank.stanfield@dailycommercial.com ..... 352-365-8257

**REPORTER**  
Roxanne Brown: roxanne.brown@dailycommercial.com ..... 352-365-8266

The Daily Commercial (ISSN 0896-1042) is published daily for \$178.47 per year (plus Florida sales tax) by GateHouse Media at 212 East Main Street, Leesburg, Florida. Periodicals postage is paid at the USPO, Leesburg, FL. **POSTMASTER:** Send all address changes to the Daily Commercial, P.O. Box 490007, Leesburg, FL 34749-0007. All material contained in this edition is property of the Daily Commercial and is protected under the copyright laws of the United States of America. Reproduction is forbidden without written consent from the publisher.

Retail Advertising ..... 352-314-3278  
Classified Advertising ..... 352-314-3278  
Lake Circulation ..... 352-787-0600  
Sumter Circulation ..... 877-702-0600  
Billing ..... 352-787-0600  
Accounting ..... 352-365-8212

**SUBSCRIPTION RATES**  
Home delivery (Daily/Sunday)  
3 months: 41.70 ..... Tax: 2.92 ..... Total: 44.62  
6 months: 88.40 ..... Tax: 5.84 ..... Total: 89.24  
1 year: 166.80 ..... Tax: 11.68 ..... Total: 178.47

**FOR HOME DELIVERY:** Call 352-787-0600 (Lake) or 877-702-0600 (Sumter) between 8 a.m. and 5 p.m. Mon.-Fri. Prepayments for 3 months or more, mail to: Circulation Dept., the Daily Commercial, P.O. Box 490007, Leesburg, FL 34749-0007. Billed monthly at the rates shown.

Print delivery available within the newspaper distribution area only. By submitting your address and/or email, you understand that you may receive promotional offers from GateHouse Media and its related companies. You may unsubscribe from receiving any such offers at any time by calling 352-787-0600. The advertised price does not include the charges for any premium editions. Premium editions are published to provide additional information and value to our readers. You agree that you will be charged up to an additional \$5.00 for each premium edition published and delivered to you during your subscription period, in addition to the cost of your subscription. The length of your subscription will be shortened by the publication of premium editions if those premium editions are delivered to you during your subscription. You may elect to be billed separately for premium editions by contacting Customer Service at 1-352-787-0600. Thus, unless you elect to be billed separately up to an additional \$3.00 for each premium edition, you agree that the length of your subscription will be shortened in proportion to the value of the number of premium editions published and delivered to you during your subscription period. As an illustrative example, if you select a subscription of up to 12 weeks at a cost of \$48.00, and two premium editions at \$2.00 each are published and delivered to you during that subscription period, your subscription will be shortened by 1 week because the weekly cost of the subscription is \$4.00 per week and the premium edition charges total \$4.00. Depending upon the length of your subscription and the timing of the publication and delivery of premium editions, you will not be charged for any premium editions if none are published and delivered to you during your subscription. As such, in that case only, the length of your subscription will not be shortened. The timing of the publication and delivery of premium editions is variable. There will be no more than 15 premium editions published each calendar year. Visit DailyCommercial.com for examples of premium editions. For more info or to cancel your subscription, please call 352-787-0600.

**MISS YOUR NEWSPAPER?:** Call 352-787-0600 in Lake County or 877-702-0600 in Sumter County from 7 a.m. to 10 a.m. Monday through Friday. Call from 7 a.m. to 10 a.m. on Saturday and from 7 to 10 a.m. on Sunday. If you're going on vacation, call circulation 48 hours ahead to stop service. **ANNOUNCEMENTS, CALENDAR, GAME RESULTS:** Email upcoming events, along with news about awards and personal or professional milestones — with a photo, if you desire — to news@dailycommercial.com. Schools or coaches can report game results after 6 p.m. by calling 352-365-8268 or 352-365-8204. Submissions also can be emailed to sports@dailycommercial.com. **OUR COMMITMENT TO ACCURACY:** The Daily Commercial promptly corrects errors of fact appearing in its pages. If you believe we have made an error, call the news department at 352-365-8250.

# LOCAL & STATE

Tom McNiff, editor  
352-365-8250  
tom.mcniciff@dailyccommercial.com

## NEWS BRIEFS

### To our home delivery subscribers

As of Aug. 6, 2018, re-delivery service will be available on Sundays only. This includes missed papers, wet papers, and any other issue needing correction. For all other days of the week we can re-deliver your paper with next day delivery. Home delivery subscribers will also have the option of receiving a credit. To report a problem with your delivery, please call our Customer Service team at 352-787-0600 or 1-877-702-0600. All Daily Commercial print subscriptions include unlimited digital access.

### FRUITLAND PARK Knife-wielding sex offender arrested

An off-duty corrections deputy arrested a man holding a hunting knife after children ran screaming to him that a man with a hunting knife was in the road staring at them.

The sheriff's office initially received a call at 5:31 p.m. Saturday, but the responding deputy could not find the man. Dispatchers received another call at 6:16 p.m. about the man walking down Helena Court and into people's back yards holding the knife.

Deputies found Micah A. Myers, 34, of Fruitland Park, lying face down with Detention Deputy Christopher Pelton standing over him holding him at gunpoint.

A man reportedly told Myers to leave his backyard, but Myers insisted he had to get to an apartment in the back. The man told him there was no apartment in his yard, just a shed.

He eventually left.

Authorities said Myers, who is a registered sex offender, gave him the address of an apartment but said he no longer lives there. He is homeless.

Myers was charged with armed trespassing and held without bond.

### LEESBURG Tavares woman, 88, charged with grand theft

Police arrested an 88-year-old woman on grand theft charges after she was allegedly caught shoplifting more than \$800 worth of items from a department store.

Audrey Pearson, of Maple Circle in Tavares, was observed cutting tags off items such as a wallet, a purse and jewelry.

She also took dresses and two pairs of shoes. She paid for \$154 worth of items, but walked out of the store with the rest, according to the report.

When police checked, they only found one prior theft conviction from 1989.

She was arrested and held on \$2,000 bond.

### LEESBURG Woman accused of trying to ram Circle K employee with car

Sheriff's deputies charged a driver with trying to hit a woman standing in front of a convenience store with her car.

The arrest report says that Stephanie L. Bray, 52, of Leesburg, was arguing with a Circle K employee in the 2200 block of Citrus Boulevard.

"During the argument, Ms. Bray reversed her vehicle out of the parking spot, angled it toward the victim, and accelerated the vehicle at the victim. Ms. Bray accelerated the vehicle with such force that the front of the vehicle hit the top stop bar and jumped onto the curb of the sidewalk close to where the victim was standing."

Bray was charged with aggravated assault with intent to commit to commit a felony and held on \$5,000 bond.

See BRIEFS, A4

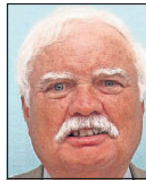
## Groveland hires CRA manager

### Dan Murphy to also be economic development leader

Staff Report

GROVELAND — Dan Murphy has been named the city's new community redevelopment agency manager and economic development project manager.

Murphy, an international economic-development specialist with broad marketing experience, will manage Groveland's 1,000-acre CRA district, which includes all of historic downtown



Murphy

to the city's western border. Murphy will be responsible for physical improvements in the area and for driving economic development.

Murphy held a similar position at the city of Dania Beach since 2013. Before that, he was the executive director of the Lake Okeechobee Regional

Economic Alliance. He earlier served on Highlands County's Economic Development Administration.

In 2015, he was honored for his leadership by the Greater Fort Lauderdale Alliance.

Fluent in five languages, Murphy also had an international public relations career with clients in Mexico, Argentina and Brazil that included Volkswagen, Reebok and MasterCard. He founded a public relations agency that became the sixth largest in Mexico in less than three years, as well as a marketing and public-relations

agency in Buenos Aires that became the largest in Argentina within two years. His client list included Diners Club, Johnson & Johnson and Apple Computers.

In his early career, Murphy was vice president of Burson-Marsteller in New York City, where he helped attract \$13 billion in foreign investment.

Murphy earned his bachelor's degree in journalism at Arizona State University and his master's degree in international management at the American Graduate School of International Management.



Blacktip sharks have black margins on every fin but the anal fin. This year the shark count is down substantially and warmer water temperatures may be the reason. [NEWS-JOURNAL ARCHIVES]

## Disappearing sharks

### Shark count down substantially in South Florida

The Associated Press

WEST PALM BEACH — Thousands of blacktip sharks ordinarily swim languidly off the South Florida coast. But this year the shark count is down substantially and warmer water temperatures may be the reason.

A researcher at Florida Atlantic University says a recent tally he did off Palm Beach County during the sharks' annual migration had a high of only 2,800 blacktip sharks. That's down substantially from the high of more than

12,000 sharks in 2011, according to Florida Atlantic University researcher Stephen Kajiura.

The drop is dramatic, Kajiura said.

"The numbers have plummeted and this year was the lowest we've had so far," Kajiura said.

The lower blacktip shark numbers correlate with higher water temperatures. In 2011, the mean water temperature along the blacktip shark's Palm Beach County route was 73.9 degrees. This year, the mean temperature was 75.3 degrees, he said.

"Temperatures go up, shark numbers go down," Kajiura said. "Eight years does not show global

climate change, but it does show what might be happening on a larger scale and why we might not get those big numbers of sharks like we used to if waters keep warming."

The researcher tells The Palm Beach Post that the sharks may have gone a little further north, near Vero Beach, Florida.

Blacktip sharks have a temperature tolerance of about 59 to 86 degrees, but generally prefer 68 to 77 degrees, according to R. Dean Grubbs, associate director of research for Florida State University's Coastal and Marine Laboratory.

See SHARKS, A4

## Woman accused of trying to crash into police car

Staff Report

FRUITLAND PARK — A woman who reportedly told a person she was going to "destroy something and kill someone," was arrested Saturday after trying to hit

a police car while fleeing from authorities.

A Lake County sheriff's deputy was called to Register Road at 5:19 p.m. by a resident who said someone was shining a flashlight into his home.

The resident said he told Nicole June Moncada, 48, of Fruitland Park, that he wanted her to leave. The deputy saw a Jeep parked nearby. As the deputy approached on foot, she started to drive away. The deputy ordered her to stop and get out of the vehicle.

She did stop, but when the deputy told her to show her driver's license, she produced a piece of paper that said, "Sorry, cannot HEAR you. EARPHONES in and disabled (PTSD). Please tap gently for attention. Thank you."

Moncada was not using ear phones, the deputy said, and she ignored several commands to comply with his requests. She then put the vehicle in drive and drove away.

As he walked back to his car

See CRASH, A4

## Mascotte Legion post changing, expanding

By Linda Charlton  
Correspondent

One week after their official grand opening, American Legion Groveland-Mascotte Memorial Post 239 was busy this past weekend doing what a lot of families do to try to raise money: They held a yard sale. But it wasn't literally in the yard. It was inside the post building at 307 American Legion Road in Mascotte.

Funds raised go to the building fund. And while they're not actually planning to put up another building and they're not really a new post, they are in a serious rebuilding phase. The planned modifications to their building are part of that process.

The Groveland-Mascotte Post, originally the Groveland Post, dates back to World War II. Until recently, it was one of the minority of Legion posts that served no alcohol. And while it is possible to get together, have a good time and do good works without alcohol, the teetotalism did mean the post was operating without the income stream that is an integral part of operation of many Legion



Johnny Walker, left, negotiates with post Commander Don Grieb on Saturday over the price of some hand tools at the American Legion Post 239 yard sale in Mascotte. [LINDA CHARLTON / CORRESPONDENT]

posts.

Enter Don Grieb and a handful of other Legion members previously from Clermont's American Legion Post 55.

Grieb was post commander of Post 55 when that hall was gutted by fire in January 2015. Ground has not been broken yet on the replacement building in Clermont, and members there are currently meeting in rented space

beside a day care center in downtown Clermont.

Grieb and the others from Post 55 joined Post 239 in November 2016. The post commander at the time, who has since died, turned over operation of the post to Grieb in January 2017. Grieb was elected commander later that year, and has been since re-elected.

"We had 17 members and \$1,700 in the bank," Grieb

said. "The first thing I had to do was buy a new septic tank."

There have been other changes as well. The place has been painted and cleaned up. Members built a large bar. In September of last year the post obtained a beer and wine license. Next step is a liquor license — which means plumbing modifications to

See CHANGING, A4



*Beacon College  
presents*

# 3RD ANNUAL BEACON COLLEGE NAVIGATORS 5K RUN AND WALK



*Get on your marks and get set for  
fitness, fun, and philanthropy!*

**JOIN OUR 5K  
RUN FOR \$30**

Register:  
<https://www.BeaconCollege.edu/5K>

**SATURDAY  
OCT. 6, 2018**

**@  
LAKE-SUMTER  
STATE COLLEGE  
LEESBURG, FL**

# PROTEST

From Page A1

Starke, filed a request for a state hearing on the Santa Fe River plan, citing "major flaws." The plans provide no assurance that nitrate levels will be reduced in rivers and springs, said Still, a retired University of Florida biologist.

The department was under a mandate set by the Legislature in 2016 to prepare and adopt individual plans for cleaning up nitrogen and other pollution in 13 spring systems across Central Florida and North Florida by July 1.

In addition to the hearing requests from Greenhalgh and Still, 11 other groups and individuals met a July 20 deadline to ask for extensions of time to consider filing

their own administrative challenges, including the Florida Home Builders Association and Nature Coast Home Builders Association.

The rush to get the plans approved and adopted was a sore spot with almost all the groups.

"They weren't adopted or finalized until two or three days prior to the effective date (July 1)," said Rusty Payton, the chief executive officer for the Florida Home Builders Association. "We really had no capability to educate our members."

When a new building code is final in Florida, Payton said, "there's always six months between the final rule and the date the rule takes effect."

Because the statewide builders association asked for more time to review all 13 plans, none of the plans went into



Swimmer Joseph Robertson, left, reacts to the chilly water as he wades through Alexander Springs in this 2013 file photo. [GATEHOUSE MEDIA FILE]

effect as scheduled on July 1. They're all on hold until the department can review the requests for hearing and time extensions and set a course forward.

Eight of the groups filing letters were environmental organizations who raise concerns similar to those of Greenhalgh and Still. The Silver Spring Alliance was one of two groups that named the plan that includes Silver Springs and Rainbow Springs in neighboring Marion County.

The process could have been more transparent and deliberative, said John Thomas, a St. Petersburg attorney who sent eight of the letters. His clients include James Tatum, Friends of the Wekiva, Ichetucknee Alliance, Ginnee Springs Outdoors and Sierra Club North Florida Group.

The environmental groups divvied up which groups would file the requests and for which springs, said Gainesville resident Bob Palmer, chairman of the Florida Springs Council's legislative committee.

"We have 13 of these (action plans) and we've asked the same question on every one: Will the plan, if it's actually implemented, clean up the spring in 20

years," said Palmer. "It's very hard to argue that any of these plans would do that."

Springs advocates "would like to see plans that are believable enough that we feel confident enough that they would get the job done," Palmer said.

Department officials declined to comment on the petitions and requests for this story. In June, the department's Drew Bartlett defended the action plans. Because they're formally updated every five years, he said there would be ample opportunities to make changes as the department learns more about the springs and the sources of pollution found in the springs.

The department is reviewing the 14 requests, said spokeswoman Dee Ann Miller. A decision to grant or deny will be made on each individual request for more time. If either or both petitions for administrative hearing are "deemed sufficient," the petition will be forwarded to the Division of Administrative Hearings to be set for hearing.

Comments similar to the concerns raised by Greenhalgh and Still were voiced by numerous



Paul Still, who lives on Lake Samson near Starke, is one of two people who filed requests for a state hearing judge to review one of the Florida Department of Environmental Protection's basin action plans for springs. Still asked for a hearing on the plan for springs along the Santa Fe River. [PHOTO PROVIDED BY PAUL STILL]

groups before the plans were approved, including Volusia County, Stetson University's Institute for Water and Environmental Resilience and Springs Council members.

Greenhalgh, who has family members who own a spring along the Suwannee, disagrees with the state's projections about how much pollution will be removed from spring water by the projects listed in the plan. That plan isn't significantly different from an attempted partnership beginning in 1999, he wrote. That initiative "failed to address the nutrient loading" or its associated human

health and environmental problems.

"I believe it is wrong and deceptive," he wrote, "to provide a 'presumption of compliance' with water quality standards utilizing an unsubstantiated statement of fact."

One of the big attractions for Still and his family when he took the job in Gainesville in the 1970s was the abundant springs in the area. He said the state's numbers for reducing nitrogen in the springs along the Santa Fe "are just not real."

"There's nothing in it," he said, "that has any chance of meeting the (targets)."

Independent Living • Assisted Living  
Memory Care • Rehabilitation

5 Star Healthcare Rating from the Florida Agency for Health Care Administration

At State Rd 19 and Hwy 42 • [www.LakeviewTerrace.com](http://www.LakeviewTerrace.com)

Brand New!



Call Us!  
1-800-343-1588

5 Star Home Health Services Rating from Centers for Medicare & Medicaid Services

Governor's Gold Seal 5/15/2018 - 5/14/2021

Only 28 Nursing Facilities in Florida have this award.



Lic#88029 A Not-for-Profit Life Care Community  
331 Raintree Drive, Altoona, Florida 32702-9609

## NOTICE OF INFRASTRUCTURE SALES TAX PUBLIC HEARING

The Lake County Board of County Commissioners shall hold a public hearing for the purpose of approving an Infrastructure Sales Tax Project Plan for Fiscal Year 2019.

All concerned citizens are invited to attend a public hearing on the Infrastructure Sales Tax Project Plan and provide input to the Board. The public hearing is to be held on

Tuesday, August 21, 2018  
9:00 a.m. or soon thereafter  
at

315 West Main Street, County Commission Chambers  
Tavares, Florida 32778

D044018 - July 31 & August 7, 2018

## RINK

From Page A1

Neibert said the

attraction will help drive traffic to downtown Eustis and attract businesses.

"It is entirely contingent upon getting the

outside funding to make it happen. We'd like to get community organizations involved," Neibert said.

The city is looking for community sponsorships totaling \$130,000 in increments of anywhere from \$100 to \$20,000.

Once that is done and the plan is completely funded, Neibert said the new attraction has the potential to stimulate business for the shops and restaurants in downtown Eustis for the entire month the rink is up and running.

Future economic development may also be impacted positively, he said.

"Hopefully, the increased traffic will encourage developers to say, 'Yeah listen, there's a lot of activity in Eustis, a lot of action. It might be somewhere where I would consider making an investment and developing,'" he said.

Meanwhile, Bailey is most excited about the spirit of the project.

"On the quality of life side, it's very possible that there are many people in Eustis or in Lake County that have never seen snow, let alone been ice skating," Bailey said. "This will provide some things, some new and exciting experiences."

**STEVEN M. TANG, M.D.**  
— Internal Medicine —

Practicing in Lake County since 1988  
Follows own patients at Florida Hospital Waterman  
Now accepting new patients  
We accept most insurances.

2101 Prevatt Street • Eustis, FL 32726  
**352-589-4774**

## NECK PAIN? BACK PAIN?

SURGERY IS NOT YOUR ONLY OPTION

- ✓ Herniated Discs
- ✓ Degenerative Discs
- ✓ Spinal Stenosis
- ✓ Sciatic Pain
- ✓ Numbness & Tingling
- ✓ Failed Back Surgery

FREE SEMINAR

Attend a FREE SEMINAR to learn about a breakthrough, non-surgical treatment for back and neck pain.

TUESDAY, JULY 31ST AT 3:00PM

1538 Santa Barbara Blvd, Suite A, The Villages, FL

Reserve your seat:  
**352-775-0356**  
davisclinic.org

Dr. Jason E. Davis, D.C.

**DAVIS CLINIC**  
OF CHIROPRACTIC, INC.  
Injury Care • Nutrition • Rehabilitation

As Seen On:

## MAN

From Page A1

According to the Lake County Jail website, he has been arrested 15 since 2011 on various charges, including domestic abuse, battery, trespassing, theft and burglary.

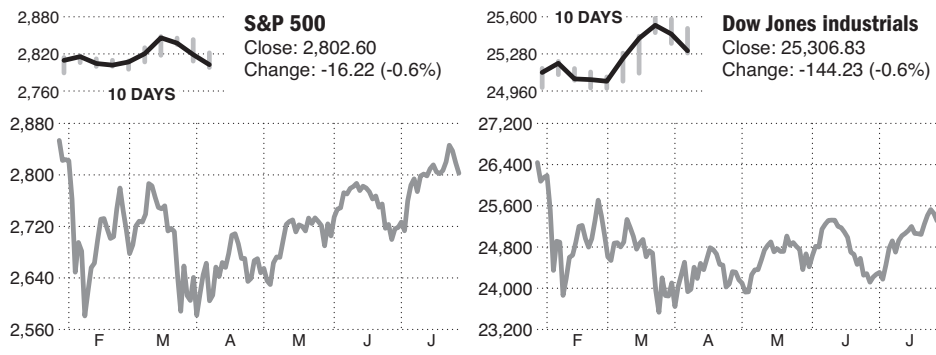
Get the paper

delivered to you!

Call 787-0600 (Lake Co.) or 877-702-0600 (Sumter Co.) between 8 a.m. and 5 p.m. Monday through Friday.

DAILY COMMERCIAL

# BUSINESS



## StocksRecap

	NYSE	NASD	HIGH	LOW	CLOSE	CHG.	%CHG.	YTD
Vol. (in mil.)	3,204	2,049	25500.16	25287.38	25306.83	-144.23	-0.57%	+2.38%
Pvs. Volume	3,380	2,095	11098.78	10923.26	10933.53	-23.65	-0.22%	+3.03%
Advanced	1289	993	720.82	714.71	717.02	-4.58	-0.63%	-0.88%
Declined	1512	1853	12961.90	12895.62	12903.43	-17.91	-0.14%	+0.74%
New Highs	37	36	7740.26	7604.24	7630.00	-107.42	-1.39%	+10.53%
New Lows	35	100	2821.74	2798.11	2802.60	-16.22	-0.58%	+4.82%
			1982.00	1965.81	1966.41	-8.81	-0.45%	+3.46%
			29358.87	29089.88	29130.65	-191.09	-0.65%	+4.81%
			1669.50	1652.73	1653.13	-10.21	-0.61%	+7.66%

## Stocks of Local Interest

NAME	TICKER	52-WK RANGE	LO	HI	CLOSE	CHG	%CHG	WK	MO	QTR	YTD %CHG	1YR %RTN	P/E	DIV
AT&T Inc	T	30.13	30.13	39.80	32.00	+92	+3.0	▲	▼	▼	-17.7	-16.1	6	2.00
Advance Auto Parts	AAP	78.81	145.20	140.68	+83	+0.6	▲	▲	▲	▲	+41.1	+27.0	25	0.24
Amer Express	AXP	83.97	104.24	100.85	-3.00	-2.9	▼	▲	▲	▲	+1.6	+25.5	15	1.40
AutoNation Inc	AN	38.59	62.02	47.61	+1.67	+3.6	▲	▼	▼	▼	-7.2	+8.7	12	...
Brown & Brown	BRO	21.58	29.78	29.41	+1.3	+0.4	▲	▲	▲	▲	...	+34.4	27	0.30
CocaCola Co	KO	41.45	48.62	46.23	+0.2	...	▲	▲	▲	▲	+0.8	+3.5	87	1.56
Comcast Corp A	CMCSA	30.43	44.00	35.46	+3.8	+1.1	▲	▲	▲	▲	-11.1	-9.3	17	0.76
Darden Rest	DRI	76.27	112.81	106.42	-3.6	-0.3	▼	▼	▼	▼	+10.8	+29.5	22	3.00f
Disney	DIS	96.20	114.68	112.63	+0.1	...	▲	▲	▲	▲	+4.8	+3.9	16	1.68
Gen Electric	GE	12.61	25.89	13.16	+1.0	+0.8	▲	▼	▼	▼	-24.7	-47.0	dd	0.48
General Mills	GIS	41.01	60.69	45.92	+9.4	+2.1	▲	▲	▲	▲	-22.6	-15.4	10	1.96
Harris Corp	HRS	111.72	170.54	150.39	-3.49	-2.3	▼	▼	▼	▼	+6.2	+37.1	27	2.28
Home Depot	HD	146.89	207.61	197.28	+1.4	+0.1	▲	▲	▲	▲	+4.1	+36.1	26	4.12
IBM	IBM	137.45	171.13	145.49	+3.4	+0.2	▲	▲	▲	▲	-5.2	+4.2	11	6.28f
Lowe's Cos	LOW	70.76	108.98	99.28	+1.28	+1.3	▲	▲	▲	▲	+6.8	+29.5	22	1.92f
NY Times	NYT	16.95	26.85	24.20	+2.0	+0.8	▲	▼	▼	▼	+30.8	+21.1	cc	0.16
NextEra Energy	NEE	144.70	171.50	166.23	-7.5	-0.4	▼	▼	▼	▼	+6.4	+18.3	12	4.44
PepsiCo	PEP	95.94	122.51	114.18	-1.0	-0.1	▼	▲	▲	▲	-4.8	+0.2	36	3.71
SunTrust Bks	STI	51.96	73.44	72.85	+1.8	+0.2	▲	▲	▲	▲	+12.8	+31.0	14	1.60
Walmart Strs	WMT	77.50	109.98	88.88	+7.5	+0.9	▲	▲	▲	▲	-10.0	+13.1	21	2.08f
Xerox Corp	XRX	23.52	37.42	25.73	+1.4	+0.5	▲	▲	▲	▲	-11.7	-13.1	32	1.00

## MARKET WATCH

Dow	25,306.83	▼ 144.23
Nasdaq	7,630.00	▼ 107.42
S&P	2,802.60	▼ 16.22
Russell	1,653.13	▼ 10.21
NYSE	12,903.43	▼ 17.91

## COMMODITIES REVIEW

Gold	1,221.30	▼ 1.70
Silver	15.475	▲ .038
Platinum	831.50	▼ 0.20
Copper	2,779.0	▼ .0105
Oil	70.13	▲ 1.44

## MARKET MOVERS

• **US Foods Holding Corp.:** Down \$7.09 to \$33.51 — The company reported earnings that fell short of estimates and said it would acquire five food companies from Services Group of America for \$1.8 billion.

• **CBS Corp.:** Down \$2.73 to \$51.28 — The media company said it will keep CEO Les Moonves in place while an outside counsel investigates sexual misconduct allegations against him.

## BRIEF CASE

### Caterpillar has a big 2Q, raises outlook again

Caterpillar's second-quarter easily beat Wall Street expectations thanks in part to the blistering pace of construction and demand for big machines, a the company boosted its full-year earnings forecast again.

Shares rose more than 3 percent Monday in pre-market trading.

### BERLIN German union: Ryanair pilots vote to strike

German pilots at budget airline Ryanair have voted to strike unless a dispute over pay is resolved in the coming days.

The Vereinigung Cockpit labor union said Monday that 96 percent of the Ryanair pilots who voted supported the work stoppage.

The Associated Press

# Staying put

## Fed is set to leave rates alone as trade war raises anxiety

By Martin Crutsinger  
The Associated Press

WASHINGTON — The Federal Reserve will meet this week to assess an economy that has just enjoyed a healthy spurt of growth but faces a flurry of trade fights pushed by President Donald Trump that could imperil that growth over time.

If those concerns weren't enough, Trump has openly expressed his displeasure at the Fed's interest rate increases — something no president has done publicly in more than two decades.

No one expects the Fed to announce a rate increase when its latest policy meeting ends Wednesday. But the central bank is widely expected to set the stage for tightening credit again in September for a third time this year and then likely raise rates once again by December. This year's rate increases follow three hikes in 2017 and one each in 2015 and 2016.

The central bank's rate increases — to a still-low level — reflect the economy's resilience and are intended to prevent growth from overheating or inflation from accelerating too high. But higher rates make borrowing costlier for consumers and businesses and can weigh down stock prices. Trump has made clear he has little patience for the Fed's efforts to restrain the economy to control inflation.

"Tightening now hurts all that we have done," Trump tweeted earlier this month, a day after he said in a television interview that he was "not happy" with the Fed's rate increases.

Some of Trump's economic advisers, notably

Treasury Secretary Steven Mnuchin, have tried to strike a reassuring note that the White House doesn't want to interfere with the Fed's policymaking.

"We as an administration absolutely support the independence of the Fed, and the president has made it clear that this is the Fed's decision," Mnuchin said on "Fox News Sunday." "The market expects interest rates to keep going up. So, the only question is how far and for how long? And we think the Fed will be very careful in managing the economy."

The administration's message is that although borrowing rates remain historically low, tighter credit could eventually imperil an economy that grew at a brisk 4.1 percent annual rate in the April-June quarter, the government estimated Friday. Unemployment is at a low 4 percent.

But there is worry, too, reflected in periodic sinking spells in financial markets, often involving developments in the Trump-led trade war, which has resulted in punitive tariffs on billions of dollars of U.S. and foreign goods. To help ease that pain and help shore up Trump's political support in farm states, the Trump administration has rolled out a \$12 billion aid package for farmers who have lost markets for their soybeans in China and elsewhere.

A battle between the United States and China — the world's two biggest economies — could escalate and harm growth prospects in the United States as well as globally.

"I think trade and the trade war will be at the top of the Fed's agenda when they meet," said Mark Zandi, chief economist at Moody's Analytics. "It is the No. 1

threat they see right now."

A trade battle with escalating tariffs raises the risk of slowing growth. The Fed would normally respond by delaying any planned rate increases or, if the harm to the economy were seen as severe enough, actually cutting rates. But higher tariffs are also likely to put upward pressure on inflation — a prospect the Fed would normally address by raising rates.

Still, if the threat to the economy grows serious enough, the Fed could slow or even suspend its rate increases.

"In the situation of a full-blown trade war, the Fed would delay hiking interest rates," predicted Sung Won Sohn, chief economist at SS Economics, a consulting firm. "If the higher tariffs slow economic growth and reduce employment



President Donald Trump walks Sunday on the South Lawn of the White House in Washington, after returning via Marine One. The Federal Reserve will meet this week to assess an economy that has just enjoyed a healthy spurt of growth but faces a flurry of trade fights pushed by Trump that could imperil that growth over time.

[SUSAN WALSH/ASSOCIATED PRESS FILE PHOTO]

and at the same time boost inflation, that would be the worst situation the Fed could face."

For now, economists see signs of hope, including an agreement between the Trump administration and the head of the European Commission to try to work out their trade conflict.

Delivering the Fed's semi-annual report to

Congress this month, Chairman Jerome Powell refrained from criticizing the Trump administration's effort to use the threat of tariffs to try to lower trade barriers. But Powell noted that the Fed was hearing a "rising chorus of concern" from business contacts about the harm a trade war could cause.

Watch the Award-Winning *Waterman Wellness* Exclusively on LSTV

# Waterman Wellness

M/W/F @ 8:30a & 4:30p | M/F @ 8p | T/Th @ 5p | Sat 8:30a & 8:30p

## MIRACLE MAN

This Umatilla man got the nickname "Miracle" after suffering a potentially deadly cardiac emergency. Tune in to this episode to hear the amazing story from his medical team.

### PARKINSON'S THERAPY

Local patients diagnosed with Parkinson's Disease have hope to slow progression of the condition. You'll learn about specialized therapy that is available in Lake County.

## NURSE NAVIGATORS

Cancer patients don't have to go it alone. A local hospital is first in Lake County to offer patients a specially-trained nurse to help navigate through the complicated cancer journey.

### LSOTV

## LAKE SUMTER TELEVISION

Watch LSTV on Xfinity 13, Spectrum 498 & Prism 83

## LAKE COUNTY'S MOST HONORED CABLE CHANNEL

For Production Inquiries or Programming Comments Contact [LakeSumterTV@gmail.com](mailto:LakeSumterTV@gmail.com)

of CENTRAL FLORIDA

Financial Solutions For Retirement Savings Since 1978

# 12 Month CD

# 4.09% APY\*

Insured & Guaranteed

Voted again "Best of the Best"

## READERS' CHOICE 2016 & 2017

Higher Rates • Longer Terms • Larger Deposits

Lady Lake 633-7019    Ocala 671-5374

FIRST AMERICAN TRUST of CF is an established BBB A+ ACCREDITED BUSINESS that provides award winning financial services for over 40 years identifying accounts to minimize risk, protect principal, provide best possible yield and income. \*Complimentary financial promotional bonus may be included for New Customer Introductory Account to obtain APY. Certain restrictions may apply. All bank accounts are FDIC insured.

APPOINTMENTS RECOMMENDED

# HEALTH

TIP OF THE WEEK

## LESSEN RISK OF OBESITY

According to a new study from the Harvard T.H. Chan School of Public Health, the children of mothers who follow five healthy habits are 75 percent less likely to become obese compared to children of mothers who did not follow these habits. The five habits, according to an article on ScienceDaily.com, are:

1. Eating a healthy diet
2. Exercising regularly
3. Keeping a healthy body weight
4. Drinking alcohol in moderation
5. Not smoking

STRESS

## PETS AT WORK HELP EMPLOYEES

Awareness of the physical, mental and emotional toll taken by stress is leading progressive employers to create take-your-pet-to-work programs.

According to a recent Purina report, pets-at-work programs can benefit employee health, improve employee retention and alleviate loneliness.



WOMEN'S HEALTH

## FIND TIME FOR YOU

Here are some tips for busy women to take charge of their health:

- Some health issues can be handled through online portals that diagnose issues through questionnaires or video chats, then prescribe therapies.
- Set health care appointments well ahead.

— Brandpoint



# Watch out for heat stroke

## How to protect your heart and health during the sweltering days of summer

BIGSTOCK

By American Heart Association

It's the time of year when temperatures soar, and sometimes to deadly effect, especially for the elderly and very young.

Already this year, sweltering days have proved dangerous as heat waves smother parts of the world. At least 70 people reportedly died this summer from scorching heat and humidity that hit eastern and central Canada, while more than 40 people died in Japan.

More than 600 people die every year from heat-related illnesses that are preventable, according to the Centers for Disease Control and Prevention. The agency estimates more than 65,000 Americans visit an emergency room for acute heat illness each summer.

"I think people underestimate how quickly it happens. And when it starts to happen, if someone is progressing to heat exhaustion or heat stroke, you lose your self-awareness," said Dr. Robert O'Connor, professor and chair of emergency medicine at the University of Virginia. "It's important to keep an eye on those around you for heat-related problems. If someone is flushed, dizzy or uncoordinated, it can be an early sign."

Dehydration can begin within just a few hours of extreme heat, so drinking extra fluids is important, especially when taking certain medications. Fatigue, headaches, muscle cramps, dizziness, sleepiness and dry mouth can all be signs of dehydration.

Dehydration causes the heart to work harder, putting it at risk. Hydration helps the heart more easily pump blood through the blood vessels to the muscles. And it helps the muscles work efficiently.

A 2016 Environmental Protection Agency analysis of heat-related deaths said high temps could be a

### 600

More than 600 people die every year from heat-related illnesses that are preventable, according to the Centers for Disease Control and Prevention.

### 65,000

The agency estimates more than 65,000 Americans visit an emergency room for acute heat illness each summer.

factor in many more deaths than officials realize — or count.

"By studying how daily death rates vary with temperature in selected cities, scientists have found that extreme heat contributes to far more deaths than the official death certificates might suggest," the report said. "This is because the stress of a hot day can increase the chance of dying from a heart attack, other heart conditions, or respiratory diseases such as pneumonia."

While infants and the elderly are more vulnerable to problems from heat, O'Connor said sometimes medicines can make someone more sensitive to heat and dehydration.

"They should talk to their doctor and look up their medications to see if it predisposes them," he said.

Heat exhaustion and heat stroke are serious medical emergencies that require treatment. Both can cause headaches, nausea or vomiting. Heat stroke also can cause a high fever, warm skin with no sweating and confusion or unconsciousness.

Beyond some of the obvious and sometimes extreme physical symptoms brought on by sweltering

temperatures, a recent study showed it could affect how we think. And it doesn't just affect the most vulnerable.

A group of Harvard researchers published an observational study in July showing students who lived in dormitories without air conditioning during a heat wave performed worse on a series of cognitive tests compared with students who lived in air-conditioned dorms.

The study was conducted over 12 consecutive days in the summer of 2016. Students in buildings without AC experienced 13.4 percent longer reaction times on color-word tests, and 13.3 percent lower scores on addition/subtraction tests compared with students in air-conditioned rooms. The research showed students in rooms with AC were not just faster in their responses, but also more accurate.

Hot summers and heat waves won't be going away any time soon, according to federal research. In fact, unusually high temperatures have become more common in recent decades, and heat waves are expected to become longer, more frequent and more intense in the future, according to the EPA and the CDC.

O'Connor said thinking ahead and being prepared in the heat will help prevent trouble.

"Drink plenty of fluids and limit the amount of time you are in the heat," he said. "Even if someone comes into a cooler environment for a few minutes every hour, that can prevent a heat-related illness."

"Limit outdoor activity to early morning or late evening, and stay in the shade," O'Connor said. "It might be tough if you are working outside or on the golf course. Soak a towel in cold water and put it around your neck. Evaporative cooling, dousing in cold water and letting it evaporate, is the best way to eliminate heat."

TODAY'S WORKOUT

## Hop squat with step-down is a versatile move

By Marlo Alleva  
More Content Now

You can incorporate fitness and a healthy lifestyle in many places and parts of your day. Creativity is key. You can combine cardio building moves with muscle training.

Our move today is a hop squat with a step-down. This move will be working your lower body, glutes, hamstrings, quads and calves. It also gets your heart pumping by adding the hop. You will need a small step or ledge for this exercise.

Begin this move by standing just behind a slight elevation change. It can be as small as a few inches or higher, depending on your ability.

Start with your feet just outside the hips, chest tall, core engaged, and proceed to hop onto the top of your step. Once you land on top, sink slightly into your squat,

then continue by stepping back down one leg at a time to your starting position.

Immediately repeat this hop and alternate your leading step down leg to keep things even.

Continue this hop squat combination for at least 10 times or go to exhaustion, whichever comes first. Take a short breather, then continue on for three to five sets.

This move can be done at home on your front porch, at the gym on a step or even on the sidewalk at work.

You can perform this exercise alone, as it hits almost everything, or add it into your warmup for your lower-body routine.

Any way you choose, you can't go wrong.

Marlo Alleva, an instructor at Gold's Gym and group fitness coordinator at Fontaine-Gills YMCA in Florida, can be reached at [faluvzpa@msn.com](mailto:faluvzpa@msn.com).



Marlo Alleva demonstrates a hop squat with step-downs. [ERNST PETERS/ THE LEDGER]



# OPINION

Tom McNiff, editor  
352-365-8250  
tom.mcniciff@dailycommercial.com

## DAILY COMMERCIAL

Steve Skaggs | Publisher  
Tom McNiff | Executive Editor  
Whitney Lehnecker | Digital Editor, Lifestyles Editor

### OUR OPINION

# Keep moving on springs plans

Florida's springs didn't get in trouble overnight; it took decades of reckless disregard for the state's hydrological health before they started showing any signs of distress. Fixing them can't be a rush job.

That doesn't mean matters aren't urgent. Springs are vitally important to this state's environmental and economic well-being. They feed rivers and fill lakes. More importantly, they provide an ongoing health check to the Floridan aquifer and the state's supply of affordable, high-quality drinking water. When spring flow drops or becomes contaminated, it's a clear signal that the aquifers' natural water-purification system is in trouble.

That signal is coming through loud and clear. West Volusia's DeLeon Springs and Blue Spring both suffer from decreased water flow and high pollution levels. The situation at Gemini Springs in DeBary is even worse: It's been closed for swimming for 18 years due to high bacteria counts.

In 2017, the Legislature ordered state environmental officials to create management plans for major springs. The mandate had a short deadline — plans were due July 1. But even before they were finalized, many were saying the "basin management action plans," or BMAPs, offered little reassurance that they'd do the job.

They're raising valid points. Many — including Volusia County government — have objected to data included in the reports, saying it's incorrectly calculated or just plain wrong. Many of the plans lack crucial elements essential to a realistic cleanup effort, including a clear resolve to tackle one of the biggest threats to spring health: Aged and leaking septic systems that leach contaminants directly into the aquifer.

They also point to the state's first BMAPs, adopted in 2012 for the Santa Fe and Suwannee springs. A four-year followup found that, though farmers in the basin of the Santa Fe Springs had adopted many of the changes called for in the plan, there'd been no meaningful reduction in the amount of pollution in the spring.

Other interests are also voicing their concerns. The Florida Home Builders Association filed an objection, saying it expected more time to review the management plans before they were finalized. It's a valid point; any restrictions on construction, or requirements for better-performing septic systems, could have an impact on the price of building new homes.

They aren't the only ones worried about cost. Controversy is likely to crop up anywhere residents are compelled to replace their septic tanks — and those homeowners have a valid point; many can't afford such an expense and will need help.

The controversy demonstrates why the science behind the BMAPs must be impeccable; if they can't withstand challenges, even the modest improvements called for in the plans will face opposition. At the same time, Florida's springs can't afford to wait — certainly not for five years, which is when the state would next review the plans.

The state should work with those objecting to the BMAPs, both to fix the points of contention, which could be a drawn-out process, and to identify actions that state and local leaders could put into place immediately. That includes identifying funding sources and figuring out the logistics of some of the major projects, like septic-tank conversion.

There are clearly challenging months ahead in the fight to save Florida's springs. If the state, environmental groups, business interests and local governments can move forward in good faith, those months will not be wasted.

### ANOTHER OPINION



### FACEBOOK FORUM

**Leesburg city commissioners, who have gone along with adding a Vietnam War Huey helicopter and granite monuments to Veterans Memorial Park, said no on July 23 to adding a World War II-era Jeep donated by Korean War veteran Don Van Beck. Commissioners sited maintenance, upkeep, vandals and liability as reasons for not approving the latest addition to the park. Here's what Facebook users had to say:**

"What's gonna happen to the Huey when the paint starts chipping? Or when bird droppings are on both the monuments and Huey?"

**Donald Smith**

"It's called take care of it!!!"

**Dona Flanary Harrington**

"Isn't that what city workers do?"

**Nikki Warren**

"Wash it, paint it? Just a thought."

**Josh Hanken**

"So sad we can't spend a few hours every few months taking care of a veterans park but we can give money to the mall. Not saying not to give to mall but let's be fair!"

**Carol Gordon**

"The AMVETS agreed to take care of the Huey, and I think were willing to take care of the Jeep as well."

**Dan Robuck III**

"Wow, really Leesburg?!"

**Alice Suhrbier Beatty**

"What a slap in a vets face. I hope the Amvets could just place it in front of their building. They would take care of it and it could be used for special events and parade every year. Which would better benefit the jeep and the veterans. Politicians just don't have a brain in their head."

**Stephen Boldrey**

"But they will approve hundreds of homes to be built for the Villages."

**Lisa Bassett**

"What about them building a shelter for it?? This would make a great Eagle Scout project actually."

**Cathy Seip- McLean**

"As a veteran myself, I appreciate what the City of Leesburg has done."

**Tony Burke**

"The veterans park is magnificent salute to all that served. The helicopter with the manikins a distraction (my opinion). This is about the spirit of those who served not the hardware. With that said the submarine would be cool.... I drove a jeep just like one pictured as a MP. I never talk about the jeep, I do remember those who served with me."

Sometimes less is more."

**Bill Mathias**

"The same thing that happens to all the other monuments there, somebody take cares of them. Put the Jeep in. Maybe the vagrants sleeping on the benches can clean up the memorials....Put the Jeep in."

**Jaclyn Garcia**

"It doesn't matter about becoming an eyesore. It like anything else will require attention. But this speaks volumes for the attitude people in Lake County feel about a simple reminder of days past. Spent 21 years in the Army and spent many hours in those jeeps. When I see one, I get a pleasant reminder of different great experiences and sometimes, not so great times. So why not take that away from our veterans too."

**John Cohn**

"It's a PARK. A green space. I'm 100% for veterans but this is seeming less about the park and more about his personal agenda."

**Kathleen Geraghty Huggins**

"Is this jeep going to be outside? If so it is just going to turn into an eyesore after a few years. I understand why this gentleman wants to do this but unless it is stored in a controlled climate it is just going to be an eyesore."

**Robert Minichino**

### HAVE YOUR SAY

We welcome signed letters and guest columns. Letters should not exceed 300 words and columns should not exceed 500 words. Columns need to include a recent headshot of the writer. We edit for length, clarity, and grammar. **Mail:** Voices, P.O. Box 490007, Leesburg, FL 34749-0007 **Email:** letters@dailycommercial.com **Fax:** 352-365-1951

### ANOTHER OPINION

## Teachers need to stop labeling kids

Teachers are underpaid and overworked, and on top of these challenges, they're expected to temper their feelings and opinions in order to teach children without inserting their own bias. Tough job! As a mother of a rising kindergartner, I know that my son can be a handful, and managing him with 19 or more other kids who are just as rambunctious isn't for the faint of heart. Seriously, God bless teachers.

My son was deemed "most likely to be class clown" at his pre-K graduation. Other classmates were named "most likely to be" a CEO, an athlete, a fashion designer and so forth — all more or less

aspirational labels. And then there was my son, called to the front of the stage as the "class clown" in front of me, Dad, and both of his grandmothers. It was embarrassing. Tacky. And in the end, we realized just how insulting it was to us and to our son.

We felt this particularly because my husband and I had maintained open communication with our son's teachers all year concerning his focus, all in an effort to help him learn the difference between play time with friends and work time when he needed to pay attention to the teacher's lesson plan. So how exactly the two of his teachers put their heads together to come up with "most likely to be

class clown" as an appropriate award for our son during his pre-K graduation was, and still is, stunning.

Words do hurt, and those words in the form of labels hurt our children more than we realize, specifically when those labels make fun of real challenges or disabilities.

What's worse than having a child be labeled with a stereotypical or negative label is the undoing of that label — trying to overcome the trauma, doubt and pain associated with being called something derogatory, especially in the presence of others. I'm thankful that my son is only 5 years old and didn't truly grasp the negative connotation that "class clown" has. But for

my family, our doubts and concerns intensified about whether our son had been treated equally to his peers, or if he had been cast aside as just an unteachable "class clown."

We shared our concern with our son's teachers and the day care's assistant director. Everyone was apologetic, except for one of his teachers, whose cavalier attitude and justification that "no one will remember that he got the class clown award when he goes to college" was as the last straw. We withdrew our son that very afternoon.

Labels can stifle a child's development, creating a situation where they can't mature or excel beyond the label given them by someone else.

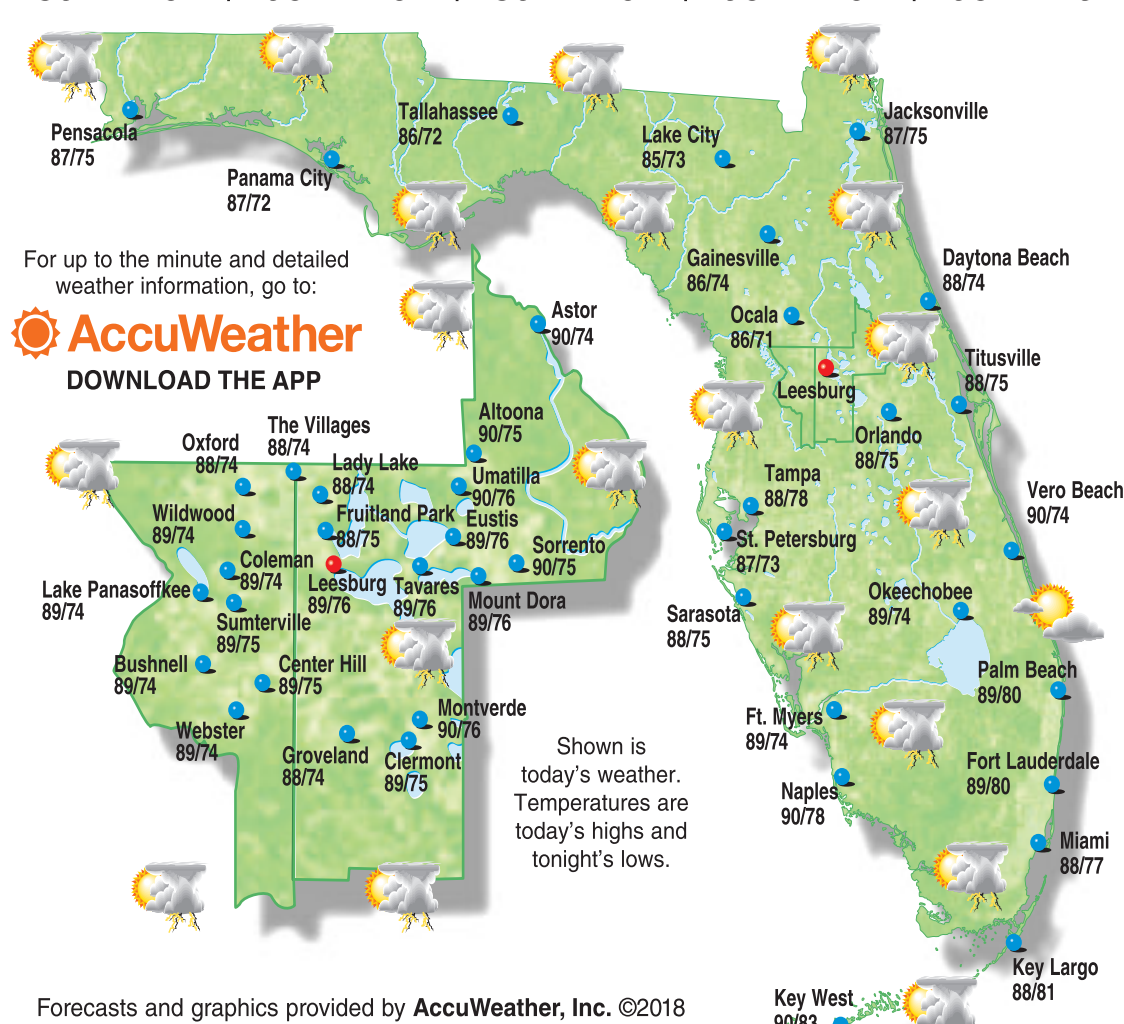
My husband and I agree that the best option is to advocate for our son (and all children) to remain label-less — to let him grow and thrive as he enters elementary school. Along his journey, we'll continue to call out when even good teachers make poor decisions that can have lasting effects.

As much as I truly appreciate and respect teachers, I'll never be OK with teachers openly labeling children. "Class clown," "teacher's pet" — these aren't OK. Ever.

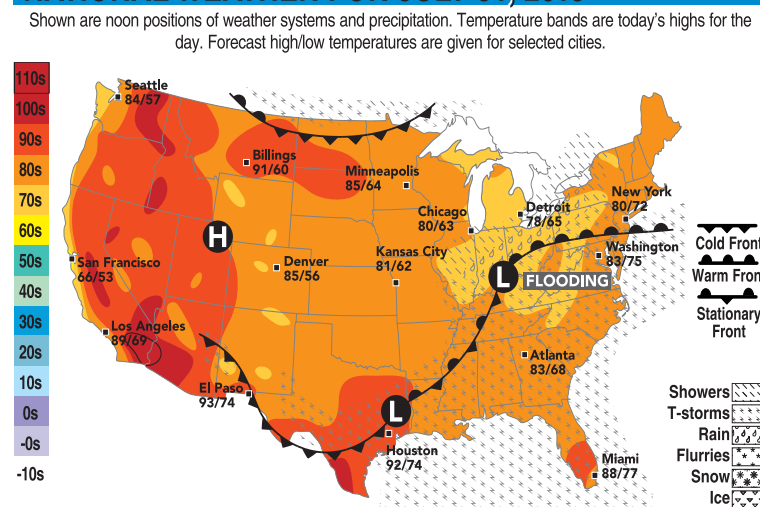
*Ashley Cheatham is communications director at a Baltimore-area non-profit. Her email is ashleyfails@hotmail.com.*

### FIVE-DAY FORECAST FOR LEEBSBURG

TODAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HIGH 89° LOW 76°	HIGH 90° LOW 76°	HIGH 89° LOW 76°	HIGH 90° LOW 76°	HIGH 90° LOW 75°



### NATIONAL WEATHER FOR JULY 31, 2018



Yesterday's National High/Low: (for the 48 contiguous states)  
 High 109° in Needles, CA      Low 30° in West Yellowstone, MT

#### UV INDEX TODAY

11

0 1 2 3 4 5 6 7 8 9 10 11

0-2 Low, 3-5 Moderate, 6-7 High, 8-10 Very High, 11+ Extreme

The higher the AccuWeather.com UV Index™ number, the greater the need for eye and skin protection.

#### SOLAR TABLE

The solar period schedule allows planning days so you will be fishing in good territory or hunting in good cover during those times. Major periods begin at the times shown and last for 1.5 to 2 hours. The minor periods are shorter.

	Major	Minor	Major	Minor
Today	2:52 a.m.	9:03 a.m.	3:14 p.m.	9:25 p.m.
Wed.	3:41 a.m.	9:52 a.m.	4:02 p.m.	10:13 p.m.

#### THE SUN AND MOON

	Today	Wednesday	Last	New	First	Full
Sunrise	6:48 a.m.	6:49 a.m.				
Sunset	8:19 p.m.	8:19 p.m.				
Moonrise	10:52 p.m.	11:26 p.m.				
Moonsset	10:00 a.m.	10:53 a.m.				

#### TIDES

Homosassa				Daytona Beach					
Day	High	Feet	Low	Feet	Day	High	Feet	Low	Feet
Today	8:41 am	0.8	3:47 am	0.0	Today	11:00 am	3.6	4:52 am	0.2
Wed.	9:04 am	0.9	3:57 am	0.1	Wed.	11:41 am	3.7	5:29 am	0.2
	8:20 pm	1.3	2:46 pm	0.2		11:58 pm	3.8	5:38 pm	0.6

### NATIONAL CITIES

City	Today	Wednesday	City	Today	Wednesday	City	Today	Wednesday	City	Today	Wednesday
Albany	83 69 c	85 71 t	Cheyenne	83 53 s	80 55 c	Great Falls	89 55 s	96 59 c	Norfolk, VA	85 76 t	89 76 t
Albuquerque	88 67 t	93 68 pc	Chicago	80 63 pc	83 67 c	Greensboro, NC	80 71 t	82 69 t	Oklahoma City	82 60 s	86 65 s
Anchorage	69 58 c	65 56 c	Cincinnati	76 62 t	80 63 t	Hartford	82 69 c	84 74 t	Omaha	84 64 s	89 65 s
Asheville	78 66 t	76 64 t	Cleveland	79 67 r	78 66 t	Honolulu	88 76 pc	88 78 pc	Philadelphia	84 74 c	87 75 t
Atlanta	83 68 t	81 66 t	Columbia, SC	88 71 t	86 71 t	Houston	92 74 t	95 75 pc	Phoenix	107 87 pc	110 86 pc
Atlantic City	84 74 c	87 72 t	Concord, NH	86 66 pc	82 69 t	Indianapolis	76 64 r	80 64 t	Pittsburgh	78 66 t	80 63 t
Baltimore	83 72 c	87 72 t	Dallas	90 70 pc	93 68 s	Jackson, MS	83 66 t	85 66 pc	Portland, ME	81 65 pc	77 68 sh
Billings	91 60 pc	91 64 s	Dayton	76 63 r	77 62 t	Kansas City	81 62 pc	87 65 s	Portland, OR	90 61 s	86 60 s
Birmingham	84 70 t	81 68 t	Denver	85 56 s	84 58 pc	Las Vegas	104 87 pc	107 88 s	Providence	81 70 pc	84 75 t
Bismarck	92 58 s	78 55 pc	Des Moines	84 63 pc	88 65 s	Little Rock	83 65 t	87 63 s	Raleigh	83 71 t	86 71 t
Boise	102 71 pc	102 66 s	Detroit	78 65 sh	82 64 sh	Louisville	81 67 t	83 66 t	Reno	100 66 pc	99 61 s
Boston	81 71 pc	85 76 c	Duluth	84 60 pc	66 50 t	Memphis	82 67 c	85 67 pc	Richmond	83 73 c	87 72 t
Buffalo	80 67 r	79 65 sh	El Paso	93 74 t	96 76 pc	Milwaukee	79 64 pc	82 68 c	Sacramento	94 58 pc	92 56 s
Burlington, VT	84 70 c	85 71 t	Fargo	89 59 pc	73 47 pc	Minneapolis	85 64 s	79 56 t	St. Louis	80 65 t	86 67 pc
Charleston, SC	86 76 pc	87 76 t	Fairbanks	82 60 pc	67 54 r	Nashville	82 65 t	85 67 pc	Salt Lake City	98 73 pc	96 72 t
Charleston, WV	81 68 t	80 66 t	Flagstaff	82 54 t	80 54 t	New Orleans	88 74 t	86 73 t	San Antonio	94 76 t	97 75 s
Charlotte, NC	83 71 t	83 70 t	Grand Rapids	82 60 pc	82 64 c	New York City	80 72 c	85 74 t	San Diego	82 73 pc	82 72 pc

Weather (W): s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

# INTRODUCING

## "The Hearing Aid of the Future"

### BY **signia**

#### A Breakthrough Hearing System That Will Change Hearing Forever

- Able to use while sleeping, showering or exercising
- Insert it yourself in only seconds
- You can wear it 24 hours a day, 7 days a week
- Noise canceling - eliminates background noise
- With a 3 year warranty for all repairs, 3 year insurance against loss or damage
- Fits most hearing losses\*

Try the Silk hearing aid for 30 days **FREE**

**primax:silk**  
THE INVISIBLE HEARING AID  
**FREE** HEARING SCREENING DURING THIS EVENT

Adjust your Hearing Aid anywhere with your smartphone!

"This area's only A+ rated hearing health care provider, "Voted by the People."

**Home of the 7-Day FREE Trial!**

**2017 BEST OF THE BEST First Place WINNER**

#### OTHER DIGITAL SPECIALS AVAILABLE

<b>CUSTOM I.T.E.</b> Starting at <b>\$295</b>	<b>CUSTOM I.T.C.</b> Starting at <b>\$395</b>	<b>CUSTOM C.I.C.</b> Starting at <b>\$495</b>
--	--	--

**Factory Authorized Siemens Advanced Partner**

**UP TO 65% OFF ON ALL BRANDS**

Starkey, ReSound, oticon, unitron, PHONAK, WIDEX, HANSATON, REXTON, SEBOTEK, SONIC, Audina, Panasonic

Jim Cone, HAS General Manager | Alan Boone, HAS, BC-HIS President & Wife Linda

**Lake Medical Hearing Centers**  
Family Owned & Operated

"LAKE COUNTY'S MOST TRUSTED NAME IN HEARING AIDS"

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

**Eustis**  
2755 S. Bay St., Ste. F, Eustis, FL 32726  
(Across from Tractor Supply)  
**352-483-4327**

**The Villages® Community**  
918 Rolling Acres Rd., Ste. 4, Lady Lake, FL 32159  
(Behind Bank of America)  
**352-268-2578**

**Clermont**  
221 N. Hwy 27, Ste. H, Clermont, FL 34711  
(Across from Citrus Tower)  
**352-243-4327**

\*Hearing test required. Fits up to 40 db loss.

# SPORTS

Paul Jenkins, Sports editor  
352-365-8204  
paul.jenkins@dailycommercial.com

## Area teams open practice

**Monday was first day of football for high schools**

By Frank Jolley  
frank.jolley@dailycommercial.com

Scott Armatti was a like a child waking up on Christmas morning and seeing the gifts Santa Claus had left.

On the other hand, Frank Scott resembled a parent looking over a report card with good grades ... and a few that need some work.

Both are typical reactions for coaches after the first day of football season.

"This was the best first day of practice I've ever had in all my years of coaching," said Armatti, Tavares' third-year head coach. "Our kids really jelled over the summer."

Virginia Scuderi, director of the Lake County Fellowship of Christian Athletes, put together a team camp in Umatilla last week and it turned out to be a phenomenal experience for us. It provided our kids with a break from the intensity of summer workouts and our kids really bonded.

"And when they came out for practice on Monday, they were unselfish and everyone practiced for their teammates. It was an incredible thing to watch."

Scott, Mount Dora's first-year head coach, didn't share all of Armatti's enthusiasm.

"(Monday's) practice was good, but not great," said Scott, who was the Hurricanes' offensive coordinator for seven years before taking over in December after Chris

Stephenson was let go. "We really want to stress effort these first few days. We're practicing in the morning, when it's not super-hot, and they don't have pads on, so I expect to see a lot of effort at these first few practices."

While most area coaches preferred to kick off the season in the afternoon — Monday was the first day Florida High School Athletic Association-member schools were permitted to hold organized practices — Armatti and Scott felt weather conditions would be more favorable in the morning.

Both coaches felt the cooler temperatures with lower rain chance might be more conducive to getting their teams off

See TEAMS, B3



A quarterback runs with the ball at the first day of practice at Lake Minneola High School in Minneola on Monday. [PAUL RYAN / CORRESPONDENT]

"This was the best first day of practice I've ever had in all my years of coaching. Our kids really jelled over the summer."

Scott Armatti

## Moving forward



Members of the Marjory Stoneman Douglas High School football team take the field to begin practice for a new season just after midnight on Monday in Parkland. The players, their school, and community still grieve for the 17 lives lost at the school on Feb. 14. [AP PHOTOS/JOE SKIPPER]

## At Stoneman Douglas, football season comes with heavy hearts

By Tim Reynolds  
The Associated Press

PARKLAND — The first practice of the new season was over, and the only sound on the campus of Marjory Stoneman Douglas High School was dozens of football players screaming in delight.

It was 2:15 a.m., and they were having a water balloon fight.

At last, on a campus shaken by tragedy, there was joy.

The Eagles — now ambassadors for a school and community still reeling from the Feb. 14 massacre that left 17 people dead, including assistant football coach Aaron Feis, who was killed while trying to use his body to shield students from the cascade of bullets — took the field for practice at 12:01 a.m. Monday.

Under Florida rules, teams could begin fall workouts July 30. The Eagles didn't wait a minute longer.

"This is the only thing we have to show our respect," coach Willis May Jr. said. "This is the way we can show our respect to those guys, with our great effort and with our great attitudes. Be leaders within the school. I hope we see all that from these kids this year."

Douglas has had the "midnight madness" practice on opening day several times before, but this was different. A uniformed sheriff's deputy was on campus throughout the evening, his patrol vehicle parked adjacent to the field



Guests wait for the start of the Marjory Stoneman Douglas High School football team to begin practice for a new season just after midnight on Monday in Parkland.

during practice. The site of the shootings — the 1200 building — still stands, cordoned off by a chain-link fence. Many want it leveled, but for now it stands because it's essentially evidence, a crime scene.

Players, as they walked out of the locker room in rows of two shortly before midnight, had to stroll past the 1200 building on their way to the field for practice. Barely anyone seemed to look its way.

"Our community is still very much in the traumatized healing process," said Parkland Mayor Christine Hunschofsky, who sat in the bleachers with about 100 other people for the middle-of-the-night practice. "This is not a sprint. This is absolutely a marathon. And we will never forget. No

one who was here will ever forget. But we also have to look at a way forward."

And Monday was a small step forward.

But the reminders of Feb. 14 remain everywhere.

There is one locker with a door painted gold in the locker room — it belonged to Joaquin "Guac" Oliver, one of the 17 victims, the boy who adored Miami Heat star Dwyane Wade so much that his family buried him in a Wade jersey. The fence around the 1200 building is partially covered by banners with messages of support from neighboring schools. Inside the cafeteria, where parents reported for the preseason meeting, another banner still hangs. It's

See FOOTBALL, B3

## What you need to know about NFL rule changes

By Nick Klopsis  
Tribune News Service

After years of confusion, debate and yelling in disbelief at the TV, NFL fans might finally find out the answer to what feels like an age-old question: What is a catch?

The NFL revamped its catch rule this offseason, one of many rule changes that will take effect this coming season. Here's a rundown of what will be different on game day:

### Catch rule

The NFL eliminated the "surviving the ground" requirement of the previous catch rule, simplifying it to a three-step process:

- 1) The player must establish control of the ball (i.e.: not bobble it while catching).
- 2) The player then must

establish himself in bounds — the usual "two feet in bounds" requirement.

3) There must be a "football move" — a third step, or a dive or lunge to the line-to-gain (or the ability to perform such a dive).

### Helmet-to-helmet hits

Leading with the head and initiating helmet-to-helmet contact now results in a 15-yard personal foul penalty and possible ejection. The rule applies to tacklers, ballcarriers and linemen. It replaces the old rule that only penalized a player if they hit with the crown of the helmet.

### Kickoffs

The league passed a litany of rule changes to help make kickoffs safer.

See NFL, B3

FOOTBALL | B2

**JAGUARS' DEFENSE VOWS TO FINISH JOB**



## Wild playoff race creates tough deadline decisions

By Noah Trister  
The Associated Press

There are 11 teams within six games of a playoff spot in the National League, which could make for a thrilling last two months of the regular season.

It also means some front offices are facing tough decisions as the non-waiver trade deadline looms.

It's easy to deal away your top players when you're 20 games behind, but if the postseason is still a possibility, the decision to buy or sell becomes trickier. The Washington Nationals, for example, are six games back in their division and trail the second wild card by the same margin — but

there are enough legitimate stars on that roster that a medium-sized deficit is certainly surmountable with this much time to go.

Fangraphs.com gives the Nats a 42.5 percent chance to make the postseason, while fivethirtyeight.com (20 percent) and baseball-prospectus.com (22 percent as of Sunday morning) are more pessimistic. Whichever website you believe, it would be unusual for a team in Washington's position to become a seller at the deadline. That tends to happen for teams facing longer odds.

But with two wild cards in each league, a team can

See DECISIONS, B3



## TEAMS

From Page B1

to a positive start.

Both programs will shift to afternoon start times later in the week, when teachers report back to work for the upcoming school year. Umatilla, which is also practicing in the morning, will begin practicing in the evenings when teachers go back to their classrooms and eventually have afternoon practices on Aug. 13, when students return to school.

“With the summer weather we have in Florida, if you practice in the afternoon you always run the chance of not getting practice in,” Scott said. “These first practices are when we can establish the foundation and work ethic for the entire season, so it’s important to make sure we get these first practices in.”

The FHSAA mandates that players wear shorts and helmets for the first two days of practice. Beginning with the third day of practice, players can suit up in “shells” — helmet, shoulder pads and shorts.

Contact drills are not permitted until Saturday, which is also the first time players can dress in full football gear.

Armatti, who led the Bulldogs to a 4-6 record in 2017 — a two-game improvement over his debut season in 2016 — is hoping his third season proves to be a charm. Players who have been in his system since Armatti arrived at Tavares are stronger than they were three years ago and are now veterans and team leaders.

“I’m really excited about this bunch,” Armatti said. “They really care for each other and want to help their teammates succeed. (Monday) was a great start to the season for us.”

## NFL

From Page B1

- The kicking team now must have five players on each side of the kicker before kicking off.

- Players on the kicking team can line up no more than 1 yard behind the ball, effectively eliminating the running starts that previously were allowed.

- At least two players on the kicking team must line up outside the yard-line number, and at least two must line up between the yard-line number and the hash marks.

- At least eight players on the receiving team must line up in a 15-yard “set-up zone” behind its restraining line. Only three players are allowed outside of that zone.

- Until the ball is touched or

hits the ground, no member of the receiving team may cross its restraining line or initiate a block in the 15-yard area after the kicking team’s restraining line.

- Wedge blocks are no longer allowed.

- The ball now becomes dead if it’s not touched by the receiving team in the end zone. The ruling on the field would be a touchback.

### Ejections

Al Riveron, the NFL’s senior vice president of officiating, now can order an ejection for a player who has been penalized for a non-football act, such as throwing a punch or fighting, even if it means overruling referees at the game.

All ejections now are reviewable to confirm whether the infraction was grounds for the ejection.

## DECISIONS

From Page B1

have a mediocre record and still be in the postseason race. And the path forward isn’t always easy to figure out. Here are a few teams in recent years that traded away key players — when they could have easily chosen to buy or stand pat instead:

### 2014 RAYS

**Record:** 53-55 (11.8 percent chance to make postseason)

Tampa Bay was eight games out of first place and 5 ½ behind the second wild card before sending ace left-hander David Price to Detroit in a three-team deal. The Rays received lefty Drew Smyly and infielders Willy Adames and Nick Franklin.

**The aftermath:** Smyly was great for Tampa Bay down the stretch in 2014, but injuries have held him back ever since, and he hasn’t pitched in the big leagues since 2016. Adames is currently hitting .196 in his first season in

the majors, but he is considered a top prospect for the Rays.

### 2015 TIGERS

**Record:** 49-52 (12.1 percent chance to make postseason)

The Tigers faced a double-digit deficit in the division race, so the best they could really hope for was to reach the one-game matchup between wild cards. They were only 3 ½ games behind the second wild card when they sent Price to Toronto, and Detroit would also end up trading Joakim Soria and Yoanis Cespedes in a mini-teardown. Among the players the Tigers received in return were Michael Fulmer, Daniel Norris, Matthew Boyd and JaCoby Jones.

**The aftermath:** Those deals remain a mixed bag for the Tigers. Fulmer was the AL Rookie of the Year in 2016 — and Detroit nearly made the postseason that year — but he has struggled this season. Norris has had injury problems, and Boyd has a career ERA of 5.21. Jones has flashed some athleticism in the outfield, but he has a .198 average in 481 big league

at-bats.

### 2016 YANKEES

**Record:** 50-48 (8 percent chance to make postseason)

New York was 7 ½ games back in the division and only 4 ½ behind the second wild card, but this was a team that hadn’t played in the Division Series since 2012, and the 2016 version didn’t seem likely to change that. So the Yankees sent Aroldis Chapman to the Cubs, and Andrew Miller, Carlos Beltran and Ivan Nova would also be traded in short order.

**The aftermath:** The Yankees hung around in 2016 and finished 84-78, then improved to 91 wins and an AL Championship Series berth the following year behind young sluggers Aaron Judge and Gary Sanchez. Those players had nothing to do with the 2016 trades, but the Chapman deal did bring infielder Gleyber Torres to the Yankees, and he looks like he could be a star in New York for years to come. And Chapman even came back to the Yankees as a free agent.

## FOOTBALL

From Page B1

from the students of Columbine High School, where a similar tragedy took place in 1999.

On the field, there are more signs, reminders to play for Feis and how to be “MSD Strong.” The shirts most of the coaches wore had some reminder of the shooting. May tugged on a new shirt just before practice, one with “17” in the middle, the reasoning there obvious.

Put simply, there’s no escaping what happened.

A school that was a sanctuary is now, in many ways, a memorial. “Are we perfect? Are we happy all the time? How can we be?” said Johanna Feis, the younger sister of the slain coach whose desk remains next to May’s inside a cramped football

office and hasn’t been issued to anyone else on the staff. “I’m not OK at this moment, but we’re pushing through, so we are OK.”

The Eagles obviously did not want this attention.

They did not want to be asked to play a Canadian team in Georgia on Sept. 1, but now view the trip as a great opportunity. They did not want to see Feis, athletic director Chris Hixon, cross country coach Scott Beigel — all victims on Feb. 14 — honored with the Best Coach award at the ESPYs. They did not want to turn Feis’ name into a motivational acronym, the letters in football parlance now standing for “Fearless, Emotion, Intensity and Sacrifice.”

They would rather see things go back to normal, whatever that was before the afternoon of Feb. 14.

“You represent this high school,” May told his team just

before practice started. “Every time you put that Douglas (jersey) on, make it count for something. Make it mean something. When somebody faces us this year, one thing I want them to know is, you ain’t getting an injured Eagle. You’re not facing an injured Eagle that’s just going to let you roll over them. You better bring the best you got.”

The reminders notwithstanding, boys were being boys Sunday night as they waited for practice. They had a team meeting in the bleachers to go over fundraising plans, and whooped for joy when it came time to tape a promotional video.

They returned to the locker room after the meeting to wait for practice, some lying on the hard tile floor, others chilling on benches, virtually everyone on their phones. It was loud and festive. It was football season. And for a couple hours, all felt right again.

IT'S  
ALMOST  
HERE!!



voting begins August 5th, 2018



# DIVERSIONS

## Baby in day care plays favorites among the staff

**DEAR ABBY:** I am a child care provider working with infants. Two of us work in the nursery and share responsibilities.

One baby has become extremely attached to me, to the point that I can't take a break or go to lunch without him screaming until I return. I feel guilty taking lunch breaks or even a vacation because I know that whoever substitutes for me will have to deal with the crying.

Other teachers have tried to bond with him to make it easier on everyone, but it doesn't work. It has reached the point that I'm exhausted at the end of the day from the stress of having to be near him all day. Any suggestions? -- **MOTHERING IN MISSOURI**

**DEAR MOTHERING:** Yes. You are a caring person who is doing more than your share of trying to make the baby feel secure, so stop feeling guilty. I consulted Faisal Chawla, M.D., a pediatri-

**JEANNE PHILLIPS**

DEAR ABBY



cian in Los Angeles, who explained that separation anxiety normally occurs at around 6 to 9 months, so age may be a factor. The baby may be experiencing separation anxiety from you as others might get it when a parent drops them off at day care. It should not cause you distress since this is expected behavior.

Dr. Chawla kindly offered suggestions for coping with separation anxiety:

Establish a goodbye ritual/routine that's consistent and quick. Comfort the infant and let him/her know you will be back after your break (just as parents would tell their little one they will be back after work). Some parents do a peek-

a-boo ritual, which can reduce crying goodbyes to ones with much less drama.

Leave after you say your goodbye and DON'T come back repeatedly. Coming back is positive reinforcement for the crying ("If I cry harder, they will come back!").

**DEAR ABBY:** My husband had an annoying habit of staring at me. After dinner, if I went into the kitchen while he was still at the dinner table, he would turn his chair around to stare at me. When he walked into a room I was in, he would stop and stare at me.

When I finally got sick of it and told him to cut it out, his response was, "Can't you stand scrutiny?" I said it has nothing to do with scrutiny. It's a form of trying to control me, or even mental abuse.

He has stopped it for the most part. But he reverts back every once in a while. I still have

to mention it at times. What do you think of this? What do you think it means? -- **ANNOYED IN THE EAST**

**DEAR ANNOYED:** Unless you have left something out of your letter, I don't consider what he was doing to be emotional abuse. Until you spoke up, he may not have realized he was making you uncomfortable.

What I think it means is that your husband thinks you are the most beautiful woman in the world, and he's the luckiest man on the planet. Now he knows it makes you uncomfortable, he's making an effort to stop, but old habits are hard to break and he occasionally backslides.

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at [www.DearAbby.com](http://www.DearAbby.com) or P.O. Box 69440, Los Angeles, CA 90069.

## » BRIDGE

### A sleight-of-hand trick

South dealer.

Both sides vulnerable.  
**NORTH**  
 ♠ 10 9 6 2  
 ♥ K 8  
 ♦ K 10 7 3  
 ♣ A 6 2

**WEST**  
 ♠ Q J 7 3  
 ♥ J 6 4  
 ♦ Q 8 5  
 ♣ 10 9 7

**EAST**  
 ♠ 4  
 ♥ Q 9 5 2  
 ♦ J 6 4  
 ♣ K Q 8 5 3

**SOUTH**  
 ♠ A K 8 5  
 ♥ A 10 7 3  
 ♦ A 9 2  
 ♣ J 4

The bidding:  
**South** 1 NT  
**West** Pass  
**North** 2 ♣  
**East** Pass  
 2 ♥  
 4 ♠

Opening lead — ten of clubs.

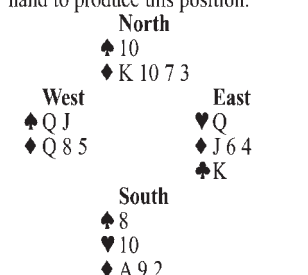
It is sometimes possible to make a contract that seems destined for sure defeat. Bridge is a rewarding game in this respect — you can occasionally pull a rabbit out of a hat.

South was in four spades, and it didn't look difficult to make when dummy came down. His probable losers were a spade, a diamond and a club, assuming normal breaks.

Declarer ducked the opening club lead and took East's trump shift with the ace at trick two. After cashing the K-A of hearts, he played the king of

spades and discovered that West had two trump tricks coming.

This put a totally different light upon matters. South couldn't make the contract now unless he found a way to avoid a diamond loser, since he had already lost a club and was bound to lose two spade tricks. With this goal firmly in mind, he ruffed a heart in dummy, then cashed the ace of clubs and trumped a club in his hand to produce this position:



The ten-of-hearts lead forced West to ruff to prevent declarer from ruffing in dummy and scoring his eighth trick. West cashed his remaining trump, but then had to return a diamond. A low diamond lead would have permitted South to first trap East's jack and next West's queen.

West did as well as he could when he led the queen instead. But declarer, playing for the honors to be split, went up with dummy's king and finessed the nine on the return to bring in his game.

Tomorrow: Deceived by a deception.  
 ©2018 King Features Syndicate Inc.

## » HOROSCOPES

### HAPPY BIRTHDAY FOR TUESDAY, JULY 31, 2018:

This year your imagination and creativity seem to have no limits. You can go on and on while allowing your mind to just drift from one subject to another. Work on being more realistic. If you are single, you could attract a very intelligent person who helps you open up even more. Be careful not to put this person on a pedestal, as he or she is likely to fall off. If you are attached, the two of you will take a mutual dream and make the adjustments necessary to make it a reality. You might need to wait a year or so to see this project through. PISCES often inspires you.

**ARIES (MARCH 21-APRIL 19)** You admire self-discipline and, for the most part, you exhibit that same trait. Today is a different story. Your mind floats to topics you might choose not to discuss. In your head, you could be criticizing your responses too harshly.

**TAURUS (APRIL 20-MAY 20)** Somewhere in your mind lies a special desire to contact a friend who lives far away. Clearly, the feeling is mutual. You even might

decide to meet each other halfway. Your visit together will be long remembered by both of you.

**GEMINI (MAY 21-JUNE 20)** You can spare only so much time to indulge anyone in a conversation. The art of saying "no" becomes more and more present in your professional life. A close loved one might not be happy with your new ability to distance yourself.

**CANCER (JUNE 21-JULY 22)** Give up being as emotional as you are. On the other hand, make it OK to fall into a reverie. Your mind keeps drifting to a certain person or place. What are you going to do? A bright and creative pal might have some intriguing suggestions.

**LEO (JULY 23-AUG. 22)** As strong a sign as you may be, a new passion seems to be able to dominate your mind, heart and/or time. Your focus remains intense; others miss you. A card or gift from someone feeling somewhat dejected needs to be embraced.

**VIRGO (AUG. 23-SEPT. 22)** Others come toward you. Before you can make a recommendation or follow through on your ideas for a

**JACQUELINE BIGAR**

BIGAR'S STARS



perfect date night, someone else steps forward with his or her suggestions. Many people are delighted by what they hear.

**LIBRA (SEPT. 23-OCT. 22)** You are gracious and willing to do what is needed. Do not cut off a conversation or let someone feel insecure when interacting with him or her. Honor your needs, but be smart and do not forget a loved one's needs, either.

**SCORPIO (OCT. 23-NOV. 21)** Others have a lot on their minds, and they might refuse to pull back in order to see the big picture. You are likely to find that dealing with their expansive moods and desires could be difficult for you. Incorporate more one-on-one time into your day.

**SAGITTARIUS (NOV. 22-DEC. 21)** You might be inordinately grumpy or tense right now. If you slow down

a bit and take a deep breath, you will feel much better. You need to detach from a problematic situation before you can make any valid decisions. Ask questions, if need be.

**CAPRICORN (DEC. 22-JAN. 19)** You might be shy at times, but you are not hesitant. You need to stay clear, detached and upbeat when making a decision. Be open to others' suggestions. Someone could surprise you with a concept that otherwise would never have entered your mind.

**AQUARIUS (JAN. 20-FEB. 18)** If you feel unsure about your financial situation, understand that it might be occurring in order to alert you to be more conscientious with your funds. Sometimes you are whimsical and unpredictable. Indulge your need to take risks in a different way.

**PISCES (FEB. 19-MARCH 20)** You have entered a period in which all eyes turn to you. You can handle some adoration, compliments and being fussed over. However, learning to be the center of several people's universe can be exhausting! Take a break here and there.

## » TODAY IN HISTORY

**TODAY IS TUESDAY, JULY 31**, the 212th day of 2018. There are 153 days left in the year.

### TODAY'S HIGHLIGHT IN HISTORY:

On July 31, 1991, President George H.W. Bush and Soviet President Mikhail S. Gorbachev signed the Strategic Arms Reduction Treaty in Moscow.

**ON THIS DATE:**  
 In 1948, President Harry S.

Truman helped dedicate New York International Airport (later John F. Kennedy International Airport) at Idlewild Field.

In 1954, Pakistan's K2 was conquered as two members of an Italian expedition, Achille Compagnoni and Lino Lacedelli, reached the summit.

In 1957, the Distant Early Warning Line, a system of radar stations designed to detect

Soviet bombers approaching North America, went into operation.

In 1964, the American space probe Ranger 7 reached the moon, transmitting pictures back to Earth before impacting the lunar surface.

In 1971, Apollo 15 crew members David Scott and James Irwin became the first astronauts to use a lunar rover

on the surface of the moon.

In 1972, Democratic vice-presidential candidate Thomas Eagleton withdrew from the ticket with George McGovern following disclosures that Eagleton had once undergone psychiatric treatment.

In 1992, the former Soviet republic of Georgia was admitted to the United Nations as its 179th member.

**WORD SCRIMMAGE™**  
 BY JUDD HAMBRICK © 2018 UFS / Dist. by Andrews McMeel Syndication for UFS

5th Letter + 7 PTS

1st DOWN

2nd DOWN

3rd DOWN + 30 PTS

4th DOWN

FOUR PLAY TOTAL

JUDD'S SOLUTION TOMORROW

**JUDD'S TOTAL = 245**  
 AVERAGE GAME 155-165 PTS  
 Directions: Make a 2- to 7-letter word from the letters on each yardline. Add points to each word or letter using scoring directions. Seven-letter words get a 60-point bonus. All words can be found in Webster's New World College Dictionary.  
 7-31-18

**WORD SCRIMMAGE™ SOLUTION BY JUDD HAMBRICK**  
 © 2018 UFS / Dist. by Andrews McMeel Syndication for UFS

1st DOWN = 28

2nd DOWN = 122

3rd DOWN = 21

4th DOWN = 35

**AVERAGE GAME 130-140 PTS**  
**JUDD'S TOTAL = 206**  
 7-30-18

**Sudoku** ★★☆☆☆ 4puz.com

4	1			3	2
5	8	3	6	9	1
1	4				2 6
7	3	6		7	
		2	7		
2	7	8	1	3	9
8	5			2	7

Fill in the squares so that each row, column, and 3-by-3 box contain the numbers 1 through 9.

**YESTERDAY'S SOLUTION**

9	5	8	4	7	1	3	2	6
3	6	4	9	5	2	8	7	1
1	7	2	6	8	3	4	9	5
5	8	3	2	1	9	6	4	7
6	4	1	7	3	5	9	8	2
2	9	7	8	4	6	1	5	3
8	2	6	3	9	7	5	1	4
7	1	9	5	6	4	2	3	8
4	3	5	1	2	8	7	6	9

**How to play:** Fill in the blank squares with the numbers 1 through 9 so that each horizontal row, vertical column and nine-square sub-grid contains no repeated numbers.

Puzzles range in difficulty from one to six stars.

The solution to today's puzzle will be in tomorrow's paper.

## » CRYPTOQUOTE

A XYDLBAAXR  
 is LONGFELLOW

One letter stands for another. In this sample, A is used for the three L's, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each day the code letters are different.

7-31 CRYPTOQUOTE

I T Z F L H L F F T Z F

X L H Z A A W Z S H I T W V G C E

D Z J W Z E - F E S V ? Z A Z S J L V O

H A Z Y W . - H C E S Y W E V J V C I V

Yesterday's Cryptoquote: THERE ARE THREE THINGS YOU CAN DO IN A BASEBALL GAME. YOU CAN WIN, OR YOU CAN LOSE, OR IT CAN RAIN. — CASEY STENGEL

**The Florida minimum wage is \$8.25/hr**  
**The Florida living wage (for just one adult) is \$11.75/hr**  
**YOU DO THE MATH!**  
**Could you live on Florida's min. wage? Do the right thing and SUPPORT A LIVING WAGE IN FLORIDA!**  
 Paid Advertisement

Established 1941

**SIMON SEED**  
 Farm & Garden Center, Inc.

**Simon Sez:**

**Time to Plant:**

- Lawn Grass Seeds:
- Argentine Bahia
- Pensacola Bahia
- Herbs & Summer Annuals
- Heat Tolerant Perennial & Butterfly Plants

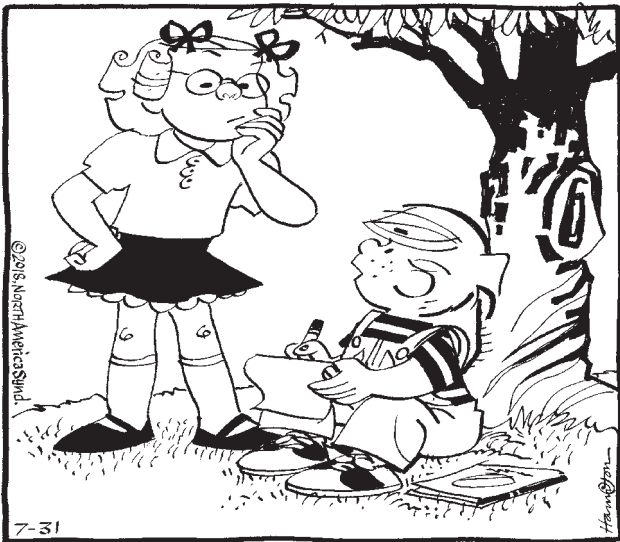
105 W. Magnolia, Leesburg  
**787-4415**

Purina Dealer

VISA MasterCard

# COMICS

## DENNIS THE MENACE



"I KNOW THE WHOLE ALPHABET... I JUST DON'T KNOW HOW TO WORK IT."

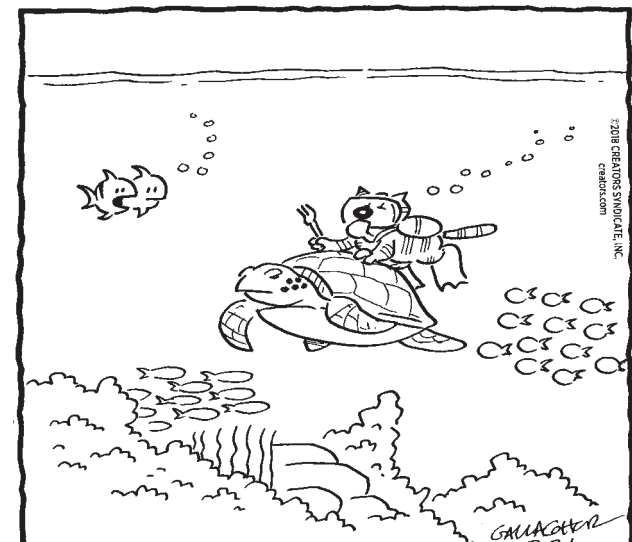
## FAMILY CIRCUS

THE FAMILY CIRCUS By Bil Keane



"Know what, Mommy? Pancakes need syrup, but syrup doesn't need pancakes."

## HEATHCLIFF



"WATCH OUT. HE'S GOT A FORK."

## LUANN



## DILBERT



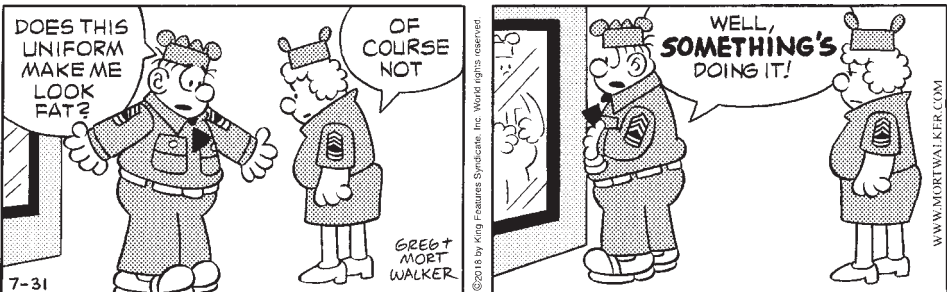
## MOTHER GOOSE & GRIMM



## BABY BLUES



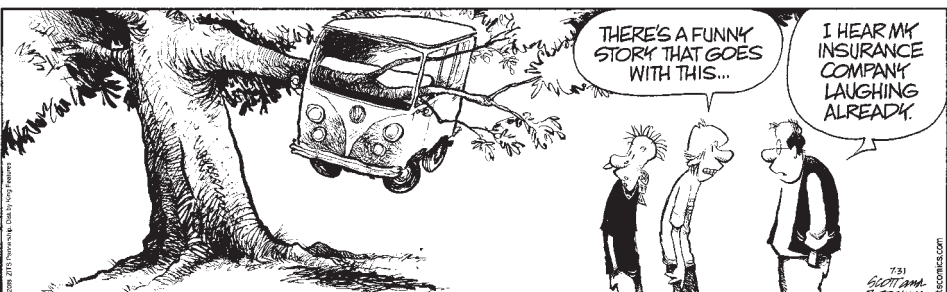
## BEEBLE BAILEY



## PICKLES



## ZITS



## PHANTOM



## GARFIELD



## BLONDIE



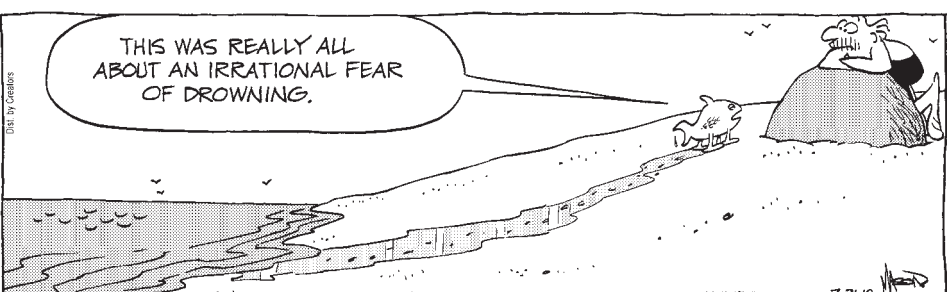
## FOR BETTER OR FOR WORSE



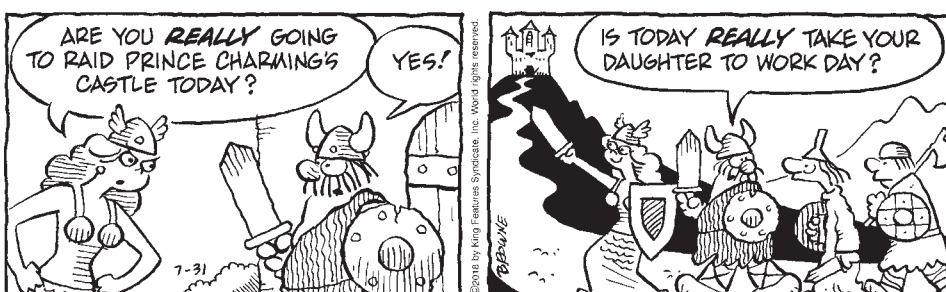
## SHOE



## B.C.



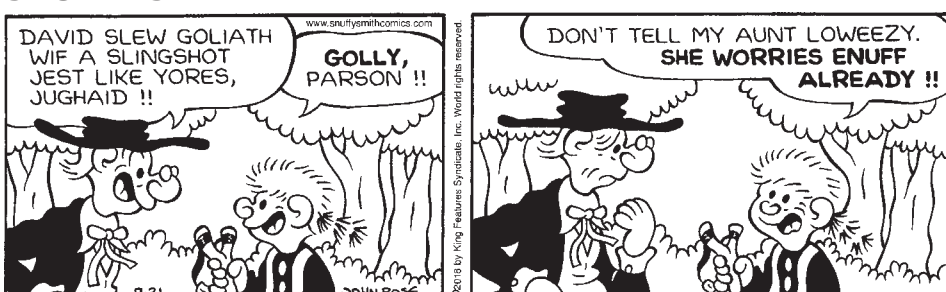
## HAGAR THE HORRIBLE



## ROSE IS ROSE



## SNUFFY SMITH



## CLASSIC PEANUTS





# DIRECTORY OF SERVICE PROFESSIONALS



**A/C Services**

**Florida Air & Heat Inc.**  
Your Comfort Company  
CALL 352-326-3202  
For ALL Your Heating & Cooling Needs  
100% Financing Available - Licensed - Insured - Bonded  
Serving Our Area Since 1986 State License # CAC1814030

**Construction Services**

**All Florida Weatherproofing & Construction, Inc.**  
STATE CERTIFIED LICENSE # CCC1327406 • CBC1259006  
**Only Mobile/Manufactured Home ROOFING**  
www.AllFloridaRoofs.com  
FREE VIDEO ROOF INSPECTIONS  
1-877.572.1019

**Irrigation Services**

**BILL ROGERS IRRIGATION SERVICE**  
35 YEARS EXPERIENCE  
LIC NO. 22190/INS/BONDED  
OWNER OPERATOR  
352-446-1059

**Painting Services**

**John Philibert, Inc**  
For All Your Interior/Exterior Painting Needs.  
We Also Offer  
Driveways • Patios • Faux Finishes  
Lic/Ins • Visa/MC  
Call John @ (352) 308-0694  
JPHandy.com • 20 yrs. of service

**Tree Services**

**STUMP GRINDING SPECIALIST**  
TREE TRIMMING & MORE  
352-551-4222

**Aluminum Services**

**ALUMINUM ENGINEERING**  
LICENSED • CA28841 • E&O INS.  
• CONSTRUCTION PLANS CARPORTS, SCREEN ROOMS POOL CAGES, PATIO STRUCTURES  
• CONSULTING SERVICES FOR HOME OWNERS QUESTIONS, WE HAVE ANSWERS!  
352-408-7722  
ASK FOR KEITH

**Door & Lock Services**

**Ro-mac** Lic. #CBC1252465  
DOOR & LOCK SERVICE  
We Repair, Replace and Install  
Emergency Services Available!  
(352) 314-3169

**Land Clearing Services**

**J.C.C. Bobcat & Tree Svc. Inc.**  
Land Clearing/Excavating  
Fill Dirt/Clay  
Hauling/Debris Removal  
Stump Grinding  
Demolition/Grading/ Driveways  
Owner Operator  
352-455-7608

**Advance coatings.inc**  
Repaint specialist  
~interior-exterior  
~cabinet resurfacing  
~pool decks/stains  
~driveways  
Mark McCormick  
phone 352 255 0145  
licensed & insured

**J.C.C. Bobcat & Tree Svc. Inc.**  
Residential/Commercial  
Trimming/Removal  
Palms/Hedges/Stump Grinding  
Debris removal/Hauling  
Fill Dirt/Clay/Grading/Driveways  
Lic/Ins • Insurance Work • 24 Hrs.  
352-455-7608

**Bath & Kitchen Services**

**RE-TILE**  
Specializing in Total Bath & Kitchen Remodeling  
Serving Central Florida for over 30 years  
Walk-in Showers • Shower & Tub Baths Replaced  
Shower Pan Replaced • Customized Handicap Baths  
JIM CHANEY 352-391-5553  
Insured • License# 8760033797

**Flooring Services**

**SALE! LAMINATE, WOOD & TILE**  
Great Prices  
Exceptional Service!  
20 Years Experience  
SHOWROOM  
11433 US Hwy 441, Tavares  
Call Chris  
352-636-1643

**Landscaping Services**

**NATURES GARDEN**  
NURSERY, LANDSCAPING,  
CURBING - 15 YRS EXP.  
ROCK, MULCH, WATERFALLS,  
DECORATIVE WALLS  
352-504-1345

**Pressure Cleaning**

**ALL COUNTY PRESSURE WASHING**  
QUALITY WORK AT A FAIR PRICE  
352-396-9447  
100% Satisfaction Guaranteed  
\$45.00 OFF Entire Bill  
Licensed & Insured • Lic#8760028870  
www.allcountypressurewashing.com

**A-1 UNITED SERVICES**  
TREE TRIMMING • REMOVALS  
HURRICANE PREPARATION  
STUMP GRINDING  
LAND CLEARING  
LANDSCAPING  
"One Call Does It All"  
352-460-3763  
CALL FOR FREE ESTIMATES  
LICENSED INSURED

**Cleaning Services**

**PERFECT CLEANING**  
RESIDENTIAL & COMMERCIAL  
No Job Too Small • FREE Estimates  
352-396-6238  
DAMIAN BROOKS  
Damianbrooks80@yahoo.com  
You've Tried The Rest...Now Go With The Best!

**John Philibert, Inc**  
For All Your Flooring Needs  
Pergo, Ceramic Tile,  
Travertine, Vinyl & More  
Call John @ (352) 308-0694  
JPHandy.com • 20 yrs. of service • Lic/Ins • Visa/MC

**Landscaping**  
Trimming, Mulching,  
Sod, Tree Trimming,  
Pavers & Much More!  
Armando Santamaro  
352-587-1323

**B & M PRESSURE WASHING LLC**  
HOUSE WASH  
EXTERIOR CLEANING SERVICES  
RESIDENTIAL / COMMERCIAL  
352-603-4240

**Rich Nichol STUMP GRINDING**  
CHEAP RATES  
• Stump Grinding • Stump Removal  
• Land Clearing • Brush Clearing  
• Tractor Work • Removal of Debris  
• Removal of Fallen Trees  
352-586-7178  
Serving Citrus, Hernando, Sumter and Surrounding Counties

**Mr. Bubbles**  
Commercial Cleaning  
Residential Cleaning  
Buffing/Stripping Floors  
352-348-3355  
Extreme Cleaning

**Garage Door Services**

**Ro-mac** Lic. #CBC1252465  
GARAGE DOORS  
Complete Service & Installation  
Lake County's Largest Provider!  
We Sell & Program Remotes!  
(352) 748-4575

**LANDSCAPING DESIGN**  
15 YEARS EXPERIENCE  
LICENSED & INSURED  
FREE ESTIMATES  
352-434-6359  
352-800-9163  
MULCH, SOD, PAVERS, PALM TREES,  
STONE & CONCRETE PAINTING  
ANY JOB BIG OR SMALL

**Roofing Services**

METAL - TILE - SHINGLE ROOFING  
New Construction or Re-Roofing  
308 Oak Street  
Lady Lake, FL 32159  
352-430-2773  
www.sackroofing.com  
Serving the Tri County Area For 26 Years

**ALL TREE SERVICE**  
Tree Removal, Trimming, Canopy Reduction,  
Crane Service, Stump Grinding,  
Seasoned Firewood - COMPLETE GARDEN CENTER  
2402 South St., Leesburg  
Senior Discounts  
352-516-6936

**Concrete Services**

**MC** Lic. #CBC1252465  
15 Yrs Experience  
352-434-6359  
SPECIALIZING IN DECORATIVE CONCRETE  
Driveways, Patios, Pool Decks, Textured,  
Painting, Epoxy, Stain & Speckles  
Re-surface any job big or small • CLEAN & CLEAR

**Gutter Services**

**SEAMLESS GUTTERS**  
352-455-8241  
Also Specializing in Siding, Soffit Fascia and Screen Rooms

**GREEN ACRES MOWING**  
We mow or bushhog acreage of any amount in all of Central & South Lake County  
REASONABLE PRICES!  
352-360-5445

**ROOFOVERS**  
For Mobile/Manufactured Homes  
Our 32nd Year - Over 12,000 Roofs  
BEST ROOF - BEST PRICES - GUARANTEED!  
MEET THE CONTRACTOR - NOT A "SALESMAN"!  
BETTER THAN ANY METAL OR SHINGLE ROOF!  
NOT ONE ROOF LOST TO ANY STORM!  
NO PAY UNTIL JOB IS DONE!  
SPECIAL DISCOUNT FOR FELLOW VETERANS!  
Comfort Seal Roof Systems, Inc.™  
352-242-5055  
St. Lic. # CCC1325322

**Upholstery Services**

**French's Upholstery**  
Re-use.....Re-cycle.....Re-upholster  
Michael French • 352-431-5256  
frenchsupholstery@gmail.com  
www.facebook.com/frenchsupholstery  
Upholstering Furniture in Clermont Since 1978 • Free Estimates

**Concrete For Less**  
8x10 Slab \$800  
10x48 Slab \$2600  
Includes Concrete & Labor  
Blocking/ Ref./Lic./Ins.  
Lic #113336  
Phillip 352-504-8372

**Handyman Services**

**KENNETH JORDAN Home Repair**  
• Pressure Washing • Painting  
• Flooring • Carpet • Clean Outs  
• Clean Ups • Hauling • Licensed  
352-787-7056

**ALL TREE SERVICE & LANDSCAPING**  
COMMERCIAL-RESIDENTIAL  
• Assorted Rock & Stone  
• Paver Installation/Repair  
• Palm and Tree Installation  
• Decorative Walls  
• Retaining Walls  
• Curbing and Mulching  
• Sodding and Irrigation  
• Seasoned Firewood  
• Full Landscaping Needs  
FULL GARDEN CENTER  
Free Estimates, Senior Discounts  
2402 South St., Leesburg  
352-516-6936  
TED BYRNE Owner Lic/Ins

**Re-roofs/Repairs**  
Shingles/Metal/Flat  
Lic. #CCC1329936  
**Covenant Roofing and Construction, Inc.**  
#1 IN ROOFING  
FREE ROOF ESTIMATES  
352-314-3625

**Window Services**

**Ro-mac** Lic. #CBC1252465  
WINDOWS  
We Install, Replace and Repair  
Most Major Brands Available  
Glass and Screen Repair  
(352) 787-4545

**BOB'S CONCRETE**  
All Concrete Services  
Crack Repair • Free Estimates  
Serving Lake County 30 Years  
Bonded, Insured, Lic#11066  
Call Bob at 352.223.7935

**iMan 4-U**  
Repairs • Improvements • Painting  
Handyman Services  
"ONE CALL DOES IT ALL"  
RESIDENTIAL & COMMERCIAL  
TAX ID, INSURED  
rufus\_62@yahoo.com 352-636-2599

**Lawn Mower Repair Services**

**The Lawnmower Doctor**  
Mobile Small Engine Repair  
SAVE THIS 10% OFF FOREVER COUPON  
(352)450-7661  
- I COME TO YOU -  
"The Only Doctor That Still Makes House Calls"  
I Also Sell RECONDITIONED Lawnmowers, Trimmers, ect. Over 40 Years Experience

**METAL ROOF**  
\$0 DOWN - 0% FINANCE UP TO 24 MO.  
3.99% FINANCING FOR UP TO 144 MO.  
COMPLETELY INSTALLED!  
FREE ESTIMATES! as low as 79¢ PER 1500 SQUARE FEET  
CALL TODAY  
866-430-2616  
LIC#CCC042879

**Sutherland Solar Control Window Tinting**  
Residential - Commercial  
Leesburg 352-787-7769  
VISTA or 800-253-8468  
www.sutherlandssolar.com

**CONCRETE**  
352.602.8077  
Nicholas Rangel Concrete

**John Philibert, Inc**  
We do Everything from Ceilings to Floors, Pantries, Cabinets and more.  
Your pesky leaks gone and houses we'll paint.  
From inside and out, we'll make it great.  
Lic/Ins. Accepting Visa & MC.  
JPHandy.com (352) 308-0694

**Moving Services**

**All Pro Movers LLC**  
Residential  
Randall Rolle, Manager  
352-817-5159  
allpromovers.villages@gmail.com  
www.allpromoversllc.com

**Tile Service**

**RE-TILE**  
Specializing in Total Bath & Kitchen Remodeling  
Serving Central Florida for over 30 years  
Walk-in Showers • Shower & Tub Baths Replaced  
Shower Pan Replaced • Customized Handicap Baths  
JIM CHANEY 352-391-5553  
Insured • License# 8760033797

**GEORGE WATKINS**  
352-587-2735  
Window Replacement  
Lanai Enclosures  
Acrylic Windows  
CR# 1330701

**METAL - TILE - SHINGLE ROOFING**  
New Construction or Re-Roofing  
308 Oak Street  
Lady Lake, FL 32159  
352-430-2773  
www.sackroofing.com  
Serving the Tri County Area For 26 Years

**Home Improvement**

**METAL - TILE - SHINGLE ROOFING**  
New Construction or Re-Roofing  
308 Oak Street  
Lady Lake, FL 32159  
352-430-2773  
www.sackroofing.com  
Serving the Tri County Area For 26 Years

**Painting Services**

**A-1 UNITED SERVICES**  
INT. / EXT. PAINTING  
DRYWALL REPAIR • TILE  
HOME REMODELS  
ALL PHASES OF PRESSURE CLEANING  
AND MUCH MORE!  
"One Call Does It All"  
352-460-3763  
CALL FOR FREE ESTIMATES  
LICENSED INSURED

**Tree Services**

**BAD TREE CALL ME!**  
TONY THE TREE TRIMMER  
27 YEARS EXPERIENCE  
352-759-2080 • 352-408-5142  
TREE REMOVAL • TRIMMING  
STUMP GRINDING • DEBRIS CLEANUP  
NO JOB TOO BIG OR SMALL!  
FREE ESTIMATES

**BLIND REPAIRS**  
Most Brands • In Home  
No Cost...If We Can't Fix It!  
352-217-7556  
exceptionsblinds.com

**BRIAN DEGAGLIA CONSTRUCTION SERVICES**  
• 16 x 40 \$2,250 • 12 x 40 \$1,950  
• 10 x 20 \$1,250 • 8 x 10 \$650  
Includes: Forming, Pouring, Stripping, Cutting, & Materials.  
Does Not include stripping of sod or roots, removing of concrete, pumping or hauling of debris.  
352-267-5723

**BEST PAINTING**  
Senior Discount  
www.BestPaintRem.com  
352-210-3964



To have your Professional Service listed here, please contact the Classified Department at (352) 314-3278.





