

Challenging conditions



MARC VALERO/STAFF

Church Service Center Director John Jeffo in front of a metal shed that is temporarily being used for its food distribution effort. The Center had been housed in the "Station" building (pictured behind the shed), but it was damaged by Hurricane Irma.

Church Service Center working out of a shed after Irma destroyed its old location

By **MARC VALERO**
STAFF WRITER

AVON PARK — While working in the cramped quarters of a

metal shed, volunteers with the Church Service Center continue to provide help to the needy while hoping to find a permanent location.



MARC VALERO/STAFF

Church Service Center volunteers, in a metal shed, prepare donated canned goods Wednesday for distribution to the needy.

Hurricane Irma rendered the two-story, city-owned Station building uninhabitable. The building at the south end of Butler Avenue housed the Church Service Center.

The Center's director John Jeffo said since the Station building has been "destroyed," they have been working out of the storage shed.

He believes the city will be donating the nearby land on Rowe Street, which has a skate park on it, to the Ministerial Association so then they can start working on a building.

"We did 7,500 family visits last year and signed up 450 new families in Avon Park," he said. The Church Service Center/Ministerial Association spent about \$30,000 at a local grocery store and \$50,000 on power, water and rents, prescriptions and gas vouchers for the clients they serve. That also includes clothing, which they don't give out as much now.

Before the storm he had 60

CHURCH | 8

Effort underway to restore felons' voting rights

By **JAY MEISEL**
STAFF WRITER

SEBRING — When George W. Bush ran for president and then for re-election, Sebring resident Ellis Valentine never got the opportunity to vote for Bush or his opponents.

Nor did Valentine get the chance to vote when Barack Obama or Donald Trump were running for president.

That's because Valentine was convicted in 1993 of a felony drug charge and served six years in prison. In the nearly two decades since he got out of prison in 1999, he has been unable to vote because he lost his voting rights as a convicted felon.

Valentine said he applied to get his right to vote restored, but that was denied.

He was one of a few who attended a meeting

Thursday evening on a proposed ballot proposition that would automatically restore voting rights of felons once they've completed their sentence and any supervised release time after incarceration. It would not apply to murderers or sex offenders.

Valentine and other supporters hope the amendment will be on the November 2018 ballot.

Highlands County Supervisor Elections Penny Ogg, who was not at the meeting, said her office receives information from the state and the Highlands County Clerk's Office when someone is convicted of a felony.

If their name is on the list of eligible people to vote, it's removed. She said at least during her tenure no convicted

RIGHTS | 8

New Sheriff's Office program to help seniors

By **JAY MEISEL**
STAFF WRITER

SEBRING — Imagine this scenario: An elderly person is having roofing work done on his or her home. Part of the work is done, but the homeowner is having problems getting the job finished.

A new program at the Highlands County Sheriff's Office, called Seniors Versus Crime, is geared to help people with those types of situations.

The program is being run through the Florida Attorney General's Office

and involves volunteers, many with a law enforcement background.

Tom Guinther, a retired law enforcement officer and a city finance director, said he and the other investigators aren't criminal investigators.

If they determine the person's problem with the roofer involves fraud, they will refer it to law enforcement, Guinther said.

But, he added, "Sometimes it's a contract dispute."

Some cases, he said, are

SENIORS | 8

Reynolds teaches others how to get green thumb

By **SHARON WEATHERHEAD**
CORRESPONDENT

SEBRING — Charlie Reynolds, Master Gardener of the Year for the state of Florida 2017-2018, is a busy man of many talents.

He currently holds this prestigious title for all of his good works in the gardening community. Reynolds was nominated by UF/IFAS Master Gardener Coordinator, David Austin. He received the award at their state conference.

"I am very honored and get some bragging rights as well," said Reynolds. "I get to do a lot of talks, which I enjoy, at garden clubs, home owners groups and even elementary schools."

Reynolds does some work with the Avon Park Correctional Institution where he teaches motivated inmates to become Certified FNGLA Professionals and Restricted Use Pesticide Applicators. This is a very challenging program, which includes months of study, community hours and passing a grueling four-hour exam.

The FNGLA is the Florida Nursery Growers and Landscape Association, a trade organization for agriculture.

The Director of Avon Park Public Housing, Larry Shoeman, invited



COURTESY PHOTO

Transitional Housing Community Garden with 4-H kids, residents and Charlie Reynolds in the back.

Reynolds to come out and see what they had to work with. What he found were six greenhouses full of plants. Each inmate working in the gardens had their own to care for.

"I met with the warden and decided to get involved," he said. "They had five acres of landscaping that looked like a



SHARON WEATHERHEAD/
CORRESPONDENT

GREEN | 9

Charlie Reynolds.



Crossword **A7**
Highlands Health **B1**

Local Sports **A10-12**
Lottery **SPORTS**

Viewpoints **A6-7**
Weather **The News Wire**

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Roslyn Linstorm
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Council to decide on reopening Veterans Beach boat ramp

By JAY MEISEL
STAFF WRITER

SEBRING — The Sebring City Council will likely decide Tuesday whether to reopen the Veterans Beach boat ramp, which has been closed since Hurricane Irma.

Council members decided last month to keep the ramp closed after resident Preston Colby reported a considerable amount of debris in Lake Jackson, much of which came from privately owned demolished piers and boat ramps.

Councilman Tom Dettman said the city shouldn't reopen the boat ramp until the extent of the debris problem is determined.

"I think we need to know what's there until we give the all-clear," Dettman said. "I'd rather err on the side of being cautious in the interest of personal safety than pleasure boating."

Councilman Charlie Lowrance said he has no doubt that destroyed docks could present a hazard to boaters.

"There's normally reflectors and lights on docks," he said.

Lowrance said that



FILE PHOTO

The Veterans Beach boat ramp in Sebring after Hurricane Irma had broken asphalt and flooding as a result of heavy winds and rain. The Sebring City Council will likely decide Tuesday whether to reopen the boat ramp, which has been closed since Hurricane Irma.

at a minimum the city should put a warning on the Veterans Beach boat ramp that possible hazards exist.

The City Council last month asked Sebring Fire Chief Bobby Border to use the fire department's boat to survey

the situation. He was not available for comment on what the firefighters found.

City Administrator Scott Noethlich said it's uncertain whether the city would get any FEMA funding for cleanup of the lake.

Cleaning up the lake could be a mixed blessing, Mayor John Shoop said.

On the one hand, he said, if the city removes debris, that will increase safety. But, if the city then opens the Veterans Beach boat ramp, people will assume that the lake is completely safe, he said.

"If we clean it and there's still debris on it, are people going to come after the city (if they have an accident?)" Shoop asked. "We are working to keep that happy medium where the city is protected, our citizens are safe and minimizing our liability."

Clell Ford, Highlands County lakes manager, said the problem isn't limited to Lake Jackson.

"I can't think of a lake that doesn't have hazards," he said.

Highlands County doesn't have the resources to remove all debris from all the

lakes, he said.

While a decision is being made on any cleanup in the lakes, Ford said,

"Most folks are aware they need to be careful while they are out there boating."

HIGHLANDS NEWS-SUN
YOUR HOMETOWN NEWSPAPER SINCE 1919
highlandsnewssun.com

The Highlands News-Sun (USPS 487-900- ISSN 2473-0068) is published daily by Tim Smolarick at the Highlands News-Sun, 315 US 27 North Sebring, FL 33870. Periodical postage paid at Lakeland, FL and additional entry office(s). All material contained herein is the property of the Highlands News-Sun, which is an affiliate of Sun Coast Media Group. Reproduction in whole or part is forbidden without the written permission of the publisher. All material submitted for publication becomes the property of the newspaper and may be edited for clarity and space, as well as reprinted, published and used in all media. Postmaster: Send address changes to: Highlands News-Sun, 315 US 27 North Sebring, FL 33870.

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NEWS IN BRIEF

Sebring Woman's Club meets

SEBRING — The Sebring Woman's Club meets the second Mondays from October through May. The meeting is open to the public and lunch is served for \$10 a person. Reservations can be made by calling the clubhouse at 863-382-1415.

Legal clinic at Avon Park library

AVON PARK — Florida Rural Legal Services is sponsoring a free ask-a-lawyer legal clinic at the Avon Park Public Library from 10 a.m. to 2 p.m. Wednesday.

Registration is required. Call Sheena Robinson at 863-688-7376, Ext. 3018 to register to guarantee attendance. The clinic is free for those screened with low income and civil legal inquiries.

The Avon Park library is at 100 N. Museum Ave. in Avon Park. For directions, contact the library at 863-452-3803.

Navy Seal mom to speak

SEBRING — The Highlands tea party will meet at 5 p.m. for buffet and a meeting from 6-8 p.m. Tuesday at Homer's restaurant. Karen Vaughn, mother of Navy Seal KIA in

Afghanistan, will be the guest speaker.

Pearl Harbor Day

SEBRING — The Amvets Post 21 will have a flag raising at noon Dec., 7, Pearl Harbor Day. Hot dogs and hamburgers will follow. The post is at 623 U.S. 27 S., Sebring. For information, call 863-385-0234

Ugly Sweater party

LAKE PLACID — The Jaycees will hold an Ugly Sweater party from 8 p.m. Dec. 8 at Jaxsons On The Lake, 443 Lake June Road, Lake Placid. There will be prizes for the ugliest sweater. Attendees are asked to

bring an unwrapped toy as cover charge and to be eligible to enter the contests.

All toys collected will go to support the Lake Placid Police Department's toy drive for Lake Placid families. Live music is by Red Hot Rooster.

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Counting my blessings

With the holiday season comes feelings of appreciation for the ones around us and the lives we lead.

I am constantly reminded of how many opportunities and chances for growth I am given in my everyday life, as well as all that I already have. It can be easy to become distracted with normal life and all of its challenges. This can make events that are not so serious seem earth shattering. Living in America I am given many great opportunities. I have the ability to work as well as educate myself. I can follow my passions to whatever extent I am willing to work to achieve.

It is easy to forget all of this because I have never had to question my ability to do the things I want or need to do. However, coming up on a time of the year in which we are reminded to be thankful, I realize all that I have been taking for granted.

It is difficult for me to think of a life where I would not have these advantages. What is even more concerning is that I often do not think of them as advantages



TONGUE IN CHEEK
Annsley Bohlman

at all but rather as given abilities that I have had to do nothing to achieve.

Thinking about where I come from, I can see a huge development in my life. I used to live in a very rural area that was entirely poverty stricken.

My family did not have a lot but we had love and structure. I always thought about the kind of life I would live once I moved away from my family and I cannot say I am disappointed by what I have achieved.

Now I am able to provide for myself almost entirely — though my father still pays my phone bill. I have worked two jobs for the last few years and now have

taken on another one. I support myself in my ability to pay for food and rent as well as other bills such as car insurance and credit card payments. The fact that I am able to do all of this on my own means that I have been given wonderful opportunities and have made use of those opportunities.

I work hard and do what I need to in order to supply myself with a lifestyle that I want.

This holiday season I will be thinking about those who do not have as much as I do. I will be thinking about those who do not have the opportunity to enrich and better their lives through work and education, and also about those who are unable to pursue their dreams because all they are able to accomplish is work due to extraneous circumstances.

The holiday season is a time when it is easy to be focused on what they are getting from other, but I feel that with a little effort and by focusing on the needs of others, we can enjoy the holidays in a new, better way.

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Hotel stay extended for eligible Irma survivors

SPECIAL TO HIGHLANDS NEWS-SUN

ORLANDO — Eligible Hurricane Irma survivors receiving Transitional Sheltering Assistance (TSA) may receive an extension to stay temporarily in hotels while they look for an alternative place to live.

The Transitional Sheltering Assistance program, which pays for short-term hotel stays, has extended eligibility from Dec. 3 to Jan. 6, with hotel checkout on Jan. 7.

Participants in the program will receive a phone call telling them whether they are eligible for the extension and what they need to do to remain at their current hotel or find a new hotel. Applicants must meet certain requirements to remain eligible.

Hurricane Irma survivors

who are not currently in the program but who may be eligible are notified automatically. TSA participants must be registered with FEMA and be eligible for disaster assistance.

FEMA pays directly for the room and any applicable taxes. Applicants are responsible for all other incidental costs (meals, transportation, etc.) Hotels may require a credit card for incidental expenses.

A household of four or fewer members is authorized one hotel room and a household of five or more is authorized additional rooms based on a limit of four people per room. One member of each household 18 or older must reside in each room.

TSA-eligible applicants must find and book their own hotel rooms. The list of participating hotels is

on DisasterAssistance.gov, under the link Transitional Sheltering Assistance Program or by phoning the FEMA helpline at 800-621-3362. For TTY, call 800-462-7585. For 711 or Video Relay Service (VRS), call 800-621-3362.

Applicants with disabilities or who have access and functional needs should check with hotels to ensure appropriate accommodations are available. Those with pets must check to see if pets are accepted. Applicants must show photo identification and adhere to any hotel check-in requirements.

For more information on Hurricane Irma and Florida recovery, visit www.FEMA.gov/IrmaFL, @FEMARegion4 Twitter account, or the Florida Division of Emergency Management website.

FHP cracking down on impaired drivers

SPECIAL TO HIGHLANDS NEWS-SUN

TALLAHASSEE — This month, the Florida Department of Highway Safety and Motor Vehicles' (DHSMV) Division of the Florida Highway Patrol (FHP) is focusing on preventing impaired driving on Florida's roadways.

FHP will be educating motorists on the dangers of impaired driving and patrolling the state's roadways as part of the Safe Holiday Travel campaign.

From Dec. 23, 2016 to Jan. 2, 2017, there were 193 drug and/or alcohol-related crashes on Florida roadways, resulting in 36 fatalities. Although alcohol confirmed crashes have decreased 15 percent from 2014, drug confirmed crashes have risen 50 percent from 2014.

"DHSMV's first priority is to ensure Florida motorists Arrive Alive this holiday season," said DHSMV Executive Director Terry L. Rhodes. "Impaired driving puts your life and the lives of everyone on the roadway at risk. Motorists should always arrange to have a safe ride home so that everyone can make it to their destination safely."

December is traditionally one of the most dangerous times of the year for impaired driving. Drugs and alcohol reduce

all crucial skills necessary to drive safely, including judgment, reaction time, vision and concentration. Motorists who plan on drinking should always have a designated driver or use a ridesharing service. Impaired driving includes driving under the influence of over-the-counter or prescription drugs that affect the ability to drive. Be sure to check the labels on medication to see if it will cause drowsiness or the inability to operate a vehicle safely.

Tips to help ensure motorists Arrive Alive this holiday season:

- Drive sober, and only

sober. Adults 21 years or older should celebrate responsibly and plan ahead. Designate a driver or call a ride service.

- Observe and obey all speed limits.
- Buckle up. A seat belt is a vehicle's most important safety feature. Florida law requires that all drivers, all front seat passengers and all passengers under the age of 18 wear seat belts or the appropriate child restraints.

- Focus on driving. Texting, talking on the phone, eating, adjusting the stereo — are all examples of things that can take attention off the road.



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The Staff and Book Club of Sebring: 1931-1988

The following is the history of the Staff and Book Club that was organized in December of 1931 to offer cultural opportunities for Sebring women who shared an interest in music, the arts and literature. A time when women were housewives and did not work outside the home. They craved cultural programs that they felt were absent from their lives. They met in each other's homes.



HISTORICALLY SPEAKING
Elaine Levey

Until the late 1950s women did not freely use their first names. They used their husbands' name such as Mrs. John Smith. The ladies met twice a month for afternoon meetings.

They came formally dressed, complete with hats and gloves. During the last 25 years, a once a month evening meeting became more practical as many members began working. The club membership was limited to 20 until 1980 when it was decided to admit daughters and daughters-in-law as members.

The programs through the years included music played or sung by members. There was much musical talent among the members. Piano solos, duets, and trios were part of many programs.

In the field of literature many books were reviewed. Modern and classic dress, biographies, and travelogues were presented and traditional and modern art was explored within the club.

During the 1930s and 1940s several ambitious

costumes sewn and worn by the club members.

The most elaborate and best remembered program was the Nances-o-wee Pageant or play that was presented in 1937. The members fashioned and sewed the Indian costumes. The pageant took place on the shores of Lake Jackson below the present Civic Center near Highlands Little Theatre.

Every year the Staff and Book Club donated a book to the Sebring Public Library or to a Sebring school library. The Christmas program every year included a ceremony in which each member contributed a personal wish for Christmas joy to those present and donated a gift of money. The funds collected were given to a needy family or to an organization that served the needy.

After 57 years, the Staff

and Book Club met for the last time in November of 1988. Many of the younger members were in business and busily involved in all aspects of community life and the older members were dealing with physical health problems. For these reasons, it was unanimously voted to disband but with deep sadness and regret.

From 1931 to 1988 the women of the Staff and Book Club have formed lasting friendships, enjoyed many good times and shared many learning experiences concerning our world.

From: A Sebring Historical Society publication Issue —April 1990. Prepared by Marion Roe McAdams, assisted by Ruth Sebring.

Elaine Levey is the curator for the Avon Park Depot Museum and can be reached at emlevey@gmail.com.

SEBRING HISTORICAL SOCIETY



The November 1988—The Staff and Book Club members. First row, Sandra Handley, Beverly Ross, Charlotte Breed; second row, Azalea Burkett, Martha Lauderdale, Martee Heacock, Ruth Sebring, Sunny Weaver; third row, Vail Weems, Barbara Altwater, Leila Sebring, Maxine Martin, Verna Macbeth, Patricia Taylor.

Police blotter

The following people were arrested on felony charges and booked into the Highlands County jail on Nov. 22:

Jared Joseph Delsignore, 30, Sebring, on charges of resisting an officer without violence, destroying evidence, two charges of possession of drug equipment and two charges of drug possession of a controlled substance without a prescription.

Isaac Hawthorne Jr., 44, Lake Placid, on two charges of probation violation.

Vernon Ashby Jackson, 47, Sebring, on a charge of battery.

Jeffrey Pedraza, 39, Sebring, on two charges of public order crimes.

Erica Wooden, 30, Avon Park, on charges of battery and cruelty toward a child.

The following people were arrested on felony charges and booked into the Highlands County jail on Nov. 23:

Raul Molina Fernandez, 46, Sebring, on charges of possession of drug equipment, drug possession of a controlled substance without a prescription and possession of marijuana.

Roy Lee Gasperson, 53, Sebring, on a charge of cruelty toward a child.

Timothy James Jordan, 61, Sebring, on a charge of cruelty toward a child.

John Robert Patrick Spooone, 18, Sebring, on charges of larceny and burglary.

The following people were arrested on felony charges and booked into the Highlands County jail on Nov. 24:

Hugh Wesley David Bentley, 28, Lake Wales, on charges of possession of drug equipment and possession of marijuana.

Stan Duane Hill, 60, Sebring, on a charge of aggravated battery.

Debbie Sue Jean Myers, 52, Sebring, on two charges of probation violation.

The following people were arrested on felony charges and booked into the Highlands County jail on Nov. 25:

Kayla Cobb, 23, Lake Wales, on charges of resisting an officer with violence and battery.

Casey Lynn Kendall, 34, Sebring, on a charge of probation violation.

Juan Ramon Sanchez Tevenal, 39, Avon Park, on charges of contempt of court and aggravated stalking.

The following people were arrested on felony charges and booked into the Highlands County jail on Nov. 26:

Levi Russel Brown, 42, Avon Park, on charges of weapon offense and attempted first degree murder.

Johnnie Harriet Giles, 26, Lake Placid, on a charge of probation violation.

Roderick Lenard Lovett, 26, Avon Park, on a charge of larceny.

Precious Elisisa McGhee, 34, Avon Park, on a charge of larceny.

The following people were arrested on felony charges and booked into the Highlands County jail on Nov. 27:

David Bermudez, 31, Sebring, on charges of dispensing optical devices without a prescription and possession of a weapon or ammunition by a convicted Florida felon.

Antonio Demetrius Elyse, 30, Fort Lauderdale, on nine charges of failure to appear.

Joe Kerly, 53, Sebring, on charges of dui-unlawful blood alcohol and moving traffic violation.

Benjamin Michael Rose, 43, Lake Placid, on charges of larceny and fraud.

Kenneth Robert Wacaster, 34, Sebring, on a charge of possession of weapon or ammunition by a convicted Florida felon.

The following people were arrested on felony charges and booked into the Highlands County jail on Nov. 28:

Quantravis Ricktrell Allen, 36, Lake Placid, on a charge of moving traffic violation.

Catherine Elizabeth Brown, 37, Avon Park, on three charges of failure to appear.

Michael Morrison Dodd, 21, Sebring, on a charge of larceny.

Waylon Wyatt Dressel, 22, Sebring, on a charge of aggravated battery.

Essence Tenay Marc, 18, Avon Park, on charges of carrying a concealed weapon and possession of a weapon on school property.

Kevin Scott McHargue, 20, Winter Haven, on charges of possession of a weapon on school property, destroying evidence, carrying a concealed weapon and possession of a weapon or ammunition by a convicted felon.

Carlos Morales Jr., 25, Avon Park, on a charge of probation violation.

Alejandro Luis Rivera, 24, Sebring, on a charge of fraud.



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Caregivers need self care during holidays

By **KIM LEATHERMAN**
STAFF WRITER

SEBRING — Taking care of a loved one is a selfless act; it can also be stressful during the holidays.

Meeting the medical needs and activities of daily living can take its toll on a caregiver who is trying to cook, entertain, decorate and shop for the Christmas season. It is very important that the caregiver sets realistic goals and takes time out for himself or herself.

Cora Schwengel is the administrator for Change of Pace, an adult day care in Sebring for those with dementia or those who cannot be safely left alone. Schwengel gives some practical tips.

“Try to keep on a schedule, especially with dementia patients,” Schwengel said. “Prioritize schedules and keep it simple. Don’t try to do everything that you have always done. Instead of a big Christmas tree, maybe set out a ceramic one.

Don’t wear yourself out, find a balance.”

Don’t be afraid to ask for help and tell family members that, instead of another scarf, to give you something that you really need. Schwengel suggests a wish-list with items such as a respite day, a grandchild to clean out the garage or even a night off from cooking.

Executive Director of Nu-Hope Elder Services Ingra Gardner says that taking care of yourself emotionally and physically is important because the caregiver should be healthy enough to provide care for others.

“Unfortunately, it is easy to let the self-care slip when you are taking care of others — when you need it the most,” Gardner said. “The act of self-care should be kept simple and easily incorporated into a caregiver’s routine if possible.”

Gardner says to watch out for stress that can lead to burnout. Stress is



TNS PHOTO

Caregivers can prevent burnout and stress by not forgetting about their own health.

unavoidable but can be reduced by simplifying, organizing and prioritizing. Stress can lead to impairing the ability to cope and can reduce energy levels.

“When you feel that you have lost yourself

and who you are in the vastness of caregiving, you may have reached burnout,” Gardner said. “Find a way to relieve stress that works for you. It may be journaling or taking a walk.”

Not everything is merry

and bright during the Christmas season. Many people get depressed during the holidays. The reasons for the depression may vary but anticipating and strategizing a way to deal with the triggers beforehand

may shorten the duration. “Unfortunately, the holidays may trigger stress and unhappy memories. There may be holiday activities or toxic relatives that bring forth challenging situations,” Gardner said.

Avoid as much drama as possible and limit time spent with toxic people, perfect your exit strategies beforehand.

There are many support groups, both online and those that meet locally, which can provide helpful resources, empathy or just a friendly smile.

Communicate needs by asking other family members to watch the loved one while you take a nap, shop or spend time outdoors. If you don’t ask, others don’t know how to help.

“Asking for help is not a sign of weakness,” Gardner said. “It is, instead, an act of empowerment.”

Gardner suggests hiring help, in-home respite care or daycare centers.

COMMUNITY CALENDAR

MONDAY

American Legion Post 25 in Lake Placid- 1st Monday SAL meeting, early bird dinner, chips ahoy 2 p.m. Dennis and Wendy 5-8 p.m. Call 863-465-0975.

American Legion Post 69 in Avon Park- Ship, captain and crew 5-7 p.m., breakfast meeting SAL meeting 6 p.m. Call 863-453-4553.

AMVETS Post 21 in Sebring- dart league 7:30 p.m. Sons meeting 6 p.m.

VFW Post 4300 in Sebring Honor Guard meeting 1 p.m. Aux. Meeting 6:30 p.m., Happy hour 5-8 p.m. Call 863-385-8902.

VFW Post 3880 in Lake Placid- Call 863-699-5444. Elks #2661 in Lake Placid- Euchre at 1 p.m., burgers and chicken 5-7 p.m. and darts at 7 p.m. Call 863-465-2661. Elks #1529 in Sebring call 863-471-3557.

Moose Lodge #2374 in Lake Placid
Moose Lodge #2259- happy hour 2-4 p.m., bar poker at 2 p.m., Texas Hold ‘Em and darts at 7 p.m. Food at the bar. Call 863-655-3920.

Sebring Recreation Club- 1:15 shuffleboard scrambles, 1 p.m. Pinochle., 7 p.m. Membership meeting Located at 333 Pomegranate Ave. Call 863-385-2966.

Eagles 4240 in Sebring- Bar menu, darts 7 p.m. Call 863-655-4007.

TUESDAY

American Legion Post 25 in Lake Placid- lunch 11 a.m.- 4 p.m., euchre 1 p.m. Chips Ahoy 4 p.m., dinner 5-7 p.m. Meatloaf and full menu. Call 863-465-0975.

American Legion Post 69 in Avon Park- Bingo at 1 p.m., bar poker 5 p.m. Call 863-453-4553. AMVETS Post 21 in Sebring- Bingo 12:30 p.m., food, bar poker at 5 p.m. Call 863-385-0234

VFW Post 3880 in Lake Placid- Call 863-699-5444. VFW 4300 in Sebring- House committee meeting 11 a.m. fish fry 5-6:30 p.m., HOH 6 p.m. He Said, She said 5-8 p.m. Call 863-385-8902.

Elks #2661 in Lake Placid- card games 1:30 p.m., Funday bar games 2:30 p.m. Ladies gen. Meeting 1 p.m. Call 863-465-2661. Elks #1529 in

Sebring- Call 863-471-3557.

Moose Lodge #2374 in Lake Placid

Moose Lodge #2259- happy hour 2-4 p.m., bar poker at 2 p.m., Mimi’s Cafe Taco Night 5-7:30 p.m. Margarita special 5-7 p.m. Ming Bingo with jackpot at 6 p.m. Call 863-655-3920.

Sebring Recreation Club- Ping-Pong 1 p.m. Located at 333 Pomegranate Ave. Call 863-385-2966.

Eagles 4240 in Sebring- Bar menu, Wii bowling 7 p.m. Mystery beer \$1, tacos 2/\$3.50, taco salad \$7

WEDNESDAY

American Legion Post 25 in Lake Placid- Ship Captain and Crew 6 p.m., Lora Paton 5-8 p.m. Cafe 11-7. Call 863-465-0975.

American Legion Post 69 in Avon Park- SAL wings 4-6 p.m. Karaoke by Mega Souz 4-7 p.m. QoH 6 p.m. Call 863-453-4553.

AMVETS Post 21 in Sebring- TH 2 p.m. Call 863-385-0234.

VFW Post 3880 in Lake Placid Call 863-699-5444.

VFW Post 4300 in Sebring Washers 1 p.m., Ship Captain and Crew 3 p.m. Happy Hour 5-8 p.m.

Elks #2661 in Lake Placid- shuffleboard 1 p.m. Pork loin sandwich 5-7p.m. Card games 7:30 a.m. Call 863-465-2661.

Elks #1529 in Sebring. Call 863-471-3557.

Moose Lodge #2374 in Lake Placid- KJ’s Karaoke, QOH 8p.m. Full menu all day.

Moose Lodge #2259- Pool at noon, Happy hour 2-4 p.m. MiMi’s Cafe, special on kitchen board, Moose games 8 p.m., lunch group 11:30 a.m. Roger and Penny 6-9 p.m. Call 863-655-3920.

Sebring Recreation Club- 1:15 p.m. Shuffleboard scrambles, 12:30p.m. Bridge, 1 p.m. Pinochle, 5:30- 7:30 p.m. Intermediate and EZ line dancing. Located at 333 Pomegranate Ave. Call 863-385-2966.

Eagles 4240 in Sebring- Bar menu, Irish brat \$4, steak burger \$6, chicken parm sandwich \$4. Call 863-655-4007.

THURSDAY

American Legion Post 25 in Lake Placid- 1 p.m., poker, 4 p.m. Chips Ahoy, pool begins, create a

pizza. Call 863-465-0975.

American Legion Post 69 in Avon Park- Happy hour all day, Sammy’s famous tacos, euchre 1:30 p.m., trivia 5:30 p.m. Call 863-453-4553.

AMVETS Post 21 in Sebring- line dancing 6-8 p.m. Call 863-385-0234.

VFW Post 3880 in Lake Placid Call 863-699-5444.

VFW Post 4300 in Sebring- Pearl Harbor flag raising 11 a.m., Bingo 1:30 p.m., lunch 11:45 a.m.- 1:30 p.m. Bar poker 1:30 p.m. Call 863-385-8902

Elks #2661 in Lake Placid- Thirsty Thursday \$2 margaritas all day burgers and dogs 4-6 p.m. Early Bird Bingo 6 p.m. Card games at 6:15 p.m. Call 863-465-2661.

Elks #1529 in Sebring- Call 863-471-3557.

Moose Lodge #2374 in Lake Placid- Frank E. Thanksgiving dinner darts 7 p.m. Jackpot drawing 8 p.m.

Moose Lodge #2259- Happy Hour 2-4 p.m. Bar poker, 2 p.m. Mega Souz 5-8 MiMi’s Cafe 5-7:30 p.m. Call 863-655-3920.

Sebring Recreation Club- 10-11:30 a.m. Intermediate/ advanced line dancing, 1 p.m. Euchre, 12:30 p.m. 1 p.m. Ping pong Located at 333 Pomegranate Ave. Call 863-385-2966.

Eagles 4240 in Sebring- Bar menu, QOH 50/50 8 p.m. Call 863-655-4007.

FRIDAY

American Legion Post 25 in Lake Placid- Lunch 11a.m.-4p.m., dinner 5-7 p.m. Buddy Canova 6-9 p.m. Fish fry/ full menu. Friday game 8:30 p.m. Call 863-465-0975.

American Legion Post 69 in Avon Park- Son’s Dinner, 4-6 p.m., Karaoke by Jody 4-7 p.m. E board meeting Call 863-453-4553.

AMVETS Post 21 in Sebring- Washers 1 p.m., food, QoH 7 p.m. Call 863-385-0234.

VFW Post 3880 in Lake Placid- Call 863-699-5444. VFW Post 4300- Best pizza in town 5-7 p.m. Double Trouble 5-8 p.m. Call 863-385-8902.

Elks #2661 in Lake Placid- Funday bar games 2:30 p.m., fish fry 5-7 p.m.. Dan Patrick 6-9 p.m. Card games at 7:30 p.m. Call 863-465-2661.

Elks #1529 in Sebring- Call 863-471-3557.

Moose Lodge #2374 in Lake Placid- Moose Lodge #2259- Pool at noon, Happy hour 2-4 p.m. MiMi’s Cafe 5-8 p.m. Fish platter, Gary and Shirley 6-9 p.m. 50/50 at 8 p.m. Call 863-655-3920.

Sebring Recreation Club- Mini shuffleboard tourney 1:15 p.m. Bridge every Friday at 12:30 p.m. Located at 333 Pomegranate Ave. Call 863-385-2966.

Eagle 4240 in Sebring- Bar menu fish or shrimp dinner \$8. Call 863-655-4007.

SATURDAY

American Legion Post 25 in Lake Placid- burgers 11:30 .m.- 1:30 p.m., 1 p.m. Chips Ahoy, Texas Hold ‘Em. Call 863-465-0975.

American Legion Post 69 in Avon Park Dist. Meeting 10 a.m. sign in 11 a.m. Call 863-453-4553.

AMVETS Post 21 in Sebring- Rider club meeting 10 a.m. Fashion show 2-4 food 5-6 p.m., karaoke by Mega Souz 5-8 p.m. Call 863-385-0234.

VFW Post 3880 in Lake Placid Call 863-699-5444. VFW 4300 Roast pork 5-6:30 p.m. Harley Archer 5-8 p.m.

Elks #2661 in Lake Placid- Card games at 1:30 p.m. Call 863-465-2661.

Elks #1529 in Sebring- Call 863-471-3557.

Moose Lodge #2374 in Lake Placid-

Moose Lodge #2259- poker 9 a.m., district meeting 1 p.m. MiMi’s Cafe 4-8 p.m. Lora Patton 6-9 p.m. Queen at 9 p.m. Wrapping kids toys 10 a.m. Call 863-655-3920.

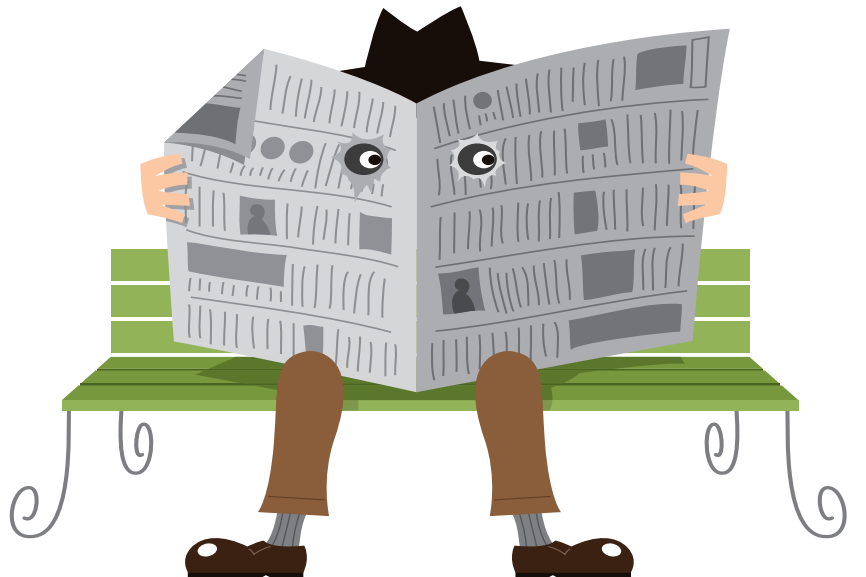
Sebring Recreation Club- 1:15 p.m. Ice cream shuffleboard. Located at 333 Pomegranate Ave. Call 863-385-2966.

Eagles 4240 in Sebring- Bar menu, wing special \$9, music by Jody. Call 863-655-4007.

SUNDAY

American Legion Post 25 in Lake Placid- Chips Ahoy 3 p.m., cafe 2-7 p.m. Cowboy Jody, Sunday game 7 :30 p.m. Call 863-465-0975.

Have YOU Been Looking Out For Some News?



Have YOU Heard Any Stories or News Tips You Would Like To Share?

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OUR VIEW

Feds must assist an American industry: Citrus

Florida survived Hurricane Irma with relatively little damage — relative, that is, to early fears and expectations.

Don't tell that to the state's citrus industry, though.

The early September hurricane caused near-catastrophic damage for the state's citrus growers. At a time when this homegrown American industry was poised for a rebound after years of declining production due to nagging tree diseases, Irma was a mighty blow.

"The storm was so large there really isn't a part of the 450,000-acre citrus industry that was not affected by Irma," said Andrew Meadows, with the industry trade organization Florida Citrus Mutual.

Throughout the state, inspectors reported losses of 60 percent. Preliminary loss estimates were in the range of \$760 million, or higher. By comparison, in 2004, Hurricane Charley, which swept up the Peace River in Charlotte County into DeSoto and Highlands counties, caused citrus losses of 44 percent.

The industry is in crisis. The situation was summed up succinctly by state Agriculture Commissioner Adam Putnam, who is from a Polk County citrus-growing family:

"This is a major calamity."

True. Still, as we approach the three-month anniversary of Hurricane Irma.

This is no small thing, a bushel of oranges and grapefruit in the state's agricultural cornucopia. Citrus is a major slice of Florida's huge agricultural industry. Total crop lost this year alone is estimated at \$761 million. The citrus industry supports more than 75,000 full- and part-time jobs. It is a \$9 billion industry. Now hobbled.

The problem, at this point, is the federal response. The lack of federal response.

Among the congressional members leading the effort to support increased federal aid is Republican Rep. Tom Rooney, who represents a large swath of the Heartland counties affected by the storm, including Highlands.

The administration, and Congress, has been slow to act. Some have speculated the reluctance may be tied to Rooney's early disavowal of then-candidate Donald Trump and his high-up position on the House Judiciary Committee, which is investigating Trump's ties to Russia. Who knows?

Nevertheless, congressional and White House inaction is handicapping an American product — a product grown, packaged, canned and juiced by a Florida workforce. The United States is responsible for 10 percent of the world's total orange production. For years, Florida has been struggling to stave off growing competition from Brazil, the world leader, at 30 percent of the total.

This can only set our state, and the United States, on a backward trend. Obviously, that does not serve American interests. Not for growers. Not for workers. Not for the economy.

The Trump administration's two initial packages of \$44 billion disaster-relief covering Hurricanes Harvey and Irma surprisingly did not include funding for citrus growers. A third does contain a low-interest loan program covering building and infrastructure losses. A small step in the right direction, but grossly inadequate.

Putnam outlined that inadequacy recently in a visit to the Capitol. The disaster-relief money would be offset by drawing against other programs, such as funding previously earmarked for the eradication of bacterial citrus greening, according to the Lakeland Ledger.

Putnam, who is running for governor next year, said he supported a plan from Rooney that would direct \$1.5 billion to the U.S. Department of Agriculture for citrus relief.

But the congressman also has been pushing for reforms to the crop insurance program in the upcoming Farm Bill.

Rooney, and others representing Florida's citrus growers, are continuing to negotiate in Congress and with the administration.

Farmers tend to be a proud and independent-minded lot, but they need help and they need it now. This homegrown American industry needs help at the federal level.

Again, we'll quote our congressman, Rooney: "If we do not find a way to help citrus growers pay this year's bills, they will not be able to continue production in the years to come."

— Sun Newspapers



A problem we should have to address

Every now and again something triggers in me and the urge to go home overwhelms me. I never know when or why this urge will hit but it does. My latest craving for Virginia came after Hurricane Irma hit and we dealt with her aftermath. So I gave in to the urge and off I went.

In 2007, a state prison opened its doors for business in our neck of the woods, which created a lot of stir, but more importantly jobs. Jobs were needed much more than prisoners so with time the fervor settled.

I never really had an opinion one way or the other as I left those mountains years ago. My nephew works there and he has some pretty interesting stories for sure. On this trip I decided to make a visit, after all the minute spent money in Virginia I became an investor and I realized every time I went home in the past I invested in this place.

I drove up to the prison and signs directed me to the entrance for visitors. As I proceed through a gate that was unmanned I was somewhat unsure what to expect. Suddenly, before my eyes was a pretty spectacular sight. There were shiny new chain link fences everywhere you looked, pretty high as well, my guess 10 feet in height. Perched on top of these fences were rows and rows of that rolled barbed wire, you know the type I speak of.

I drove onto a vast parking lot and began surveying what looked to be 50 buildings; I decided to drive around a road to see the back side of this place. As I turned onto the road I was followed almost immediately by a Jeep driven by a female guard. I can only describe her attire as menacing. Dressed in black, she was armed to the teeth and, of course, had the dark sunglasses. Quickly, she pulled up to me and in a seriously eerie tone asked me what I was doing. I told her I was raised up



MY IMPRESSIONS

Tim Smolarick

here and never visited and wanted to drive around. Now you got to know that back in my hometown strangers are not given the same ... let's say privileges as those raised there and once you said you were raised there, rattling off who your mom and dad were is when the code kicks in.

Well, apparently the code means nothing on the prison site as she proceeded to escort me back to the parking lot and gave me clear directions on how to exit the property. I was none too happy with my investment at this point and made a mental note to ask my nephew about the hiring practices going on over at my facility.

Later I got to thinking of how nice this facility was minus the barbed wired and the Rambo-like lady who threw me out and I decided to call a friend who happens to know politics very well. I asked a hundred questions it seems, like he was getting frustrated with my prison questions being thrown in after the how everyone is doing portion of the call. Back home when you have not spoke to someone in a while, you get to give 10 years of family history and then get the same from the other end, it's what we do.

After a while I said I have one more question and my question was why we spent the money up there for a prison. The answer was "Because we have to".

There are reports that indicate we spent over \$500 billion dollars from 1979-2012 on prisons in

the United States. As you can imagine, this covers a lot of things from new facilities to the cost of everyday life for an inmate in prison. The folks that live in these places do not have that a big deductible on their insurance. As you guessed it, it's included in the package. Don't misunderstand me, I am quite in agreement with the because-we-have-to answer, it just stuck with me as odd.

In the United States it is estimated that one in seven people face hunger issues every single day. When you look at children, it is one in five. It is estimated that as a nation we waste \$165 billion worth of food per year. We are literally throwing perfectly good food away every single day. Think about that, people hungry and people throwing food away. It's really appalling when you think of it and it would seem as a nation we could figure out how to protect that wasted food and feed our folks who are struggling. I would think there has to be a solution to this issue besides making regulations that eliminate the possibilities of using at least some of this potential waste for feeding our people. I would suggest that we take a couple of those high-powered minds we use in self-defense to create destruction and assign them to create programs to feed our folks. You could rotate them out of the destruction mode into the humanitarian mode every couple of years or so; it may be good for the soul.

While that is one issue certainly dedicating the same type of money to building places that people who are in need can go "shop" for food like any other American can without the fear of having to take it back when at the cash register. We have all seen that scenario. We could have beautiful buildings without the fences and barbed wire, we could create a million jobs across this great land

of ours staffing and yes delivering if it need to be. Hungry families could go and shop for their food at pennies on the dollar and yes some will get it free as we make the move to eliminate this blight on our country. Distribution across the country would add jobs, of course, when government is involved spending our money they want to control. OK, we give it to them, however, when we sponsor a state dinner in our country, all the food comes from these locations and the 500 grand we spend on each one is now sent directly to funding our program instead of the pompous way we try to impress dignitaries. The cost is roughly \$1,700 per plate of which, statistically speaking, says 40 percent of what is served will be thrown away. Not to mention, those dignitaries would probably enjoy two Big Macs and a large order of fries much more than what they are served while visiting.

Here is a thought folks, fancy food does not solve problems; conversation and action do.

Yes, there are answers to solving this alarming, yet hardly ever publicized problem, and often times folks who don't have a clue as to what it is like to go hungry for days get to weigh in on the hunger problem. As with all in government, that is irony in action and as it goes if it does not secure votes it's not high on the priority for those we trust in our political system.

We the people ... we got us a problem and a lot of us were one in seven at one point. Unfortunately, many are still there and they are children. Now what are we going to do about? Here's a better question, much like the prison system ... shouldn't we have to do?

Tim Smolarick is publisher of the Highlands News-Sun and Highlands Sun. He can be reached by email at tim.smolarick@highlandsnewssun.com.

JOIN THE CONVERSATION

Letters are welcome on virtually any subject, but we do have some rules. We will not accept any Letters to the Editor that mention a business in a negative tone, as they have no means to defend themselves. Please keep Letters to the Editor to less than 250 words. Letters will be edited to length as well as for grammar and spelling. All letters must be signed

with full name — not initials. An address and telephone number must be included. The phone number and address are not for publication, but must be provided. In the case of letters that are emailed, the same rules apply.

Due to the number of letters received, we are able to run only four letters per person per month.

The Letters to the Editor section is designed as a public forum for community

discourse, and the opinions and statements made in letters are solely those of the individual writers. The newspaper takes no responsibility for the content of these letters.

Please send or bring correspondence to the Highlands News-Sun, Letters to the Editor, 315 US 27 North Sebring, FL 33870, or fax to 863-385-1954. Readers may also email Letters to the Editor to editor@newssun.com.

NBC handled Matt Lauer only way it could

Millions were stunned last week when the Today show led with the news that NBC fired host Matt Lauer after receiving a detailed complaint about what it called "inappropriate sexual behavior" from its high-profile morning anchor.



FLORIDA POLITICS

Joe Henderson

So, who is doing the right thing here — NBC, or the president?

While no one is saying that a morning news anchor packs the same clout as the president, the loss to NBC is immense. Forbes reported that the Today show generated an estimated \$435 million for NBC in 2015 and accounts for about half of the network's annual news budget.

Lauer was paid handsomely for his role in this, an estimated \$25 million per year. He sat in the anchor's chair for 20 years and often was the first face TV viewers saw in the morning. People liked and trusted him.

A recent report on closerweekly.com said Lauer was planning to leave when his contract expired in 2018, but, if true, that would have been an exit complete with hype, celebration and blockbuster ratings.

Instead, it is in disgrace. NBC has pledged transparency on this story, so I assume we will learn more details soon enough about what Lauer did. It had to be reprehensible and verifiable to get him fired, but it had to be

worse for the person he harassed. It took guts for her to come forward.

By now, there should be no need for another lecture about the disgusting ways powerful men use their status to intimidate women. Heaven knows we've had enough examples lately.

This story, though, is more about how a major corporation — or the American people — decide how they will handle these stories going forward. NBC likely will take a major financial hit with Lauer's departure. Viewers will feel betrayed. There will be much work to do to regain the kind of trust the audience gave to Lauer.

The first step toward that already has been taken, though. NBC didn't equivocate once executives believed they had all the facts. They acted swiftly and will take whatever is coming their way from the public.

That's how it should be.

The Today show will continue to come on the air, promptly at 7 a.m. Reporters will continue to cover the major stories — from Matt Lauer, to Roy Moore, to President Trump.

This is what real news outlets do, even when the dirty laundry is their own.

Joe Henderson has a 45-year career in newspapers, including the last nearly 42 years at The Tampa Tribune. The column moved on website Florida Politics. Columns are the opinion of the writer, not necessarily that of the Highlands News-Sun.

Twitter exploded, the internet erupted, and President Donald Trump couldn't resist taking a jab at NBC, saying top executives also should be fired "for putting out so much fake news." This comes while the president apparently now is saying the infamous Access Hollywood tape might be a fake. That's where he bragged about the advantage he believed his power gave him over women — and he apologized for the behavior last year when the story broke during the campaign. The New York Times reported the president now is suggesting that the tape was all some Clintonian plot and that it might not have been his voice that we heard. He said his staff is "investigating." I guess it means he made a fake apology last year, unless Hillary somehow created a devious hologram that made it sound like he was admitting to saying bad, bad things. Really bad. But seriously folks, keeping it in the here and now, he has also urged Alabama voters to choose accused pedophile Roy Moore in the upcoming U.S. Senate race because Republicans need his vote to get their political agenda passed. Way to take a stand, sir.

How tribal politics curse us with tribal morality

America is currently cursed, not only with tribal politics, but with tribal morality. Some liberals tend to minimize or excuse offenses against a few women in the broader cause of women's rights. What is a politician's wandering hand in comparison to maintaining legal abortion? Some conservatives tend to minimize or excuse offenses against women in the cause of conservative governance. What are a few old accusations compared to cementing a conservative Supreme Court or passing tax reform?



GUEST COLUMN

Michael Gerson

the late 1970s Moore, then a county prosecutor, offered to drive her home. Instead, she alleges, he parked behind the restaurant where she worked, touched her breasts, tried to pull off her shirt, grabbed her neck and pushed her head toward his crotch, leaving nasty bruises and a lifetime of trauma. The victim was 16 years old at the time. If Ivey truly believes this accusation, she is voting for someone who committed sexual assault on a teenage girl, in order to help secure one Senate vote on a prospective Supreme Court nominee.

This has the virtue, at least, of philosophic clarity. It is utilitarianism, unadorned. Ivey believes she is pursuing Jeremy Bentham's imperative, achieving the greatest good for the greatest number of people. It is a simple, easily stated moral rule.

There are many varieties of utilitarianism, but they share some weaknesses.

This is worth a pause. One of the accusers in this case says that in

While the principle is easy to state, it is not easy to apply. It always involves speculative judgments about the future. What if, as a senator, Moore becomes a rolling scandal of misogyny and intolerance? What if this deepens the image of the GOP as the party of prejudice and male dominance? And what if this costs Republicans control of the House of Representatives and a few other Senate seats? How would this affect Ivey's utilitarian calculation?

In the cases before us — if you believe the credible testimony of the accusers — the rights and dignity of women have already been violated. Ignoring or downplaying those violations in the pursuit of other social goals — conservative or liberal — is an additional form of victimization, this time by the broader society. By politicians such as Ivey. By voters willing to downplay the abuses on their own ideological team. All are making the statement that some lives, when weighed in the balance, really don't matter.

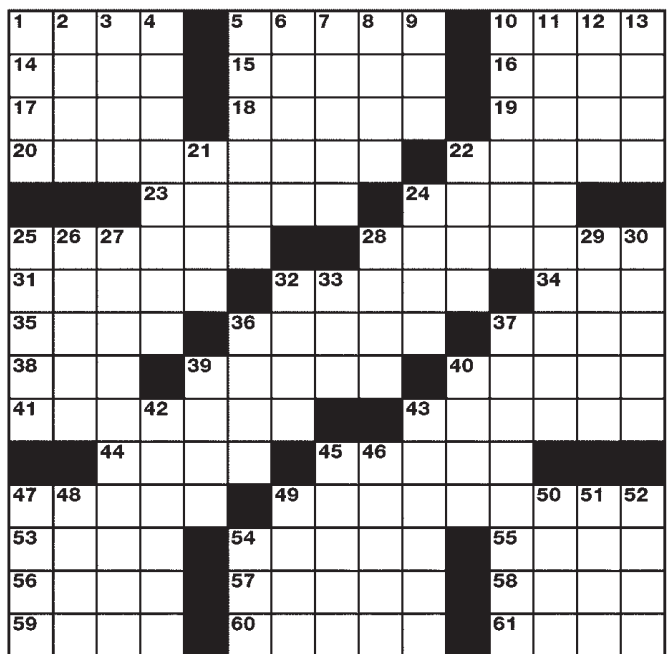
None of this is to downplay the task of applying appropriate punishments for differing degrees of guilt.

Michael Gerson's email address is michaelgerson@washpost.com.

Newsday Crossword

POCKET EDITION by Gail Grabowski Edited by Stanley Newman www.stanxwords.com

ACROSS 1 Highly attentive 5 Stock up on 10 Corrosive compound 14 Speak indistinctly 15 Slacken off, as rainfall 16 Mama's mate 17 Wind-direction indicator 18 Bowling lane 19 Say grace, for example 20 Greek sandwich holder with a pocket 22 Aces and jacks 23 Brings under control 24 Bell-shaped spring flower 25 Short putts 28 "Scram!" 31 Had sore muscles 32 Go running after 34 Teachers' org. 35 Corporate heads: Abbr. 36 Homes for hens 37 Help with, as a crime 38 Model airplane package 39 Army drill instructor, informally 40 Hold responsible 41 What warehouses and attics are used for 43 Inadequate in quantity 44 Top-rated 45 "Bucking" rodeo horse 47 Dinner course with lettuce 49 Billiards hall feature with pockets 53 Recedes 54 Puffy sky sight 55 Lion sound 56 Share a border with 57 Wallpaper adhesive 58 "Guided" vacation 59 Scottish caps 60 Started a poker pot 61 Concludes 10 Fill with dismay 11 Frequent flier's tote with pockets 12 Apple's tablet computer 13 Portions of a week 21 "Marching" musical group 22 Quote as a reference 24 Not as expensive 25 Bulletin board fasteners 26 Do great on a test 27 Book with pockets for snapshots 28 Stare in amazement 29 Message from a supervisor 30 Potato, informally 32 Center of an apple 33 Animal in a pigpen 36 Zoo enclosure 37 Priced separately, on a menu 39 Beach surface 40 Flexed 42 Beef entrées cooked in the oven 43 Shaped, as with clay 45 Helpful upward push 46 Itinerary 47 Sofa or bench 48 "Mamma Mia!" singing group 49 Prepare for, as a vacation 50 Timely benefit 51 Praise highly 52 Makes mistakes 54 Tax expert: Abbr.



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Look for a third crossword in The News Wire section.

Answer to previous puzzle
S I C E M B L U E P R I N T
C N O T E A I R G U I T A R
A T B A T S T A R T D A T E
B E R S E R K N E T L I B
B R A S E E O U T V I O L
A N N E P T A S P L A N E
R E D A L E R T B A A
D E S T I N Y P O S S E S S
S A T P H Y S I Q U E
S P E A R P E R I C U B A
H O S T R E W A S H A M C
A P T G A L S H O R T E R
B E E F A R O N I L O I R E
B R E E Z E S I N S L O G S
Y A M M E R I N G T E N E T
12/4/17

Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

ACROSS 1 Knight's "shining" protection 6 Elegant 10 WWII servicewomen 14 Car body style 15 Mennen shaving lotion 16 Get one's ducks in 17 Devotee of singer Gloria 19 Heavy book 20 Buck or doe 21 Beluga yield 22 Viewed to be 24 Precise price 27 Mineral springs 30 Believer's suffix 31 Five-time Wimbledon champ Björn 32 Portion out 34 "Westworld" network 35 Bon Ami alternative 39 Mata Hari story, e.g. 43 Simplicity 44 The "I" in TGIF 45 Family car 46 Disney's "___ & Stitch" 48 Above-the-street trains 50 Chapter in history 51 Garden purchase from a Lowe's rival 56 Truck capacity 57 Coffee order: Abbr. 58 Image to click on 62 Gadget's rank: Abbr. 63 According to the U.S. Census Bureau, it's 63 for retirement 66 Slugger Sammy 67 Earth orbiter 68 Wafer brand 69 Jacob or Esau 70 Choice word 71 Not reached, as a goal 5 Striped-shirt wearer 6 Happen as expected 7 Buyer's proposal 8 BART stop 9 Hammer or screwdriver 10 Nixon Era scandal 11 Pleasing smell 12 Tailed celestial body 13 31-Across, by birth 18 Rainbow shapes 23 Poetic "always" 25 Credit in a footnote 26 "Dancing Queen" group 27 Place for valuables 28 Not guilty, for one 29 Gift for the poor 33 Skillet for folded egg dishes 34 Growth chart nos. 36 Green stone 37 Banned apple spray 38 TV warrior princess 40 It's often followed by .pdf

By Jeff Stillman 12/4/17

Saturday's Puzzle Solved

S E R V E T I M E H O D A D
I N E E D A N A P A N I M E
P E T T Y C A S H Z O R B A
P R O S O R C E R Y T E D
E G O S S O A M I P Y R E
D Y L A N W R E N I R A N
C R O B A R S E N A L
C L O S E T A E R A T E
L A N Y A R D S I T
H A N G M A R A C A R P S
A R C S A M E N D S A L T
V I E U N C A G E D M A E
A T L A S A M E R I C A N A
N I O B E R O L E M O D E L
A N T E S S N A K E P I T S

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41 On the summit of 42 Old U.S. gas brand 47 Swearing-in words 48 Timeless, in verse 49 Women's links gp. 51 Lift up 52 Televised as we speak 53 Soccer great Lionel 54 Black-and-white cookies 55 Marketing gimmick 59 Period "before the storm" 60 Look at lasciviously 61 Without ice, at the bar 64 TV loud-soft control: Abbr. 65 Bearded antelope



MARC VALERO/STAFF

The "Station" building on Butler Avenue at different times housed Avon Park's police and fire departments.

CHURCH

FROM PAGE 1

volunteers. Now he is just

using about 30 men because there is no clothing distribution due to space limitations, Jeffo said.

At Tuesday's City Council meeting, City Manager Julian

Deleon said the insurance adjuster could not safely enter the building due to its condition.

The insurance company is bringing in a specialist with

dedicated equipment, which is deployed when evaluating a highly contaminated environment, he said.

Councilman Jim Barnard said citizens believe the city should save the historic building.

Mayor Garrett Anderson said there seems to be a strong push not to demolish the building. The city should wait on a decision on the building until the amount of the insurance payment is known

Resident Elizabeth Anderson said the building has historical value, but it is located in a little abandoned area.

The Station Building at different times had housed the city's police and fire departments.

Left: A small section of the damage to the Station building that was visible Wednesday from an open side door.



SENIORS

FROM PAGE 1

headed to civil court.

"We're probably an intermediary step," Guinther said, adding that when a case goes to an attorney, Seniors Versus Crime can no longer be involved.

In many cases, he said, the volunteers will help sort out things and determine what is the next step.

"A lot of the time we'll be determining what happened and referring them (the seniors) to other agencies," Guinther said.

Much of the impetus for

the program came from Nell Hays, the department's crime prevention officer. She has worked on setting up the program for awhile, but didn't have the time until recently when she stopped being the public information officer in addition to handling crime prevention.

As to why he decided to become involved, Guinther said, "Nell is very persuasive."

John Blajda, a former industrial engineer who also did private security work, became involved after finding out about it through the SALT program put on by the Sheriff's Office. That program provides information to seniors.

"It's an opportunity to serve seniors, such as myself," Blajda said. Not everyone can afford an attorney to handle civil disputes, he said.

Dana Silva, who previously worked in law enforcement and Homeland Security, said he "wanted to help people and give back to the community and this is another opportunity to do that."

Since some of the cases will likely involve work on homes, Guinther said, John Bauer, another volunteer, is a good fit. Bauer has worked in architecture and construction.

The program receives referrals from deputies with the Highlands

County Sheriff's Office and the state Attorney General's Office.

The office is open Tuesday through Thursday from 10 a.m. to 2 p.m. Hours may be extended if the caseload increases.

Walk-in visitors are welcome, but appointments are preferred. The program is located at Highlands County Sheriff's Office in Sebring. Appointments can be made by calling 863-402-7849.

RIGHTS

FROM PAGE 1

felons have been caught trying to vote illegally. There have been cases where people have showed their rights were restored and they were allowed to vote, she said.

Ashley Ascitutto, who helped organize the meeting on the proposed ballot amendment, said she's met people, including a former high school friend, who can't vote because of convictions from years or decades ago.

"It really touched me," she said. "I felt it was something that needed to be changed."

She said Florida is only one of three states that does not automatically restore the rights of felons after they've served their sentence.

Former Gov. Charlie Chist made it a lot easier for convicted felons to get their voting rights back. But Gov. Rick Scott reversed that.

Now, she said, it's an ordeal for people to get their rights back. They have to fill out an application and provide employment records and references.

They have to go to Tallahassee to the Florida Cabinet meeting when their case is scheduled to be considered, she said. And if for some reason it doesn't come up, they have to make another trip to Tallahassee to attend the next meeting.

"It's like a part-time job to get your right to vote restored," Ascitutto said.

Daniel Paige, a local attorney, said he's been concerned about the issue for years. He said the laws go back to Reconstruction following the Civil War and were "created specifically to deny a certain group of people the right to vote."

Those laws now affect everyone, he added.

Most people have to wait at least seven years after finishing their sentence to even apply for restoration, he said.

Paige said convicted felons should have their rights restored a lot sooner.

"We shouldn't be proud of the fact we're preventing people from voting," he said.

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NOTICE OF PUBLIC WORKSHOP:

The Southwest Florida Water Management District announces a public workshop to which all persons are invited.

DATE AND TIME:

Tuesday, December 19, 2017, 5:30 PM - 7:00 PM

PLACE:

River Greens Golf Course; 47 W. Lake Damon Drive, Avon Park, FL 33825

GENERAL SUBJECT MATTER TO BE CONSIDERED:

Proposed guidance and minimum levels for Lake Damon in Highlands County pursuant to Sections 373.042, and 373.0421, F.S.

A copy of the agenda may be obtained by contacting: Donna Campbell, Environmental Scientist, SWFWMD, 2379 Broad Street, Brooksville, FL 34604, (352) 796-7211, ext. 4236.

Pursuant to the provisions of the Americans with Disabilities Act, any person requiring special accommodations to participate in this workshop/meeting is asked to advise the agency at least 5 days before the workshop/meeting by contacting: SWFWMD Human Resources Director, (352) 796-7211, ext. 4703; 1-800-423-1476 (FL only), ext. 4703 or email to ADACoordinator@swfwmd.state.fl.us. If you are hearing or speech impaired, please contact the agency using the Florida Relay Service, 1(800)955-8771 (TDD) or 1(800)955-8770 (Voice).

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GREEN

FROM PAGE 1

botanical garden. They had an island with a moat and even a bridge. It was amazing."

Reynolds is a born teacher and they discussed working on a horticultural certification program where the inmates could gain landscaping and horticulture skills to help them get a good job when they were released.

"I proposed making them all Master Gardeners. The concern was how to do the community volunteer hours. That's when the FNGLA got involved."

"Merry Mott, training

director with FNGLA, came to Avon Park and spoke with the warden, the chief of security, David (Austin) and me. We discussed some issues such as the \$125 cost for each training manual and the \$100-plus cost for each certification exam."

They decided to offer the Master Gardner certification and the Restricted Use Pesticide certification. Reynolds was given one manual by Mott and was allowed to copy the manual for educational purposes.

"The inmates were at different levels, but all scored in the 90s on the exam. They were actually teaching each other using flash cards to memorize the 185 different plant types, which was a



COURTESY PHOTO

Charlie Reynolds at the Montessori School Garden.

requirement."

Reynolds and Mott were invited to meet with state and federal prison officials in Tallahassee to share the success of the program. The last class graduated in July 2017.

Another big project started by Reynolds was

the Avon Park Transitional Housing Community Garden.

"They had a nice fenced area and already had pots and irrigation. We gave them some seeds and it took off. The first year was great, but then the interest waned."

The kids liked the garden and asked Mr. Charlie (as they called him) about continuing. Reynolds contacted the 4-H extension office and attended a meeting.

"Those kids were interested so we discussed the garden in Avon Park. 4-H is a group that teaches leadership. We got the group going and they were called the 'Dream Chasers.'"

Reynolds had to step away from the group for a while and the group eventually dismantled.

"The AKTION Club then took over the care of the Transitional Housing garden. Some of the original 4-H kids got back in the group. We also built another garden, this time for the AKTION Club."

The garden has a plaque honoring Reynolds.

In addition, he has built eight teaching gardens in Highlands County to encourage youth gardeners.

"It's best to get the children exposed when they are in second- and third-grade and they are excited about gardening."

As if that is not enough, Reynolds has a monthly radio spot on Barry Foster's 730 AM Talk Radio. He offers a one-hour question-and-answer program and is sometimes joined by Austin.

Be sure to catch his monthly column in the News-Sun. His articles concentrate on gardening and agriculture and run in the Sunday edition.

'The Nutcracker' stops at SFSC

SPECIAL TO HIGHLANDS NEWS-SUN

AVON PARK — The South Carolina Ballet returns to South Florida State College with the holiday classic "The Nutcracker" at 7 p.m. Tuesday in the 1,460-seat Alan Jay Wildstein Center for the Performing Arts on the Highlands Campus.

The magical and spectacular story about a toy nutcracker that takes Clara into a world of fantasy and fun with a Sugar Plum Fairy, Mouse King and Mother Ginger. Tickets are \$29, \$34 and \$39. Children and students receive a 50 percent discount.

"This is a gorgeous production with a magic Christmas tree, toys that come to life and a joyous woodland snow scene," said Director of SFSC Cultural Programs Cindy Garren. "I've been very surprised by the number of Highlands County residents that have never seen a production of The Nutcracker and this will be their last chance since we will not bring The Nutcracker back for the next three years."

South Carolina Ballet Executive Director William Starrett auditioned local children in

October to perform a variety of roles with the professional company. Nancy McDuffee, who resides in Sebring and teaches at Dance Unlimited, is the local ballet mistress who has been rehearsing the young dancers since October.

Starrett got his start at San Francisco's Ballet Celeste and the Royal Winnipeg Ballet. He was a medalist in the USA International Ballet Competition, which is one of the world's top competitions for ballet.

Starrett was a principal dancer for the Joffrey Ballet and the American Ballet Theater under the direction of Mikhail Baryshnikov. He has made guest appearances with more than 40 of the world's most renowned ballet companies.

This performance is funded in part by a grant from South Arts in partnership with the National Endowment for the Arts. South Arts strengthens the South through advancing excellence in the arts, connecting the arts to key state and national policies and nurturing a vibrant quality of life.

Florida Hospital is the presenting sponsor of the production. Additional sponsors are: Dr. Andrew and Beth Kulick; Carol

Emery; Dr. Catherine Cornelius; Joan Hartt; All Around Septic and Sewer Inc, and the SFSC Foundation.

Groups of 12 or more save 15 percent and receive one free ticket for the group coordinator. Tickets can be purchased online at www.sfscarts.org or by visiting the Wildstein Box Office on the Highlands campus of South Florida State College located at 600 W. College Drive in Avon Park.

The Wildstein Center box office is open Monday through Friday, 11:30 a.m. to 2:30 p.m. To phone the Wildstein Center Box Office call 863-784-7178.

South Florida State College presents over 30 national and internationally touring artists at the 1,460-seat Alan Jay Wildstein Center for the Performing Arts and the 250-seat University Center located on the Highlands Campus at 600 West College Drive in Avon Park.

Upcoming performances include the Original Stars of American Bandstand on Jan. 8, Chubby Checker and Mary Wilson on Feb. 1, Mutts Gone Nuts on Jan. 27 and the national Broadway tour of Amazing Grace on Feb. 8.

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LOCAL SPORTS

New pickleball season approaching

South Central Florida Pickleball League lays groundwork for 2018 season

By NEIL SIMPSON
CORRESPONDENT

The South Central Florida Pickleball League was established by David Majick of Highlands Ridge, Avon Park, in 2011 to promote the game of pickleball while enhancing the lifestyle of residents of 55+ communities. The league

has promoted positive social interaction between the communities while allowing players to test their pickleball skills against the best local talent. The league is built upon fair play, honesty and a true sense of enjoyment.

League membership has changed through the years. Solivita in Poinciana and River Bend in

LaBelle competed in the past. In 2017 Frostproof entered a team for the first time and Sun 'N Lake returned after a one-year absence. Teams for 2018 are: Del Webb, Orlando, Lake Ashton from Lake Wales, Frostproof, with players from Camp Inn, Lily Lake and



NEIL SIMPSON PHOTO

PICKLEBALL | 12 Joseph Oblon, left, and Jim Jones, from Sun 'N Lake.

Dragons, Streaks play to tie



RUTH ANNE LAWSON/CORRESPONDENT

Lake Placid's Edith Cortez, left, looks to get the shot off before Sebring's Celeste Tharp can defend.

Lake Placid and Sebring have their chances in 1-all draw

By RUTH ANNE LAWSON
CORRESPONDENT

LAKE PLACID — The Lake Placid Lady Green Dragons hosted their long time rivals, the Sebring Blue Streaks, on the soccer field Friday night. The Dragons and Streaks battled hard in a very physical game and ended in a tie of 1-1. Lake Placid now has a record of 1-3-3.

"I think we took a big step," said Lake

Placid coach John Merlo. "The girls are young. We have four seniors and only two are starters, and this was a good game for them to show us what their potential is. I feel this game they played hard pretty much the whole game. It wasn't perfect but they played which is what you want to see on a young team."

In the first half of the game the ladies battled on the field for control but neither team were able to score. There

were a combined total of 11 free kicks due to penalties.

Lake Placid's Edith Cortez took a shot on goal that was blocked by Sebring's goalie, Lillian Rivera, Anne Grace Wheeler rebounded the ball for Lake Placid and takes a shot but Rivera makes another stop for the Streaks. Both goalies worked hard and made several saves. Sebring's Rivera made an

DRAW | 12

Balzan enjoying success in US

SPECIAL TO HIGHLANDS NEWS-SUN

With three championships since 2013, Italian driver Alessandro Balzan is one of the more recognizable drivers in the IMSA WeatherTech SportsCar Championship to IMSA fans. But it wasn't all that long ago — 2012 to be exact — when Balzan and the Scuderia Corsa team burst onto the North American sports car racing scene, seemingly out of nowhere.

It was a GRAND-AM Rolex Sports Car Series race at Mazda Raceway Laguna Seca in early September, just a few days after the announcement of the historic merger between GRAND-AM and the American Le Mans Series. Balzan and the Scuderia Corsa team turned up at the iconic California road course with their No. 63 Ferrari 458 and champion racer Olivier Beretta as the co-driver, and announced their presence with authority with a pole position for Balzan and a fourth-place race result.

"I had a lot of Italian racing experience, many championships with front-wheel drive and rear-wheel drive cars, but the real racing for my career started in GRAND-AM," Balzan recalls. "I loved that series. I remember when I was in Laguna.

"Forget about the pole, that's for me, but the first time we were driving Laguna Seca, coming down from the downhill (AKA "The Corkscrew"), it was like, 'Oh my God. I saw this in Gran Turismo, and now I'm racing here for real. This is already a dream. However the weekend will go, it's already my dream.'"

It's a dream Balzan has been living ever since. The following year, he claimed the final GRAND-AM Rolex Series GT championship in the same No. 63 Scuderia Corsa Ferrari, taking his first victory at Kansas Speedway.

Since then, he's won a couple of crown jewels in North American endurance racing — the Mobil 1 Twelve Hours of Sebring and the Sahlen's Six Hours of The Glen. He also has won races at Detroit's Belle Isle Park, Indianapolis Motor Speedway, and just this past season earned his first win back where it all began at Mazda Raceway Laguna Seca. That victory was the cherry on top of Balzan's second consecutive WeatherTech Championship GTD title alongside co-driver Christina Nielsen in the No. 63 Scuderia Corsa Ferrari 488 GT3.

"For me, the keyword for all of Scuderia Corsa's success — and I've had three championships with them in four seasons — was 'execution,'" he said. "Execution from the drivers. Execution from the pit crew. We never made any mistakes that were costing us the race.

"I can't even remember that we did something wrong all year with Scuderia Corsa. I can't even remember one driver change that went wrong with me. I think this is kind of insane, because, when you start to put all the races together



BALZAN

Close calls in Classic 12 Hour

Plenty of great racing action takes place at Sebring International Raceway

SPECIAL TO HIGHLANDS NEWS-SUN

The second annual HSR Classic 12 Hour at Sebring hit the halfway mark soon after nighttime fell on Sebring International Raceway on Saturday where four Run Groups of vintage and historic sports car kept the competition going until midnight, with the final races taking place Sunday afternoon. While many people were there to watch the action on the track, most had to stroll by and view the impressive collection of airplanes that were there for the entire day before taking off late Sunday morning.

With all four Run Groups having completed their first two rounds, no runaway leaders have emerged and the on-track action across the board has been close and competitive.

In Group A, the 1966 No. 96 McLaren M1B of British drivers Nigel Greensall



ALLEN MOODY/STAFF

The No. 96/15 SPF GT40 races at Sebring International Raceway on Sunday morning.

and Andrew Beaumont moved to the top spot in Round 2. The McLaren led the 1969 No. 7 Lola T70 of Toni Seiler who was just in front of his teammate Beat Eggiman in his 1969 Lola T165. The top-three Group A runners have all completed 32 laps through the first two rounds, and the following six

competitors are just one lap shy of the leaders.

Group B has turned into a rivalry renewed between defending Classic 12 Hour winner John Harrold and his 1979 No. 94 Chevron B23/36 and the

CLASSIC | 11

BALZAN | 11

BALZAN

FROM PAGE 10

that I did with them, I think we have almost 50 races. It's insane that everything goes so smooth."

He also gives a lot of credit to Scuderia Corsa owner Giacomo Mattioli and Technical Director Roberto Amorosi and their strategy of taking what each race gives them. They also provide a calming influence for the drivers.

"They really make us comfortable," Balzan said. "Many races, these two would say, 'Guys, we are top five. We are good. We are cool. Don't worry. We don't want the podium, we don't

want to go for the win. Today, we have a car to be maximum of top five, let's try to do P5. If we do P6, we are happy with P6, because we always have our eye on the championship."

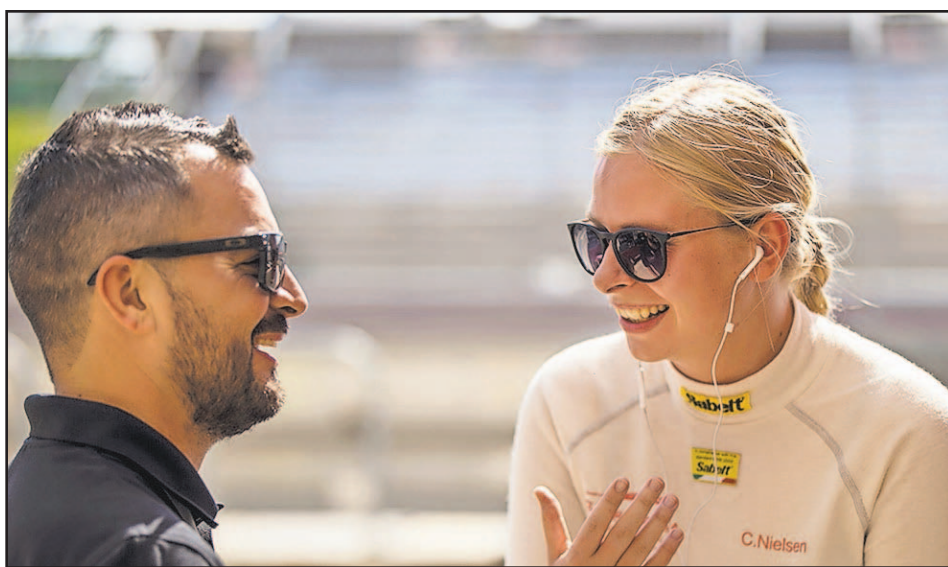
Balzan believes that this approach has given the team an advantage over its competition. And in a series as competitive as the WeatherTech Championship and a class as competitive as GTD, that makes a big difference.

"I think Michelotto and Ferrari build an amazing car that is really comfortable, basically, on every track," Balzan said. "I saw other teams that were competitive one weekend before, fighting for the win, and

the next week they're not even able to go P10. For me, that's a little bit strange. Maybe they are pushing the limit too much, and they are losing the right way on the setup or the strategy. Maybe they are gambling a little bit too much.

"We don't gamble. We never gamble, and I don't think we ever will gamble. We want to be in control. You really have to understand, on every weekend, what you can really do. What is the limit of the car? What is the limit of your drivers also? We have real targets. We have a mission, but it's not crazy.

"There are so many drivers out there, or teams, that are blocking



SCUEDERIA CORSA PHOTO

Alessandro Balzan and Christina Nielsen won the last two WeatherTech GTD championships, but Balzan will be teamed with Cooper MacNeil in 2018.

after 20 minutes of the race, like at the Six Hours of The Glen. Why would you want to take a risk after 20 minutes of a six-hour race? Why are you doing that? I'm not doing that. There is no chance. I say, 'You know what? I'll wait and maybe I will see you later and then we will handle that.'"

Those are skills that Balzan has learned and developed since what he calls his "professional" racing career began in the U.S.

"The first time I raced here in the U.S., I had no idea," he said. "I was coming from only sprint races, 30-minute races, all-in from the first lap to the last lap

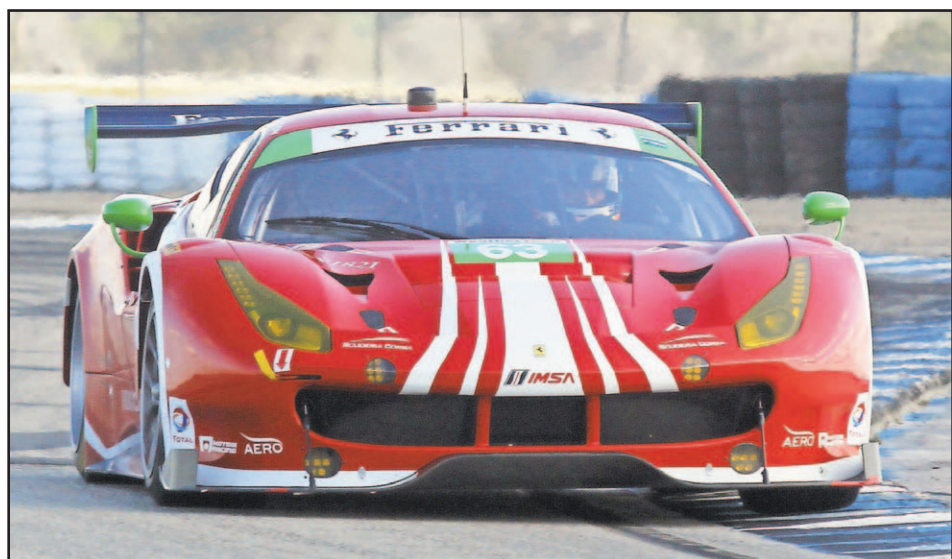
and risking everything to the end. The view about managing yourself, the team and everything around you, I learned from Joe Lajoie, our strategist and race engineer. I have been racing only for Scuderia Corsa, so that is a big credit, honestly."

Balzan has found a home in the WeatherTech Championship. In 2018, he will be joined by a new co-driver, Cooper MacNeil, as he goes for his third straight GTD title, and the team's fourth in a row, as it also took the 2015 GTD title with drivers Townsend Bell and Bill Sweedler.

He's also found a home in the United States.

"I've been living in the States from the end of 2015," Balzan said. "I love this country, I respect this country, and for me, I see my future here. I want my future here. I love living here, even if I'm Italian. When I'm missing my family, I just take a plane, I go back, I say 'Ciao' to my family, my nieces and everybody, stay there one or two weeks and then come back.

"It's a dream. I'm really focused to keep doing this. I see my future here also after I stop racing. I want to be involved in it and to live here. For me, I truly believe IMSA was the future at the beginning, and it is the future right now."



ALLEN MOODY/STAFF

The No. 63 Scuderia Corsa Ferrari races at Sebring.

CLASSIC

FROM PAGE 10

1976 No. 5 Porsche 935/K1 of Altfred Heger. In last year's inaugural Classic 12 Hour, the 935/K1 got caught up in an accident halfway through the Group B battle, paving the way for Harrold to take the win in his Team Mean/KMW Motorsports-prepared Chevron. This year, Heger hit the halfway mark leading the Group, but Harrold, co-driving with his son Ryan Harrold and Kevin Wheeler, has led the race and is just 30 seconds behind the Porsche in second place.

Group C emerged as a battle royale between three distinct but equally competitive Prototypes. John Reisman drove in both opening rounds in his Hudson Historics-prepared 2010 No. 33 Coyote Corvette Daytona Prototype and held the Group lead at halfway.

Well in the Group C hunt, however, is the 2007 No. 18 Pescarolo Judd LMP1 of Juan Gonzalez and Butch Leitzinger. The same car that David Porter and Joao Barbosa drove to victory in last month's HSR Classic 24 at Daytona, Gonzalez purchased the Pescarolo and was a late entry in

the Classic 12. Leitzinger finished first in the No. 18 in the opening round and joins Gonzalez in second at the halfway mark, on the same lap as the leading No. 33 Daytona Prototype.

The third early contender in Group C, the 2006 No. 12 Lola AER B06/10 of Tony Burgess and Chris Dyson, unfortunately hit some mechanical misfortune in the second round after leading both races. The Dyson Racing team quickly went to work on the Lola but retired the entry with a differential issue.

Another contender of note to hit trouble in a second round was the 1974 No. 26 Chevron B26 of Gray Gregory, Randy Buck and Ian MacAllister. The Chevron was racing in the lead pack with Heger in the Porsche and the similar Chevron of the Harrolds only to lose battery power in the closing stages. The No. 26 has fallen three laps behind the leaders but, with the issue fixed, could still contend for a podium finish through the remaining two rounds.

Home to more modern sports cars and prototypes, Group D has become a competitive battle between Radical sports racers and Porsche 997 GT3 Cup cars. Rich Thomas won both



ALLEN MOODY/STAFF

Above: The iconic No. 2 Audi R8 leads a pack of cars at Sebring International Raceway.

opening rounds to lead halfway in his No. 738 Radical SR3/RSX, but the duos of Mac McGehee and Corey Friedman and Cody Ellsworth and Bruce Ellsworth have been tight in the top three in their Porsches.

See Tuesday's Highlands News-Sun for a wrap-up of all the Classic 12 Hour at Sebring results, as well as the Sebring Historics, which were held over the same four days.



Above: The familiar No. 33 Whelen Engineering Corvette Daytona Prototype suffered wing damage after running off course Sunday morning.



Nothing says Classic 12 Hour at Sebring, Pistons and Props, Presented by Alan Jay Automotive Network, quite like a 1973 Porsche 911 RSR parked in front of the vintage planes.

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RUTH ANNE LAWSON/CORRESPONDENT

Sebring's Katelyn VanFleet looks to get away from a Lake Placid defender.

DRAW

FROM PAGE 10

incredible 15 saves. Lake Placid's Alondra Torres made eight saves.

"I thought that Alondra Torres did well at goalie," Merlo said. "It's not her natural position but stepped up as captain and said she would do it. She is normally our stopper so it changed our defense a little bit. She had a heck of a game. Edith Cortez played amazing and all of our outside wings did a great job because we kept subbing to keep that pressure on. We are doing a lot better than where we started this season."

"I thought it was a really good game," said Lake Placid's Anne Grace Wheeler. "I think our team has done really well. We pretty much started out as a new team this year and I think we have worked really hard and we are progressing. We are working hard and playing well together as team. This is my first year on varsity so I want to learn how to play well with everybody this season and hopefully make a few goals eventually."

"We want to win every single game and hopefully win districts," said Mia Davis. "We are doing good so far. We have brought our confidence

up and our mentality up. We are putting our hearts into the game every single day and now we are putting it in even more. We hope to win games in the future."

The action picked up in the second half of the game and it became a lot more physical. There were several more calls for pushing. The Dragons roared when Morgan Miller took a shot at goal that bounced off the right goal post into the path of Nitzellie Amaro who kicked the ball into the back of the net for a Lake Placid goal giving them a 1-0 lead with 37:10 left in the game.

Sebring received a free kick that was passed down the field to Phoebe Lackey who sent it sailing toward the goal where Lake Placid's Logan Simijoski tried to make the block but deflected the ball into the goal tying the game at 1-1 with 27:20 left in the game. Lake Placid and Sebring battled back and forth and took several shots on goal but neither team could find the back of the net. The Streaks made a total of 39 shots on goal. The Dragons took an impressive 27 shots.

"I thought it was a hard fought game," said Sebring coach T.C. Lackey. "I wish we had a third official. It made it a little hard on the officials

to catch everything happening on the field. Everyone played really well. We had some really good shots but could not put the ball in the goal in the end. We had a few of our girls back tonight so our defense was back so we didn't allow too many shots back there. We are going to rest the next couple of days and then get ready on Monday for our games next week."

"I thought we could have definitely played better," said Sebring's Phoebe Lackey. "I think we played really well in the second half but other than that we need to work on it. It's always great when I score a goal. It really pumps up the team when we score. I love my team we do well and we push hard. We practice hard, we need to get more in shape and running a lot more but other than that we are doing really good. I just want to make it regionals as a team."

Lake Placid will travel to play against the Fort Meade Miners on Tuesday in a district game and then head to face the McKeel Academy Wildcats on Friday for another district matchup.

Sebring will host Poinciana on Tuesday and it will be a boys and girls varsity games. The Streaks will then host the Hardee Wildcats on Thursday.



Sebring's Makaila McMillan keeps the ball in play.



Lake Placid's Logan Simijoski, right, is held up while trying to get to the ball.



NEIL SIMPSON PHOTO

Team representatives, back row, from left; Bob Auchenbach, Del Webb; Joseph Oblon, Sun 'N Lake; Mickey Dorman, Highlands Ridge; Dave Shaner, Highlands Ridge. Middle row; JP Lefebvre, Frostproof; Todd Berger, Frostproof; Rhonda Berger, Frostproof; Jim Jones, Sun 'N Lake; Dwight Berg, Highlands Ridge; Ralph Rickard, Lake Ashton. Front row; Charlie Pirrello, Dale Webb; Daniel Rheault, Frostproof; Donna Landers, Highlands Ridge; Cheryl McCullough, Tanglewood; Susan Price, Highlands Ridge; Dan Pillitteri, Tanglewood.

PICKLEBALL

FROM PAGE 10

Rainbow RV Resort, Avon Park's Highlands Ridge plus Sun 'N Lake and Tanglewood from Sebring. This "Best Eight" league is open to women and men with each club fielding four teams of two players ranked in ability from one through four. The majority of the players are men but there are always some women involved.

In recent years, some communities have decided to field a women's only team. Del Webb, Highlands Ridge and Tanglewood have had a team for the past few seasons. For 2018 they'll be joined in the SCFPL Ladies' League by entries from Frostproof and Buttonwood Bay of Sebring.

On Dec. 2, representatives from all 11 teams met to review rules, make a few changes, establish the season's schedule and play a little pickleball. The 2018 season will commence the week of Jan. 15 and wind

up with the Ladies Championship on March 8 at Del Webb and the Best Eight Championship, also being hosted by Del Webb, on March 10.

Before the season gets underway, teams will be holding tryouts in their communities and getting in lots of practice in an effort to wrestle the Ladies' title away from Tanglewood and take the Best Eight banner back from Lake Ashton.

The new year will bring lots of action to courts

throughout the region. Upcoming tournaments include:

Jan. 19-21 Riverbend Gamma Pickleball Classic, LaBelle.

Feb. 8-11 Silver Palms Gamma Pickleball Classic, Okeechobee.

Feb. 10-11 Heartland Games For Active Adults Pickleball Tournament, Tanglewood, Sebring.

Feb. 23-25 Tanglewood Winter Classic, Sebring.

Mar. 6-7 Polk Senior Games Pickleball Tournament, Solivita, Poinciana.



Donna Landers, of Highlands Ridge, prepares to hit an overhead shot.

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Thank your spouse



AP FILE PHOTO

Amy Shives, right, and her husband George walk their cavalier King Charles spaniel Chester in their neighborhood, in Spokane, Wash. Amy Shives was diagnosed with early onset Alzheimer's disease in 2011 and has since been involved with the Alzheimer's Association.

Study finds lower risks of dementia in married people

By **KAREN KAPLAN**
LOS ANGELES TIMES

Your spouse may drive you crazy at times, but new research suggests that your marriage may keep you from losing your mind.

The risk of dementia was significantly lower for married people than for adults who remained single their entire lives, according to a report this week in the *Journal of Neurology, Neurosurgery & Psychiatry*. Husbands and wives also fared better than widowers and widows, researchers found.

The analysis included more than 800,000 people who participated in 15 previously published studies. Most of the study volunteers hailed from Sweden, with the rest living elsewhere in Europe, the United States, Asia or Brazil. Nearly 30,000 of them had some

form of dementia.

The authors of the new report said they had several reasons to suspect that marriage might keep the brain in good working order.

People who are married spend more time in the company of another person, and social engagement is associated with a reduced risk of dementia. Perhaps years of interacting with a husband or wife builds up a "cognitive reserve" that makes the brain more resilient to future damage, the researchers wrote.

Married people also tend to be healthier, perhaps because their spouses nag them to eat their vegetables, quit smoking and take their blood pressure medications. Better physical health could translate into better brain health by reducing the risk of things like heart disease or a stroke, the

researchers surmised.

It seems that they were on to something.

Nine of the studies they examined compared dementia risk in married people and those whose spouses had died. In these studies, the risk of dementia was 2 percent to 41 percent higher for widows and widowers than for people whose spouses were still alive. Overall, the added risk associated with being widowed was 20 percent.

In addition, six of the studies compared the dementia risk in people who were married and in people who were lifelong singles. The singles consistently faced a higher risk, ranging from 7 percent to 90 percent. Overall, the added risk for those who had

DEMENTIA | 10

Grow a new brain with blueberries, chewy food and Super Mario

If you want to know how to grow a bunch of new brain cells termed "neurons" and keep them as healthy as possible, let me tell you one quick thing about neurogenesis.

Neurogenesis is the science of spurring the growth of neurons in your brain. Without neurogenesis, you'd be dead. In fact, we can grow as many new neurons as 700 a day. Scientists have found that several things actually help spur on neurogenesis. The bigger challenge, however, is keeping your new neurons.

Neurogenesis is a dynamic process that reduces risk of Alzheimer's, insomnia, anxiety, dementia and other cognitive problems.

Avoiding foods high in glutamate and MSG will help you, and so will eating a clean, fresh diet of foods filled with a lot of what I call "light foods" meaning plant-based salads and veggies that contain light from the photosynthesis process. Contrast that with 'dead' foods.



SUZY COHEN

Dear Pharmacist

Additionally, there are foods that are particularly adept at growing brand new neurons in our brains, while also activating protective pathways to nurture them and keep them thriving. It's hard to believe but it's true, what we choose to eat impacts our mind to some degree. The most potent neuron-loving foods include:

- Green tea, berries, citrus apples, and dark chocolate due to the flavonoids
- Blueberries (due to the flavonoids and anthocyanin)
- Red grapes (because

SUZY | 12

Half of all African-American adults now have high blood pressure

AMERICAN HEART ASSOCIATION

ANAHEIM, Calif. — Well over half of all African-American adults will be classified as having high blood pressure under new streamlined diagnostic guidelines released recently, illuminating the heavy burden of cardiovascular disease in the population.

The guidelines change the definition of high blood pressure — also called hypertension

— to begin when measurements show a top number of 130 or a bottom number of 80. That changes from 140/90, where it had been since 1993.

With this change, it is estimated that 59 percent of all African-American men will be classified as having high blood pressure, up from 42 percent. Fifty-six percent of African-American women — who had the

PRESSURE | 10

Report: About 15 percent HIV patients don't know they're infected

By **MELISSA HEALY**
LOS ANGELES TIMES

Half of the Americans recently diagnosed with HIV had been living with the virus for at least three years without realizing it, missing out on opportunities for early treatment and in some cases spreading it to others, according to a new report by the Centers for Disease Control and Prevention.

What's more, of the 39,720 Americans newly diagnosed with HIV in 2015, one-quarter had been infected for seven years or more without knowing they were ill.

Among all 1.2 million Americans living with HIV in 2015, the CDC estimates that about 15 percent were unaware of their HIV-positive status. Those people are thought to be responsible for 40 percent of new transmissions of HIV, according to the study published Tuesday in the CDC's *Morbidity and Mortality Weekly Report*.

The human immunodeficiency virus, or HIV, is responsible for causing AIDS. Infection used to be considered a death sentence,

until antiretroviral medications capable of suppressing the virus came into broad use in the late 1990s.

The new report is the latest measure of how well public health authorities are doing at boosting rates of early diagnosis and care for HIV — goals that will extend life expectancies for patients and reduce the virus' spread.

For each of the new cases diagnosed in 2015, researchers estimated a rough time of infection on the basis of a patient's level of disease progression. Based on patients' initial count of infection-fighting CD4 cells, they gleaned how long the HIV virus likely had replicated unchecked. A normal range for CD4 cells lies between 500 and 1,500; a CD4 count below 200 brings a diagnosis of AIDS.

Although the median time between infection and diagnosis for all Americans was three years, there was considerable variability among patients of different racial and ethnic groups.

For instance, half of African-Americans had been infected

HIV | 11



AP FILE PHOTO

This June 2012 file photo shows a patient using an oral test for HIV, inside the HIV Testing Room at the Penn Branch of the District of Columbia Department of Motor Vehicles, in southeast Washington. All Americans ages 15 to 64 should get an HIV test at least once — not just people considered at high risk for the virus, a panel of government advisers proposed. The draft guidelines from the U.S. Preventive Services Task Force are the latest recommendations that aim to make HIV screening simply a routine part of a check-up, something a doctor can order with as little fuss as a cholesterol test or a mammogram. Since 2006, the Centers for Disease Control and Prevention also has pushed for widespread, routine HIV testing.

How to understand someone in a noisy place

The holidays are here. Yay! Along with the holidays come lots of friends and family fun. Whether you have a hearing loss or normal hearing, it may be difficult for you to understand in some group situations.

As we age, everything takes a little more effort. Even with normal hearing, if we are in a noisy restaurant or club, it takes a little more concentration to carry on a conversation, a little more work to ignore the background noise. Even a mild hearing loss can throw us a curve ball in a group setting.

Our brains, along with our auditory and visual systems, have the ability to "focus" in on speech. When we have normal hearing, we hear the low frequencies the same way as we hear our high frequencies. Simply put, the lower frequencies provide us with volume, power, men's voices and a lot of background noise, while the high frequencies give us female voices and consonants for speech understanding. It's all mathematical.

We need to hear the high frequencies at the same levels as the low frequencies: so a 1-to-1 ratio. When we experience a hearing loss that ratio changes. It is called



HEARING MATTERS
Roseann Kiefer

a Signal to Noise ratio or SNR.

A hearing loss can create a bad Signal to Noise ratio. Depending upon the degree of the damage, it may take more than a 1-to-1 ratio to clear up the speech understanding.

Hearing instruments are designed to improve that ratio. Some hearing instruments available now have the ability to measure and separate where speech is coming from, communicate to one another what type of noise is also present in with the speech signal, and then determine the actual area in which the head is positioned or facing.

The hearing instruments then calculate the diagnostic information at more than 100 times a second, separating the crowded room noise

from the people at your table. They can determine distance and even control noise coming from the same direction as who you are facing. Hearing instruments today help you to "focus" in on speech and clean out the background noise.

As you go through the activities of the next few weeks, be mindful of your friends and family members listening difficulties.

If you have normal hearing and are having a hard time understanding in the group you are in, then the person with the hearing loss is having a harder time. Remember to look at who you are talking to, talk a little slower and enjoy your conversations.

Everyone should have a hearing evaluation. Call your hearing health care provider to set up an evaluation.

Roseann B. Kiefer, B.A., BC-HIS, is owner of Lampe and Kiefer Hearing Aid Center, Sebring, Fla. This information is not intended to prevent, diagnose, treat or cure your condition. Always talk to your doctor before following any medical advice or starting a diet or exercise program.

Choosing medical tests wisely

When you or a loved one are sick or injured, you want to make sure they get all the care and treatment they need.

Cost is definitely not the first issue you think of.

Doctors may order extra tests to make sure everything is covered and they do not get sued. Sometimes it is easier to give in to a patient's request for an MRI or other advanced test than it is to spend the time explaining why the test is not needed.

There are some questions you can ask to make a smart decision on whether you need a test. Will the test make a difference in what treatment is ordered? A good example of this is an X-ray of the shoulder for pain without trauma. It will show arthritis and other chronic changes, but will not change the initial treatment.

Even an MRI is only marginally more helpful. The recommended first treatment is anti-inflammatories, steroid injection and/or physical therapy. Those who respond positively to treatment (that is the pain gets better) do not need imaging. They may have small rotator cuff tears, but if they become asymptomatic as is thought to be common in the older age group, they do not require surgical treatment.



COLUMNIST
Diana Carr

The Ottawa ankle rules, first published in 1992, were one of the earliest attempts to use clinical evidence in the development of guidelines. By analyzing the 698 painful ankles presenting to the emergency room, significant differences in examination between the sprained and broken ankles were found.

Using these criteria, all ankle fractures would have been found (100 percent sensitive) and X-rays would have been reduced by 28 percent. Later "tweaks" reduced the X-rays by 54 percent.

Another question is whether this is the least expensive test that will give the answer for how to treat your medical concern? This question was examined for head trauma. In addition to developing criteria for who needed the scans, it was found that CT scans were the most accurate and cost effective as compared to MRI and

plain X-rays.

Five years ago 50 specialty societies joined in the ABIM'S CHOOSING WISELY initiative. Each specialty uses evidence-based medicine to make recommendations about treatment and testing that are the most useful or in some cases are not needed.

Consumer Reports Health is writing patient education guidelines based on this information. (For the guidelines go to www.choosingwisely.org)

One of the orthopaedic examples is splinting after carpal tunnel surgery. When I was a resident, we kept people in plaster splints or casts for two to three weeks. More recently, we used smaller, but still rigid splints, for several weeks. Now there are three level-one (the best type of evidence) studies that show that constant splinting has no positive effect and may result in longer periods of stiffness. Splints for protection with specific activities may still be useful.

So choose wisely when getting tests or making treatment decisions to make your healthcare dollars go farther.

Dr. Diana D. Carr is a board certified orthopedist with a subspecialty certificate in hand treating patients with upper extremity problems in Sebring

Study: Self-harm, suicide attempts climb among US girls

By **LINDSEY TANNER**
AP Medical Writer

CHICAGO (AP) — Attempted suicides, drug overdoses, cutting and other types of self-injury have increased substantially in U.S. girls, a 15-year study of emergency room visits found.

It's unclear why, but some mental health experts think cyberbullying, substance abuse and economic stress from the recent recession might be contributing.

The rising rates "should be of concern to parents, teachers, and pediatricians. One important reason to focus on reducing self-harm is that it is key risk factor for suicide," said Dr. Mark Olfson, a Columbia University psychiatry professor who was not involved in the study.

The sharpest increase occurred among girls aged 10 to 14, nearly tripling from 2009 to 2015, from about 110 visits per 100,000 to almost 318 per 100,000.

Older teen girls had the highest rates — 633 visits per 100,000 in 2015, but the increase



SUN FILE PHOTO

Florida ranks high in suicide, and among people 15-25 it's the third leading cause of death.

after 2008 was less steep.

Drug overdoses and other self-poisonings were the most common method among girls and boys, followed by intentional cutting with sharp objects. The study doesn't include information on which methods were most common by age nor on how many injuries were severe or required hospitalization.

All the injuries were intentional, but not all

were suicide attempts, said lead author Melissa Mercado, a behavioral scientist.

The study by the U.S. Centers for Disease Control and Prevention was published Tuesday in the Journal of the American Medical Association. The trend parallels rising reports of teen depression and suicide, the researchers noted.

The researchers analyzed 2001-2015

data on nonfatal self-inflicted injuries treated in emergency rooms among ages 10 to 24. Nearly 29,000 girls with self-inflicted injuries and about 14,000 boys were treated in emergency rooms during the study years.

Rates among boys didn't change much during those years. Rates in girls were also stable until around 2008. ER visits for self-injury among young women aged 20 to 24 also increased but at a slower pace, rising from 228 per 100,000 in 2001 to 346 per 100,000 in 2015.

The results underestimate the problem since they don't include self-injuries treated in doctors' offices or elsewhere, Mercado said.

Researchers said the findings underscore

the need to beef up prevention efforts including finding ways to help at-risk kids feel

less isolated and more connected to their peers, and teaching coping and problem-solving skills.

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Yoga for body builders, athletes

Bodybuilders and athletes have well-developed muscularity and are stronger in some areas of the body but inflexible in other areas.

The bodybuilders in my Sebring Gold's Gym Sunset Yoga class are excellent athletes and conscientious "Yoginis." Sometimes I wonder "who is teaching whom" as I also learn from them about their form and limitations that I need to work on with each one and myself.

Athletes from golfers/runners/bikers/football players have developed strengths and freedom of rotation in one direction or on one side of the body, or more strength in the core/legs/arms with more range of motion/flexibility on a favored side. Developing a particular way of pitching a baseball

NANCY DALE

Yoga For Life

using the right arm may compromise form/strength on the left side.

Each athlete's specialty requires specific skills and range of motion. Yoga stresses "balance" which focuses on leveling out weaknesses.

Yoga poses awaken the individual's awareness of "body balance," a key component of yoga practice and focuses on improving physical/mental/emotional consciousness.

In yoga, practicing proper breathing (inhaling/exhaling through the nose) for balance in executing all postures is a key practice; many athletes are trained to inhale through the nose and exhale through the mouth.

Yoga is not an "exercise" as it is a practice of correct postures working on overall flexibility of hips, hamstrings, range of motion, strengthening the core muscles, abs and overall body alignment.

A yoga teacher must also recognize when a yoga athlete is in training for an event or working on strengthening a particular technique, as the instructor may need to encourage modification of postures to avoid injury from overstraining a tight muscle group.

Athletes with tight shoulders/hips are susceptible to rotator-cuff problems and damage to hamstrings attachments at the sitting ones.

It is important for athletes to be aware of appropriate alignment of shoulders when weight is placed on the hands and

pelvis in "downward dog" positions not to stress these areas.

Longtime yoga practitioner Baron Baptiste, who has taught many professional athletes, emphasizes that "it is important to establish a personally appropriate level of alignment in all yoga postures and not to compare form with the next person's body." Yoga is not competitive.

A YOGA PRACTICE FOR ATHLETES:

1. "Sun Salutations" and standing poses/forward bends for flexibility
2. "Chair Pose," which

emphasizes athletic ability/core strength and balance with "Boat Pose" for balance using abs, legs, arms.

3. "Bridge Pose" improves alignment.

4. Repeat each pose three times; holding the pose for at least two minutes.

Deep breathing through all of the yoga postures enhances flexibility, as each person goes inside their body consciousness to determine the level for their personal practice.

A routine yoga practice, like weight lifting, helps not only to perfect the skill but evolves the meaning of what it means

to be an "athlete" as well as transmuting the emphasis of the sport into become a another form of "yoga."

As Baptiste says, "Instead of living in a win-lose world, this kind of focus actually lets the sport itself become a yoga practice, turning body building into Zen-ness."

Thank you bodybuilders and athletes for sharing your awareness and your professionalism as we practice yoga together!

For questions about yoga classes, contact Nancy Dale at nancydalephd@gmail.com or 863 214-8351.



COURTESY PHOTO

Yoga teacher Nancy Dale shows the "extended right angle" pose.

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Tuesday, December 12, 2017 at 10:00 am

URINARY INCONTINENCE
Vanessa Yu, OTR
Krystal Loomis, COTA
BALANCING TEST
Tom Dixon, PTA

presented by:

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CERVICOGENIC HEADACHES:

The unknown headache

Do you suffer from headaches? According to the World Health Organization (WHO), headaches are among the most common disorders of the nervous system.

WHO estimates that almost half of the adult population has had a headache within the last year. A headache disorder is classified by recurrent headache and is associated with the burden of pain, disability, diminished quality of life, and financial burdens related to treatment.

Headaches are underestimated, under recognized, and undertreated. WHO also points out that only a minority of people with headache disorders are diagnosed appropriately by a healthcare provider.

Based on literature by WHO, there are three major barriers to proper treatment of headaches. The first starts with the lack of knowledge among healthcare providers. On average, only four hours of medical education is dedicated to instruction on headache disorders.

DR. DAVID MARINOCK
Columnist

This then leads to lack of knowledge extending to the public in regards to headaches, which is the second barrier.

The final barrier mentioned by WHO is many governments seek to reduce healthcare costs, therefore, do not acknowledge the substantial burden of headaches on society.

This article is written to inform readers of a little known type of headache that is often confused with a migraine since it's similar.

The name of this headache is a cervicogenic headache. Cervicogenic headaches are caused by an abnormality of structures or tissues in the neck region.

This type of headache is usually on one side of the head, neck, and/or other areas around the head, including the region around the eyes. These types of headaches last between several

hours to a week in length, usually in recurring intervals. Sufferers may also experience nausea, vomiting, and sensitivity to light, often leading to the incorrect diagnosis of migraine headache.

The cause of cervicogenic headache is a pain referral from the soft tissues and/or joints of the neck to the head.

A thorough history and examination is needed to correctly diagnose this condition. Pain and tenderness may be felt in the neck and base of the skull. Pain may be provoked or aggravated by movement of the neck. Muscle spasms may be seen in the neck and skull region. Radiologic evaluation may show abnormal alignment of the bones in the neck.

Treatment for these types of headaches varies based on the type of health care professional you treat with. Chiropractors target correction of the joint misalignments and muscle imbalances several different ways.

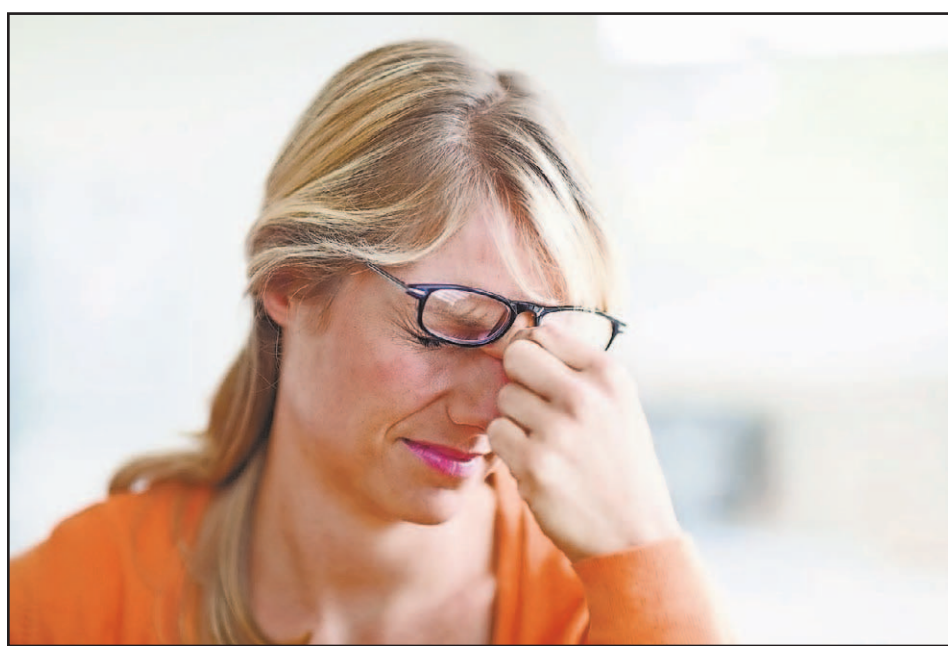


PHOTO PROVIDED

Specific chiropractic adjustments can be performed to correct joint misalignment and different therapies including, but not limited to, massage to address muscle spasm.

Chiropractors also examine and try to correct any external factors that may be causing the joint misalignments and muscle spasm, such as poor posture and evaluating

of proper ergonomics in the work environment. Education on self-stretching and strengthening of the neck is also incorporated into chiropractic treatment.

Understanding that many headaches are a treatable medical condition is the first step needed to treat these sometimes debilitating conditions.

If you or someone you

may know is suffering from headaches and are looking for relief, a chiropractor or other type of physician may be able to help. Setting up an evaluation, and being properly diagnosed is the first step in living a happier, healthier, headache free life!

Dr. David Marinock is with the Avon Park Chiropractic Clinic.

Did you know?

RSV and newborns

Keeping newborn babies safe is a priority for mothers, fathers and other caregivers. Various ailments can afflict newborns, and one many new parents may be unfamiliar with is respiratory syncytial virus, or RSV.

According to Hackensack Meridian Health, RSV is the leading cause of hospitalization of babies younger than one year of age in the United States. RSV produces symptoms similar to the common cold or the flu and can include runny nose, cough and trouble breathing.

In severe cases, particularly in infants, a baby may need to be hospitalized if his or her breathing is greatly compromised. Examples of severe infections include bronchiolitis (an inflammation of the small airways in the lung) and pneumonia. RSV also can affect adults, but healthy

adults are usually only affected by mild symptoms, says the U.S. Centers for Disease Control and Prevention.

In such instances, recovery can take between one and two weeks. Researchers are

looking into immunizing pregnant women against RSV as a way to help protect babies from the virus

Family sizes

According to an

analysis of family trends by the Pew Research Center, the size of families is shrinking. In 1976, 40 percent of mothers between the

ages of 40 and 44 had four or more children. Today, the once-dominant large family has been replaced with a two-child family. The

average number of children has remained relatively steady at this figure.

— Metro Creative Services

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Open To The Public

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Administrator of Sunny Hills

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LEGAL NOTICES

NOTICE OF AUCTION

19

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734 CR 621 East,
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Dec. 4, 2017

For Towing & Storage
2003 Dodge
2B4GP44382R559310
On December 18th 2017
At Precision Auto Body, Inc.
734 CR 621 East,
Lake Placid FL 33852
Dec. 4, 2017

For Towing & Storage
2015 Volkswagen
3WV1K7A2FM248820
On December 18th 2017
At Precision Auto Body, Inc.
734 CR 621 East,
Lake Placid FL 33852
Dec. 4, 2017

NOTICE TO CREDITORS

20

IN THE CIRCUIT COURT
FOR HIGHLANDS COUNTY, FLORIDA
PROBATE DIVISION
FILE NO. **17-CP-000511**
IN RE: ESTATE OF
TERRY KRUMM
Deceased.

NOTICE TO CREDITORS
The administration of the estate of **TERRY KRUMM**, deceased, whose date of death was **August 20, 2017**; File Number **17-CP-000511**, is pending in the Circuit Court for Highlands County, Florida, Probate Division, the address of which is 590 South Commerce Avenue, Sebring, FL 33870. The names and addresses of the personal representative and the personal representative's attorney are set forth below.

All creditors of the decedent and other persons having claims or demands against decedent's estate must file their claims with this court WITHIN 3 MONTHS AFTER THE TIME OF THE FIRST PUBLICATION OF THIS NOTICE OR 30 DAYS AFTER THE DATE OF SERVICE OF A COPY OF THIS NOTICE ON THEM.

All other creditors of the decedent and other persons having claims or demands against decedent's estate must file their claims with this court WITHIN 3 MONTHS AFTER THE DATE OF THE FIRST PUBLICATION OF THIS NOTICE.

ALL CLAIMS NOT FILED WITHIN THE TIME PERIODS SET FORTH IN SECTION 733.702 OF THE FLORIDA PROBATE CODE WILL BE FOREVER BARRED. NOTWITHSTANDING THE TIME PERIODS SET FORTH ABOVE, ANY CLAIM FILED TWO (2) YEARS OR MORE AFTER THE DECEDENT'S DATE OF DEATH IS BARRED.

The date of first publication of this notice is **December 4, 2017**.

LAURA M. KRUMM
Personal Representative
c/o **A. ERIC ANDERSON, P.A.**
350 Fifth Avenue South, Suite 200
Naples, Florida 34102
A. ERIC ANDERSON
Attorney for Personal Representative
Florida Bar No. 0322865
A. ERIC ANDERSON, P.A.
350 Fifth Avenue South, Suite 200
Naples, Florida 34102
Telephone: (239)262-7748
Facsimile: (239)262-7144
Dec. 4, 11, 2017

IN THE CIRCUIT COURT FOR
HIGHLANDS COUNTY, FLORIDA
PROBATE DIVISION
File Number **2017 CP 000488**
IN RE: ESTATE OF
WILLIAM ROBERT WARD,
Deceased.

NOTICE TO CREDITORS
The administration of the ESTATE OF **WILLIAM ROBERT WARD**, deceased, whose date of death was **October 9, 2017**, is pending in the Circuit Court for Highlands County, Florida, Probate Division, the address of which is 590 S. Commerce Ave., Sebring, Florida 33870. The names and addresses of the personal representatives and the personal representative's attorney are set forth below.

All creditors of the decedent and other persons having claims or demands against decedent's estate must file their claims with this court WITHIN 3 MONTHS AFTER THE DATE OF THE FIRST PUBLICATION OF THIS NOTICE OR 30 DAYS AFTER THE DATE OF SERVICE OF A COPY OF THIS NOTICE ON THEM.

All other creditors of the decedent and other persons having claims or demands against decedent's estate must file their claims with this court WITHIN 3 MONTHS AFTER THE DATE OF THE FIRST PUBLICATION OF THIS NOTICE.

ALL CLAIMS NOT FILED WITHIN THE TIME PERIODS SET FORTH IN SECTION 733.702 OF THE FLORIDA PROBATE CODE WILL BE FOREVER BARRED. NOTWITHSTANDING THE TIME PERIODS SET FORTH ABOVE, ANY CLAIM FILED TWO (2) YEARS OR MORE AFTER THE DECEDENT'S DATE OF DEATH IS BARRED.

The date of first publication of this notice is **November 27, 2017**.

Personal Representatives:

NOTICE TO CREDITORS

20

/s/ **Deborah Ward Barber**
c/o **1515 Ringling Blvd.,**
10th Floor
Sarasota, Florida 34236
/s/ **Marcia Leigh Ward**
c/o **1515 Ringling Blvd.,**
10th Floor
Sarasota, Florida 34236

Attorney for Personal Representatives:
/s/ James O. Ferguson Jr.
JAMES O. FERGESON, JR.
Florida Bar No. 171298
FERGESON SKIPPER, P.A.
1515 Ringling Boulevard, 10th Floor
Sarasota, Florida 34236
(941)957-1900
jfergeson@fergesonskipper.com
services@fergesonskipper.com
Nov. 27; Dec. 4, 2017

IN THE TENTH JUDICIAL CIRCUIT COURT IN AND FOR HIGHLANDS COUNTY, FLORIDA PROBATE DIVISION FILE NO.: **PC17-485** Probate Division

IN RE: ESTATE OF **PAULINE M. COOPER**
Deceased.

NOTICE TO CREDITORS
The administration of the estate of **PAULINE M. COOPER**, deceased, whose date of death was **October 1, 2017**, is pending in the Circuit Court for Highlands County, Florida, Probate Division, the mailing address of which is 590 South Commerce Avenue, Sebring, Florida 33870, and the physical address of which is 430 South Commerce Avenue, Sebring, Florida 33870. The names and addresses of the personal representative and the personal representative's attorney are set forth below.

All creditors of the decedent and other persons having claims or demands against decedent's estate on whom a copy of this notice is required to be served must file their claims with this court ON OR BEFORE THE LATER OF 3 MONTHS AFTER THE TIME OF THE FIRST PUBLICATION OF THIS NOTICE OR 30 DAYS AFTER THE DATE OF SERVICE OF A COPY OF THIS NOTICE ON THEM.

All other creditors of the decedent and other persons having claims or demands against decedent's estate must file their claims with this court WITHIN 3 MONTHS AFTER THE DATE OF THE FIRST PUBLICATION OF THIS NOTICE.

ALL CLAIMS NOT FILED WITHIN THE TIME PERIODS SET FORTH IN FLORIDA STATUTES SECTION 733.702 WILL BE FOREVER BARRED.

NOTWITHSTANDING THE TIME PERIODS SET FORTH ABOVE, ANY CLAIM FILED TWO (2) YEARS OR MORE AFTER THE DECEDENT'S DATE OF DEATH IS BARRED.

The date of first publication of this notice is **November 27, 2017**.

Personal Representative:
Henry M. Cooper
1150 Lake Lotela Drive
Avon Park, Florida 33825-9735
Attorney for Personal Representative:
R. Ross Macbeth, Esq.
Attorney for Petitioner
2543 US 27 South
Sebring, Florida 33870-2125
(863) 385-7600
Florida Bar No. 0186278
ross@macbethlaw.com (primary)
bou@macbethlaw.com (secondary)
Nov. 27; Dec. 4, 2017

Find it in the Classifieds!

NOTICE OF SALE

30

IN THE CIRCUIT COURT OF THE TENTH JUDICIAL CIRCUIT, IN AND FOR HIGHLANDS COUNTY, FLORIDA
CASE NO.: **2015-CA-000426**
TD BANK, N.A., a national banking association,
Plaintiff,
vs.
ESTATE OF TAMARA L. LANGFORD, ET AL.,
Defendants.

NOTICE OF SALE
NOTICE IS HEREBY GIVEN pursuant to the Final Judgment of Foreclosure dated **October 25, 2017**, and entered in **Case No. 2015-CA-000426** of the Circuit Court of the Tenth Judicial Circuit in and for Highlands County, Florida wherein **TD Bank, N.A.**, is Plaintiff, and **Estate of Tamara L. Langford, et al.**, are Defendants. The Clerk of this Court shall sell to the highest and best bidder for cash at the Jury Assembly Room in the Highlands County Courthouse, 430 South Commerce Avenue, Sebring, FL 33870 beginning at 11:00 a.m. on **January 3, 2018**, the following described property as set forth in said Final Judgment of Foreclosure, to wit:

LOTS 20 AND 21, BLOCK 7, SECTION G OF HIGHLAND PARK ESTATES, ACCORDING TO THE PLAT THEREOF RECORDED IN PLAT BOOK 4, PAGE 96, OF THE PUBLIC RECORDS OF HIGHLANDS COUNTY, FLORIDA.
Property Address: 448 Brawin Avenue, Lake Placid, FL 33852
ANY PERSON CLAIMING AN INTEREST IN THE SURPLUS PROCEEDS FROM THE SALE, IF ANY, OTHER THAN THE PROPERTY OWNER AS OF THE DATE OF THE LIS PENDENS MUST FILE A CLAIM WITHIN 60 DAYS AFTER THE SALE.
If you are a person with a disability who needs any accommodation in order to participate in this proceeding, you are entitled, at no cost to you, to the provision of certain assistance. Please contact the Office of the Court Administrator, (863)534-4690, within two (2) working days of your receipt of

NOTICE OF SALE

30

this Notice of Sale; if you are hearing or voice impaired, call TDD (863)534-7777 or Florida Relay Service 711.
DATED this 26th day of October, 2017.

Bob Germaine
Clerk of the Circuit Court
By: /s/ **Robyn P. Durrance**
Deputy Clerk
Dec. 4, 11, 2017

IN THE CIRCUIT COURT OF THE TENTH JUDICIAL CIRCUIT IN AND FOR HIGHLANDS COUNTY, FLORIDA
CASE NO.: **282017CA000295**
WAUCHULA STATE BANK,
Plaintiff,
vs.
BRYAN WAYNE EVANS, ET AL
Defendants.

NOTICE OF SALE
PURSUANT TO FLORIDA STATUTES CHAPTER 45

NOTICE IS GIVEN that pursuant to a SUMMARY FINAL JUDGMENT OF FORECLOSURE AND TAXATION OF ATTORNEY'S FEES AND COSTS dated **November 9, 2017**, in the above styled cause, I will sell to the highest and best bidder for cash at the JURY ASSEMBLY ROOM, BASEMENT, at the Highlands County Courthouse, located at 430 South Commerce Avenue, Sebring, Florida 33870, at 11:00 A.M. on **December 14, 2017**, the following described property as set forth in said SUMMARY FINAL JUDGMENT OF FORECLOSURE AND TAXATION OF ATTORNEY'S FEES AND COSTS, to wit:

A portion of Section 31, Township 35 South, Range 29 East, Highlands County, Florida, being more particularly described as follows: Commence at the South 1/4 corner of said Section 31, said point lying on the South right-of-way line of Lake Josephine Drive, thence run North 02 degrees 28'44" East a distance of 66.08 feet to a point on the North right-of-way line of Lake Josephine Drive, thence North 89 degrees 43'29" East and along said North right-of-way line a distance of 856.00 feet to the POINT OF BEGINNING, thence continue North 89 degrees 43'29" East and still along said North right-of-way line a distance of 140.00 feet; thence North 00 degrees 16'31" West a distance of 311.20 feet; thence South 89 degrees 43'29" West a distance of 140.00 feet; thence South 00 degrees 16'31" West a distance of 311.20 feet to the POINT OF BEGINNING.

Parcel ID: C-31-35-29-010-0020-0010
Commonly known as: 2620 Lake Josephine Drive, Sebring, FL 33875
Dated this **9th day of November 2017**.

ROBERT W. GERMAINE,
Clerk of Court
By: /s/ **Robyn P. Durrance**
As Deputy Clerk

IN ACCORDANCE WITH THE AMERICANS WITH DISABILITIES ACT, if you are a person with a disability who needs any accommodation in order to participate in this proceeding, you are entitled, at no cost to you, to the provision of certain assistance. Please contact the Office of the Court Administrator, 255 N. Broadway Avenue, Bartow, Florida 33830, (863) 534-4686, at least 7 days before your scheduled court appearance, or immediately upon receiving this notification if the time before the scheduled appearance is less than 7 days; if you are hearing or voice impaired, call 711.

ANY PERSON CLAIMING AN INTEREST IN THE SURPLUS FROM THE SALE, IF ANY, OTHER THAN THE PROPERTY OWNER AS OF THE DATE OF THE LIS PENDENS MUST FILE A CLAIM WITHIN SIXTY (60) DAYS AFTER THE SALE.
Copies furnished to all parties.
Nov. 27; Dec. 4, 2017

NOTICE OF PUBLIC SALE: Macklin Transport gives Notice of Foreclosure of Lien and intent to sell these vehicles on **12/15/2017** at 8:00 AM at 1002 W Cornell St, Avon Park, FL 33825 pursuant to subsection 713.78 of the Florida Statutes. Macklin Transport reserves the right to accept or reject any and/or all bids.
KL1TD52675B334643
2005 CHEVROLET AVEO/LS
Dec. 4, 2017

IN THE CIRCUIT COURT OF THE TENTH JUDICIAL CIRCUIT IN AND FOR HIGHLANDS COUNTY, FLORIDA
CASE NO.: **GCS 17-357**
HARBOR COMMUNITY BANK,
a Florida banking corporation, successor by merger to HIGHLANDS INDEPENDENT BANK, a Florida banking corporation, Plaintiff,
vs.
MIRIAM VIERA RIVERA a/k/a MIRIAM VIERRA RIVERA, a widowed woman, if living including any unknown spouse of said Defendant, if remarried, and if deceased, the respective unknown heirs, devisees, grantees, assignees, creditors, lienors, and trustees, and all other persons claiming by, through, under or against the named Defendant(s); and
UNKNOWN TENANT #1, UNKNOWN TENANT #2, the names being fictitious to account for parties in possession; Defendants.

NOTICE OF SALE
Notice is hereby given that pursuant to a final judgment of foreclosure entered in the above-titled cause in the Circuit Court of Highlands County, Florida, I will sell the property situated in Highlands County, Florida, described as:

The Property: a/k/a 240 RHAPSODY AVENUE, LAKE PLACID, FL 33852
Lots 11 and 12, Block V, SUN 'N LAKES ESTATES SECTION 1, according to the plat thereof as recorded in Plat Book 8, Page 10, Public Records of Highlands County, Florida.
Parcel I.D. C-22-37-30-010-00V-0110
at public sale, to the highest and best bidder for cash, in the Jury Assembly Room in the basement of the Highlands County Courthouse located at

NOTICE OF SALE

30

430 South Commerce Avenue, in Sebring, Florida at 11:00 A.M. on the 13th day of December, 2017.
SIGNED this 6th day of November, 2017.

ROBERT W. GERMAINE
CLERK OF THE CIRCUIT COURT
By: /s/ **Robyn P. Durrance**
Deputy Clerk

If you are a person with a disability who needs any accommodation in order to participate in this proceeding, you are entitled, at no cost to you, to the provision of certain assistance. Please contact the Office of the Court Administrator, (941) 534-4690, within two (2) working days of publication of this Notice of Sale; if you are hearing or voice impaired, call TDD (941) 534-7777 or Florida Relay Service (800) 955-8770.
10-4502-075
Nov. 27; Dec. 4, 2017

1000

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Sebring-Willow Gate 55+, 3/2/2 all new inside, \$75 HOA includes lawn maint & heated pool, 1525 Willow Dale. **812-595-6656**

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1090

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MOBILE HOMES FOR SALE

1090

2/2, 1,084 sqft on .26 Acre Lot- 2 outbuildings; hot tub room; updated kit; scrn porch; fenced yard & carport. \$69k. **765-720-1552**

Crystal Lake Club, 465 S.E. Snead Cr. 2/2, 1232 sq.ft. DW, furn plus 12'x14' Fla rm, exc cond throughout, epoxy finish on driveway, Italian porcelain tiled floors. Less than 8 yrs old: W/D, A/C (heat pump), fridge & elec stove, microwave, water softener, most windows. 2005 Club Car golf cart, patio furn. \$42,000. 308-390-2799.

Open House 9am-4pm
Sat & Sun Dec 2 & 3
AND Dec 9 & 10

Francis I. 2/2, owned corner lot, huge Fla room, carport, shed, completely furn, metal roof-over, **863-382-3067.**

Lake Placid 2/2- Singlewide w/bumpouts on lrg. lot. Carport, scrn porch & lrg. storage bldg. \$18k. **502-303-8698**

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1210

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Lake Placid 2/1.5/1- Lv Rm, Dining room, kit. Washer & dryer, \$700/mo. 1509 Walnut Ave. **305-879-0136**

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1212

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Sebring-2/2 near Walmart **Roommate option avail:** Pets welcome, big yard & alarm sys. 407-371-3902 / 863-385-3666

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Lake Placid Duplex-2/2; storage room & W/D hookup. 113 Boston Way. \$525/mo. **863-465-2924.**

Sebring- 2/1, CHA, tile, W/D hook up, screen porch, centrally located. No pets. \$570/mo +\$570 security. **863-381-5559**

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1320

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Avon Park- Lrg 1/1 w/carport, porch & laundry rm access. \$475/mo+ 1st/sec. Water incl. **561-719-2520**

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Near Harder Hall. 1st flr. Year or seasonal lease. Furn. or unfurnished. **863-699-0419**

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1392

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SEWING 6026

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Vacuum, Electrolux Bagless Upright, excellent shape, used twice, \$50.00, 407-385-4196

Vacuum, Oreck top model, new bag, extra belt, clean, exc. shape, \$50.00 - 407-385-4196

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Table- Amish solid oak drop leaf w/pads, 2 chairs, excellent condition, must see! \$350 OBO 814-460-0709

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Vintage water skis, Cypress Gardens Dick Pope Jr, \$75, 863-464-8657

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Guitar, New Yamaha Acoustic, 6 string solid wood top, \$145, 863-385-3433

Keyboard, Rock Jam, RJ-561 w/bench, earphones and guide, \$85 cash only, 863-314-9225

Keyboard, Yamaha model PSR-S900, includes bench & stand, \$350.00 - 863-840-2129

Piano songbooks - Christmas, Country, Hit Parade & Pop. \$5 (949) 413-3706

Piano, Wurlitzer model number 1119 MAH, \$450, 863-465-0558

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Baby Bed, \$25, 270-543-1528

Baby Dressing Table, \$25.00, 270-543-1528

Baby floor rocker with music, gray & teal \$10 (863) 273-8119

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Exercise Bike-Schwinn Airdine, \$125.00 - 863-314-9326

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Proform XP Elliptical Trainer \$150.00 obo - 863-214-5026

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Toaster Oven, for counter top, \$15.00, 863-441-4418

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Fan, pedestal, like new, 16', \$20.00, 863-441-4418

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Chevy, Monte Carlo, 2002, white, runs good, good condition \$4,000 (863) 212-3521.

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Hospitals ration saline solution, patients worrying

THE SACRAMENTO BEE

SACRAMENTO, Calif. — Sacramento resident Charis Hill was caught off guard by the tiny bottle of saline solution hanging from the intravenous pole when she went for the latest infusion of medication that helps her avoid crippling pain. Accustomed to seeing a much larger bag of fluid, she immediately asked staff about the change.

That's when she learned that, since Hurricane Maria devastated Puerto Rico, key U.S. pharmaceutical plants on the island are experiencing manufacturing delays and distribution holdups that have caused unprecedented shortages of the widely used and critical fluid.

Intravenous infusions of saline solution are used to hydrate patients during treatment or to dilute drugs during infusions, and Hill said she's worried about whether there will be enough of the fluids when she arrives for her next treatment in six weeks.

Perhaps the best indicator of the dearth of saline solution is that patients such as Hill have begun to take notice. Earlier this month, leaders of both the American Hospital Association and the California Hospital Association sent letters about the scarcity of supplies to the U.S. Food and Drug Administration, asking Commissioner Scott Gottlieb to take any and all steps to resolve the worsening shortages. The treatments, they said, are essential to patient care in hospitals.

"Baxter, one of the largest manufacturers of small-volume IV bags, has three plants located in Puerto Rico that continue to have issues with communications, transportation systems, and inadequate personnel during recovery efforts," wrote Alyssa Keefe, the vice president for federal regulatory affairs at the California Hospital Association. "These continued challenges threaten not only our present supply cache, but also future inventory

needs — particularly with upcoming seasonal illnesses such as influenza."

At UC Davis Health, the medical team is now giving drugs directly rather than diluting them with a minibag, said UC Davis Health spokesman Charles Casey. This takes more time for a nurse, Casey said, but it probably doesn't substantially increase costs.

"Since 2013," he said, "we have increased the amount (of saline minibags) that we purchase, but right now we cannot purchase any," said Casey, adding that the shortage of saline minibags deeply concerns the system's pharmacy leaders.

The medical team at Dignity Health is conserving as much of its saline solution supply as possible. Sutter Health said representatives from its pharmacy and clinical teams have worked together with inventory managers to find distributors that can supply what they need and to seek alternatives.

Hill, who suffers from

a debilitating form of arthritis known as ankylosing spondylitis, snapped a picture of the little bottle of saline solution, just 50 cubic centimeters, at the top of the IV pole at her station, and she posted it on Facebook, noting that usually a much larger bag typically hung there.

"I asked if they had saline in reserve and are using it up, but no, they ordered this," she said. "It's the second order since the hurricane, and this shipment had smaller bottles than the last."

Hill said she's worried that the shortage will affect the supply at her clinic. If she has to go to a hospital, she said, she's uncertain that her Medicaid plan will cover it.

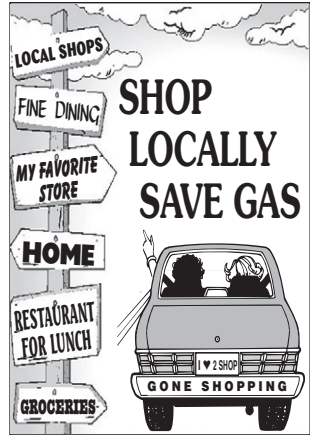
"I won't have any choice but to go without it," she said. "The drug builds up in your system over six months. If I miss a dose I have to build it up again, and if I go too long without it, I'll be in severe pain and have to be bed-bound."

Thomas P. Nickels, who manages government relations for

the American Hospital Association, said hospitals are switching patients to appropriate alternatives such as oral products, changing how they administer IV drugs and prioritizing patients based on clinical factors.

"We strongly urge FDA to do more by pushing current manufacturers to not only continue to produce these products at their maximum capacity but also to make investments to ensure an increasing supply for the future," Nickels wrote in his letter to the FDA commissioner. "We

also encourage FDA to seek out and approve new domestic suppliers of these products in locations that are not prone to natural disasters."



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HEALTH SUPPORT GROUPS

MONDAY

Change of Pace Caring for Caregivers: Meets Mondays 10:30-11:30 a.m. at Avon Park Christian Church, 1016 Camphor St., and Mondays 6-7 p.m. at Sebring Christian Church, 4514 Hammock Road in Sebring. Call 863-382-1188.

Cornerstone Bereavement Service's Suicide Survivors Grief Support Group: Meets at 2:30 p.m. the third Mondays at Cornerstone Hospice, 209 N. Ridgewood Drive, Suite 3, Sebring. Call 863-382-4563 and ask for Sam Gray, bereavement counselor.

Cornerstone Bereavement Service's Pet Loss Grief Support Group: Meets at 2:30 p.m. the second Mondays at Cornerstone Hospice, 209 N. Ridgewood Drive, Suite 3, Sebring. Call 863-382-4563.

Diabetes Support Group: Meets the second Mondays from 1-2:30 p.m. at Florida Hospital Heartland Medical Center in Conference Room 3. Attendance is free and meetings are open to the public. Call Brenda Garza at 386-7164.

Highlands Mental Health Recovery Support Group: Peer support group meets 1-2:30 p.m. Mondays at Union Church in Avon Park. It is a free and all with a diagnosis are welcome. Call 226-3546.

La Leche League: Meets the third Mondays at 7 p.m. at Panera Bread. All breastfeeding mothers and

mothers-to-be interested in breastfeeding are welcome to come to meetings or to call one of the leaders for breastfeeding help or information. Call Jennifer at 638-3954, Solimar at 382-3473, or Beth at 382-8307 or 352-283-6334.

Parkinson's Support Group of Highlands County Meets at 10 a.m. the second Mondays in the Fellowship Hall of "The ROC" First Baptist Church, 340 N. Pine St.

TOPS No. 0632 Lake Placid: Weight loss group meets Mondays at the Lake Placid Women's Club, 10 N. Main St., Lake Placid. Weigh-in at 3 p.m.; meeting begins at 4 p.m. TOPS is an international weight loss support group. First meeting is free; nominal charge after that. Call Janet Mitchell at 863-465-5234.

TUESDAY

Change of Pace Caring for Caregivers: Meets from 10 to 11 a.m. Tuesdays at Memorial United Methodist Church, 500 Kent St. in Lake Placid. Call 863-382-1188.

TOPS 618: Meets at 4 p.m. Tuesdays at Bethany Baptist Church, 798 C.R. 17A S., Avon Park (use south door.) Call Florence Mathis at 368-0328.

WEDNESDAY

Cornerstone Hospice Grief Support Group: Meets at 2:30 p.m. Wednesdays at Florida Hospital Lake Placid, 1210 U.S. 27, Lake

Placid. Call 863-382-4563 or Dottie at 465-3777.

Dual Diagnosed Addiction and Behavioral Health Support Group: Meets the second Wednesdays from 3-4:30 p.m. at First Presbyterian Church of Sebring. Email zenbuddha@tnni.net.

Heartland Horses and Handicapped: Provides free equine interaction and horseback riding for children and adults with disabilities from 9 a.m. to noon Tuesday, Wednesday, Thursday and Saturday. Volunteers are needed. Located at 4505 Independence St. Call Bobbie Jo Dorio at 863-452-0006 or email heartlandhorses@gmail.com.

Sebring AA meetings: At 7-9 p.m. on Wednesdays starting Aug. 23 at the Quality Inn in Sebring. Call, 941-315-4884 for more info.

TOPS No. 0487: Meets at Whispering Pines Church located at 303 White Pine Drive, Sebring. On Wednesdays, weigh-in is at 8:30 a.m., meeting begins at 9 a.m. TOPS is a international weight loss support group and all are welcome to come. First meeting is free and nominal fee charged after that. Call Linda Harrell at 863-214-6429.

THURSDAY

Cancer Support Group: Meets the second Thursday from 6 to 8 p.m. at Sebring Christian Church, 4514 Hammock Road. For

further information, call Mary Alexander at 863-414-4439.

Change of Pace Caring for Caregivers: Meets Thursdays 1-2 p.m. at Sebring Christian Church, 4514 Hammock Road in Sebring. Call 863-382-1188.

Cornerstone Bereavement Services Grief Support Group: Meets third Thursdays at The Palms of Sebring, 725 S. Pine St., Sebring. Call 863-385-0161.

Heartland Amputee Group: Meets at noon second Thursdays at 112 Medical Center Ave., Sebring. Call 385-1196, email halloinc@embarqmail.com or write to HALLO, P.O. Box 7082, Sebring, FL 33872.

Heartland Horses and Handicapped Inc.: Provides free equine interaction and assisted horseback riding sessions by appointment, for adults and children with special needs from 9 a.m. to noon Tuesday, Wednesday, Thursday and Saturday at 118 W. College Drive., Avon Park. Call Lynda Paul at 452-0006 or email heartlandhorses@embarqmail.com.

Highlands County Ostomy Support Group: Meets 11:30 a.m. to 1 p.m. the first Thursdays at Homer's Smorgasbord, 1000 Sebring Square.

Highlands Pedalers Bicycle Club: Call 402-2453. Rides and events can be checked at www.highlandspedalers.com.

Low Vision Information Group: Meets at noon the third Thursdays at 112

Medical Center Ave., Sebring. Call 385-1196 or email halloinc@embarqmail.com or write to HALLO, P.O. Box 7082, Sebring FL 33872.

Red Cane Club: Meets 11 a.m. to 1 p.m. the third Thursdays at Highlands Community Church, 3005 New Life Way, Sebring. If you have visual problems you are welcome to join the group. Call Pam Elders at 634-9280.

Traumatic Brain Injury Group "New Beginnings": Meets at 6 p.m. the first Thursdays at H.A.L.L.O., 112 Medical Center Ave., Sebring. The group is sponsored by Handicapped Americans Love of Life Organization. Call 385-1196 or email halloinc@embarqmail.com or write to HALLO, P.O. Box 7082, Sebring, FL 33872.

FRIDAY

Florida Hospital Better Breather Support Group: Meets the last Fridays at noon, in conference room 3 at Florida Hospital in Sebring. Call Mike Napper at 402-3450. Meetings feature educational presentations on a wide range of topics, including: how COPD affects the lungs,

breathing techniques, exercise, talking with your physician, medications and other treatment options.

Cornerstone Hospice Services Grief Support Group: Meets the second and fourth Fridays from 2 to 3 p.m. at Volunteers of America, 1427 Queen Palm Ave. Sebring. Call Leanne Paynter and Judy Schuknecht at 863-382-2022

SATURDAY

Cancer Support Group: Meets 10-11:30 a.m. on the second Saturday of the month at Christ Fellowship Church, 2935 New Life Way, Sebring. Call 446-1284.

Heartland Horses and Handicapped Inc.: Provides free equine interaction and assisted horseback riding sessions by appointment for adults and children with special needs 9 a.m.-noon Tuesday, Wednesday and Thursday and Saturday at 118 W. College Drive. Call Lynda Paul at 452-0006 or e-mail heartlandhorses@embarqmail.com.

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DEMENTIA

FROM PAGE 1

never married was 42 percent.

To put those figures into perspective, the researchers noted that people who are sedentary are about 40 percent more likely to develop dementia than people who are physically active. Smokers and those with high blood pressure are about 60 percent more likely to develop dementia than people who don't have either of these problems.

Finally, seven of the studies compared dementia risk in those who were married and those who were divorced. There was no difference between the two groups.

The researchers suspect that widowhood is worse than divorce because bereavement causes stress that makes it easier for dementia to take hold. Studies have found that being widowed is more stressful than getting divorced, they noted.

None of this means that people should get married simply to ward off dementia. But understanding why marriage

is associated with better cognitive health could lead to the development of "social interventions" that would be available to everyone, the authors concluded.

That won't be easy, according to an editorial that accompanied the study.

"The challenge remains on how these observations can be translated into effective means of preventing dementia," the editorial warns. "Although potentially modifiable risk factors for dementia exist, that does not mean that dementia is easily preventable."



DREAMSTIME/TNS

The risk of dementia was significantly lower for married people than for adults who remained single their entire lives, according to a report this week in the Journal of Neurology, Neurosurgery & Psychiatry.

PRESSURE

FROM PAGE 1

highest rate previously at 46 percent — now have high blood pressure. Forty-seven percent of white men and 41 percent of white women have high blood pressure.

"Earlier intervention is important for African-Americans," said Kenneth A. Jamerson, M.D., a guideline author, cardiologist and professor of cardiovascular medicine with the University of Michigan Health System. "Hypertension occurs at a younger age for African-Americans than for whites. By the time the 140 over 90 is achieved, their prolonged exposure to elevated blood pressure has a potential for worse outcome."

Heart disease also develops earlier in African-Americans and high blood pressure plays a role in more than 50 percent of all deaths from it. African-Americans have a higher rate of heart attacks, sudden cardiac

arrest, heart failure and strokes than white people. In addition, their risk is 4.2 times greater for end-stage renal disease, which often progresses to the need for dialysis multiple times a week and ultimately to kidney transplantation or death.

"Hypertension has been a blight on the African-American community for many, many years. It's time for us to get over it," said Kim Allan Williams, Sr., chief of cardiology at Rush University Medical Center in Chicago. "People need to get screened and get care."

The new guidelines are expected to offer new ways for medical providers to work with patients, who will be asked to modify their lifestyle by quitting smoking, drinking no alcohol or moderate amounts, eating a healthy diet, and exercising regularly.

"You may not have to take a pill," said Jamerson. "These discussions are more work for a provider, but it's great for the patient. They're

brought into the process."

If medicine is needed, the new directions are to treat earlier and more aggressively to get blood pressure into the normal range right off the bat.

"Our data shows controlling early works," Jamerson said.

That's different from the old-school way of prescribing one drug and slowly upping the dose or adding other meds if the patient doesn't reach the target.

"We have struggled at every level," Williams said about African-Americans' high blood pressure. "Identifying who has it, once identifying, getting them treated and once treated, getting them controlled."

The guidelines are also offering race-specific treatment recommendations by addressing drug efficacy in African-Americans. The guidelines point out that thiazide-type diuretics and/or calcium channel blockers are more effective in lowering blood pressure in African-Americans when given

alone or at the beginning of multidrug regimens.

Jamerson said there is no downside to more aggressively treating high blood pressure from

the start.

"If one takes the long view, then everyone should appreciate this approach," he said. "The cost of medications to

treat more people is small, when compared to the cost of a stroke, cardiovascular disease or heart failure. It's a no-brainer."

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HIV

FROM PAGE 1

for 3.3 years when they were diagnosed, while the median time for whites was 2.2 years. This gap was seen despite the fact that African-Americans were more likely than whites to have been tested for HIV in the previous year.

For Latinos, the median time to diagnosis was also 3.3 years; for Asian-Americans, it was 4.2 years.

The authors of the CDC report surmised that the longer diagnosis delay among nonwhite racial and ethnic groups might reflect an observed trend: For whites, men who have sex with men are the predominant sources of HIV spread, but for other groups, sexual contact between men and women is responsible for a higher proportion of infections.

Age, too, was a key factor, with older patients more likely than younger ones to go years without knowing they were HIV-positive. Half of newly-diagnosed patients 55 and over were HIV-positive for 4.5 years or more without knowing it. Among those 34 and younger, the median delay between infection and diagnosis was about 2.5 years.

Fully half of people with undiagnosed HIV infection in 2015 were living in the South, the CDC said. States with the highest rates of undiagnosed HIV infection — between 16 percent and 19 percent — included Nevada, Arizona, Texas,

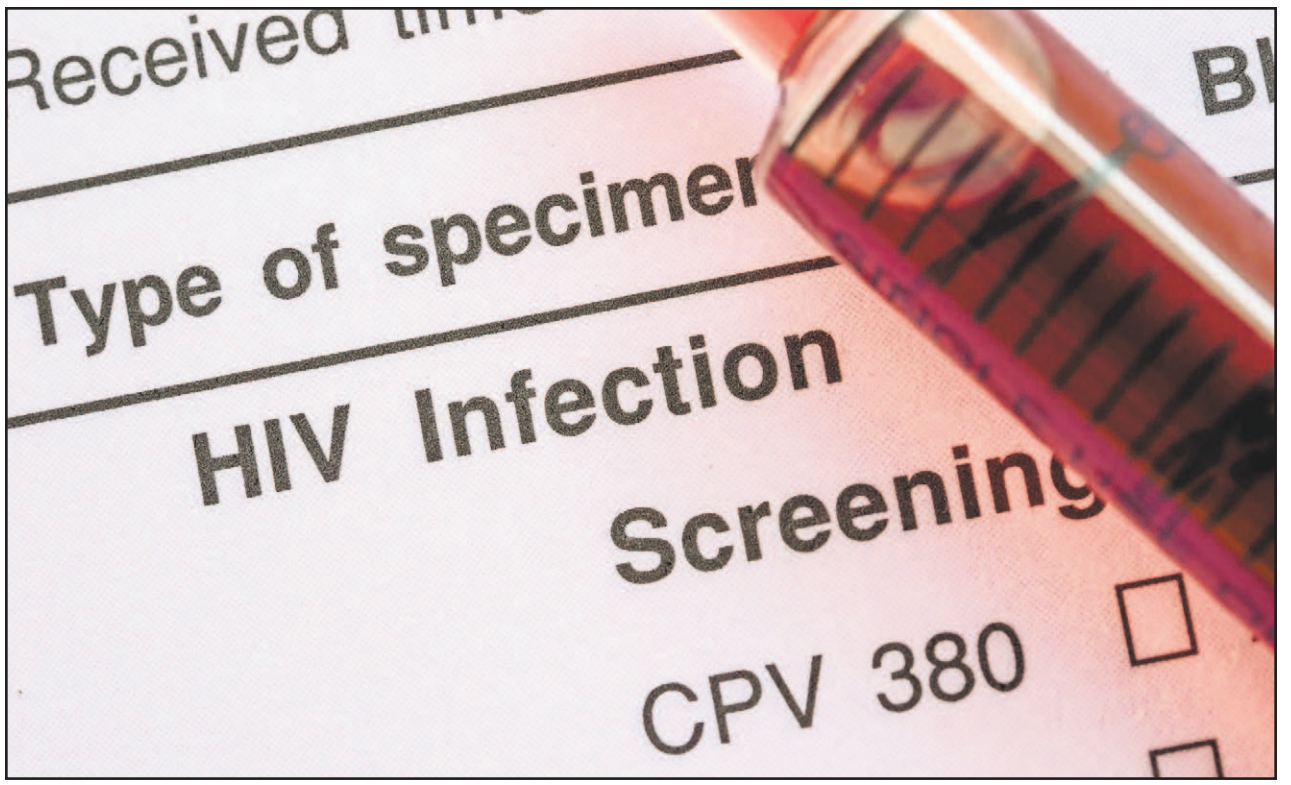
Michigan, Iowa, Indiana, North Dakota and Wisconsin. New Jersey, Pennsylvania, Vermont and South Dakota and Idaho had the lowest rates, between 5 percent and 10 percent.

Overall, the three-year gap between infection and diagnosis actually represents progress. In 2011 — the last time the CDC took such measures — half of Americans newly diagnosed with HIV had been infected for 3.6 years or more.

That suggests that public health campaigns started by the CDC, including the “Testing Makes Us Stronger” push rolled out in 11 cities, have made inroads. Two CDC campaigns, launched in 2007 and 2011, set out to encourage testing and early HIV care on the part of African-Americans and Latinos, and particularly among men who have sex with men.

Such public health efforts have increased rates of testing among many groups at high risk. Among men who have sex with men, 71 percent told surveyors they had been tested in the last year, as did 58 percent of people who inject drugs. Only 41 percent of heterosexual Americans at increased risk of HIV infection said they had been tested in the last 12 months.

Taking HIV medicine as prescribed allows people with the virus to live a virtually normal lifespan, generally without health complications. Managing one’s HIV infection with medication also significantly reduces the likelihood of



DREAMSTIME/TNS

Among all 1.2 million Americans living with HIV in 2015, the CDC estimates that about 15 percent were unaware of their HIV-positive status.

transmitting the virus to sexual partners.

“The benefits are clear,” said Dr. Jonathan Mermin, director of the CDC’s National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention. “Prompt diagnosis is prevention. It is the first step to protecting people living with HIV and their partners.”

The CDC recommends testing all people between the age of 13 and 64 for HIV at least once in their lifetime, and people at higher risk for HIV — including IV drug users and sexual partners of infected persons — at least annually. Health care providers may find it beneficial to test some sexually active gay and bisexual men as frequently as every three to six months.

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SUZY

FROM PAGE 1

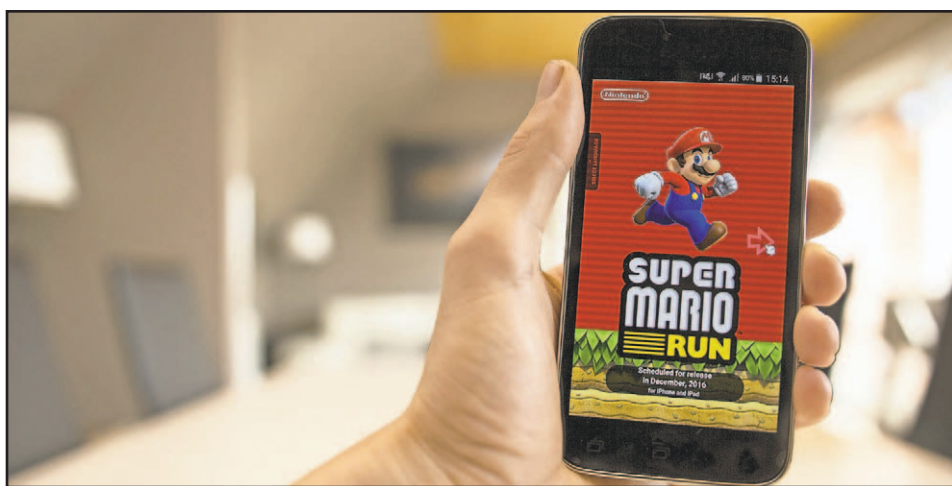
the skin has resveratrol)
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 Researchers have oddly found that eating chewier foods as opposed to soft, mushy foods are helpful to neuronal growth. As you eat a baked potato (instead of mashed potato) figure that one out!
 On the topic of food, we also have well-designed

trials to show that intermittent fasting, caloric restriction and exercise promote the growth of new brain cells for you. So keep that up too.
 Everyone talks about enhancing BDNF (brain derived neurotrophic factor) as a method of growing new brain cells and while that is still important, there is some new research that suggests that the hormone that makes you feel hungry, called ghrelin, may be THE thing that

triggers the whole birth of new neurons in the first place.
 On the topic of exercise, I definitely want you to go to Body Pump and Zumba, but you should also be exercising your brain too. By that, engage in puzzles, math problems and spatial video games. This brings me to my next idea for you. How about playing Super Mario 3D?

This particular video game (and also Super Mario 64) have been used in two important research studies on the brain, where it was proven that spatial video games increase brain activity in the hippocampal region and help you create new neurons. This gives us a whole new perspective when it comes to healing the brain and growing new healthy brain cells.
 So, try a big bowl of blueberries, a long work out, and then crash on the couch for some fun video gaming, and just feel your mind ignite with newfound brainiac-ness.

Suzy Cohen is a registered pharmacist and the author of 'The 24-Hour Pharmacist' and 'Real Solutions.' For more information, visit www.suzycohen.com. This information is not intended to prevent, treat, diagnose or cure your condition. Always check with your doctor before following any medical advice.



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FILE PHOTO

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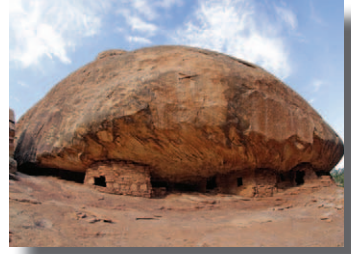
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The state has gone well beyond any other in the region in trying to pry the federal government's hands off land it sees as belonging to its residents. *See page 2.*



AP PHOTO

Seen here is Sen. Lindsey Graham, R-S.C., on Capitol Hill in Washington, Thursday.

Senator: It's time for US military families to leave South Korea

ASSOCIATED PRESS

WASHINGTON — Sen. Lindsey Graham said Sunday that he believes it's time to start moving the families of American military personnel out of South Korea as North Korea pushes the U.S. closer to a military conflict. Graham, a member of the Senate Armed Services Committee, said he will also urge the Pentagon not to send any more dependents to South Korea. "It's crazy to send spouses and children to South Korea, given the provocation of North Korea. South Korea should be an unaccompanied tour," the South Carolina Republican said on CBS' "Face the Nation." "So, I want them to stop sending dependents, and I think it's now time to start moving American dependents out of South Korea."

About 28,500 U.S. troops are stationed in South Korea to deter potential aggression from the North.

Last week, North Korea shattered 2½ months of relative quiet by firing off an intercontinental ballistic missile that some observers say showed the reclusive country's ability to strike the U.S. East Coast. It was North Korea's most powerful weapons test yet.

The launch was a message of defiance to President Donald Trump's

LEAVE | 4

Kushner: Trump undecided on Israel's capital



By MATTHEW LEE
AP DIPLOMATIC WRITER

WASHINGTON — President Donald Trump has not yet decided whether to recognize Jerusalem as Israel's capital or whether to proceed immediately in moving the U.S. Embassy from Tel Aviv to the holy city. That's according to his son-in-law and senior adviser Jared Kushner.

Kushner said Sunday that the president continues to weigh his options ahead of an announcement on the matter that is expected this week.

"The president is going to make his decision," Kushner said in a rare public appearance at an event hosted by the Brookings Institution, a Washington think tank. "He is still looking at a lot of different facts."

Kushner's comments were his first

public remarks on his efforts to restart peace talks between Israel and the Palestinians. And, they came as he faces increasing scrutiny over actions taking during the transition period following former national security adviser Michael Flynn's guilty plea on charges of lying to the FBI.

Shortly before Kushner spoke, Palestinian President Mahmoud Abbas warned that American recognition of Jerusalem as Israel's capital would jeopardize the White House's Mideast peace efforts.

"Any American step related to the recognition of Jerusalem as capital of Israel, or moving the U.S. Embassy to Jerusalem, represents a threat to the future of the peace process and is unacceptable for the Palestinians, Arabs and internationally," Abbas told a group of Arab lawmakers from Israel, according



AP FILE PHOTO

Seen here in this Friday, Aug. 11, file photo, White House senior adviser Jared Kushner.

to the official Wafa news agency.

U.S. officials said last week that Trump is poised to recognize Jerusalem as Israel's capital in a move that would upend decades of U.S. policy but also to put off once again moving the embassy from Tel Aviv. The officials said Trump is expected to make his decision known in a speech on Wednesday.

The highly charged declaration risks inflaming tensions across the Middle East, and U.S. embassies and consulates around the region have been warned to expect protests. But it would also offset disappointment from Trump supporters from deferring once again his campaign promise to move the U.S. Embassy to Jerusalem.

Trump's announcement will follow months of internal deliberations that grew particularly intense last week, according to officials familiar with the discussions. They described the president as intent on fulfilling his pledge to move the embassy but also mindful that doing so could set back his aim of forging a long-elusive peace agreement



SHUTTERSTOCK PHOTO

The Western wall or Wailing wall is the holiest place to Judaism in the old city of Jerusalem, Israel.

CAPITAL | 4

Trump lashes out at own FBI in a series of tweets

By KEN THOMAS
ASSOCIATED PRESS

WASHINGTON — President Donald Trump launched a fresh attack Sunday on the credibility of his own FBI, responding to revelations that an FBI agent was removed from special counsel Robert Mueller's team investigating Russian election meddling because of anti-Trump text messages.

Trump, two days after his former national security adviser Michael Flynn pleaded guilty to lying to the FBI, again denied that he directed FBI Director James Comey to stop investigating Flynn.

The Republican

president offered a running Twitter commentary Sunday amid renewed focus on Mueller's probe and Flynn's decision to cooperate with the investigation as part of his plea agreement. Democrats said the developments suggested growing evidence of coordination between Trump's circle and Russian meddling in the 2016 presidential election.

"This president has been obsessed with this investigation, always saying there's nothing there, but each week, another shoe drops, where we see more evidence of continuing outreach from Russians and some



AP PHOTO

President Donald Trump gestures as he walks towards Air Force One at John F. Kennedy International Airport in New York, Saturday.

response from the Trump campaign and Trump individuals," said Virginia Sen. Mark Warner, the top Democrat on the

Senate Intelligence Committee.

In a series of tweets, Trump questioned the

FBI | 4

Yemeni rebels claim to have fired missile at UAE nuclear plant

By AMAL AL-YARISI and
RAMADAN AL-FATASH
DPA

SANAA, Yemen — Yemen's Houthi rebels said Sunday that they fired a missile at a nuclear plant in the United Arab Emirates in the first such act against the Gulf country, which is a partner to a Saudi-led coalition fighting the Shiite group.

Yemen's Houthi-controlled news agency Saba said the cruise missile was launched towards the Barakah nuclear reactor, which is under construction in the desert emirate of Abu Dhabi.

The UAE's state news agency WAM denied the claim and said the plant is "immune to all possibilities."

Pro-Houthi broadcaster al-Masirah reported that the missile had been launched in response to support by the UAE to Yemen's former

President Ali Abdullah Saleh, a former ally of the Houthis.

The Houthis accused the UAE Saturday of providing arms to Saleh, who has turned against the Iran-allied rebels and charged them with destabilizing Yemen.

In recent months, the Houthis have launched several missiles into neighboring Saudi Arabia. Last month, they fired a ballistic missile at the capital Riyadh, prompting Saudis to impose a temporary air and sea blockade on strife-torn Yemen.

Saleh's loyalists have battled the Houthis over the past four days for control in the Yemeni capital Sanaa. The Saudi-led coalition has welcomed Saleh's dramatic shift, calling it a "blessed uprising" against the Houthis.

The coalition Sunday

MISSILE | 4

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NATION

Utah's efforts to take back federal land stand out

By **NICHOLAS RICCARDI**
ASSOCIATED PRESS

DENVER — In an American West that has a love-hate relationship with the federal government's ownership of a checkerboard of parks, monuments, forest and desert in states from Washington to New Mexico, Utah stands out.

The state has gone well beyond any other in the region in trying to pry the federal government's hands off land it sees as belonging to its residents.

In 2012, its Legislature passed a law demanding the federal government give 30 million acres of the land it owns in Utah to the state government — a measure other Western states have balked at replicating, even deeply conservative ones like Idaho.

Earlier this year, a Utah congressman introduced a bill to sell more than 4,600 square miles of Western federal land to private entities but pulled it after a backlash. And on Monday, President Donald Trump is expected to announce he's significantly reducing the size of two national monuments in southern Utah, the first such act by a president in half a century.

"Utah's certainly on the tip of the spear," said state Rep. Mike Noel, who represents south-central Utah, where some residents have fought to shrink or eliminate Grand Staircase-Escalante National Monument since President Bill Clinton created it in 1996.

Polls have repeatedly

shown Westerners cherish national monuments and other protected federal land — even in Utah — but the state's political leaders have been united in celebrating Trump's expected move.

The president's decision has already sparked protests. On Saturday, thousands of demonstrators holding signs with messages like "Protect Wild Utah" converged on the steps of the Utah State Capitol.

The president is considering changes to other Western monuments as well, as recommended by his interior secretary, Ryan Zinke. But no state has been agitating for reductions like Utah. In a telling move, at the same time Zinke recommended the Utah shrinkage, he urged the creation of a new national monument in his conservative home state of Montana, where he's believed to harbor political ambitions.

"There's nothing in our data that'd say, politically, that this is popular," said Lori Weigel, a Republican pollster in Denver, said of efforts to trim monuments. Weigel has done surveys on Western land conservation for years, including recent ones for supporters of the monuments that found Utah voters back them by a 2-1 margin.

"I can't say why Utah elected officials have taken this on more than in other states," she said. "But we see widespread recognition that designation of protected land is valued."

The reasons range from

geography to politics to Utah's unique Mormon history and culture.

Even Utah's sharpest critics of federal land bristle at the notion that they are against conservation. They say they treasure the state's five national parks, many national forests and even some of its monuments.

The state itself conserves lands in expansive state parks, they add, and would protect its scenic treasures. But the nearly 3,000-square-mile Grand Staircase and the 2,000-square-mile Bears Ears National Monument that President Obama created last year in the southeast part of the state are simply too intrusive on local communities and ranchers, they argue, and too much of the state is locked up by the federal government and barred from energy development. Washington, D.C., owns two-thirds of Utah's land, a greater percentage than in any other state in the lower 48 other than Nevada.

Like much of the West, Utah is actually a very urban state. All that protected — and arid — land means most residents pack into the fast-growing corridor between the Great Salt Lake and the Wasatch mountains, in the northern part of the state near Salt Lake City.

But unlike other heavily urban Western states such as Nevada that are destinations for transplants from across the country, many of Utah's urbanites



AP FILE PHOTO

In this undated file photo, the Upper Gulch section of the Escalante Canyons within Utah's Grand Staircase-Escalante National Monument features sheer sandstone walls, broken occasionally by tributary canyons.

— especially the politically active ones — are descendants of its rural areas who are more sensitive to complaints from people like Rep. Noel.

"Every single one of the people in that Legislature, they have a connection to rural Utah," said Noel, an avid birder and former employee of the Bureau of Land Management, the Interior Department agency that oversees some 386,000 square miles across the West.

Also, until the Legislature changed the law in 2014, Utah's political parties mostly chose their candidates at party gatherings. Since Republicans are virtually guaranteed to win elections in most

of the state, that system allowed a tiny handful of dedicated activists to gain outside weight in selecting elected officials.

Finally, there is The Church of Jesus Christ of Latter-day Saints, the religion that makes Utah unlike any other state. It was founded in the 19th century by Mormons who fled massacres in the Midwest and were desperate to have a land they could call their own — and to control their economic destiny, said Mathew Bowman, author of a history of the faith called "The Mormon People."

"There was a desire for Mormons to be economically independent and self-sufficient," Bowman said. "A lot of

the prominent Mormon leaders of the early 20th century came out of this."

Even now, he added, that legacy lingers. "These ideas aren't very personal, but they've been floating around in the atmosphere here." Today, as much as two-thirds of the state's 3 million residents are Mormons, including many state lawmakers and Utah's entire congressional delegation.

Ken Ivory, a state lawmaker from suburban Salt Lake City who has led the campaign to get other states to try to take over federal land, acknowledges Utah's religious tradition is a factor in its desire to take care of its terrain.

"Self-reliance is something ingrained in our lives," Ivory said.

Sex cases put spotlight on sex addiction, but is it real?

By **LINDSEY TANNER**
AP MEDICAL WRITER

Is sex addiction a true addiction, a crime, or a made-up condition used by misbehaving VIPs to deflect blame or repair tarnished images?

A tide of high-profile sexual misconduct accusations against celebrities, politicians and media members has raised these questions — and sowed confusion. Sex addiction is not an officially recognized psychiatric diagnosis, though even those who doubt it's a true addiction acknowledge that compulsive sexual behavior can upend lives.

Either way, there is an important distinction, sometimes blurred, between a mental condition and a crime. Some men who have been accused of assault or other sexual crimes have sought treatment for sex addiction or other unspecified conditions. But compulsive behavior is very different from a crime, and the vast majority of people who suffer from sexually compulsive behavior do not harass or assault others.

There's "an extremely fine line between addict and offender" and sometimes the two overlap, said psychologist Leah Claire Bennett of Pine Grove Behavioral Health & Addiction Services, a rehab center that offers sex addiction treatment in Hattiesburg, Mississippi.

Despite pressure from some therapists, sex addiction was not included in the most recent edition of the manual that psychiatrists use to diagnose mental illness. "The reason is very simple," said Dr. Charles O'Brien, a

University of Pennsylvania psychiatry professor involved in the manual's 2013 update. There is no rigorous scientific proof that compulsive sexual behavior affects the brain in the same ways that have been shown with addiction to drugs or alcohol, he said.

"There's an overuse of the word 'addiction,'" O'Brien said. "There are many treatment programs. That doesn't make it a disorder."

Still, some skeptics don't dispute that compulsive sexual behavior can become a serious problem. The issue for some is whether it amounts to mental illness, or whether it might result from a different psychiatric condition, such as obsessive-compulsive disorder.

Robert Weiss, a California-based sex addiction therapist, said the condition involves unrestrained compulsive sexual behavior without regard to consequences. Sometimes that leads to illegal behavior.

The International Institute for Trauma and Addiction Professionals says sex addiction affects from 2 percent to 5 percent of the general population but that only 10 percent of those with this addiction engage in criminal sexual behavior. Most patients and sex offenders are men.

Addiction treatment at Pine Grove, The Meadows in Arizona and other high-profile residential rehab centers can cost tens of thousands of dollars. Despite country club-like settings, there's nothing cushy or indulgent about sex addiction therapy, Weiss said.

Pine Grove requires daylong sessions including group therapy daily for up to three months. Some centers use 12-step programs similar to Alcoholics Anonymous, but they don't require swearing off sex for good. Some use brain "retraining" exercises, or sharing stories about bad behavior with a roomful of strangers.

Weiss and other therapists say sex addicts are never cured, but they can learn to manage their behavior and avoid triggers, including avoiding jobs and circumstances that could lead to a repeat of problem behavior.

L.J. Schwartz, a former real estate adviser in Fort Lauderdale, Florida, says a nearly 30-year addiction to sex almost ruined his life.

Schwartz says his addiction included having sex with strangers at adult bookstores or masturbating there while watching porn nearly every chance he got; working as a stripper and phone sex. He was never arrested but says his behavior endangered his job and marriage.

"There's no pleasure derived from sex addiction; it's pain," Schwartz said.

He says a 12-step program helped him resist his compulsions and he now works as a recovery coach for other patients.

But hard evidence that treatment works is lacking. "There's not a lot of data," Bennett acknowledged.

"We have a lot of anecdotal evidence. We can see the change in people," she said. She said Pine Grove plans a long-term study to measure the benefits.

Whether treatment can repair tarnished images is uncertain.

NATIONAL NEWS BRIEFS

Suspect who opened fire at California hospital is identified

BAKERSFIELD, Calif. (AP) — California authorities have identified a gunman who fired through a glass door at a hospital emergency room before being shot and wounded by police.

No one inside Bakersfield Heart Hospital was struck by the gunfire Friday. The Bakersfield Californian newspaper reports police have identified the suspect as Brandon Clark, a 44-year-old resident of Big Sur.

Investigators say that after opening fire, Clark went inside the hospital before walking back outside, where police shot him. He's in critical condition.

Police say Clark is related to a hospital employee but had no contact with his relative prior to the incident. The person doesn't appear to have been a target.

Investigators haven't identified a motive. They say Clark may have been under the influence of drugs.

He could face assault and firearm charges.

Resident questions woman's claim of poisoning neighbors

SHELBURNE, Vt. (AP) — A Vermont senior living facility resident says she doesn't believe a woman tested a deadly toxin on neighbors.

First responders were called to Wake Robin facility in Shelburne last week for possible ricin exposure. Seventy-year-old Betty Miller was placed in federal custody

after telling investigators she made the ricin because she wanted to "injure herself" and had tested the poison's effectiveness on other residents.

Fellow resident Claire Anderson says she hasn't heard of anyone else falling ill. She says she doesn't know Miller but says she may have concocted the story about poisoning others.

Health officials say no one is currently ill from the ricin.

Miller is in custody and said in court that she is working on getting a lawyer. A judge noted she had a "lengthy mental health history" but did not elaborate.

Army honors 6 soldiers who rescued crew in helicopter fire

FORT CAMPBELL, Ky. (AP) — The U.S. Army says six soldiers who rescued four crew members after a military helicopter crashed in January have received the highest peacetime award for valor.

A ceremony was held last week at the 101st Airborne Division headquarters at Fort Campbell.

The four were hurt when a UH-60 Black Hawk crashed during training and caught fire Jan. 31 at the Army post. The Army says the soldiers used water, fire extinguishers and soil to control the fire, enabling them to remove and treat three of the injured crew members. They then worked to remove the fourth crew member, who was trapped.

Receiving the Soldier's Medal at the ceremony were Staff Sgts. Beau

Corder, Richard Weaver and Engel Becker, Sgt. Damon Seals, Spc. Christopher White and Pfc. Ryan Brisson.

Boy celebrating his 7th birthday dies at hotel pool party

TOLEDO, Ohio (AP) — Authorities say a 7-year-old boy celebrating his birthday died after being pulled from a hotel pool during his party.

The Blade reports the Lucas County Coroner's Office says Jovontai Highsmith Jr. was pronounced dead shortly before 9 p.m. Friday at a Toledo hospital.

A Toledo fire official says rescue personnel were called to the pool about an hour earlier.

An autopsy is expected to be completed on Monday.

Average US gas price drops 7 cents to \$2.54 for regular

CAMARILLO, Calif. (AP) — The average price of a gallon of regular-grade gasoline dropped 7 cents nationally over the past two weeks to \$2.54.

Industry analyst Trilby Lundberg of the Lundberg Survey said Sunday that the spike comes despite a jump in oil prices.

The current gas price is 34 cents above where it was a year ago.

Gas in San Francisco was the highest in the contiguous United States at an average of \$3.26 a gallon. The lowest was in Tulsa, Oklahoma, at \$2.18 a gallon.

The U.S. average diesel price is \$2.88, holding steady from two weeks ago.

STATE

HEADLINES FROM AROUND THE STATE

Man arrested in Texas human smuggling case headed to Florida

LAREDO, Texas (AP) — A Chicago man has been arrested and charged with transporting undocumented immigrants after federal agents near the Texas-Mexico border found 12 people inside his tractor trailer truck.

The Border Patrol says Carlos Rodriguez was pulled over last week near Laredo after he failed to stop at a checkpoint on Interstate 35 north of the border city.

Court documents show the 12 people in the truck were from Mexico, Guatemala and El Salvador.

The San Antonio Express-News reports one of the truck occupants from Guatemala told authorities he paid about \$1,000 to be smuggled into the U.S. and that he'd have to pay another \$4,000 once he reached his destination in Florida.

Rodriguez now faces up to 10 years in prison if convicted.

Florida officer struck, injured by suspect in stolen car

DADE CITY, Fla. (AP) — A Florida police officer was struck and injured by a suspect in a stolen car, prompting another officer to fire shots at the car.

The Tampa Bay Times reports that Dade City Police Officer Kevin Burns

was struck Saturday night by the driver of a Nissan Altima after a traffic stop. Authorities say it's believed the Nissan's driver was involved in a drug deal.

Officer Miguel Velez, who had arrived as backup, fired at the moving car and may have broken the car's windows. It's not known if the driver was hit or injured.

Early Sunday morning, Burns was in stable condition at a local hospital. Police say Velez has been placed on administrative leave.

The car was reported stolen in Tampa in early November.

Police: 1 Florida security guard shoots another in dispute

HOLLYWOOD, Fla. (AP) — Authorities say a Florida security guard shot another security guard after a dispute at a water treatment plant.

Local news outlets report that the shooting happened about 6 a.m. Sunday after an argument between the two men. The shooting happened outside the Hollywood Water Treatment Plant.

Police are questioning the shooter but no charges were immediately filed. The victim was being treated at a hospital. His condition was not available.

The guards are both employed by a private company and not the city of Hollywood.

Their identities were not immediately released.

4 sent to prison in Florida sweepstakes fraud scam

MIAMI (AP) — Four men have been sent to federal prison for their roles in a Florida sweepstakes fraud scheme involving thousands of victims around the U.S.

The Miami U.S. Attorney's Office says in a news release that the four were sentenced to prison terms of between seven and just over three years. They were convicted of mail fraud conspiracy charges.

Prosecutors say they falsely notified people by mail that they had won a substantial prize and that the recipients had to pay a fee of between \$20 and \$50 to claim their winnings. The fraudulent letters told victims to pay the fees in cash or by check or money order payable to fictitious companies, but the money went to the defendants.

About 100,000 people were victimized by the fraud scheme.

Director of Florida charity fundraiser struck and killed

RIVERVIEW, Fla. (AP) — The event director of a Florida fund-raising carnival was struck and killed as he directed traffic for the event.

The Hillsborough County Sheriff's Office said in a news release that 44-year-old

Christopher James Scigliano stepped into a northbound lane of traffic Saturday night when he was struck by a pickup truck. Authorities say the impact threw him into the southbound lane, where he was struck by a sports-utility vehicle.

The fundraising event was being held to honor Deputy Larry Morrell, a 25-year veteran of the Hillsborough Sheriff's Office and DUI investigator who died in June after a battle with cancer.

The accident remains under investigation.

Keillor's successor: Misconduct allegations 'heartbreaking'

NEW YORK (AP) — The man who replaced Garrison Keillor as host of "A Prairie Home Companion" says the allegations against Keillor came as "heartbreaking news."

Chris Thile on Saturday addressed alleged improper conduct by Keillor in the opening minutes of the first show to be broadcast since news of the allegations broke.

Thile says the country is in the middle of a movement he believes represents progress. He says people are recognizing the "harmful power imbalance that women have had to endure for so long in our culture."

Thile also announced that the show's name has been changed to "Town Hall."

Minnesota Public Radio, the parent company of the show's distributor, ended its relationship with Keillor this week after what it said were allegations of improper behavior with a person who worked with him on "Prairie Home."

Keillor says he touched a woman's bare back as he tried to console her, and that he apologized.

Thile, Keillor's hand-picked successor, took over the show in 2016 after Keillor retired.

Commission: Florida judge should be suspended for favoritism

FORT LAUDERDALE, Fla. (AP) — A judicial commission is recommending that a Florida judge be suspended for a month for steering 80 percent of her arbitration cases to a mediator who was an unpaid adviser on her 2014 election campaign.

The Judicial Qualifications Commission made the recommendation regarding Broward County Judge Claudia Robinson to the Florida Supreme Court, which has final say. The SunSentinel reports that Robinson accepted the findings that concluded she showed favoritism.

The commission found Robinson sent nearly 300

civil and small claims cases into mediation between April 2015 and March 2017. More than 80 percent were assigned to Michael Ahearn, who worked on Robinson's 2014 campaign.

Ahearn says he has handled thousands of mediation cases over 15 years and did nothing wrong. The commission did not find wrongdoing on his part.

2 sent to prison for distributing hundreds of opioid pills

MIAMI (AP) — Two Florida men have been sent to prison for distributing hundreds of opioid pills to an undercover Miami police officer.

The Miami U.S. Attorney's Office says in a news release that 50-year-old Oreste Abreu of Hialeah was sentenced to just over four years in prison and 39-year-old Daniel Lezcano-Morejon of Hialeah was sentenced to more than three years.

Both men pleaded guilty earlier to drug trafficking charges.

Investigators say the pair sold more than 800 hydromorphone pills to the undercover officer over several months in 2012. Hydromorphone is sold under the brand name Dilaudid, a powerful painkiller.

The case was investigated by the Drug Enforcement Administration and the Miami-Dade Police Department.

WHICH OF THESE

Neuropathy

SYMPTOMS DO YOU

SUFFER FROM?

If you suffer from a Single one of these Torturous Symptoms - Numbness, Tingling or Sharp Nerve Pain - Then the Facts Below may be the Most Important You have ever read in *YOUR LIFE!*

Call TODAY For Special Offer, 941-629-6700

Neuropathy affects every part of your life; walking, sitting, and even sleeping.

Do You Have Any of the Following Symptoms?

- Pins and needles feeling
- Numbness in the hands or feet
- Tingling or burning sensations
- Weakness in the arms or legs
- Sharp, shooting or burning pains

If so, you may have a condition called peripheral neuropathy.

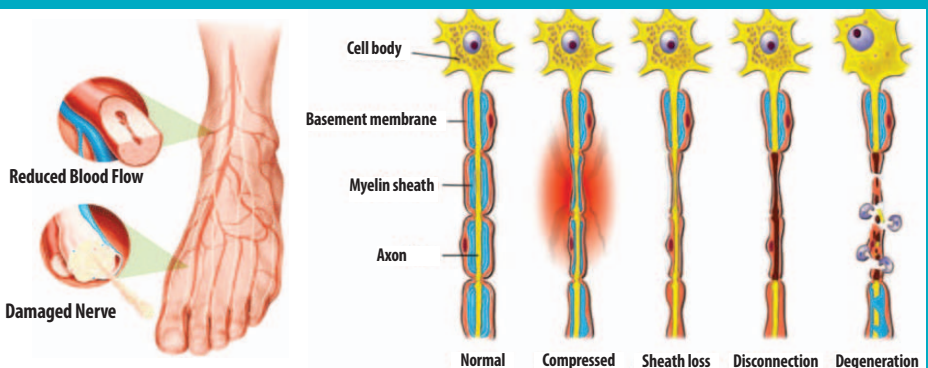
Maybe you've had multiple tests, only to find out no one has any idea what you have. Maybe you've even been put on a drug with heavy side effects. My name is Dr. Laura Korman D.C., D.A.C.B.N., owner of Korman Relief & Wellness Center. I've been helping people with neuropathy and nerve problems for years. More than 20 million Americans suffer from peripheral neuropathy, a problem caused by damage to the nerves that supply your arms and legs. This painful condition interferes with your body's ability to transmit messages to your muscles, skin, joints, or internal organs. If ignored or mistreated, neuropathy can lead to irreversible health conditions.

Why not get help by those trained to correct the major cause of peripheral neuropathy?

Data from the National Board of Chiropractic Examiners' Job Analysis of Chiropractic lists arm and leg neuropathy as the second most common nerve problem treated by chiropractors. Often neuropathy is caused by a degenerating spine pressing on the nerve roots. This can happen in any of the vertebral joints, from the neck all the way down to the tail bone.

It Promotes Rapid Healing

Deep Tissue Laser Therapy is an outpatient, non-surgical procedure, often used in physical therapy and sports medicine to



accelerate the healing process. It offers non-invasive treatment to promote healing for those who suffer from pain in muscles, nerves, and joints, like that associated with chronic pain. Similar lasers are used by professional sports teams including the New York Yankees and Cincinnati Bengals.

This pain-free, non-surgical approach works by stimulating the body's natural healing processes, providing pain relief and reducing injury damage. This leading edge technology has an impressive success rate of returning patients to work, sports, and competitive activities, as well as everyday life. Patients treated with Deep Tissue Laser Therapy often show a higher level of function, both during and after the treatment period. The therapeutic laser provides a tremendous alternative for those facing surgery.

How To Find Out If This Will Work For You

It's time for you to find out if this treatment will be your neuropathy solution. **For the first 25 callers only**, \$60 will get you all the services we normally charge new patients \$390 for. What does this offer include? Take a look at what you will receive:


- An in-depth consultation about your health and well-being, where I will listen...really listen...to the details of your case.
- A complete neuromuscular examination.
- X-rays, if necessary.
- One Deep Tissue Laser treatment.
- A thorough analysis of your examination and x-rays, so we can start mapping out your plan to being pain-free.

You'll get to see everything first hand, and find out if this amazing treatment will be your pain solution, like it has been for so many other patients. The appointment will not take long at all, and you won't be sitting in a waiting room all day either.

Here's what our patients have to say:

"Prior to seeing Dr. Korman I could not walk. I was in pain from my waist down to my ankle. My wife had to help me dress. I needed crutches to get around. I suffered for about three months. I had to stop golfing, playing bocce. I stopped doing anything, even driving. Then I heard about Dr. Korman from a neighbor and a friend. I am now back to normal, doing everything I always did, even washed my two cars." -Salvatore T.

"My best friend, Amanda, recommended I see Dr. Korman. I have been able to reduce my pain medicines by over 75% since I started seeing her. I feel as though there is hope again, and knowing I won't be in pain the rest of my life is amazing." -Michelle S.



Here's What To Do Now

This offer is only good for the first 25 callers. Call today, **941-629-6700**, and we can get you scheduled for your consultation and exam as soon as there's an opening. **Our office is located at 16954 Toledo Blade Blvd. in Port Charlotte, FL.**

When you call, tell the receptionist you'd like to come in for the Neuropathy Evaluation so we can get you on the schedule and make sure you receive proper credit for this special offer.

Sincerely,
Dr. Laura Korman D.C.,
D.A.C.B.N.

P.S. At our office, we have specialized treatment programs for patients who suffer from neuropathy. Why suffer with years of misery?

That's no way to live, not when there could be an easy solution to your problem. Don't live in pain when we may have the solution you've been looking for all along.

\$60 CONSULT, EXAM, NECESSARY X-RAYS AND ONE DEEP TISSUE LASER TREATMENT(\$390 VALUE)

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THE PATIENT AND ANY OTHER PERSON RESPONSIBLE FOR PAYMENT HAS A RIGHT TO REFUSE TO PAY, CANCEL PAYMENT, OR BE REIMBURSED FOR PAYMENT FOR OTHER SERVICE, EXAMINATION, OR TREATMENT THAT IS PERFORMED AS A RESULT OF AND WITHIN 72 HOURS OF RESPONDING TO ADVERTISEMENT FOR THE FREE, DISCOUNTED FEE, REDUCED FEE SERVICE, EXAMINATION, OR TREATMENT.

FROM PAGE ONE

Some see echoes of '68 court case in wedding cake dispute

By MARK SHERMAN
ASSOCIATED PRESS

WASHINGTON (AP) — The upcoming Supreme Court argument about a baker who refused to make a cake for a same-sex couple makes some civil rights lawyers think of South Carolina's Piggie Park barbecue.

When two African-Americans parked their car at a Piggie Park drive-in in August 1964 in Columbia, South Carolina, the waitress who came out to serve them turned back once she saw they were black and didn't take their order.

In the civil rights lawsuit that followed, Piggie Park owner Maurice Bessinger justified the refusal to serve black customers based on his religious belief opposing "any integration of the races whatsoever."

Federal judges had little trouble dismissing Bessinger's claim.

"Undoubtedly defendant Bessinger has a constitutional right to espouse the religious beliefs of his own choosing, however, he does not have the absolute right to exercise and practice such beliefs in utter disregard of the clear constitutional rights of other citizens," U.S. District Judge Charles Earl Simons Jr. wrote in 1966.

By the time the Supreme Court heard the case in 1968, the issue was the award of fees to the lawyers representing the black South Carolinians who sued Bessinger's restaurants. But in a footnote to its unsigned 8-0 opinion, the court called the religious freedom argument and Bessinger's other defenses "patently frivolous."

Fifty years later, civil rights lawyers are pointing the Supreme Court to Bessinger's case in support of Charlie Craig and David Mullins, the gay couple who were turned



AP FILE PHOTO

In this Nov. 8, file photo, Jack Phillips, owner of Masterpiece Cake, speaks to supporters after a rally on the campus of a Christian college in Lakewood, Colo.

away by Colorado baker Jack Phillips, giving rise to the high court case that will be argued Tuesday.

"The logic of Piggie Park and other precedents overwhelmingly rejecting religious justifications for racial discrimination apply squarely to the context of LGBTQ discrimination," the NAACP Legal Defense and Educational Fund said in a Supreme Court brief. The fund also represented the people who sued Piggie Park.

Both cases involve laws intended to prevent discrimination by private businesses that open their doors to the public. In the case of Piggie Park, the law was the Civil Rights Act of 1964. The bake shop case involves the Colorado Anti-Discrimination Act, which prohibits businesses from refusing to sell their goods to people on the basis of sexual orientation among other things.

As the case has come to the justices, the focus is on Phillips' speech rights, not his religious beliefs. As a cake artist, he claims a right not to say something with which he disagrees.

Phillips' lawyers also say the baker's issue is not with gay people, but rather same-sex marriage. He will sell any pre-made goods to anyone who walks in the store, lawyers for the Alliance Defending Freedom, representing Phillips,

said. He also would make a cake celebrating "a marriage between a man and a woman even if one or both spouses identified as gay, lesbian or bisexual," his lawyers wrote.

Laws that regulate speech, as Phillips' team asserts the Colorado anti-discrimination law does, often must withstand the toughest level of review that courts can apply, known as strict scrutiny. His lawyers rely on a 1995 unanimous Supreme Court decision allowing organizers of the St. Patrick's Day parade in Boston to exclude a gay rights group from the parade.

Speech restrictions rarely survive strict scrutiny at the Supreme Court. But both Phillips and the Trump administration, which entered the case on Phillips' side, said speech restrictions aimed at race might be different.

A ruling for the baker would not call into question the use of public accommodations laws to prohibit racial discrimination, the administration said in its Supreme Court brief. "As the court recently observed, 'racial bias' is 'a familiar and recurring evil' that poses 'unique historical, constitutional and institutional concerns,'" the administration said, quoting from a decision this year in a case about racial discrimination among jurors.

between Saleh and the Houthis, with Saleh's loyalists accusing them of trying to monopolize power.

Saleh ruled Yemen for more than three decades, carrying out several wars against the Houthis before he was forced to

step down in 2012. He then formed a surprise alliance with the rebel group after their takeover of Sanaa in late 2014.

Saleh Saturday called on the Saudi-led bloc Saturday to stop their campaign in Yemen to "turn a new page."

MISSILE

FROM PAGE 1

launched a series of air strikes on the Houthis on the outskirts of Sanaa.

In recent months, tensions have grown



AP PHOTO

Israeli Prime Minister Benjamin Netanyahu attends the weekly cabinet meeting at the Prime Minister's office in Jerusalem, Sunday, Dec. 3.

LEAVE

FROM PAGE 1

administration, which a week earlier had restored North Korea to a U.S. list of terror sponsors. It also hurt nascent diplomatic efforts and raised fears of a pre-emptive U.S. strike. Threats traded by Trump

and North Korean leader Kim Jong Un have further stoked fears of war.

Graham expressed confidence in the Trump administration's ability to manage the growing conflict with North Korea.

"He's got the best national security team of anybody I have seen since I have been in Washington," said

Graham, who has served in Congress since 1995.

The Trump administration has vowed to deny North Korea the capability of striking the U.S. homeland with a nuclear-tipped missile.

"Denial means pre-emptive war as a last resort. The pre-emption is becoming more likely as their technology

FBI

FROM PAGE 1

direction of the federal law enforcement agency and wrote that after Comey, whom Trump fired in May, the FBI's reputation is "in Tatters — worst in History!" He vowed to "bring it back to greatness." The president also retweeted a tweet that said new FBI Director Chris Wray "needs to clean house."

The president seized upon reports that a veteran FBI counterintelligence agent was removed from Mueller's team last summer after the discovery of an exchange of text messages that were viewed as potentially anti-Trump. The agent, Peter Strzok, had also worked on the investigation of Hillary Clinton's use of a private email server.

Peter Carr, a spokesman for Mueller, said Mueller removed Strzok from the team "immediately upon learning of the allegations." He would not elaborate on the nature of the accusations. The person who discussed the matter with The Associated Press was not authorized to speak about it by name and spoke on condition of anonymity.

Trump tweeted Sunday: "Tainted (no, very dishonest?) FBI 'agent's role in Clinton probe under review.' Led Clinton Email probe." In a separate tweet, he wrote: "Report: 'ANTI-TRUMP FBI AGENT LED CLINTON EMAIL PROBE' Now it all starts to make sense!"

Strzok's removal almost certainly reflected a desire to insulate the investigators from any claims of political bias or favoritism. Trump and many of his supporters have at times sought to discredit the integrity of the investigation, in part by claiming a close relationship between Mueller and Comey and by pointing to political contributions to Democrats made by some lawyers on the team.

Mueller has been investigating whether Trump campaign associates coordinated with Russia to influence the outcome of the 2016 presidential election, and Strzok's background

in counterintelligence would have been seen as particularly valuable for a secretive FBI probe examining foreign contacts.

Mueller's investigation has so far netted charges against four people, with the most recent criminal case brought Friday when Flynn pleaded guilty to lying to the FBI about his conversations with the Russian ambassador.

On Saturday, Trump tweeted that he "had to fire General Flynn because he lied to the Vice President and the FBI. He has pled guilty to those lies. It is a shame because his actions during the transition were lawful. There was nothing to hide!"

The tweet suggested that Trump was aware when the White House dismissed Flynn on Feb. 13 that he had lied to the FBI, which had interviewed him weeks earlier. Comey has said Trump the following day brought up the Flynn investigation in private at the White House and told him he hoped he could "let this go."

Amid questions raised by the tweet, Trump associates tried to put distance Saturday evening between the president himself and the tweet. One person familiar with the situation said the tweet was actually crafted by John Dowd, one of the president's personal attorneys. Dowd declined to comment when reached by The Associated Press on Saturday night.

Rep. Adam Schiff, D-Calif., the top Democrat on the House Intelligence Committee, said given that Mueller could have charged Flynn with more crimes but instead limited it to just one offense, "Bob Mueller must have concluded that he was getting a lot of value in terms of Gen. Flynn's cooperation."

"I do believe he will incriminate others in the administration. Otherwise, there was no reason for Bob Mueller to give Mike Flynn this kind of deal," Schiff said, adding that, "whether that will ultimately lead to the president, I simply don't know."

Warner spoke on CNN's "State Of The Union" and Schiff spoke on ABC's "This Week."

ALMANAC

Today is **Monday, Dec. 4**, the 338th day of 2017. There are 27 days left in the year.

Today in history

On **Dec. 4, 1942**, during World War II, U.S. bombers struck the Italian mainland for the first time with a raid on Naples. President Franklin D. Roosevelt ordered the dismantling of the Works Progress Administration, which had been created to provide jobs during the Depression.

On this date

In **1977**, Jean-Bedel Bokassa, ruler of the Central African Empire, crowned himself emperor in a lavish ceremony. (Bokassa was deposed in 1979; he died in 1996 at age 75.)

In **1984**, a five-day hijack drama began as four armed men seized a Kuwaiti airliner en route to Pakistan and forced it to land in Tehran, where the hijackers killed American passenger Charles Hegna. (A second American, William Stanford, also was killed during the siege.)

In **1991**, Associated Press correspondent Terry Anderson, the longest held of the Western hostages in Lebanon, was released after nearly seven years in captivity. The original Pan American World Airways ceased operations.

In **1996**, the Mars Pathfinder lifted off from Cape Canaveral and began speeding toward the red planet on a 310 million-mile odyssey. (It arrived on Mars in July 1997.)

Today's birthdays

Game show host **Wink Martindale** is 84. Pop singer **Freddy Cannon** is 81.

ODD NEWS

Selfie-service: Man cooks Waffle House meal as worker sleeps

WEST COLUMBIA, S.C. (AP) — When a man found the only worker at an empty South Carolina Waffle House asleep, he took his meal into his own hands.

On Facebook, Alex Bowen chronicled with selfies how he made his own double Texas bacon cheese steak melt at the famous Southern 24/7 diner around 2 a.m. Thursday.

Bowen says on Facebook he waited 10 minutes, then cooked his meal and "even scraped the grill when I was done."

Bowen's photos showed him with the sleeping worker, frying bacon and putting the sandwich together.

After good-natured kidding about stealing the sandwich, Bowen even posted a selfie returning to pay for his meal.

Waffle House said in a statement it was impressed with Bowen's cooking skills but customers should never go behind the counter for safety reasons.

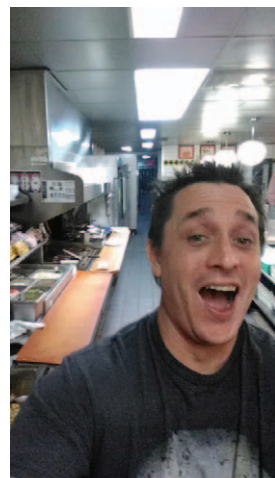


PHOTO PROVIDED

In this image taken early Thursday, Alex Bowen poses in the kitchen at a Waffle House in West Columbia, S.C.

CAPITAL

FROM PAGE 1

between Israel and the Palestinians, who claim part of Jerusalem as the capital of an eventual state.

Moving the embassy could spark widespread protest across the Middle East and undermine an Arab-Israeli peace push led by Kushner. Trump's campaign season promises won't him the support of powerful pro-Israel voices in the Republican Party. But as president, he has faced equally forceful lobbying from close U.S. allies such as King

Abdullah II of Jordan, who have impressed on him the dangers in abandoning America's carefully balanced position on the holy city.

Under U.S. law signed by President Bill Clinton in 1995, the U.S. must relocate its embassy from Tel Aviv to Jerusalem unless the president waives the requirement on national security grounds, something required every six months. If the waiver isn't signed and the embassy doesn't move, the State Department would lose half its funding for its facilities and their security around the world. Republicans

have championed embassy security since a 2012 attack on American compounds in Benghazi, Libya.

Trump is likely to issue a waiver on moving the embassy by Monday, the officials said, though they cautioned that the president could always decide otherwise.

All presidents since Clinton have issued the waiver, saying Jerusalem's status is a matter for Israelis and Palestinians to negotiate. Trump signed the waiver at the last deadline in June, but the White House made clear he still intended to move the embassy.

matures," Graham told CBS. "I think we're really running out of time. The Chinese are trying, but ineffectively. If there's an underground nuclear test, then you need to get ready for a very serious response by the United States."

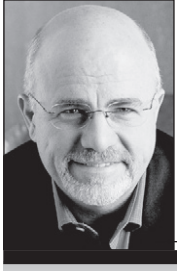
Trump has said he spoke with Chinese President Xi Jinping about

Pyongyang's "provocative actions," and he vowed that additional major sanctions will be imposed on North Korea. China is North Korea's only significant ally, but it has grown increasingly frustrated over the North's nuclear and missile tests that have brought a threat of war and chaos to China's northeastern border.

FINANCIAL

Budgeting for holiday happiness

Dear Dave,
My wife and I are trying to improve our finances by living on a budget and following your plan. We're in the middle of Baby Step 2, so we're working to pay off everything but our house using the debt snowball. We only bring home about \$40,000 a year combined right now, so how should we handle Christmas budgeting in the middle of working our debt snowball?



Dave Ramsey

items to include in your holiday budget:

Stamps

Uncle Billy is waiting on his Christmas card. Unless you plan on driving to Toledo to deliver it in person, you're going to need a stamp — plus about 30 more for the rest of your family and friends. Even though they're inexpensive individually, the cost can add up quickly.

Wrapping Paper

A pair of velvet slippers in a brown bag just doesn't have the same effect. You can do so much better than that! Go the extra foot and buy some nice Christmas wrapping paper. While you're at it, go ahead and include some extra cash so you can buy it on sale the day after Christmas so it's waiting for you next year.

Parties

There's your work party, your wife's work party, your kid's school party, your church party, the neighborhood party ...

During the holiday season, you probably need a project manager just to keep track of all the events. And whether you're bringing cookies, decorations, drinks, or gifts, you'll still need to plan ahead.

Travel

Going to see the parents? The in-laws? Maybe you're taking a vacation that doesn't involve awkward dinner conversations. If you're traveling this holiday season, don't forget about gas, snacks, hotels, checked baggage fees, rental cars, and anything else you might need to get around.

Food

You can't possibly forget to budget for food, can you? Let's hope not. But while you might not forget the bread, milk, and cereal, you also need to think about the seasonal food you'll be buying, like egg nog, ham, turkey, and fruit cake. It's time to make a vow. Let's promise ourselves we won't wait until the last minute to take care of the stuff we know is coming. Keep these things in mind while you're out shopping this holiday season!

Dave Ramsey is CEO of Ramsey Solutions. He has authored seven best-selling books, including The Total Money Makeover. Follow Dave on the web at daveramsey.com and on Twitter at @DaveRamsey.

— Scot

Dear Scot,

Working to get out of debt can cause stress within a relationship. That stress is sometimes magnified if you're serious about getting out of debt during the holidays. I'm glad you two are on the same page where your finances are concerned. The fact that you're committed to becoming debt-free as a couple will go a long way toward ensuring a merrier Christmas.

Just sit down together, have a look at your budget, and ask what she thinks is a reasonable amount to spend on gifts and things while you're trying to get out of debt. If you think her suggestion is a manageable figure, just give her a hug, tell her you agree, and move on. If you've been trying to get out of debt for a while, you might even propose using last year's Christmas budget.

The important thing is to make sure you listen to each other, and approach this together. On the off chance one of you wants to spend what the other considers to be too much, talk about how and why you arrived at that figure. Then, using your budget as a guide, gently and lovingly talk things out.

Honestly, I don't think you're going have problems if you've already been working together to get your finances in order. And remember, you don't have to spend a lot of money to make people happy. Delicious homemade treats and thoughtful, handcrafted gifts can put a smile on anyone's face.

Merry Christmas!
—Dave

5 Gotchas to Budget for this Holiday Season

One of the biggest problems with Christmas is how it moves around on the schedule every year. You never know when it's going to be, when it might be coming, and then BOOM! There it is at your front door saying, "Hey, I'm Christmas. Buy stuff!" But, wait a minute ... Christmas is on the same day every year! December 25th. Who knew? Somehow, too many of us are caught off guard year after year by Christmas. You already know you need to save throughout the year for holiday festivities. But we all have little things that, no matter what, sneak up on us.

Here's a list of "gotcha"

Trump suggests openness to negotiations on GOP tax plan

By **KEN THOMAS**
ASSOCIATED PRESS

WASHINGTON — President Donald Trump suggested Saturday he may be willing to negotiate changes to a significant portion of the tax overhaul, the corporate tax rate, injecting an element of uncertainty into the tax plan only hours after it cleared the Senate.

Trump told reporters at the White House before a trip to New York City that he would consider setting the corporate tax rate at 22 percent, compared to a 20 percent rate that he has pushed for with House and Senate Republicans during the fall.

Pointing to expected talks between House and Senate negotiators this month, Trump predicted "something beautiful is going to come out of that mixer" and the business tax would come "all the way down from 35 to 20. It could be 22 when it comes out, but it could also be 20. We'll see what ultimately comes out."

Trump spoke after the Senate approved a \$1.5 trillion tax bill early Saturday that would rewrite the nation's tax code, cut individual rates and slash the corporate tax rate from 35 percent to 20 percent beginning in 2019. If enacted, the bill would provide the most sweeping changes to the tax system in three decades and help Trump deliver the first major legislative win of his presidency.



AP PHOTO/ANDREW HARNIK

President Donald Trump holds a girl in his arm and waves to members of the media as he arrives at the White House in Washington, Saturday, after traveling to New York for fundraising events.

Trump's suggestion of a higher corporate tax rate than what has been included in legislation approved by the House and Senate represented an about-face after the president and administration officials maintained a hard line that a corporate rate higher than 20 percent was a nonstarter.

Vice President Mike Pence said in a speech to the Tax Foundation in mid-November that the administration would "cut the corporate tax rate from one of the highest in the developed world down to 20 percent — and not a penny more."

Treasury Secretary Steven Mnuchin, who accompanied Trump to New York for fundraisers on Saturday, said in

September that the 20 percent corporate rate was "not negotiable."

The shift perplexed some Republicans. Sen. Marco Rubio, R-Fla., tried to pare back the proposed cut in corporate tax rates to 20.94 percent to provide a more generous increase in the child tax credit. But he was rebuffed.

"Senate leaders & White House fought hard to defeat expanded (hash)ChildTaxCredit b/c of 20.94% rate but now 22% is ok?" Rubio tweeted Saturday.

White House officials did not immediately respond to questions seeking clarity on Trump's views of the proposed corporate tax rate.

Senate and House Republicans now head

into a new phase of seeking to reconcile differences in the legislation passed by both chambers, a behind-closed-doors process that could move quickly. Trump has said he wants to sign the tax package into law before Christmas.

Republicans have pointed to the tax bill as crucial to retaining its House and Senate majorities in next year's midterm elections. Democrats have said the bill will solely help the wealthy and corporations at the expense of more modest-earning workers.

Democrats have noted that while the corporate tax rates would be permanently reduced under the plan, it would only offer temporary tax cuts to individuals, lasting until 2026.

Ireland hopeful of 'momentum' on key Brexit border issue

By **JILL LAWLESS**
ASSOCIATED PRESS

LONDON (AP) — Ireland's foreign minister said Sunday that he's hopeful Britain's proposals for managing Ireland's border after the U.K. leaves the European Union will generate the momentum to push stalled Brexit negotiations to their next phase.

Foreign Minister Simon Coveney told Ireland's RTE radio he hopes a crucial U.K.-EU meeting on Monday yields enough progress to "allow this Brexit negotiation process to open up to phase two of discussions," focusing on future relations and trade.

The EU has given Britain a Monday deadline to produce concrete proposals on the key issues in their divorce talks, including maintaining an open border between Northern Ireland and the Irish republic.

British Prime Minister Theresa May is due to meet European Commission chief Jean-Claude Juncker to lay out the proposals that will be considered by EU leaders before a Dec. 14-15 summit in Brussels.

May's government has said there will be no "hard border" between EU member Ireland and Northern Ireland, which is part of the U.K., once Britain leaves the EU's single market and customs union in March 2019. Ireland and other EU countries still want to know how customs checkpoints and other

typical border activities can be avoided.

The two sides are reportedly close to a deal on other big issues, including the size of the bill that Britain must pay for departing the bloc and the rights of citizens affected by Brexit.

But as the divorce talks hit a crucial stage, divisions within Britain's governing Conservative Party over the EU are limiting the room May has to maneuver.

Lobbying group Leave Means Leave told May in a letter that she must refuse to compromise on several points, such as ensuring that European Court of Justice jurisdiction over Britain ends on the day the country officially out of the EU in 2019.

Several high-profile Conservative lawmakers signed the letter, including former Cabinet ministers Nigel Lawson and Owen Paterson.

Britain hopes the EU will agree to a two-year transition period after Brexit, but the bloc has insisted the Court of Justice would have to retain its authority in Britain during that time.

A senior German member of the European Parliament, David McAllister, said Sunday that he thought there was a "50-50" chance of a breakthrough in the negotiations this month.

"I think both sides are working very hard to get a deal, but we're not quite there yet," he told British broadcaster ITV.

FINANCIAL NEWS BRIEFS

Hidden camera filmed Forever 21 employee in bathroom

PROVIDENCE, R.I. (AP) — A former Forever 21 employee at a Providence, Rhode Island, store is suing the retailer after she says someone installed a hidden camera in the employee restroom and secretly filmed her.

The federal lawsuit filed Tuesday in New York says video that shows the plaintiff partially undressed was disseminated to "thousands of online viewers" on pornographic websites.

The woman worked at the store in 2011. Her lawyer says she didn't become aware of the video until December 2016, after someone informed her of its existence.

The suit accuses Forever 21 of negligence, saying it did not equip the employee locker room with any security features.

It seeks \$2 million in damages.

Suspicious package part of extortion plot

BERLIN (AP) — German authorities say a suspicious package containing nails that led to a bomb scare on a Christmas market in Potsdam was part of a blackmailing plot against a delivery company.

Brandenburg state Interior Minister Karl-Heinz Schroeter told reporters Sunday

the package was part of a scheme to extort millions of euros from delivery company DHL. It was delivered Friday to a pharmacy on the same street as the market in Potsdam and later destroyed in a controlled explosion.

Schroeter said it most likely didn't target the market.

Officials said the package's sender was still at large and that an online company in Frankfurt am der Oder had received a similar package "a while ago."

Visa fires high-profile manager for violating policy

The technology publication Recode is reporting that Visa fired a high-profile executive for behavior that "violated" the credit card company's policy.

Recode reported that Jim McCarthy's departure was announced in an internal memo Friday. As executive vice president of innovation and strategic partnerships, McCarthy handled Visa's deals with technology giants such as Apple and Google.

The memo by Visa president Ryan McInerney said that they determined McCarthy had violated the company's policy based on information that recently came to its attention.

The memo said Visa "cannot ignore behavior...that runs counter to our leadership principles and culture." Recode reported the memo did not describe the allegations.

Monday, December 4, 2017

GOREN BRIDGE

WITH BOB JONES
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WEEKLY BRIDGE QUIZ ANSWERS

Q 1 - Neither vulnerable, as South, you hold:

♠ 9♥ KJ865♦ KQ10♣ KQJ10

Right-hand opponent opens one spade. What call would you make?

A - Double or two hearts? We like two hearts, intending to double next if they compete to two spades. Doubling now and bidding hearts later would show a stronger hand.

Q 2 - Neither vulnerable, as South, you hold:

♠ Q10643♥ 1042♦ A4♣ A85

WEST NORTH EAST SOUTH
1♣ Dbl Pass ?
What call would you make?

A - Pass might work, but the trump holding is pretty soft "under" the bidder. Bid one no trump.

Q 3 - North-South vulnerable, as South, you hold:

♠ QJ93♥ KQ10984♦ 93♣ 10

As dealer, what call would you make?

A - The spade suit is decent, but we wouldn't want to suppress this excellent heart suit. Open two hearts.

Q 4 - East-West vulnerable, as South, you hold:

♠ AK♥ J75♦ J432♣ 10876

Partner opens one club and right-hand opponent bids one spade. What call would you make?

A - If you are willing to bid three clubs later should the opponents compete to two spades, you can bid one no trump now. If not, bid two clubs now.

Q 5 - Both vulnerable, as South, you hold:

♠ 9654♥ QJ76♦ 6♣ 10853

NORTH EAST SOUTH WEST
2♣ Pass 2♦ Pass
2♠ Pass ?
What call would you make?

A - If two diamonds was negative, you can bid an encouraging three spades, or even a splinter bid of four diamonds. If two diamonds was "waiting," you have no good bid now. We would then bid four spades.

Q 6 - North-South vulnerable, as South, you hold:

♠ Void♥ AKQ87543♦ 109♣ KJ3

As dealer, what call would you make?

A - Some players would open two clubs as a way to "start the party." An expert wouldn't think of it. Bid one heart.

(Bob Jones welcomes readers' responses sent in care of this paper. E-mail: tcaditors@tribpub.com)

7 LITTLE WORDS

Find the 7 words to match the 7 clues. The numbers in parentheses represent the number of letters in each solution. Each letter combination can be used only once, but all letter combinations will be necessary to complete the puzzle.

CLUES

- 1 where ferns come from (6)
- 2 like a hidden camera show (6)
- 3 streaked with gray (8)
- 4 painter of tiny portraits (11)
- 5 fruity symbol of hospitality (9)
- 6 browsing for Bigfoot (10)
- 7 light summer outfit (8)

SOLUTIONS

RES	SPO	DID	MIN	ZZL
GRI	IA	SQU	HING	PIN
NDR	SU	CAN	TUR	EAP
ESS	PLE	ATC	IST	ED

Saturday's Answers: 1. DRACONIAN 2. RADICAL 3. RANTING
4. GRACIOUS 5. GROUTING 6. PIGGYBACK 7. CADDY 12/4

Say 'no' to contact info

Dear Readers: Today's sound off is about advertising on the internet/webpages:

"Dear Heloise: I get annoyed at websites where pop-up ads say, 'Get a free, no-obligation quote.' Life insurance, for example: I understand asking smoking and health questions, but why do they have to ask my name? This is only one example of a large number of sites that want contact info. Why? Asking my name is an invasion of my privacy. If I'm interested, I'll call them." — Vicki B., via email

Vicki, I understand completely! I'm tired of ads covering up news stories, and the big banner ads at the top of every screen. The worst, for me, is that they say they're free but want your credit card number. I'd like to know how other readers feel about this problem. — Heloise

Send a great hint to:

Heloise
P.O. Box 795000
San Antonio, TX
78279-5000
Fax: 1-210-HELOISE
Email: Heloise@Heloise.com

Fast facts

Dear Readers: Here are a few suggestions for water conservation to prevent waste:

- Boiling pasta? Save the water and, after it cools, use to water plants.
- Turn off the faucet when brushing your teeth.
- Make sure your dishwasher and clothes washing machine are full before running.
- Water your lawn late



Hints from Heloise

in the day or early in the morning to reduce evaporation.

Remember, water is a precious commodity. Let's not waste it. — Heloise

Wedding rules of etiquette

Dear Heloise: Is it proper to ask people to attend a wedding shower but not the wedding? — Richard B., via email

Richard, there are some hard and fast rules for wedding etiquette that deserve repeating:

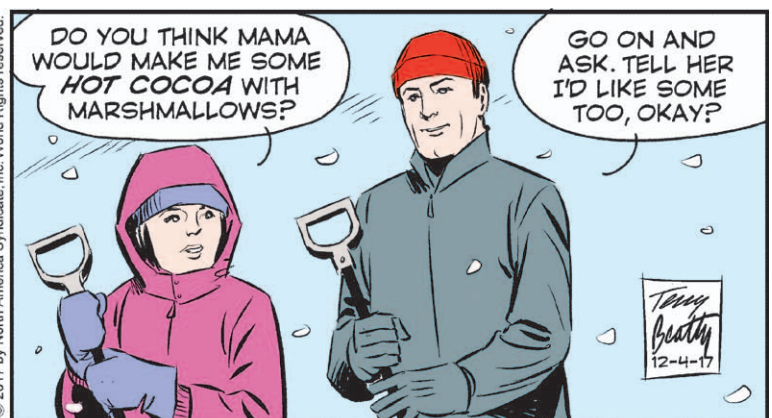
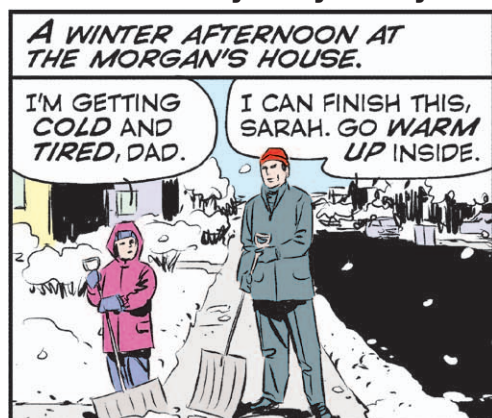
1.) If you're invited to a shower, it is generally understood that you also should be invited to the wedding. An "office shower" might be the one exception to this rule.

2.) The bride/groom sends out handwritten thank-you notes for each gift, making certain to mention how they plan to use it. These go out as soon as possible after the honeymoon.

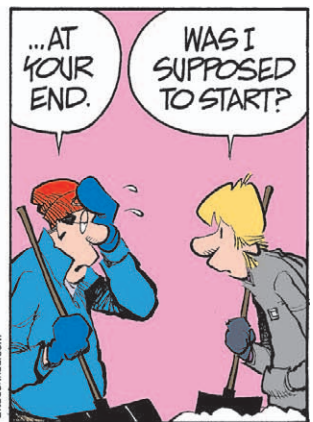
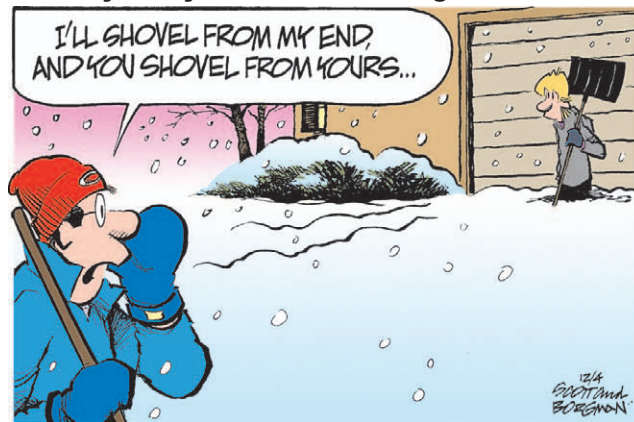
3.) The bride and groom personally thank everyone for attending their wedding, while at the reception.

4.) No one but the bride should wear white to the wedding. Don't put the bride in an uncomfortable position by asking if you can wear white to her wedding. — Heloise

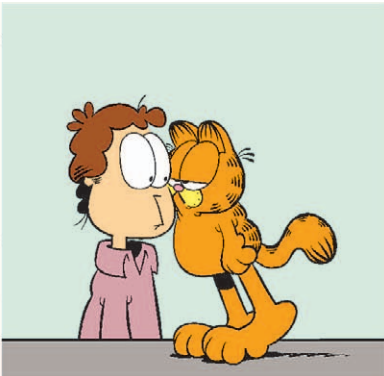
REX MORGAN By Terry Beatty



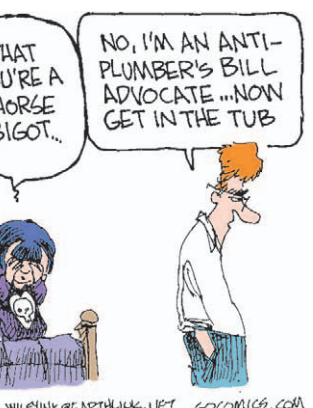
ZITS By Jerry Scott & Jim Borgman



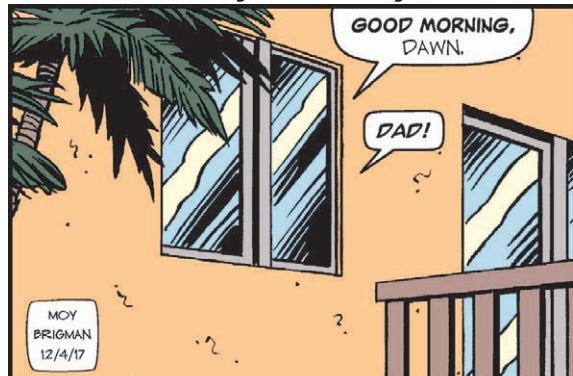
GARFIELD By Jim Davis



NON SEQUITUR By Wiley



MARY WORTH By Karen Moy and June



DILBERT By Scott Adams



Be sure to us on facebook

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TODAY'S CROSSWORD PUZZLE

- ACROSS**
- 1 Rack
 - 6 Open wide
 - 10 Kangaroo pouches
 - 14 Smoker's choice
 - 15 Psychic's intro (2 wds.)
 - 16 Sleep like —
 - 17 Prince Val's wife
 - 18 Edible seeds
 - 19 Painter — Chagall
 - 20 Mark down
 - 22 Technique
 - 23 Wrist-to-elbow bone
 - 24 Felt sorrow over
 - 26 Annual
 - 28 Outspokenly
 - 31 Youth org.
 - 32 Popular lily
 - 33 In a listless manner
 - 39 Between pi and sigma
 - 40 Some parents
 - 41 Aussie jumper
 - 42 Replaces
 - 45 Big house
 - 47 Carpet
 - 48 Couple
 - 50 Photos
 - 53 Luke Skywalker's guru
 - 54 Shorten an article

- 55 Drink like Fluffy
57 Miss Piggy's friend
61 Monthly expense
62 Tiant or Aparicio
64 "Hasta —!"
65 Fasten permanently
66 "— Karenina"
67 "Crocodile Rock" singer — John
68 Failing that
69 Bothers persistently
70 Tractor pioneer
- DOWN**
- 1 Lacerate
 - 2 Bath decor
 - 3 Developed
 - 4 Not artificial
 - 5 Fearsome vampire
 - 6 Puppy noise
 - 7 Crossing the ocean
 - 8 Bushed
 - 9 Savings (2 wds.)
 - 10 Shogun's warriors
 - 11 — costs
 - 12 Trite
 - 13 Pet lovers' grp.
 - 21 Conger
 - 25 "Like a Rolling Stone" singer

PREVIOUS PUZZLE SOLVED

D	U	S	T	M	A	L	L	G	A	D			
O	L	E	O	A	X	I	O	M	M	I	C	A	
G	N	A	T	R	E	A	D	A	L	I	T		
E	A	R	T	H	Y	R	E	N	E	G	A	D	E
E	E	L	S	S	A	T	E						
D	O	O	R	M	A	T	S	H	A	N	G	A	R
R	I	G	S	N	A	C	K	S	T	O	L	E	
I	L	L	S	D	I	A	N	A	A	F	A	R	
V	E	E	P	S	D	R	A	C	O	E	M	U	
E	R	R	A	N	D	E	V	A	P	E	R	O	N
C	U	R	S	E	D	A	M						
F	A	T	I	G	U	E	S	E	L	A	P	S	E
A	N	O	N	I	D	I	O	M	I	R	A	N	
M	I	N	G	D	A	L	A	L	E	V	I		
E	L	I	N	O	R	A	S	P	E	D			

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- 27 Tempe inst.
- 28 Playback machines
- 29 Maui neighbor
- 30 Filly's footfall
- 34 Lb. or tsp.
- 35 Mean
- 36 First 007 movie (2 wds.)
- 37 Weaving machine
- 38 Nostalgic time
- 40 Globe circumnavigator
- 43 Jabber
- 44 Clumsy person
- 45 Shaped clay
- 46 Usually (3 wds.)
- 49 Stir-fry pan
- 50 Having no drawbacks
- 51 Skimpy skirts
- 52 Condo luxury
- 54 Ocean flier
- 56 Metallic sound
- 58 Distribute
- 59 Borodin prince
- 60 Shape up
- 63 Eur. carrier

1	2	3	4	5		6	7	8	9		10	11	12	13		
14						15					16					
17						18					19					
20						21		22			23					
						24		25		26		27				
28	29	30								31						
32								33	34	35			36	37	38	
39								40						41		
42				43	44							45	46			
						47				48	49					
	50	51							52	53						
54								55	56		57			58	59	60
61								62			63			64		
65								66						67		
68								69								70

Want more puzzles?
Check out the "Just Right Crossword Puzzles" books at QuillDriverBooks.com

JUMBLE

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

LEEDU
YREDB
BIGRTH
YLITFH

Answer here: -

(Answers tomorrow)

Saturday's Jumbles: SHYLY DOUBT HANDLE SLEIGH
Answer: The Scottish Highlands' land formations are as — OLD AS THE HILLS

THAT SCRAMBLED WORD GAME

by David L. Hoyt and Jeff Knurek

The power is not coming back on. We're having a half day.

Awesome! Up top!

Yeah!

Cool!

12
4

WHEN THE STORM KNOCKED OUT POWER TO THE SCHOOL, THE STUDENTS WERE —

Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

BORN LOSER By Art and Chip Sansom

by David L. Hoyt and Jeff Knurek

BRUTUS, DON'T YOU THINK IT'S TIME YOU GOT AROUND TO THE OUTDOOR DECORATIONS?

THERE'S NO RUSH TO PUT UP THE DECORATIONS, CHRISTMAS IS STILL THREE WEEKS AWAY.

I MEANT, IT'S TIME TO TAKE DOWN THE HALLOWEEN DECORATIONS!

BLONDIE By Dean Young and John Marshall

by Dean Young and John Marshall

HONEY, WHY DON'T WE TURN OFF THE TV FOR A CHANGE AND JUST TALK ABOUT OUR DAY?

NOW YOU'RE TALKING!

I SUPPOSE IT WOULDN'T HURT TO HAVE A LITTLE BACKGROUND NOISE WHILE WE TALK

YEP, SOUNDS GOOD!

MUTTS By Patrick McDonnell

by Patrick McDonnell

BRRRR... OLD MAN WINTER IS COMING, MOOCH.

DON'T ANSWER THE DOOR!

KENKEN

THE LOGIC PUZZLE THAT MAKES YOU SMARTER.

EASY

2÷	12x	3	2÷
9+		3-	
	2÷		3

CHALLENGING

10+	11+	15x	2	
	60x	4	2÷	7+
3+		3÷	2	
			1-	36x
10x		12x		
3÷		6	9+	

WORKSPACE:

DOONSBURY By Garry Trudeau

by Garry Trudeau

SO, DEAR—WHO'S YOUR NEW LADY FRIEND?

LADY FRIEND? WHAT ARE YOU TALKING ABOUT, MOM?

LAST WEEK, I WAS IN A TAXI DOWNTOWN, AND I SAW YOU AND YOUR FATHER OUTSIDE OF MEAT'S TALKING TO A VERY ATTRACTIVE YOUNG LADY!

OH, HER... OH, SHE'S... SHE'S... WELL, LET ME SEE, SHE'S...

OH, DEAR, I'VE EM-BARRASSED YOU!

EMBAR-ASSED ME? YES! THAT'S RIGHT! I HATE IT WHEN YOU DO THAT!

FOR BETTER OR FOR WORSE By Lynn Johnston

by Lynn Johnston

I WILL NOT TOLERATE NOTE-PASSING IN CLASS, UNDERSTAND?

PLEASE, DON'T READ IT!

THIS IS MY COURSE, AND I EXPECT YOU TO GIVE IT YOUR UNDIVIDED ATTENTION.

PLEASE, PLEASE

NOW, IF YOU WANT TO GIVE THIS TO MICHAEL PATTERSON, YOU CAN DO SO IN THE HALL-LATER!!

MR. BURTON JUST YELLED AT YOU IN FRONT OF 30 PEOPLE!—HOW CAN YOU CALL HIM A NICE GUY?!!

PREVIOUS ANSWERS

18x	2÷	12x	
3	2	4	1
2	3	1	4
1	4	2	3
4	1	3	2

Only child feels pressure of his parents' expectations

DEAR ABBY: I'm 17 and so is my boyfriend. He is an only child, and all throughout his life, his parents have put a lot of pressure on him. Recently, they've been talking about him getting into an honors program in a college. Abby, his parents act like if he doesn't get in, they won't be proud of him. He always feels like he's disappointing them because they never give him any words of encouragement or let him know he's on the right track.



Dear Abby

he needs his parents' approval, and I can't give that to him. Is there any way I can help him? He refuses to talk it out with his parents, but I just want them to be on the same page. Can I help without getting too involved with their family dynamics? — THERE FOR HIM IN DALLAS

It seems to me that he just wants to know that they're proud of him. It's hard for me to constantly try to support him through this because

DEAR THERE FOR HIM: Much as you would like to help your boyfriend, if you approach his parents about the way they are raising their son, it won't help the situation. The odds are great that it will cause them to resent you. However, if your boyfriend would discuss this with a counselor at school or a teacher he trusts, that person — an educator who is a contemporary of your boyfriend's parents — might suggest that their son needs positive reinforcement to reach his full potential.

DEAR ABBY: I was married for many years to my ex-wife. I met another woman, wound up

divorced, and I am now with this other woman.

The problem is, my ex is disabled. Somebody stays with her during the week and cooks for her and such. Sundays are different, and I usually bring food to her, which takes about an hour.

My new lady friend is having a fit about this to the point that we may break up over it. Am I wrong for helping my ex, who has very little family and no children? — GOOD DEED PUNISHED IN MISSISSIPPI

DEAR GOOD DEED: You are a kind and caring individual. That your new lady friend cannot recognize this for what it is, an act of compassion, and

realize that you would do the same for her if she needed it, is sad. You are not wrong for helping your ex, since there is no one else who seems willing. If this woman is so threatened that she can't cut you some slack one hour a week, perhaps breaking up would be best for both of you.

DEAR ABBY: I am biting my tongue all the way through at work. One co-worker regularly brings her breakfast to eat. The other, even worse, comes in with wet hair and uses a curling iron at her computer station — in shared space! Am I too old-fashioned? — BITING MY TONGUE

people bring their breakfast to work. Unless there is a rule against it, I see nothing wrong with it.

As to your other co-worker, I agree what she's doing is inappropriate. She'd probably do a better job if she groomed herself in the restroom or at home before work. Is your supervisor or boss aware she's doing it? If not, the person should be informed. If so, then MYOB.

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 or P.O. Box 69440, Los Angeles, CA 90069.

Challenger

DIRECTIONS:

- Fill each square with a number, one through nine.
- Horizontal squares should add to totals on right.
- Vertical squares should add to totals on bottom.
- Diagonal squares through center should add to total in upper and lower right.

THERE MAY BE MORE THAN ONE SOLUTION.

Today's Challenge

Time 1 Minutes

21 Seconds

Your Working Time Minutes

Seconds

		7		19
2				5
	3			15
			4	17
5	17	21	13	12

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Yesterday's Challenger Answers

solution	12-2	20		
6	7	3	7	11
2	8	5	7	16
2	8	8	7	19
6	6	6	6	24
16	23	22	9	28

Cryptoquip

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12-4

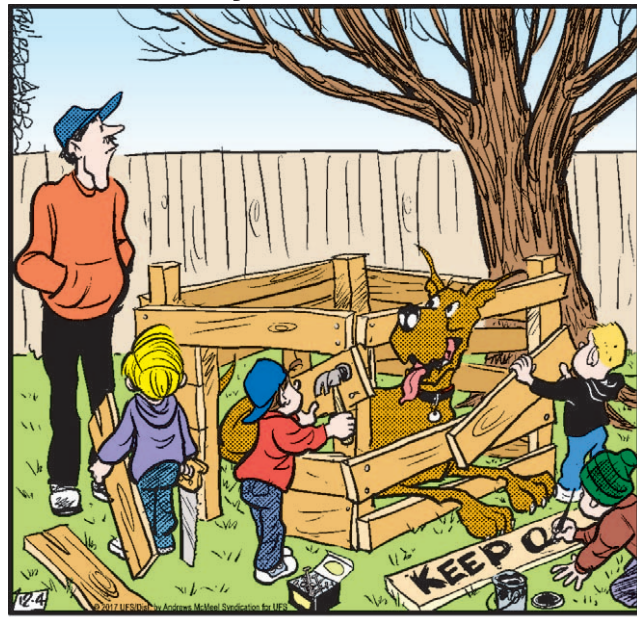
SEEHIZKJ QZCGPK NFP
 PNKG S FIOZ MPHHZMJXPK
 PE RZMPCSJXUZ OSCRZK

GFZHJZCG: S QSUXHXPX-SXCZ.

Saturday's Cryptoquip: WHAT SUGARY SNACKS DO YOU THINK VENTRILOQUISTS CHOOSE TO GIVE THEIR DOLLS? DUMMY WORMS.

Today's Cryptoquip Clue: E equals F

MARMADUKE By Brad Anderson



"We were going to build a treehouse, but Marmaduke wouldn't be able to come in."

WORD SLEUTH

HERE'S TO YOU BOB

Z H E B Y V T Q O R L I G D E
 B Y W T R P M K I F E D B B L
 B Y W U S Q O M T A C B O B B
 K I F D B Z N N I P Y B B O B
 L T H I N G A M A B O B B O O
 X I W U S Q B O N L L W Y J B
 H Y A T S B O B I F H D S C H
 A Y W T V T B N N I B B O B C
 S Q B O B I K S T P N L C K T
 D E L S B O B E I H F E K C U
 B E T A L U B O B M O C S I D

Saturday's unlisted clue: ITALY

Find the listed words in the diagram. They run in all directions - forward, backward, up, down and diagonally.
 Monday's unlisted clue hint: A SMALL LYNX

- Bobber
- Bobbin
- Bobble
- Bobby pin
- Bobby socks
- Bobolink
- Bobsled
- Bobstay
- Bobtail
- Bobwhite
- Discombobulate
- Dutch bob
- Nabob
- Skibob
- Thingamabob

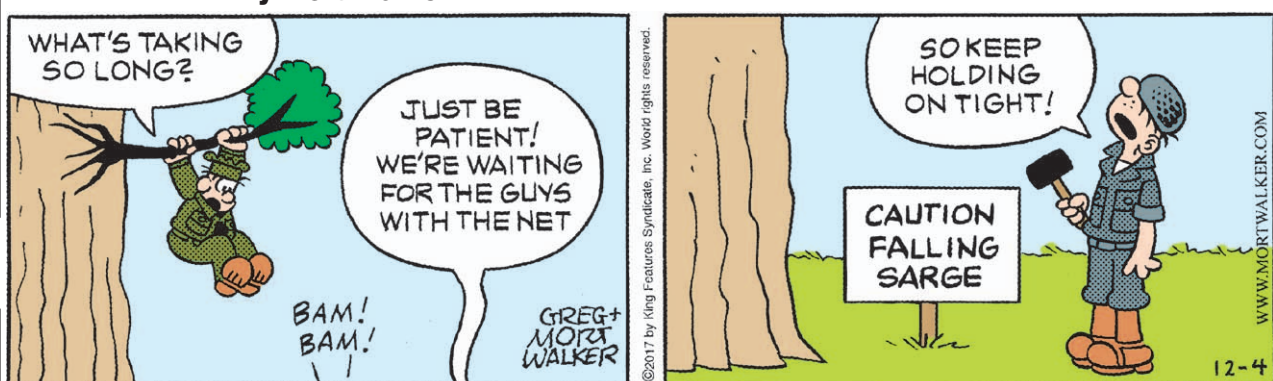
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12/4

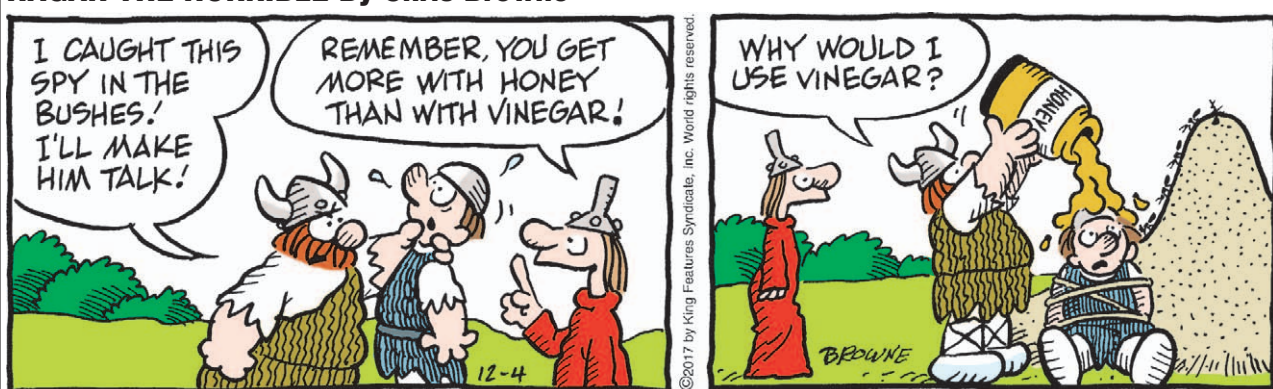
HI AND LOIS By Brian and Greg Walker



BEETLE BAILEY By Mort Walker



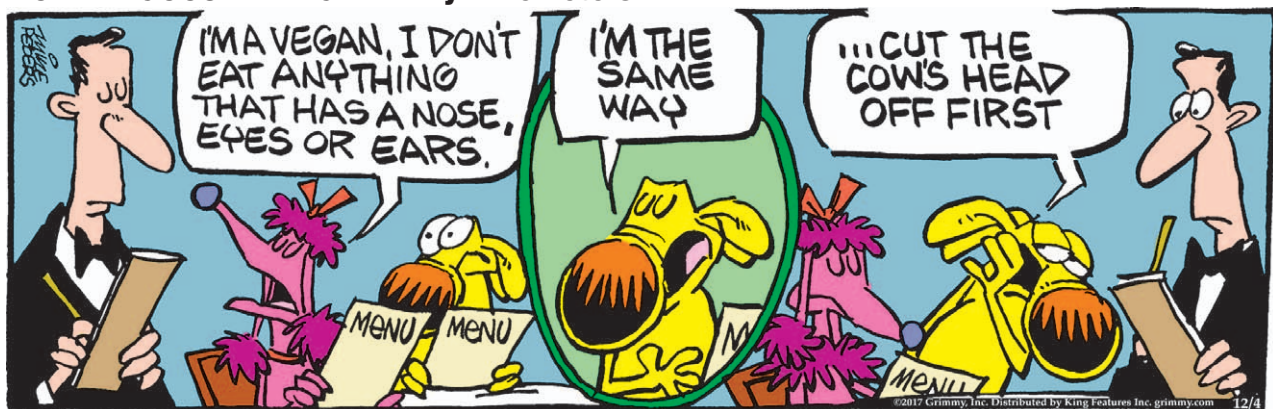
HAGAR THE HORRIBLE By Chris Browne



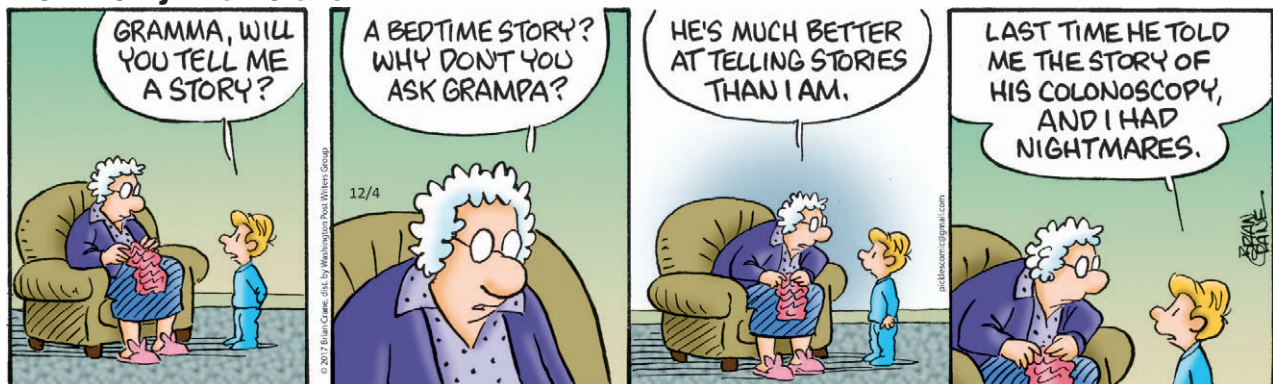
THE WIZARD OF ID By Brant Parker and Johnny Hart



MOTHER GOOSE AND GRIMM By Mike Peters



PICKLES By Brian Crane



B.C. By Mastroianni & Hart



Using both red yeast rice and a statin drug not recommended

DEAR DR. ROACH: In a recent column, you said that red yeast rice acts as a kind of natural statin. Can natural and synthetic statins be used together? — M.P.A.

ANSWER: Red yeast rice is a traditional Chinese food and medicine used for circulation. It was found to decrease cholesterol by about 15 percent, and analysis of the product shows that it contains a chemical called monacolin K, which is the active ingredient of the statin drug lovastatin.

I don't recommend red yeast rice for most people because, like any natural product, the amount of the active compound varies. I prefer to give a known amount of the purified compound, so the person gets the same amount every day and I can adjust the dose if needed. I have patients who prefer natural products, so I recommend red yeast rice only for people who insist on this.

However, I would not combine it with another statin. In general, combining drugs of the same class — statins, blood pressure medicines, depression medicines or nonsteroidal anti-inflammatory medicines — does not increase the beneficial effect much, but it does dramatically increase the risk of toxicity and side effects. It's generally better to use a complementary class. In the case of cholesterol treatment, people who need more than a statin usually need a better diet and more exercise.

There are few people I treat for cholesterol with a medication other than a statin these days, but some may benefit from ezetimibe or one of the newer PCSK-9 inhibitors.

DEAR DR. ROACH: I am a diabetic and take gabapentin for symptoms of diabetic neuropathy. My family doctor suggested I use a rolling pin: I put it under my feet and roll it back and forth for about five minutes while sitting in a chair. It takes away the tingling. — K.

ANSWER: I appreciate your writing. I often have talked about medical treatment for diabetic neuropathy, and this simple treatment may help some readers. Many physical therapists use a foam roller. An easy way to make one yourself is to cut a children's "noodle" (a foam float used as a pool toy) into the appropriate size, rather than using a rolling pin. This can help some



Dr. Roach

people with peripheral neuropathy, whether diabetic or non-diabetic. Everyone with peripheral neuropathy also should be taught how to inspect their feet daily for any potential problems and get a regular professional evaluation as well.

READERS: Diabetes has become epidemic in North America. The booklet on it provides insight on its diagnosis and treatment. Readers can order a copy by writing:

Dr. Roach
Book No. 402
628 Virginia Dr.
Orlando, FL 32803

Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Can. with the recipient's printed name and address. Please allow four weeks for delivery.

DR. ROACH WRITES: A recent column on tinnitus generated some interest among readers. Several readers wrote that tinnitus associated with hearing loss can be made better with hearing aids. I was asked about acupuncture and magnetic therapy, neither of which has strong evidence to support that it is better than placebo (more research is ongoing, with some promise).

Another person noted that a family member's tinnitus went away after 100 pounds of weight loss: In that case, I suspect that the overweight person may have had elevated intracranial pressure (sometimes called "pseudotumor cerebri"), which is a rare cause of tinnitus. Finally, some people noted that having background noise can "mask" the tinnitus. As always, I appreciate the interest and helpful comments. You can reach me by email or on my Facebook page, facebook.com/keithroachmd.

Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu or request an order form of available health newsletters at 628 Virginia Dr., Orlando, FL 32803. Health newsletters may be ordered from www.rbmamall.com.

JANRIC CLASSIC SUDOKU

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process elimination to solve the puzzle. The difficulty level ranges from Bronze (easiest) to Silver to Gold (hardest).

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

Rating: BRONZE

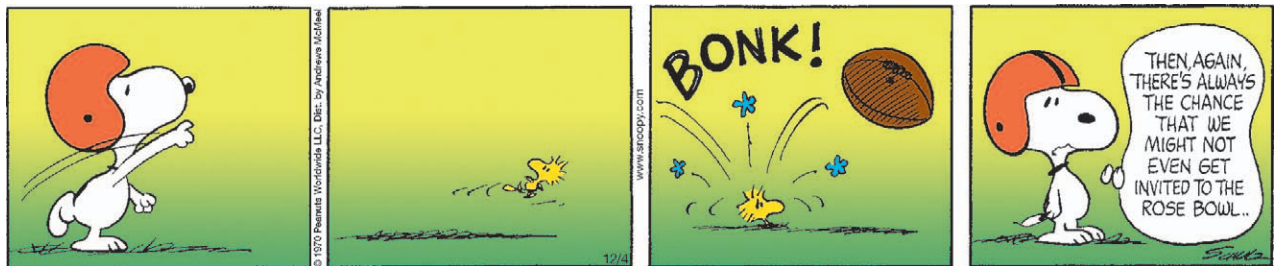
Solution to 12/2/17

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

MALLARD FILLMORE By Bruce Tinsley



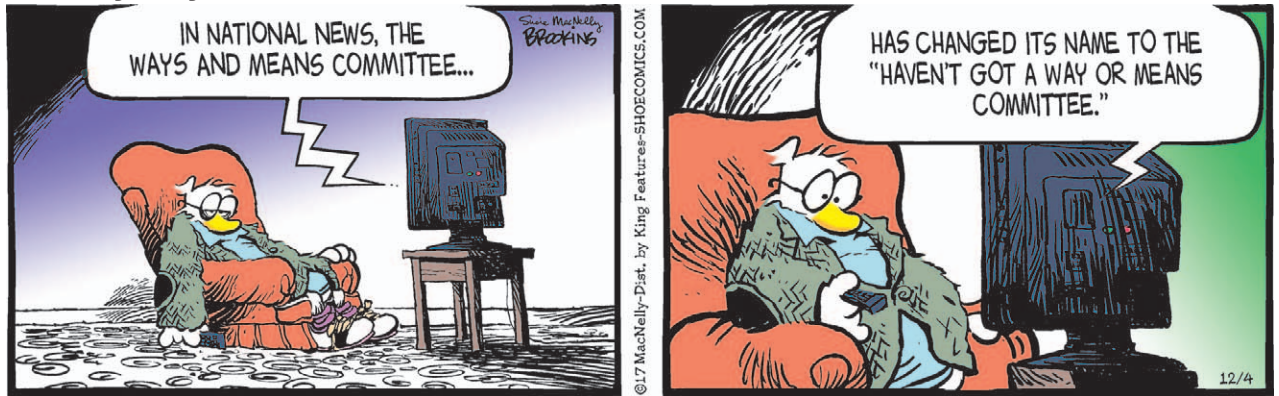
PEANUTS By Charles Schulz



CRANKSHAFT By Tom Batiuk & Chuck Ayers



SHOE By Gary Brookins & Susie



WORDY GURDY®

BY TRICKY RICKY KANE
Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. Haul a drain stopper (1)

Word grid for puzzle 1

2. Barn-and-silo site's allures (1)

Word grid for puzzle 2

3. Rolex irregular stain (1)

Word grid for puzzle 3

4. Hug General and Mrs. Robert E. (1)

Word grid for puzzle 4

5. Basement resident (2)

Word grid for puzzle 5

6. Rock band fanatic's Mumbai money (2)

Word grid for puzzle 6

7. Hotdogger's watercraft with oars (2)

Word grid for puzzle 7

ANSWERS
1. LUG PLUG 2. FARMS CHARMS 3. WATCH BLOTCH 4. SQUEEZE LEES
5. CELLAR DWELLER 6. GROUPIES RUPPIES 7. SHOWBOATS ROWBOATS

BIBLE

"Now concerning spiritual gifts, brethren, I would not have you ignorant." — 1 Corinthians 12:1.

The Lord never intended for his children to be denied the gifts that He provided for them, nor for one generation of people to be preferred above another: God is no respecter of persons. All things are yours.

HOROSCOPE

ARIES (March 21-April 19). Your ideal day today is very different from what your ideal day would have been a few years ago — more proof that you're growing and changing. You'll do a navigation check to make sure you're on track.
TAURUS (April 20-May 20). It's not so easy for you to set boundaries today, but do it anyway. This is a situation to nip in the bud. Expect a little awkwardness. It'll be better to be a little uncomfortable now than feel totally stuck or cornered later.
GEMINI (May 21-June 21). You'll get advice. You can afford to be choosy about what you take

seriously. Anyone with sight can see things, but it takes someone with wisdom to see into, beyond or through things.
CANCER (June 22-July 22). You're holding on to a moment in the past to learn from it, or maybe it's because it has become so much of who you are. But are you giving it too much attention now? If it causes you sadness or sentimentality, let it go.
LEO (July 23-Aug. 22). If you start off the same way, you'll soon find yourself in the spot that made you want to start over in the first place. There's a chance to begin again, and you'll do it differently this time.
VIRGO (Aug. 23-Sept. 22). People around you may be pretending to love things because they feel

they're supposed to. Maybe their jobs or friendships depend on it. You'll have a more objective, accurate and perhaps unpopular view.
LIBRA (Sept. 23-Oct. 23). When a project doesn't work, it's not always the project's fault. The environment may not have been conducive to a thriving result. Before you throw in the towel on your current project, take a look around to figure out what you could change to make the setting more supportive.
SCORPIO (Oct. 24-Nov. 21). You think; therefore, you are. And as you become aware of some of the shady things going on around you today, you won't exactly like what this implies. Seek inspiration and light. Let the sun shine on your thoughts.

SAGITTARIUS (Nov. 22-Dec. 21). It's as if your playlist is on repeat. But don't worry; it won't be long before a fresh influence shows up. In fact, the excitement that tumbles into your world this afternoon is the start of it.
CAPRICORN (Dec. 22-Jan. 19). Bandages of the modern world often come in stylish colors and patterns because why shouldn't healing have a little joy in it? Apply the same principle to an emotional healing, which definitely doesn't have to be solely drudgery.
AQUARIUS (Jan. 20-Feb. 18). Because of your stellar sense of humor, you may be tempted to make light of something other people hold sacred. Q: If a joke

falls in the forest and no one is there to laugh, was it funny? A: Nope.
PISCES (Feb. 19-March 20). Your insights today will be spot on, but that in and of itself, is not a good enough reason to share them. Jot them down. Collect them.
TODAY'S BIRTHDAY (Dec. 4). This year motivates you to create new rules and goals for yourself and stick with them. Your work will be graded over the next 10 weeks, and you'll love what comes of this. People do extreme things for their love of you. Your public persona becomes key to success in May. Fun changes ensue. Cancer and Taurus adore you. Your lucky numbers are: 5, 3, 22, 38 and 14.

Monday Television

VEN-VENICE E-N-ENGLEWOOD SAR-SARASOTA PC-PORT CHARLOTTE ARC-ARCADIA SPG-SOUTH PUNTA GORDA

DEC. 4	PRIME TIME											
	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30
	VEN	E-N	SAR	PC	ARC	SPG	FUS					
BROADCAST	ABC 40	7	7	10	7	7						
	ABC 26	-	-	7	11	7						
	CBS 11	213	213	-	5	5						
	CBS 10	10	10	10	-	10						
	NBC 20	-	232	-	2	2						
	NBC 8	8	8	8	-	8						
	FOX 36	-	-	4	4	4						
	FOX 13	13	13	13	-	13						
	PBS 30	-	3	-	3	3						
	PBS 3	3	17	3	-	-	3					
	CW 46	-	-	6	21	6						
	CW 44	9	9	9	-	-	4					
	MYN 38	11	11	11	-	-	14					
	ION 66	2	2	2	13	26	-	17				
	A&E	26	26	26	26	39	50	181				
	AMC	56	56	56	56	30	53	231				
APL	44	44	44	44	36	68	130					
BBCAM	114	114	114	114	114	189						
BET	35	35	35	40	22	70						
BRAVO	68	68	68	68	254	51	185					
COM	66	66	66	66	15	27	190					
DISC	40	40	40	25	43	120						
E!	46	46	46	46	26	196						
FOOD	37	37	37	183	76	164						
FREE	55	55	55	55	10	46	199					
FX	51	51	51	51	58	49	53					
GSN	179	179	179	179	34	179	184					
HALL	5	5	5	17	137	240						
HGTV	41	41	41	41	53	42	165					
HIST	81	81	81	33	65	128						
LIFE	36	36	36	36	52	41	140					
NICK	25	25	25	25	44	252						
OWN	58	58	58	47	67	145						
QVC	14	14	14	14	13	150						
SPIKE	57	57	57	29	63	54						
SYFY	67	67	67	253	64	180						
TBS	59	59	59	59	32	62	52					
TCM	65	65	65	65	74	230						
TLC	45	45	45	45	57	72	139					
TNT	61	61	61	61	28	55	51					
TOON	80	80	80	80	46	20	257					
TRAV	69	69	69	69	260	66	170					
TRUTV	63	63	63	63	30	183						
TVL	62	62	62	62	31	54	241					
USA	34	34	34	34	22	52	50					
WE	117	117	117	117	117	149						
WGN	16	16	16	19	41	11	68					
CNBC	39	39	39	39	37	102						
CNN	32	32	32	32	18	38	100					
CSPAN	18	18	18	18	37	12	109					
FNC	64	64	64	64	48	71	118					
MSNBC	83	83	83	83	185	40	103					
SNN	6	6	6	11	-	-	-					
ESPN	29	29	29	29	12	58	74					
ESPN2	30	30	30	30	6	59	70					
FS1	48	48	48	48	69	83						
FSN	72	72	72	72	56	77						
FSSUN	38	38	38	38	45	57	76					
GOLF	49	49	49	49	55	60	93					
NBCSN	71	71	71	71	54	61	90					
PREMIUM	DISN	136	136	136	136	99	45	250				
	ENC	150	150	150	150	150	150	350				
	HBO	302	302	302	302	302	302	400				
	HBO2	303	303	303	303	303	303	402				
	HBO3	304	304	304	304	304	304	404				
	MAX	320	320	320	320	320	320	420				
	MAX2	321	321	321	321	321	321	422				
	SHO	340	340	340	340	340	340	365				
	TMC	350	350	350	350	350	350	385				

Today's Sports

- 6 a.m. FSN NBA Basketball**
Orlando Magic at New York Knicks. (R)
- 8 a.m. FSN Magic LIVE! Postgame.** (R)
- 9 a.m. FSN German Bundesliga Soccer** Köln at Schalke 04. (R)
- FSSUN HEAT LIVE! Postgame.** (R)
- 11 a.m. GOLF Ladies European Tour Golf** The Queens: Round 2 from Miyoshi Country Club in Japan. (T)
- 12 p.m. FSN NBA Basketball**
Orlando Magic at New York Knicks. (R)
- 1 p.m. GOLF PGA Tour Golf** Hero World Challenge: Final Round from Albany, The Bahamas. (R)
- 6:30 p.m. FS1 College Basketball** Michigan Wolverines at Ohio State Buckeyes. (L)
- 7 p.m. ESPN2 College Basketball** Wisconsin Badgers at Penn State Nittany Lions. (L)
- FSN NBA Basketball** Orlando Magic at Charlotte Hornets. (L)
- 8 p.m. GOLF PGA Tour Golf** Hero World Challenge: Final Round from Albany, The Bahamas. (R)

- USA WWE Monday Night Raw** from Staples Center in Los Angeles. (L)
- 8:15 p.m. ESPN Monday Night Football** Pittsburgh Steelers at Cincinnati Bengals. (L)
- 9 p.m. ESPN2 College Basketball** Florida State Seminoles at Florida Gators. (L)
- 12 a.m. FSN NBA Basketball**
Orlando Magic at Charlotte Hornets. (R)
- 3:30 a.m. FS1 College Football** 2017 Big 12 Championship TCU Horned Frogs vs Oklahoma Sooners. (R)
- 4 a.m. ESPN2 College Football** 2017 MAC Championship Akron Zips vs Toledo Rockets. (R)

Today's Talk Shows

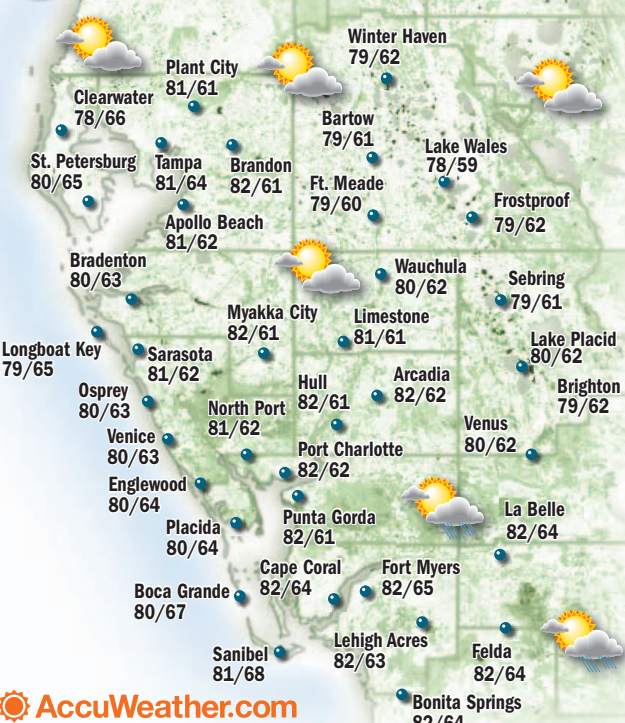
- 8:00 a.m. IND The Steve Wilkos Show** Man wants to prove his innocence in touching school children inappropriately.
- 9:00 a.m. CBS LIVE with Kelly and Ryan** Rene Russo; Saoirse Ronan. (N)
- 9:00 a.m. FOX Jerry Springer** Avian admitted cheated on his girlfriend Santasia with her twin sister Santusia.
- 10:00 a.m. FOX Maury Woman** tries to explain friend is father; man claims ex lied about child.
- 10:00 a.m. IND The Steve Wilkos Show** Man makes list of people possibly molesting his three-year-old daughter.
- 11:00 a.m. IND Jerry Springer** A woman is upset her man slept with someone else after all she's done for him.
- 1:00 p.m. IND The Steve Wilkos Show** Man makes list of people possibly molesting his three-year-old daughter.
- 2:00 p.m. CW The Robert Irvine Show** A woman believes her boyfriend may have had sex with her best friend.
- 3:00 p.m. NBC The Dr. Oz Show** The price and true value of eggs at supermarkets are compared; Suzanne Somers. (N)
- 4:00 p.m. MYN Maury** A man suspects that his fiancée has been cheating with his own father.
- 5:00 p.m. MYN Maury** Woman tries to explain friend is father; man claims ex lied about child.
- 11:35 p.m. NBC The Tonight Show Starring Jimmy Fallon** Actor and comic Keegan-Michael Key; actress Claire Foy. (N)

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GOOD NEWS TODAY / WEATHER

TODAY / TONIGHT	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Partly sunny and pleasant HIGH 82° 10% chance of rain	Clear to partly cloudy LOW 62° 5% chance of rain	Sunshine and patchy clouds 84° / 64° 25% chance of rain	Partly sunny 83° / 63° 5% chance of rain	Mostly cloudy, a shower; not as warm 73° / 52° 40% chance of rain	Cloudy and cooler 59° / 47° 25% chance of rain	Partly sunny 67° / 44° 15% chance of rain

71° GULF WATER TEMPERATURE



FLORIDA CITIES

City	Today	Tue.
Apalachicola	73 61 pc	76 59 c
Bradenton	80 63 pc	81 64 s
Clearwater	78 66 pc	80 65 s
Coral Springs	81 71 pc	82 69 pc
Daytona Beach	77 62 pc	79 61 s
Fort Lauderdale	80 72 pc	82 71 pc
Fort Myers	82 65 pc	85 66 s
Gainesville	76 53 pc	80 57 s
Jacksonville	76 57 pc	81 59 pc
Key Largo	79 74 pc	81 74 s
Key West	80 74 pc	82 73 pc
Lakeland	79 60 pc	82 62 s
Melbourne	80 65 pc	82 64 pc
Miami	83 72 pc	84 72 s
Naples	82 65 pc	84 67 s
Ocala	76 55 pc	81 56 s
Okeechobee	79 62 sh	81 63 s
Orlando	79 61 pc	82 62 s
Panama City	75 59 pc	78 54 c
Pensacola	74 65 pc	78 50 t
Pompano Beach	81 73 pc	82 72 sh
St. Augustine	72 59 pc	76 57 t
St. Petersburg	80 65 pc	82 66 s
Sarasota	81 62 pc	82 62 s
Tallahassee	75 53 pc	79 56 pc
Tampa	81 64 pc	83 66 s
Vero Beach	79 65 pc	81 62 sh
West Palm Beach	80 72 sh	81 70 sh

TIDES

Point	High	Low	High	Low
Punta Gorda				
Today	1:54a	10:07a	4:56p	8:44p
Tue.	2:36a	10:57a	5:56p	9:22p
Englewood				
Today	12:31a	8:23a	3:33p	7:00p
Tue.	1:13a	9:13a	4:33p	7:38p
Boca Grande				
Today	2:39p	7:17a	---	5:36p
Tue.	12:02a	8:06a	3:41p	6:13p
El Jobean				
Today	2:26a	10:36a	5:28p	9:13p
Tue.	3:08a	11:26a	6:28p	9:51p
Venice				
Today	1:48p	7:02a	11:28p	5:39p
Tue.	2:48p	7:52a	---	6:17p

MARINE

Wind Speed Seas Bay/Inland direction in knots in feet chop
Cape Sable to Tarpon Springs
 ENE 7-14 1-2 Light
Tarpon Springs to Apalachicola
 E 8-16 1-3 Light

SUN AND MOON

The Sun	Rise	Set
Today	7:03 a.m.	5:35 p.m.
Tuesday	7:03 a.m.	5:35 p.m.

The Moon	Rise	Set
Today	6:59 p.m.	7:53 a.m.
Tuesday	8:02 p.m.	8:58 a.m.

SOLUNAR TABLE

Minor	Major	Minor	Major
Today	5:42a	11:58a	6:14p
Tue.	6:49a	12:28a	7:20p
Wed.	7:57a	1:42a	8:28p

The solunar 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.

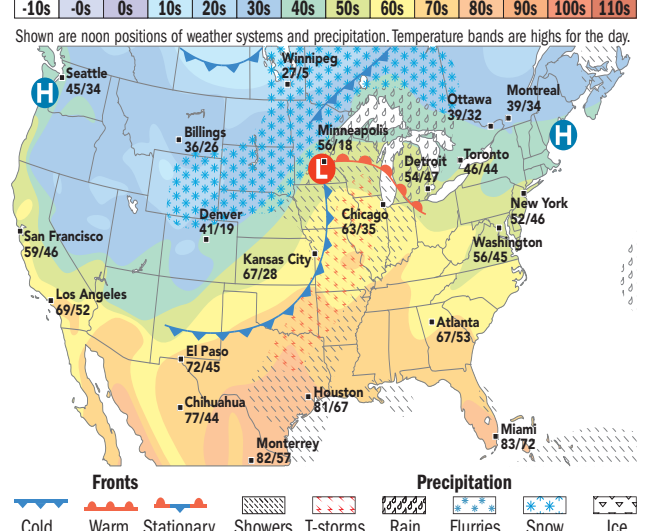
WEATHER HISTORY

Washington, D.C., received 11.1 inches of snow on Dec. 4, 1957.

WEATHER TRIVIA™

Q: What is the record-high temperature for the U.S. in December?
 A: 100 F at La Mesa, Calif., on Dec. 8, 1938.

THE NATION



U.S. Extremes (For the 48 contiguous states yesterday)
 High 85° at Brownsville, TX
 Low 13° at Alamosa, CO

City	Today	Tue.	City	Today	Tue.
Albuquerque	50 30 s	49 25 pc	Jackson, MS	76 64 pc	70 42 t
Anchorage	43 29 r	35 22 sn	Kansas City	67 28 c	45 30 pc
Atlanta	67 53 pc	69 41 c	Knoxville	67 48 pc	62 34 sh
Baltimore	55 40 pc	61 43 r	Las Vegas	57 40 s	56 38 s
Billings	36 26 sf	42 27 c	Los Angeles	69 52 s	69 46 s
Birmingham	72 60 pc	68 37 t	Louisville	70 51 pc	51 30 r
Boise	37 20 pc	37 22 s	Memphis	72 51 c	52 35 r
Boston	46 37 s	52 50 r	Milwaukee	59 34 sh	37 21 pc
Buffalo	51 47 pc	50 30 r	Minneapolis	56 18 r	23 14 pc
Burlington, VT	44 38 pc	51 41 r	Montgomery	72 55 pc	74 39 t
Charleston, WV	65 45 pc	58 31 r	Nashville	72 57 pc	59 32 r
Charlotte	64 45 pc	65 49 c	New Orleans	77 65 pc	77 48 r
Chicago	63 35 sh	26 23 pc	New York City	52 46 pc	60 52 r
Cincinnati	64 50 pc	51 25 r	Norfolk, VA	59 47 s	71 55 c
Cleveland	57 50 pc	52 26 r	Oklahoma City	70 35 pc	52 28 pc
Columbia, SC	68 50 pc	74 56 pc	Omaha	58 25 c	39 24 pc
Columbus, OH	58 51 pc	53 26 r	Philadelphia	53 44 s	62 48 r
Concord, NH	45 28 s	48 45 r	Phoenix	73 49 pc	71 51 pc
Dallas	82 47 c	58 40 pc	Pittsburgh	55 44 pc	54 26 r
Denver	41 19 c	47 24 s	Portland, ME	43 30 s	47 43 r
Des Moines	65 25 s	52 50 r	Portland, OR	47 32 pc	49 37 s
Detroit	54 47 c	47 27 c	Providence	50 35 s	56 52 c
Duluth	41 14 r	16 7 sf	Raleigh	62 41 pc	67 49 r
Fairbanks	32 15 pc	23 16 c	Salt Lake City	36 19 sf	35 19 s
Fargo	33 10 sn	21 9 pc	St. Louis	70 35 sh	46 27 pc
Hartford	48 33 s	55 50 r	San Antonio	82 63 pc	63 44 sh
Helena	31 20 pc	34 13 c	San Diego	69 51 s	72 52 s
Honolulu	82 69 s	80 67 c	San Francisco	59 46 s	62 44 s
Houston	81 67 sh	71 44 r	Seattle	45 34 pc	46 35 s
Indianapolis	63 42 c	45 24 pc	Washington, DC	56 45 pc	62 46 r

WORLD CITIES

City	Today	Tue.	City	Today	Tue.
Amsterdam	47 42 c	47 41 c	Mexico City	75 46 s	76 46 s
Bahgdad	74 45 s	75 52 s	Montreal	39 34 pc	48 34 r
Beijing	38 22 s	46 27 s	Ottawa	39 32 c	48 29 r
Berlin	40 32 sh	45 39 c	Paris	46 33 c	44 33 c
Buenos Aires	74 61 pc	80 63 pc	Regina	14 2 pc	25 14 sn
Cairo	82 59 s	75 57 c	Rio de Janeiro	83 72 sh	82 72 t
Calgary	31 27 pc	39 26 pc	Rome	53 33 s	55 36 s
Cancun	83 74 pc	84 71 pc	St. John's	36 28 r	35 29 c
Dublin	47 39 pc	48 44 c	San Juan	85 77 sh	83 76 sh
Edmonton	22 20 c	34 20 s	Sydney	69 66 r	72 64 t
Halifax	39 31 pc	41 36 pc	Tokyo	57 46 r	57 41 pc
Kiev	33 26 sn	33 26 sf	Toronto	46 44 c	51 27 r
London	49 39 pc	48 43 c	Vancouver	42 31 pc	44 37 s
Madrid	53 25 s	51 25 s	Winnipeg	27 5 c	12 1 c

Skiing Santas ho-ho-hold court at ski resort's annual bash

NEWRY, Maine — Santa Claus is known for shimmying down chimneys, but for one day a year, dozens of Santas try to avoid tumbling down a mountain.

The 18th annual Santa event took place at Sunday River ski resort in western Maine on Sunday. The event is highlighted by Santas skiing and snowboarding down the slopes to raise money for the Sunday River Community Fund, which benefits groups in the area.

One of the Santas was Yelena Walsh of Boston, a 50-year-old financial analyst who was once a professional skier in Russia. Walsh said the event is the highlight of her holiday season.

"In Russia, we didn't celebrate Christmas. We celebrated New Year," she said. "This is a very good and very festive way to start the ski season. It's an opportunity to dress up and act like a child."

The skiing Santas participate in full Kringle garb, including, of course, a white beard and red hat. The Santas must all donate a



A snowboarder, right, gets a jump start as 160 Santas head down a slope at Sunday River during the ski resort's 18th annual Santa Sunday event, Sunday, in Newry, Maine.

minimum of \$15.

Online registration to participate filled up in 10 minutes, said Darcy Lambert, a spokeswoman for Sunday River.

The event has grown in popularity over the years, Lambert said, with 160 Santas raising \$2,500 Sunday.

The event took place in the tiny western Maine town of Newry, about 80 miles northwest of Portland.

'Super beans' raise hopes in hunger-prone parts of Africa

By **RODNEY MUHUMUZA**
 ASSOCIATED PRESS

NWOYA, Uganda — As hunger and climate change threaten parts of Africa, two bean "gene banks" on the continent are pursuing "super" beans that are bred to resist drought conditions.

One testing ground is northern Uganda, where the recent arrival of more than 1 million refugees from war-torn South Sudan is stretching the abilities of local farmers and the land itself.

The so-called "super

bean," a fast-maturing, high-yield variety, is being promoted by Uganda's government and agriculture experts amid efforts to feed hunger-prone parts of Africa.

The International Center for Tropical Agriculture says the beans have been bred by conventional means to resist the drought conditions.

The group operates one of just two bean "gene banks" in Africa, which is expected to be hit hardest by climate change, said the U.N. Development Program.



In this photo taken Wednesday, Nov. 1, workers in a warehouse pack "super beans" into branded bags, part of a substantial consignment ordered by the U.N.'s Food and Agriculture Organization as planting materials for refugees sheltering in northern Uganda, in Kiryandongo, Uganda.

Tonka under the tree: Woman gets help with brother's special gift

BALTIMORE — A toy company and strangers are pitching in to help a Maryland woman find a particularly important Christmas gift for her disabled brother.

Cassie Gretschel turned to Reddit recently for help tracking down a discontinued Tonka truck for her brother, Max, who lives in Baltimore.

Max Gretschel, 25, has cerebral palsy and severe scoliosis, and Cassie Gretschel wrote that the truck, made in 2000 and modeled after a blue police Hummer, is "the only thing he wants for Christmas."

Cassie Gretschel said in an interview with The Associated Press that the truck has a design that's easy for her brother to use. He already has more than a dozen, but "they're pretty much the only toy we've been able to find" for him, said Cassie Gretschel, who lives in Huntingtown, Maryland.

"He plays with them for hours daily, so a lot of them have broken down and been used for parts over the years," she wrote in her post.

Gretschel, 29, said she'd had the most luck finding the truck through eBay alerts and was hoping someone with a spare truck might see her post and list it so she could buy it.

Instead, her post went viral.

Gretschel, whose story was first reported by BuzzFeed, said she's already received one truck and promises of others.

Tonka also took notice, writing on Facebook that employees are searching warehouse archives in the U.S. and China.

Manufacturer Funrise Toys, which couldn't be reached by AP over the weekend, told Cassie Gretschel if they can't find one, they'd try to recreate it or find one with similar features, she said.

"This story touches our hearts and we hope to make this special fan's Christmas extra special!" the company wrote.

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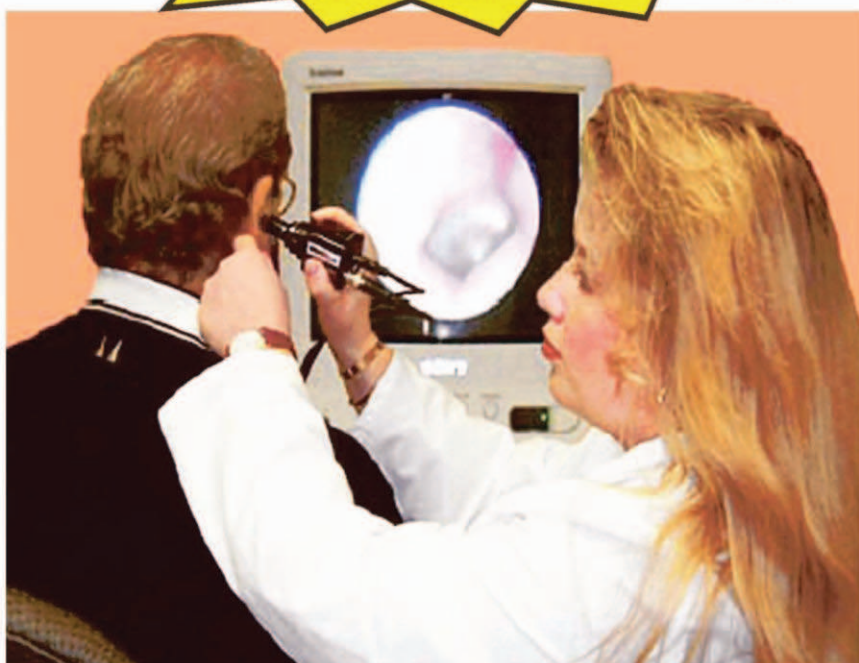
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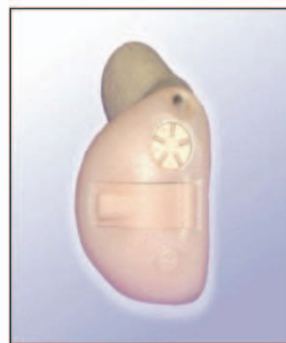
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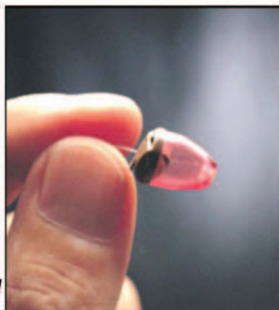
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FROST HIRED

Frost says he's ready to turn around Huskers. **Page 6**

Monday, December 4, 2017

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COLLEGE FOOTBALL PLAYOFF

Alabama gets nod over Ohio St

By **RALPH D. RUSSO**
Associated Press

PLAYOFF RANKINGS

- | | |
|---------------|-----------------|
| 1. Clemson | 6. Wisconsin |
| 2. Oklahoma | 7. Auburn |
| 3. Georgia | 8. Southern Cal |
| 4. Alabama | 9. Penn State |
| 5. Ohio State | 10. Miami |

INSIDE: Full bowl coverage on Page 6

Bowl Championship Series, but the all-Southeastern Conference championship game was the final blow. The College Football Playoff was created soon after. On Sunday, the field for the fourth College Football Playoff was set

SEE ALABAMA, 6



Alabama tight end Hale Hentges, left, celebrates with Irv Smith Jr. after scoring a touchdown Nov. 18 against Mercer, in Tuscaloosa, Ala. AP PHOTO

Back in January 2012, the day after Alabama beat LSU in the BCS championship game, the commissioners of the FBS conferences gathered in New Orleans to discuss the future of the college football postseason.

There had already been movement toward tearing up the unpopular

NFL: Packers 26, Bucs 20



Green Bay Packers' Aaron Jones runs for a touchdown during overtime against the Tampa Bay Buccaneers on Sunday in Green Bay, Wis. AP PHOTOS

Bucs defense falters in OT

By **GENARO C. ARMAS**
Associated Press

GREEN BAY, Wis. — It's hard to remember the last time that the Green Bay Packers won a game with only 84 yards passing.

Quarterback Aaron Rodgers might be able to spice up the offense again soon, as long as the running game keeps churning out yards and the defense gets sacks in victories to stay in the playoff race.

Aaron Jones' 20-yard scoring run on his only carry, with 5:59 left in overtime, gave Green Bay a 26-20 win

Sunday over the Tampa Bay Buccaneers.

With the passing game struggling, the Packers (6-6) wore down the Buccaneers on the ground. Rodgers' replacement, Brett Hundley, had runs of 18 and 7 yards on the drive to start overtime.

Getting seven sacks from the defense along with a blocked punt by Kyler Fackrell, the Packers grinded out a win to keep their postseason hopes alive. They still trail NFC North leader Minnesota by four games, but

SEE BUCS, 3



Buccaneers head coach Dirk Koetter talks to quarterback Jameis Winston during the second half.

COLLEGE FOOTBALL

It's Miami, Wisconsin in Orange Bowl

By **TIM REYNOLDS**
Associated Press

MIAMI LAKES — Miami has thrived when playing before its home crowd all season. Wisconsin has gone onto to opponent's fields five times and posted five easy wins.

That alone means this could be a classic Orange Bowl.

A pair of teams with College Football Playoff aspirations for much of the season — and who saw those hopes end with losses in conference championship games this weekend — will meet in the Orange Bowl on Dec. 30 at Hard Rock Stadium, the Hurricanes' home field.

"More important than where it is, it's the opportunity," Wisconsin coach Paul Chryst said. "It's an opportunity to play against a great Miami team. And so our kids will be excited. They know it's going to be a challenge. To play in and be part of the Orange Bowl, that's a big deal."

No. 11 Miami (10-2, No. 10 CFP) is going to the Orange for the 10th time. It's the first Orange Bowl for No. 6 Wisconsin (12-1, No. 6 CFP).

Miami went 7-0 at home — and will stay there, since this technically is a neutral-site game. Wisconsin went 5-0 in true road games, winning by an average of 25.6 points.

"We're playing in one of the best bowl games against a great team," Chryst said. "That's

SEE BOWL, 6

NFL: Dolphins 35, Broncos 9

Dolphins beat Broncos, end losing streak

By **CHRIS PERKINS**
Associated Press

MIAMI GARDENS — This is how the Miami Dolphins thought they'd win games when the season began — get an early lead, unleash the pass rush, get a play or two from special teams, and call it a day.

That's not exactly how it went in Sunday's 35-9 victory over Denver at



Dolphins wide receiver Kenny Stills (10) gestures after a play Sunday in Miami Gardens. AP PHOTO

SEE DOLPHINS, 3

NFL: Jaguars 30, Colts 10

Jaguars thump Colts again, stay in thick of AFC playoff hunt

By **MARK LONG**
Associated Press

JACKSONVILLE — Blake Bortles threw two touchdown passes, Leonard Fournette scored for the first time in six weeks and the Jacksonville Jaguars beat the Indianapolis Colts 30-10 Sunday, sweeping the series for the second time since they joined the AFC South in 2002.

The Jaguars (8-4) bounced back from a last-second loss at Arizona, reached eight wins for the first time since 2010 and remained in the thick of the playoff picture.

Bortles, Fournette and some more trickery had a lot to do with the latest victory.

Bortles completed 26 of 35 passes for 309 yards, with TD passes to

Marquise Lee and Keelan Cole.

Fournette found little room for the third time in the past four games. He finished with 57 yards on 20 carries and limped off the field with an ankle injury late in the third quarter. But Fournette went untouched for a 5-yard score to open the

SEE JAGUARS, 3

Florida Lottery

www.flalottery.com

PICK 2

Dec. 3N.....3-8
 Dec. 3D.....3-9
 Dec. 2N.....1-0
 Dec. 2D.....1-9
 Dec. 1N.....0-7
 Dec. 1D.....0-5
 D-Day, N-Night

PICK 3

Dec. 3N.....6-6-8
 Dec. 3D.....4-6-7
 Dec. 2N.....5-7-9
 Dec. 2D.....4-7-8
 Dec. 1N.....7-8-8
 Dec. 1D.....3-1-7
 D-Day, N-Night

PICK 4

Dec. 3N.....8-9-3-7
 Dec. 3D.....9-5-1-2
 Dec. 2N.....9-8-8-7
 Dec. 2D.....6-8-9-8
 Dec. 1N.....8-2-2-2
 Dec. 1D.....4-8-7-9
 D-Day, N-Night

PICK 5

Dec. 3N.....8-9-8-2-3
 Dec. 3D.....6-3-3-8-5
 Dec. 2N.....7-2-3-0-9
 Dec. 2D.....9-2-6-8-0
 Dec. 1N.....6-4-9-9-3
 Dec. 1D.....0-1-2-7-1
 D-Day, N-Night

FANTASY 5

Dec. 3.....5-9-18-29-32
 Dec. 2.....20-21-28-29-32
 Dec. 1.....12-28-32-35-36

PAYOFF FOR Dec. 3
 3.5-digit winners:\$61,174.57
 272.4-digit winners.\$108.50
 7,832...3-digit winners\$10.50

CASH FOR LIFE

Nov. 30.....2-5-18-23-59
 Cash Ball1
 Nov. 27.....25-27-42-50-57
 Cash Ball1

SPORTS ON TV

Monday, Dec. 4
COLLEGE BASKETBALL
 6:30 p.m.
 FS1 — Michigan at Ohio St.
 7 p.m.
 ESPN2 — Wisconsin at Penn St.
 8 p.m.
 BTN — Iowa at Indiana
 FSN — Sam Houston St. at Baylor
 9 p.m.
 ESPN2 — Florida St. at Florida

PAYOFF FOR Nov. 30
 0.....5-of-5 CB...\$1,000/Day
 0.....5-of-5..... \$1,000/Week
 5.....4-of-5 CB.....\$2,500
 12.....4-of-5.....\$500

LUCKY MONEY

Dec. 1.....28-34-40-43
 Lucky Ball.....3
 Nov. 28.....2-14-34-39
 Lucky Ball.....17

PAYOFF FOR Dec. 1
 0.....4-of-4 LB\$550,000
 3.....4-of-4.....\$1,559.50
 18.....3-of-4 LB\$569.50
 446...3-of-4.....\$67.50

LOTTO

Dec. 2.....9-12-14-26-31-50
 Nov. 29.....1-18-19-25-31-50
 Nov. 25.....1-11-18-36-37-39

PAYOFF FOR Dec. 2
 0 6-digit winners\$3.5 million
 19 5-digit winners.\$4,252.50
 912 4-digit winners....\$62.50

POWERBALL

Dec. 2.....28-30-32-36-58
 Powerball6
 Nov. 29.....24-26-28-59-63
 Powerball16

PAYOFF FOR Dec. 2
 0...5 of 5 + PB..\$163 Million
 0...5 of 5\$1 million
 2...4 of 5 + PB.....\$50,000
 26...4 of 5\$100
ESTIMATED JACKPOT
 193 million

MEGA MILLIONS

Dec. 1.....16-22-40-41-59
 Mega Ball8
 Nov. 28.....10-17-47-51-61
 Mega Ball5

PAYOFF FOR Dec. 1
 0 5 of 5 + MB....\$145 million
 0 5 of 5\$1,000,000
 0 4 of 5 + MB.....\$10,000
 7 4 of 5\$500
ESTIMATED JACKPOT
 \$160 million

COLLEGE BASKETBALL ROUNDUP

Seton Hall rallies to upset Louisville

Associated Press

Desi Rodriguez had a season-high 29 points, including an off-balance bank shot with 8 seconds remaining, to rally Seton Hall to a 79-77 upset victory over No. 17 Louisville on Sunday.

After Deng Adel's leamer tied it at 77, the Pirates ran the clock down before Rodriguez got the ball and dribbled left. He fired a hard shot off the glass for the lead in a tense, back-and-forth game between former Big East Conference rivals.

NO. 3 MICHIGAN STATE 86, NEBRASKA 57: Nick Ward matched his season high with 22 points and Michigan State beat Nebraska in the Big Ten opener for both teams. The Spartans (7-1) have won six straight since losing to top-ranked Duke, beating each team by at least 18 points.

NO. 5 NOTRE DAME 71, ST. FRANCIS (BROOKLYN) 53: Martin Geben had 14 points and 10 rebounds to help Notre Dame beat St. Francis despite ejections to All-American Bonzie Colson and coach Mike Brey with 6:02 left.

NO. 12 MINNESOTA 89, RUTGERS 67: Nate Mason scored a season-high 26 points, Jordan Murphy had his ninth straight double-double to start the season and No. 12 Minnesota beat Rutgers 89-67 on Sunday night in



AP PHOTO

Seton Hall forward Desi Rodriguez (20) goes up for a layup past the defense of Louisville forward Ray Spalding (13) during the first half Sunday in Louisville, Ky.

the Big Ten opener for both teams.

NO. 13 NORTH CAROLINA 97, TULANE 73: Luke Maye had 22 points and 10 rebounds and North Carolina routed Tulane. Kenny Williams and Joel Berry II added 13 points apiece to help the Tar Heels (8-1) win their third straight.

UCF 65, NO. 24 ALABAMA 62: A.J. Davis made the go-ahead free throw with 25 seconds remaining, then Terrell Allen stole the ball and fired it to Dayon Griffin for an easy layup that sealed Central Florida's upset victory.

Women's

No. 12 Tennessee 104, Alabama State 51: Mercedes Russell scored 18 points in 13 minutes during Tennessee's 61-point first half and the No. 12 Lady Vols went on to a 104-51 victory over Alabama State on Sunday.

No. 5 South Carolina 72, No. 14 Duke 52: Alexis Jennings scored 21 points and had 10 rebounds — eight of them on the offensive end — in a 72-52 win for the No. 5 Gamecocks (8-1).

No. 13 Florida State 79, James Madison 63: Shakayla

Thomas scored 26 points and No. 13 Florida State beat James Madison 79-63 on Sunday.

No. 1 UConn 80, No. 3 Notre Dame 71: Azura Stevens, who sat out last year after transferring from Duke, scored 10 of her 17 points in the fourth quarter, to help UConn top the Irish 80-71 in the Jimmy V Classic.

No. 20 Kentucky 82, Tennessee Tech 54: Maci Morris had 16 points, Tatyanna Wyatt had 12 and No. 20 Kentucky cruised to an 82-54 win over Tennessee Tech on Sunday.

No. 8 Ohio State 83, Maine 70: Stephanie Mavunga scored 26 points, Sierra Calhoun added 16 and No. 8 Ohio State beat Maine 83-70 on Sunday.

No. 6 Mississippi State 79, Oklahoma State 76: Victoria Vivians scored a season-high 30 points and had eight rebounds and Mississippi State held off Oklahoma State 79-76 on Sunday to improve to 8-0.

No. 9 Baylor, 81, No. 16 Stanford 57: Stephanie Mavunga scored 26 points, Sierra Calhoun added 16 and No. 8 Ohio State beat Maine 83-70 on Sunday.

No. 4 Louisville 68, South Dakota State 64: Asia Durr scored 18 of her 20 points in the second half and No. 4 Louisville overcame an eight-point halftime deficit to beat South Dakota State 68-64 on Sunday.

NBA ROUNDUP

Vucevic helps Magic beat Knicks

Associated Press

Nikola Vucevic scored 34 points — eight straight in a decisive 10-0 fourth-quarter run — and the Orlando Magic beat the New York Knicks 105-100 on Sunday.

With the score tied at 85 midway through the fourth quarter, Vucevic made a short basket, a three-point play and a 3-point shot in succession to give the Magic the lead for good.

Evan Fournier had 20 points, Jonathon Simmons added 16, and Elfrid Payton had 15 for Orlando.

Michael Beasley, who replaced the injured Kristaps Porzingis in the starting lineup, led the Knicks with 21 points. Courtney Lee had 19, and Enes Kanter added 18 points and 16 rebounds.

The Knicks used an 11-4 run to pull within three at 99-96 on



AP PHOTO

Orlando Magic center Nikola Vucevic (9) defends New York Knicks forward Doug McDermott (20) as Knicks center Kyle O'Quinn (9) watches from the floor during the first half Sunday in New York.

Jarrett Jack's 3-pointer with 27 seconds left. Fournier then hit two free throws with 23 seconds remaining, and Jack followed with a reverse layup with 16 second left.

Fournier again connected on two free throws, this time with 13 seconds left.

Beasley scored his final two points on a layup with four seconds remaining before

Vucevic hit a pair of clinching free throws.

WARRIORS 123, HEAT 95: Stephen Curry scored 30 points in 30 minutes, Kevin Durant added 24 and the Golden State Warriors rode a big third-quarter run to pull away and beat the Miami Heat. Klay Thompson scored 19 points for the Warriors.

TIMBERWOLVES 112, CLIPPERS 106: Jimmy Butler scored 20 of his 33 points in the fourth quarter, Taj Gibson added 20 and the Minnesota Timberwolves outlasted the Los Angeles Clippers.

THUNDER 90, SPURS 87: Russell Westbrook had his seventh triple-double of the season to help the Oklahoma City Thunder defeat the short-handed San Antonio Spurs. Westbrook had 22 points, 10 rebounds and 10 assists for the Thunder, who won their second straight.

GOLF: HERO WORLD CHALLENGE

Rickie Fowler rallies with 61 to win in Tiger Woods' return

By Doug Ferguson
 Associated Press

NASSAU, Bahamas — Rickie Fowler and Tiger Woods each had cause for celebrations large and small Sunday in the Hero World Challenge.

Fowler rallied from a seven-shot deficit by starting his final round with seven straight birdies at Albany Golf Club and closing with an 11-under 61 for a four-shot victory over Charley Hoffman. It was the second victory of the year for Fowler, and the second time he has ended a year with multiple victories worldwide.

"Finally just kind of got everything to piece together," said Fowler, who moves to No. 7 in the world.

In a week that began with so much curiosity over how Woods would perform, he had his best result in four years. More than his score, he looked just as strong at end, including a vicious recoil on a 2-iron he hit from 265 yards on the third hole that ran through the green.

Playing for the first time in 10 months while recovering from fusion surgery on his lower back — his fourth back surgery in three years — Woods shot another 31 on the front nine, closed with back-to-back bogeys and shot a 68.

He tied for ninth in the 18-man field, his best result since a playoff loss at this holiday event in 2013 at Sherwood Country Club in California.

"I'm excited," Woods said. "This is the way I've been playing at home."

He still finished 10 shots behind Fowler. Then again, Fowler didn't give anyone much of a chance.

Fowler, whose lone PGA Tour victory this year was in the Honda Classic, was close to flawless on the front nine. He holed birdie putts of about 12 feet on the first two holes, hit a gap wedge to 3 feet on the par-5 third, made his toughest putt into the green from 15 feet on No. 4, and then holed a bunker shot on No. 5. He followed that with another wedge that spun back to a foot on the par-5 sixth, and he hit out of a bunker to about 7 feet on the next hole.

"I knew I needed to get off to a quick start to at least show Charley I was there," Fowler said.

By then, he was tied for the lead as Hoffman, who birdied his first hole, began to drop shots and work to make par.

He never caught up and shot 72. Fowler went out in 28 and then added birdies on the 11th and 13th holes to stretch his lead.

NHL ROUNDUP

Quick, Kings stop Blackhawks for fifth straight win

Associated Press

Jonathan Quick made 24 saves, Christian Folin scored the game's first goal midway through the third period and the Los Angeles Kings beat the Chicago Blackhawks 3-1 on Sunday night for their fifth straight win.

Folin's shot from the right point sailed over Anton Forsberg's glove with Anze Kopitar screening at 9:29. Dustin Brown scored an empty-net goal with 2:03 left to make it 2-0, and Kopitar added another empty-netter after Chicago's Jonathan Toews scored with an extra skater.

Chicago has lost four



AP PHOTO

Chicago Blackhawks center Nick Schmaltz (8) shoots as Los Angeles Kings goalie Jonathan Quick (32) defends while center Anze Kopitar (11) helps on defense during the second period Sunday in Chicago.

straight. Forsberg made 21 saves in his second straight start in place of Corey Crawford, who's out with a lower-body injury.

The Kings have

allowed six goals during their streak, which has them atop the Pacific Division and second in the Western Conference. The run follows a 1-6-1 slide.

JETS 5, SENATORS 0: Connor Hellebuyck made 21 saves for his first shut-out of the season, captain Blake Wheeler had a goal and three assists, and the Winnipeg Jets crushed the Ottawa Senators. The victory boosted Winnipeg's Western Conference-leading record to 17-6-4. Their 38 points also tied them for first overall in the league with idle Tampa Bay, which has a game in hand. Wheeler's linemates Mark Scheifele and Mathieu Perreault also had a goal each. Patrik Laine and Tyler Myers also scored for the Jets, who boosted their home winning streak to six games. They're also unbeaten in regulation in their last 10 games at home (9-0-1).

DOLPHINS

From Page 1

Hard Rock Stadium, but it was close enough, and more importantly, it ended the Dolphins' five-game losing streak.

Cornerback Xavien Howard had two interceptions, including a pick-6, running back Kenyan Drake rushed for 120 yards, sparked by a 42-yard touchdown run in the third quarter, and the Dolphins, who took a 2-0 lead on a safety — one of their two safeties — took a 16-3 halftime lead and rode that to victory, extending Denver's losing streak to eight games.

Miami (5-7), which entered averaging 22.8 points per game at home, kept its relatively high scoring output going at Hard Rock Stadium with a season-best 35 points.

Of course, Denver (3-9), under the guidance of coach Vance

Joseph, Miami's defensive coordinator last year, is nothing great. In fact, Joseph might be on the hot seat after such a lackluster showing Sunday.

However, the Broncos entered the game with the NFL's fourth-ranked defense allowing 289.1 yards per game. And the Dolphins put 367 yards on that defense.

Denver also entered with the NFL's fourth-best rushing defense at 87.2 yards allowed per game. Miami ended with 145 rushing yards.

The Dolphins, who host New England on Monday night next week, had all the fun Sunday that they had been denied during this miserable losing streak.

This was such a laughter the Dolphins played backup quarterback David Fales in the last four minutes.

Howard, the second-year player who entered with one career interception, that coming

in last year's wild-card playoff game at Pittsburgh, stepped in front of a Trevor Siemian pass midway through the second quarter, snatched the ball out of the air and raced 30 yards for a touchdown to give the Dolphins a 16-3 lead.

It was a play that, combined with the first-quarter safety in which a snap went over Siemian's head before he batted it out of bounds, and the tight end Julius Thomas touchdown was capped by a celebration in which he straddled a football and appeared to be riding a bronco, rodeo-style, seemed to indicate this would be Miami's day.

Quarterback Jay Cutler (18 of 31, 235 yards, two touchdowns, two interceptions, 76.7 passer rating) wasn't at his best. But Cutler, who missed last week's loss at New England with a concussion, was good enough.

JAGUARS

From Page 1

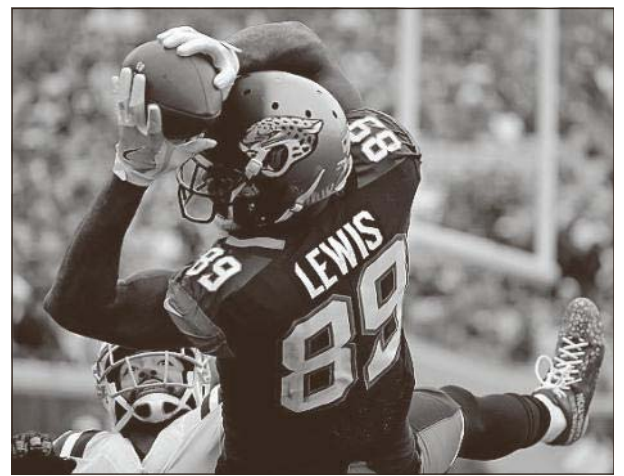
half. It was his first touchdown since Oct. 15.

Jacksonville's top-ranked defense kept the Colts (3-9) at bay most of the game. The only blemish was a 40-yard touchdown pass from Jacoby Brissett to T.Y. Hilton on a fourth-and-2 play in the third quarter.

The Jaguars got the lopsided result started with a fake punt.

Facing fourth-and-7 from near midfield, punter Brad Nortman found tight end James O'Shaughnessy wide open over the middle for a 29-yard gain.

Bortles hit Lee five plays later for Jacksonville's seventh opening-possession score of the season. It was Jacksonville's third fake punt of the season — all successful and all leading to touchdowns.



AP PHOTO

Jacksonville Jaguars tight end Mercedes Lewis (89) makes a catch over Indianapolis Colts safety Matthias Farley, left, for a 2-point conversion during the second half Sunday in Jacksonville.

The Colts trailed 10-0 and 24-3 before Hilton got loose. They lost their third straight and sixth in seven games, and were eliminated in the division race.

MOVING ON UP

Frank Gore is in the top five on the NFL's career rushing list.

The 34-year-old Gore ran 13 times for 61

yards, passing Jerome Bettis (13,662) for sixth in the second quarter and topping LaDainian Tomlinson (13,684) for fifth in the third.

Gore has 13,697 yards in 13 NFL seasons, the first 10 with San Francisco and the past three with the Colts.

Curtis Martin holds the fourth spot with 14,101 yards.

BUCS

From Page 1

there is renewed optimism at Lambeau Field with the possibility of Rodgers returning from a collarbone injury in a couple weeks.

"When you can grind it out and do things a different way and your team's successful ... we're a better team today, not only because we won the game but how we won," coach Mike McCarthy said.

Jameis Winston threw two touchdown passes to Cameron Brate in the quarterback's shaky return from a shoulder injury. But the defense couldn't hold up in

overtime for the last-place Buccaneers (4-8).

"I think it speaks volumes about the character of our football team," McCarthy said. "You know, we had some rough moments, but they just kept fighting."

Mason Crosby's 22-yard field goal tied the game at 20 with 2:01 left, giving the team a lift after the Bucs tried to wear out the Packers on the run.

Peyton Barber had 102 yards for 23 carries. Winston finished 21 of 32 for 270 yards, including an 11-yard scoring pass to Brate for a 20-17 lead with 6:02 left.

But Winston had defenders in his face

all day and had trouble holding on to the ball. Linebacker Clay Matthews had 2 1/2 sacks of Green Bay's seven sacks.

"We didn't protect Jameis," Bucs coach Dirk Koetter said. "That's probably our worst protection game we've had all year."

Back after missing three games with a right shoulder injury, Winston fumbled on a sack by Kenny Clark in the second quarter. Defensive lineman Dean Lowry snatched the loose ball in the air and rumbled 62 yards for a touchdown and Lambeau leap with a 17-7 lead.

"I don't even know how the ball came out," Winston said. "When I

reared it back (my arm) hit something."

Hundley finished 13 of 22 for 84 yards, adding seven carries for 66 yards. Jamaal Williams ran for 113 yards on 21 carries for Green Bay.

The Packers think they need to win their last four games to have a shot at the postseason.

If they can beat the Cleveland Browns next week, it could set up a scenario in which Rodgers could return the following week at Carolina.

"Honestly I'd be fine with throwing 87 yards if we win them all," Hundley said.

Rodgers returned to practice on Saturday for the first time since

getting hurt on Oct. 15 at Minnesota.

QUOTABLE

"But for us to kind of grind these games out and, specifically speaking about the defense, understanding what we are, and trying to force turnovers ... I think we realize we have to find a way to steal a few plays here and there." — Matthews on the defense stepping up with Rodgers out.

OPTIMISTIC JAMEIS

Winston also fumbled in the fourth quarter following Evan Smith's early snap. He was whistled for an illegal forward pass on the next play, but the mistakes

were erased by the second touchdown pass to Brate on third-and-11.

The quarterback refused to blame his offensive line for poor protection, though there were a couple communication issues with Smith, who was a last-minute replacement at center after starter Joe Hawley was scratched just before the game due to illness.

"So I don't think it's right to be able to say that they did subpar when they overcame so much in this day," Winston said.

Two other offensive line starters were placed on injured reserve earlier in the week.

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AS SEEN IN



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Dr. Mynatt says, "His Blue Pill was developed based on the same natural composition of the chemicals used in Viagra and Cialis to maximize sexual health. It increases blood flow, sexual libido and sexual satisfaction with these key ingredients, that have proven to work in medical studies."

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amounts of money on prescription drugs, when they can get results with His Blue Pill.

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WEEK 13



Monday's game

Steelers at Bengals: Cincinnati hosts division rival Pittsburgh at 8:30 p.m. EST on ESPN.

AFC AT A GLANCE

EAST TEAM	W	L	T	PCT	PF	PA
New England	10	2	0	.833	348	223
Buffalo	6	6	0	.500	227	283
N.Y. Jets	5	7	0	.417	266	288
Miami	5	7	0	.417	209	298

SOUTH TEAM	W	L	T	PCT	PF	PA
Tennessee	8	4	0	.667	266	282
Jacksonville	8	4	0	.667	299	178
Houston	4	8	0	.333	296	309
Indianapolis	3	9	0	.250	205	330

NORTH TEAM	W	L	T	PCT	PF	PA
Pittsburgh	9	2	0	.818	258	193
Baltimore	7	5	0	.583	280	207
Cincinnati	5	6	0	.455	199	215
Cleveland	0	12	0	.000	176	308

WEST TEAM	W	L	T	PCT	PF	PA
Kansas City	6	6	0	.500	303	274
L.A. Chargers	6	6	0	.500	268	212
Oakland	6	6	0	.500	249	278
Denver	3	9	0	.250	206	315

SUMMARIES



RAVENS 44, LIONS 20
DETROIT 0 0 13 7 -20
BALTIMORE 3 17 0 24 -44
First Quarter
 Bal—FG Tucker 38, 5:57.
Second Quarter
 Bal—Watson 1 pass from Flacco (Tucker kick), 11:52.
 Bal—Ricard 3 pass from Flacco (Tucker kick), 6:54.
 Bal—FG Tucker 46, :00.
Third Quarter
 Det—Riddick 4 run (Prater kick), 12:11.
 Det—Green 6 run (kick failed), 2:15.
Fourth Quarter
 Bal—Collins 7 run (Tucker kick), 12:39.
 Det—Bellore 1 pass from Stafford (Prater kick), 10:20.
 Bal—FG Tucker 51, 6:54.
 Bal—Collins 6 run (Tucker kick), 4:00.
 Bal—Weddle 45 interception return (Tucker kick), 2:26.
 A—70,500.



JAGUARS 30, COLTS 10
INDIANAPOLIS 0 3 7 0 -10
JACKSONVILLE 7 9 11 3 -30
First Quarter
 Jac—Lee 4 pass from Bortles (Lambo kick), 6:18.
Second Quarter
 Jac—FG Lambo 30, 12:43.
 Ind—FG Vinatieri 27, 7:02.
 Jac—Cole 8 pass from Bortles (pass failed), 1:55.
Third Quarter
 Jac—Fournette 5 run (Lewis pass from Bortles), 10:34.
 Ind—Hilton 40 pass from Brissett (Vinatieri kick), 6:40.
 Jac—FG Lambo 23, :34.
Fourth Quarter
 Jac—FG Lambo 39, 2:53.
 A—61,207.



JETS 38, CHIEFS 31
KANSAS CITY 14 3 7 7 -31
NEW YORK 14 7 6 11 -38
First Quarter
 KC—Kelce 22 pass from A.Smith (Butker kick), 12:22.
 KC—Kelce 36 pass from A.Smith (Butker kick), 10:36.
 NYJ—Powell 1 run (Catananzo kick), 6:10.
 NYJ—McCown 1 run (Catananzo kick), :46.
Second Quarter
 KC—FG Butker 36, 2:49.
 NYJ—Forte 11 pass from McCown (Catananzo kick), 2:3.
Third Quarter
 NYJ—FG Catananzo 27, 5:29.
 KC—Hill 79 pass from A.Smith (Butker kick), 5:13.
 NYJ—FG Catananzo 47, 3:27.
Fourth Quarter
 NYJ—FG Catananzo 38, 11:23.
 KC—Hill 40 pass from A.Smith (Butker kick), 9:13.
 NYJ—McCown 1 run (McGuire run), 2:15.
 A—77,562.



DOLPHINS 35, BRONCOS 9
DENVER 0 3 6 0 - 9
MIAMI 2 14 10 9 - 35
First Quarter
 Mia—safety, 3:07.
Second Quarter
 Den—FG McManus 31, 13:28.
 Mia—J.Thomas 9 pass from Cutler (Parkey kick), 9:39.
 Mia—Howard 30 interception return (Parkey kick), 9:32.
Third Quarter
 Mia—FG Parkey 37, 10:32.
 Den—Simmons 65 interception return, 4:56.
 Mia—Drake 42 run (Parkey kick), 2:54.
Fourth Quarter
 Mia—Stills 23 pass from Cutler (Parkey kick), 10:21.
 Mia—safety, 8:49.
 A—65,092.



TITANS 24, TEXANS 13
HOUSTON 3 7 0 3 -13
TENNESSEE 0 10 7 7 -24
First Quarter
 Hou—FG Fairbairn 23, 9:21.
Second Quarter
 Hou—Anderson 4 pass from Savage (Fairbairn kick), 10:40.
 Ten—Mariota 9 run (Succop kick), 4:18.
 Ten—FG Succop 43, :03.
Third Quarter
 Ten—Walker 24 pass from Mariota (Succop kick), :03.
Fourth Quarter
 Hou—FG Fairbairn 42, 4:37.
 Ten—Henry 75 run (Succop kick), :46.
 A—62,758.

NFC AT A GLANCE

EAST TEAM	W	L	T	PCT	PF	PA
Philadelphia	10	1	0	.909	351	191
Dallas	6	6	0	.500	286	284
Washington	5	7	0	.417	272	314
N.Y. Giants	2	10	0	.167	189	291

SOUTH TEAM	W	L	T	PCT	PF	PA
New Orleans	9	3	0	.750	353	243
Carolina	8	4	0	.667	269	238
Atlanta	7	5	0	.583	274	244
Tampa Bay	4	8	0	.333	243	288

NORTH TEAM	W	L	T	PCT	PF	PA
Minnesota	10	2	0	.833	285	204
Detroit	6	6	0	.500	314	308
Green Bay	6	6	0	.500	258	281
Chicago	3	9	0	.250	191	267

WEST TEAM	W	L	T	PCT	PF	PA
L.A. Rams	9	3	0	.750	361	222
Seattle	7	4	0	.636	266	212
Arizona	5	7	0	.417	219	310
San Francisco	2	10	0	.167	202	298

	DET	BAL
First downs	18	24
Total Net Yards	372	370
Rushes-yards	24-78	27-101
Passing	294	269
Punt Returns	2-14	3-28
Kickoff Returns	2-42	3-80
Interceptions Ret.	0-0	2-63
Comp-Att-Int	27-34-2	23-36-0
Sacked-Yards Lost	3-22	0-0
Punts	6-45.8	5-41.8
Fumbles-Lost	2-1	1-0
Penalties-Yards	6-45	2-25
Time of Possession	30:09	29:51

	IND	JAC
First downs	17	22
Total Net Yards	290	426
Rushes-yards	26-141	27-96
Passing	149	330
Punt Returns	0-0	0-0
Kickoff Returns	3-52	2-46
Interceptions Ret.	0-0	2-25
Comp-Att-Int	21-36-2	27-36-0
Sacked-Yards Lost	4-25	1-8
Punts	4-46.8	2-38.0
Fumbles-Lost	1-0	1-0
Penalties-Yards	4-31	6-55
Time of Possession	26:13	33:47

	KC	NYJ
First downs	17	30
Total Net Yards	474	488
Rushes-yards	11-112	49-157
Passing	362	331
Punt Returns	1-24	0-0
Kickoff Returns	5-101	2-42
Interceptions Ret.	0-0	0-0
Comp-Att-Int	19-33-0	26-36-0
Sacked-Yards Lost	2-4	0-0
Punts	2-49.0	2-36.5
Fumbles-Lost	0-0	0-0
Penalties-Yards	8-30	5-40
Time of Possession	17:11	42:49

	DEN	MIA
First downs	14	15
Total Net Yards	270	367
Rushes-yards	23-103	30-145
Passing	167	222
Punt Returns	1-(minu)	5-56
Kickoff Returns	1-15	3-57
Interceptions Ret.	2-78	3-49
Comp-Att-Int	19-41-3	18-32-2
Sacked-Yards Lost	3-33	2-13
Punts	8-42.5	9-42.9
Fumbles-Lost	2-0	1-1
Penalties-Yards	9-57	7-85
Time of Possession	25:38	34:22

	HOU	TEN
First downs	24	19
Total Net Yards	384	344
Rushes-yards	22-53	25-198
Passing	331	146
Punt Returns	3-29	2-41
Kickoff Returns	2-42	0-0
Interceptions Ret.	0-0	1-0
Comp-Att-Int	31-49-1	15-23-0
Sacked-Yards Lost	4-34	2-4
Punts	3-46.3	4-49.8
Fumbles-Lost	1-0	2-1
Penalties-Yards	11-85	7-63
Time of Possession	33:49	26:11

RESULTS/SCHEDULE

All times EST
WEEK 13
Thursday's Games
 Dallas 38, Washington 14
Sunday's Games
 Minnesota 14, Atlanta 9
 San Francisco 15, Chicago 14
 New England 23, Buffalo 3
 Green Bay 26, Tampa Bay 20, OT
 Jacksonville 30, Indianapolis 10
 Baltimore 44, Detroit 20
 N.Y. Jets 38, Kansas City 31
 Miami 35, Denver 9
 Tennessee 24, Houston 13
 L.A. Chargers 19, Cleveland 10
 New Orleans 31, Carolina 21
 Oakland 24, N.Y. Giants 17
 L.A. Rams 32, Arizona 16
 Philadelphia at Seattle, 8:30 p.m.
Monday's Games
 Pittsburgh at Cincinnati, 8:30 p.m.
WEEK 14
Thursday, Dec. 7
 New Orleans at Atlanta, 8:25 p.m.
Sunday, Dec. 10
 Oakland at Kansas City, 1 p.m.
 San Francisco at Houston, 1 p.m.
 Minnesota at Carolina, 1 p.m.
 Chicago at Cincinnati, 1 p.m.
 Green Bay at Cleveland, 1 p.m.
 Detroit at Tampa Bay, 1 p.m.
 Indianapolis at Buffalo, 1 p.m.
 Dallas at N.Y. Giants, 1 p.m.
 Washington at L.A. Chargers, 4:05 p.m.
 Tennessee at Arizona, 4:05 p.m.
 N.Y. Jets at Denver, 4:05 p.m.
 Seattle at Jacksonville, 4:25 p.m.
 Philadelphia at L.A. Rams, 4:25 p.m.
 Baltimore at Pittsburgh, 8:30 p.m.
Monday, Dec. 11
 New England at Miami, 8:30 p.m.



PACKERS 26, BUCCANEERS 20, OT
TAMPA BAY 7 3 0 10 0 -20
GREEN BAY 3 13 0 3 6 -26
First Quarter
 TB—Brate 28 pass from Winston (Murray kick), 9:52.
 GB—FG Crosby 37, 2:30.
Second Quarter
 GB—Williams 1 run (Crosby kick), 7:12.
 GB—Lowry 62 fumble return (Crosby kick), 4:17.
Third Quarter
 TB—FG Murray 36, :13.
Fourth Quarter
 TB—FG Murray 30, 14:31.
 TB—Brate 11 pass from Winston (Murray kick), 6:02.
 GB—FG Crosby 22, 2:01.
Overtime
 GB—A.Jones 20 run, 5:59.
 A—77,684.



49ERS 15, BEARS 14
SAN FRANCISCO 3 6 3 3 -15
CHICAGO 7 7 0 0 -14
First Quarter
 SF—FG Gould 33, 8:12.
 Chi—Innam 8 pass from Trubisky (Santos kick), :10.
Second Quarter
 SF—FG Gould 28, 11:57.
 Chi—Cohen 61 punt return (Santos kick), 5:49.
Third Quarter
 SF—FG Gould 35, 2:44.
Fourth Quarter
 TB—Brate 11 pass from Winston (Murray kick), 6:02.
 GB—FG Crosby 22, 2:01.
Overtime
 GB—A.Jones 20 run, 5:59.
 A—77,684.



PATRIOTS 23, BILLS 3
NEW ENGLAND 3 6 14 0 -23
BUFFALO 0 3 0 0 - 3
First Quarter
 NE—FG Gostkowski 50, 1:30.
Second Quarter
 NE—FG Gostkowski 31, 6:26.
 Buf—FG Hauschka 49, 3:05.
 NE—FG Gostkowski 39, 1:15.
Third Quarter
 NE—Burkhead 1 run (Gostkowski kick), 9:02.
 NE—Burkhead 14 run (Gostkowski kick), 1:08.
 A—68,499.



VIKINGS 14, FALCONS 9
MINNESOTA 0 7 0 7 -14
ATLANTA 3 3 3 0 - 9
First Quarter
 Atl—FG Bryant 38, 5:24.
Second Quarter
 Min—McKinnon 2 pass from Keenum (Forbath kick), 10:01.
 Atl—FG Bryant 36, 5:47.
Third Quarter
 Atl—FG Bryant 47, 11:57.
Fourth Quarter
 Min—Rudolph 6 pass from Keenum (Forbath kick), 14:56.
 A—71,185.



CHARGERS 19, BROWNS 10
CLEVELAND 0 7 0 0 3 -10
L.A. CHARGERS 0 9 10 0 -19
Second Quarter
 LAC—FG Coons 21, 9:03.
 LAC—FG Coons 40, 3:45.
 Cle—Njoku 28 pass from Kizer (Gonzalez kick), 1:55.
 LAC—FG Coons 22, :00.
Third Quarter
 LAC—Allen 7 pass from Rivers (Coons kick), 10:35.
 LAC—FG Coons 27, 1:02.
Fourth Quarter
 Cle—FG Gonzalez 35, 12:03.
 A—25,320.

SUNDAY'S STARS

QUARTERBACKS
Alex Smith, Chiefs: Went 19-for-33 for 366 yards and four touchdowns in Kansas City's back-and-forth win over the New York Jets.

RUNNING BACKS

Alvin Kamara, Saints: Ran for 60 yards and two touchdowns, and caught five passes for 66 yards in New Orleans' win over Carolina.
Rex Burkhead, Patriots: Rumbled for 78 yards and two touchdowns in New England's victory in Buffalo.

RECEIVERS

Tyreek Hill, Chiefs: Hauled in six passes for 185 yards and two touchdowns in his team's win against the Jets.

Keenan Allen, Chargers: Caught 10 passes for 105 yards and L.A.'s only touchdown in their win against Cleveland.

DEFENSE

Dolphins D/ST: Miami blocked a punt, intercepted Trevor Siemian three times — once for a touchdown — and scored two safeties in their blowout win against the Denver Broncos.



RAMS 32, CARDINALS 16
L.A. RAMS 16 3 7 6 -32
ARIZONA 0 13 0 3 -16
First Quarter
 La—FG Zuerlein 56, 11:41.
 La—Everett 1 pass from Goff (kick failed), 7:51.
 La—Ogletree 41 interception return (Zuerlein kick), 2:45.
Second Quarter
 Ari—Penny 1 run (Dawson kick), 7:38.
 Ari—Fitzgerald 15 pass from Gabbert (kick blocked), 3:25.
 La—FG Zuerlein 20, :00.
Third Quarter
 La—Watkins 11 pass from Goff (Zuerlein kick), 5:07.
Fourth Quarter
 Ari—FG Dawson 54, 14:55.
 La—FG Zuerlein 24, 6:18.
 La—FG Zuerlein 41, 1:55.
 A—63,986.



RAIDERS 24, GIANTS 17
NEW YORK 7 0 0 10 -17
OAKLAND 7 3 0 14 -24
First Quarter
 Oak—Lynch 51 run (Tavecchio kick), 12:26.
 NYG—Darkwa 1 run (Rosas kick), :06.
Second Quarter
 Oak—FG Tavecchio 39, 3:37.
Third Quarter
 Oak—Washington 9 run (Tavecchio kick), 10:18.
 NYG—Engram 10 pass from G.Smith (Rosas kick), 5:16.
 Oak—Holton 9 pass from Carr (Tavecchio kick), 3:23.
 NYG—FG Rosas 52, 1:38.
 A—54,994.



SAINTS 31, PANTHERS 21
CAROLINA 7 7 0 7 -21
NEW ORLEANS 7 14 7 3 -31
First Quarter
 NO—Kamara 2 run (Lutz kick), 10:15.
 Car—Stewart 2 run (Gano kick), 5:09.
Second Quarter
 NO—Ingram 3 run (Lutz kick), 11:32.
 NO—Thomas 10 pass from Brees (Lutz kick), 7:21.
 Car—McCaffrey 21 pass from Newton (Gano kick), 1:56.
Third Quarter
 NO—Kamara 20 run (Lutz kick), 8:10.
Fourth Quarter
 NO—FG Lutz 31, 6:08.
 Car—Funchess 24 pass from Newton (Gano kick), 3:57.
 A—73,171.

ROUNDUP

VIKINGS 14, FALCONS 9: The Minnesota Vikings extended their winning streak to eight straight games.

PATRIOTS 23, BILLS 3: Rex Burkhead scored twice and the Patriots won their eighth straight in an AFC East showdown overshadowed by injuries and cheap shots.

SAINTS 31, PANTHERS 21: Rookie sensation Alvin Kamara scored two tackle-shedding touchdowns as the Saints reclaimed sole possession of first place in the NFC South.

CHARGERS 19, BROWNS 10: The Chargers moved into a

SCOREBOARD

PRO FOOTBALL

NFL
All times Eastern

AMERICAN CONFERENCE									
EAST		W	L	T	Pct	PF	PA		
New England		10	2	0	.833	348	223		
Buffalo		6	6	0	.500	227	283		
N.Y. Jets		5	7	0	.417	266	288		
Miami		5	7	0	.417	209	298		
SOUTH		W	L	T	Pct	PF	PA		
Tennessee		8	4	0	.667	266	282		
Jacksonville		8	4	0	.667	299	178		
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Baltimore		7	5	0	.583	280	207		
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NATIONAL CONFERENCE									
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Chicago		3	9	0	.250	191	267		
WEST		W	L	T	Pct	PF	PA		
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Seattle		7	4	0	.636	266	212		
Arizona		5	7	0	.417	219	310		
San Francisco		2	10	0	.167	202	298		

WEEK 13
Thursday's Game
Dallas 38, Washington 14
Sunday's Games
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San Francisco 15, Chicago 14
New England 23, Buffalo 3
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Jacksonville 30, Indianapolis 10
Baltimore 44, Detroit 20
N.Y. Jets 38, Kansas City 31
Miami 35, Denver 9
Tennessee 24, Houston 13
L.A. Chargers 19, Cleveland 10
New Orleans 31, Carolina 21
Oakland 24, N.Y. Giants 17
L.A. Rams 32, Arizona 16
Philadelphia at Seattle, late
Today's Game
Pittsburgh at Cincinnati, 8:30 p.m.

NFL INJURY REPORT
The National Football League injury report, as provided by the league (OUT: indefinitely will not play; DNP: did not practice; LIMITEF: limited participation; FULL: Full participation);
Tonight
PITTSBURGH at CINCINNATI — STEELERS: DNP: WR Antonio Brown (toe), CB Joe Haden (fibula), LB James Harrison (knee), TE Vance McDonald (ankle), S Michael Mitchell (ankle), LB Ryan Shazier (ankle), FULL: WR JuJu Smith-Schuster (hamstring), BENGALS: DNP: LB Vincent Rey (hamstring), LB Nick Vigil (ankle), S Shawn Williams (hamstring), LIMITEF: WR A.J. Green (illness), DE Michael Johnson (back), FULL: TE Tyler Kroft (wrist), T Cedric Ogbuehi (shoulder).

COLLEGE FOOTBALL

PLAYOFF RANKINGS
WEEK 6

Team	Record
1. Clemson	12-1
2. Oklahoma	12-1
3. Georgia	12-1
4. Alabama	11-1
5. Ohio State	11-2
6. Wisconsin	12-1
7. Auburn	10-3
8. Southern Cal	11-2
9. Penn State	10-2
10. Miami	10-2
11. Washington	10-2
12. UCF	12-0
13. Stanford	9-4
14. Notre Dame	9-3
15. TCU	10-3
16. Michigan State	9-3
17. LSU	9-3
18. Washington State	9-3
19. Oklahoma State	9-3
20. Memphis	10-2
21. Northwestern	9-3
22. Virginia Tech	9-3
23. Mississippi State	8-4
24. N.C. State	8-4
25. Boise State	10-3

The playoff semifinals match the No. 1 seed vs. the No. 4 seed, and No. 2 will face No. 3. The semifinals will be hosted at the Sugar Bowl (Clemson vs. Alabama) and Rose Bowl (Oklahoma vs. Georgia) on Jan. 1, 2018. The championship game will be played on Jan. 8, 2018 at Atlanta.

THE AP TOP 25 POLL
The Top 25 teams in The Associated Press college football poll, with first-place votes in parentheses, records through Dec. 2, total points based on 25 points for a first-place vote through one point for a 25th-place vote, and previous rankings:

	RECORD	PTS	PV
1. Clemson (43)	12-1	1506	1
2. Oklahoma (18)	12-1	1474	2
3. Georgia (12)	12-1	1409	6
4. Alabama (11)	11-1	1307	5
5. Ohio St.	11-2	1300	8
6. Wisconsin	12-1	1123	4
7. Auburn	10-3	1162	3
8. Southern Cal	11-2	1101	11
9. Penn St.	10-2	1008	9
10. UCF	12-0	983	12
11. Miami	10-2	948	7
12. Washington	10-2	820	13
13. TCU	10-3	816	10
14. Notre Dame	9-3	632	15
15. Stanford	9-4	629	14
16. LSU	9-3	599	17
17. Oklahoma St.	9-3	549	18
18. Michigan St.	9-3	487	19
19. Memphis	10-2	475	16
20. Northwestern	9-3	398	20
21. Washington St.	9-3	342	21
22. Virginia Tech	9-3	323	22
23. South Florida	9-2	115	23
24. Mississippi St.	8-4	103	24
25. Boise St.	10-3	59	—

AMWAY COACHES TOP 25 POLL
The Armay Top 25 football poll, with first-place votes in parentheses, records through Dec. 2, total points based on 25 points for first place through one point for 25th, and previous ranking:

	RECORD	PTS	PVS
1. Clemson (49)	12-1	1,510	1
2. Oklahoma (10)	12-1	1,462	2
3. Georgia (2)	12-1	1,416	6
4. Alabama	11-1	1,312	5
5. Ohio State	11-2	1,298	7
6. Wisconsin	12-1	1,162	4
7. Southern California	11-2	1,140	9
8. Auburn	10-3	1,085	4
9. Penn State	10-2	1,006	10
10. Central Florida	12-0	986	11
11. Miami (Fla.)	10-2	934	17
12. Washington	10-2	855	13
13. TCU	10-3	807	12
14. LSU	9-3	638	16
15. Notre Dame	9-3	628	17
16. Stanford	9-4	607	15
17. Oklahoma State	9-3	522	18
18. Memphis	10-2	485	14
19. Michigan State	9-3	474	19
20. Northwestern	9-3	370	20
21. Washington State	9-3	310	21
22. Virginia Tech	9-3	302	22
23. Mississippi State	8-4	134	23
24. South Florida	9-2	126	23
25. Boise State	10-3	72	—

Others receiving votes: NC State 54, San Diego State 40, Toledo 25, Louisville 11, FAU 8, Michigan 8, Fresno St. 6, Missouri 3, Troy 1, Kansas St. 1.

THE AP TOP 25 SCHEDULE
All times Eastern
Friday's Game
No. 11 Southern California 31, No. 14 Stanford 28, Pac-12 championship, at Santa Clara, Calif.
Orange Bowl at Miami Gardens, Fla.

Saturday's Games
No. 1 Clemson 38, No. 7 Miami 3, ACC championship, at Charlotte, N.C.
No. 2 Oklahoma 41, No. 10 Texas Christian 17, Big 12 championship, at Arlington, Texas
No. 8 Ohio State 27, No. 3 Wisconsin 21, Big Ten championship, at Indianapolis
No. 6 Georgia 28, No. 4 Auburn 7, SEC championship, at Atlanta
No. 12 Central Florida 62, No. 16 Memphis 55, OT AAC championship
Boise State 17, No. 25 Fresno State 14 MWC championship

SCHEDULE
Friday's Game
FAR WEST
Pac-12 championship: Southern Cal 31, Stanford 28
Saturday's Games
SOUTH
AAC championship: Central Florida 62, Memphis 55, 207
ACC championship: Clemson 38, Miami 3
CUSA championship: Florida Atlantic 41, North Texas 17
SEC championship: Georgia 28, Auburn 7
Appalachian State 63, Louisiana-Lafayette 14
Coastal Carolina 28, Georgia Southern 17
FIU 63, UMass 45
Florida State 42, Louisiana-Monroe 10
Idaho 24, Georgia State 10
MIDWEST
MAC championship: Toledo 45, Akron 28
Big Ten championship: Ohio State 27, Wisconsin 21
SOUTHWEST
Big 12 championship: Oklahoma 41, TCU 17
SWAC championship: Grambling St. 40, Alcorn St. 32
Troy 31, Arkansas State 25
FAR WEST
MWC championship: Boise State 17, Fresno State 14
New Mexico State 22, South Alabama 17

Saturday, Dec. 9
EAST
Army (8-3) vs. Navy (6-5) at Philadelphia, 3 p.m.

FCS PLAYOFFS
Saturday's Second Round
Kennesaw State 17, Jacksonville State 7
James Madison 26, Stony Brook 7
Wofford 28, Furman 10
S. Dakota St. 37, N. Iowa 22
New Hampshire 21, Central Arkansas 15
Sam Houston St. 54, South Dakota 42
N. Dakota St. 38, San Diego 3
Weber State 30, S. Utah 13
Dec. 9
Quarterfinals
James Madison vs. Weber State
Kennesaw State vs. Sam Houston State
South Dakota State vs. Central Arkansas
Wofford vs. North Dakota State

NCAA DIVISION II
Saturday's Quarterfinals
Indiana (Pa.) 27, Assumption 22
Harding 16, Ferris State 14
West Florida 28, West Alabama 21
Texas A&M-Commerce 31, Minnesota State-Mankato 21

NCAA DIVISION III PLAYOFFS
Saturday's Quarterfinals
Brookport 31, Delaware Valley 28
Mount Union 70, Frostburg State 37
Wisconsin-Oshkosh 41, Warburg 27
Mary Hardin-Baylor 24, St. Thomas (Minn.) 10

NAIA PLAYOFFS
Saturday's Semifinals
Saint Francis (Ind.) 43, Morningside (Iowa) 36
Reinhardt 37, Southern Oregon 34

2017-18 BOWL GLANCE
Saturday, Dec. 16
Celebration Bowl at Atlanta
NC A&T (11-0) vs. Grambling State (11-1), Noon (ABC)
New Orleans Bowl
North Texas (9-4) vs. Troy (10-2), 1 p.m. (ESPN)
Cure Bowl at Orlando, Fla.
Georgia State (6-5) vs. Western Kentucky (6-6), 2:30 p.m. (CBSN)
Las Vegas Bowl
Boise State (10-3) vs. Oregon (7-5), 3:30 p.m. (ABC)
New Mexico Bowl at Albuquerque
Colorado State (7-5) vs. Marshall (7-5), 4:30 p.m. (ESPN)
Camellia Bowl at Montgomery, Ala.
Arkansas State (7-3) vs. Middle Tennessee (6-6), 8 p.m. (ESPN)

Tuesday, Dec. 19
Boca Raton (Fla.) Bowl
Akron (7-6) vs. FAU (10-3), 7 p.m. (ESPN)
Wednesday, Dec. 20
Frisco (Texas) Bowl
Louisiana Tech (6-6) vs. SMU (7-5), 8 p.m. (ESPN)
Thursday, Dec. 21
Gasparilla Bowl at St. Petersburg, Fla.
Temple (6-6) vs. FIU (8-4), 8 p.m. (ESPN)

Friday, Dec. 22
Bahamas Bowl at Nassau
Ohio (8-4) vs. UAB (8-4), 12:30 p.m. (ESPN)
Famous Idaho Potato Bowl at Boise
Central Michigan (7-5) vs. Wyoming (7-5), 4 p.m. (ESPN)

Saturday, Dec. 23
Birmingham (Ala.) Bowl
South Florida (9-2) vs. Texas Tech (6-6), Noon (ESPN)
Armed Forces Bowl at Fort Worth, Texas
San Diego State (10-2) vs. Army (8-3), 3:30 p.m. (ESPN)
Dollar General Bowl at Mobile, Ala.
Appalachian State (8-4) vs. Toledo (11-2), 7 p.m. (ESPN)

Sunday, Dec. 24
Hawaii Bowl at Honolulu
Fresno State (9-4) vs. Houston (7-4), 8:30 p.m. (ESPN)
Tuesday, Dec. 26
Heart of Dallas Bowl
West Virginia (7-5) vs. Utah (6-6), 1:30 p.m. (ESPN)
Quick Lane Bowl at Detroit
Northern Illinois (8-4) vs. Duke (6-6), 5:15 p.m. (ESPN)
Cactus Bowl at Phoenix
Kansas State (7-5) vs. UCLA (6-6), 9 p.m. (ESPN)

Wednesday, Dec. 27
Independence Bowl at Shreveport, La.
Southern Mississippi (8-4) vs. Florida State (6-6), 1:30 p.m. (ESPN)
PinStripe Bowl at Bronx, N.Y.
Boston College (7-5) vs. Iowa (7-5), 5:15 p.m. (ESPN)
Foster Farms Bowl at Santa Clara, Calif.
Arizona (7-5) vs. Purdue (6-6), 8:30 p.m. (FOX)
Texas Bowl at Houston
Texas (6-6) vs. Missouri (7-5), 9 p.m. (ESPN)

Thursday, Dec. 28
Military Bowl at Annapolis, Md.
Virginia (6-6) vs. Navy (6-5), 1:30 p.m. (ESPN)
Camping World Bowl at Orlando, Fla.
Oklahoma State (9-3) vs. Virginia Tech (9-3), 5:15 p.m. (ESPN)
Alamo Bowl at San Antonio
Stanford (9-4) vs. TCU (10-3), 9 p.m. (ESPN)
Holiday Bowl at San Diego
Washington State (9-3) vs. Michigan State (9-3), 9 p.m. (FOX)

Friday, Dec. 29
Belt Bowl at Charlotte, N.C.
Wake Forest (7-5) vs. Texas A&M (7-5), 1 p.m. (ESPN)
San Bowl at El Paso, Texas
NC State (8-4) vs. Arizona State (7-5), 3 p.m. (CBS)
Music City Bowl at Nashville, Tenn.
Kentucky (7-5) vs. Northwestern (9-3), 4:30 p.m. (ESPN)
Arizona Bowl at Tucson, Ariz.
New Mexico State (5-6) vs. Utah State (6-6), 5:30 p.m. (CBSN)

Cotton Bowl Classic at Arlington, Texas
Southern Cal (11-2) vs. Ohio State (11-2), 8:30 p.m. (ESPN)
Saturday, Dec. 30
TaxSlayer Bowl at Jacksonville, Fla.
Louisville (8-4) vs. Mississippi State (8-4), Noon (ESPN)
Liberty Bowl at Memphis, Tenn.
Iowa State (7-5) vs. Memphis (10-2), 12:30 p.m. (ABC)
Fiesta Bowl at Glendale, Ariz.
Washington (10-2) vs. Penn State (10-2), 4 p.m. (ESPN)
Orange Bowl at Miami Gardens, Fla.

Wisconsin (12-1) vs. Miami (10-2), 8 p.m. (ESPN)

Monday, Jan. 1
Outback Bowl at Tampa, Fla.
Michigan (8-4) vs. South Carolina (8-4), Noon (ESPN2)
Peach Bowl at Atlanta
UCF (12-0) vs. Auburn (10-3), 12:30 p.m. (ESPN)
Citrus Bowl at Orlando, Fla.
Notre Dame (9-3) vs. LSU (9-3), 1 p.m. (ABC)
Rose Bowl (CFP Semifinal) at Pasadena, Calif.
Oklahoma (12-1) vs. Georgia (12-1), 5:10 p.m. (ESPN)
Sugar Bowl (CFP Semifinal) at New Orleans
Clemson (12-1) vs. Alabama (11-1), 8:45 p.m. (ESPN)

Monday, Jan. 8
College Football Championship at Atlanta
Rose Bowl winner vs. Sugar Bowl winner, 8 p.m. (ESPN)

Saturday, Jan. 20
East-West Shrine Classic at St. Petersburg, Fla.
East vs. West, 3 p.m. (NFLN)
NFLPA Collegiate Bowl at Carson, Calif.
American vs. National, TBA (FS1)

Saturday, Jan. 27
Senior Bowl at Mobile, Ala.
North vs. South, 2:30 p.m. (NFLN)

ODDS

PREGAME.COM LINE
NATIONAL BASKETBALL ASSOCIATION
Today
FAVORITE **LINE** **O/U** **UNDERDOG**
at Charlotte 8 221 Orlando
at Philadelphia 10½ 227½ Phoenix
at Boston 6 202 Milwaukee
at Atlanta 2 217½ Brooklyn
at Cleveland 9 211½ at Chicago
Minnesota 2½ 203½ at Memphis
at New Orleans Off Off Golden State
at Dallas 2½ 209 Denver
at San Antonio 3½ 198 Detroit
at Utah Off Off Washington

COLLEGE BASKETBALL
Today
FAVORITE **OPEN** **UNDERDOG**
at Ohio State 1½ Michigan
at Penn State 4½ Wisconsin
at Indiana 4½ Iowa
at Oklahoma 2½ UTSA
at Iowa State 16½ N. Illinois
at Florida 9 Florida State
at Saint Mary's Ca 25 Sacramento State

NATIONAL HOCKEY LEAGUE
Today
FAVORITE **LINE** **UNDERDOG** **LINE**
at Washington -134 San Jose +124
at Florida -105 NY Islanders -105
at Nashville -132 Boston +122
at Calgary -155 Philadelphia +145

COLLEGE FOOTBALL
Saturday
FAVORITE **OPEN TODAY** **O/U** **UNDERDOG**
at Navy 3½ 3½ (48) Army
Dec. 29
Cotton Bowl at Arlington
Ohio State -6 -6½ Off Southern Cal
Dec. 30
Orange Bowl at Miami Gardens
Wisconsin -6 -6 Off Miami
Jan. 1
Peach Bowl at Atlanta
Auburn -8½ -8½ Off UCF
Rose Bowl at Pasadena
Oklahoma -3 -1½ Off Georgia
Sugar Bowl at New Orleans
Alabama -2 -2 Off Clemson

NATIONAL FOOTBALL LEAGUE
Today
FAVORITE **OPEN TODAY** **O/U** **UNDERDOG**
Pittsburgh 6 4½ 43 at Cincinnati
Thursday
at Atlanta 1 1 Off New Orleans
Sunday
at Tampa Bay Off Off Off Detroit
at Cincinnati 7½ 7½ Off Chicago
at Buffalo Off Off Off Indianapolis
at Jacksonville 3 3 Off Seattle
at Kansas City 3½ 3½ Off Oakland
at Carolina 1 1 Off Minnesota
Green Bay 3½ 3½ Off at Cleveland
at Houston 3 3 Off San Francisco
at LA Chargers 6½ 6½ Off Washington
at Denver Pk Pk Off NY Jets
Tennessee 3 3 Off at Arizona
Philadelphia 2 2 Off at LA Rams
Dallas 5 5 Off at NY Giants
at Pittsburgh 7 7 Off Baltimore
Next Monday
New England 11 11 Off at Miami
Updated odds available at Pregame.com

TRANSACTIONS

BASEBALL
NATIONAL LEAGUE — Signed executive vice president/general manager A.J. Preller to a contract extension through the 2022 season.
HOCKEY
National Hockey League
NHL — Fined San Jose F Joe Thornton \$5,000 for slashing Tampa Bay F Tyler Johnson during a Dec. 2 game.
ARIZONA COYOTES — Recalled D Jakob Chychrun from Tucson (AHL). Assigned D Andrew Campbell to Tucson.
DALLAS STARS — Recalled F Jason Dickinson from Texas (AHL). Placed C Martin Hanzal on injured reserve, retroactive to Nov. 28.
TAMPA BAY LIGHTNING — Reassigned D Jamie McBean to Syracuse (AHL).
WASHINGTON CAPITALS — Recalled F Travis Boyd from Hershey (AHL).
American Hockey League
AHL — Suspended Bridgeport F Connor Jones three games for a slow-footing incident in a Dec. 1 game at Utica.
ECHL — Suspended Reading's Loic Leduc indefinitely and fined him an undisclosed amount for a game misconduct for physical abuse of an official during a Dec. 2 game at Wheeling. Suspended Wheeling's Garrett Meurs indefinitely and fined him an undisclosed amount for a tripping infraction and Wheeling's Jeff Taylor indefinitely and fined him an undisclosed amount for his game misconduct under for leaving the bench during an altercation in the game against Reading.

COLLEGES

WASHINGTON — Named Bush Hamdan offensive coordinator, effective at the end of the Atlanta Falcons season.

PRO BASKETBALL

NBA
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EASTERN CONFERENCE
Atlantic Division **W** **L** **PCT.** **GB**
Boston 20

COLLEGE FOOTBALL

Frost says he's ready, able to turn around Huskers

By ERIC OLSON
Associated Press

LINCOLN, Neb. — New Nebraska coach Scott Frost was given a rousing welcome home at his



Frost

introductory news conference Sunday from boosters, current players and his old teammates, and he promised to make them proud with the product he will put on the field.

Frost takes over a program that has lost its stature among college football's elite in the 20 years since he quarterbacked the Cornhuskers to a share of the 1997 national championship.

"There was a formula that worked here for a long time," Frost said. "Times have changed a little but some of those same things are going to make this work again. And that's a lot of good people who care about this place working really hard. It's toughness, it's dedication, it's work ethic. That's what Nebraska is, that's what the people in Nebraska are, and that's what this place is going to stand for while I'm here."

The 42-year-old Frost agreed to a seven-year, \$35 million contract. This year he became the hottest coach on the market for leading the dramatic turnaround at Central Florida. He inherited a team that went 0-12 in 2015, and this year he coached the Knights to a 12-0 record. He was introduced less than 24 hours after UCF defeated Memphis 62-55 in two overtimes in the American Athletic Conference championship game.

Athletic director Bill Moos said he's certain Frost was the first choice for several of the other top coaching vacancies in the Power Five.

"I got the pick of the litter," Moos said, drawing applause from some 400 people who crowded into a lounge area at Memorial Stadium.

Frost will coach UCF in the Peach Bowl against Auburn on Jan. 1, then step into a situation that would have seemed unimaginable during his playing days. The Huskers were 4-8 this season and allowed more than 50 points for four times. It was the Huskers' most losses since 1957 and their fewest wins since 1961.

Tom Osborne, who won his third national title in four years with Frost as his quarterback, has been conspicuously absent around the program since he retired as athletic director in 2012. Sunday, he was in the front row at the news conference.

"I think this is a good day," Osborne said. "Probably the most important thing a coach does is establish a culture. Sometimes it's hard to explain a culture if you haven't lived it or experienced it. Scott's done that. Now he'll bring a lot of his own ideas — this isn't going to be a return to 1997 in terms of offense, defense, those kinds of things — but he understands the things that need to be done here and he knows some of the basics that sustained it over a 42-year period."

FSU extends long bowl streak; NM St. ends longest drought

By ERIC OLSON
Associated Press

Excuse Florida State if its celebration for setting a record for consecutive bowl appearances is a bit muted.

No one in Tallahassee is happy about the way this season turned out, not with the Seminoles' hopes for making the College Football Playoff dashed by October, coach Jimbo Fisher bolting last week and having to win a rescheduled game against Louisiana-Monroe just to achieve the requisite six victories for bowl eligibility.

Down in Las Cruces, New Mexico, however, they're partying like it's 1960. That's how long it's been since the Aggies have played in the postseason. The nation's longest bowl drought ended Sunday when New Mexico State (6-6) accepted an invitation to play Utah State (6-6) in the Arizona Bowl on



AP PHOTO

South Alabama coach Joey Jones, left, cheers to his players during a timeout in the second half against New Mexico State on Saturday in Las Cruces, N.M.

Dec. 29.

It just so happens Utah State was the same opponent that New Mexico State beat in the 1960 Sun Bowl to finish a perfect season.

"I assume that bowl game in 1960 was in November or December, so I'm confident Dwight D. Eisenhower was president of the United States," athletic director Mario Moccia said. "That puts it in an historical context, doesn't

it?"

The bowl-clinching win Saturday didn't lack for dramatic flair. New Mexico State trailed South Alabama 17-16 at home in the fourth quarter before Connor Cramer led a 15-play, 83-yard drive he finished with a short pass to Tyler Rogers in the back of the end zone with 32 seconds left.

"It's providence," Moccia said.

The 22-17 victory

AP Source: Gus Malzahn agrees to new deal with Auburn

By JOHN ZENOR
Associated Press

MONTGOMERY, Ala. — Gus Malzahn is staying at Auburn, putting an end to the questions about his future.

The Tigers football coach has agreed to a new

seven-year deal to remain at the school after a strong late-season rebound, said a person with knowledge of the situation.

Complete financial details were not immediately available but the person said Malzahn will make more than \$7

million in the final year of the contract. The person spoke with The Associated Press Sunday on condition of anonymity because Auburn had not announced the new deal.

Malzahn led the seventh-ranked Tigers into the Southeastern

Conference championship game but had faced repeated questions about whether he was interested in the vacant Arkansas job in his home state. No. 7 Auburn (10-3, No. 7 College Football Playoff rankings) will face No. 10 UCF (12-0, No. 12) in the

Peach Bowl on Jan. 1.

"I'm planning on being at Auburn," Malzahn said earlier Sunday, declining to address contract negotiations or the Arkansas job. A Peach Bowl official eventually cut off questions unrelated to the game.

2017-18 BOWL GLANCE

Saturday, Dec. 16

Celebration Bowl at Atlanta
NC A&T (11-0) vs. Grambling State (11-1), Noon (ABC)
New Orleans Bowl
North Texas (9-4) vs. Troy (10-2), 1 p.m. (ESPN)
Cure Bowl at Orlando, Fla.
Georgia State (6-5) vs. Western Kentucky (6-6), 2:30 p.m. (CBSSN)

Las Vegas Bowl
Boise State (10-3) vs. Oregon (7-5), 3:30 p.m. (ABC)
New Mexico Bowl at Albuquerque
Colorado State (7-5) vs. Marshall (7-5), 4:30 p.m. (ESPN)
Camellia Bowl at Montgomery, Ala.
Arkansas State (7-3) vs. Middle Tennessee (6-6), 8 p.m. (ESPN)

Tuesday, Dec. 19

Boca Raton (Fla.) Bowl
Akron (7-6) vs. FAU (10-3), 7 p.m. (ESPN)

Wednesday, Dec. 20

Frisco (Texas) Bowl
Louisiana Tech (6-6) vs. SMU (7-5), 8 p.m. (ESPN)

Thursday, Dec. 21

Gasparilla Bowl at St. Petersburg, Fla.
Temple (6-6) vs. FIU (8-4), 8

p.m. (ESPN)

Friday, Dec. 22

Bahamas Bowl at Nassau
Ohio (8-4) vs. UAB (8-4), 12:30 p.m. (ESPN)
Famous Idaho Potato Bowl at Boise
Central Michigan (7-5) vs. Wyoming (7-5), 4 p.m. (ESPN)

Saturday, Dec. 23

Birmingham (Ala.) Bowl
South Florida (9-2) vs. Texas Tech (6-6), Noon (ESPN)
Armed Forces Bowl at Fort Worth, Texas
San Diego State (10-2) vs. Army (8-3), 3:30 p.m. (ESPN)
Dollar General Bowl at Mobile, Ala.
Appalachian State (8-4) vs. Toledo (11-2), 7 p.m. (ESPN)

Sunday, Dec. 24

Hawaii Bowl at Honolulu
Fresno State (9-4) vs. Houston (7-4), 8:30 p.m. (ESPN)

Tuesday, Dec. 26

Heart of Dallas Bowl
West Virginia (7-5) vs. Utah (6-6), 1:30 p.m. (ESPN)
Quick Lane Bowl at Detroit
Northern Illinois (8-4) vs. Duke (6-6), 5:15 p.m. (ESPN)
Cactus Bowl at Phoenix
Kansas State (7-5) vs. UCLA

(6-6), 9 p.m. (ESPN)

Wednesday, Dec. 27

Independence Bowl at Shreveport, La.
Southern Mississippi (8-4) vs. Florida State (6-6), 1:30 p.m. (ESPN)
Pinstripe Bowl at Bronx, N.Y.
Boston College (7-5) vs. Iowa (7-5), 5:15 p.m. (ESPN)
Foster Farms Bowl at Santa Clara, Calif.
Arizona (7-5) vs. Purdue (6-6), 8:30 p.m. (FOX)
Texas Bowl at Houston
Texas (6-6) vs. Missouri (7-5), 9 p.m. (ESPN)

Thursday, Dec. 28

Military Bowl at Annapolis, Md.
Virginia (6-6) vs. Navy (6-5), 1:30 p.m. (ESPN)
Camping World Bowl at Orlando, Fla.
Oklahoma State (9-3) vs. Virginia Tech (9-3), 5:15 p.m. (ESPN)
Alamo Bowl at San Antonio
Stanford (9-4) vs. TCU (10-3), 9 p.m. (ESPN)
Holiday Bowl at San Diego
Washington State (9-3) vs. Michigan State (9-3), 9 p.m. (FOX)

Friday, Dec. 29

Belk Bowl at Charlotte, N.C.
Wake Forest (7-5) vs. Texas A&M (7-5), 1 p.m. (ESPN)
Sun Bowl at El Paso, Texas
NC State (8-4) vs. Arizona State (7-5), 3 p.m. (CBS)
Music City Bowl at Nashville, Tenn.
Kentucky (7-5) vs. Northwestern (9-3), 4:30 p.m. (ESPN)
Arizona Bowl at Tucson, Ariz.
New Mexico State (5-6) vs. Utah State (6-6), 5:30 p.m. (CBSSN)
Cotton Bowl Classic at Arlington, Texas
Southern Cal (11-2) vs. Ohio State (11-2), 8:30 p.m. (ESPN)

Saturday, Dec. 30

TaxSlayer Bowl at Jacksonville, Fla.
Louisville (8-4) vs. Mississippi State (8-4), Noon (ESPN)
Liberty Bowl at Memphis, Tenn.
Iowa State (7-5) vs. Memphis (10-2), 12:30 p.m. (ABC)
Fiesta Bowl at Glendale, Ariz.
Washington (10-2) vs. Penn State (10-2), 4 p.m. (ESPN)
Orange Bowl at Miami Gardens, Fla.
Wisconsin (12-1) vs. Miami (10-2), 8 p.m. (ESPN)

Monday, Jan. 1

Outback Bowl at Tampa, Fla.

Michigan (8-4) vs. South Carolina (8-4), Noon (ESPN2)

Peach Bowl at Atlanta
UCF (12-0) vs. Auburn (10-3), 12:30 p.m. (ESPN)
Citrus Bowl at Orlando, Fla.
Notre Dame (9-3) vs. LSU (9-3), 1 p.m. (ABC)
Rose Bowl (CFP Semifinal) at Pasadena, Calif.
Oklahoma (12-1) vs. Georgia (12-1), 5:10 p.m. (ESPN)
Sugar Bowl (CFP Semifinal) at New Orleans
Clemson (12-1) vs. Alabama (11-1), 8:45 p.m. (ESPN)

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College Football Championship at Atlanta
Rose Bowl winner vs. Sugar Bowl winner, 8 p.m. (ESPN)

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East-West Shrine Classic at St. Petersburg, Fla.
East vs. West, 3 p.m. (NFLN)
NFLPA Collegiate Bowl at Carson, Calif.
American vs. National, TBA (FS1)

Saturday, Jan. 27

Senior Bowl at Mobile, Ala.
North vs. South, 2:30 p.m. (NFLN)

ALABAMA

From Page 1

and for the first time two teams from the same conference made it. Alabama (11-1) will face Clemson (12-1) in the Sugar Bowl and fellow SEC member Georgia (12-1) will play Oklahoma (12-1) in the Rose Bowl.

Another all-SEC championship game could be on the horizon, and for the second straight year the value of a conference championship was diminished. Unlike in 2012, though, the winds of change are not picking up — even with both the Big Ten and Pac-12 sitting out this playoff altogether.

"It doesn't change my view that the present structure is best for college football," Big Ten Commissioner Jim Delany said during an interview with ESPN. "I can be supportive of (the

selection committee) and at the same time be disappointed and a little bit surprised."

When Alabama got the nod for the fourth and final spot over Ohio State, the Big Ten was left out for the first time — and for the second time in four seasons the Pac-12 was shut out, too. When the conference commissioners were putting the playoff together, ensuring only conference champions would be included was considered. Eventually, the compromise was to craft a protocol that emphasized conference championships, but not make them mandatory.

"I don't see anything that's happened in the first four years in the work of the selection committee or the playoff that is inconsistent with how it was designed or what was possible," Pac-12

Commissioner Larry Scott told the AP in a phone interview.

Tide or Buckeyes was the toughest call for the committee in the four-year history of the playoff.

"We walked into that room knowing we had a big task ahead of us," said committee chairman Kirby Hocutt, the athletic director at Texas Tech.

The Tide had been more consistent and lost just once. The Buckeyes lost twice, including an embarrassing 31-point loss at unranked Iowa, but have the more impressive set of victories. Ohio State won the Big Ten while Alabama did not even win its SEC division.

The committee rolled with the Tide and stayed on the task of choosing the best teams, regardless of conference affiliation. For the second straight season a team that did not win its conference is in the playoff.

BOWL

From Page 1

enough to get your kids excited."

Miami coach Mark Richt, like Chryst, was out recruiting Sunday. The Hurricanes are getting a much-needed break for the next few days, after playing 11 straight weeks after their schedule was readjusted because of many complications statewide caused by Hurricane Irma hitting in September.

"I know for our players, it's got to be a welcome relief for them physically and mentally and maybe spiritually as well," Richt said. "I know for me and the coaching staff — just like Paul's on the road right now, we're on the road as well — it does give you a little bit of a break of the gameplanning and all the things that have

to be done to prepare week-by-week."

The Hurricanes and Badgers last played in 2009 at the Champs Sports Bowl. Both have strong defenses, with Wisconsin's ranking No. 1 nationally in yards allowed in No. 2 in points allowed.

And even though the Badgers missed the CFP, players say sending the seniors out winners will remain a priority.

"They deserve to go out with a win," Badgers offensive lineman Michael Deiter said. "The things they've done for this program and this football team, they deserve to go out and win a bowl game and go out the right way."

Miami is just the third team to go to the Orange Bowl while on a two-game losing streak. The others were both LSU teams, in the 1943 and 1973 seasons.