

## BARBECUE TIME



MARC VALERO/STAFF

Classic cars were a hit at this weekend's Pig Fest in Sebring.



Kaylee Humenik, 11, of Sebring, loves pulled pork barbecue and was enjoying her sandwich Saturday at Pig Fest.



Tiki Tim Reynolds, of Pig In or Pig Out, shows their famous ribsickle.

## There was plenty of food, classic cars at Pig Fest

BY JAY MEISEL and MARC VALERO  
STAFF WRITERS

SEBRING — Kaylee Humenik, 11, had a big grin Saturday morning as she ate a pulled pork barbecue sandwich at the annual Central Florida BBQ Festival at the Highlands County

Fairgrounds. The two-day event sponsored by the Sebring Firemen Inc. featured plenty of barbecue and a classic car show. It was the first time for Kaylee and her mother, Julie, and father, Nathan, who moved to Sebring two years ago from Loxahatchee.

“We will be back; we love pork,” Julie Humenik said. They had been checking out the cars and food. The family went over to the car show first and “then we came over here because everybody was hungry,” her husband said. The Positive Medical

Transport barbecue team had some challenges with the cold weather and their grill. “Our grill did not want to work with us properly so we did our best and this is what we got,” said Kelli Delaney, as she pointed to a pan

BARBECUE | 8

## New law brings changes to school testing

By MARC VALERO  
STAFF WRITER

SEBRING — Many changes in school assessments, accountability and student progression are coming this year due to House Bill 7069, which lawmakers passed during the 2017 legislative session.

In a Dec. 29 memo to school superintendents, Florida Department of Education Chancellor of Public Schools Hershel Lyons presented an outline of the changes, which included a requirement for paper-based testing at some grade levels.

The bill requires that the statewide, standardized English language arts and mathematics assessments in grades three and six be administered only in a paper-based format, starting from the 2017-18 school year so that all such assessments are paper-based no later the 2018-19 school year.

Also, the legislation removed the provision for the algebra 2 end-of-course (EOC) assessment. The last time the test was given was in spring 2017.

With this change, the requirement that the

exam count as 30 percent of the student's final course grade for Algebra 2 has been deleted. Also, deleted is the requirement that a student must pass the algebra 2 EOC assessment in order to earn a “scholar diploma” designation.

Along with specifying the earliest dates for statewide testing and the test date window, HB 7069 requires the Department of Education to move up its publication date of the statewide assessment calendar from August to January of each year, beginning this year.

By Jan. 1, the Department of Education was required to publish the assessment calendars for the 2018-19 and 2019-20 school years.

A new, more comprehensive student score report for the statewide assessments will be implemented explaining the student's results, including information identifying the student's strengths and weaknesses.

The report will include actions that can be taken and resources that can be utilized for improving areas of weaknesses.



FILE PHOTO

House Bill 7069, which was passed during the 2017 legislative session, enacts many changes/requirements related to statewide schools assessments and accountability.



MARC VALERO/STAFF

Church Service Center Director John Jeffo with thousands of food cans donated to the group that helps the needy.

## Outpouring of donations shores up Church Service Center mission

By MARC VALERO  
STAFF WRITER

AVON PARK — Even as Church Service Center volunteers cope with limited space after Hurricane Irma damaged their building, they are thankful for an abundance of food donations to help the needy.

After the Station Building on Butler Avenue in Avon Park incurred major damage from the storm, the center's volunteers have been working from a

metal shed behind the two-story building.

A nearby garage serves as a warehouse for donated canned goods.

Church Service Center Director John Jeffo offered a list of thanks Thursday in the cramped shed.

Students from Avon Park's public schools collected and donated 6,000 cans of food, which were delivered to the center by the Avon Park Noon Rotary Club, he said.

“Highlands Ridge did three tons of food for us,” Jeffo said. “The students from Avon Park Lakes Baptist Church delivered one ton of cans.”

The Florida Flywheelers donated 1,000 cans that were delivered by the Avon Park Fire Department.

“We distributed over 500 gifts to 400 needy children this year,” he added.

Jeffo was expecting two

CHURCH | 8

## Avon Park Council to consider contracts for Fisher, Batz

By MARC VALERO  
STAFF WRITER

AVON PARK — The City Council will consider employment contracts today for two department heads — one who was hired in December 2016 and the other who was hired last month.

Councilors will consider three-year employment contracts for both Fire Chief Brad Batz, who started working

for the city in December 2016, and Administrative Services Director/City Clerk June Fisher, who joined the city staff last month.

According to the contracts, Batz's base annual salary is \$65,000 and Fisher's base annual salary is \$90,000.

According to the proposed contract, Batz and Fisher will serve at the “will and pleasure” of the city manager and may be terminated with a 21-day notice

“at any time for any reason subject to applicable law.”

Should they be involuntarily terminated, they will get five-months severance pay except under certain conditions, the proposed contract states.

City Manager Julian Deleon noted on the agenda that Batz's and Fisher's contracts are based on “the standard city employment contract,” which has been used in the past for other department heads.

The majority of city employees are entitled to “due process” for any disciplinary matter, he said. This can even include arbitration for immediate reinstatement with back pay. This means more employment stability when compared to the city's administrative staff.

At Avon Park, department heads are considered “entirely at-will,” which means the employee can be terminated without cause or reason, he

said. These positions can be more “volatile and unstable.”

The City Council will meet for its regular meeting at 6 p.m. in the Council Chambers, 123 E. Pine St., Avon Park.

The Community Redevelopment Agency Board will have a special meeting at 5:30 p.m. today to consider approval of the Martin Luther King Day festivities as approved by the South Side CRA Advisory Board.



Crossword ..... 7  
Highlands Health ..... B1

Local Sports ..... A9-10  
Lottery ..... SPORTS

Viewpoints ..... A6  
Weather ..... The News Wire

Good Morning To  
Ruth Esposito  
Thanks for reading!



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# Lake Placid police officer promoted to sergeant

By **KIM LEATHERMAN**  
STAFF WRITER

LAKE PLACID — Mostyn Mullins soon will be embroidering stripes on his Lake Placid Police Department uniform. The 10-year veteran was promoted to sergeant Wednesday by Police Chief James Fansler. “I am very proud of the hard work and dedication that he offers the department and community,” Fansler said. “Sgt. Mullins has completed all the required training to become a supervisor and exhibits leadership qualities.”

Mullins went through the police academy and joined the Lake Placid Police Department as a reservist in 2006 after retiring from a successful banking career at Wauchula State Bank. Mullins said that he enjoyed that so much that he wanted to make the leap to full time work before he got older.

Mullins wears many hats for the department. He is a business tax official, teaches CPR, and educates the public on car seat and bike safety, assists in self defense classes, assists with evidence and property and he is also the code enforcement officer.

“I feel like this job was catered to fit me,” Mullins said. “James doesn’t micromanage me, he lets me help others wherever I can. The best part of my job is helping people, especially



Mostyn Mullins will be adding new stripes to his police uniform as he was just promoted to sergeant at the Lake Placid Police Department.

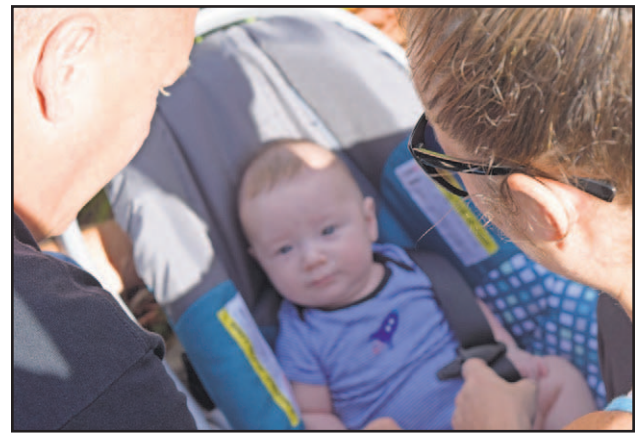
kids. I love seeing gratitude in the eyes.”

Not everything in law enforcement is glamorous. Mullins said seeing people hurting is the worst part of his job.

“The part of my job that is not great is seeing crimes against people, especially the young and

elderly,” Mullins said. “You can see people at the worst moments of their lives; that can chip away at you.”

Mullins’ wife of nearly 30 years, Tammy, is very proud but not surprised at her husband’s promotion, although the early years were a little hard to



COURTESY PHOTOS

Newly promoted Sgt. Mostyn Mullins of the Lake Placid Police Department is teaching a new mother how to properly connect a car seat belt.

get used to. “Mostyn was in banking, so the shifts were hard to get used to at first,” Tammy Mullins said. “He also gets a lot of calls to translate Spanish, so I have to share him. I am very proud of what he has accomplished. He has increased the car seat

and rodeo programs. He is always willing to help individuals and the community. He always wants to be there for everyone.” Mullins has no regrets in his second career choice. “The only regret I have is that my father was not here to see me get promoted.”

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## Mysteries of the cold snap on house plant

It has been a chilly start to the new year, one that not many of us were expecting, considering how warm the last few months have been.

But, this is Florida, and we are known for having a tropical weather system with extreme variations of whatever weather we receive.

Since the cold snap, I have been very worried about my plants. I have no pets, so the plants I care for are the only living things I am responsible for. I have five plants, and most of them have names. I tell them goodbye when I leave for work in the morning, and even decorate some, according to the holiday or season.

So, obviously, my plants are very important to me. Probably the funniest aspect of this all is that I definitely don’t have a green thumb. I have been killing plants since I started owning them, all the way back to eighth grade.

I can specifically remember buying Heathers for a science fair. And then when one of the plants died, rather than admit I was responsible for the death, I asked my mother to buy me another of the same plant so I could take it to school for the presentation.

This does not mean I do not like plants. It is



**COLUMNIST**

Annisley Bohlman

clear that I must have some fondness for them. Since the weather has changed, I have been bringing my plants in and out of my house, depending on whether I think it is too cold for them.

They sit snug in an Amazon box near my window, looking like they belong there in the cardboard. Of course they do not, but they add a niceness to my home, I like to pretend.

One thing that I do not understand about my plants is their adaptability to conditions outside of their norm. For instance, I have one plant that is starting to lose some color at the end of the leaves.

I cannot tell if this is from the cold, or if I am doing something wrong with the light and water. Someone told me that it is because of the weather, since the plant

has been outside a few days in a row now. There hasn’t been any frost, so I thought it was OK to leave the plant outside.

After being told the issue was the weather, I did some research on my plant to figure out its origin. I found out that the plant is from the Northwestern region of the United States, where it gets much colder than it does here.

This makes me wonder if my plant has grown

accustomed to Florida weather and its abundance of sunshine? But is that how it works with plants? Genetic factors must come in somewhere, right?

A plant originally grown in another location that has been grown in Florida will do what — adapt to Florida weather or be OK with weather from the other location, too? I am still yet to find out, and only time can tell.

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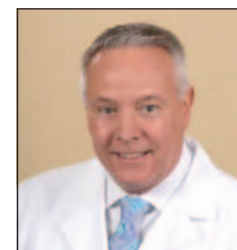


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## NEWSPAPER ADVERTISING

Newspapers have had their fair share of ups and downs since the emergence of digital media, but despite this, they have steadily maintained their local readership base and strength for local marketing.

### Let's take a look at the many advantages of newspaper advertising:

1. Advertising in a newspaper is not seen as an interruption. In fact, numerous surveys have shown one of the reasons people buy newspapers is to view the ads for their local stores and businesses. Consumers do want and need to be exposed to advertising; they simply want ads on their own terms.
2. A newspaper ad can be cut out and saved for later. This means your coupon or contact information can and usually will land on someone's refrigerator or in their wallet or purse.
3. Unlike radio, whose market share is often far less than first calculated, local newspapers consistently deliver to households 365 days out of the year.
4. Unlike radio, which is often playing in the background and not really heard, newspapers can deliver true consumer engagement. When a person reads an advertisement it's because they choose to do so. They give their full attention to your message and will remember you when they need your product or service.
5. You've probably heard newspaper subscriptions and readership have dropped in the last five years or so, and that's somewhat true, but not to the extent that many would like you to believe. The other side of that coin is, the readership of the online versions of newspapers is growing rapidly, much faster than the 7% or so losses in the physical subscriptions.



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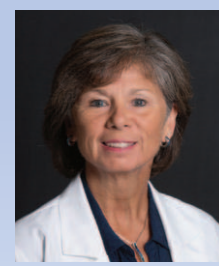
"Almost all absurdity of conduct arises from the imitation of those who we cannot resemble."  
*Samuel Johnson*



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**Roseann B. Kiefer**  
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# Kenilworth Lodge's storied beginnings

George Sebring's Kenilworth Lodge is all boarded up and permanently closed, according to a sign on the door. The hotel built in 1916 in the style of the grand resort hotels in Florida was for wealthy northern tourists. It was the most impressive building erected in Sebring before the Florida Land Boom. It was also the city's first example of Spanish style architecture.

The Kenilworth featured a long central block with two truncated wings. The wings were extended to their present length in the early 1920s. The building has a wood frame structure covered in smooth stucco that contains 125 guest rooms, a large lobby with a large fireplace, lounge area, dining room, kitchen, barber-shop and steam laundry.

Originally, the Kenilworth and other local hotels remained



## HISTORICALLY SPEAKING

Elaine Levey

open only three months out of the year — from January 1 to April 1. The tourists were from the Mid-Atlantic and Mid-Western states. Many came by train every year to Sebring to escape the cold northern winters.

Under the direction of experienced hotel managers from summer resorts in the Northeast, the Kenilworth's large staff, averaged one hotel employee for each guest.

They offered a range of recreational services on the 320 acre grounds that surrounded the hotel. Visitors could play a round of golf on an 18-hole championship course that was considered one of the finest in Florida, stroll through the hotel's orange grove, or relax on a large terraced lawn that sloped gracefully to Lake Jackson, no Lakeview Drive at that time. Sailboats and motor launches were available. The nearby lakes and the untamed wilderness that surrounded Sebring offered excellent hunting and fishing opportunities.

At the height of the Boom in 1924 the Kenilworth gained national attention when it played host to the annual Governor's Conference. Some 40 state leaders from throughout the nation attended the conference. Escorted



COURTESY PHOTO

The Kenilworth Lodge in Sebring is the city's finest example of Spanish style architecture.

by Governor Cary A. Hardee of Florida, the party made a grand tour of the state, stopping in Sebring for two days. The event was highlighted by a grand banquet at the Kenilworth where the governors were toasted by George Sebring and other local dignitaries.

George Sebring sold the hotel in the early 1920s to a group of investors from New York. In September

1925, Vincent Hall and Lewis Harder, developers of Lakewood Terrace and Harder Hall, purchased the Kenilworth Lodge and several of the other hotels in Sebring. The sale was accompanied by a promise to renovate the hotel and upgrade its facilities.

Before much could be accomplished, the Boom collapsed, bringing the Lakewood Terrace Corporation to

financial ruin. In 1927 the Kenilworth was purchased at auction by David Tuttle, who operated it throughout the Great Depression.

The Kenilworth is listed on the National Register for Historical Place — June 15, 2000.

*From: Sebring, City on the Circle*

*Elaine Levey can be reached at emlevey@gmail.com*

## COMMUNITY CALENDAR

### ■ TODAY

American Legion Post 25 in Lake Placid- Legion E Board 5:30 p.m. Son's Legion General 6 p.m. Auxiliary E Board 6:30 p.m. Auxiliary General 7 p.m. Call 863-465-0975.

American Legion Post 69 in Avon Park - S.A.L. Meeting 6 p.m. Ship Captain and Crew 5-7 p.m. Legion and Auxiliary meetings 7 p.m. Call 863-453-4553.

American Legion Post 74 - Bar poker 5-7 p.m.

AMVETS Post 21 in Sebring - General Meeting 6 p.m. Dart League p.m. Call 863-385-0234

VFW Post 4300 in Sebring- January birthday party 5 p.m. Celebrate all who were born in January. Please bring a dish to share. Happy Hour 5-8 p.m. Call 863-385-8902.

VFW Post 3880 in Lake Placid- VFWRG meeting 7 p.m. \$1.25 drafts all day. Poker at 2 p.m. Ship Captain and Crew 4:30 p.m. Call 863-699-5444.

Elks #2661 in Lake Placid- Euchre 1 p.m. Burgers and chicken 5-7 p.m. Darts 7 p.m. BPOE Board Meeting 7:30 p.m. Call 863-465-2661.

Elks #1529 in Sebring- DAR 10:30 a.m. Member Bingo 2-4 p.m. Public Charity Bingo Games start at 6 p.m. Call 863-471-3557.

Moose Lodge #2374 in Lake Placid- Lunch served 12p.m.-5p.m. WOTM meeting 5 p.m.

Moose Lodge #2259- Bar poker 2 p.m. Happy Hour 2-4 p.m. Texas Hold 'Em 7 p.m. Darts 7 p.m. WOTM officer's meeting 6 p.m. WOTM business meeting 7 p.m. Food at the bar. Call 863-655-3920.

Sebring Recreation Club- Pinochle 1 p.m. Shuffleboard Scrambles

1:15 p.m. Membership meeting 7 p.m. Located at 333 Pomegranate Ave. Call 863-385-2966.

### ■ TUESDAY

American Legion Post 25 in Lake Placid- Cafe 11 a.m.-7 p.m. Euchre 1 p.m. Chips Ahoy 3-5 p.m. Bingo, public welcome 6 p.m. Call 863-465-0975.

American Legion Post 69 in Avon Park-Bingo at 1 p.m. bar poker 5 p.m. Bake Sale. Call 863-453-4553.

American Legion Post 74 Ship Captain and Crew 5-7 p.m., Taco Tues. 5-7 p.m.

AMVETS Post 21 in Sebring- Bingo 12:30 p.m. bar poker at 5 p.m. Call 863-385-0234

VFW 4300 Sebring-Fish fry 5-6:30 p.m. Q of H 6 p.m. Second Chance 5-8 p.m.

VFW Post 3880 in Lake Placid- Auxiliary meeting 10 a.m. Tailgate food 5:30-6:30 darts 6:30 p.m. Call 863-699-5444.

Elks #2661 in Lake Placid- card games 1:30 p.m. Funday bar games 2:30 p.m. BPOE General Meeting. Call 863-465-2661.

Elks #1529 in Sebring- Canasta at 9 a.m., Taste Tuesday, Italian Beef sandwich, cole slaw, Q Of H, Music by Allen 5:30-8:30 p.m. Call 863-471-3557.

Moose Lodge #2374 in Lake Placid- Poker 2 p.m. Moose Legion Meeting 7 p.m. Euchre 7 p.m.

Moose Lodge #2259- Happy Hour 2-4 p.m. Bar poker 2 p.m. Mi Mi's Cafe Taco Night 5-7:30 p.m. Margarita Special 5-7 p.m. Mingo Bingo with jackpot 6 p.m. Call 863-655-3920.

Sebring Recreation Club- Ping pong 3:15 p.m. Located at 333 Pomegranate Ave. Call 863-385-2966.

### ■ WEDNESDAY

American Legion Post 25 in Lake Placid- Cafe 11 a.m.-7 p.m. Ship Captain Crew 6p.m. Buddy Canova

5-8 p.m. Call 863-465-0975.

American Legion Post 69 in Avon Park-Legion Wings 4-6 p.m. Karaoke 4-7 p.m. Q of H 6 p.m. Call 863-453-4553.

American Legion Post 74 Wild card bar poker 5-7 p.m. Chicken biscuit and gravy dinner 5-7 p.m.

AMVETS Post 21 in Sebring- Ladies Auxiliary meeting 11 a.m. TH 2 p.m. Call 863-385-0234.

VFW 4300 Sebring- Washers 1 p.m. Ship Captain and Crew 3 p.m. happy hour 5-8 p.m.

VFW Post 3880 in Lake Placid- poker 2p.m. VFWRG pork loins and fries 5:30 p.m. Ladies drinks BoGo 4p.m. To close. Call 863-699-5444.

Elks #2661 in Lake Placid- shuffleboard 1 p.m. Steak Night 5-7p.m. Card games 7:30 p.m. Call 863-465-2661.

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

Moose Lodge #2374 - Queen of Hearts 8 p.m. Mega Sounz.

Moose Lodge #2259- Pool 12 p.m.

Happy Hour 2-4 p.m. Mi Mi's Cafe 5-7:30 p.m. Special on the board, Moose game 8 p.m. Lunch Group 11:30 a.m. Dan Patrick 6-9 p.m. Call 863-655-3920.

Sebring Recreation Club- 1:15 p.m. Shuffleboard league, 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.

### ■ THURSDAY

American Legion Post 25 in Lake Placid- Poker 1 p.m. Chips Ahoy 4 p.m. Create a pizza, Pool 6 p.m. Free line dancing 7 p.m. 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.

American Legion Post 74 Thirsty Thursday, Ship Captain and Crew 2-4 p.m. Auxiliary meeting 7 p.m.

AMVETS Post 21 in Sebring- line

dancing 6-8 p.m. Call 863-385-0234.

VFW 4300 Sebring- Bingo 1:30 p.m. lunch 11:45 a.m.- 1:30 p.m. bar poker 4 p.m.

VFW Post 3880 in Lake Placid- Euchre 1 p.m. Call 863-699-5444.

Elks #2661 in Lake Placid-Thirsty Thursday, \$2 margaritas all day, burgers hot dogs 4-6 p.m. Early Bird Bingo 6 p.m. Call 863-465-2661.

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

Moose Lodge #2374 in Lake Placid- Jackpot drawing 8 p.m. Franke Darts 7 p.m.

Moose Lodge #2259- Happy Hour 2-4 p.m. Bar poker 2 p.m. Mega Sounz 5-8 p.m. LOOM Meetings and joint 7 p.m. Mi Mi's Cafe 5-7:30 p.m. Call 863-655-3920.

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

### GOLF COURSE IS IN GREAT SHAPE!

**Coupon Required**

**\$36.00** Includes tax.

**WEEKEND GOLF-ANY TIME**

**\$31.00** Includes tax.

EXPIRES 1/31/18

**Coupon Required**

**GOLF - AFTER 12PM**

**\$31.00** Includes tax.

EXPIRES 1/31/18

**Coupon Required**

**TWILIGHT GOLF - AFTER 3PM**

**\$19.00** Includes tax.

EXPIRES 1/31/18

TEE TIMES EVERY DAY - EXCEPT WEDS.

2250 South Little Lake Bonnet Rd. • Avon Park

Tee Time Hotline: 863-453-7555

## NOTICE OF TOWN OF LAKE PLACID ELECTION

### QUALIFYING, CLOSING OF VOTER REGISTRATION ROLLS AND SIGNATURE UPDATE INFORMATION

Notice is hereby given that the Town of Lake Placid will hold an election on April 3, 2018 to elect two (2) Councilmember's and Mayor.

The qualifying period begins Monday, February 12, 2018 at 12:00 p.m. and ends Friday, February 16, 2018 at 12:00 p.m. To qualify, the candidate must be a legally qualified voter and a permanent resident of the Town of Lake Placid. The Charter reads, "Any elector of the Town shall be eligible to hold the office of Town Councilman, provided that he/she shall be registered to vote in the Town elections six (6) months immediately preceding the date of taking office and must be a resident of the Town of Lake Placid". Qualifying must be done at Lake Placid Town Hall, 311 West Interlake Boulevard, Lake Placid, and Fl. 33852

The precinct that will be open 7:00 a.m. – 7:00 p.m. on Election Day is as follows:

Precinct 13—First Baptist Church, 119 E. Royal Palm Ave., Lake Placid, Florida 33852

The voter registration books will close on March 5, 2018. If you have any questions about voter registration, polling locations or vote by mail, please call the Supervisor of Elections' Office at (863) 402-6655.

If you wish to request an Absentee Ballot please contact the Supervisor of Elections' office at (863) 405-6655 or by visiting the website at www.votehighlands.com

If your signature has changed since you registered to vote, you may need to provide a signature update to the Elections' Office. Signatures on petitions and absentee ballots are always checked against the original voter registration signature, and it is the responsibility of the voter to be sure the signature is updated when it changes. If you need to update your signature, please call the Elections' Office at (863) 402-6655 to have a form sent to you.

/s/ Eva Cooper Hapeman  
Eva Cooper Hapeman, Town Clerk

## EXTENDED ONE MORE DAY!

OPEN 9AM-9PM

allison brittny

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## FINAL PRICE \$14.99

WITH EXTRA 25% OFF  
Reg. \$45  
SALE 19.99  
Select Styles

### SAVINGS PASS

MONDAY, JANUARY 8, 2018

## 25%

### OFF

your purchase

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# VIEWPOINTS

**HIGHLANDS NEWS-SUN**  
YOUR HOMETOWN NEWSPAPER SINCE 1919

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**ANOTHER VIEW**

## A real need for affordable housing

If Monroe County doesn't help build housing that restaurant servers, fast-food workers, hotel staffers and supermarket managers, to say nothing of cashiers can afford, its tourism-based foundation will crumble.

After Hurricane Irma swept through the Lower Keys in September — and swept up homes and boats and mobile homes in its path — service workers left Florida's southernmost county in droves. Given their salaries, their housing options were tenuous to begin with. After Hurricane Irma, those options were wiped out. That means jobs have been slow to return, and much of the Keys' economic base remains in peril.

We commend state Rep. Holly Raschein, R-Key Largo, for stepping up to file a request for \$20 million to buy property in the Keys to rebuild affordable and workforce housing. Raschein also is requesting \$2.85 million for a pilot program that would provide 30 pre-manufactured units for displaced Monroe residents. Raschein says that the units could be installed in hours rather than weeks or months, as is the case with traditional construction.

According to the Florida Keys Keynote, almost 1,200 buildings, both residential and commercial, were destroyed by the hurricane, a Category 4. And this statistic does not include mobile homes. More than 1,000 structures received damage beyond 50 percent of the building's value; almost 40,000 households have applied for assistance through the Federal Emergency Management Agency. Keep in mind, there are about 55,000 housing units in the entire county.

So Raschein has a strong case to make to her colleagues to come through for the Keys. It remains in crisis mode.

But money is not the only resource that's desperately needed. There needs to be an abundance of political will, too. As the push for workforce housing gets started, so has the pushback. Many residents, understandably, are concerned about high density and the pressure it can add to public services and infrastructure.

Officials should be clear that they are looking to replace lost, often unstable housing, not add to the population.

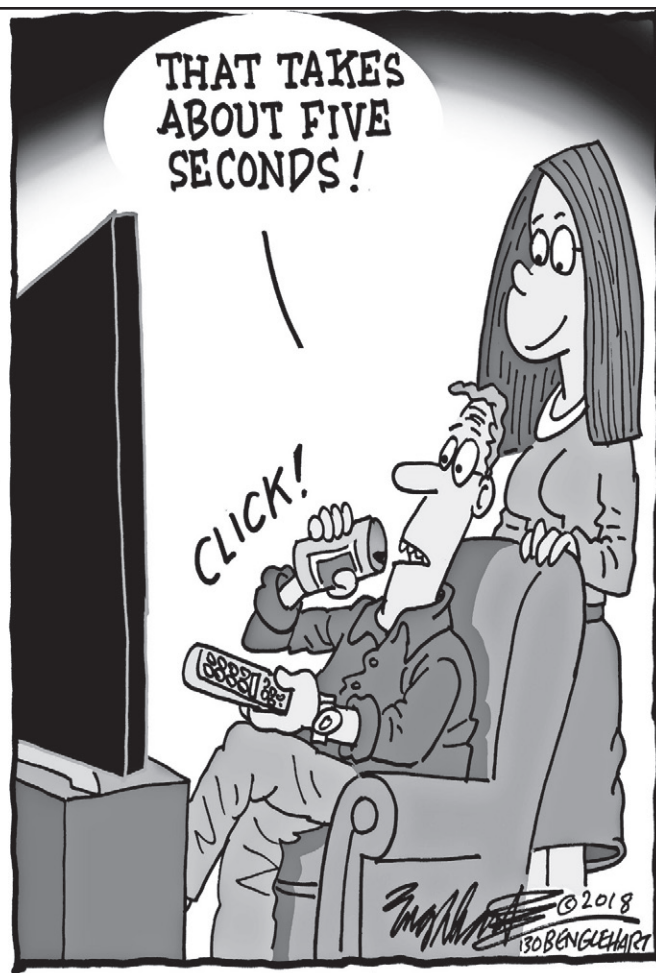
There's another challenge against which elected officials should stand firm. They are in charge of a waterfront asset that developers are drooling over. In South Florida, counties too often acquiesce to the temptation of attracting more affluent residents, walling off public assets and — pocketing those campaign donations — at the expense of housing for people who provide basic, and vital, consumer services.

Virtually every county in the state is struggling with a scarcity of affordable housing. Unfortunately, Gov. Rick Scott himself has been of little help. As of November, his proposed budget would pilfer \$92 million from Florida's affordable-housing trust funds and use them for other priorities. The shame of it is that diverting these funds has become a short-sighted tradition in this state.

Monroe officials should be resolute and not waver. Nor should they give in to any potential "them vs. us" hostility, as some affluent residents intimate that affordable and workforce housing will invite less desirable — to their minds — residents.

Nonsense. "Those" people make the Keys the tourist mecca that it is, serving dinners, working the cash register, answering 911 calls — everything vital to a robust quality of life.

*An editorial from the Miami Herald.*



## A wonderful year in office

I recently marked one year since being sworn in as sheriff, and I wanted to take this opportunity to thank everyone in Highlands County for helping to make that year a success.

We have accomplished a lot here since I was sworn in, but I can take none of the credit. That belongs to all of the members of the Highlands County Sheriff's Office and the public that have helped us make improvements to your sheriff's office.

I could not be more proud of the people I work with for all of their efforts on things like:

- Earning re-accreditation in both law enforcement and detention;
- The acquisition of Animal Services and the improvements to the facility;
- Moving into the new headquarters building;
- Dementia awareness training to make us the first dementia-friendly county in the state of Florida;
- The launching of the Seniors vs. Crime project office;
- Our successful application for a Community Oriented Policing Services grant from the Department of Justice; and
- Stepping up during the days before and after



**FROM THE SHERIFF**  
Paul Blackman

Hurricane Irma.

And all of that doesn't include the excellent day-to-day work that has taken place in order to make key arrests that have kept a lot of drugs and dangerous criminals off the streets of our county, kept our detention facility safe and secure and kept our part of the justice system functioning at a high level of success.

None of this could be accomplished without the support of other agencies in the county and, most importantly, support from the citizens of Highlands County. On behalf of myself and our entire agency, I want to say thank you for allowing us to be your sheriff's office.

Our deputies — and all first responders — face dangers on a daily basis. But did you know that one of the most dangerous

things law enforcement officers deal with every day has nothing to do with criminals?

Every time a deputy or another first responder steps out of their car during a traffic stop, at an accident scene or to help a motorist in a disabled vehicle, they are taking one of the biggest risks associated with their profession. They are putting their lives in the hands of the drivers that will be passing that scene.

January is "Move Over" month in Florida, highlighting the state law that requires motorists to either move over a lane or slow down to 20 mph under the posted speed limit when authorized law enforcement, emergency or service vehicles displaying any visible signals while stopped on the roadside, including Road Rangers, sanitation vehicles and tow trucks.

According to the Florida Department of Safety and Motor Vehicles and the Florida Highway Patrol, there were 212 crashes last year that were the result of drivers failing to move over, and 17,000 citations issued.

Surprisingly, it is not younger drivers that are the biggest culprits. The FHP says that drivers ages 30-60 are the ones who are least likely to heed the

law. That's likely because younger drivers have grown up with the law, which went into effect in 2002.

To comply with the Move Over law drivers must (in a multi-lane highway):

- Move out of (while using a turn signal) the lane closest to the stationary emergency vehicle, sanitation vehicle, utility service vehicle, Road Ranger or wrecker;
- Slow down to 20 mph under the posted speed limit if moving over is not possible; and
- be prepared to allow those who are attempting to move over into the next lane.

On a two-lane road, the law says drivers must slow down to 20 mph under the posted limit (if the limit is under 20 mph, then you should drive 5 mph). If you can safely move into the other lane, that is allowed, providing there is no solid yellow line on that part of the road.

Please remember to follow this important law both for your safety and the safety of the first responders who have to be out working on the roads.

For more information on the Move Over Law, visit: <https://www.flhsmv.gov/safety-cen.../driving-safety/move-over/>.

## Once there was a tree

Once there was a tree. She loved a little boy. And the tree was happy. She gave all she could to this boy. As the boy grew up, the tree finally had nothing left to give... and the tree was happy, but not really. Until the boy became an old man and needed only a place to sit and rest. And the tree could provide such a gift. And the tree was happy. (Paraphrased from Shel Silverstein's "The Giving Tree".)

Whether you focus on the selfless and certainly undeserved giving by the tree throughout this story,



**OUR CHILDREN, OUR FUTURE**  
Carissa Marine

or you are distracted by the seemingly rude and selfish taking by the boy from beginning to end, Silverstein's story brings

life lessons to all. Life is not easy. Life is not always happy. Success does not necessarily bring fulfillment. Yet shouldn't we strive to give a little more? Can we share more of ourselves with others? And we all benefit from the reminder to be more polite and grateful.

The Champion for Children Foundation's logo of children dancing around a tree represents childhood joy, safety, and strong families. Our vision is for all local youth to mature into responsible adult members of a global society. With the generous support of our partners and active service of our volunteers, we are able to help provide encouragement, stability, safety, and most importantly protect, train and support our children who are our future. And we are certainly happy and extremely blessed to do so.

The Champion for Children Foundation is able to give to families in

our community based on the needs of the children and family such as shelter, food, gas, health, counseling, parent support, and more. Our tree is happy, in spite of the realities of life, as we strive to protect our children from neglect and prevent further trauma.

Champion for Children Foundation Founder and Chairman of the Board Kevin J. Roberts is known to share this challenge from his own heart: "No life is complete unless it includes service to others."

So give, then give some more. And be happy.

*Carissa Marine is CEO of the Champion for Children Foundation (www.ChampionforChildren.org), a 501(c)3 nonprofit organization serving children and families in Highlands County. Tax-deductible donations to help our local families may be given online or mailed to 419 E. Center Ave., Sebring, FL 33870.*

**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](mailto:editor@newssun.com).

**COMMUNITY NEWS BRIEFS**

**Ohio snowbirds to meet**

**SEBRING** — Current and former residents of the Washington County area of Ohio will meet at 11 a.m. on Monday, Feb. 5 at Homer's restaurant, located at 1000 Sebring Square. For more information, call 740-373-8500.

**Orchid auction scheduled**

**SEBRING** — The Orchid Society of Highlands County will hold its 17th annual orchid auction at 7 p.m. Jan. 22 at 355 W. Center St. (Jack Stroup Civic Center) in Sebring. The public is invited to attend.

There will be both blooming and non-blooming plants available. Proceeds from this auction will be used to support the society's scholarship fund.

Light refreshments will be served and Orchid Society members will be in attendance to answer questions.

For information, call Glen Shellhammer at 863-471-6171.

**Sebring Elks breakfast**

**SEBRING** — The Sebring Elks Lodge 1529 will hold a Sunday morning breakfast from 8:30 a.m. to 12 p.m. Jan. 14, which is open to

the public. The cost is \$9. A bake sale will be held in conjunction with the breakfast. The purpose of the bake sale is to help raise money for repairs to the Lodge's home from hurricane damage.

**Arts and crafts fair**

**AVON PARK** — Highlands Ridge Arts & Craft Fair will be held from 9 a.m. to 2 p.m. Saturday, Jan. 13 at Highlands Ridge golf community, 3003 Fairway Vista Drive. There is something for everyone; everything is handmade by residents within Highlands County. Follow signs from U.S. 17 and Powerline Road.

**Sound of the '60s**  
Folk Music • Motown Hits • Rock Favorites • Psychedelic Classics

**LOTELA GOLD**

**TICKETS \$19-\$25**  
Advance Purchase  
\$24-\$30 Day of Show  
All sales final.

**Friday, February 2, 2018**

**LIVE at The Circle Theatre, Downtown Sebring**

Lotela Gold is a five piece '60s rock and roll show band featuring music from The Mamas & The Papas, Wilson Pickett, James Brown, The Beatles, The Rolling Stones, Cream, Iron Butterfly and many more!

Order online at: [WWW.SUNEVENTS.COM](http://WWW.SUNEVENTS.COM)

or call **(863) 494-9362** Mon-Fri, 8am-5pm.

Or visit the Circle Theatre Wed-Fri, 9am-4pm:

**202 Circle Park Dr., Sebring, FL 33870**

Show is in partnership with the Champion for Children Foundation of Highlands County. Learn more at: [ChampionForChildren.org](http://ChampionForChildren.org)



Opening act and Sebring native:  
**Craig Beaudry II**



**7:00pm Showtime**    **Doors Open 6:00pm**    **PEACE LOVE MUSIC**

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*The World Famous*  
**Glenn Miller Orchestra**

**LIVE IN CONCERT JANUARY 31, 2018**

**AT THE HIGHLANDS NEWS-SUN CENTER**

**781 Magnolia Avenue • Sebring, FL 33870 • 7:00pm showtime**

The legendary Glenn Miller was one of the most successful of all dance bandleaders back in the Swing Era of the 1930s and '40s with a matchless string of hit records which built and sustained the momentum of popularity.

Today, the 18 member ensemble continues to play many of the original Miller arrangements both from the civilian band and the AAFB libraries. Additionally, it also plays some more modern selections arranged and performed in the Miller style and sound. Just as it was in Glenn's day, the Glenn Miller Orchestra today is still the most sought after big band in the world!

**GENERAL ADMISSION: \$25**  
Taxes & fees included in ticket price

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**Newsday Crossword**

**ON TV** by Gail Grabowski  
Edited by Stanley Newman  
[www.stanxwords.com](http://www.stanxwords.com)

**ACROSS**

- 1 Blacken on the barbecue
- 5 Hunter's wooden duck
- 10 Venomous snakes
- 14 \_\_\_ story (biography)
- 15 Radiate, as charm
- 16 Spiral shape
- 17 Region
- 18 Stacks of stuff
- 19 Leaf-gathering tool
- 20 Programs on current events
- 22 Wished earnestly
- 23 Alphabetizes
- 24 Mexican money
- 25 Most docile
- 28 Held in one's hand
- 31 Elite group of guests
- 32 Airplane flier
- 34 Poet's "before"
- 35 Skillets and woks
- 36 Peeled, as a 42 Down
- 37 Run leisurely
- 38 "So \_\_\_!" ("Me, too!")
- 39 Go from bad to \_\_\_
- 40 Swap
- 41 Brand-name of steel-wool scrubbers
- 43 Irritating person
- 44 Very long time
- 45 Shows concern
- 47 High-calorie cake
- 49 Programs with contestants
- 53 Opera solo
- 54 Boca \_\_\_, FL

- 55 Soft French cheese
- 56 Be introduced to
- 57 Tum topsy-turvy
- 58 Helper: Abbr.
- 59 Just average
- 60 Icy Arctic hazards
- 61 Hits the road

- 11 Dramatic daytime programs
- 12 Toll road
- 13 Coaster on snow
- 21 Price paid
- 22 What radiators give off
- 24 Give a nudge to
- 25 Spanish bar munchies
- 26 San Antonio tourist attraction
- 27 Limited-episode TV programs
- 28 Great joy
- 29 Wear away
- 30 Discourage
- 32 Standard
- 33 Tax agcy.
- 36 Pea holders

- 37 Plastic container for a garbage can
- 39 Diminish slowly
- 40 Golf pegs
- 42 Source for French fries
- 43 Latest fashions
- 45 Supply party food for
- 46 In the company of
- 47 Scottish caps
- 48 Black-and-white cookie
- 49 Stare in amazement
- 50 Approximately
- 51 Very knowledgeable
- 52 Complete collections
- 54 \_\_\_ the wrong way (annoy)

1	2	3	4	5	6	7	8	9	10	11	12	13	
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Look for a third crossword in *The News Wire* section.

Answer to previous puzzle

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

1/8/18

**Los Angeles Times Daily Crossword Puzzle**

Edited by Rich Norris and Joyce Lewis

**ACROSS**

- 1 Green gem
- 5 Actress Greta
- 10 Ponzi scheme, for one
- 14 Boy in "The Kite Runner"
- 15 Toward the back
- 16 When tripled, a 1970 WWII film
- 17 Spanish "nothing"
- 18 Free, in France
- 19 Reddish-brown horse
- 20 Israeli submachine gun
- 21 Admit to wrongdoing in court
- 23 Embark from a dock
- 25 Spaniel's welcome
- 26 Indian-born storekeeper on "The Simpsons"
- 27 Bening of "American Beauty"

1	2	3	4	5	6	7	8	9	10	11	12	13		
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52	53	54						55	56				57	
58								59					60	
61								62					63	
64								65						66

By Parikshit S. Bhat

1/8/18

**DOWN**

- 1 Two-faced god
- 2 Fill with wonder
- 3 Completed the task
- 4 Significant period
- 5 Steel-gray metallic element
- 6 Disney mermaid
- 7 Country star McEntire
- 8 The \_\_\_: Shakespeare
- 9 Conflict herb
- 10 Pizza
- 11 Like much fall weather
- 12 "I smell \_\_\_!"
- 13 Lots of
- 21 Daily news source
- 22 Coffee vessel
- 24 Japanese alcoholic beverage
- 27 Ice cream thickener
- 28 Old-style you
- 29 Pack (down) firmly
- 30 Sheep girl
- 31 Sheepdog from Hungary
- 32 Being aired
- 33 S-shaped molding
- 34 Never, in Dortmund

**Saturday's Puzzle Solved**

V	A	R	I	E	T	Y	A	C	T		E	S	T	A			
A	R	A	B	L	E	A	G	U	E		R	O	I	L			
M	I	N	I	M	A	L	A	R	T		N	U	M	B			
P	E	G	S		M	E	R	E		D	A	N	E	S			
S	L	O	E	S						M	I	N	D	S			
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C	A	R	P					O	U	T	O	F	P	R	I	N	T
A	L	M	S			D	N	A	S	T	R	A	N	D	S		

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- 36 Little bit
- 38 Bereavement
- 39 Bump on a branch
- 41 Like many animated films ... and a hint to 21-, 31-, 41- and 52-Across
- 42 Floral wreath
- 44 Remove from office
- 45 Law, in Lille
- 48 Madame of physics
- 49 Arouse, as interest
- 50 Avoid capture by
- 51 Surprise attacks
- 52 Good old days
- 53 Actress Sommer
- 54 Gumbo thickener
- 55 El \_\_\_: weather phenomenon
- 56 Wanders restlessly
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# BARBECUE

FROM PAGE 1

of chicken with charred skin.

But, the chicken was still good on the inside, she said. They also cooked ribs and pork butts.

This was their first time in the barbecue event and they will be better prepared next year, Delaney said.

As it seems every year, this year's festival occurred during a cold snap.

Dave Travers, of the Sebring Firemen, said around noon Saturday that it was starting to warm up and it was looking good with many classic cars assembled and everybody having a good time.

The barbecue teams prepared for the competition on the first day of the festival Friday.

Sgt. John Lott was confident Friday that his team of Highlands

County Sheriff's Office jailers would produce the best barbecue,

But Todd Turner had the same confidence about his team of court bailiffs, who also work for the Highlands County Sheriff's Office.

"Everyone thinks they're the best," Lott said.

Regardless of who makes the best barbecue, both Lott and Turner said the competition involving law enforcement, fire-fighters and emergency medical responders isn't a cut-throat competition.

"We're just here for fun," Lott said.

Lott said they would be barbecuing ribs, chicken and pork all night long as they had to submit the finished product to judges at 10:30 a.m. Saturday.

While Lott and Turner spend their days in law enforcement-related duties, other people cooking barbecue at the event do that for their living.

The private vendors, who were hoping the cold



MARC VALERO/STAFF

**Tiki Tim Reynolds, of Pig In or Pig Out, cooks up more ribs.**

weather wouldn't keep throngs of people from coming and buying their food, barbecued a variety of foods.

Nut'n Fancy Grillin, which advertises the "best butt around," has expanded beyond just meat platters and sandwiches. Mary Strenth, who owns the business, along with her husband, Robert, said their daughter developed "redneck nachos," a combination of nachos, cheese sauce

and pulled pork.

That was their most popular item on the menu last year, she said.

Tim Reynolds, who travels from The Keys to Wisconsin cooking and selling barbecue, said he's experienced cold weather during the Pig Fest before.

He said he wrapped the grill with his wife's comforter during that cold weather at the Pig Fest in 2010, one of the first events where he sold barbecue.



**James Brown, of Avon Park, was cooking up his Famous Flames barbecue.**

"I think that's what caused us to get divorced," he said with a smile.

Reynolds said he cooks chicken, pork, ribs and alligator meat.

James Brown, who owns Famous Flames in Avon Park, said he got into barbecuing by accident. His wife was

throwing a birthday party that included barbecue. But she didn't know how to barbecue, so he took over the job, he said.

Those who ate his barbecue that day liked it so much that he decided to make it a career, he said.

"I've been doing it ever since," he said.

# CHURCH

FROM PAGE 1

palettes of food Friday from the U.S. Department of Agriculture.

Usually, he gets four palettes, but he doesn't have the room for them so he is only getting two, he said.

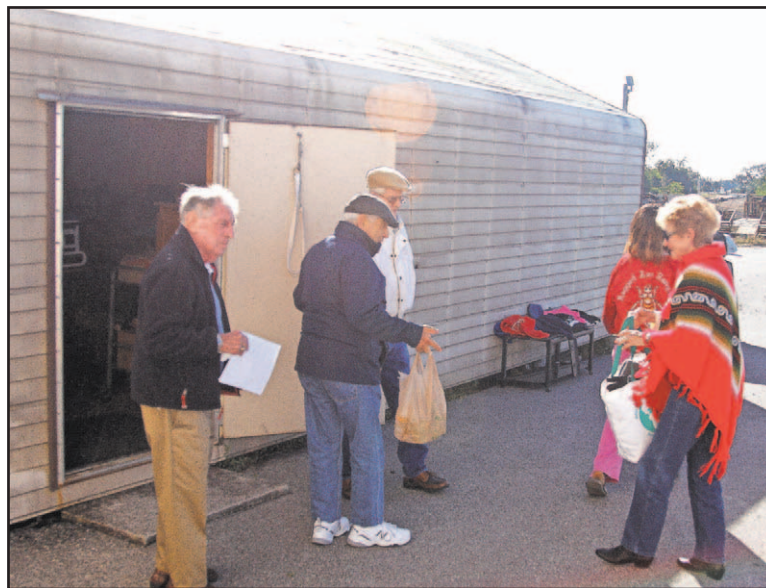
"I am hoping for peanut butter and cereal, but we will see what we get; we could get anything," Jeffo said.

The current hours at the center are 9 a.m. until noon, Tuesday through Friday.

"As the weather warms up, we will go 9 to 1; it is just too cold for the people to be standing around," Jeffo said.

Jeffo will be looking at architectural drawings soon to construct a new 5,000-square-foot building on nearby land on Rowe Street, which the city owns.

Land that is now home to a rarely used skate park will be donated by the city to the Ministerial Association, he said.



MARC VALERO/STAFF

**Church Service Center volunteers accept donated items Thursday from their temporary location, a metal shed behind the Station Building on Butler Avenue.**

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# LOCAL SPORTS

## Cadillac dominating timing charts

Wheln Engineering Cadillac DPi sets best time in Saturday evening session

SPECIAL TO HIGHLANDS NEWS-SUN

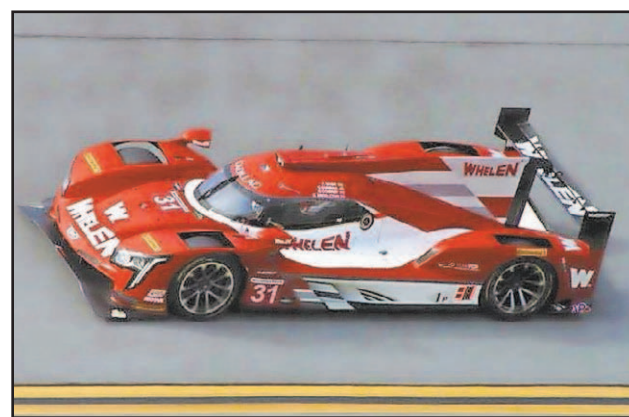
Throughout the first two days of the Roar Before The Rolex 24 test at Daytona International Speedway, the four Cadillac DPi-V.R race cars have resided at or near the top of the time charts.

In fact, through Saturday night's fifth IMSA WeatherTech SportsCar Championship practice session, a Cadillac has led every session, topped by a best overall lap of 1 minute, 36.973 seconds (132.154 mph) by Felipe Nasr in the No. 31 Whelen

Engineering Cadillac DPi in the fourth session on Saturday afternoon. Defending series and race champion Jordan Taylor was able to pinpoint why Cadillac has been so strong prior to the Saturday night session. "Obviously, we're coming back for a second

year with our car," said the driver of the No. 10 Konica Minolta Cadillac DPi. "As a team, we've been racing here for 10-15 years, so we have a lot of experience here at Daytona and with this package, so we expected

CADILLAC | 10



ASHLEY STRICKLIN PHOTO

The No. 31 Whelen Engineering Cadillac DPi at Daytona International Speedway.

## Son wins Harder Hall



JIM TAYLOR/CORRESPONDENT

Yujeong Son accepts the first place Harder Hall Women's Invitational trophy for 2018.

## Sebring's Griffin ties for 2nd place

By JIM TAYLOR  
CORRESPONDENT

SEBRING — There are few guarantees in life, but one may be that the Harder Hall Women's Invitational golf tournament will bring out the worst in Florida weather. This year's running of the 63rd annual event produced a record four-day low in temperatures in the tournament's history, coupled with a blustery wind.

Through it all, it was Yujeong Son, a 16 year old from Norman, Oklahoma, who was best able to solve the riddle of the elements to overcome a one-shot deficit after two rounds to win the tournament by a convincing six shots, shooting an even par for a three day total of 216.

"I stuck with my game, I did not play great either," said Son on whether she made any major adjustments to

account for the weather conditions. "But I trusted my game, it has been solid all week."

Son admits that the weather conditions caught her off guard, thinking Florida would be warm and sunny.

"Oh my goodness, the first day was so bad," said Son smiling. "I wanted to cry it was so bad, when they canceled the first day I was so happy. It has been windy all week, I did not expect it to be like this. It was a surprise but I think it was good, fun and a challenge."

Son also noted that the wind and the cold affected her yardages, which made the course play a lot longer due to the wind and slightly influenced her game.

"I think I was wearing like five layers every day, so I did lose some



JIM TAYLOR/CORRESPONDENT

Kendall Griffin pitches up to the green of the 18th and final hole on Saturday.

HALL | 10

## De Angelis, Masson take Prototype Challenge wins

SPECIAL TO HIGHLANDS NEWS-SUN

In a weekend of firsts for the IMSA Prototype Challenge Presented by Mazda, 16-year-old Roman De Angelis scored an historic first of his own Saturday, winning the series' inaugural race at Daytona International Speedway in his series debut in the No. 4 Ligier JS P3 for ANSA Motorsports.

The season-opening race — which took place on the annual Roar Before

the Rolex 24 weekend — was the series' first one hour, 45-minute endurance race. The new-for-2018 format allows teams to run a single or two-driver combination with a required minimum-time pit stop.

While the format was new to everyone, the entire experience was new to De Angelis who, despite winning the IMSA-sanctioned Ultra 94 Porsche GT3 Cup Challenge Canada by Yokohama Gold Cup

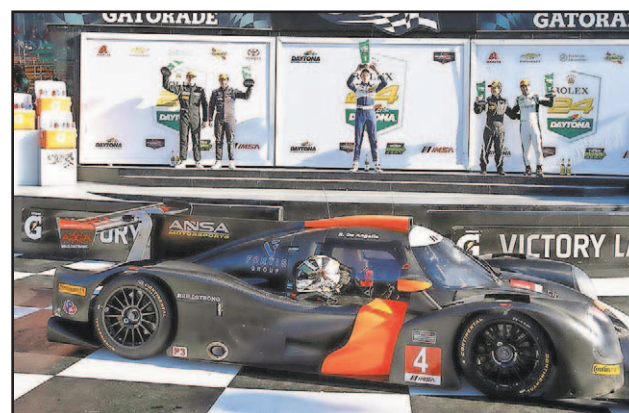
class championship and nearly the Porsche GT3 Cup Challenge USA by Yokohama series in 2017, had never been in a high-downforce car.

"I did a test with ANSA at Sebring and the Daytona test last month, but this is my first race in a prototype in general," said De Angelis. "I can't be happier, I'm speechless. I don't know how many times winning at Daytona is going to happen, so it's pretty remarkable."

De Angelis started the

race from the eighth position and quickly moved through the field. It wasn't until a series of pit stops with 53 minutes remaining that he took the lead and never looked back.

The No. 47 Forty 7 Motorsports Norma M30 of pole winner Austin McCusker and David Droux finished second, 4.511 seconds back. McCusker led the entire first stint before losing



IMSA/LAT IMAGES PHOTO

The podium in the IMSA Prototype Challenge Presented by Mazda at Daytona International Speedway.

WINS | 10

### LOCAL SPORTS BRIEFS

#### Winter softball leagues forming

The Highlands County Parks and Recreation Department's 2018 winter softball leagues will start the week of Jan. 22. Leagues will include Church, Women's and Recreational A and B. Leagues are open to all adults and youth 16 years and older. Registration and fees are due by Jan. 16 — no exceptions. Fees are \$360 plus \$25 sanctioning fee. There will also be a coaches meeting on Jan. 16 at 6 p.m. at the softball complex meeting room.

For any further information, please call Trey Cleveland at 863-214-1500 or 863-402-6755.

#### HCTA Memorial Tennis Tournament

The Highlands County Tennis Association is holding its annual Memorial Tennis Tournament on Saturday, Jan. 13, at the Thakkar Tennis Center, located at the Country Club of The cost is \$20 and registration will begin at 8:15 a.m. with men's and women's doubles beginning at 9 a.m. Players will play with a different partner against different opponents in each 8-game set. This is a good way to meet and play with all ages and levels of players. This annual event is a time to remember and celebrate 40 years of growth of the HCTA. To register or for more information, call Lynda 863-835-2863.

#### Lake Placid Christian School Fun Shoot

Lake Placid Christian School is hosting its 12th annual Fun Shoot on Saturday, Feb. 24, at Square One Sporting Clay on Highway 70. The event begins at 7:30 a.m. and will end at approximately 2 p.m. Lunch consist of prime rib, green beans with potatoes, corn, strawberry shortcake and a roll. Jumbo shrimp for an appetizer and ice tea.

#### Highlands Hammock Half Marathon and 5K

The Friends of Highlands Hammock State Park will present the 10th Annual Highlands Hammock Half Marathon & 5K at the park on Saturday, Jan. 13 with a 7:30 a.m. start for both distances. The Central Florida Striders running club under the direction of Chet Brojek will manage race timing and scoring. All proceeds from the event will benefit park projects.

Fees are \$25 for the 5K and \$50 for the Half Marathon through race day registration. Participants will get a custom designed sport tech tee, awards in both races, food, fun and a great chance to test their skills in the new year.

Checks payable to Central Florida Striders along with entry form may be snail mailed to race director Brojek at: 3310 Par Road, Sebring, FL 33872 or you may register online at: <http://endurance.sportstiming.com/race-calendar/>.

The Half Marathon may be run by an individual or by a team relay for the 13.1 mile distance. Those desiring to form a relay team should contact the coach at: [cbrojek@comcast.net](mailto:cbrojek@comcast.net) to discuss details and special relay pricing. The Half Marathon includes almost nine miles of the beautiful trails throughout the park.

Anyone needing an entry form may email Brojek at: [cbrojek@comcast.net](mailto:cbrojek@comcast.net) and he will get one out to you right away.

# CADILLAC

FROM PAGE 9

to come on strong. As the testing has gone on – we started at the front, and everyone is kind of working their way up towards where we are.

“Our increments of improvement are very small, because we have our car pretty well sorted, and everyone else is taking big chunks. I think by the end of tomorrow, it’s going to be a pretty tight field. I think it’s cool to see all the European

guys, the European teams and drivers, adapting to what we’re used to and they’re adapting quickly. I think it’s going to be a good race at the end of the month.”

Sunday’s on-track activities on the final day of the Roar will include a qualifying session that will determine each team’s pit and garage selection for the race weekend on Jan. 25-28. Taylor, who will go for his second consecutive Rolex 24 victory with an entirely new pair of co-drivers in Renger van der Zande and IndyCar star Ryan

Hunter-Reay, isn’t sure what the qualifying session will show in terms of performance of other cars, but is satisfied with the No. 10 setup.

“It’s hard to tell what everyone is doing pace-wise,” he said. “I think for us, we’re just focusing on our own program. We can trust in our drivers and our engineers and team and understand that we think we have a good car. From a driver point of view, it’s comfortable to drive. We’ve improved the car from last year from a drivability point of view, so for us, we feel

comfortable and we’ll just have to wait and see what everyone else can bring to the race weekend.”

## Briscoe with late start

Weather has made national news throughout the first week of 2018, and made things difficult – if not impossible – for some in the Northeastern United States to travel anywhere. In fact, a midweek snow storm did delay No. 67 Ford Chip Ganassi Racing Ford GT driver Ryan Briscoe’s travel to the Roar, before

he finally got to town Friday, a day later than expected.

“We got about a foot of snow where I live in Connecticut,” Briscoe said. “The day I was meant to be here at the track, I was actually at home plowing snow and working pretty hard out in the wind and stuff, but I enjoy that. Thankfully, the airport opened up in Hartford and I was able to get down here. I only missed the first one-hour session, so I didn’t really miss too much. It’s been really good to get back in

the race car.”

The late start to the weekend hasn’t hampered his on-track performance, though, as the Australian posted the quickest lap of the test in the WeatherTech Championship GT Le Mans (GTLM) class Saturday afternoon before teammate Sebastien Bourdais eclipsed it by approximately two-tenths of a second in Saturday’s evening session at 1 minute, 43.798 in the No. 66 Ford GT. Briscoe is still pleased with the car’s performance, though.

# HALL

FROM PAGE 9

yardage on my swing, it was so cold,” she said.

Son has been playing golf for the past seven to eight years and won back to back championships at the Dixie tournament. Just a junior in high school, she plans on skipping the college route of her career and go straight into the professional circuit by this time next year.

“It has always been my dream to go pro.”

Local golf standout, Kendall Griffin, started the final round tied for fourth place, eight strokes behind leader Leonie Bettel and seven behind Son.

Griffin’s final round



JIM TAYLOR/CORRESPONDENT

Yujeong Son pitches up to the green during Saturday’s final round.

of 74 propelled her into a second-place tie with Bettel, both finishing six shots behind Son.

Griffin, who is used to the weather difficulties that the Harder Hall tournament can bring, noted that was the usual Harder Hall weather.

“I thought I did pretty good,” Griffin said. “On No. 1 I hit it over the green, which I normally do not do, but overall I did pretty well. It’s tough (the cold weather) but in tournaments, once we start, I do not really feel the cold that much. I am

really focused and there is no getting out of it, so I just try to zone it out.”

Griffin said it’s more important to be able to swing properly than it is staying warm.

“I try to put as many layers as I can on without affecting my swing and as I start to warm up or feel OK, I will start to take layers off,” she said. “I’d rather be cold than not be able to swing, so you have to find that perfect mixture.”

“I just want to thank everyone who worked on the tournament and I just want to give all the glory to God.”

Griffin is attending her first year of college at LSU, majoring in business and mentioned that she has been to four tournaments, doing better at each one.

As for the adjustment from high school to college, Griffin remarked that there not much of an adjustment as she works on getting schoolwork done before participating in tournaments, just like she did while in high school.

In the other flights, Teresa Conroy, of Tallahassee, placed first in the 1st Flight with a three day total of 241 and

Taylor Morgan finished second with a 243.

Madeline Sager of Charleston, S.C., convincingly won the 2nd Flight with a total of 245, 15 strokes ahead second-place finisher Speedy Kent. Erin Beck of Georgetown, Kentucky, shot a 264 to edge out DeAnne Stolarik of Zion, Illinois, by two strokes to place first in the 3rd Flight.

# WINS

FROM PAGE 9

the lead on pitstops. Droux made a final challenge in the final laps, closing the deficit from over 10 seconds, but ran out of time. Rounding

out the podium was the No. 30 Extreme Speed Motorsports Ligier JS P3 of Kris Wright and Daniel Morad.

Gary Gibson cruised to the win in LMP3 Masters in the Ave Motorsports-prepared No. 44 Ave-Riley AR2 co-driven by Josh Hurley.

Nearly one year after his son won the Rolex 24 At Daytona in the IMSA WeatherTech SportsCar Championship’s former PC class, Dr. Robert Masson of Windermere scored the victory in the IMSA Prototype Challenge Presented by Mazda series debut

at his home track of Daytona International Speedway. Masson won in the No. 11 Performance Tech Motorsports entry in the Mazda Prototype Challenge (MPC) class.

The race will be televised on Thursday, Jan. 25 at 7:30 p.m. on FS2.



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5. You've probably heard newspaper subscriptions and readership have dropped in the last five years or so, and that's somewhat true, but not to the extent that many would like you to believe. The other side of that coin is, the readership of the online versions of newspapers is growing rapidly, much faster than the 7% or so losses in the physical subscriptions.



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Kenny and "Spoiled Rotten" with Freda, Sam, Kari, LaDawn, and Mark "Red Sunday" in 1991. Our family grew earlier this same year when Kari and Sam were married on July 13, 1991... on Freda and Kenny's Anniversary!




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## Core strength training



MCC

According to the online medical resource WebMD, core-strengthening exercises are the best way for men and women to improve their posture.

## Its benefits go beyond sculpted muscles

METRO CREATIVE CONNECTIONS

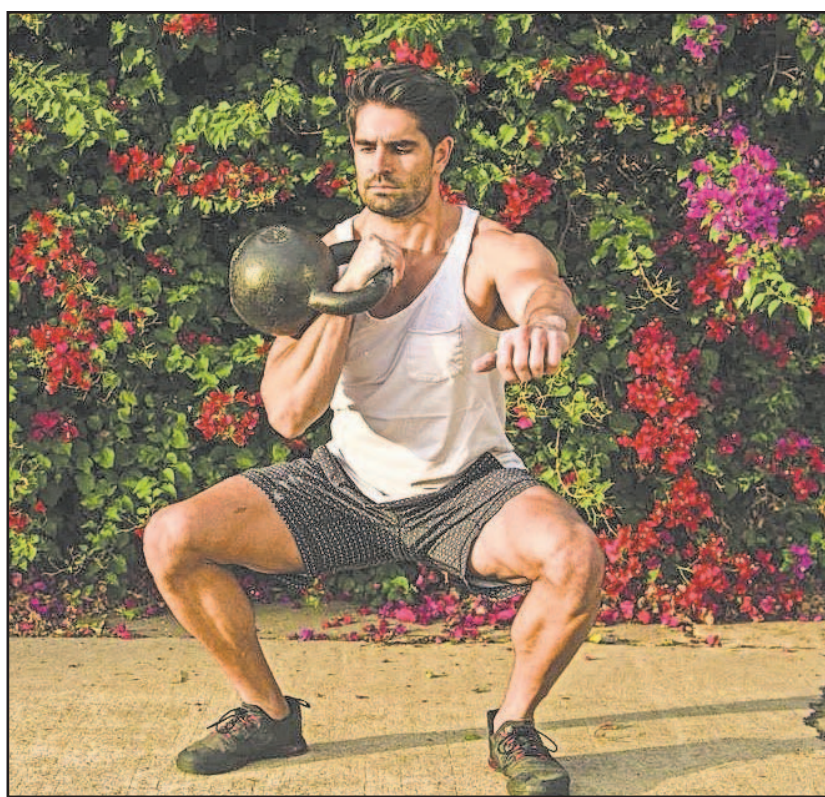
In the last decade, chances

are strong competitive athletes, weekend warriors and men and women who routinely

exercise have heard of workouts touting the benefits of core-strengthening exercises. Those unfamiliar with core training might think it's just another exercise fad, unaware of the many practical benefits of a strong core.

To understand the benefits of core strength training exercise, it first helps to understand what such exercises are and dispel a common misconception about core training. People unfamiliar with core strength training may mistakenly believe it's merely a way to sculpt toned abdominal muscles. While core training focuses on muscles in the abdomen, it does not do so exclusively. Proper core strength training focuses on the body's entire core, including the hips, back and chest as well as the abdomen.

The following are three significant ways that athletes and nonathletes alike can benefit from core strength training.



Core training is more than just sculpting muscles, experts say.

CORE | 9

## Stick-and-poke body art worries health experts

By ALLIE SHAH

STAR TRIBUNE (MINNEAPOLIS)

About this time last year Madie Ley did something daring.

Or foolish — depending on whom you ask.

She lay on a couch while a friend gently stuck a sewing needle dipped in ink into her arm. Over and over, the friend poked the needle into her skin until, at last, six small but meaningful letters appeared: GRLPWR.

Ley, 22, has been proudly sporting her homemade tattoo ever since.

"I like the look," the St. Paul woman said. "Some people say it looks dirty or uneven. But I think that's part of the whole experience."

Call it homemade, DIY or stick-and-poke, this kind of body art has

always had an air of danger to it. Long associated with criminals in prison who had only primitive tools to ink themselves with, stick-and-poke tattoos were an underground practice. But like

tattoos in general, they've gone mainstream.

Celebrities have helped popularize the edgy look. Harry Styles and Miley Cyrus are fans of stick-and-poke tattoos. Instagram showcases

the inventive designs of a growing number of acclaimed hand-poke artists. The appeal of a homemade tattoo, fans say, lies in its simple



CARLOS GONZALEZ/ MINNEAPOLIS STAR TRIBUNE/ TNS

Emma Kopp gave her friend, Madie Ley, a stick-and-poke tattoo with the words GRLPWR. Kopp gave herself a matching one.

## Dissecting the weird and possibly true headlines of 2017

WHO to officially recognize video gaming disorder as a mental health problem

Gaming is an official disease, and classified as a mental health disorder. The symptoms include anxiety, withdrawal symptoms and anti-social behavior as well as the obvious, becoming non-productive. This disorder will surely generate a lot of money for companies who can "treat" the condition, which by the way, impacts the same parts of your brain as alcohol, porn, gambling and shopping.

### Eating cheese every day may protect your heart

I'm not sure why, but this headline cracked me up. If there's a cheese gene, I have it because I love cheese. If you're a cheese lover, this will give you a new excuse to make Baked Brie with Blackberry Compote. Mmm!

Researchers suggest that eating about an ounce and a half of cheese every day could help to reduce your risk of heart disease and stroke. It isn't going to "protect your heart" in my opinion, it's loaded with casein and saturated fats, but I'll still mentally award an A-plus to the researchers for



SUZY COHEN

Dear Pharmacist

making me drool.

FYI, if you have MAO genetic SNPs (or take MAO inhibitor drugs), avoid cheese due to the tyramine content; it can provoke a headache or worse.

### Do hair dyes increase the risk of prostate cancer?

In the study I read, the answer isn't a clear yes or no regarding prostate cancer. This type of headline is not a new one. Researchers have been trying to clearly define the risks of certain chemicals in hair dye, and find out which colors are most toxic. Certain compounds called "aromatic amines" are found in high concentrations in hair dyes and we know they do trigger cancer growth in lab animals, however,

SUZY | 8

## Good friends might be your best brain booster as you age

By JUDITH GRAHAM

KAISER HEALTH NEWS

Ask Edith Smith, a proud 103-year-old, about her friends, and she'll give you an earful.

There's Johnetta, 101, whom she's known for 70 years and who has Alzheimer's disease. "I call her every day and just say 'Hi, how are you doing?' She never knows, but she says hi back, and I tease her," Smith said.

There's Katie, 93, whom Smith met during a long teaching career with the Chicago Public Schools. "Every day we have a good conversation. She's still driving and lives in her own house, and she tells me what's going on."

Then there's Rhea, 90, whom Smith visits regularly at a retirement facility. And Mary, 95, who doesn't leave her house anymore, "so I fix her a basket about once a month of jelly and little things I make and send it over by cab." And fellow residents at Smith's Chicago senior community, whom she recognizes with a card and a treat on their birthdays.

"I'm a very friendly person," Smith said, when asked to describe herself.

That may be one reason why this lively centenarian has an extraordinary memory for someone her age, suggests a recent study by researchers at Northwestern University highlighting a notable link

between brain health and positive relationships.

For nine years, these experts have been examining "SuperAgers" — men and women over age 80 whose memories are as good — or better — than people 20 to 30 years younger. Every couple of years, the group fills out surveys about their lives and gets a battery of neuropsychological tests, brain scans and a neurological examination, among other evaluations.

"When we started this project, we weren't really sure we could find these individuals," said Emily Rogalski, an associate professor at the Cognitive Neurology and Alzheimer's Disease Center at Northwestern's Feinberg School of Medicine.

But find them they did: Thirty-one older men and women with exceptional memories, mostly from Illinois and surrounding states, are currently participating in the project. "Part of the goal is to characterize them — who are they, what are they like," Rogalski said.

Previous research by the Northwestern group provided tantalizing clues, showing that SuperAgers have distinctive brain features: thicker cortexes, a resistance to age-related atrophy and a larger left anterior cingulate (a part of the brain important to attention and working memory).

FRIENDS | 10

# How to simplify gluten-free cooking

When deciding to go gluten-free, people often ask, "How am I going to eat anything if I can't have gluten?" Gluten is found in many convenience foods and in the majority of items at restaurants.



**CORRESPONDENT**  
Melissa Main

How can people find delicious foods that don't cost a fortune? After all, gluten-free bread is often double or triple the cost of regular bread, and it comes in a smaller package.

The answer to an affordable, gluten-free diet is to prepare your own foods as much as possible. Many processed foods contain gluten, so check the labels.

Some simple pre-cut fresh fruits and vegetables can be helpful to have on hand when the urge to snack on something strikes. For an even cheaper option, spend a few minutes chopping fruits and vegetables and store them in the refrigerator. Nuts, gluten-free pretzels, and gluten-free wraps are also great options.

For a quick sandwich, Boar's Head meats, cheeses, condiments, and hummus are all gluten-free. If you buy another bread of condiment, check the label and make sure it doesn't contain gluten.

If you continue to buy bread as often as you did before becoming gluten-free, the cost begins to rise considerably. Instead of bread, try naturally gluten-free products such as

potatoes and rice.

Gluten-free pasta noodles are a fraction of the cost of frozen gluten-free bread. Gluten-free wraps are cheaper than the frozen bread, and corn tortillas are a tremendous value. Wrap a sandwich in a gluten-free corn tortilla shell and enjoy the flavor and the extra change in your pocket.

Since time and money are considerations in any diet, the simplest way to eat a gluten-free lunch is often to prepare an extra portion at dinner. Eating leftovers for lunch is less expensive than buying prepackaged gluten-free specialty items. Cooking dinner doesn't have to be intimidating. Fresh meat, fruits, and vegetables are naturally gluten-free. For a starch, add potatoes, rice, or gluten-free pasta. Ditch the prepackaged frozen items unless they say gluten-free. In addition, frozen vegetables that have a sauce often contain gluten. Buy frozen fruits and vegetables without added ingredients.

Gluten-free baking and frying take extra preparation. We will tackle that subject in the next article.

When you want a break from cooking, there are restaurants that are sensitive to gluten-free customers. Here are a couple you can try.

Bob Evans has a special gluten-free menu. If a customer requests gluten-free food, the meal is usually cooked by the manager or assistant manager to make sure that the food is prepared in a manner which minimizes gluten exposure. Waiters and waitresses are given special training, and they wash their hands before bringing a beverage to a customer with a gluten allergy.

Five Guys Burgers and Fries cooks hamburgers on a grill separate from gluten-containing ingredients. Their French fries are the only fried foods, so they don't become contaminated by other breaded items. It's reassuring to hear the cashier yell, "Gluten-free," and see the team members change gloves as they prepare food.

Other restaurants are also sensitive to gluten-free customers. The key is to tell your waiter or waitress that you have a gluten allergy. Don't just pick an item off the menu that should be gluten-free. The kitchen staff members can take precautions against cross contamination if they are told about the allergy ahead of time.

## HEALTH NEWS BRIEFS

### Parkinson's disease group meets

SEBRING — The Highlands County Parkinson's Disease Support Group will meet at 10 a.m. today at its new location in Florida Hospital's CREATION Health Wellness Center at 4005 Sun N' Lake Blvd. All Parkinson's patients, families, friends and care team members are urged to attend to learn more about the disease. For more information, call 863-386-1373. To learn more about Parkinson's disease, go to [www.Parkinson.org](http://www.Parkinson.org).

renowned neurologist Dr. Stuart Isaacson who is the director of the Parkinson's Disease and Movement Center of Boca Raton and Professor of Neurology at FIU Herbert Wertheim College of Medicine, as well as Carisa Campanella, the Neuro Challenge Foundation for Parkinson's Program Manager. Reservations are required and may be made by calling 863-368-1373 or 941-928-5886 or at [RSVP@Neurochallenge.org](mailto:RSVP@Neurochallenge.org).

at the Women's Club Building on Mondays with weigh-in beginning at 3 p.m. and the meeting from 4 p.m. to 5 p.m. Call Janet Mitchell, 863-465-5234, for questions.

### Cornerstone Hospice volunteer training

SEBRING — Make a difference in the New Year by joining Cornerstone Hospice as a volunteer. Provide neighborly support to patients and families by running errands, honoring veterans, sitting with a patient or visiting local nursing homes. Training will be held over four three-hour sessions from 9 a.m. to 12 p.m. on Tuesday, Jan. 9; Friday, Jan. 12; Tuesday, Jan. 16; and Friday, Jan. 19 at their downtown Sebring office, 209 N. Ridgewood Drive, Suite 3. Refreshments provided. Call Dorothy Harris at 863-382-4563 or email [doharris@cshospice.org](mailto:doharris@cshospice.org) to reserve a spot or for questions.

### Weight loss group open house

LAKE PLACID — TOPS No. 0632 Lake Placid is hosting an open house from 4 p.m. to 5 p.m. on Monday, Jan. 29 at the Lake Placid Women's Club Building, 10 N. Main St., Lake Placid. Join them for healthy appetizers and learn about the TOPS (Take Off Pounds Sensibly) approach to weight loss. Regular weekly meetings are

### Parkinson's disease group luncheon

SEBRING — The Highlands County Parkinson's Disease Support Group will hold a free luncheon at noon Monday, Feb. 19 at Sebring First Baptist Church Fellowship Hall, 200 E. Center Ave. The luncheon will feature world

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# Why get a hearing test?

Why get a hearing evaluation? Well, first of all, it is the beginning of a new year and as long as you are making resolutions to better yourself and your health you might as well throw hearing into the bucket. After all, it is an important part of your body, life and happiness.

What can a hearing test tell you? Beginning with the initial consultation, you will get to see inside of your ear with video otoscopy. You receive an explanation of what you are viewing and it will be determined if ear wax is causing you any hearing difficulty.

If necessary, the ear wax can be removed. You will also know at that point if there are any holes in your eardrum that may need to be addressed or any type of infection or fungus. Tympanometry will be done to access the health of the middle ear, which can not be seen with video otoscope, making sure the middle ear is free of fluid and that the smallest bones in your body have the ability to perform properly. If the tympanometry results have abnormal results, you may be referred to an ENT (Ear, Nose, and Throat doctor).

As we then move on to the hearing evaluation and your listening profile, important information is discovered.

For instance, perhaps you have ringing, clicking, or buzzing in your ears (tinnitus)? During the test we will want to determine the frequency and intensity of those head sounds. How long



**NAME**

Columnist

have you had it, and did it come on suddenly? Does it bug you? There are instruments that help to manage tinnitus and provide you with relief. That can be demonstrated to you during the visit.

During the hearing evaluation you will be tested in a sound treated room or booth to determine how well you can hear sounds.

You will be tested in quiet to determine how well we can make you understand speech. Then you will listen to speech in noise to enable us to determine the best options for helping you to understand conversations in noise. After all, you want to go out to dinner with your friends and family in noisy restaurants and busy clubhouses, and you would like to carry on a conversation at the same time.

These special speech tests in noise provide the information necessary to make this happen. Your degree of understanding difficulty will be accessed.

Once all the testing is completed and it is determined that there are no correctable medical issues, approximately 45

minutes to an hour, then you will receive a comprehensive explanation of your hearing results.

It is always recommended that you bring a spouse or a friend or other family member with you to this appointment as there is a lot of information that will be presented. If you have a hearing loss, then a demonstration of technology will be the next step. During this phase of the visit, you and your accompanied party will be able to be put into a live "noisy" restaurant so that you can experience truly better speech understanding in noise.

Over the next 30 minutes or so you will get to determine how much you really have been missing. Your spouse will get to enjoy a conversation without stress or confusion. It really is a wonderful thing to have the best hearing you are capable of having. This is why you get a hearing test. You do it for your family. You do it for your friends. You do it to make sure you're healthy.

Everyone over the age of 50 should have a baseline hearing test, whether or not you are having any hearing difficulties. Do it for yourself.

*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.*

# Sick teen gets her wish, spends a day as medical student

By **NASEEM S. MILLER**  
ORLANDO SENTINEL

ORLANDO — Hannah Culler of Ohio has an immune disorder that lands her in the hospital frequently, but recently she was able to come to Orlando and have her dream come true: to be a medical student at the University of Central Florida's College of Medicine for one day.

Kevin Petersen, a first-year medical student at UCF, had just finished midterm exams last week when he learned that Make-A-Wish Foundation had arranged for Culler, 18, to come to the school.

So he took to Facebook to try to figure out how to make the day special for her. He was exhausted and so were his classmates, but before he knew it, his post blew up with responses and ideas. The class eventually decided to hold a White Coat Ceremony for their temporary classmate.

"It's the most important event in the life of medical students, aside from Match Day," Petersen said of the ceremony, which welcomes first-year medical students.

So, medical school dean Dr. Deborah German broke away from a meeting and officiated the ceremony, helping Hannah put on her short white coat in front of a lecture hall filled with cheering medical students.

Her mom sat on the first row along with her dad and brother, quietly dabbing her tears with a tissue.

"I want to be just like Hannah when I grow up," Karen Culler said later.

"She doesn't complain with the portion that God has put in her cup."

Hannah has Mast Cell Activation Syndrome, an immune disorder that's not well-known and has no cure.

"You've heard of people who have peanut allergy and if they're exposed to peanuts they can go into anaphylactic shock and can die?" said Karen Culler. "So for Hannah that trigger is everything. It's being upright too long. It's food. It's medication. It's heat. It's temperature change. It's perfumes. It's anesthetics."

Usually a traumatic event triggers the first episode of the disease. For Hannah, it was the moment the HPV vaccine entered her body when she was 11.

"That second, she fell off the exam table and it was hard to revive her," her

mother recalled. "Hannah's world changed literally overnight. In a moment."

It took several years before she was diagnosed by one of three experts in the disease. And although she's doing better, her parents are always on edge.

"We just don't know when's the next (episode)," said Karen Culler, who is trained as a critical care nurse.

It took the family two years to arrange the trip to Orlando after Make-A-Wish granted Hannah's wish. Her wish was specific: she wanted to spend that one day of medical school not just anywhere, but at UCF.

She's a junior in high school and takes classes online in Ohio. It's too risky for her to be outdoors every day. Her dream is to become a pediatric emergency physician.

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# Yoga: Creating a new you for 2018

Yoga teacher, Baron Batiste, says in Yoga Magazine, "Yoga made me realize a human being can grow, let go and alter their whole context of living, if they choose."

We come into the world in a small curled posture seeking the light with the first gasp of the life-giving breath. Throughout life, we are presented with many choices to develop and practice healthy survival habits.

Whatever path we follow, the muscles record these habits internally and express them outwardly.

For example, if we have unwitting and unconsciously chosen to hold our posture in a slumped position, it creates "muscle memory"

## YOGA FOR LIFE

Nancy Dale

that over time we accept unconsciously as normal but may result in irreparable spinal injury and nerve damage in the extremities.

Next time you go shopping, observe the posture of people at the check-out. Are they standing tall or do they appear to carry the weight of the world on their shoulders? It takes focus/awareness and practice to create a healthy body. Establishing a dedicated yoga practice provides a pathway to internally view our mind/body/emotions and choose a way to transform ourselves into a healthy lifestyle easily observed in how we carry ourselves. Our "carriage" can alter the image we put forth into the world.

Energy travels through the spine and extends to all body parts. If we look in the mirror, we can see a reflection of our thoughts. Do we drop our head from long periods of depression that eventually becomes part of our "muscle memory" and feels normal? Do we allow a frown to borough into our brow as we

absorb negativity? Yoga offers a solution:

*Let's practice: lengthening the spine and strengthening the extremities.*

1. Stand sideways in front a mirror and see if the ears are in alignment with the shoulders or is the head jutting forward like a pigeon? To correct, pull the neck back, not up, into alignment with the shoulders. Now, take a strap or belt and hold it in front of your thighs with each hand stretched shoulder width apart. Raise the belt evenly with arms straight up the front part of the body until both arms and the strap are stretched overhead. Keep the strap tight and pull sideways; observe tightness in the biceps/triceps releasing tension. Keeping the legs straight and the arms wide holding the strap, bend to the right side and breathe. Come back to center, both arms tight and straight, repeat on the left side. Come back to center. Then with strap tight and legs straight, supported by a wall, gradually bend forward very slowly and hold the deepest back curve. If you feel you are losing



COURTESY PHOTO

Yoga students do side bends at a class at Intuitive Massage and Yoga.

balance at any time, slowly come back to center so no dizziness occurs. During all moves, keep the feet firmly locked into the Earth, shoulder width apart.

2. "Downward Dog" — On a sickly yoga mat, stretch the arms forward, parallel with each other, palms flat and open, fingers widely separated. Lengthen the arms. Keep the head and neck between the upper arms as you stretch both legs back and press the heels towards the floor. Notice the spine — is it lengthened with your butt pushed to the sky and your abdominals pulled in tight? Keep the arms parallel to

each other about a foot apart, do not put weight on the wrists; lengthen backwards. Hold this posture and breathe. Keep lengthening the spine in a straight line and keep pulling in the abs and pressing the hips high into the sky. Now walk the legs, in place, very slowly one at a time, bending the knee and firmly replanting each foot back into the Earth. Yoga is slow and precise to gain the most health benefits.

3. Repeat this pose three times. To come out of the pose, slowly bend the knees and rest in "child's pose" with the arms and palms beside the curled upper body

just as when you first came into the world. Rest and breathe.

This pose relieves pain and stiffness, strengthens the legs and arms. It helps relieve shoulder pain and stiffness in the neck when correctly executed. Keep breathing when you slowly come back into a standing posture in front of the mirror. It is also important to work with a holistic physician who can corroborate medical findings and practices for solutions.

Celebrate 2018 with great optimism and fortitude! Fold your hands into "Namaste," and with a little smile, bend forward and thank yourself for creating a new vibrant "you!"

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FILE PHOTO

A new research suggests that drinking soda or pop could also cause health problems for the child later in life.

# Study: Pregnant women who drink soda could cause health problems for child

By **KAITLYN ALANIS**  
THE WICHITA EAGLE

While it is already common knowledge that pregnant women should not drink alcohol while pregnant, new research suggests that drinking soda or pop could also cause health problems for the child later in life.

The study conducted through Harvard Medical School found that expectant mothers who drink an average of two sugary drinks a day are 63 percent more likely to have kids diagnosed with asthma when they are 7 to 9 years old.

"Increasingly we're understanding that the processes that put a kid on a trajectory for obesity and asthma start in pregnancy," Rosalind Wright with Icahn School of Medicine told Medline Plus. "This may give us some clues to how early life programming of asthma starts in utero, and how we might intervene more directly to give children a healthy start."

The researchers said the correlation may be due to fructose's potentially inflammatory effect on the child's

lungs.

However, the research team also looked at the effects of fruit juice because it contains naturally occurring fructose.

"We don't see evidence for the same strength of adverse effects from fruit juice," Harvard nutrition professor Emily Oken told Medline Plus. "That may be perhaps because fruit juice also contains vitamins and other anti-inflammatory factors."

For the study, the team analyzed data from 1,068 mother-child pairs. The women were asked about

the quantity of beverages they consumed daily, including sugar-sweetened drinks and fruit juices.

By mid-childhood, one out of five kids born from moms who drank sugary beverages had developed asthma.

The researchers also note that they cannot prove sugary drinks cause asthma, but rather that there is a correlation between the two.

The study was published online on Dec. 8 in the Annals of the American Thoracic Society.

# Does your child have ear pain?

MAYO CLINIC NEWS NETWORK

Is your child complaining of an earache? It could be an infection. Children are more prone to ear infections than adults, and they can be painful. Dr. Nipunie Rajapakse, a Mayo Clinic pediatric infectious diseases specialist says, "Ear infections can be caused by both viruses and bacteria. Some of the common cold viruses can cause inflammation of the middle ear."

"There are common bacterial causes of ear infection, as well, says Dr. Rajapakse. "The most common is called Streptococcus pneumoniae." These bacteria are spread through coughing, sneezing, and close contact with an infected person.

To prevent ear

infections in children, you should:

- Practice good hand-washing.
- Ensure your child is up to date on vaccinations.
- Avoid secondhand smoke.
- Breast-feed your baby.

If you bottle-feed, hold your baby in an upright position.

Ear infections can be uncomfortable. If your child is having painful symptoms, there are ways to help. Dr. Rajapakse says, "If the child is having pain, medications like ibuprofen or acetaminophen can help to alleviate some of that pain." Many ear infections will get better on their own without needing an antibiotic — even if they are caused by bacteria. You should talk to your health care provider to

see if watchful waiting is a good option for your child especially if he or she is generally healthy and his or her symptoms are mild.

Dr. Rajapakse says to always take your child to a health care provider if you are concerned or if symptoms persist.



FILE PHOTO

If your child is experiencing persisting ear pain you should take them to a health care provider.

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Save up to **85%** ON OVER **100,000** MEDICATIONS!

PREMARIN.....0.625.....84 TABS.....	\$119.00
ZETIA.....10MG G.....100 TAB.....	\$122.00
PREMPRO.....0.3/1.5MG B.....84 TABS.....	\$127.00
MULTAQ.....400MG B.....180 TAB.....	\$487.00
ADVAIR DISKUS.....250/50MCG.....90DOSES.....	\$145.36
ABILIFY.....30MG G.....100 TABS.....	\$165.32
SPIRIVA.....18MCG.....90 X CAP.....	\$156.23
SYMBICORT TURBUHALER.....160/4.5MCG B.....360 DOSE.....	\$167.45
ELIQUIS.....2.5/5 MG.....180 TABS.....	\$284.00
CRESTOR.....10/20MG G.....90 TABS.....	\$68.00

No Control over availability and prices subject to change

<b>VIAGRA</b> 100mg BRAND <b>\$1100</b> a pill 24/36	<b>VIAGRA</b> GENERIC 100mg 40 tabs <b>\$12900</b>	<b>CIALIS</b> 20mg BRAND <b>\$1900</b> a pill 24/36	<b>CIALIS</b> GENERIC 20mg 20 tabs <b>\$11000</b>
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**AAA Direct Discount**  
Hours: 9:00 a.m. - 5:00 p.m. • Monday-Friday

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Julie L. Iellimo, P.A.-C.




Darrin A. Rotman, M.D.

Dr. D. Rotman

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# Call to Place Your Ad TODAY 863-385-6155

# CLASSIFIEDS

Garage Sales: 3 days, only \$22  
2 weeks: \$49  
4 weeks: \$79

Reach Over **65,000** Readers EVERY DAY!

## LEGAL NOTICES

### FICTITIOUS NAME 12

NOTICE UNDER FICTITIOUS NAME LAW PURSUANT TO SECTION 865.09, FLORIDA STATUTES NOTICE IS HEREBY GIVEN that the undersigned, desiring to engage in business under the fictitious name of CORA Physical Therapy - Sebring located at 6120 U.S. 27 North, in the County of Highlands, in the City of Sebring, Florida 33870, intends to register the said name with the Division of Corporations of the Florida Department of State, Tallahassee, Florida.

DATED at Sebring, Florida, this 4th day of January, 2018.

CORA Health Services, Inc.  
January 8, 2018

### NOTICE TO CREDITORS 20

IN THE CIRCUIT COURT FOR HIGHLANDS COUNTY, FLORIDA PROBATE DIVISION FILE NO. PC 17-549

IN RE: ESTATE OF DOUGLAS ARTHUR JENSEN Deceased.

#### NOTICE TO CREDITORS

The administration of the estate of DOUGLAS ARTHUR JENSEN, deceased, whose date of death was October 9th, 2017, is pending in the Circuit Court for Highlands County, Florida, Probate Division, the address of which is 430 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 on whom a copy of this notice is required to be served must file their claims with this court WITHIN 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 January 8, 2018.

/s/ Shaila Jensen  
1663 Dena Circle  
Wauchula, FL 33873

Personal Representative  
CLIFFORD R. RHAODES, P.A.

Attorneys for Personal Representative  
2141 LAKEVIEW DRIVE  
SEBRING, FL 33870

Telephone: (863) 385-0346  
Florida Bar No. 308714

Email Addresses:  
service@ccrpalaw.com  
cliff@ccrpalaw.com

Jan. 8, 15, 2018

## FIND YOUR BEST FRIEND IN THE CLASSIFIEDS!

IN THE CIRCUIT COURT FOR HIGHLANDS COUNTY, FLORIDA PROBATE DIVISION FILE NO. PC 17-554

IN RE: ESTATE OF THOMAS A. BOBO Deceased.

#### NOTICE TO CREDITORS

The administration of the estate of THOMAS A. BOBO, deceased, whose date of death was February 18, 2017, is pending in the Circuit Court for HIGHLANDS County, Florida, Probate Division, the address of which is 590 S. Commerce Ave., Sebring, FL 33870-3867. 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 January 8, 2018.

Personal Representative:  
/s/ W. Tyson Thompson  
500 Ferndale Ct  
Montgomery, Alabama 36110

Attorney for Personal Representative:  
/s/ Michael A. Rider  
Attorney  
Florida Bar Number: 0175661  
Rider & Thompson, P.A.  
13 N Oak Avenue  
Lake Placid, FL 33852

Telephone: (863) 465-1111  
Fax: (863) 465-8100  
E-Mail: riderthompson@riderthompsonlaw.com

Jan. 8, 15, 2018

### NOTICE TO CREDITORS 20

IN THE CIRCUIT COURT FOR HIGHLANDS COUNTY, FLORIDA PROBATE DIVISION FILE NO. PC 17-563

IN RE: ESTATE OF THELMA I. LUKENS Deceased.

#### NOTICE TO CREDITORS

The administration of the estate of THELMA I. LUKENS, deceased, whose date of death was December 7, 2017, is pending in the Circuit Court for HIGHLANDS County, Florida, Probate Division, the address of which is 590 S. Commerce Ave., Sebring, FL 33870-3867. 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 January 8, 2018.

Personal Representative:  
/s/ Larry R. McLaughlin  
360 Pershing Ave  
Lake Placid, Florida 33852-7529

Attorney for Personal Representative:  
/s/ W. Kyle Thompson  
Attorney  
Florida Bar Number: 0124262  
Rider & Thompson, P.A.  
13 N Oak Avenue  
Lake Placid, FL 33852

Telephone: (863) 465-1111  
Fax: (863) 465-8100  
E-Mail: riderthompson@riderthompsonlaw.com

Jan. 8, 15, 2018

### NOTICE OF FORECLOSURE 22

IN THE CIRCUIT COURT FOR HIGHLANDS COUNTY, FLORIDA PROBATE DIVISION FILE NO. PC 17-569

IN RE: ESTATE OF WILLIAM D. QUISENBERRY Deceased.

#### NOTICE TO CREDITORS

The administration of the estate of WILLIAM D. QUISENBERRY, deceased, whose date of death was February 17, 2016, is pending in the Circuit Court for HIGHLANDS County, Florida, Probate Division, the address of which is 590 S. Commerce Ave., Sebring, FL 33870-3867. 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 January 8, 2018.

Personal Representative:  
/s/ Deann C. Clark  
1527 5th St W  
Plametto, Florida 34221-4409

Attorney for Personal Representative:  
/s/ Michael A. Rider  
Attorney  
Florida Bar Number: 0175661  
Rider & Thompson, P.A.  
13 N Oak Avenue  
Lake Placid, FL 33852

Telephone: (863) 465-1111  
Fax: (863) 465-8100  
E-Mail: riderthompson@riderthompsonlaw.com

Jan. 8, 15, 2018

### NOTICE OF FORECLOSURE 22

the Jury Assembly Room 430 S. Commerce Ave., Sebring, FL 33870, at 11:00 AM on January 17, 2018, the following described property as set forth in said Final Judgment, to wit:

LOTS 9 AND 16, BLOCK 17, OF AVOCADO PARK, ACCORDING TO THE PLAT THEREOF RECORDED IN PLAT BOOK 4, PAGE 62, OF THE PUBLIC RECORDS OF HIGHLANDS COUNTY, FLORIDA.

Property Address: 1917 EAST RECREATION DRIVE SEBRING, FL 33875

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 60 days after the sale.

Dated this 14th day of November, 2017.

Robert Germaine  
As Clerk of the Court  
By: /s/ Cyndi Dassinger  
As Deputy Clerk

#### IMPORTANT AMERICANS WITH DISABILITIES ACT.

If you are a person with a disability who needs assistance in order to participate in a program or service of the State Courts System, you should contact the Office of the Court Administrator at (863)534-4686 (voice), (863)534-7777 (TDD) or (800)955-8770 (Florida Relay Service), as much in advance of your court appearance or visit to the courthouse as possible. Please be prepared to explain your functional limitations and suggest an auxiliary aid or service that you believe will enable you to effectively participate in the court program or service.

17-010872-TiB Jan. 1, 8, 2018

### NOTICE OF SALE 30

THE FOLLOWING VEHICLES WILL BE SOLD AT PUBLIC SALE OR AUCTION AT SATISFY LIEN PURSUANT TO CHAPTER 713.78 (2) OF THE FLORIDA STATE STATUTES AT 10AM AT 1118 WEIGLE AVE. SEBRING FL 33870

SALE DATE: 1/29/2018  
2002 Ford 1FAFP40472F119637  
Jan. 8, 2018

### 1000 REAL ESTATE



#### REAL ESTATE



"We Are Pledged To The Letter And Spirit of U.S. Policy For The Achievement Of Equal Housing Opportunity Throughout The Nation. We Encourage And Support An Affirmative Advertising And Marketing Program In Which there Are No Barriers To Obtaining Housing Because of Race, Color, Religion, Sec, Handicap, Familial Status Or National Origin."

APARTMENTS FOR RENT 1320  
AVON PARK 2/1 Villa, RENOVATED! GREAT location. \$575/mo. 941-722-1533  
Avon Park - Lrg 2/1 w/carpport, porch & laundry rm access. \$515/mo+ 1st sec. Water incl. 561-719-2520

### HOMES FOR SALE 1020

GOT TOO MUCH STUFF?? Unload it FREE in Highlands News-Sun

For any item \$500 or less. Email to: freeads@highlandsnewssun.com

Please include your name, address & phone number.

#### PRIVATE PARTY ONLY

HIGHLANDS NEWS-SUN YOUR HOMETOWN NEWSPAPER SINCE 1919

GET RESULTS USE CLASSIFIED!

### BEAUTIFUL, SPACIOUS, MOVE IN READY HOME FOR SALE

828 Catfish Creek Rd., Lake Placid

3br, 3ba, extra large fr w/real fireplace, 9 closets, granite kitchen counter tops, all kit appliances, + washer dryer, 2 screen porches, 2,477 sq.ft. +- AND, DETACHED 4th BR SUITE W/BATHROOM (Mother-in-law suite, hobby room, workshop). 8 ceiling fans, lawn irrigation by well, laminate wood & ceramic floors, fenced back yard, exterior lighting, AND property taxes around \$850+-

\*\*\* NY & NJ Take Note \*\*\* Priced to sell quick! \$187,800 Call Chip Eifler 863-465-0888

### HOMES FOR SALE SEBRING 1026

1351 Killarney ~ 2 bedroom/2 bath on canal leading to Lake Jackson. Great location! \$132,000. 772-577-8100

### HOMES FOR SALE SEBRING 1026

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

### MOBILE HOMES FOR SALE 1090

Crystal Lake Club, 465 S.E. Snead Cr. 2/2, 1232 sq.ft. DW, furn plus 12'x14' Fla rm, encl 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. \$39,000. 308-390-2799.

### LEISURE ACRES, SEBRING- 2/1, large sunroom, 2 car carport, sheds, comp furnished. Reduced to \$9k. 440-865-2327

### WANTED TO BUY 1120

Lake Placid CASH for Your Home! Rapid Closing; Any Condition. Must have sufficient equity. Ken 863-441-2689

### HOMES FOR RENT 1210

Apartment & Houses for Rent in Highlands County Starting at \$450. Pet Friendly! Call Mike 863-243-9191 www.Mylakeplacid.com

### Free Cable TV, Lg clean 1/1 unfurnished A/C tile flrs Quiet & Safe 863-385-1999.

2805 US 27 S. Sebring.

### VACATION/ SEASONAL RENTALS 1390

Sebring - 2/1 completely furnished incl. washer/dryer. Quiet nice neighborhood. 863-465-1451 or 863-840-0494.

### COMMERCIAL RENTAL 1392

Liberty Star Plaza Sebring \*Liberty Star Plaza\* Leasing 3000-18,000 sqft; Built out. US 27 Near SR 66 863-471-0663

### Small Family Restaurant For Rent/Sale Avon Park Fully equipped! \$800/mo. 561-386-4649

### LOTS & ACREAGE 1500

ARCADIA 55 acre parcel w/ lake for rent or sale. Water, electric, septic on site. Need your OWN 5th wheel or mobile home. \$850/mo. Call 239-693-7270.

### HOMES FOR SALE SEBRING 1026

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

### MOBILE HOMES FOR SALE 1090

Crystal Lake Club, 465 S.E. Snead Cr. 2/2, 1232 sq.ft. DW, furn plus 12'x14' Fla rm, encl 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. \$39,000. 308-390-2799.

### LEISURE ACRES, SEBRING- 2/1, large sunroom, 2 car carport, sheds, comp furnished. Reduced to \$9k. 440-865-2327

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2805 US 27 S. Sebring.

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### COMMERCIAL RENTAL 1392

Liberty Star Plaza Sebring \*Liberty Star Plaza\* Leasing 3000-18,000 sqft; Built out. US 27 Near SR 66 863-471-0663

### Small Family Restaurant For Rent/Sale Avon Park Fully equipped! \$800/mo. 561-386-4649

### LOTS & ACREAGE 1500

ARCADIA 55 acre parcel w/ lake for rent or sale. Water, electric, septic on site. Need your OWN 5th wheel or mobile home. \$850/mo. Call 239-693-7270.

### LOTS & ACREAGE 1500



### Lake Okeechobee Lot

Channel w/seawall & dock, 110 x78, existing slab, empty septic, electr. & water hook-ups. **REDUCED!!** \$27K 269-476-2188 or 269-506-6510

### 2000 EMPLOYMENT

### HELP WANTED 2001

Exp Aluminum Installer/ Carpenter Helper - Need basic tools & transportation. Call 863-386-4423

### NEED A JOB? CHECK THE CLASSIFIEDS!

### Learn to Drive a Truck

Get your Commercial Driver's License today at South Florida State College. Scholarships are available to eligible participants. 863-784-7033

### SOUTH FLORIDA State College

### CLASSIFIED ADS SELL

### Genpak

Open Interviews January 8 - January 11, 2018 from 9:00am-3:00pm. GENPAK LLC, a leading manufacturer in the plastic foodservice packaging industry in Sebring, FL has an immediate need for Packers to pack plastic and styrofoam food containers into boxes. Light lifting. 12 hour shifts available. Mfg. experience a plus but not required. Competitive salary and benefit package. We are an equal opportunity employer. You also may submit a resume/work experience with your contact information in your response or stop by our office to fill out an application.

Genpak 116 Shicane Drive Sebring, FL 33870 863-655-1814

### Healthy Start Coalition of Hardee, Highlands and Polk Counties, Inc.

Is hiring 2 new positions: PT BSN Nurse Supervisor (7-10 hrs. per wk); PT Data Entry Clerk Based in Highlands County. For complete details on job postings, visit: www.healthystarthhp.org/job-openings/ Complete application online & email resume to: info@healthystarthhp.org or fax to 863-519-8111

### POOL TECH needed for pool route. Dependable. We will train. Clean driving record. 863-655-6993

### BAKER Septic Installations, Inc

Now Hiring: Pump Truck Driver \*Must have CDL Apply in Person: 7740 S. George Blvd., Sebring. 863-385-0917

### SELL FOR FREE!!

For items less than \$500 Email to: freeads@highlandsnewssun.com Please include your name, address & phone number

### PRIVATE PARTY ONLY

HIGHLANDS NEWS-SUN YOUR HOMETOWN NEWSPAPER SINCE 1919

### DEAN, ARTS AND SCIENCES (FT)

Application deadline: 2/14/18. Please visit http://sfsc.interviewexchange.com for detailed position posting. 863-784-7132. EA/EO.

### SOUTH FLORIDA State College

### Genpak

Open Interviews January 8 - January 11, 2018 from 9:00am-3:00pm. GENPAK LLC, a leader in the manufacture of carry-out food containers in Sebring, FL has an immediate need for MACHINE OPERATORS to operate production machinery. Must be an energetic self-starter with a positive attitude. Experience in a manufacturing or production environment preferred. Mechanical and mathematical aptitude a plus. Must be able to work with heavy equipment. 12 hour shifts available. Competitive salary and benefit package. You also may submit a resume/work experience with your contact information in your response or stop by our office to fill out an application.

Genpak 116 Shicane Drive Sebring, FL 33870 863-655-1814



PROFESSIONAL 2010

Personal Lines Position for licensed 220 or 440 insurance CSR for busy insurance office in Sebring. Health, retirement, and other benefits available. Pay based upon experience. Fax resume to 382-1334 or email to cschott@wellsinsurance.com

CLERICAL/OFFICE 2020

Immediate Full-Time opening for Experienced Office Manager/Secretary for small professional office. Must have good office skills, computer knowledge & be able to multi-task. QuickBooks experience preferred, but willing to train. Please send resume to: Box C 315 US Hwy 27 N., Sebring

Receptionist Wanted \*Duties include: general office duties as well as creating design portfolios & advertisements & Social Media mgmt. \*Requirements: 2+ yrs of exp. in similar position pref.; knowledge in MS Office and Photoshop; must be organized, positive attitude, good time mgmt. & exc. communication skills.

Email application to: ericmarshall00@gmail.com or tim@needplans.com MARSHALL BUILDING DESIGNS MARINE

COMPUTER 2025

Applications Analyst A member of the Information Technology Business Applications Team, provides application-level support for multi-user database applications. Responsibilities include, but are not limited to, the following: The configuration, maintenance, and troubleshooting of applications (e.g. Florida Courts E-Filing Portal). This individual performs technical work— planning, developing, implementing, and organizing application projects— and support of information technology. Identifies alternative methods for optimizing information system applications. Provides project management and documentation, including training for applications and new application projects. http://hc.clerk.org/Home/Employment-Opportunities.aspx

MEDICAL 2030

Oaks at Avon \*HIRING LPNs\* Full-Time & Part-Time Positions Career Advancement Opportunities All Eligible Applicants will be Interviewed Directly. Highly Competitive Salaries Readers Choice Award Facility Apply at 1010 US Hwy 27 N., Avon Park or fax resume to Tammy Padilla at 863-453-5308

Oaks at Avon A NOT FOR PROFIT FACILITY

You Save Big Bucks Shopping Classifieds!

OAKS AT AVON Is Hiring CNAs Full/Part-Time, all shifts. Apply at 1010 Hwy 27N Avon Park or fax resume to Tammy Padilla at 863-453-5308.

Oaks at Avon A NOT FOR PROFIT FACILITY

Oaks at Avon \*\*SIGN ON BONUS\*\* New Wages Readers Choice Award Facility \*HIRING RNs\* Full-Time & Part-Time Positions Flexible Shifts Available Career Advancement Opportunities All Eligible Applicants will be Interviewed Directly. Apply at 1010 US Hwy 27 N., Avon Park or fax resume to Tammy Padilla at 863-453-5308

Oaks at Avon A NOT FOR PROFIT FACILITY

Full-Time Medical Assistant Position Available Electronic Health Records & Clinical knowledge Required. Call 863-386-9595

MEDICAL 2030

Dental Care of Mid Florida is looking to add a Full-Time Dental Assistant to our team. If you are able to multi-task in a fast-paced environment while having a great personality and the ability to serve others~ then we are looking for you!! Experience is not necessary but candidate must bring a willingness to achieve and grow. Bilingual communication skills are preferred. Email us your resume today! hire.me.dcmf@gmail.com

Oaks at Avon Now Hiring \*RN Supervisor (Day Shift) \*RN Supervisor (3 to 11 Shift)

Apply at 1010 US Hwy 27 N., Avon Park or fax resume to Tammy Padilla at 863-453-5308

Oaks at Avon A NOT FOR PROFIT FACILITY

SKILLED TRADES 2050

Skilled Labor Wanted-Bath & Kit Remodel: Competitive Rates + Bonus incent., company vehicle & phone. 863-273-5298

GENERAL 2100

EQUIPMENT OPERATOR For grove equipment. Clean Florida Driver License is required. Pay based on experience. Drug-free workplace. Apply in person 8am-11am & 1pm-4pm Monday-Friday at 109 Arron Dr., Lake Placid, FL 863-465-2821 or email: office@lpclp.com

PART TIME/TEMPORARY 2110

PT Cleaning Tech Needed Mornings in Avon Park Call 863-647-1163

3000



NOTICES

ANNOUNCEMENTS 3010

\*Singing Valentines\* Looking for a unique V-Day gift? Hire a Barbershop Quartet to deliver a Singing Valentine! 863-471-0706 or visit Heartland HarmonizersFL on Facebook.

LOST & FOUND 3090

FOUND young cat-behind Sebring Nu Hope Thrift Store Dec. 29. Call to describe. 863-253-2688 or 863-446-0395.

FOUND-Grocery/Jewelry items found in Fairmont Estates around Dec. 28. Call to claim: 574-239-5030

LOST- iPhone w/baseball on back; around US 27 S. near overpass. REWARD!! 860-819-4882 or 860-797-1480

6000



MERCHANDISE

GARAGE SALES 6014

AUCTIONS 6020

Door hinges, (13), solid brass, new in boxes w/screws 3.5 inch, 5/8" radius \$5.00 per pair OBO, 863-402-2285

SEWING 6026

Sewing table-foldable, 59.5 x 34.5 x 35.5 open. 19.13 x 35 x 36 closed. \$65 (863) 840-2129

HOUSEHOLD GOODS 6030

Clock, Franklin Mint, Marie Antoinette, Flowers of Versailles, \$340.00 - 727-430-3491

Crocpot with little dipper warmer, 4-7qt. slow cooker, \$40.00 - 863-273-3731.

Dinnerware Service for 6, Corelle, exc. condition, \$35. 863-382-4375

Drapes, light gold, 5 ft in length cover than 20 feet of windows, drape rods included, \$75, 863-465-2097

Fruit & Vegetable Peeler, automatic rotary, uses 4 AA batteries, never used, still in box, \$12.00 - 863-273-7625

Moving cart, 2 wheel, aluminum, folds flat carries 275 lbs, used very little, stores easily, \$40, 863-402-2285

Plastic storage containers, (39), 18 gal each, new \$6.00-10.00, \$50 for all, 863-414-1210

Queen size mattress, box springs and frame with comforter, pillow shams and skirting \$120. (419) 706-0630

Silverware, 12 place setting of genuine Thai brassware, 144 pcs in wd chest, knives, sp, forks & misc. \$99 obo, 863-471-2948

Turkey Serving Platter, oval 16" by Gibson, fine ceramic, micro/dishwasher safe, unused, new in box, \$15-863-273-7625

Vacuum Cleaner, Bissell, upright, bagged/bagless, reconditioned, 30 day guarantee, \$20.00 - 863-402-2285

Vacuum Cleaner, Oreck upright, works great, light weight, new belt and bag \$50.00, (863) 402-2285

HOLIDAY ITEMS 6031

Christmas wreaths - 18" and 24" round, some with lights \$15 each (863) 385-6414

FURNITURE 6035



Antique Bedroom~ dble head & footboard, nightstand, dressing table w/mirror & stool, dresser w/mirror, highboy, Exc. cond! \$2500 863-385-6414



Bedroom Set- light ash wood; dble headboard, nightstands, dresser w/mirror & highboy Exc. cond \$800 863-385-6414

Bookcase with electric fireplace insert w/remote. Bookcase 4' wide x 36" high. Cost \$594 new, asking \$250, 863-655-0269.

China cabinet- mirrored back & 4 glass shelves. White-washed oak. \$100. 270-625-4747.

Coffee Table- black metal with glass top. Like new condition, \$45.00 - 863-402-0539



Antique Dining Room- China cabinet, Oval 3-pedestal table, 3 leafs, table pads, 6 chairs. Exc. cond! \$2500. 863-385-6414

Dining Table, extends to 96 L, 42" W, dark inlay w/6 cushioned chairs, custom table pads, exc. cond., \$475.00-863-385-4725

Dining table, seats 6, dark wood \$60 (863) 441-4483, (312) 418-4215

Dual electric reclining sofa with console; matching swivel rocker recliner. Tan leather, new \$1800 sell \$1200, 309-337-6940

Kitchen Hutch, 2 piece, oak, \$100 - 863-441-4483 or 321-418-4215

Kitchen table round pedestal with 4 chairs, almond. exc. condition \$300 (863) 385-6414

Liquor Cabinet, w/felt lined top drawer, sections large lower area w/glass storage under wine rack, \$50, 863-402-2285

FURNITURE 6035

Ottoman 15" sq with lid, Zebra \$30. new condition (863) 385-6414

Reclining couch, loveseat, chair, tan micro fiber \$350. (812) 889-2685

Small computer desk, light wood, perf. condition for small room \$50 (269) 830-2500

Sofa & Loveseat set-light rattan w/loose cushions in a light pastel print. \$150 for both. 270-625-4747

Sofa Sleeper and matching love seat, made by Broyhill, exc. cond., \$250 - 217-960-1065

Sofa, sectional with chaise lounge, 136 x 90, tan fiber, washable covers, clean, \$500.00 - 863-617-2058

Table, authentic looking Lobster Trap Table, 24x40x16, w/glass top, \$50, 863-402-2285

TV Stand, glass/wood, like new, approx. 20"H x 20"D x 4"L asking \$50.00 - call 863-257-0028 between 9 & 5

TV Stand, modern, gray, wood with glass shelf, 47L x 22H, beautiful condition, \$75.00, 863-273-1834

Wing Chair, emerald green, new, \$55.00 - 863-382-3805

ELECTRONICS 6038

APC, 350 battery back up, brand new in box, \$45. 863-465-0066

Next Book Ares 8A 8" Quad, circ and android, brand new, never used, in box, \$50, 863-402-2285

Phone system- AT&T phone base, 3 cordless handsets & answering mach. \$50. 863-835-2662

TV, Sony, 35" sound bar w/woofer and remote, \$100, 863-382-2075

TV/STEREO/RADIO 6040

45" Big Screen Samsung TV Perfect, Mint Cond \$325 firm . 863-699-0028

TV- 52" Sanyo TV. Excellent condition; just upgraded to larger TV. \$200. 863-382-4685

CLOTHING / JEWELRY/ ACCESSORIES 6065

Boots, cowgirl, Durango, size 6M, 14" tall, worn once, like new, brown, pointed toes, beautifully designed, \$100, 863-385-4502

Boots, dress style, new, ladies size 7M, 20.5" tall, brown, full zipper, \$30, 863-385-4502

Hats, lite up, Jacksonville Jaguars, \$15.00, 863-452-0246

Leather Jacket- Columbia Men's size 42 XL black. Barely worn. \$55. 863-243-9986.

Men's golf clothing, jackets, shorts, shirts, size medium - 32-34. \$3 to \$10 exc cond. some new. (863) 402-1159

Money clip, mint perfect American Silver Eagle, 1oz, mounted on diamond cut stainless & rhodium, \$95, 863-840-1380

Motorcycle Jacket, BILT woman's size large, like new, \$45.00 - 727-430-3491

ANTIQUES COLLECTIBLES 6070

(5) 1 oz pure silver .999 fine us silver dollar coins, 2017 \$1.00 Amer silver eagle, 1 oz mint perfect, \$150.00, 863-840-1380

Crystal Vase, Tranquil Garden, silver metal band, 8 ft, diameter 2.5/8", new and in the box, \$25.00, 863-840-1380

Antiques Wanted Upscale Decorative Items, Art Glass, Sterling, etc. 812-535-1400

Dishes, Dixie Dogwood, plates, cups & saucers, \$50.00 for all 863-385-4502

German Stein, authentic collection, 1 commerial commemorative Budweiser, \$300 OBO, 863-446-1649

Phone - Country Belle 1950's wall unit, wood/brass, vintage, AM-FM tube radio, original, \$65.00 - 954-394-8932

ANTIQUES COLLECTIBLES 6070

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MUSICAL 6090

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LPs and albums, most in sleeves, \$100 OBO, 863-385-4754

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SPORTING GOODS 6130

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FIREARMS 6131

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FIREARMS ACCESSORIES 6132

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26" ladies/girl Huffy bike, exc. condition \$45 (863) 414-8088 (863) 655-5586

BICYCLES/ TRICYCLES 6135

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26" mens Trek bike, exc cond. \$100 (863) 414-8088 (863) 655-5586

27" mens Ross bike exc cond. \$65 (863) 414-8088 (863) 655-5586

Bicycle Seat, trek Comfort, gel, never used, \$25, 863-382-4375

Bicycle, girls 24", purple Road-master, 18 speed, like new, \$50.00 - 863-385-4502

Bike Inter tubes, box of 7 or more, 1.75/2.125, \$5.00 for the box, 407-385-4196

Man's & Woman's Free Spirit 10 speed bikes, good condi. extra new tires \$100 bothobo (863) 402-0101 or (863) 458-2281

Schwinn Bike, 27" ladies, skinny tire, 12 speed, curled handle bars, good shape, \$35, 863-402-2285

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OUTDOOR LIVING 6161

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Patio Set-Slate top 60 x 39" with 4 chairs. Must See! \$275 941-928-8789

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Porcelain Floor Tile 20x20, Travertine Beige, 500 s/f, \$500, 863-441-1619.

Tile, 3 sheets mosaic glass backsplash tile, \$25.00 - 727-430-3491

TOOLS/ MACHINERY 6190

Drop Light, cord reel, \$15, 863-699-0559

Extension Cord Reel, Craftsman, 20 ft. retractable cord, can be hung in garage for easy access, \$25.00-863-273-7625

Grinder, bench top, heavy duty, 6", like new \$75, 863-699-0559

Vise for workbench, \$10.00 863-385-4502

Wet dry tile saw, RYOBI 4" new \$40, 765-376-6814

Wet dry tile saw, table top, RYOBI 7" , never used, \$60, 765-376-6814

DOGS 6233

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Battery swivel sweeper, batteries included, works great \$10 (269) 830-2500



**Freezer**, Frigidaire, 17.3 cu ft, upright, self defrosting with alarm, \$300.00, 727-430-3491  
**Freezer**, new upright Frigidaire, used 4 months, \$350.00, call or text 863-835-0117  
Frigidaire **electric stove** off white, 5 burner glass top, great condition. \$95. (941) 286-7210  
**GE Washer and Dryer**, dryer needs a cycle switch, \$150. for both, 863-655-0844  
Kenmore **dishwasher**, off white, clean and works well \$65. (941) 286-7210.  
**Kenmore dishwasher**, very good condition, \$65 OBO, 863-214-1324.  
Kenmore sewing machine Model 15208, used once, \$100. 863-471-6134 ask for Howard.  
**Kenmore stove**, glass top, very good condition, \$100 OBO, 863-214-1324.  
**Microwave**, Kenmore counter-top, white, excellent condition, \$25, 765-376-6814  
Proctor Silex orange juice maker, like new \$10 (269) 830-2500  
**Range Hood**, like new, 1 yr old, white, 2 speed, \$25, 765-376-6814  
**Refrigerator**, small 2 door GE, excellent condition, stainless steel, 32/18.50x20 top freezer, \$60, 651-491-5374  
**Stove**- GE electric stove; black and stainless steel; self-cleaning. Good condition. \$50 obo. 519-735-2380  
**Washer & Dryer**- Kenmore washer & Amana Dryer. Both exc. cond! \$225 for pair; \$125 ea. Firm. 863-382-0601

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**AC Adapter**, 15-12 volt, 6 adaptapugs, various volts DC 300ma, never out of the box, \$5.00, 407-385-4196  
**Antenna**, aluminum, outside use, \$40.00, 863-382-9355  
**Appliance dolly** with strap, okay condition, \$80, 863-382-9355  
Awning rope lights & track-18 ft, fits existing trk to create 2 trks, one for rope lites one for sunshade, new \$25 616 299-7245  
Awning Sunblocker-black 6'x15' new in box, stakes, ropes included slips into track on awning roller \$85 (616) 299-7245  
**Bathtub**, American Standard Princeton, white, right hand drain-60"x30", brand new, never installed, \$200 - 765-624-9970  
**Books**, Dean Koontz & others, .50 each, 863-385-1563  
**Books**, newer paperback and some hardcovers, Paterson/Baldaci/Cussler/Conelly, etc., \$15 per 20 books - 863-471-2948  
**Books**, the Executioner series by Don Pendleton, lot of 48, all for \$24.00, 863-385-1563  
**Ceiling Fan** w/remote, baseball theme, \$20.00, call 863-257-0028 between 9 & 5  
**Chandelier**, 6 light, beige globes w/copper chain, beautiful, exc. cond., \$55.00, 863-273-1834  
**Cow Dinner Door Bell**, cast iron, hand painted, must see!! \$25.00 - 863-273-7625

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**HD DVD movies**, excellent condition. 20 total, \$3 each (810) 632-5483  
King size 2" **memory foam mattress** \$38 (863) 840-2129  
Kingsize **bedspread** blue/white-like new. \$35 (863) 840-2129  
**Ladder**, extension, nearly new, Werner Model #D1224-3, \$111, 305-849-0148, go online for description and valve.  
**Pocket Watch** w/stand, Timber Wolf, Franklin Mint, beautiful detail, chain/case incl., **EC must see**-\$135-863-273-7625  
**Recipe Books**, hard cover Southern Living annual books for yrs 1981- 1993, all in mint cond., \$80 obo - 863-471-2948  
**Rolling Cooler w/Speakers**, telescopic handle, collapsible canvas, 18"H, blue, side pockets, ex cond-\$25-863-273-7625  
**Typewriter**-elec, Brother mdl 340, memory, spell check, line erase & more-incls script wheel & 2 ribbons, \$50-863-385-6414  
**Wolf Musical Water Globes** Tune is "Memory" for 1 & "You've got a friend" on the other, \$35 ea., 863-273-7625

### FREE MERCHANDISE 6260

**FREE Wood**- plenty of free wood to a good home. 765-655-3397  
**TV** - large 35" Sony TV, it has had TLC by 1 owner, U-haul away, 863-453-5983 Avon Park

### 7000

## TRANSPORTATION

### AUTOMOTIVE 7005

**'07 Chevy Trailblazer**- \$3,900  
**'03 Honda Civic**- \$2,700  
**'01 Town & Country**- \$2,300  
**Tony's No Hassle**  
863-446-1186

### CADILLAC 7030

**Cadillac CTS**, needs transmission, \$500.00 - 863-441-4483 or 321-418-4215

### CHRYSLER 7050

2005 Chrysler Sebring convertible, white, automatic, V6, 65K mi, brand new tires, \$4,400 runs good (863) 633-9225

### TOYOTA 7210

2003 Blue Toyota Celica-152k mi., sporty look, cold A/C, nice interior & runs well. \$4,200 OBO, 863-453-0431.

### ANTIQUES/ COLLECTIBLES 7250

**1930 Ford Custom Coupe**  
Chopped, dropped, rat rod; 327/auto; retro wire wheels, wide whit walls~One of a Kind! \$19,500 obo. 863-446-4588

### AUTO PARTS/ ACCESSORIES 7270

**Dual Range Battery Charger**, Century 10/2 AMP automatic, 6 & 12 volt, exc. cond., \$50.00 863-273-7625  
**Windshield Wiper** replacement blades (2), Michelin, brand new in package, size #18, both for \$10 or \$6 ea. - 863-385-4502

### SPORT UTILITY/ VEHICLES 7305

**2006 Toyota Highlander SUV** auto, V6, AWD, trailer hitch, well maintained, clean, nonsmoking, gray ext., lgt gray int., snowbird owned. \$5,600. 863-382-2418

### GOLF CARTS 7327

2003 E-Z Go shuttle, gas, 2 seats, 2 cyl Robin engine, lifted alum rims, great cond, \$3K firm, 863-201-2778.  
**2017 EZ-Go**- 48 volt w/chip, windshield, full mirror, new rear seat. Immaculaut condition! \$4,850. 863-446-4588

### BOATS-POWERED 7330

**1992 Sylvan Pontoon Boat**- 20ft, 30hp Evinrude. New Bimini top, battery & motor tuned up. W/trailer \$6500. 563-343-5160

**2010 Carolina Skiff JVX16**- 60hp Honda 4-stroke. Exc. cond! \$11,900. 863-699-1528 LP.

**Bass Boat**- 18' Winner; w/trolling motor; 150hp Mercury. Includes trailer. \$5,000. 863-699-0383

**WANTED!! Small Pontoon boat in good condition! 13-16ft.**  
317-494-3900

### MARINE SUPPLY & EQUIP. 7338

**Gas Tank**, for boat, 6.5 gal, \$20, 574-209-2117

## Turn your trash into cash!

## Advertise your yard sale!

**Trolling Motor**, Minnkota, 40# thrust, turbo 90, long shaft, 5 forward speeds, 3 reverse w/batt, \$50 OBO, 706-897-3833  
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*Cash in with Class!*

### CANOE/KAYAKS 7339

**Inflatable Kayak**, West Marine, sit inside, carry bag and pump, kayak and paddle \$150 or kayak \$125, 706-994-0227

### CYCLES/MOPEDS/ SCOOTERS 7360

**2004 Honda Goldwing Trike** w/Roadsmith kit, fuel inject. Black cherry candy; great cond! \$22k. 863-441-4032 (LP)

**Motorcycle Helmet**, Scorpion EXO-500 full face, size M, like new, \$60.00 - 727-430-3491

### CAMPERS/ TRAVEL TRAILERS 7370

**2017 Hy-Line** 40' w/4 slide outs, 2 BR; sleeps 8; all options! \$33k. 302-559-8991

### MOTOR HOMES/ RVs 7380

2003 Allegro Bay 36', F53 Ford chassis, V10, gas, 33,000 original mi, 2 tipouts, 7k generator, 2 new coach batteries, good interior cond, etc., asking \$38,000, 603-921-0767.

# SUZY

FROM PAGE 1

it's not as clear with humans. Though several population-based studies do suggest higher rates of leukemia, non-Hodgkins lymphoma or multiple myeloma in women who use hair dyes, the highest risk is actually seen in hairdressers who experience more bladder and blood-related cancers (like those listed above) but remember, they work with these chemicals all day long, so exposure is high.

## Low thyroid levels affect a woman's fertility

Agreed, this very topic was covered in one of my

books in 2010, seven years ago. It just made headlines in 2017. Low thyroid can definitely contribute to infertility, miscarriage and premature births. It's easy to test for and repair.

## Weird health benefits of stress

It's true that a little stress can temporarily improve your mental sharpness, but chronic stress can deplete your adrenals, so I'd say it's best to minimize your stress levels as much as you can. Stressful situations increase bonding with friends, relatives and your spouse. That's why if you're stuck in an airport overnight, you might make new friends after sharing the experience. The reason is short-term

stress boosts oxytocin, a bonding hormone. Further, people are forced to rescue you, if not physically then emotionally. The trouble with this is some people thrive on stress in their life because it victimizes them, provoking others to give them attention and affection. It can even become the glue in an otherwise bad marriage.

*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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Opening act: **Lee Allcorn** 2:00 p.m. Matinee

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600 W. College Drive • Avon Park, FL 33825  
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This event is a co-presentation with Sun Events and SFSC Performing Arts.

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## Back Home Again: A Tribute to JOHN DENVER

By artist Tom Becker, former member of The New Christy Minstrels

Friday, **January 26, 2018**  
**Genesis Center**  
218 E. Belleview St. Lake Placid, FL 33852

**Advance Tickets**  
General Admission \$21 (Day of show \$26)  
Reserved \$29 - \$35 (Day of show \$34 - \$40)  
7:00 showtime, all sales final.

From the foot-stomping fun of "Thank God, I'm a Country Boy", to the tenderness of Annie's Song", to the sweeping grandeur of "Rocky Mountain High" -- Tom and his band take you on a musical journey into the many facets of John Denver's songwriting, the songs that defined his life, and his passion for the preserving the environment.

Order online: [www.SunEvents.com](http://www.SunEvents.com)  
Order by phone: 863-494-9362 Monday-Friday 8:00am - 5:00pm  
Order in person: 218 E. Belleview St., Lake Placid, FL 33852 Monday, Wednesday & Friday 10:00am-Noon

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# CORE

FROM PAGE 1

## Improved balance

While working muscles in the hips, abdomen and back, core strength training is training these muscles to function as a more cohesive unit. This

can improve balance, which can prove especially beneficial to aging men and women who may feel like they are losing some of their coordination.

## Uniformity of muscles

Men and women who adhere to more

traditional strength training workouts may notice certain muscle groups develop more than others, perhaps naturally or because they are willingly or subconsciously focusing on certain areas more than others. For example, a person who enjoys doing bicep curls might develop especially large biceps

but may not focus as much on the muscles in his or her back. That can lead to muscular imbalances. Proper core strength training reduces the likelihood of such imbalances because the exercises focus collectively on a group of muscles, training these muscles to work together and developing them at the same pace.

## Better posture

According to the online medical resource WebMD, core-strengthening exercises are the best way for men and women to improve their posture. That's because some of the muscles worked during core training move the torso by flexing, extending or

rotating the spine, while other muscles worked stabilize the pelvis and spine in a natural, neutral position. The Premier Sports and Spine Center notes that some of the benefits of good posture include lower injury risk, better alignment that can lower risk for arthritis and improved muscle health.

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**LIVE IN CONCERT Friday, February 23, 2018**  
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If you are moved by the technical virtuosity and sheer power of the greatest horn bands in pop music history, you will LOVE Orlando Transit Authority. Every member of the band loves this music – and it shows. OTA takes the Chicago tribute to another level by offering a “tribute within a tribute” to the group that was indirectly responsible for Chicago’s success: Blood, Sweat and Tears. From the soulful vocals to the technical mastery of the horn solos, OTA brings the most popular Blood Sweat and Tears to life with astonishing accuracy and energy.

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Mon, Wed or Fri 10am-12pm

**ADVANCE TICKETS:**  
\$21 General Admission  
\$29 - \$35 Reserved

**DAY OF SHOW:**  
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\$34 - \$40 Reserved

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**North America's Ultimate Tribute To**  
**Fleetwood Mac**  
RUMOURS

**LIVE IN CONCERT**

**Saturday, February 17, 2018 at 7:00pm**

**GENESIS CENTER • 218 Belleview Street Lake Placid, FL 33852**

Based in Atlanta, GA, Rumours captures the energy of Fleetwood Mac at the height of their career by blending perfect harmonies, precise instrumentation, and a visually engaging stage show.

The six members of Rumours are professional musicians with experience across the spectrum of genre – folk, blues, country, rock, and everything in between. Rumours' diverse background, coupled with a professional approach to the craft, has propelled them to their status as one of the most highly regarded tribute bands in the country.

**Songs you know and love!**

- The Chain
- Gold Dust Woman
- Gypsy
- Rhiannon
- Leather & Lace
- Don't Stop
- Seven Wonders
- Stop Draggin'
- Edge of Seventeen
- My Heart
- Go Your Own Way
- AND MORE!
- Little Lies

**ADVANCE TICKETS:**  
\$21 General Admission, \$29 - \$35 Reserved

**DAY OF SHOW:**  
\$26 General Admission, \$34 - \$40 Reserved

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Mon-Fri 8am-5pm

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All sales final. Please let us know at time of ticket purchase for special needs seating requirements.

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# POKE

FROM PAGE 1

aesthetic and in the intimacy shared between friends who give them to each other.

For those under 18, there's one more lure: Getting a stick-and-poke tattoo is a trendy end-run around state laws that prohibit tattoo parlors from inking minors.

Step-by-step instructions for how to give yourself or a friend a tattoo are easily found on the internet. It requires only a few supplies — namely a bottle of India ink, a sewing needle and rubbing alcohol — and those, too, are easy to track down.

From there it's a matter of patience and a steady hand. Oh, and a healthy dose of pain tolerance.

It also helps to have a fearless side, because doctors and professional tattoo artists say the DIY trend is downright scary.

The biggest risk is contracting an infection from a dirty needle.

"If they're not sterilized properly, you have hepatitis B and C, as well as HIV," said Dr. Stacene Maroushek, a pediatrician at Hennepin County Medical Center and a specialist in pediatric infectious diseases.

There's also the chance of getting lead poisoning from the ink.

"If we see kids with those tattoos, we talk to them about the risks," Maroushek said. "We make sure they're fully vaccinated for hepatitis B. We look to see if they're infected, and we'll culture to see if they have staph or strep. Sometimes they need antibiotics."

Earlier this year, the American Academy of Pediatrics (aap.org) issued its first-ever safety recommendations on tattooing and piercings. The guidelines are an acknowledgment of the proliferation of tattoos among millennials.

The pediatrics group urged parents to make sure young people are up to date on their immunizations and to talk to a pediatrician first. The academy also stressed the importance of going only to a reputable professional who strictly follows hygienic practices, including using sterile needles, new disposable gloves and fresh ink.

Stick-and-poke tattoos are not recommended by the doctors group.

## Strong attraction

Shahn Anderson can understand the urge that youths have to do something reckless, irking their parents. A tattoo artist at Electric Dragonland (electricdragonland.com)

in Hopkins, he remembers the thrill he felt at 18 when he got his first tattoo.

"My parents were quite shocked," he said. "It was exciting and maybe a little dangerous. Now it's become so mainstream and acceptable."

He's been tattooing for 30 years and is the former president of the Alliance of Professional Tattooists. He calls the stick-and-poke trend dangerous, and says the results often are disappointing.

"You are taking a risk by doing this on your own," Anderson warned. "If it's done improperly, even if no disease is transferred, it's difficult to do one properly."

Emma Kopp, 23, the friend who gave Ley her "grlpwr" tattoo, is pretty pleased with her handiwork. In fact, she liked it so much she gave herself a matching one.

Ley and Kopp were part of a group of friends — all women — at the University of St. Thomas who gathered for a Thanksgiving potluck party last year. They vowed to give themselves "grlpwr" tattoos to celebrate their friendship and work on feminist causes together.

But in the end, only Ley and Kopp went through with it.

Kopp's tiny, hand-poked tattoo is on her foot. She admits the writing is hard to see. It looks kitschy, even tacky, she said, laughing. But she likes it — and besides, the appearance isn't really the point.

"Sitting around a kitchen table with a bunch of women who are really important to me and who were integral to me becoming who I am as a woman and a feminist is something that is memorable to me, Kopp said.

# FRIENDS

FROM PAGE 1

But brain structure alone doesn't fully account for SuperAgers' unusual mental acuity, Rogalski suggested. "It's likely there are a number of critical factors that are implicated," she said.

For their new study, the researchers asked 31 SuperAgers and 19 cognitively "normal" older adults to fill out a 42-item questionnaire about their psychological well-being. The SuperAgers stood out in one area: the degree to which they reported having satisfying, warm, trusting relationships. (In other areas, such as having a purpose in life or retaining autonomy, they were much like their "normal" peers.) "Social relationships are really important" to this group and might play a significant role in preserving their cognition, Rogalski said.

That finding is consistent with other research linking positive relationships to a reduced risk of cognitive decline, mild cognitive impairment and dementia. Still, researchers haven't examined how SuperAgers sustain these relationships and whether their experiences might include lessons for others.

Smith, one of the SuperAgers, has plenty of thoughts about that. At her retirement community, she's one of nine people who welcome new residents and try to help make them feel at home. "I have a smile for everybody," she said. "I try to learn someone's name as soon as they come in, and if I see them it's 'Good morning, how do you do?'"

"Many old people, all they do is tell you the same story over and over," she said. "And sometimes, all they do is complain and not show any interest in what you have to say.



TNS PHOTO

## Good friends might be your best brain booster as you age.

That's terrible. You have to listen to what people have to say."

Brian Fenwick, administrator of the Bethany Retirement Community where Smith lives, calls Smith a "leader in the community" and explains that "she's very involved. She keeps us in line. She notices what's going on and isn't afraid to speak out."

Fifteen years ago, Smith became a caregiver for her husband, who passed away in 2013. "All the time he was ill, I was still doing things for me," she recalls. "You cannot drop everything and expect to be able to pick it up. You can't drop your friends and expect them to be there when you're ready."

William "Bill" Gurolnick, 86, another SuperAger in the study, realized the value of becoming more demonstrative after he retired from a sales and marketing position in 1999. "Men aren't usually inclined to talk about their feelings, and I was a keep-things-inside kind of person," he explained. "But opening up to other people is one of the things that I learned to do."

With a small group of other men who'd left the work world behind,

Gurolnick helped found a men's group, Men Enjoying Leisure, which now has nearly 150 members and has spawned four similar groups in the Chicago suburbs. Every month, the group meets for two hours, including one hour they spend discussing personal issues — divorce, illness, children who can't find jobs, and more.

"We learn people aren't alone in the problems they're dealing with," Gurolnick said, adding that a dozen or so of the men have become good friends.

"Bill is the glue that holds the whole group together," said Buddy Kalish, 80, a member of the group in Northbrook, Ill., a Chicago suburb. "He's very, very caring — the first one to send out a thank-you note, the first one to send out a notice when there's been a death in the family."

Activities are another way of cultivating relationships for Gurolnick. On Mondays, he bikes 20 to 30 miles with more than a dozen older men — many of them from his men's group — followed by lunch. On Tuesdays, he's part of a walking group, followed by coffee. On Wednesdays, he goes to the Wenger Jewish Community Center in

Northbrook for two hours of water volleyball. On Thursdays, it's back to the JCC for pickleball, a racquet sport.

Without her best friend, Grayce, whom she's known since high school, and friends who live in her condominium complex, Evelyn Finegan, 88, might have become isolated. Another SuperAger, Finegan is hard of hearing and has macular degeneration in both eyes, but otherwise is astonishingly healthy.

"It's very important to keep up with your friends — to pick up the phone and call," said Finegan, who talks to Grayce almost daily.

Today, the staples of Finegan's life are her church; a monthly book club; volunteering at a resale shop in Oak Park, Ill.; socializing with a few people in her building; attending a club of Welsh women; and seeing her daughter, her son-in-law and grandchildren, who live in Oregon, whenever she can.

"It's so nice to spend time with Evelyn," said her upstairs neighbor, June Witzl, 91, who often drives Finegan to doctors' appointments. "She's very kind and very generous."

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**TOLD THEIR TREEHOUSE MUST GO, OWNERS APPEAL TO SUPREME COURT**

See page 3.



KOREA COAST GUARD VIA AP

In this photo provided by Korea Coast Guard, the Panama-registered tanker "Sanchi" is seen ablaze after a collision with a Hong Kong-registered freighter off China's eastern coast Sunday, Jan. 7. The oil tanker collided with a bulk freighter and caught fire off China's eastern coast, leaving its entire crew of 32 missing, most of them Iranians, authorities said.

## 32 missing, oil tanker on fire after collision off China

By GERRY SHIH  
ASSOCIATED PRESS

BEIJING — An Iranian oil tanker collided with a bulk freighter and caught fire off China's east coast, leaving the tanker's entire crew of 32 missing and causing it to spill oil into the sea, authorities said Sunday.

Chinese authorities dispatched police vessels and three cleaning ships to the scene after the collision, which happened late Saturday. The South Korean coast guard also sent a ship and a plane to help search for the missing crew members — 30 Iranians

and two Bangladeshis.

The Panama-registered tanker Sanchi was sailing from Iran to South Korea when it collided with the Hong Kong-registered freighter CF Crystal in the East China Sea, 257 kilometers (160 miles) off the coast of Shanghai, China's Ministry of Transport said.

All 21 crew members of the Crystal, which was carrying grain from the United States, were rescued, the ministry said. The Crystal's crew members were all Chinese nationals.

It wasn't immediately clear what caused the collision.

State-run China Central Television

reported Sunday evening that the tanker was still floating and burning, and that oil was visible in the water.

It was not clear, however, whether the tanker was still spilling oil. The size of the oil slick caused by the accident also was not known.

Earlier Sunday, Chinese state media carried pictures of the tanker on fire with large plumes of smoke.

The Sanchi was carrying 136,000 metric tons (150,000 tons, or nearly 1 million barrels) of condensate, a type of ultra-light oil, according to Chinese

CHINA | 4

## Israeli PM backs Trump critique of Palestinian UN aid agency

By ARON HELLER  
ASSOCIATED PRESS

JERUSALEM — Israeli Prime Minister Benjamin Netanyahu said on Sunday that he "completely agrees" with President Donald Trump's critique of the U.N. agency aiding Palestinian refugees, saying that UNRWA only perpetuates the problem and should cease from operating in the region.

Speaking at his weekly Cabinet meeting, Netanyahu also reiterated his support for Trump's threat to cut aid to the Palestinians. The remarks came after Israeli media reports indicated that despite its public declarations, Israel was actually concerned about the ramifications of such a move.

Critics say an aid cut could lead to a humanitarian crisis and that in the absence of UNRWA, Israel, as an occupying nation, could get stuck with the bill for providing services to Palestinians. A collapse in

ISRAELI | 4



ABIR SULTAN/POOL VIA AP

Israeli Prime Minister Benjamin Netanyahu chairs the weekly cabinet meeting at his office in Jerusalem, Sunday.

## UN envoy says no change in US position on North Korea talks

By HOPE YEN  
ASSOCIATED PRESS

WASHINGTON — President Donald Trump's U.N. ambassador said Sunday the administration isn't changing its conditions regarding talks with North Korea amid growing tensions over the North's nuclear and missile programs.

Nikki Haley made clear that North Korean leader Kim Jong Un would first need to stop weapons testing for a "significant amount of time."

Trump had said on Saturday that he was open to talking to Kim. It appeared to be a softening of rhetoric, given that Trump lectured Secretary of State Rex Tillerson last year that it would be a waste of time "trying to negotiate with Little Rocket Man," Trump's nickname for Kim.

But Haley insisted that Trump was reiterating his past position in his



AP FILE PHOTO

In this Sept. 15, 2017, file photo, a man watches a TV screen showing a file footage of North Korea's missile launch and North Korean leader Kim Jong Un, at the Seoul Railway Station in Seoul, South Korea.

comments from Camp David over the weekend.

"There is no turnaround," she said. "What he has basically said is 'yes, there could be a time where we talk to North Korea,' but a lot of things have to happen before that actually takes place. They have to stop testing. They have to

be willing to talk about banning their nuclear weapons."

"It's a dangerous situation," Haley added.

Trump's comments came as the first formal talks between North and South in more than two years are set to take place

TALKS | 4

## Bannon tries to make amends as aides defend Trump's fitness

By JILL COLVIN  
ASSOCIATED PRESS

WASHINGTON — Steve Bannon is trying to make amends.

President Donald Trump's former chief strategist released a statement Sunday reaffirming his support for the commander in chief and praising Trump's eldest son as "both a patriot and a good man."

Bannon infuriated Trump with comments to author Michael Wolff describing a June 2016 meeting at Trump Tower in New York between Donald Trump Jr., Trump campaign aides and a Russian lawyer as "treasonous" and "unpatriotic."

Bannon said his description was aimed at former Trump campaign chairman Paul Manafort, who also attended the meeting, and not Trump's son.

"I regret that my delay

in responding to the inaccurate reporting regarding Don Jr. has diverted attention from the president's historical accomplishments in the first year of his presidency," according to the statement, first obtained by the news site Axios.

Bannon said his support for Trump and his agenda was "unwavering."

Hours before the statement came out, administration officials used appearances on the Sunday news shows

AMENDS | 4



AP PHOTO

President Donald Trump steps off Marine One on the South Lawn as he arrives at the White House in Washington, Sunday, after traveling from Camp David, Md.

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# FINANCIAL

## Mortgage ratios and commodities

Dear Dave, Do you have a guideline ratio for mortgage debt to income?

— Levon



Dave Ramsey

based largely on a supply and demand curve. If there's a shortage on one of them, the price shoots up.

For example, when you're talking about gold and silver, there's more demand than supply when the economy is bad. In this kind of scenario, people are fearful and lots of them run to buy gold. This drives up the price to unrealistically high levels.

Again, the price on a commodity isn't based on anything other than fear or greed, and a supply and demand curve. The prices aren't based on an actual production of income, like it is with stocks or real estate. I don't buy commodities at all, especially gold and silver. I don't recommend you buy them, either.

— Dave

*Dave Ramsey is CEO of Ramsey Solutions. He has authored seven best-selling books, including The Total Money Makeover. The Dave Ramsey Show is heard by more than 13 million listeners each week on 585 radio stations and multiple digital platforms. Follow Dave on the web at daveramsey.com and on Twitter at @DaveRamsey.*

Dear Levon, When it comes to buying a home, I always tell people to get a 15-year, fixed rate mortgage, with monthly payments that are no more than 25 percent of their take home pay. This type of mortgage is the only debt I don't beat up people for having. Still, I urge folks to pay off these loans in less than 15 years.

The average person following my plan pays off this type of loan in about seven or eight years. That's a pretty big deal in terms of your financial security. And paying extra on your mortgage doesn't have to be a strain. You can start by simply rounding up your payments. If the payment is \$770, make it \$800 instead, and apply the extra to the principal balance. If you want to get more intense, you could make an extra house payment each quarter, or go the route of bi-weekly payments. To do this, simply make half a monthly payment every two

weeks. By the end of the year you'll have made 13 payments instead of 12. This will knock years off the length of your loan.

Remember, your income is your largest wealth building tool. It's so much easier to save, invest, and give when all your money isn't flying out the door to make payments!

— Dave

### No commodities

Dear Dave, Do you recommend having gold and silver as part of your investment portfolio?

— Don

Dear Don, No, I do not. I also don't recommend oil or corn futures. All of these are examples of commodities, and the commodities market is extremely volatile. In addition to the market being wildly volatile, the prices on commodities isn't based on actual production. It's

## FINANCIAL NEWS BRIEFS

### 2 former ministers in Zimbabwe face corruption charges

**HARARE, Zimbabwe (AP)** — Two former Zimbabwean cabinet ministers aligned with a faction loyal to ousted leader Robert Mugabe face corruption charges.

Samuel Undenge, a former energy minister, and Walter Mzembi, a former foreign affairs and tourism minister, were released on bail Saturday after spending a night in detention in the southern African nation.

Undenge is accused of corruption in connection with the awarding of energy contracts while Mzembi allegedly misused resources earmarked for a tourism conference in 2013.

They are among a number of former ministers and top officials in Zimbabwe arrested or questioned over corruption allegations since the military helped President Emmerson Mnangagwa take over from longtime leader Mugabe in November.

Many of those arrested are aligned with a ruling party faction associated with the former president's family.

### Takata adds 3.3 million air bag inflators to massive recall

**DETROIT (AP)** — Japanese air bag maker Takata is recalling another 3.3 million faulty air bag inflators as it continues

to expand the largest automotive recall in U.S. history.

The latest recalls cover frontal air bags in certain 2009, 2010 and 2013 vehicles. They're made by Honda, Toyota, Audi, BMW, Daimler Vans, Fiat Chrysler, Ford, General Motors, Jaguar-Land Rover, Mazda, Mercedes-Benz, Mitsubishi, Nissan, Subaru and Tesla.

Automakers will provide specific models in paperwork that will be filed later this month with the National Highway Traffic Safety Administration. Notices of the expanded recalls were posted Saturday on the agency's website.

Takata air bags can explode with too much force and hurl shrapnel into drivers and passengers. At least 20 people have been killed worldwide and more than 180 injured.

### Dominion-SCANA merger could mean pipeline expansion

**RICHMOND, Va. (AP)** — Both supporters and opponents of the Atlantic Coast Pipeline say Dominion Energy's proposed merger with a South Carolina energy company could open the door to making the natural gas project even bigger.

Dominion CEO Tom Farrell said in a conference call announcing the deal this week that SCANA Corp. is a "natural fit" for Dominion, which already operates natural gas transmission pipelines in South Carolina.

Farrell said the deal could "open new expansion

opportunities" for the proposed Atlantic Coast Pipeline, which is currently slated to run for 600 miles through West Virginia, Virginia and North Carolina and cost about \$5 billion.

The massive infrastructure project has the support of business leaders and a bipartisan group of politicians in all three states. Environmental groups are strongly opposed.

### Saudi king orders payouts and bonuses to soften price hikes

**RIYADH, Saudi Arabia (AP)** — Saudi Arabia's King Salman has authorized a range of bonuses and payouts for citizens, including a monthly payment of 1,000 riyals (\$267) for civil servants for the coming year.

The measures are aimed at softening the impact of price hikes as the government works to restructure its economy amid lower oil prices.

In a series of royal decrees issued overnight Saturday, the king ordered a 5,000 riyal (\$1,333) payout to military personnel serving on the front lines of the kingdom's war with Yemen, as well as a 500 riyal (\$133) allowance for one year for retirees and those receiving social security.

Students' monthly stipends will be boosted this year and the government will bear the cost of the new tax for some services and the purchase of a first home.

TODAY / TONIGHT	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																																																																																																																							
Partly sunny and nice HIGH 75° / LOW 59° 10% chance of rain / 25% chance of rain	Occasional morning rain and a thunderstorm 79° / 61° 55% chance of rain	Mostly cloudy with occasional rain 80° / 62° 65% chance of rain	Sunshine and patchy clouds 81° / 63° 10% chance of rain	Partly sunny with a shower in places 79° / 58° 40% chance of rain	A couple of showers possible 72° / 51° 30% chance of rain																																																																																																																																																							
<b>49° GULF WATER TEMPERATURE</b> Shown is today's weather. Temperatures are today's highs and tonight's lows.																																																																																																																																																												
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# STATE-BY-STATE

News from across the USA

**ALABAMA Athens:** State prison officials are investigating how a Limestone Correctional Facility inmate fell 12 feet from a second-tier level at the prison, *The News Courier* reports. The inmate died of his injuries.

**ALASKA Anchorage:** The Alaska Zoo's beloved Ahpun polar bear is dead. The bear, orphaned as a cub, was about 20 years old.

**ARIZONA Lukeville:** Authorities found nearly 2,500 pounds of marijuana hidden in a motorhome at this southern Arizona border crossing.

**ARKANSAS Little Rock:** The Pulaski County Sheriff's Office says a man who was cited for public intoxication and then released from custody died in the jail's lobby.

**CALIFORNIA Bakersfield:** Authorities say a child about 4 or 5 years old died in a fire inside a storage unit where a family of five was living in Kern County, KABC-TV reports.

**COLORADO Vail:** A think tank says the average age of a low-wage Colorado worker is 34, and many are female minorities, *The Vail Daily* reports.

**CONNECTICUT Manchester:** A cook and his girlfriend face charges in the fatal shooting of a fried chicken restaurant manager. Authorities say a workplace dispute at the Bonchon Chicken led to the fatal shooting.

**DELAWARE Georgetown:** The Sussex County Council has postponed a right-to-work vote after a contentious five-hour hearing on the measure that would bar workers from being compelled to join labor unions.

**DISTRICT OF COLUMBIA:** The recent cold spell has brought out ice skaters to the frozen solid Chesapeake & Ohio Canal. The National Park Service said ice skating is allowed but urges visitors to use caution.

**FLORIDA Miami:** Nine people were hospitalized with minor injuries after a car rear-ended a commuter bus, *The Miami Herald* reports.

**GEORGIA Cartersville:** At least 63 people attending a lingerie party celebrating a 21st birthday were arrested on marijuana possession charges, *The Cartersville Daily Tribune* reports.

**HAWAII Honolulu:** Prosecutors are investigating allegations against a homeowner suspected of killing at least four nene geese with a BB gun. The federally protected birds are native to Hawaii.

**IDAHO Hailey:** Blaine County commissioners have withdrawn from the state's Capital Crimes Defense Fund that helps cover the cost of death penalty trials. The commissioners say the move is intended to stop local prosecutors from seeking the death penalty, *The Idaho Mountain Express* reports.

**ILLINOIS Normal:** Illinois State University's famed Circus Collection just got bigger. A Florida collector donated more than 250,000 items, from costumes to clown props.

**INDIANA South Bend:** The more than century-old pipe organ at St. Paul's United Methodist Church is back in full working order after a \$450,000 restoration, the *South Bend Tribune* reports.

**IOWA Vinton:** A Benton County sheriff who was killed in the line of duty nearly 80 years ago is being memorialized. A bust of Leland Fry was unveiled last week, KCRG reports. Fry died in 1938 while trying to arrest someone who escaped from custody.

**KANSAS Wichita:** Herington Elementary School is ending the free distribution of Bibles to students after complaints about the practice, *The Wichita Eagle* reports.

**KENTUCKY Louisville:** Jail officials say cold temperatures are hobbling the heating system, leaving many Louisville inmates shivering in their cells, WFPL-FM reports.

**LOUISIANA Slidell:** The maintenance man at Louisiana's Indian Hills Nudist Park wants you to know: "We ain't stupid." When it turns arctic cold, the clothes get put on, and in layers.

**MAINE Augusta:** The White House has approved federal disaster relief for damage caused by an October windstorm that knocked out power to

## HIGHLIGHT: PENNSYLVANIA



Christina Hartman, stands with Monica Newhard, right, and her granddaughter, Helen Welch, as they hold their dog Zoey. JESSICA HARTMAN VIA AP

# Dog snatched by eagle, found alive 4 miles away

**Michael Rubinkam**  
The Associated Press

BOWMANSTOWN — Felipe Rodriguez says he thought he was hallucinating when an eagle snatched his sister's little white dog from her yard, flapped its massive wings and disappeared over the trees.

Did he really just see that? He had. Zoey the 8-pound bichon frisé was gone, taken by a hungry raptor Tuesday afternoon not 50 feet from his sister's house on the banks of the Lehigh River in Pennsylvania, Rodriguez said.

"It seemed like something from the 'Wizard of Oz,'" he said Wednesday. "I'm a city boy. This doesn't happen in my world."

Rodriguez said he was by himself at his sister's home in Bowmanstown, about 80 miles north of Philadelphia, when he heard a loud screech, hurried to the French doors leading to the deck and saw the eagle with its talons in Zoey, who had been playing in the fenced yard.

"The bird was holding onto the dog. There was flapping of wings, and then it was gone," said Rodriguez, a 50-year-old health care ex-

ecutive visiting from Chicago.

Heartbroken, she and her husband scoured the woods for Zoey's body. Little did they know their little bichon would be found later that afternoon — 4 miles away.

Zoey's rescuer was Christina Hartman, 51, of Palmerton, who said she was driving on a snow-covered back road when she spotted a furry white lump ahead and pulled over to investigate.

"I notice this little frozen dog, icicles hanging from all over. It could hardly move," Hartman said.

It didn't take long for Hartman to find the dog's owners. She spotted Newhard's public Facebook post Wednesday morning — Newhard had uploaded a photo of Zoey — and made an excited call.

"I said, 'It's a miracle! I have your dog!'" Hartman said.

Zoey had some bruising and a few missing patches of fur. It's not clear how far the eagle might have carried the dog, but Rodriguez said he can't believe Zoey survived.

"She is not really herself, but she is getting lots of love," his sister, Newhard, texted the AP late Wednesday. "She doesn't want to go out. ... I really can't blame her."

half of Maine's population.

**MARYLAND Washington:** The University of Maryland is getting a \$288,000 grant to support of Chesapeake Bay and state coastal waters restoration.

**MASSACHUSETTS Wellfleet:** A shark conservation group says four thresher sharks have been found frozen off the coast, the *Cape Cod Times* reports.

**MICHIGAN Lansing:** The Spare Time Entertainment bowling complex is reviewing its dress code amid complaints that the policy targets black men. A sign prohibits excessively baggy pants and hoodies, the *Lansing State Journal* reports.

**MINNESOTA Duluth:** Nine lake freighters are stacked up in Duluth harbor as the time nears for the Soo Locks to close for the winter, KBJR-TV reports.

**MISSISSIPPI Waynesboro:** The town's 60 employees remain in limbo while officials argue over rehiring them in one vote or one by one, WDAM-TV reports. Town employees face rehiring whenever a new mayoral term begins.

**MISSOURI St. Louis:** A St. Louis Zoo cheetah named Bingwa gave birth to eight cubs in late November, the largest litter of cheetah cubs ever delivered at the zoo.

**MONTANA Laurel:** Mayor-elect Dave Waggoner was supposed to be

sworn in at last week's Laurel City Council meeting. But he didn't show up, *The Billings Gazette* reports.

**NEBRASKA Lincoln:** About half of the more than 3,000 known letters penned by novelist Willa Cather have been compiled, digitized and annotated, *The Lincoln Journal Star* reports.

**NEVADA Carson City:** Sales of recreational marijuana are underway in the state capital, *The Nevada Appeal* reports.

**NEW HAMPSHIRE Sargent's Purchase:** Authorities say two people were injured when they lost control of their snowmobile and crashed into trees near the Jefferson Notch area.

**NEW JERSEY Trenton:** The daughter of a former mayor of Brick was sentenced to five years in prison on charges of stealing \$941,354 from the township's health insurance program, NJ.com reports.

**NEW MEXICO Las Cruces:** City officials have approved funding to install temporary shading, information kiosks and a welcome sign aimed at boosting economic development, *The Las Cruces Sun-News* reports.

**NEW YORK Massena:** Authorities say a freighter carrying soybeans was stuck in ice in a St. Lawrence Seaway lock, blocking four other vessels last week.

**NORTH CAROLINA Rose Hill:** State investigators say no foul play is suspected in the fire that destroyed Rose Hill United Methodist Church.

**NORTH DAKOTA Minot:** Matt Lizotte is the winner of the

North Dakota state poker championship, *The Daily News* reports. The Minot man took home the \$30,000 first prize.

**OHIO Uhrichsville:** A teenager who launched his campaign for city council while still in high school has taken office, WEWS-TV reports. Eric Harmon, 19, is now a student at Kent State's Tuscarawas campus.

**OKLAHOMA Oklahoma City:** The state Department of Health has proposed layoffs and program cuts to reduce costs, *The Oklahoman* reports. The proposal would lay off nearly 200 employees.

**OREGON Salem:** Gov. Kate Brown has expressed confidence in the investigation that ended with no charges against an elk hunter who told police he killed a wolf in self-defense.

**PENNSYLVANIA Philadelphia:** La Salle University is selling 46 art pieces from its museum collection to help fund its five-year plan. The auction is tentatively set for March.

**RHODE ISLAND Providence:** Police say two children, a year old and 10 days old, were in a home that was hit by gunfire on New Year's Day, killing a man inside. Neither child was injured.

**SOUTH CAROLINA Camden:** Kershaw County deputies rescued a man they were chasing when he crashed his car into the Wateree River and yelled that he couldn't swim.

**SOUTH DAKOTA Rapid City:** The City Council has tightened regulations on who is allowed to operate pawnshops, *The Rapid City Journal* reports.

**TENNESSEE Knoxville:** The historically black Knoxville College that lost accreditation in 2015 has filed paperwork to begin re-enrolling students, *The Knoxville News Sentinel* reports. The school lost accreditation in 2015 after enrollment fell to 11.

**TEXAS Houston:** A 4-year-old boy who authorities believe was living in a closet told investigators "his friends" were rats and roaches, WTRK-TV reports. He's in temporary custody of child welfare officials.

**UTAH Salt Lake City:** The state Highway Patrol says the number of arrests related to drunken driving dropped during the weekend before New Year's Day compared with the year before, KUTV-TV reports. Officials say troopers are seeing more people relying on a sober friend or ride-sharing service for rides home.

**VERMONT Burlington:** A doctor concluded that a man accused of killing his wife with a cleaver is competent to stand trial, *The Burlington Free Press* reports.



**VIRGINIA Mount Vernon:** George Washington's Mount Vernon estate has reopened its 105-seat Revolutionary War Theater after a \$2 million renovation.

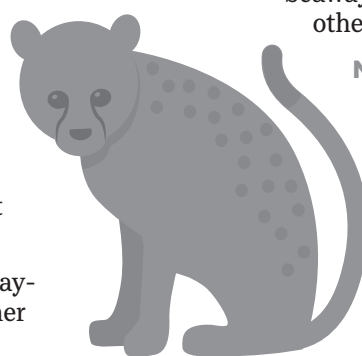
**WASHINGTON Seattle:** Developers of a coal-export terminal proposed on the Columbia River have sued the state, complaining of permit delays and denials.

**WEST VIRGINIA Charleston:** A man who hijacked a taxi, forcing the driver out of the vehicle at gunpoint, was sentenced to 12 years in prison.

**WISCONSIN Madison:** Brown County's new 0.5% sales tax has drawn a legal challenge. The Wisconsin Institute for Law and Liberty argues that counties can impose such taxes only if the revenue is used to reduce property taxes.

**WYOMING Casper:** The Environmental Protection Agency has partially removed the Mystery Bridge/U.S. 20 Superfund site off its national priorities list after soil and groundwater cleanup.

*Compiled from staff, wire reports.*



# FROM PAGE ONE

## ISRAELI

FROM PAGE 1

UNRWA could also open the way for the Hamas militant group to gain influence.

Netanyahu suggested UNRWA's budget should be transferred to the more far-reaching United Nations High Commissioner for Refugees, where it would be allocated to those truly in need.

"UNRWA is an organization that perpetuates the Palestinian refugee problem. It also perpetuates the right of return narrative in order to eliminate the state of Israel. Therefore UNRWA must become a thing of the past," he said.

Netanyahu voiced a common Israeli criticism that UNRWA was created specifically for the Palestinians, while the UNHCR deals with the rest of the world's refugees.

"This of course creates a situation where great-grandchildren of refugees who are not refugees are treated as such by UNRWA. And 70 more years will pass and they will have great-grandchildren, so this absurdity must be stopped," he said.

Hundreds of thousands of Palestinians either fled or were forced from their homes during the war that surrounded Israel's establishment in 1948. Today, there are an estimated 5 million refugees and their descendants, most scattered across the region in Jordan, Lebanon, the West Bank and Gaza Strip.

Trump, along with his U.N. Ambassador Nikki Haley, has been railing against aid to the Palestinians as part of the fallout of his recognition last month of Jerusalem as the capital of Israel. The Palestinians have strongly protested the decision, and Trump has threatened to take action against those who challenged him.

The United States, which provides hundreds of millions of dollars a year for the Palestinians, could inflict great pain on the Palestinians by cutting off aid.

Yet it could also have a negative effect on Israel, which also relies on the Palestinian Authority to help maintain calm. Israel captured the West Bank, Gaza Strip and east Jerusalem — areas claimed by the Palestinians for a future state — in the 1967 Mideast war.

The U.S. is the largest donor to UNRWA and ending its aid could have a particularly damaging effect in Gaza, where the majority of residents are eligible for its services. Critics have warned that thousands of children could turn to Hamas schools, for example, if UNRWA schools are forced to close.

The U.S. donated \$355 million to UNRWA in 2016, nearly 30 percent of its total funding. A large portion of the organization's activity is focused on providing health care, education and social services to Palestinians in the West Bank, Gaza Strip, Jordan, Syria and Lebanon.

UNRWA spokesman Chris Gunness said it had not been informed of any changes to U.S. funding at this time and responded to Netanyahu by saying that only the U.N. General Assembly could alter their mandate.

"What perpetuates the refugee crisis is the failure of the parties to deal with the issue. This needs to be resolved by the parties to the conflict in the context of peace talks," he said.

Also Sunday, an Israeli rights group said that local authorities have only brought indictments in about one in 10 ideologically-motivated attacks against Palestinians in the occupied territories.

## AMENDS

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to rally behind Trump and try to undermine Wolff's "Fire and Fury: Inside the Trump White House" which portrays the 45th president as a leader who doesn't understand the weight of his office and whose competence is questioned by aides.

Chief policy adviser Stephen Miller, in a combative appearance on CNN, described the book as "nothing but a pile of trash through and through."

He also criticized Bannon, who is quoted at length by Wolff, saying it was "tragic and unfortunate" that Bannon "would make these grotesque comments so out of touch with reality and obviously so vindictive."

CIA Director Mike Pompeo, who said Trump was "completely fit" to lead the country, said he paused before answering because it was such "a ludicrous question."

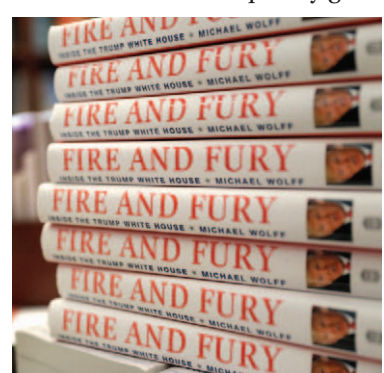
"These are from people who just have not accepted the fact that President Trump is the United States president and I'm sorry for them in that," Pompeo told "Fox News Sunday." He gives Trump his regular intelligence briefings.

Nikki Haley, the U.S. ambassador to the United Nations, said that she is at the White House once a week, and "no one questions the stability of the president."

"I'm always amazed at the lengths people will go to, to lie for money and for power. This is like taking it to a whole new low," she told ABC's "This Week."

To Miller, "the portrayal of the president in the book is so contrary to reality, to the experience of those who work with him."

Miller's interview on CNN's "State of the Union" quickly grew



AP PHOTO

**Copies of the book "Fire and Fury: Inside the Trump White House" by Michael Wolff are displayed at Barbara's Books Store, Friday, in Chicago.**

## TALKS

FROM PAGE 1

in a border town Tuesday; the rivals are trying to find ways to cooperate on the Winter Olympics that begin next month in the South. Tensions are high because of the North's nuclear and missile programs.

Haley said it was her understanding that the two sides were limiting their talks to the Olympics, "but you know, those two countries have to get along."

"That's good for the United States that they can at least start getting back into talks," she said.

The Trump administration has agreed to delay joint military exercises with South Korea until after the Olympics. Defense Secretary Jim Mattis insisted the move was a practical necessity to accommodate the Olympics and was not a political gesture.

In recent weeks, Trump and Kim have traded barbs about their arsenals and the "nuclear button" on their desks, raising fears the two countries could be



AP FILE PHOTO

**In this Jan. 20, 2017, file pool photo, Steve Bannon, appointed chief strategist and senior counselor to then-President-elect Donald Trump, arrives for the presidential inauguration at the US Capitol in Washington.**

heated, with Miller criticizing CNN's coverage and moderator Jake Tapper pressing Miller to answer his questions.

Tapper abruptly ended the interview, saying: "I think I've wasted enough of my viewers' time."

Soon after, Trump tweeted: "Jake Tapper of Fake News CNN just got destroyed in his interview with Stephen Miller of the Trump Administration. Watch the hatred and unfairness of this CNN flunky!"

Trump took to Twitter on Saturday to defend his fitness for office, insisting he is "like, really smart" and, indeed, a "very stable genius." He pressed the case again on Sunday as he prepared to depart Camp David for the White House.

"I've had to put up with the Fake News from the first day I announced that I would be running for President. Now I have to put up with a Fake Book, written by a totally discredited author," he tweeted.

Wolff's book draws a derogatory portrait of Trump as an undisciplined man-child who didn't actually want to win the White House and who spends his evenings eating cheeseburgers in bed, watching television and talking on the telephone to old friends.

The book also quotes Bannon and other prominent advisers as questioning the president's competence.

Chatter about Trump's mental fitness for office has intensified in recent months on cable news shows and among Democrats in Congress.

White House spokeswoman Sarah Huckabee Sanders

this past week called such suggestions "disgraceful and laughable."

"If he was unfit, he probably wouldn't be sitting there and wouldn't have defeated the most qualified group of candidates the Republican Party has ever seen," she said, calling him "an incredibly strong and good leader."

Trump and some aides have attacked Wolff's credibility, pointing to the fact that the book includes a number of factual errors and denying that the author had as much access as he claimed.

"He said he interviewed me for three hours in the White House. It didn't exist, OK? It's in his imagination," Trump said Saturday.

Wolff told NBC on Sunday that "I truly do not want to say the president is a liar," but that he had indeed spoken with Trump for about three hours during and since the campaign.

Trump has repeatedly invoked Ronald Reagan, tweeting Sunday that the former president "had the same problem and handled it well. So will I!"

Reagan died in 2004, at age 93, from pneumonia complicated by the Alzheimer's disease that had progressively clouded his mind. At times when he was president, Reagan seemed forgetful and would lose his train of thought while talking.

Doctors, however, said Alzheimer's was not to blame, noting the disease was diagnosed years after he left office. Reagan announced his diagnosis in a letter to the American people in 1994, more than five years after leaving the White House.



AP PHOTO

**American Ambassador to the United Nations Nikki Haley speaks during a Security Council meeting on the situation in Iran, Friday at United Nations headquarters.**

drawing closer to war.

On Sunday, CIA Director Mike Pompeo stressed his view that an attack from North Korea was not imminent, though the North appeared to be a few months away from reaching the capability of putting a U.S. city at risk of a nuclear attack. Pompeo defended Trump's tweets as appropriate and "consistent" with U.S. goals

of denuclearizing the Korean peninsula.

"The president has made very clear that we're going to do everything we can to do that in a way that doesn't involve military action," Pompeo said, "but has equally made clear that we're not going to stand for allowing Kim Jong Un to hold Los Angeles, or Denver, or New York at risk."

## ALMANAC

Today is **Monday, Jan. 8**, the eighth day of 2018. There are 357 days left in the year.

### Today in history

On **Jan. 8, 1918**, President Woodrow Wilson outlined his Fourteen Points for lasting peace after World War I. Mississippi became the first state to ratify the 18th Amendment to the Constitution, which established Prohibition.

### On this date

In **1642**, astronomer Galileo Galilei died in Arcetri, Italy.

In **1790**, President George Washington delivered his first State of the Union address to Congress in New York.

In **1815**, the last major engagement of the War of 1812 came to an end as U.S. forces defeated the British in the Battle of New Orleans, not having gotten word of the signing of a peace treaty.

In **1976**, Chinese premier Zhou Enlai, 77, died in Beijing.

In **1982**, American Telephone and Telegraph settled the Justice Department's antitrust lawsuit against it by agreeing to divest itself of the 22 Bell System companies.

In **1987**, for the first time, the Dow Jones industrial average closed above 2,000, ending the day at 2,002.25.

In **1998**, Ramzi Yousef, the mastermind of the 1993 World Trade Center bombing, was sentenced in New York to life in prison without the possibility of parole.

In **2011**, U.S. Rep. Gabrielle Giffords, D-Ariz., was shot and critically wounded when a gunman opened fire as the congresswoman met with constituents in Tucson; six people were killed, 12 others also injured. (Gunman Jared Lee Loughner was sentenced in November 2012 to seven consecutive life sentences, plus 140 years.)

### Today's birthdays

Actor-comedian **Larry Storch** is 95. Broadcaster journalist **Sander Vanocur** is 90. CBS newsmen **Charles Osgood** is 85. Singer **Shirley Bassey** is 81. Game show host **Bob Eubanks** is 80. Country-gospel singer **Cristy Lane** is 78. Rhythm-and-blues singer **Anthony Gourdine** (Little Anthony and the Imperials) is 77. Actress **Yvette Mimieux** is 76. Physicist **Stephen Hawking** is 76. Singer **Juanita Cowart** Motley (The Marvellettes) is 74. Actress **Kathleen Noone** is 73. Rock musician **Robby Krieger** (The Doors) is 72.

## ODD NEWS

### Just shy of her 100th birthday, Mississippi woman bags deer

MORGANTOWN, Miss. (AP) — A 99-year-old hunter in Mississippi wants to know why people are making a big fuss about her recent kill. It was a doe after all, not a prized buck.

The Clarion Ledger reports that Bertha Vickers used a .243 Winchester rifle to kill a doe recently a few miles from her rural home. Relatives posted pictures of Vickers and her kill on Facebook, and people sent messages of congratulations.

Vickers says she doesn't know "why everybody is making such a big deal about it" because it was "just a doe" and not a buck.

Vickers lives near the farming community where she grew up in northern Mississippi, outside Starkville. She still mows her own yard and enjoys squirrel hunting.

She turns 100 on Tuesday.

## CHINA

FROM PAGE 1

authorities.

By comparison, the Exxon Valdez was carrying 1.26 million barrels of crude oil when it spilled 260,000 barrels into Prince William Sound off Alaska in 1989.

The Sanchi has operated under five different

names since it was built in 2008, according to the U.N.-run International Maritime Organization. The IMO listed its registered owner as Hong Kong-based Bright Shipping Ltd., on behalf of the National Iranian Tanker Co., a publicly traded company based in Tehran. The National Iranian Tanker Co. describes itself as operating the largest tanker fleet in

the Middle East. An official in Iran's Oil Ministry, who spoke to The Associated Press on condition of anonymity because he was not authorized to speak to reporters, said 30 of the tanker's 32 crew members were Iranians. "We have no information on their fate," he said. "We cannot say all of them have died, because rescue teams

are there and providing services." The official said the tanker was owned by the National Iranian Tanker Co. and had been rented by a South Korean company, Hanwha Total Co. He said the tanker was on its way to South Korea. Hanwha Total is a 50-50 partnership between the Seoul-based Hanwha Group and the French oil

giant Total. Total did not immediately respond to a request for comment. It's the second collision for a ship from the National Iranian Tanker Co. in less than a year and a half. In August 2016, one of its tankers collided with a Swiss container ship in the Singapore Strait, damaging both ships but causing no injuries or oil spill.



# NATION

# Parents fight to record school day of son with disabilities

By **ALANNA DURKIN RICHER**  
ASSOCIATED PRESS

BOSTON — A Maine teen with autism and a rare neurological syndrome that affects his speaking ability cannot talk to his parents about his school day the same way other students can. So his family is fighting for the right for him to carry an audio-recording device to ensure he's being treated properly when they aren't watching.

A novel case heading Monday to the 1st U.S. Circuit Court of Appeals in Boston, which hears most New England cases, pits the student's parents against his southern Maine school district, which says the recording device would infringe on other students' privacy rights. His parents say they need a glimpse into his day so they can better advocate for him at a school they don't trust isn't always telling the whole story. "Most kids can come home and tell their parents what happened at school or what the teacher had done or not done. He can't do that," said Matthew Pollack, the father of the now 18-year-old Ben.

The teen, who is nonverbal, uses a device at school and at home that allows him to answer some questions or request things, but he cannot discuss events from his day, his father said.

The parents argue that laws prohibiting discrimination against people with disabilities

require the district to allow him to record his school day. Because their son largely cannot communicate with them, they say he cannot benefit from his education the same way non-disabled students can.

The parents, who are both lawyers, first pushed for the recording device in 2012, after the boy was unusually upset one day. They suspected something happened at school, but got no explanation from administrators, they say. The student's mother told the district they would start recording his days to "have some semblance of peace that he is safe at school."

The school told the couple the recorder would violate a ban on students using privately-owned electronic devices. Since then, two administrative hearing officers, a lower court judge and a jury have all rejected the family's request.

"The plaintiffs have tried a number of legal theories under which to attach a recording device to the child and they have lost at every round and on every theory," said Daniel Nuzzi, an attorney for Regional School Unit 75, which includes Ben Pollack's school in Topsham.

Attorneys for the district say teachers and administrators have gone above and beyond to provide the parents with information about the student, who they say loves school. A hearing officer concluded

last year there is "simply no demonstrable benefit" to allowing the parents to record his day and that it would actually be "disruptive and detrimental" to his education.

In other states, parents of special education students have secretly placed audio recorders on their children to expose abuse, which have led to firings or settlements. And Texas recently began requiring school districts to install cameras in certain special education classrooms.

But opponents say such actions raise serious privacy concerns.

If parents can assert a right to "send an always-on listening device to school with their children, what would this mean for students who wished to report abuse or neglect at home to a school counselor, or for students with disabilities who are LGBT?" asked Samantha Crane of the Autistic Self Advocacy Network.

Arlene Kanter, director of Syracuse University College of Law's Disability Law and Policy Program, said she believes the family has a strong case.

The Americans with Disabilities Act requires schools make accommodations unless doing so would pose an undue burden or fundamentally alter their program. The family here is not asking, for example, the school to spend extra money or move him to another class, Kanter said.

"From what I've seen, there



JANE QUIRION VIA AP

In this July 2013 photo provided by Matthew Pollack, his son Ben Pollack stands beside chickens in Sidney, Maine.

wasn't any showing that it was an undue burden," Kanter said.

A decision in favor of the parents could impact other children in his situation, which Pollack said is part of the reason why he and his wife have been fighting this case for

so long.

"It has bothered us that the district's position has been that we don't necessarily have a right to know what happens to our son in school unless they decide it's important for us to know," Pollack said. "That's very disturbing."

## NATIONAL NEWS BRIEFS

### Flooding at JFK terminal adds to delays from winter weather

NEW YORK (AP) — A water main break at John F. Kennedy International Airport is adding more delays to the storm-related aftermath the already beleaguered airport is working to recover from.

The Port Authority of New York and New Jersey says international arrivals to Terminal 4 have been suspended, with passengers who have already arrived being taken to other terminals for processing. Departures were not impacted.

It was unclear what caused the water problem, which sent about 3 inches of water into the terminal's west end.

The airport was experiencing arrival delays of up to two and a half hours.

In the aftermath of the storm, passengers were kept on planes and waited hours to retrieve luggage as flights were delayed and cancelled, and a backup to get to terminal gates built up.

### Magnitude 3.1 earthquake rattles part of Oklahoma

HENNESSEY, Okla. (AP) — A magnitude 3.1 earthquake has shaken part of north-central Oklahoma.

The U.S. Geological Survey says the quake was recorded at 1:37 p.m. Sunday about 10 miles (17 kilometers) east of Hennessey in Kingfisher County. The tremor was recorded at a depth of two miles (3.5 kilometers).

No damage or injuries were immediately reported. Geologists say that damage is not likely in earthquakes of magnitude 4.0 or less.

Thousands of earthquakes have been recorded in Oklahoma in recent years. Many have been linked to the underground injection of wastewater from oil and natural gas production.

Scientists have also linked earthquakes in Kansas, Texas and other states to wastewater

injection.

Oklahoma regulators have directed several oil and gas producers in the state to close injection wells and reduce volumes in others.

### Items from third-party collectors sold at Graceland auction

MEMPHIS, Tenn. (AP) — A leather rocking chair from the Jungle Room at Elvis Presley's Graceland has sold at auction for \$17,500.

Graceland says in a news release the chair was among 271 items from third-party collectors offered at the auction held Saturday at The Guest House at Graceland in Memphis during a celebration of Presley's birthday.

The highest bids included a diamond and platinum ring that sold for \$27,500. The ring had been gifted to Presley's girlfriend, actress Linda Thompson. Other items included a globe-shaped, free-standing wooden bar from Presley's Beverly Hills, California, home that sold for \$22,500, and Presley's 1922 Colt "Police Positive" .32-caliber revolver that brought \$20,000.

A cigar box for Presley's personal items sold for \$5,000. Another auction at Graceland will be held on Aug. 12.

### Weeks before deputy shot, charges considered against suspect

DENVER (AP) — Weeks before a man killed a Colorado sheriff's deputy and wounded four other officers, prosecutors considered but declined to file criminal charges against him over angry emails he sent.

Matthew Riehl ambushed police who responded to a 911 call he made from his suburban Denver apartment Dec. 31.

Douglas County Sheriff's Deputy Zackari Parrish was killed before the 37-year-old Riehl was killed by police.

Riehl sent more than a dozen irate emails after he was issued a traffic citation Nov. 10 to the ticketing officer and the

municipal court.

KMGH-TV reports that public records it obtained showed police and prosecutors considering misdemeanor charges against Riehl.

But prosecutors determined on Dec. 14 that Riehl's rants weren't criminal.

Prosecutors say it is unlikely Riehl would've been in custody New Year's Eve had he been charged.

### Postal carriers say aggressive turkeys stopping mail service

ROCKY RIVER, Ohio (AP) — Postal carriers say a rafter of aggressive wild turkeys have prevented them from delivering mail to more than two dozen homes in a Cleveland suburb.

Cleveland.com reports residents on a number of streets in Rocky River have had to pick up their mail at the post office because the turkeys have created unsafe conditions for carriers to deliver to their homes.

Rocky River Mayor Pam Bobst said the problem has persisted for the last three weeks. She said city ordinances don't allow for the turkeys to be eradicated.

The city has instead sent letters to people asking them to stop putting out bird feed in the hope the turkeys will go elsewhere.

A U.S. Postal Service spokesman says some carriers have been pecked but none have been injured.

### FBI: Drones spotted in sky before title game despite ban

ATLANTA (AP) — The FBI says it has spotted drones in restricted air space surrounding the Atlanta stadium where college football's title game will be held, despite a temporary ban.

FBI spokesman Kevin Rowson said Sunday that flying drones or aircraft in the area of Mercedes-Benz stadium and the nearby entertainment venues is a violation of federal law.

The University of Georgia faces the University of Alabama Monday night in the College Football Playoff Championship game. The Federal Aviation Administration has banned drones and aircraft from Saturday through the championship game Monday night.

Despite the ban, Rowson said drones were spotted in the restricted area Saturday, and he warned that violators would be prosecuted.

Sunday's statement didn't specify exactly where the drones were spotted Saturday — or who was flying them.

### Firefighters battle blaze at construction site in frigid air

FISHERSVILLE, Va. (AP) — News reports say a construction site for a new nursing home facility has burned down in western Virginia, but no one was injured.

The News Leader in Staunton reported Sunday that the blaze started Saturday night in Fishersville, about 100 miles west of Richmond.

Firefighters fought the blaze in temperatures that were in the single digits. It started about 10:45 p.m. and lasted into early Sunday. The fire rekindled later in the morning, prompting firefighters to douse the flames again.

Augusta County Fire-Rescue division commander Jeff Hurst was quoted as saying the structure was mostly destroyed. He said the facility was still under construction and that no one lived there.

The plumes of smoke could be seen from I-64. The fire also was visible a few miles away in Staunton.

### Woman who took 'OK To Be White' notes may plead not guilty

ROCKVILLE, Conn. (AP) — A Connecticut woman charged with trying to steal the notes of a right-wing commentator giving a speech titled "It's OK To Be White" may plead not

guilty at an upcoming court appearance.

A lawyer for Catherine Gregory says she probably will enter not guilty pleas to attempted larceny and disorderly conduct charges Tuesday at Rockville Superior Court.

The 33-year-old Willimantic resident took papers from a lectern as Gateway Pundit writer Lucian Wintrich prepared to speak last month at the University of Connecticut. Wintrich grabbed her in an attempt to retrieve his notes and was arrested, but a breach of peace charge was later dropped.

Gregory says she has received support from people around the world in "the struggle against racism and fascism."

Wintrich denies his speech was racist.

### Ex-teacher has certificates suspended over anti-gay comments

TRENTON, N.J. (AP) — A former New Jersey high school teacher who posted anti-gay comments on her Facebook page several years ago has agreed to a three-year suspension of her teaching certificates.

NJ.com reports that Jenye "Viki" Knox initially appealed a state Department of Education's decision to revoke her three certificates to the Office of Administrative Law. But she then informed the education department she would agree to the three-year suspension.

The state Board of Examiners accepted the proposal Dec. 8. The panel then immediately suspended the elementary school, nursery school and handicapped teaching certificates Knox has held since February 1990.

A telephone number for Knox could not be located Sunday.

In Facebook posts made in 2011, the then-Union High School teacher called homosexuality a "perverted spirit" and a "sin" that "breeds like cancer."

## TECHNOLOGY

# Technology seeks to preserve fading skill: Braille literacy

By PHILIP MARCELO  
ASSOCIATED PRESS

BOSTON — For nearly a century, the National Braille Press has churned out millions of pages of Braille books and magazines a year, providing a window on the world for generations of blind people.

But as it turns 90 this year, the Boston-based printing press and other advocates of the tactile writing system are wrestling with how to address record low Braille literacy.

Roughly 13 percent of U.S. blind students were considered Braille readers in a 2016 survey by the American Printing House for the Blind, another major Braille publisher, located in Louisville, Kentucky. That number has steadily dropped from around 30 percent in 1974, the first year the organization started asking the question.

Brian Mac Donald, president of the National Braille Press, says the modern blind community needs easier and more affordable ways to access the writing system developed in the 1800s by French teacher Louis Braille.

For the National Braille Press and its 1960-era Heidelberg presses, that has meant developing and launching its own electronic Braille reader last year — the B2G.

“Think Kindle for the blind,” Mac Donald said as he showed off the portable machine — which has an eight-button keyboard for typing in Braille as well as a refreshable, tactile display for reading along in Braille — during a recent tour of the press’ headquarters near Northeastern University.

The venerable press, which started as a Boston newspaper for the blind in 1927, has also looked beyond printing Braille versions of popular books and magazine titles.

Educational materials like school textbooks and standardized tests, as well as business-related publications like restaurant menus, instruction manuals and business cards, comprise an increasingly larger share of revenues, Mac Donald said.

“Braille isn’t dead by any means,” he said. “But it needs technology to adapt and evolve.”

Waning interest in Braille has been a challenge since the 1970s, when school districts started de-emphasizing it in favor of audio learning and other teaching methods, said Chris Danielsen, spokesperson for the National Federation of the Blind in Baltimore.



**In this Oct. 17, 2017 photo proofreader Georgie Sydnor runs her fingers over braille at the National Braille Press in Boston. The Boston-based organization has been a leading force for braille literacy in the U.S., since its founding as a weekly newspaper for the blind in 1927. But it now is confronting a record low literacy in the writing system for the blind as it marks its 90th birthday this year.**

New technology has allowed people with visual impairments to live more independently than ever, but they’re also playing a role in eroding Braille’s prominence, said Cory Kadlik, a 26-year-old Massachusetts native who lost his sight as an infant.

Kadlik said he is “not the strongest Braille reader,” in large part because of what technology allows him to accomplish.

Computer software reads aloud emails and other digital documents for him, and his smartphone helps him complete everyday tasks like sorting the mail.

“I have an application that can read the print on the envelope to me,” said Kadlik, a technology specialist at the Braille & Talking Book Library in Watertown, part of the Perkins School for the Blind, the nation’s oldest such school, where Helen Keller was educated. “That’s crazy. That’s unheard of.”

But while technology has opened up a new world not dependent on Braille, it also presents its best chance at survival, said Kim Charlson, the library’s director.

Electronic Braille computers allow users to digitally store hundreds of Braille materials that would otherwise be large and unwieldy in print, not to mention access the internet and complete other computer-based tasks in Braille.

Such machines have been around for years, but their average cost of \$4,000 to \$5,000 has so far kept them out of reach for most, says Charlson.

That is starting to change. The Perkins Library, for example, will soon start loaning out 200 devices that normally retail for about \$475, and the National Braille Press’ Braille



**In this Oct. 17, 2017 photo press operator Cham Cha, of Cranston, R.I., attaches a braille plate to a printing press at the National Braille Press in Boston. The Boston-based organization has been a leading force for braille literacy in the U.S., since its founding as a weekly newspaper for the blind in 1927.**



**In this Oct. 17, 2017 photo, collator Elizabeth Bouvier, of Natick, Mass., assembles pages of a Braille book at the National Braille Press in Boston.**

computer costs \$2,495.

“Technology is the key to making Braille more relevant by getting it into the hands of more people,” said Charlson, who began losing her vision as a child and is now totally blind.

Another key is overcoming perceptions that Braille is hard to learn and inefficient to use, said Joseph Quintanilla, the vice president of development at the National Braille Press.

Quintanilla, who has been legally blind since age five, said he regrets shunning Braille growing up. He started to appreciate its role in imparting crucial grammar and communication skills only when he entered the working world and had to play catch up.

“I don’t think we would ask sighted people to go through life without reading,” Quintanilla said. “So we shouldn’t do that for blind people.”



iPhone X (Apple)

## You paid a ton for your new phone — how much protection does it need?

By JIM ROSSMAN  
DALLAS MORNING NEWS

Not long after buying a new iPhone 8 Plus, a friend posted on Facebook asking for a recommendation to fix the broken back glass after a drop.

I answered that since the iPhone 8 models had only been out a few weeks, she likely wouldn’t find any independent shops offering to replace the back glass; no one but Apple would have the parts yet.

To include wireless charging, Apple changed the back of the iPhone 8 and 8 Plus to one made of glass. The iPhone 6 and 7 models had backs made of aluminum.

A day or two later, she told me Apple quoted her a price of \$400 to fix it.

Yikes. Phones like the Apple iPhone X or Samsung Galaxy Note 8 are marvels of engineering — using the latest in glass and metal — and their screens are bigger than ever.

With handset prices punching through the \$1,000 mark this year, I’m sure everyone who’s shelled out big bucks is wondering if and how to protect their investment.

Should you keep that beautiful phone in a case?

What about the screen? Does it need extra protection?

How about an extended warranty?

All valid questions.

I tend to be an over-protector, and it’s worked out well for me so far.

I’ve owned cellphones for more than 25 years, including six different iPhones starting with the original model. I have yet to break one despite my fair share of drops (knock on wood).

I’ve gone back and forth on buying AppleCare Plus for my phones, although

I purchased it for the last three iPhones I’ve owned.

For my iPhone 8 Plus, I bought AppleCare Plus for \$149 to add extra insurance coverage.

The regular Apple warranty is for one year, but it only covers hardware repairs due to manufacturing defects. Adding AppleCare Plus covers accidental damage for two years.

Repairs are not free, though. Screen repairs costs \$29 and other repairs are \$99 for up to two incidents.

So my iPhone is covered against damage, but I still had a new case waiting for my iPhone 8 Plus when I bought it.

I don’t keep it in a huge case, but I use a magnetic mount in my car that requires a metal plate on the phone, so I slip the plate inside a very thin case. It also keeps the back and sides scratch-free.

I usually go without screen protection — but that bit me already on my new iPhone.

I scratched the heck out of my new iPhone’s screen by putting two phones in my pocket. The glass over the lens of another phone scratched my phone’s screen.

So I could take it to Apple and pay them \$29 to replace it, but I opted to install a glass screen protector.

The glass protector covers up those scratches completely, so I’ll hang on to my \$29 screen replacements in case I do break the phone’s screen.

Of course, everyone has a comfort level. You can choose protect your phone or not, but my comfort level is not wanting to pay \$400 to fix my \$900 phone less than a month after I bought it.

If you don’t have an iPhone, you can still get insurance, from your carrier or a third-party warranty company such as SquareTrade.com.

## Nest Labs adds doorbell that can recognize familiar faces

By MICHAEL LIEDTKE  
AP TECHNOLOGY WRITER

SAN FRANCISCO (AP) — Home device maker Nest Labs is adding Google’s facial recognition technology to a camera-equipped doorbell and rolling out a security system in an attempt to end its history of losses.

The products announced Wednesday expand upon the internet-connected thermostats, smoke detectors and stand-alone security

cameras that Nest has been selling since its inception six years ago.

Although Nest has been among the early leaders in the effort to make home appliances as intelligent as people’s smartphones, it hasn’t been able to make money to the frustration of its corporate parent, Alphabet. In an attempt to shake things up, Alphabet brought in cable industry veteran Marwan Fawaz to replace Nest founder Tony Fadell as CEO after Fadell stepped down

15 months ago.

Nest had been supplementing its existing product line with slightly different choices until Wednesday’s move into entirely new categories.

The Hello doorbell comes with a built-in video camera and speakers that will make it seem like it can recognize and talk to people.

The doorbell will draw upon Google’s facial recognition technology so it can warn a home’s occupants when a

stranger approaches.

Google bought Nest for \$3.2 billion in 2014 and then spun it off after it hatched Alphabet as its parent company.

Nest is now lumped into a group of risky companies venturing into new areas of technology that have collectively lost \$10.6 billion during the past three-and-a-half years alone. Alphabet hasn’t disclosed how much Nest has contributed to it the losses in its “Other Bets” segment

Nest isn’t announcing a price for its new doorbell until it hits the market sometime during the first three months of next year.

Google’s facial recognition technology is coming to the doorbell a few months after Nest introduced a more sophisticated indoor security camera featuring the same tool. Nest also announced Wednesday that the same facial recognition tools will be deployed on an outdoor security camera that will cost \$349.



AP FILE PHOTO

**Home device maker Nest Labs is adding Google’s facial recognition technology to a camera-equipped doorbell.**

# Monday Television

VEN-VENICE E-N-ENGLEWOOD SAR-SARASOTA PC-PORT CHARLOTTE ARC-ARCADIA SPG-SOUTH PUNTA GORDA

JAN. 8	VEN	E-N	SAR	PC	ARC	SPG	FOS	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
BROADCAST	ABC 40	7	7	7	10	7	7	ABC7 News @ 6pm (N)	ABC World News Tonight (N)	ABC7 News at 7 Florida Suncoast's news, weather & more. (N)	The Bachelor (TVG) (N) (HD)		The Bachelor (TVG) (N) (HD)		(01) The Good Doctor: Islands Part One An unplanned trip. (N) (HD)		ABC7 News @ 11pm (N)	(35) Jimmy Kimmel Live (TV14)	
	ABC 26				7	11	7	ABC7 News @ 6:00pm (N)	ABC World News Tonight (N)	The 7 O'Clock News (N) (HD)	Entertainment Tonight (N) (HD)	The Bachelor (TVG) (N) (HD)		(01) The Good Doctor: Islands Part One An unplanned trip. (N) (HD)		ABC7 News @ 11:00pm (N)	(35) Jimmy Kimmel Live (TV14)		
	CBS 11	213	213		5	5	5	WINK News at 6pm (N) (HD)	CBS Evening News (N) (HD)	WINK News at 7pm (N) (HD)	Inside Edition (TVG) (N) (HD)	Big Bang Sheldon's admirer. (R) (HD)	Kevin Can Wait Cookie jar. (R) (HD)	Young NASA representative.	Superior Donuts: Painted Love (R) (HD)	S.W.A.T.: Imposters Hondo worries families keep secrets. (R) (HD)	WINK News at 11pm (N) (HD)	Late Show Comedic talk show.	
	CBS 10	10	10	10			10	10 News This Evening (N)	CBS Evening News (N) (HD)	Wheel of Fortune (TVG) (HD)	Jeopardy! (TVG) (N) (HD)	Big Bang Sheldon's admirer. (R) (HD)	Kevin Can Wait Cookie jar. (R) (HD)	Young NASA representative.	Superior Donuts: Painted Love (R) (HD)	S.W.A.T.: Imposters Hondo worries families keep secrets. (R) (HD)	10 News Night (N)	Late Show Comedic talk show.	
	NBC 20		232		2	2	2	NBC2 News @ 6pm (N) (HD)	NBC Nightly News (N) (HD)	Wheel of Fortune (TVG) (HD)	Jeopardy! (TVG) (N) (HD)	The Wall: Victor and Evelyn (TVG) (N) (HD)	Big Bang Sheldon's admirer. (R) (HD)	Kevin Can Wait Cookie jar. (R) (HD)	Better Late Than Never A big discovery. (TV14) (N) (HD)	The Brave: Desperate Measures Dalton and his crew deal with a loss. (R) (HD)	NBC2 News @ 11pm (N) (HD)	(35) Tonight Show (TV14) (HD)	
	NBC 8	8	8	8		8		8	8 at 6:00 (N)	NBC Nightly News (N) (HD)	NewsChannel 8 at 7:00 (N)	Extra (TVG) (N) (HD)	The Wall: Victor and Evelyn (TVG) (N) (HD)	Big Bang Sheldon's admirer. (R) (HD)	Kevin Can Wait Cookie jar. (R) (HD)	Better Late Than Never A big discovery. (TV14) (N) (HD)	The Brave: Desperate Measures Dalton and his crew deal with a loss. (R) (HD)	NewsChannel 8 at 11:00 (N) (HD)	(35) Tonight Show (TV14) (HD)
	FOX 36				4	4	4	FOX 4 News at Six Community news; weather; traffic; more. (N)	Family Feud Families compete. (R) (HD)	Family Feud Families compete. (R) (HD)	Lucifer: Vegas with Some Radish Missing ex-wife. (TV14) (R) (HD)	The Gifted: eXtreme measures Eclipse must revisit his bleak past. (R) (HD)		FOX 4 News at Ten Local news report and weather update. (N)	FOX 4 News at Eleven (N)	Family Feud Adam falls Spanish. (R) (HD)			
	FOX 13	13	13	13		13		FOX 13 6:00 News (N) (HD)	FOX 13 6:30 News (N)	Access Golden Globe. (TVG)	TMZ (TVG) (N) (HD)	Lucifer: Vegas with Some Radish Missing ex-wife. (TV14) (R) (HD)	The Gifted: eXtreme measures Eclipse must revisit his bleak past. (R) (HD)		FOX 13 10:00 News The top news stories are updated. (N) (HD)	FOX 13 11:00 News News, sports, weather and traffic. (N)			
	PBS 30		3		3	3		BBC World News (TVG)	Nightly Business Report (N)	The PBS NewsHour (N) (HD)	Antiques Roadshow: Harrisburg (TVG) (N) (HD)		Carol Burnett's Favorite Sketches Comic shares all-time favorite sketches. (TVG) (R) (HD)	Age Reversed with Miranda Esmonde-White Host's insight into combating aging. (TVG) (R) (HD)					
	PBS 3	3	17				3	BBC World News (TVG)	Nightly Business Report (N)	The PBS NewsHour (N) (HD)	Antiques Roadshow: Harrisburg (TVG) (N) (HD)		Antiques Roadshow: Knoxville Letters, drawings and watercolors. (R) (HD)	Independent Lens: Unrest (TVG) (N) (HD)	The Empowered Patient (TVG)				
CW 46				6	21	6	The Goldbergs Driver's license. (HD)	WINK News at 6:30pm (N) (HD)	Big Bang To the next level. (HD)	Big Bang Living situation. (HD)	Supergirl: Crisis on Earth-X, Part 1 Wedding ceremony. (TV14) (R) (HD)	Arrow: Crisis on Earth-X, Part 2 Wedding ceremony. (TV14) (R) (HD)	WINK News @ 10pm (N) (HD)	Inside Edition (TVG) (N) (HD)	Goldbergs Adam falls Spanish. (R) (HD)				
CW 44	9	9				4	Mike & Molly Special admirer. (R) (HD)	Mike & Molly Mike's new friend. (R) (HD)	2 Broke Caroline's birthday. (R) (HD)	2 Broke Girls New bedding set. (R) (HD)	Supergirl: Crisis on Earth-X, Part 1 Wedding ceremony. (TV14) (R) (HD)	Arrow: Crisis on Earth-X, Part 2 Wedding ceremony. (TV14) (R) (HD)	Two & Half Alan as Charlie. (TV14) (HD)	Two & Half (TV14) (HD)	Friends Ross gets dumped. (R) (HD)	Friends Ross is excluded. (HD)			
MYN 38	11	11	11			14	Extra (TVG) (N) (HD)	Entertainment Tonight (N) (HD)	Family Feud Families compete. (R) (HD)	Family Feud Families compete. (R) (HD)	News Channel 8 News @ 8pm News, sports, weather and traffic. (N)	Law & Order: Special Victims Unit: Russian Brides Mail-order bride. (R) (HD)	Law & Order: Special Victims Unit: Educated Guess Mental patient. (R) (HD)	Seinfeld Pasta accident. (R) (HD)	Seinfeld Jerry fights rumors. (R) (HD)				
IND 32	12	12	12		38	12	Modern Family: Crazy Train (R) (HD)	Modern Family: Crazy Train (R) (HD)	Big Bang To the next level. (HD)	Big Bang Living situation. (HD)	Anger Management (TV14) (R) (HD)	Anger Management (TV14) (R) (HD)	Last Man Stand: College Kyle is distracted. (R) (HD)	Mom IRS problem. (TV14) (HD)	Mom Roscoe's move. (TV14) (HD)	Family Guy Peculiar family. (R) (HD)	Family Guy Peculiar family. (R) (HD)		
ION 66	2	2	2	13	26		17	Criminal Minds: Reflection of Desire Woman found murdered in alley. (TV14) (HD)	Criminal Minds: Into the Woods Wilderness killer. (TV14) (HD)	Criminal Minds: What Happens at Home Unique cadet. (TV14) (HD)	Criminal Minds: 25 to Life Parolee kills days after release. (TV14) (HD)	Criminal Minds: Corazon Feid's concerned about his health. (TV14) (HD)	Criminal Minds: The Thirteenth Step Lovers murder spree. (TV14) (HD)						
A&E	26	26	26	26	39	50	181	First 48 Same tattoo. (R) (HD)	Intervention: Katie (R)	Intervention: Jessica (R)	Intervention: Jessica (R)	Intervention: Jessica (R)	Intervention: Jessica (R)	Intervention: Jessica (R)	Intervention: Jessica (R)	60 Days In Intervent			
AMC	56	56	56	56	30	53	231	(5:30) Draft Day (14) General manager for Cleveland Browns must make decision on draft day. (TV14) (HD)	Pirates of the Caribbean: The Curse of the Black Pearl swashbucklers seek to rescue a woman abducted by cursed pirates. (TV14) (HD)		Pirates of the Caribbean: The Curse of the Black Pearl swashbucklers seek to rescue a woman abducted by cursed pirates. (TV14) (HD)		Pirates of the Caribbean: The Curse of the Black Pearl swashbucklers seek to rescue a woman abducted by cursed pirates. (TV14) (HD)		Fantastic 4: Rise of the Silver Surfer (07) ★★½				
APL	44	44	44	44	36	68	130	Alaskans (TV14) (R)	Alaskans (TV14) (R)	Alaskans (TV14) (R)	Alaskans (TV14) (R)	Alaskans (TV14) (R)	Alaskans (TV14) (R)	Alaskans (TV14) (R)	Alaskans (TV14) (R)				
BBCAM	114	114	114	114	114	114	189	Voyager (TVG)	Voyager: State of Flux (R) (HD)	Voyager: State of Flux (R) (HD)	Voyager: State of Flux (R) (HD)	Voyager: State of Flux (R) (HD)	Voyager: State of Flux (R) (HD)	Voyager: State of Flux (R) (HD)	Voyager: State of Flux (R) (HD)				
BET	35	35	35	35	40	22	270	(4:00) Good Deeds (12) (R) (HD)	Set It Off (96, Action) ★★★ Jada Pinkett Smith. Four women turn to crime. (TV14) (R)	Set It Off (96, Action) ★★★ Jada Pinkett Smith. Four women turn to crime. (TV14) (R)	Set It Off (96, Action) ★★★ Jada Pinkett Smith. Four women turn to crime. (TV14) (R)	Set It Off (96, Action) ★★★ Jada Pinkett Smith. Four women turn to crime. (TV14) (R)	Set It Off (96, Action) ★★★ Jada Pinkett Smith. Four women turn to crime. (TV14) (R)	Set It Off (96, Action) ★★★ Jada Pinkett Smith. Four women turn to crime. (TV14) (R)	Set It Off (96, Action) ★★★ Jada Pinkett Smith. Four women turn to crime. (TV14) (R)				
BRAVO	68	68	68	68	254	51	185	Vanderpump (TV14) (R)	Vanderpump (TV14) (R)	Vanderpump (TV14) (R)	Vanderpump (TV14) (R)	Vanderpump (TV14) (R)	Vanderpump (TV14) (R)	Vanderpump (TV14) (R)	Vanderpump (TV14) (R)				
COM	66	66	66	66	15	27	190	Futurama (TV14)	Futurama (TV14)	South Park: W.T.F. (TV14)	South Park (TV14)	South Park (TV14)	South Park (TV14)	South Park (TV14)	South Park (TV14)	Daily Show Opposition (TV14)			
DISC	40	40	40	40	25	43	120	Street Outlaws: Race to Bristol (TV14) (N) (HD)	Street Outlaws: Race to Bristol (TV14) (N) (HD)	Street Outlaws: Race to Bristol (TV14) (N) (HD)	Street Outlaws: Race to Bristol (TV14) (N) (HD)	Street Outlaws: Race to Bristol (TV14) (N) (HD)	Street Outlaws: Race to Bristol (TV14) (N) (HD)	Street Outlaws: Race to Bristol (TV14) (N) (HD)	Street Outlaws: Race to Bristol (TV14) (N) (HD)				
E!	46	46	46	46	27	196		Kardashian (TV14) (R)	E! News (N) (HD)	Revenge (TV14) (R)	Kardashian (TV14) (R)	WAGS (TV14) (R) (HD)	E! News (N) (HD)						
FOOD	37	37	37	37	183	76	164	Kids Dinner in reverse. (R) (HD)	Kids Final challenge. (R) (HD)	Kids Cookie cakes. (R) (HD)	Kids Dessert pizzas. (N) (HD)	Ridiculous Cakes (N) (HD)	Cakes (R) (HD)	Cakes (R) (HD)					
FREE	55	55	55	55	10	46	199	The Middle (TVG)	Monster-In-Law (05, Comedy) Jennifer Lopez, Jane Fonda. Woman battles mother for son's love. (TV14) (R)	Bridesmaids (11, Comedy) ★★★ Kristen Wiig. A lovelorn and broke woman agrees to be her best friend's maid of honor. (R) (HD)	The 700 Club (TVG) (R) (HD)								
FX	51	51	51	51	58	49	53	The Heat (13) An uptight FBI agent and a crude Boston cop team up to take down a drug lord. (R) (HD)	Fantastic Four (15) ★½ Young scientists are granted startling abilities during a failed experiment. (TV14) (R)	Fantastic Four (15) ★½ Young scientists are granted startling abilities during a failed experiment. (TV14) (R)	Fantastic Four (15) ★½ Young scientists are granted startling abilities during a failed experiment. (TV14) (R)	Fantastic Four (15) ★½ Young scientists are granted startling abilities during a failed experiment. (TV14) (R)	Fantastic Four (15) ★½ Young scientists are granted startling abilities during a failed experiment. (TV14) (R)						
GSN	179	179	179	179	34	179	184	Fam. Feud	Fam. Feud	Fam. Feud	Fam. Feud	Fam. Feud	Fam. Feud	Fam. Feud	Fam. Feud				
HALL	5	5	5	5	17	137	240	Full House	Full House	Full House	Full House	Full House	Full House	Full House	Full House				
HGTV	41	41	41	41	53	42	165	Love It Fixing up home. (R) (HD)	Love It (TVG) (R) (HD)	Hunters (TVG) (R) (HD)	Hunters (TVG) (R) (HD)	Home Town (TVG) (N) (HD)	Hunters (TVG) (R) (HD)	Hunters (TVG) (R) (HD)	Hunters (TVG) (R) (HD)				
HIST	81	81	81	81	33	65	128	Am. Picker (TVG) (R)	Am. Picker (TVG) (R)	Am. Picker (TVG) (R)	Am. Picker (TVG) (R)	Bonus Buys (TVG) (N) (HD)	Pumped Up Pawn Stars	Pawn Stars	Pawn Stars				
LIFE	36	36	36	36	52	41	140	Fit (TVG) (N) (HD)	Fit: Fit to Fast Food (N) (HD)	Fit to Fat to Fit: Fed Up (R) (HD)	Fit to Fat to Fit: Fed Up (R) (HD)	Fit to Fat to Fit: Fed Up (R) (HD)	Fit to Fat to Fit: Fed Up (R) (HD)	Fit to Fat to Fit: Fed Up (R) (HD)	Fit to Fat to Fit: Fed Up (R) (HD)				
NICK	25	25	25	25	24	44	252	Henry (R) (HD)	Henry (R) (HD)	Paradise (TV14) (R) (HD)	Thunderman (TV14) (R) (HD)	Full House (TV14) (R) (HD)	Full House (TV14) (R) (HD)	Prince (TV14) (R) (HD)	Prince (TV14) (R) (HD)				
OWN	58	58	58	58	47	67	145	Dateline (TV14) (R) (HD)	Dateline (TV14) (R) (HD)	Haves and Nots: Kate (TV14) (R) (HD)	Haves and Nots: Kate (TV14) (R) (HD)	Haves and Nots: Kate (TV14) (R) (HD)	Haves and Nots: Kate (TV14) (R) (HD)	Haves and Nots: Kate (TV14) (R) (HD)					
QVC	14	14	14	14	9	14	13	Hot in Hollywood	Inspired Style (TVG)	LOGO	Isaac Mizrahi Live!	PM Style® with Shawn Killinger (TVG)							
SPIKE	57	57	57	57	29	63	54	Friends	Friends	Friends	Friends	Cops (R)	Cops (R)	Cops (R)	Cops (R)				
SYFY	67	67	67	67	253	64	180	The Goonies (85) ★★★ Kids find treasure. (R) (HD)	Futurama	Futurama	Futurama	Futurama	Futurama	Futurama	Futurama				
TBS	59	59	59	59	32	62	52	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Am. Dad	Am. Dad				
TCM	65	65	65	65	65	74	230	Huckleberry Finn (74, Family) ★★ A youth and a runaway slave flee down the Mississippi River. (TV14) (R)	In Cold Blood (67, Crime) Robert Blake. Two delusional drifters brutally murder a Kansas family and run away to Mexico. (TV14) (R)	In Cold Blood (67, Crime) Robert Blake. Two delusional drifters brutally murder a Kansas family and run away to Mexico. (TV14) (R)	In Cold Blood (67, Crime) Robert Blake. Two delusional drifters brutally murder a Kansas family and run away to Mexico. (TV14) (R)	In Cold Blood (67, Crime) Robert Blake. Two delusional drifters brutally murder a Kansas family and run away to Mexico. (TV14) (R)	In Cold Blood (67, Crime) Robert Blake. Two delusional drifters brutally murder a Kansas family and run away to Mexico. (TV14) (R)	10 Rillington Place (71, Drama) ★★★ Murder case rocks 1940s London. (TV14) (R)					
TLC	45	45	45	45	57	72	139	Say Yes Back to roots. (R) (HD)	600lb Life (TV14) (R)	600lb Life (TV14) (R)	600lb Life (TV14) (R)	My 600-lb Life Facing challenges. (TV14) (R) (HD)	600lb Life (TV14) (R)						
TNT	61	61	61	61	61	28	55	I Am Legend (07) A military scientist is immune to a virus that transforms humans into monsters. (TV14) (R)	Avatar (09, Science Fiction) ★★★½ In 2154, a former Marine is fitted with an alien body to aid the colonization of a distant moon by force, but he begins to doubt the mission. (TV14) (R)	Avatar (09, Science Fiction) ★★★½ In 2154, a former Marine is fitted with an alien body to aid the colonization of a distant moon by force, but he begins to doubt the mission. (TV14) (R)	Avatar (09, Science Fiction) ★★★½ In 2154, a former Marine is fitted with an alien body to aid the colonization of a distant moon by force, but he begins to doubt the mission. (TV14) (R)	Avatar (09, Science Fiction) ★★★½ In 2154, a former Marine is fitted with an alien body to aid the colonization of a distant moon by force, but he begins to doubt the mission. (TV14) (R)	Avatar (09, Science Fiction) ★★★½ In 2154, a former Marine is fitted with an alien body to aid the colonization of a distant moon by force, but he begins to doubt the mission. (TV14) (R)	Avatar (09, Science Fiction) ★★★½ In 2154, a former Marine is fitted with an alien body to aid the colonization of a distant moon by force, but he begins to doubt the mission. (TV14) (R)					
TOON	80	80	80	80	46	20	257	Gumball Unikitty	Titans Go! Unikitty	King Hill	Am. Dad	Bob's Brgr	Bob's Brgr	Family Guy	Family Guy				
TRAV	69	69	69	69	69	260	66	Bizarre Insect nuggels. (R) (HD)	Bizarre (TVG) (R) (HD)	Bizarre (R) (HD)	Man v Food	Man v Food	Man v Food	Traveler (TVG) (N) (HD)	Ginormous				
TRUTV	63	63	63	63	50	30	183	Carbonaro	Carbonaro	Jokers (R)	Jokers (R)	Jokers (R)	Jokers (R)	Jokers (R)	Jokers (R)				
TVL	62	62	62	62	31	54	241	M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H	Loves Ray.	Loves Ray.	Loves Ray.	Loves Ray.				
USA	34	34	34	34	22	52	50	Mod Family	Mod Family	Mod Family	Mod Family	WWE Monday Night Raw (live) (HD)	Football	Football					
WE	117	117	117	117	117	149		Crim Minds (TV14) (HD)	Crim Minds: Retaliation (TV14) (HD)	Crim Minds (TV14) (HD)	Crim Minds (TV14) (HD)	Crim Minds (TV14) (HD)	Crim Minds: Parasite (TV14) (HD)	Crim Minds (TV14) (HD)					
WGN	16	16	16	16	19	41	11	Blue Blood (TV14) (HD)	M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H	M*A*S*H					
CNBC	39	39	39	39	39	37	102	Mad Money (N) (HD)	Shark Tank (TVG)	Shark Tank New ideas. (R) (HD)	Shark Tank (TVG)	Shark Tank (TVG)	The Profit A young boy. (R) (HD)	The Profit (TVG) (R)					
CNN	32	32	32	32	18	38	100	Situation Room (N)	Erin Burnett (N) (HD)	Cooper 360° (N) (HD)	CNN Special Russian collusion. (R) (HD)	CNN Tonite	CNN Tonight (N) (HD)						
CSPAN	18	18	18	18	18	12	109	(12:00) U.S. House of Representatives Issues and policies. (R) (HD)	Politics & Public Policy Today Major political activity around the U.S. (R) (HD)	Politics & Public Policy Today Major political activity around the U.S. (R) (HD)	Politics & Public Policy Today Major political activity around the U.S. (R) (HD)	Politics & Public Policy Today Major political activity around the U.S. (R) (HD)	Politics & Public Policy Today Major political activity around the U.S. (R) (HD)						
FNC	64	64	64	64	48	71	118	Special Report (N) (HD)	The Story (N) (HD)	Tucker Carlson (N) (HD)	Hannity (N) (HD)	Ingraham Angle (N) (HD)	Fox News @ Night (N) (HD)						
MSNBC	83	83	83	83	185	40	103	Beat Ari Melber (N)	Hardball with Chris (N) (HD)	Chris Hayes (N) (HD)	Rachel Maddow (N) (HD)	Last Word (N) (HD)	The 11th Hour (N) (HD)						
SNN	6	6	6	6	11			SNN Eve	Eve @ 6:30	ES.TV (R)	Celebrity	Headline	DailyMail	SNN Late E	SNN Late E				
ESPN	29	29	29	29	12	58	70	Championship Drive (HD)	Pregame	CFP National Championship: Alabama Crimson Tide vs Georgia Bulldogs (live) (HD)	CFP National Championship: Alabama Crimson Tide vs Georgia Bulldogs (live) (HD)	CFP National Championship: Alabama Crimson Tide vs Georgia Bulldogs (live) (HD)	CFP National Championship: Alabama Crimson Tide vs Georgia Bulldogs (live) (HD)						
ESPN2	30	30	30	30	6	59	74	CFP Studio	To Be Announced	Info unavailable.	CFP National Championship: Alabama Crimson Tide vs Georgia Bulldogs (live) (HD)	CFP National Championship: Alabama Crimson Tide vs Georgia Bulldogs (live) (HD)	CFP National Championship: Alabama Crimson Tide vs Georgia Bulldogs (live) (HD)						
FS1	48	48	48	48	42	69	83	Monster: Minneapolis	UFC Main (HD)	UFC Reloaded: UFC 213: Romero vs Whittaker (HD)	UFC Reloaded: UFC 213: Romero vs Whittaker (HD)	UFC Reloaded: UFC 213: Romero vs Whittaker (HD)	Speak for (HD)						
FSN	72	72	72	72	72	56	77	Polaris	Marlins	Panthers	Panthers	NHL Hockey: Florida vs Columbus (Replay) (HD)	World Poker Tour (HD)	World Poker Tour (HD)					
FSSUN	38	38	38	38	45	57	76	Heat (HD)	Heat (HD)	Fishing	Ship Shape	Sportsman Florida	Fin & Skin	Fishing	Spotlight	Heat (HD)			
GOLF	49	49	49	49	55	60	93	Golf Central (HD)	Bobby Jones: Stroke of Genius (04) ★★★ Golf legend's life. (R										

# PAC without symptoms needn't raise an alarm

**DEAR DR. ROACH:** I am a 72-year-old man in excellent health and physical condition. I ride a bicycle 60 miles a week, and I generally feel good. I have an irregular heartbeat in the form of a premature atrial contraction, which showed up years ago for the first time on a routine EKG. I have had this for many years, and I do not have any effects from it that I am consciously aware of. My family doctor is concerned and wants further tests. A cardiologist told me not to worry about it unless I start to have symptoms like chest pain or dizziness. My question is whether it is OK to just have this sort of irregular heartbeat for many years, or if I should look into it with further testing? — M.M.B.



Dr. Roach

**ANSWER:** Premature beats come in two different types: those that originate in the atria, the smaller upper chambers of the heart (called premature atrial contractions, or PACs); and those from the thicker, larger ventricles (PVCs). Both of these are common, and the vast majority of people with them have no problems. My training and experience correlate to what your cardiologist says. Further, although there are medications and procedures to reduce them, there is no good evidence that the treatment will reduce your risk of a bad event like a heart attack, so treatment would be purely for those few people who are noticeably symptomatic from the premature beats.

profession? — B.J.P.  
**ANSWER:** There has been a shift. Physicians are trying to prescribe fewer antibiotics overall in order to address the problem of antibiotic resistance. Antibiotics are effective against bacteria, and many times they have been prescribed for viral infections, for which they are ineffective.

Penicillin is active against many types of bacteria, but it is considered the best treatment only for a relatively few infections. I seldom prescribe actual penicillin. Erythromycin also is effective against many types of bacteria. It is used less often now because newer antibiotics (azithromycin and clarithromycin in particular) are as effective or more effective and have fewer side effects.

I hope you find a physician you trust as much as your former physician.

**DR. ROACH WRITES:** A recent column on bad taste in the mouth (dysgeusia) generated some interesting letters, which I wanted to share. One person noted that her symptoms seemed to be from eating a certain type of pine nuts, and disappeared when she switched to Italian pine nuts (pignoli). I also heard from a person who said that eating a small amount of peanut butter solved the problem, while a clinician wrote to say he had good results prescribing probiotics. I don't know if any of these suggestions will help, but I doubt they will hurt.

*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.*

The booklet on abnormal heart rhythms explains the more common heart rhythm disturbances in greater detail. Readers can obtain a copy by writing:  
 Dr. Roach  
 Book No. 107  
 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.

**DEAR DR. ROACH:** Is there some reason penicillin and erythromycin are hard to get? The above antibiotics are what my old doctor prescribed. They cured what ails me! I have yet to find a doctor half as good as him. Has there been a shuffle in the medical

## 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).

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

Rating: BRONZE

Solution to 1/6/18

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

1/8/18

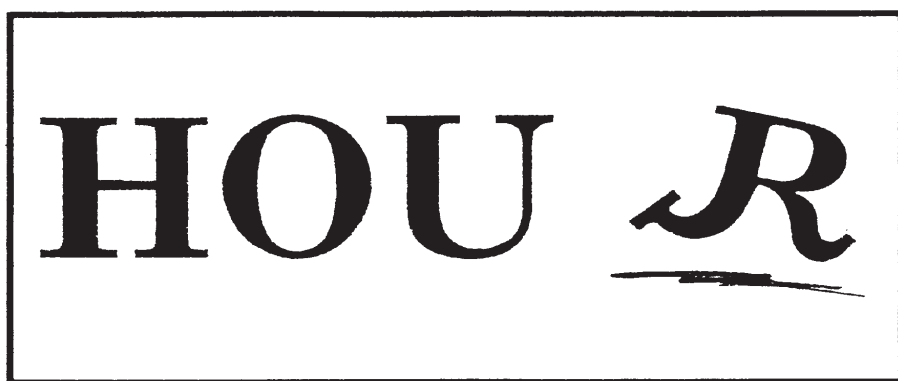
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www.whatzit.com

January 8, 2018



Find the familiar phrase, saying or name in this arrangement of letters.



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SOLUTION

www.facebook.com/dingbatgames

Running out of time

See more puzzles in the front section

## 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.

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1. Fruity spread cable car (1)

--	--	--	--	--	--	--	--	--	--	--

2. Adorable cousin of a piccolo (1)

--	--	--	--	--	--	--	--	--	--	--

3. Neat talent judge/model Klum (2)

--	--	--	--	--	--	--	--	--	--	--

4. Canoe-wood birdcage roost (1)

--	--	--	--	--	--	--	--	--	--	--

5. Fishes zodiac sign emergencies (2)

--	--	--	--	--	--	--	--	--	--	--

6. Risky enterprise official rebuke (2)

--	--	--	--	--	--	--	--	--	--	--

7. Gate guards' submissions to contests (2)

--	--	--	--	--	--	--	--	--	--	--

1. JAM TRAM 2. CUTE FLUTE 3. TIDY HEIDI 4. BIRCH PERCHES 5. PISCES CRISES 6. VENTURE CENSURE 7. SENTRIES ENTRIES

1-8-18

ANSWERS

# TODAY'S CROSSWORD PUZZLE

### ACROSS

- 1 Bath cake
- 5 Joined together
- 10 Headquarters
- 14 Having the skill
- 15 Kitchen emanation
- 16 Made mellow
- 17 Summary
- 19 Miss Van Pelt
- 20 Big green parrot
- 21 Make do with
- 22 Luxury furs
- 24 Pierre's brother
- 26 Tibet gazelle
- 27 Got out of debt
- 30 Big bash
- 34 Water or rust
- 35 Comedian — Laurel
- 36 Strike ignorer
- 38 Tokyo honorific
- 39 North Carolina's capital
- 42 Columbus sch.
- 43 IRS employee
- 45 "The Clan of the Cave Bear" author
- 46 Caesar's year
- 48 Axiom
- 50 Barrettes
- 51 Finish
- 52 Work very hard
- 54 Swiss lake
- 57 Outcry

- 58 Give — — shot
- 61 Dry riverbed
- 62 Diplomat
- 65 Gigi's friend
- 66 Della or Pee Wee
- 67 Par for the course
- 68 — —do-well
- 69 Work clay
- 70 Stein fillers

### DOWN

- 1 Plunder
- 2 Bassoon cousin
- 3 Diva — Gluck
- 4 Energy
- 5 Pulled hard
- 6 Buy by mail
- 7 Garden-pond fish
- 8 Down Under birds
- 9 Injurious
- 10 Romantic songs
- 11 Rhills and fever
- 12 Jiffies
- 13 Actress Ganem
- 18 More creepy
- 23 — Ami cleanser
- 24 Current rage
- 25 Admires
- 27 Sub — (secretly)
- 28 Precise
- 29 Smidgen

### PREVIOUS PUZZLE SOLVED

J	I	N	X	M	O	C	H	A	S	A	W	N
A	G	A	R	P	R	O	O	F	O	L	A	F
M	O	N	A	G	R	I	E	F	O	L	A	F
B	R	O	T	H	F	R	A	C	T	A	L	
	E	E	L	S	S	I	R	S				
A	C	I	D	R	A	I	N	R	O	O	S	T
Q	U	O	A	G	G	I	E	C	A	P	R	I
U	L	N	A	S	H	E	A	F	P	R	I	G
A	L	I	B	I	S	C	R	A	M	I	K	E
S	C	A	M	P	E	N	D	A	N	G	E	R
	C	I	A	O	S	E	R	A				
N	E	U	T	R	O	N	K	I	N	G	S	
W	I	N	S	K	M	A	R	T	L	U	N	A
A	L	O	E	A	P	P	I	A	E	D	A	M
Y	E	W	S	S	H	A	D	E	D	E	W	S

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- 31 Grab a cab
- 32 Desktop pictures
- 33 Make a pit stop (2 wds.)
- 35 Slide sideways
- 37 Layabouts
- 40 Ant predator
- 41 Splits in two
- 44 Even smaller
- 47 No, to a laird
- 49 Clock numeral
- 50 Made happen
- 53 Tibet's capital

- 54 Sports event
- 55 Jean Stein best-seller
- 56 Pious assent
- 58 Popular hero
- 59 Shredded
- 60 Octopi have eight
- 61 Sickly pale
- 63 Quilting social
- 64 Literary compilation

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		
								51				52	53	
								54	55					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

### HOROSCOPE

**ARIES** (March 21-April 19). You'll be drawn to self-reflection and you can see yourself with greater clarity now, too. This will allow you to analyze what just happened and draw conclusions you can powerfully act on.

**TAURUS** (April 20-May 20). Listening can be an act of love, but it can also be an act of martyrdom. There are some things so tedious or unnecessary to listen to them would be a waste of life. Today will give you practice in setting healthy boundaries.

**GEMINI** (May 21-June 21). You will make a point of engaging the interesting people around you so you

can have an effective and enlightening exchange. Brevity and levity are the guiding principles here.

**CANCER** (June 22-July 22). You're not trying to be a superhero or a social wonder, either, and yet you'll get the chance to defend sacred things and befriend interesting people — and all within the span of a day!

**LEO** (July 23-Aug. 22). You put out every signal that you care. You have taken the time to tend to the details that prove what matters to you. Rest assured: Your efforts are reading loud and clear. People can tell you're serious.

**VIRGO** (Aug. 23-Sept. 22). You might not guess who is finding you extremely attractive these days.

It's the simple things, such as your good posture and excellent taste, that others will find most captivating.

**LIBRA** (Sept. 23-Oct. 23). You worry about finding the right people for your life, but you really don't have to. People who are a stellar match for your ideas and style will be naturally drawn to you in the weeks to come. Relax.

**SCORPIO** (Oct. 24-Nov. 21). It's once again time to acquire new skills or to update and refine existing skills. There are many from whom you could learn. Determine who's doing things in a way you admire.

**SAGITTARIUS** (Nov. 22-Dec. 21). No one can live on shameless flattery alone, but add a sandwich or two

to the mix and it'll certainly do for today. Besides, it feels good to finally be recognized for all you've been up to. Why not bask in it?

**CAPRICORN** (Dec. 22-Jan. 19). You choose your friends, but it's not like you can order them up as you would a sandwich, requesting all your favorite ingredients. They come ready-made. You may prefer they didn't have certain traits, but it's all part of the package.

**AQUARIUS** (Jan. 20-Feb. 18). You're no chameleon. You might adapt to your environment, but you won't change your colors to fit in. Today you'll be around people whose opinions you disagree with. Luckily you don't have to agree to get along.

**PISCES** (Feb. 19-March 20). You can see so much of a person with direct eye contact. It's why people avoid looking at each other. They are afraid. You're not. It's an essential part of effective dealing. It's respectful. It's why you make the connection.

**TODAY'S BIRTHDAY** (Jan. 8). Keep track of your wins, your new friends, your efforts, your successes. You'll have hundreds over the next 12 months. A leap of faith will precede an important gain in March. May will illuminate new aspects of your heart. Relationships get deeper. You're getting better at a key skill, and you'll be paid big for it. Cancer and Libra adore you. Your lucky numbers are: 4, 49, 31, 27 and 14.

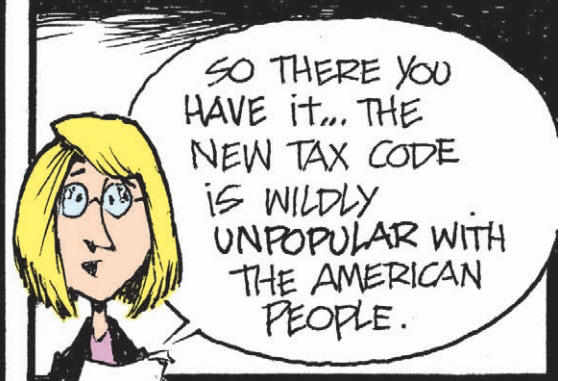
### BIBLE

"And when he saw their faith he said unto him, man, thy sins are forgiven thee." — Luke 5:20.

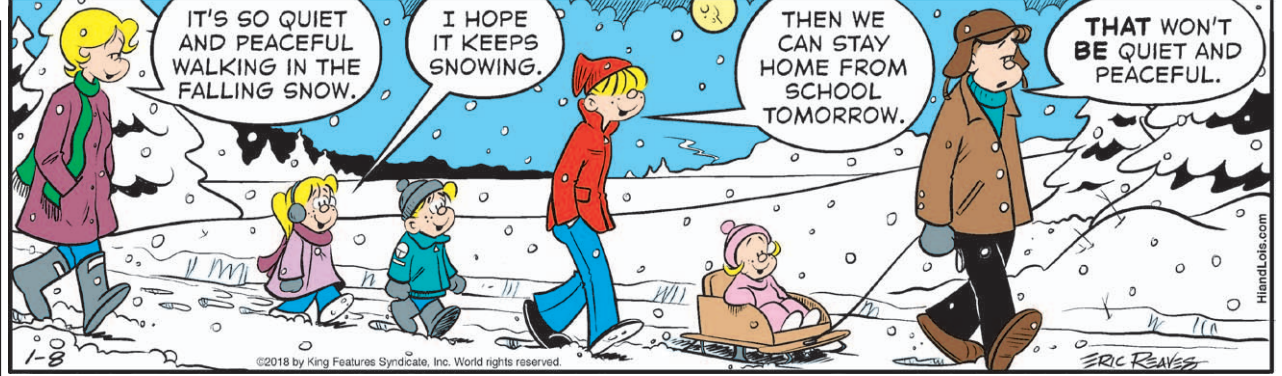
Rich rewards still awaits those who will bring a soul to Christ. The greatest business demands the greatest effort. A man's meeting with his maker and the forgiveness of his sins may depend on how far you carry him.



### MALLARD FILLMORE By Bruce Tinsley



### HI AND LOIS By Brian and Greg Walker



### BEEBLE BAILEY By Mort Walker



### 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.

3				19
		5		19
			7	19
	4			19
12	16	20	28	19

There may be more than one solution.

Today's Challenge Time: 7 Minutes, 19 Seconds

Your Working Time: Minutes, Seconds

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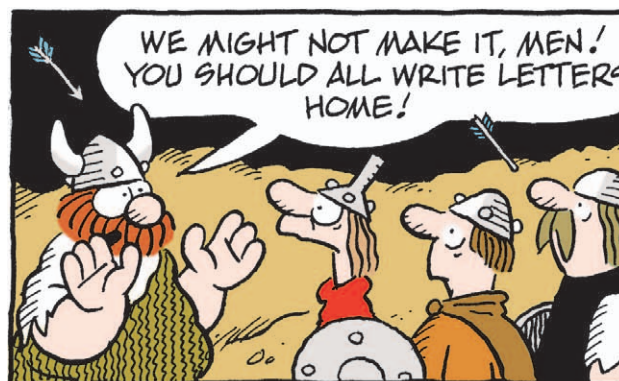
Yesterday's Challenger Answers:

9	1	1	3	14
9	1	2	7	19
9	2	1	4	16
2	1	1	6	10
29	5	5	20	17

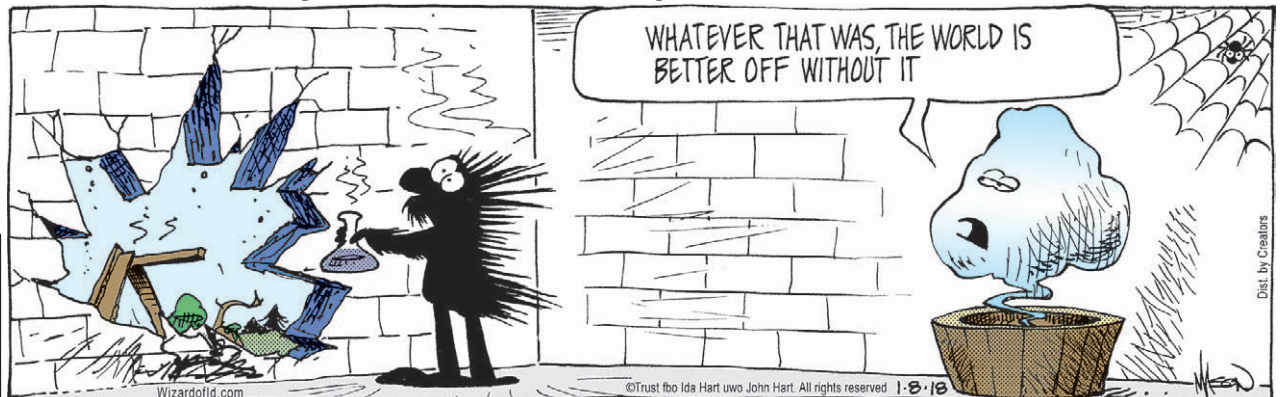
### MARMADUKE By Brad Anderson



### HAGAR THE HORRIBLE By Chris Browne



### THE WIZARD OF ID By Brant Parker and Johnny Hart



### MOTHER GOOSE AND GRIMM By Mike Peters



### Cryptoquip

1-8

FXUCZR MSDCKCSJD PUJZV

XKMX M TMZ'F IMUBZXF

TMVB MF M RJEX ECU KJT:

TCT-MZP-ICI FDKZMIIF.

Saturday's Cryptoquip: ROMAN POET WHEN HE WAS USING A FLAME FROM A WICK TO PROVIDE ILLUMINATION: CANDLELIGHT VIRGIL.

Today's Cryptoquip Clue: U equals R

### WORD SLEUTH • THE FIFTIES

PCOLJHECTAXVTRP

YOKNLLJLKOHFDBY

XROOVNTSII DRPOM

KVRHIGIEPANRDBZ

XEEALWEPOTTALF

NTAUBLETVRHYUBQ

OTNENKUSLIJKNPI

GEWLFDCRACOS

YXAVWVTUCELDOOP

TSRIYLLOHYDDUBS

RPOSELRAHCYARNL

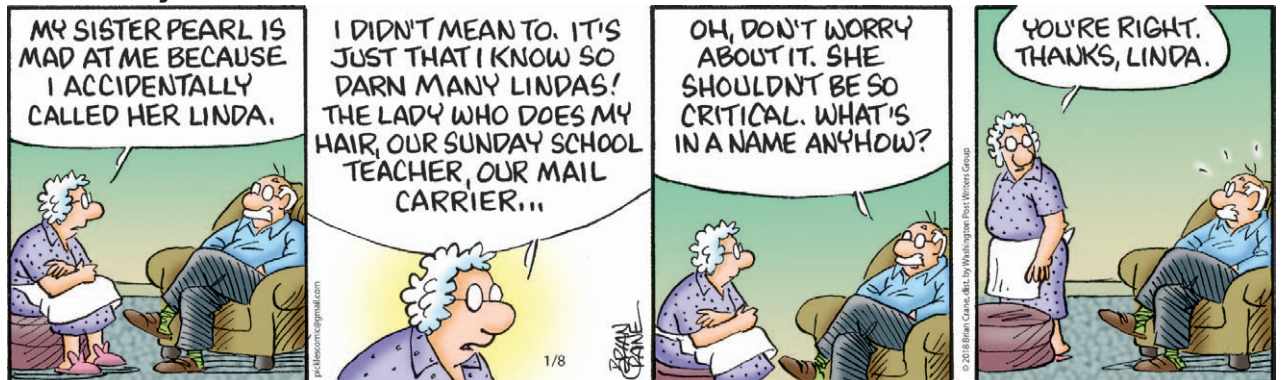
Saturday's unlisted clue: ROCKY

Find the listed words in the diagram. They run in all directions - forward, backward, up, down and diagonally.

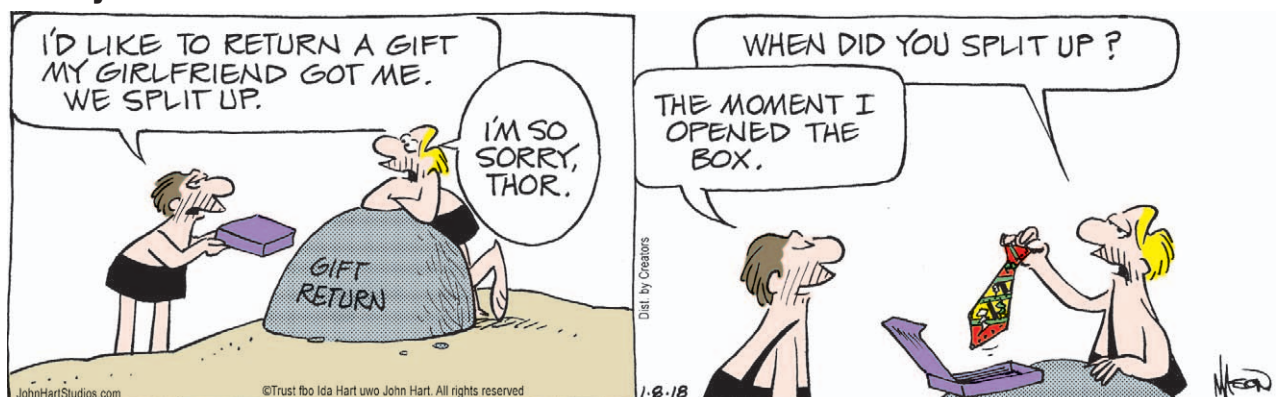
Monday's unlisted clue hint: FIRST SOVIET SATELLITE

- |             |          |            |             |
|-------------|----------|------------|-------------|
| Bardot      | Drive-in | Hula-Hoop  | Poodle cut  |
| Buddy Holly | Edsel    | Korean War | Ray Charles |
| Chuck Berry | Elvis    | Loren      | Sock hops   |
| Corvette    | Flattop  | Ponytail   |             |

### PICKLES By Brian Crane



### B.C. By Mastroianni & Hart



# Eighth-grader issues warning after friend shares nude photo

**DEAR ABBY:** I'm writing to you about an experience I had that might be useful to girls my age and older. I'm in eighth grade and I'm friends with more boys than girls. Because I'm a tomboy, fitting in with them is easier.



Dear Abby

Today in manufacturing class, I was hanging out with my friend "Ian." We were in a larger group of boys and he started bragging about how this girl had sent him a topless photo. He then proceeded to pull up the photo and pass it around.

I was a little shocked, but I realize people my age don't always make smart decisions (sharing a nude photo). Adults around us always tell us not to send photos to people you don't know and never to send inappropriate pictures. That lesson sure hit home with me when Ian showed around the one he has.

I want to caution other girls not to do this. Pictures don't stay as private as you might think. I feel bad for that poor girl! — **SAW TOO MUCH IN PENNSYLVANIA**

**DEAR SAW TOO MUCH:** Thanks for a great letter. Nobody likes to be lectured to, and adults already do enough of that. I hope your message will resonate with other young women because it's an important one.

**DEAR ABBY:** I have a question about etiquette. I recently encountered a counselor I had gone to for many years. We exchanged the normal social amenities, and nothing was said about any therapy issues.

Abby, she holds a special place in my heart. I hadn't seen her in five years. She didn't look well at all. In fact, she looked awful. I was shocked.

Although I was concerned, I said nothing because I didn't know the correct way to handle the situation. What can I say to her to let her know I care? — **APPROACHING IN THE MIDWEST**

**DEAR APPROACHING:** Drop your former therapist a note, telling her what a difference she has made in your life and that she will always hold a special place in your heart. Explain that you were concerned when

you saw her — and ask if there is any way you can be helpful, because you would very much like to be. Do not go into detail about how awful she looked, and don't expect her to start a social relationship with you. If she's well enough to practice her profession, doing so might be considered unethical.

**DEAR ABBY:** My husband's older brother comes over every few weeks to do his laundry. While he's here, he helps himself to my snacks. My husband's younger cousin also comes over every now and then to do his laundry and eat (at our expense or my labor).

We are better off financially than both of them, but I think the way they mooch off us is inconsiderate. My husband says it's normal and that's how family is. But we don't do that in MY family, nor do we arrive anywhere empty-handed. Are his family using us, or is this normal? — **TIRED OF IT**

**DEAR TIRED:** It's normal for your husband's family. Make an attempt to schedule these clothes-washing sessions at your convenience, and stash your snacks someplace you know the relatives won't find them.

*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.*

*For everything you need to know about wedding planning, order "How to Have a Lovely Wedding." Send your name and mailing address, plus check or money order for \$7 (U.S. funds) to: Dear Abby, Wedding Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. (Shipping and handling are included in the price.)*

# The thief in the lunchroom

**Dear Readers:** Today's sound off is about stealing people's lunches from the employee refrigerator:



Hints from Heloise

**"Dear Heloise:** I work in a large office where we bring our own lunch. We either write a name on the lunch or we tag it so it's identifiable. Someone has been taking food that doesn't belong to them. Two employees found that someone had taken their lunches the other day. We can't seem to catch the person responsible. Any suggestions?" — Lois L., Bonne Terre, Mo.

Oh my, the old "Who took my lunch?" dilemma. This is not new at all. Try to keep a close eye on the lunchroom, and mention it in an employee meeting. Posting a sign on the refrigerator might help.

I was at a radio station in Washington, D.C., once and commented to the program director that the "break room" was the cleanest I had ever seen in a radio/TV station. His reply was that since they had put in a camera to prevent items from "going missing," employees were cleaning up after themselves! Maybe

ask management to do the same. It can't hurt! — Heloise

## Fast facts

- Dear Readers:** Here are some uses for old blankets:
- Local pet shelters need them.
  - Keep in the trunk of your car for an emergency.
  - Use to keep dirt off when storing furniture.
  - Use to cover a bed in the guest room. No pet hair! — Heloise

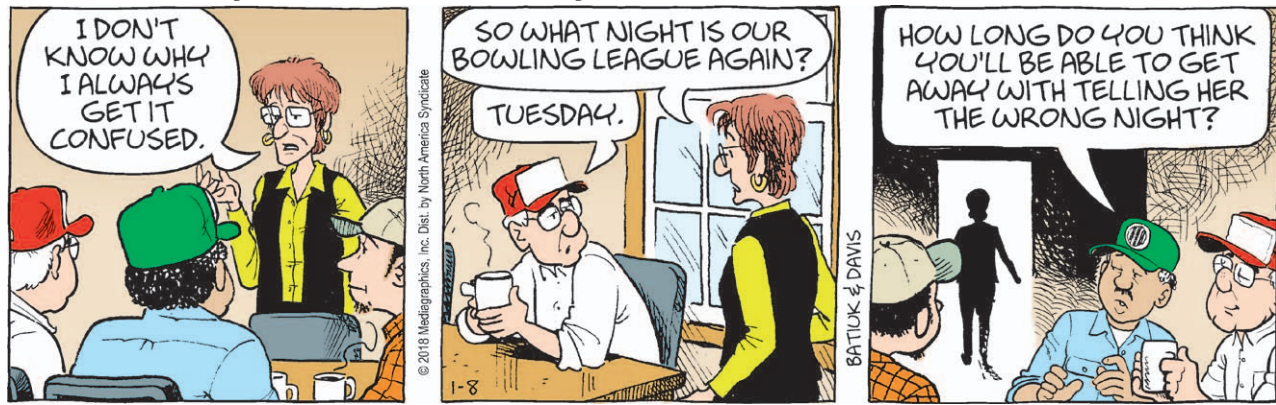
## The moving trash can

**Dear Heloise:** My trash can would slide when we stepped on the lid release, so I purchased a small pet food mat. I use it under the trash can, and no more sliding! — Lynn D., Colorado Springs, Colo.

## PEANUTS By Charles Schulz



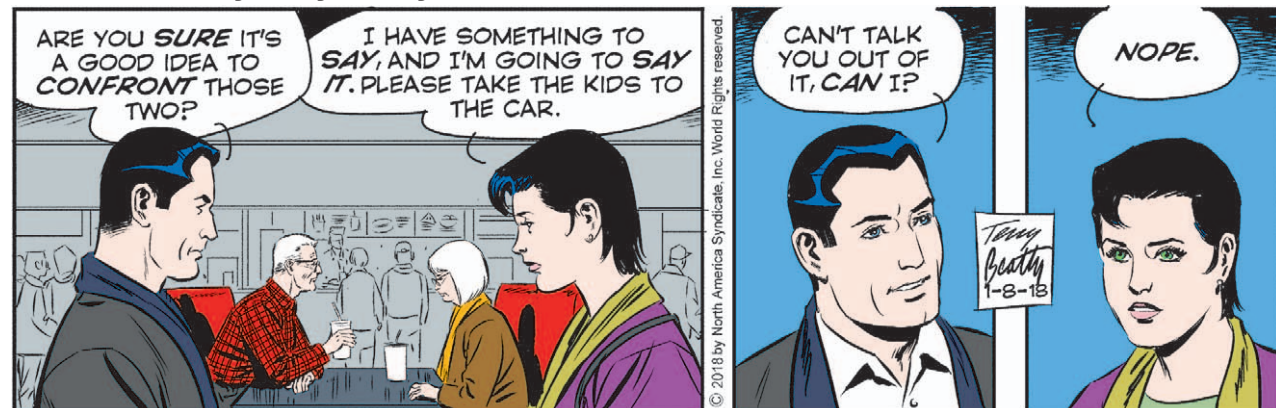
## CRANKSHAFT By Tom Batiuk & Chuck Ayers



## SHOE By Gary Brookins & Susie MacNelly



## REX MORGAN By Terry Beatty



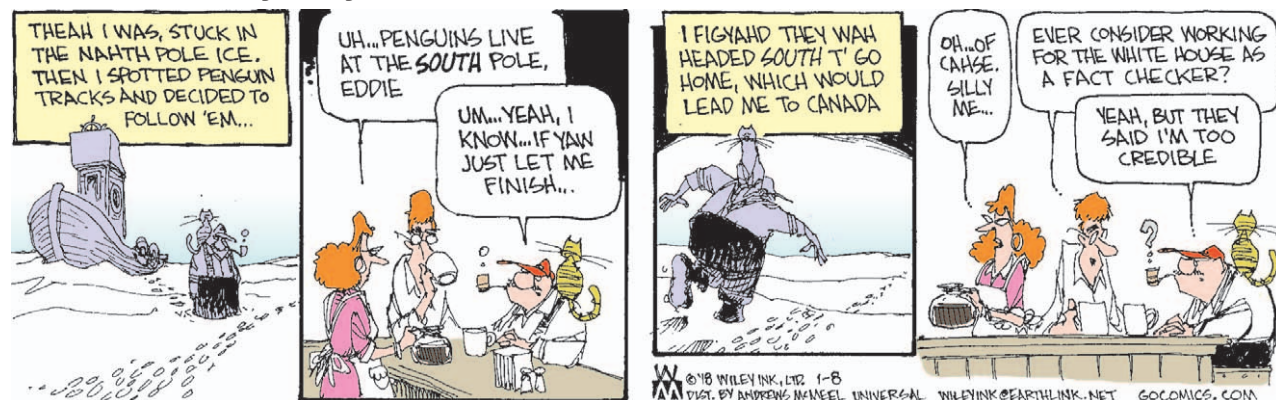
## ZITS By Jerry Scott & Jim Borgman



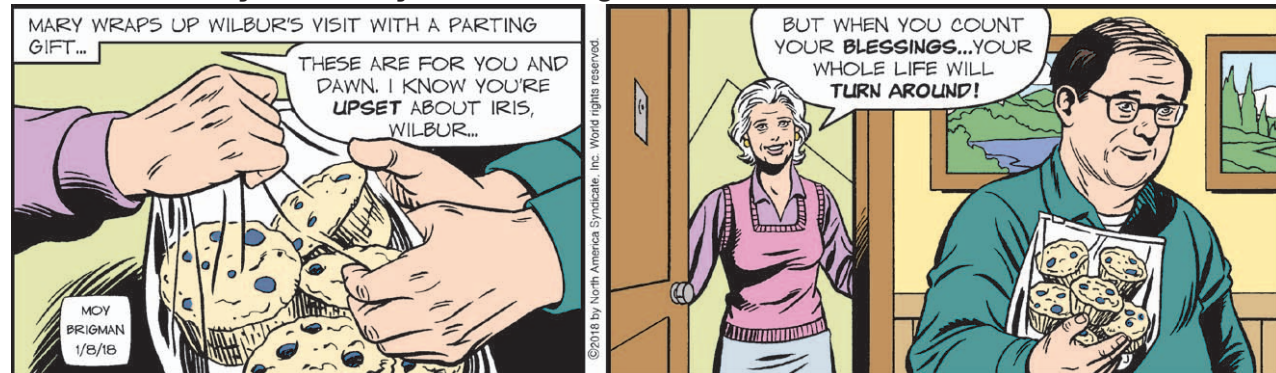
## GARFIELD By Jim Davis



## NON SEQUITUR By Wiley



## MARY WORTH By Karen Moy and June Brigman



## DILBERT By Scott Adams



Monday, January 8, 2018

# GOREN BRIDGE

WITH BOB JONES  
©2018 Tribune Content Agency, LLC

## WEEKLY BRIDGE QUIZ ANSWERS

**Q 1** - Neither vulnerable, as South, you hold:

♠ K Q 8 7 4 ♥ K 3 2 ♦ K Q 5 2 ♣ A

With the opponents passing, you open one spade and partner raises to two spades. What call would you make?

**A** - This hand is too good to make an invitation. Bid four spades.

**Q 2** - North-South vulnerable, as South, you hold:

♠ A 10 8 5 ♥ A J ♦ K J 2 ♣ A K 6 2

SOUTH	WEST	NORTH	EAST
2NT	Pass	3♥*	Pass

\*Transfer to spades  
What call would you make?

**A** - Any bid you make, other than three spades, shows a hand that loves spades. This hand loves spades! Bid four clubs.

**Q 3** - East-West vulnerable, as South, you hold:

♠ A ♥ A 10 7 6 4 2 ♦ A 6 5 ♣ K 8 5

NORTH	EAST	SOUTH	WEST
1♣	Pass	1♥	Pass
INT	Pass	?	Pass

What call would you make?

**A** - In modern bridge, three hearts would be invitational and four hearts would be a sign-off. Slam is possible, so bid two diamonds, the "new" minor, looking for three-card heart support.

**Q 4** - Both vulnerable, as South, you hold:

♠ Q 2 ♥ Q 6 5 ♦ A 9 8 6 4 ♣ K 8 6

Right-hand opponent opens one heart. What call would you make?

**A** - Overcalling at the two level in a five-card minor suit and a poor overall hand is losing tactics. Pass.

**Q 5** - North-South vulnerable, as South, you hold:

♠ 4 3 ♥ A K ♦ K Q 8 7 5 4 ♣ A J 7

As dealer, what call would you make?

**A** - Opening one no trump with this distribution is acceptable in modern bridge, but this hand is worth more than 17 points. Open one diamond.

**Q 6** - East-West vulnerable, as South, you hold:

♠ 3 ♥ A K 5 2 ♦ A 7 6 2 ♣ A 6 3 2

Partner opens one diamond and right-hand opponent overcalls one heart. What call would you make?

**A** - Don't even think about penalties. You'll never get enough at the one level compared to the game or slam bonus you have coming. Bid two hearts, showing a diamond raise with at least invitational values. The real problem will come later.

(Bob Jones welcomes readers' e-mails: tcaeditors@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

- buddy (4)
- opposite of a miser (11)
- Pavarotti and Domingo (6)
- living organism's functions (10)
- prevented from happening (7)
- habits (9)
- small grocery store (9)

## SOLUTIONS

UM	CH	END	ORS	IFT
THR	PHYS	BEH	ORS	AVE
ERE	SUP	SP	IOL	RT
TTE	ED	AVI	OGY	TEN

Saturday's Answers: 1. SADDLED 2. STAUNCH 3. HOARDING 4. DETRACTORS 5. GIBBON 6. GALAXIE 7. PARODY

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# JUMBLE

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

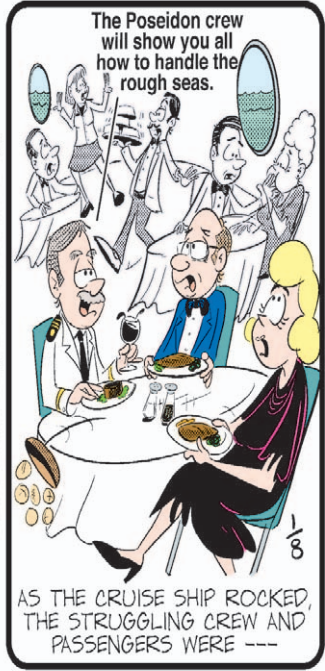
GHIST

ZAMEA

SENLOS

CUTEKB

THAT SCRAMBLED WORD GAME by David L. Hoyt and Jeff Knurek

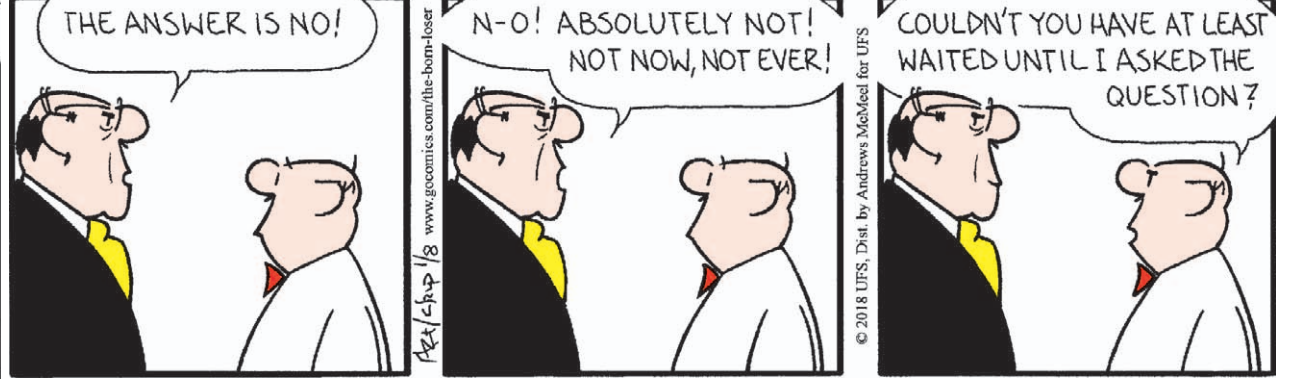


Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

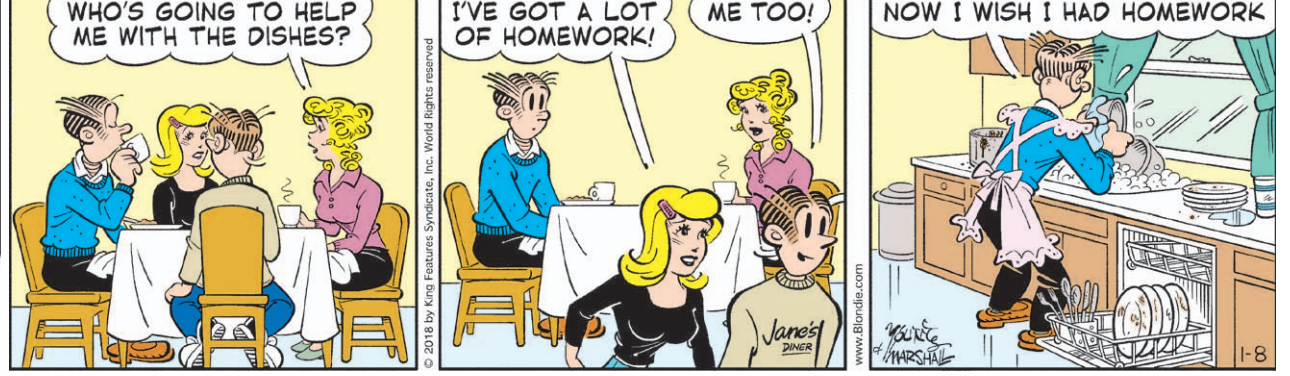
Answers tomorrow

Saturday's Jumbles: VOCAL RURAL FONDLY HAGGLE  
Answer: When the farmer criticized his neighbor's corn crop, he got — AN EARFUL

## BORN LOSER By Art and Chip Sansom



## BLONDIE By Dean Young and John Marshall



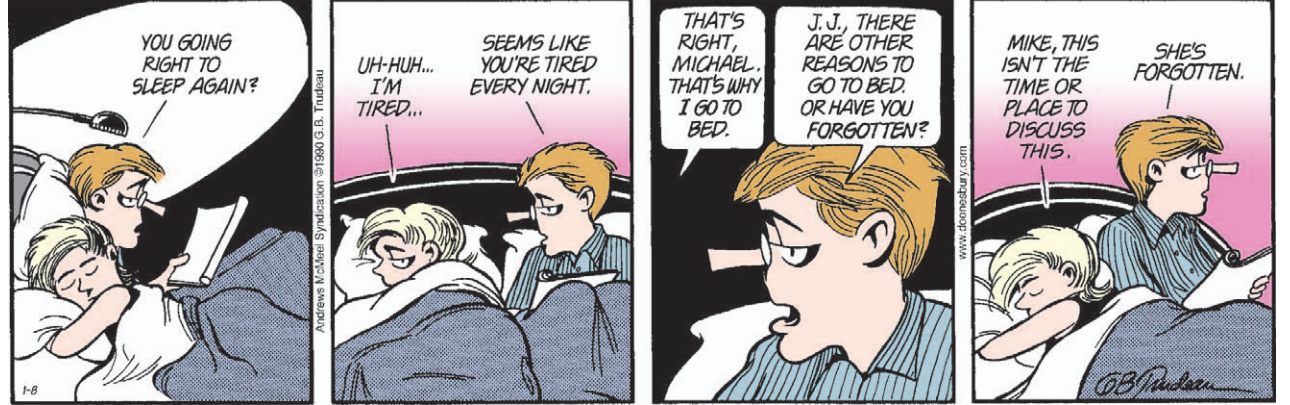
## MUTTS By Patrick McDonnell



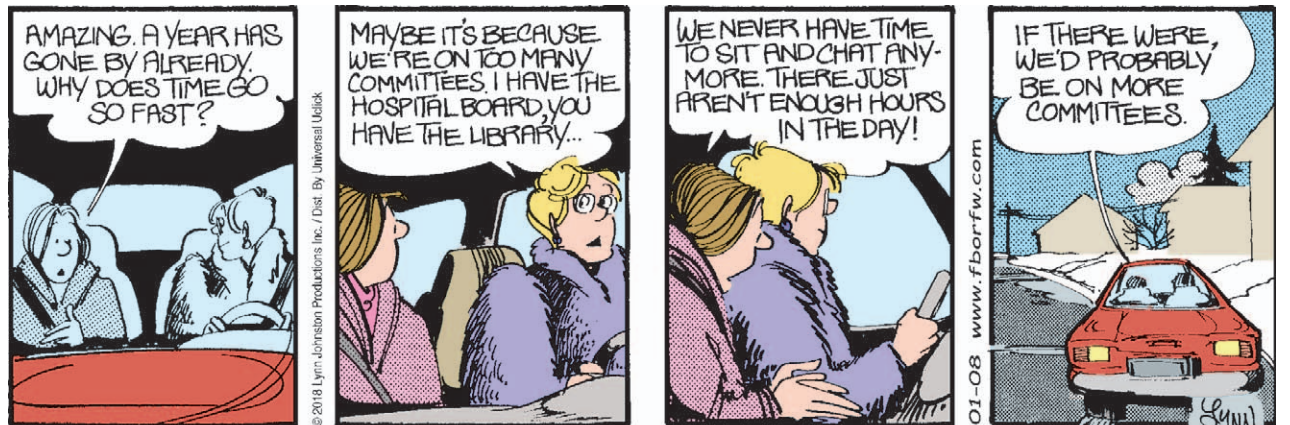
## BABY BLUES By Rick Kirkman and Jerry Scott



## DOONSBURY By Garry Trudeau



## FOR BETTER OR FOR WORSE By Lynn Johnston



# KENKEN

THE LOGIC PUZZLE THAT MAKES YOU SMARTER.

EASY

3+	1	1-	
	2÷		3
10+	3-		4x

WORKSPACE:

CHALLENGING

4	3+	2-	240x
2-	4	120x	3÷
	2÷	3÷	
3÷			1-
	15x	2	18x
		1-	
			2

RULES

- Each row and each column must contain the numbers 1 through 4 (easy) or 1 through 6 (challenging) without repeating.
- The numbers within the heavily outlined boxes, called cages, must combine using the given operation (in any order) to produce the target numbers in the top-left corners.
- Freebies: Fill in single-box cages with the number in the top-left corner.

PREVIOUS ANSWERS

5+	7+	1-
1	3	4
4	1	2
3	2	1
2	4	3



## GOOD NEWS TODAY/STATE NEWS

# Farm team: Minor league Yard Goats offering yoga with real goats

By **PAT EATON-ROBB**  
AP SPORTS WRITER

HARTFORD, Conn. — What to do with a new \$71 million minor league baseball stadium during the winter?

If you're the Hartford Yard Goats, the Double-A affiliate of the Colorado Rockies, you turn to real goats. Time for goat yoga class.

Talk about a farm team.

The national phenomenon of goat yoga began in Oregon just over a year ago when students would assume poses such as downward dog while small goats would crawl around — and often on top of — the participants.

"You're really connecting with the animals," said Tracy Longoria, who partnered with the baseball team and also offers the classes on her Aussakita Acres farm in nearby Manchester,

Connecticut. "The goats are just so therapeutic. It's such a great stress reliever. Many of the people who do it have never done yoga before. They are just there for the interaction with the animals."

Mike Abramson, the team's general manager, said the club was looking for marketing opportunities. Yard Goat Yoga seemed the perfect match.

"It was an easy yes," he said. "My expectation is that this is going to become a regular thing. Hey, if it's popular enough, maybe we'll just ditch the baseball and run a goat yoga park."

The 6,100-seat Dunkin' Donuts Park, which opened last spring, has a large indoor batting facility, which will be converted into a studio for the monthly classes. If things work out, Abramson said, and the team can persuade the groundskeepers to go



In this Wednesday, Jan. 3, photo, yoga instructor Danuta Wolk-Laniewski, demonstrates goat yoga at the Aussakita Acres farm in Manchester, Conn.

along, classes will move to the outfield during the summer.

For now, four classes are scheduled to get an

idea of what is involved in terms of commitment, interest and, yes, cleanup.

"Accidents happen," Longoria said. "But we're as sanitary as possible. If someone has a little poopy accident, we're right there to

clean it up. We have all the disinfectants and anti-bacterial sprays and soaps and all of that."

The classes have already sold out. The team is charging \$40 per person.

There are 40 students in a class and the farm

will bring about 15 goats for each session. The sessions will be led by certified instructor Danuta Wolk-Laniewski, who owns YogaPerk, a yoga studio in Manchester and also teaches the classes on Longoria's farm.

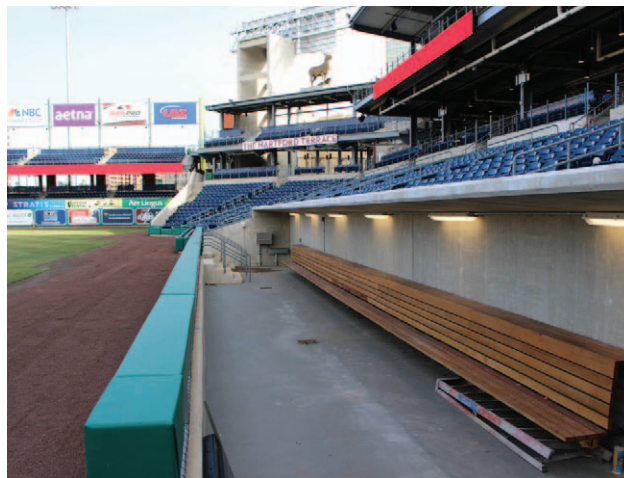
She said the classes are designed for children as young as 8-years-old but will include serious, if basic, yoga. She hopes that some human Yard Goats might get involved as part of their health regimen.

"Yoga is definitely good for everybody's bodies, especially athletes," she said. "Hopefully some of the players take the class as well, take some yoga, have some fun with us and do some core training where we put the goats on the back. Because, it's always more fun to plank with a goat on your back."



AP PHOTOS

In this photo, Tracy Longoria plays with goats at her Aussakita Acres farm in Manchester, Conn. The farm is partnering with the Hartford Yard Goats, the Double-A affiliate of the Colorado Rockies baseball team to offer goat yoga at Dunkin Donuts Park, the team's \$71 million stadium in Hartford.



This March 30, 2017, file photo, shows a view from the home dugout at Dunkin Donuts Park in Hartford, Conn. The Hartford Yard Goats, the Double-A affiliate of the Colorado Rockies baseball team, is offering goat yoga at Dunkin Donuts Park, the team's \$71 million stadium in Hartford.

# Told their treehouse must go, owners appeal to Supreme Court

By **JESSICA GRESKO**  
ASSOCIATED PRESS

WASHINGTON — Lynn Tran and Richard Hazen built a Florida beachfront treehouse that would be the envy of any child. It's got two levels, hammocks and windows looking out on the Gulf of Mexico.

But the hangout has cost the couple a handsome sum: about \$30,000 to construct and probably five times that in legal fees

as they've fought local authorities over it, Tran said. Now, they're at their last stop, the Supreme Court. Unless the high court intervenes, the treehouse must be torn down.

The justices had their first opportunity to consider taking the case at a closed-door conference Friday, and a decision on whether they will weigh in could come as early as Monday.

The couple's lawyer,

David Levin, acknowledges the case is unlikely to be accepted by the justices, who only hear argument in about 80 of the thousands of cases they're asked to take each year. But he argues that his clients' rights were violated when a Florida court "rubber stamped" a ruling proposed by the city of Holmes Beach without any evidence of independent consideration.

Tran and Hazen haven't been willing to give up on the structure she calls their "getaway."

"Part of me still believes there's got to be justice out there and we didn't do anything wrong," Tran said in a telephone interview.

Tran and her husband run a rental property called Angelinos Sea Lodge on Anna Maria Island on Florida's west coast. They have a house on their property and four rental units.

Before they began constructing the treehouse around an Australian Pine on their property in 2011, Hazen asked the city whether they needed a permit. The answer: No.

So, with some help from the internet, Tran dreamed up the structure, which took six months to build.

Soon, however, the city got an anonymous complaint about the treehouse. After an investigation, the city found the couple



AP PHOTOS

Lynn Tran and her husband Richard Hazen pose near their Australian pine treehouse Thursday, Jan. 4, in Holmes Beach. The couple is hoping the U.S. Supreme Court will hear their case after city and state officials ordered the treehouse removed.

did actually need to go through the permitting process. And it turns out the treehouse was in an area where building is prohibited because of a city setback. The couple hoped to get around that by having local voters weigh in, but courts told them no.

Holmes Beach Mayor Bob Johnson noted in a telephone interview that courts have sided with the city and he called the continued legal wrangling "quite honestly a waste of time."

"For some reason these

people have this fixation on it," he said.

Tran says she never expected such a drawn-out fight and that in hindsight the couple could have taken the money they've spent on the treehouse, gone somewhere else and built an actual house.

It's still costing the couple. They're accumulating a \$50 a day fine for not taking down the treehouse, a fine that's now tens of thousands of dollars.

Tran says she's afraid to think about it. Until the high court acts, she's enjoying the treehouse on

sunny days, meditating there or napping in a hammock. The couple doesn't have any children of their own enjoying the treehouse and renters aren't allowed up for liability reasons, but Tran says guests and beachgoers often admire the structure.

"It's kind of fun to have around," she said.

If the treehouse ultimately has to go, there's a lurking irony for the couple. To take down the structure, they'll need the one thing they didn't have before they began putting it up: a city permit.



The Australian pine treehouse Thursday, Jan. 4, in Holmes Beach.



**NHL:** Lightning 5, Red Wings 2

## Lightning top Red Wings to snap skid

 By **LARRY LAGE**  
Associated Press

DETROIT — Dan Girardi scored and assisted on a goal in the first period before blocking a shot above the shoulders in the second period and leaving the Tampa Bay Lightning's 5-2 win over the Detroit Red Wings 5-2 Sunday night.

Girardi turned his head to the left when Detroit's Martin Frk took a shot on a power play and the puck

appeared to hit the defenseman in the neck. He lay face down on the ice while a doctor evaluated him on the ice and was eventually able to sit up. Girardi later skated slowly off the ice with teammates at his side and walked toward the dressing room. The team confirmed in the second intermission that Girardi would not return to play, adding initial reports were he was OK.

Girardi assisted on Tyler Johnson's goal that

put Tampa Bay up 2-0. Yannick Gourde and Nikita Kucherov restored two-goal leads in the second and third periods. Gourde added a second goal of the night late in the game, putting the Lightning ahead 5-2.

Louis Domingue stopped 34 shots for the NHL-leading Lightning, who avoided losing three straight for the first time this season.

Detroit had won a season-high four straight. Gustav Nyquist and Justin

Abdelkader scored in the second and third period to pull the Red Wings within a goal.

Detroit's Petr Mrazek made 19 saves, filling in for Jimmy Howard, who was out with a lower-body injury.

**NOTES:** The crowd roared when Lightning general manager Steve Yzerman, a former Red Wing star, was shown on the videoboards in the third period. ...

**SEE LIGHTNING, 2**


AP PHOTO

Tampa Bay Lightning center Yannick Gourde (37) celebrates his goal against the Detroit Red Wings in the second period of an NHL hockey game Sunday in Detroit.

**NFL:** Jaguars 10, Bills 3

## JAGUARS ADVANCE



AP PHOTO

Jacksonville Jaguars linebacker Donald Payne (52) and Jacksonville Jaguars linebacker Blair Brown (53) celebrate at the end of an NFL wild-card playoff football game against the Buffalo Bills Sunday in Jacksonville. Jaguars beat the Bills 10-3.

### Jags hold off Bills in defensive battle

 By **MARK LONG**  
Associated Press

JACKSONVILLE — Blake Bortles never had a game like this.

Not in college. Not in high school. Not in peewee football. Not even in the backyard against family and friends.

Bortles put together one decent drive all day, doing as much with his legs as his arm, and the defensive-minded Jacksonville Jaguars eked out an ugly and sometimes unwatchable 10-3 victory against the Buffalo Bills in an AFC wild-card game Sunday.

Bortles became the second starting quarterback in the past 25 years to win a playoff game with more rushing yards (88) than passing (87). Atlanta's Michael Vick also did it against the St. Louis Rams in the 2004 playoffs.

"That's usually not ideal for a quarterback," Bortles said.

It was enough to help the third-seeded Jaguars (11-6) get to the next round against No. 2 seed Pittsburgh.

The sixth-seeded Bills (9-8) will head home after ending the longest, current playoff drought in North American professional sports.

"We had bigger goals," Buffalo linebacker Preston Brown said. "Once we got in the dance, we didn't want to be one and done. We didn't want to treat this like a bowl game, go down to Florida and everybody relaxes. We wanted to move on."

"This really stings to lose in this way when you hold them to 10 points. We just didn't find a way to hold them to zero points to win the game."

Bortles was a big reason Jacksonville won its first playoff game since January 2008. He was big reason it was so close, too.

**SEE JAGUARS, 3**
**NFL:** Saints 31, Panthers 26

## Brees, defensive stand, help Saints survive Panthers

 By **BRETT MARTEL**  
Associated Press

NEW ORLEANS — Drew Brees passed for 376 yards and two touchdowns, and the New Orleans Saints held off Carolina's late comeback bid to seal a 31-26 victory in their NFC wild-card game on Sunday.

The Panthers had a first down on the Saints 26-yard line with 58 seconds left, but heavy pressure by All-Pro defensive end Cameron Jordan a couple plays later induced an intentional grounding penalty on Carolina quarterback Cam Newton, making it third-and-25 on the Saints 34 and a required 10-second runoff left 22 seconds on the clock.

After an incompletion in the end zone on third down, Vonn Bell sacked Newton on a safety

blitz, ensuring the Saints (12-5) swept all three meetings with Carolina (11-6) this season, in addition to winning their first playoff game in four seasons.

"We wanted it more," Jordan said. "I mean they've been to their Super Bowl, let 'em go to another one next year. We want our run."

Brees' touchdowns went for 80-yards to Ted Ginn and 9 yards to tight end Josh Hill. Fullback Zach Line and running back Alvin Kamara each ran for short touchdowns, the latter set up by Michael Thomas 46-yard reception.

Thomas caught eight passes for 131 yards on a day when the Saints needed the passing game to compensate for a ground game that struggled to get going.

**SEE SAINTS, 3**


AP PHOTO

New Orleans Saints tight end Josh Hill (89) pulls in a pass reception over Carolina Panthers strong safety Mike Adams (29) in the first half Sunday in New Orleans.

**COLLEGE BASKETBALL:** Miami 80, Florida State 74

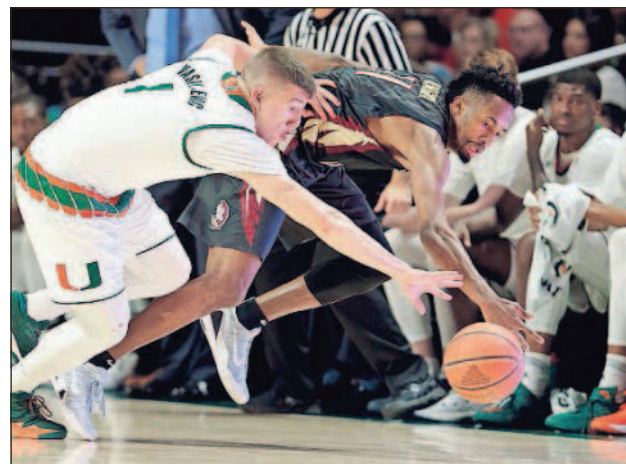
## Lykes leads No. 15 Miami past No. 24 FSU

 By **STEVEN WINE**  
Associated Press

CORAL GABLES — Miami 5-foot-7 freshman Chris Lykes scored a season-high 18 points, and the No. 15 Hurricanes withstood a late rally by No. 24 Florida State to win 80-74 on Sunday.

Bruce Brown scored a season-high 23 points and Dewan Huell had 20 points and eight rebounds and eight rebounds, who took the lead for good in the early minutes and made 13 of their first 14 shots.

Miami (13-2, 2-1 Atlantic Coast



AP PHOTO

Miami guard Dejan Vasiljevic, left, and Florida State guard Brian Angola (11) battle for the ball during the first half of an NCAA college basketball game Sunday in Coral Gables.

Conference) won at home for the first time since Dec. 5. The

Seminole (12-3, 1-2) lost for the third time in their past six games.

**SEE MIAMI, 3**
**COLLEGE BASKETBALL:** Big 10

## Ohio State upsets No. 1 Michigan State

 By **MITCH STACY**  
Associated Press

COLUMBUS, Ohio — After missing the NCAA Tournament the last two seasons, roster shake-ups and a coaching change, Ohio State surged back toward national relevance with a signature win over the country's top-ranked team.

Keita Bates-Diop scored a career-high 32 points, and the surprising Buckeyes stunned No. 1 Michigan State 80-64 on Sunday, bringing the

fans at Value City Arena streaming onto the court to celebrate.

"This is a moment our fans and our players will remember for a long time," first-year coach Chris Holtmann said. "It feels really good."

Ohio State (13-4, 4-0 Big Ten) put together an electrifying 12-0 run to finish the first half and then kept its foot on the gas to win its third straight and take down the best team it is likely to see this season.

**SEE OHIO, 3**

## Florida Lottery

www.flalottery.com

## PICK 2

Jan. 7N ..... 2-9  
Jan. 7D ..... 7-5  
Jan. 6N ..... 9-7  
Jan. 6D ..... 6-0  
Jan. 5N ..... 4-4  
Jan. 5D ..... 8-0  
D-Day, N-Night

## PICK 3

Jan. 7N ..... 3-4-3  
Jan. 7D ..... 6-6-1  
Jan. 6N ..... 4-6-1  
Jan. 6D ..... 4-5-8  
Jan. 5N ..... 1-3-0  
Jan. 5D ..... 7-2-1  
D-Day, N-Night

## PICK 4

Jan. 7N ..... 8-7-8-9  
Jan. 7D ..... 4-0-2-2  
Jan. 6N ..... 9-1-7-3  
Jan. 6D ..... 3-3-8-8  
Jan. 5N ..... 6-0-7-5  
Jan. 5D ..... 5-6-2-3  
D-Day, N-Night

## PICK 5

Jan. 7N ..... 9-4-5-9-3  
Jan. 7D ..... 0-6-2-1-9  
Jan. 6N ..... 1-8-9-5-0  
Jan. 6D ..... 7-7-6-7-3  
Jan. 5N ..... 8-3-1-7-9  
Jan. 5D ..... 0-5-1-3-0  
D-Day, N-Night

## FANTASY 5

Jan. 7 ..... 3-36-24-1-12  
Jan. 6 ..... 1-3-9-31-35  
Jan. 5 ..... 2-3-13-28-32

PAYOFF FOR Jan. 4  
1.5-digit winners \$198,985.90  
292...4-digit winners \$109.50  
9,401...3-digit winners \$9.50

## CASH FOR LIFE

Jan. 4 ..... 12-22-42-43-53  
Cash Ball ..... 3  
Jan. 1 ..... 12-18-20-31-38-4  
Cash Ball ..... 4

## SPORTS ON TV

## COLLEGE FOOTBALL

8:15 p.m.  
ESPN — College Football Playoff, championship game, Georgia vs. Alabama, at Atlanta (additional coverage available on ESPN2, ESPNU, ESPNEWS, ESPN Classic and SEC Network)

## LUCKY MONEY

PAYOFF FOR Jan. 4  
0.....5-of-5 CB..... \$1,000/Day  
0.....5-of-5..... \$1,000/Week  
4.....4-of-5 CB..... \$2,500  
8.....4-of-5..... \$500

## LUCKY MONEY

Jan. 5 ..... 1-2-7-13  
Lucky Ball ..... 11  
Jan. 2 ..... 17-20-33-45  
Lucky Ball ..... 17

## LOTTO

PAYOFF FOR Jan. 2  
0.....4-of-4 LB ..... \$2 Million  
5.....4-of-4..... \$3,083.50  
50.....3-of-4 LB ..... \$674.50  
751.....3-of-4..... \$133.00

## LOTTO

Jan. 6 ..... 11-28-30-33-36-49  
Jan. 3 ..... 4-28-30-36-44-48  
Dec. 30 ..... 1-5-9-25-52-53

## POWERBALL

PAYOFF FOR Dec. 30  
0..6-digit winners \$10 million  
42..5-digit winners \$2,839.50  
1,890..4-digit winners \$54.50

## POWERBALL

Jan. 6 ..... 12-29-30-33-61  
Powerball ..... 26  
Jan. 3 ..... 2-18-37-39-42  
Powerball ..... 12

## POWERBALL

PAYOFF FOR Dec. 30  
0.....5 of 5 + PB ... \$337 Million  
0.....5 of 5 ..... \$1 million  
5.....4 of 5 + PB ..... \$50,000  
107.....4 of 5 ..... \$500  
ESTIMATED JACKPOT \$460 million

## MEGA MILLIONS

Jan. 5 ..... 28-30-39-59-70  
Mega Ball ..... 10  
Jan. 2 ..... 1-42-47-64-70  
Mega Ball ..... 22

## POWERBALL

PAYOFF FOR Jan. 2  
0.....5 of 5 + MB .. \$361 Million  
0.....5 of 5 ..... \$1 Million  
2.....4 of 5 + MB ..... \$10,000  
72.....4 of 5 ..... \$500  
ESTIMATED JACKPOT \$418 million

## NHL ROUNDUP

## Anderson lifts Blue Jackets past Panthers in shootout

Associated Press

COLUMBUS, Ohio — Struggling to score goals and with several important offensive players sidelined, the Columbus Blue Jackets pulled out a gritty win — just the way coach John Tortorella wants his team to play.

Josh Anderson scored the deciding goal in the eighth round of the shootout, lifting the Blue Jackets to a 3-2 victory over the Florida Panthers on Sunday night.

“That scratching, clawing, spitting, biting doing everything you can to win the game, we did it,” Tortorella said.

Goalie Sergei Bobrovsky stopped Jared McCann’s attempt to secure the win for the Blue Jackets, who also got goals from Artemi Panarin and Jack Johnson in the tiebreaker. Aleksander Barkov, who tied the score with 1:34 left in the third period, and Mike Matheson scored in the shootout for Florida.

“It was a good point,” Panthers coach Bob Boughner said after his team lost its third straight. “It was a hard fought point against a real good hockey club. Both teams had good goaltending. We’ve just got to take this and move on.”

Nick Foligno and rookie Pierre-Luc Dubois scored power-play goals for Columbus — just the second time this season the NHL’s worst man-advantage unit has come through twice, and both against Florida. Bobrovsky, who took an errant stick under his chin in the final period, had 42 saves through overtime to help the Blue Jackets win for just the fourth time in 11 games (4-6-1).

“We threw a lot of pucks at them and we were able to get a couple big power play goals,” Columbus forward Boone Jenner said.

Jonathan Huberdeau also scored for the Panthers and James Reimer stopped 46 shots. Florida’s streak has followed a five-game winning streak to close December.

Reimer was clutch in the third period, keeping his team within one goal while making several tough saves in the opening few minutes and later turning aside a breakaway by Dubois.

“He gave us a chance and he definitely was a big part of us getting a point,” Boughner said of Reimer, who made his 14th straight start. “You



AP PHOTO  
Florida Panthers' Mike Matheson, left, and Columbus Blue Jackets' Artemi Panarin, of Russia, fight for the puck during the second period of an NHL hockey game Sunday in Columbus, Ohio.

always wish you had two. We had some great chances in overtime and it would have been nice to win it for him.”

With the Panthers trailing late in regulation and the teams skating 4-on-4, the puck deflected off the skate of Foligno to Barkov, who slammed it past Bobrovsky for his 13th to even the score.

“The third period I thought we played really well and we just couldn’t score a third goal,” Tortorella said. “And you knew it was going to happen (that Florida would tie the game).”

Foligno opened the scoring at 9:47 of the first period, wristing a rebound from the slot over Reimer’s glove for his first in 11 games.

Huberdeau made it 1-1 just 31 seconds into the second period on the power play with his 15th, a redirection near the crease on pass from Barkov. Huberdeau has scored six times in his last seven games.

Later in the period, Jones zipped a pass from the right side that Dubois tapped in for his ninth on a bang-bang play.

“Our power play hasn’t been working this year but I think in our past couple games we’re getting closer and closer,” Dubois said.

**FLYERS 4, SABRES 1:** Sean Couturier scored the go-ahead goal in the second period and added an empty-netter to help Philadelphia beat Buffalo for its third straight victory. Couturier has four goals in two games and 42 points, three more than his previous career best. Michal

Neuvirth stopped 30 shots, Shayne Gostisbehere and Ivan Provorov also scored, and Jakub Vorack had two assists to give him an NHL-high 43. Ryan O’Reilly scored for Buffalo. The Sabres finished a seven-game trip 1-4-2.

## BLACKHAWKS 4, OILERS 1:

Anton Forsberg made 32 saves, and Nick Schmaltz and Alex DeBrincat scored in the first period in Chicago’s victory over slumping Edmonton. Brandon Saad and Jordan Oesterle also scored to help the Blackhawks win at home for the first time since Dec. 17. Jonathan Toews extended his point streak to four games. It was Forsberg’s first win since Nov. 11 and just the second of his first season in Chicago. Forsberg had been the backup all year, but his role had come into question after Jeff Glass came up the minors and played well with starter Corey Crawford sidelined by an upper-body injury. Darnell Nurse scored for the Edmonton. The Oilers have dropped six of seven.

## JETS 4, SHARKS 1:

Mathieu Perreault scored twice, Connor Hellebuyck made 31 saves and Winnipeg beat San Jose to extend its home winning streak to five games. Matt Hendricks and Marko Dano also scored to help the Central Division-leading Jets improve to 16-3-1 at home and 25-11-7 overall. Logan Couture had a power-play goal for San Jose.

## CAPITALS 4, BLUES 3:

Nicklas Backstrom scored at 4:17 of overtime and Alex Ovechkin had a power-play goal and an assist to help the Washington Capitals beat the St. Louis Blues. Recognizing a change of

possession in Washington’s end late in overtime, Backstrom headed down ice, received a long pass from T.J. Oshie and beat goalie Carter Hutton for his ninth goal of the season. Ovechkin tied it at 2 on the power play 8 eight minutes into the third with his 27th goal, and Lars Eller gave the Capitals the lead with 9:11 left. The lead did not last long, with Carl Gunnarson credited with a goal after his shot into pack of players evaded goaltender Braden Holtby with 4:09 remaining. Holtby made 30 saves. The Capitals have won four in a row overall and nine consecutive home games. Vladimir Tarasenko had a goal and an assist for the Blues, and Alexander Steen also scored. They have lost two in a row and six of their last seven road games.

## CANADIENS 5, CANUCKS 2:

Brendan Gallagher broke a tie midway through the third period, and Carey Price made 34 saves in the Montreal Canadiens’ victory over the Vancouver Canucks. Karl Alzner, Alex Galchenyuk, Paul Byron and Max Pacioretty also scored for Montreal. The Canadiens were coming off a shootout victory over Tampa Bay on Thursday night that snapped a five-game losing streak. Gallagher was in the slot to pick up the rebound of Alzner’s shot and beat goalie Anders Nilsson with a high shot. Gallagher then fed Byron on a rush for a goal with 1:15 left, and Pacioretty added an empty-netter in the final minute. Daniel Sedin and Michael Del Zotto scored for Vancouver. The Canucks lost in a shootout at Toronto on Saturday night.

## SPORTS ON TV

## COLLEGE FOOTBALL

8:15 p.m.  
ESPN — College Football Playoff, championship game, Georgia vs. Alabama, at Atlanta (additional coverage available on ESPN2, ESPNU, ESPNEWS, ESPN Classic and SEC Network)

## NBA BASKETBALL

7 p.m.  
NBA — Milwaukee at Indiana  
**SOCCER**  
2:30 p.m.  
FS2 — FA Cup, Brighton & Hove Albion vs. Crystal Palace



AP PHOTO

Detroit Red Wings left wing Darren Helm (43) checks Tampa Bay Lightning defenseman Anton Stralman (6) off the puck in the second period of an NHL hockey game Sunday in Detroit.

## LIGHTNING

From Page 1

The Red Wings were 0 for 4 on the power play, including a pair of brief two-man advantages. ... Gourde had a Gordie

Howe hat trick with two goals, assist and the first fight of his NHL career.

## UP NEXT

Lightning: Host Carolina on Tuesday night.  
Red Wings: Begin a bye.

## COLLEGE BASKETBALL ROUNDUP

## No. 19 Cincinnati topples SMU

By JOE KAY  
Associated Press

HIGHLAND HEIGHTS, Ky. — Cincinnati showed that in a matchup of stingy defensive teams, a lot of effort overcomes a lot of missed shots.

Jacob Evans III scored 18 points, and Gary Clark had a big second half as the 19th-ranked Bearcats pulled away to a 76-56 victory over SMU on Sunday, extending the longest active home-court winning streak in the country.

The game matched

the American Athletic Conference’s top defensive teams, and it showed in the first half as they went a combined 15-for-52 from the field and the Bearcats led 34-20.

“We’re not always pretty at times, but our effort’s tremendous and as a coach, you appreciate that,” Cincinnati’s Mick Cronin said.

Cincinnati (14-2, 3-0) broke it open with a 12-point run late in the first half featuring Evans’ 3-pointer. Clark scored 13 of his 18 points in the second half as the Bearcats finally got the

ball inside and pushed the lead to 20. Instead of allowing SMU to double-team him, Clark started heading for the basket as soon as he got the ball.

“It was more me taking too long,” Clark said. “I’m allowing them to come and trap. In the second half once they got it to me, I was going.”

SMU (12-5, 2-2) shot only 35.7 percent from the field and had 18 turnovers that set up 26 of Cincinnati’s points. Jarrey Foster led the Mustangs with 16 points.

## NBA ROUNDUP

## Knicks edge Mavs to end losing streak

By DAVE JACKSON  
Associated Press

DALLAS — Kristaps Porzingis scored 29 points and Jarrett Jack made the tiebreaking basket with 31.2 seconds left as the New York Knicks beat the Dallas Mavericks 100-96 on Sunday night.

Kyle O’Quinn had 15 points and 11 rebounds, and Enes Kanter added 13 points and 18 boards for the Knicks, who ended a three-game losing streak and sent the Mavericks to their third straight loss — all at home.

Harrison Barnes scored 25 points and Devin Harris had nine of his 11 in the

fourth quarter as the Mavericks made yet another rally on the night they honored their long-time point guard Derek Harper by retiring his jersey.

Dallas never led in the game, and after coming up just short in furious fourth-quarter rallies against Golden State and Chicago earlier in their homestand, the Mavericks made another run after falling behind 90-77 with 4:48 to go.

Harris hit 3-pointers to start and end a 15-2 run over a 2:20 span to tie the score at 92. After Porzingis made two free throws and Barnes hit a short jumper, Jack used a screen to

penetrate into the lane and drop in a floater.

J.J. Barea missed a long 3 that would have given Dallas the lead, and Courtney Lee hit four free throws in the final 16.6 seconds to seal it.

Kanter and Porzingis combined for 24 points in the first half. New York took a 56-52 halftime lead on the strength of 56 percent shooting, despite a sequence where Kanter missed a short hook shot and then four consecutive tips.

New York built its lead to 73-63 midway through the third quarter before the Mavericks closed the quarter on an 8-2 run.

## JAGUARS

From Page 1

This was far from a passing clinic. It was more like a painful exercise in overcoming poor passing.

Bortles made up for it with his scrambling ability. He had several long runs, with the highlight coming in the fourth quarter when he fumbled a shotgun snap, picked it up and outran two defenders for an 18-yard gain.

The play prompted a Bills assistant to slam his clipboard to the ground, which left Bortles smiling as he flipped the ball to an official.

"We weren't sharp. We made some bad plays and did some stupid stuff," Bortles said. "But we found a way to win, and that's all that matters."

He completed 12 of 23 passes for 87 yards, with a touchdown. His TD pass to backup tight end Ben Koyack late in the third quarter was his best throw of the game. It also was a gutsy call on fourth-and-goal from the 1.

Bortles did the rest on the ground, picking up first downs and helping Jacksonville win its first playoff game at home since the 1999 season.

"He found a way," cornerback Aaron Colvin said. "You've got to find a way. Whatever it takes, we've got to get to these goals we talked about. All this work we put in in the offseason is for moments like this. For him to find a way and do it with his legs, I have the utmost respect for him."

The Bills had plenty of chances down the stretch, but a huge penalty against tight end Charles Clay, a dropped pass by Zay Jones and then a tackle that knocked quarterback Tyrod Taylor out of the game ended any threat of a comeback.

Taylor's helmet slammed hard against the ground after getting thrown down by Dante Fowler Jr. He had to be helped off the field, forcing backup Nathan Peterman into the game with 1:27 remaining.

All-Pro cornerback Jalen Ramsey tipped and then intercepted Peterman's third pass, and the Jaguars ran out the clock.



AP PHOTOS

Jacksonville Jaguars tight end Ben Koyack (83) spikes the ball in front of Buffalo Bills outside linebacker Ramon Humber (50) after scoring a touchdown on a 1-yard pass play against the Buffalo Bills in the second half Sunday in Jacksonville.



Jacksonville Jaguars quarterback Blake Bortles (5) rushes for yardage past Buffalo Bills outside linebacker Lorenzo Alexander (57) and free safety Jordan Poyer (21) in the first half Sunday in Jacksonville.

"I don't care what people call it, we got a playoff win," Ramsey said. "We're going to come to work for another week while other teams

are sitting home."

### HUGE SWING

Trailing 10-3 with about six minutes to play, the Bills looked as

if they picked up a first down on an 11-yard pass from Tyrod Taylor to Clay. Jacksonville players standing on the sideline pointed to Clay's feet,

and coach Doug Marrone threw the challenge flag. Officials overturned the completion, saying Clay was out of bounds and setting up a third-and-10

play from the Jacksonville 48-yard line. Linebacker Myles Jack sacked Taylor on the next play, forcing a punt.

### INJURIES

Bills: Safety Micah Hyde left the game in the third quarter and was being evaluated for a concussion. Cornerback Tre'Davious White went to the locker room in the fourth to be treated for cramps. Safety Colt Anderson injured his right shoulder in the fourth trying to make a diving interception.

Jaguars: Linebacker Paul Posluszny (hip) left, tried to return and then headed to the locker room. He did not return. Receiver/punt returner Jaydon Mickens (hamstring) also left the game.

### UP NEXT

The Jaguars will play at second-seeded Pittsburgh next Sunday, a rematch from Week 5. Ben Roethlisberger threw five interceptions, and Jacksonville won 30-9. The Steelers have won 10 of 11 since, the lone loss coming against New England.

"I'm sure they're thinking that game was a fluke," Ramsey said.

## SAINTS

From Page 1

Helped by the presence of tight end Greg Olsen — who did not play in the teams' previous two meetings — Newton marched Carolina into Saints territory more often than not. But the Panthers stalled four times from inside the New Orleans 25, settling for four field goal attempts on those drives, one of which kicker Graham Gano surprisingly missed.

Olsen had eight catches for 107 yards and a touchdown. Newton finished 24 of 40 passing for 349 yards and two touchdowns, the other a 56-yard scoring strike to Christian McCaffrey that pulled the Panthers within a touchdown with 4:09 left.

But Newton was also



AP PHOTO

New Orleans Saints running back Alvin Kamara (41) celebrates his touchdown in the second half of an NFL football game Sunday in New Orleans.

sacked four times, once each by Bell, Jordan, Jonathan Freeney, and David Onyemata. The sack by Onyemata came as Newton tried to spin away from Tyler Davison and slammed his head into Onyemata's chest. Newton was

checked for a concussion, but missed only one play before returning to the game.

"We had to finish out the game and put it on our defense, put it on me, put it on our secondary, our D-line," Jordan said. "I mean, everybody

responded the way we were supposed to."

Still, the Panthers were in striking distance for the win after a failed gamble by Saints coach Sean Payton, who elected to keep the offense on the field on fourth-and-short with two minutes remaining. He hoped to run out the clock on Carolina, which was out of timeouts. It backfired when Brees' pass as he scrambled to his right was intercepted by Adams, giving Carolina the ball at its 31 with 1:51 to go.

"This win is special," Jordan said. "They came back late in the fourth quarter, made this a game."

### Up next

Panthers: Begin their offseason.

Saints: Move on to play at Minnesota in the NFC Divisional playoffs.

## MIAMI

From Page 1

Even a hand to the face couldn't stop Lykes, who was hit as he made a basket — with no foul called — and briefly had to leave the game.

The acrobatic guard made two highlight plays in the first half. He drove into the lane and scooped in a shot from knee level, and in the final seconds he weaved past two defenders for a reverse layup to give Miami its largest lead of the half, 45-32.

His jumper to beat the shot clock with 4 minutes left slowed Florida State's rally.

### SLUMPING WALKER

Highly touted Hurricanes freshman Lonnie Walker IV started for only the second

time this season, but that didn't help him shake a slump. He hit a 3-pointer on the game's first possession but finished with only five points in 15 minutes.

### BIG PICTURE

The Hurricanes beat a ranked team for the second time this season. They won at then-No. 12 Minnesota on Nov. 29.

The Seminoles, who made 45 3-pointers in their three previous games, went 5 for 24 from beyond the arc.

### UP NEXT

The Hurricanes began a stretch of three consecutive games against ranked teams. They play at No. 25 Clemson on Saturday and face No. 2 Duke at home on Nov. 15.

Florida State hosts Louisville on Wednesday.

## OHIO

From Page 1

The mistake-prone Spartans (15-2, 3-1) lost for the first time in their last 15 games, dating back to a seven-point loss to then-No. 1 Duke on Nov. 14.

The Buckeyes thumped a Michigan State team that was leading the nation in most offensive

categories but shot poorly and committed a dozen turnovers.

"We all knew we could do it," said Ohio State forward Jae'Sean Tate, who scored 13 points. "And that's where it all started. You can't go into a game against a team like Michigan State not believing that it's possible to win. I think that's the biggest factor of us winning

tonight, just the belief that we could do it."

The Buckeyes blew some big leads last season, and Tate said they didn't feel safe until the last minute of the game, despite being up by 14 at the half and leading by as many as 25 in the second half.

"We just kept saying, don't fold," he said.

The Spartans, who came in leading the nation with

a 53.3 field-goal percentage, shot just 39 percent. Joshua Langford and Miles Bridges each scored 17 points.

Michigan State coach Tom Izzo said a confident Ohio State team ran into the Spartans on an off day. The Buckeyes were ready for them. It was a simple as that.

"Don't go searching now," Izzo said. "We're

15-2 and we had great practices. There was no thinking that we were better than we are. We ran up against a team that played awfully well, and the place was hopping." Bates-Diop hit 12 of 21 attempts from the floor, including 2 of 4 from the 3-point line. He had tied his career high with 27 points against Iowa three days ago. C.J. Jackson

added 14 points for Ohio State.

Kam Williams opened up the second half with a slam, and the Buckeyes never trailed again. Michigan State pulled to within 14 points with 6:25 left but couldn't get closer.

Ohio State last beat the No. 1 team in the country in 2007, when the then-No. 2 Buckeyes beat Wisconsin 49-48.



# CFP CHAMPIONSHIP GAME PREVIEW

A CLOSER LOOK AT THE CFP TITLE GAME | COMPILED BY PATRICK STEVENS, SPECIAL TO GATEHOUSE MEDIA



No. 3 GEORGIA (13-1) vs. No. 4 ALABAMA (12-1)

When: Monday, 8 p.m. EST Where: Mercedes-Benz Stadium, Atlanta TV: ESPN

## Southeastern exposure

SEC's Bulldogs, Tide face off for a much bigger prize than conference bragging rights: A national championship

### Keys for Georgia

**Chubb and Michel at their best.** For starters, it's difficult to imagine Georgia's tailback tandem of Nick Chubb and Sony Michel doing much better than they did in the Rose Bowl against Oklahoma. Part of that is because they combined for 316 yards and five TDs on just 25 carries. Part of it is because Alabama's defensive front is superior to Oklahoma's. When Georgia lost its only game (Nov. 11 at Auburn), the duo mustered only 48 yards on 20 carries. They need to be effective for the Bulldogs' offense to accomplish much against Alabama.



**Man in the middle.** Georgia coach Kirby Smart knows a thing or two about great linebackers. He had three eventual Butkus Award winners while serving as Alabama's defensive coordinator (Rolando McClain, C.J. Mosley and Reuben Foster), and each of them started on a national title team. This year's Butkus winner is **Roquan Smith**

(left), and he's already collected SEC defensive player of the year, SEC title game MVP and Rose Bowl defensive MVP honors. If he's as active as he was in the latter stages of the defeat of Oklahoma, Georgia will have a fine chance of silencing Alabama's offense.

### Keys for Alabama

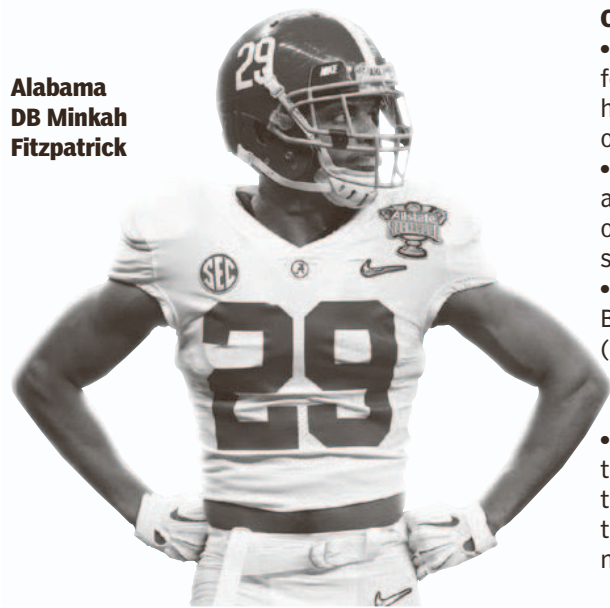


**Teacher against the pupil.** Much was made about Alabama's Labor Day weekend date with Florida State, when Crimson Tide coach **Nick Saban** (left, top) faced one of his former assistants, then-Seminole coach Jimbo Fisher, in the showcase game of the opening week. Alabama won that game, and Saban improved to 11-0 against his former assistants. That has more to do with having more talent on hand than just about anyone, but there's also value in knowing how an opposing staff is likely to think. Saban is plenty familiar with **Smart**, who coached under him with Louisiana State, the Miami Dolphins and then Alabama for 11 total seasons.

**Control the trenches.** No one does this better than Alabama, and it will be vital to do so if the Crimson Tide is to claim a fifth national title in nine years. For Alabama's purposes, it is better to simply be adequate on the ground on offense while being impenetrable on defense. That's how the Sugar Bowl victory over Clemson worked out. The Crimson Tide had a respectable 141 yards on 42 carries against the Tigers' superb defense, but held Clemson to 64 yards on 33 carries. If Alabama can similarly suffocate Georgia — no easy task, to be sure — there's a good chance it hauls home a title trophy.

### Prediction

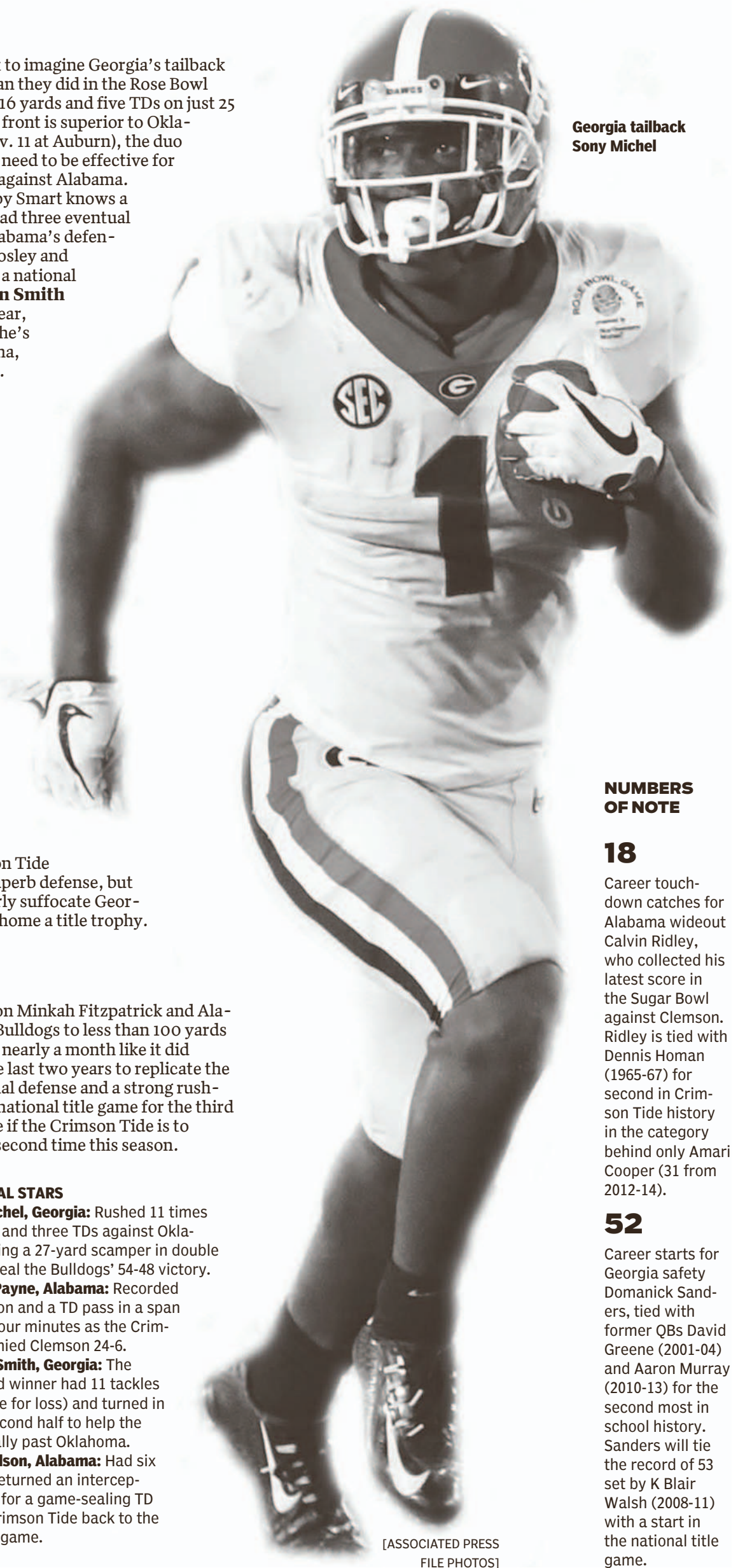
**Alabama 20-17.** Georgia's probably not scoring 54 points on Minkah Fitzpatrick and Alabama. And the Crimson Tide probably isn't going to hold the Bulldogs to less than 100 yards on the ground — not with only a week to get ready rather than nearly a month like it did against Clemson. Smart has done everything he could over the last two years to replicate the Saban blueprint in Athens, and the Bulldogs own an exceptional defense and a strong rushing attack. The same goes for Alabama, which will play in the national title game for the third year in a row. That experience could prove to be the difference if the Crimson Tide is to deny Georgia the chance to celebrate a title in Atlanta for the second time this season.



Alabama  
DB Minkah  
Fitzpatrick

#### CFP SEMIFINAL STARS

- **TB Sony Michel, Georgia:** Rushed 11 times for 183 yards and three TDs against Oklahoma, including a 27-yard scamper in double overtime to seal the Bulldogs' 54-48 victory.
- **DT Da'Ron Payne, Alabama:** Recorded an interception and a TD pass in a span of less than four minutes as the Crimson Tide stymied Clemson 24-6.
- **LB Roquan Smith, Georgia:** The Butkus Award winner had 11 tackles (including one for loss) and turned in a stellar second half to help the Bulldogs rally past Oklahoma.
- **LB Mack Wilson, Alabama:** Had six tackles and returned an interception 18 yards for a game-sealing TD to lead the Crimson Tide back to the national title game.



Georgia tailback  
Sony Michel

#### NUMBERS OF NOTE

### 18

Career touchdown catches for Alabama wideout Calvin Ridley, who collected his latest score in the Sugar Bowl against Clemson. Ridley is tied with Dennis Homan (1965-67) for second in Crimson Tide history in the category behind only Amari Cooper (31 from 2012-14).

### 52

Career starts for Georgia safety Domanick Sanders, tied with former QBs David Greene (2001-04) and Aaron Murray (2010-13) for the second most in school history. Sanders will tie the record of 53 set by K Blair Walsh (2008-11) with a start in the national title game.

[ASSOCIATED PRESS  
FILE PHOTOS]

## No experience required: Freshman QBs make immediate impact

By PAUL NEWBERRY  
Associated Press

ATLANTA — No experience required.

Jalen Hurts came within a single second of leading Alabama to a national championship in his freshman season. Now, Jake Fromm is on the cusp of a title in his first year at Georgia.

Long gone are the days

when a young quarterback needed to ride the bench for a season or two, getting up to speed on a college system much more intricate than what he ran in high school. Even the most successful programs in the land are willing to turn their offense over to an 18-year-old as soon as he steps on campus.

Hurts and Fromm are the most prominent

examples of the potential rewards far outweighing the ever-dwindling risks.

"There's a completely different mindset now about playing young players," Alabama coach Nick Saban said.

Jamelle Holieway remains the only true freshman quarterback to lead a team to the national title in the modern era, taking over at Oklahoma

in 1985 after Troy Aikman was injured.

Hurts came achingly close a year ago, when Alabama lost to Clemson 35-31 on a last-second touchdown pass in the championship game. Fromm has a chance to match Holieway's feat on Monday night, but he'll have to get by Hurts — a grizzled ol' sophomore this time around — when

the Bulldogs (13-1) meet the Crimson Tide (12-1) in an all-Southeastern Conference title game.

Saban points to an increased emphasis on passing games and spread offenses at the high school level, which has fast-forwarded the development of top quarterback prospects.

"They're not coming up in some hand-the-ball-off

I-formation," he said. "Their knowledge and experience is a lot greater than maybe in old-fashioned football."

Fromm threw for 12,745 yards and 116 touchdowns during his four years at Houston County High School in central Georgia, a football hotbed that prepared him well for what he would face with the Bulldogs.

## SCOREBOARD

## PRO FOOTBALL

## NFL PLAYOFF SCHEDULE

All times Eastern (National TV in parentheses)  
**Wild-card Playoffs**  
**Saturday**  
 Tennessee 22, Kansas City 21  
 Atlanta 26, Los Angeles Rams 13  
**Sunday**  
 Jacksonville 10, Buffalo 3  
 New Orleans 31, Carolina 26

## Divisional Playoffs

**Saturday, Jan. 13**  
 Atlanta at Philadelphia, 4:35 p.m. (NBC)  
 Tennessee at New England, 8:15 p.m. (CBS)  
**Sunday, Jan. 14**  
 Jacksonville at Pittsburgh, 1:05 p.m. (CBS)  
 New Orleans at Minnesota, 4:40 p.m. (FOX)

## Conference Championships

**Sunday, Jan. 21**  
 AFC: TBD, 3:05 p.m. (CBS)  
 NFC: TBD, 6:40 p.m. (FOX)

## Pro Bowl

**Sunday, Jan. 28 at Honolulu**  
 AFC stars vs. NFC stars, 3 p.m. (ESPN/ABC)

## Super Bowl LII

**Sunday, Feb. 4 at Minneapolis, Minn.**  
 AFC champion vs. NFC champion, 6:30 p.m. (NBC)

## AFC WILD-CARD PLAYOFF

**JAGUARS 10, BILLS 3**  
**BUFFALO** 0 3 0 0 — 3  
**JACKSONVILLE** 0 3 7 0 — 10

## Second Quarter

Buf—FG Hauschka 31, 1:49.  
 Jac—FG Lambo 44, :02.

## Third Quarter

Jac—Koyack 1 pass from Bortles (Lambo kick), :42.  
 A—69,442.

	Buf	Jac
First downs	20	15
Total Net Yards	263	230
Rushes-yards	32-130	34-155
Passing	133	75
Punt Returns	5-21	2-2
Kickoff Returns	1-10	0-0
Interceptions Ret.	0-0	2-2
Comp-Att-Int	18-40-2	12-23-0
Sacked-Yards Lost	2-15	2-12
Punts	8-43.4	9-44.3
Fumbles-Lost	1-0	3-0
Penalties-Yards	5-52	5-34
Time of Possession	32:37	27:23

## INDIVIDUAL STATISTICS

RUSHING—Buffalo, McCoy 19-75, Taylor 7-27, Tolbert 4-15, D.Thompson 1-9, Peterman 1-4. Jacksonville, Bortles 10-88, Fournette 21-57, M.Lee 1-5, Grant 1-3, Ivory 1-2. PASSING—Buffalo, Taylor 17-38-2-134, Peterman 1-2-0-14. Jacksonville, Bortles 12-23-0-87. RECEIVING—Buffalo, McCoy 6-44, Clay 3-15, D.Thompson 2-23, O'Leary 2-22, Z.Jones 2-20, Tolbert 1-10, Benjamin 1-9, L.Thomas 1-5. Jacksonville, Westbrook 5-48, Fournette 3-21, Lewis 3-17, Koyack 1-1. MISSED FIELD GOALS—None.

## NFC WILD CARD

**SAINTS 31, PANTHERS 26**  
**CAROLINA** 0 9 3 14 — 26  
**NEW ORLEANS** 7 14 3 7 — 31

## First Quarter

NO—Ginn 80 pass from Brees (Lutz kick), 1:46.

## Second Quarter

Car—FG Gano 27, 14:12.  
 NO—J.Hill 9 pass from Brees (Lutz kick), 9:04.  
 Car—FG Gano 39, 2:47.

## Third Quarter

Car—FG Gano 29, 10:58.  
 NO—FG Lutz 57, 6:05.

## Fourth Quarter

Car—Olsen 14 pass from Newton (Gano kick), 12:47.  
 NO—Kamara 2 run (Lutz kick), 5:08.  
 Car—McCaffrey 56 pass from Newton (Gano kick), 4:09.  
 A—73,186.

	Car	NO
First downs	24	21
Total Net Yards	413	410
Rushes-yards	26-107	22-41
Passing	306	369
Punt Returns	2-11	2-17
Kickoff Returns	0-0	0-0
Interceptions Ret.	1-1	0-0
Comp-Att-Int	24-41-0	23-33-1
Sacked-Yards Lost	4-43	1-7
Punts	3-48.3	4-45.8
Fumbles-Lost	1-0	1-0
Penalties-Yards	2-18	7-96
Time of Possession	33:49	26:11

## INDIVIDUAL STATISTICS

RUSHING—Carolina, Stewart 11-51, Newton 8-37, McCaffrey 6-16, Whitaker 1-3. New Orleans, Kamara 10-23, Ingram 9-22. Line 1-1, Brees 1-(minus 1), Lewis 1-(minus 4). PASSING—Carolina, Newton 24-40-0-349, Anderson 0-1-0-0. New Orleans, Brees 23-33-1-376. RECEIVING—Carolina, Olsen 8-107, McCaffrey 6-101, Funchess 4-79, Clay 3-32, Bersin 2-27, Dickson 1-3. New Orleans, Thomas 8-137, Ginn 4-115, B.Coleman 4-44, J.Hill 3-49, Ingram 1-13, Kamara 1-10, Snead 1-7, Line 1-7. MISSED FIELD GOALS—Carolina, Gano 25.

## LATE SATURDAY

**NFC WILD-CARD PLAYOFF**  
**FALCONS 26, RAMS 13**  
**ATLANTA** 6 7 6 7 — 26  
**L.A. RAMS** 0 10 0 3 — 13

## First Quarter

Atl—FG Bryant 29, 7:13.  
 Atl—FG Bryant 51, 12:3.

## Second Quarter

Atl—Freeman 3 run (Bryant kick), 11:34.  
 La—Kupp 14 pass from Goff (Ficken kick), 2:34.

## Third Quarter

La—FG Ficken 35, :03.  
 Atl—FG Bryant 25, 6:45.  
 Atl—FG Bryant 54, :19.

## Fourth Quarter

La—FG Ficken 32, 10:49.  
 Atl—J.Jones 8 pass from Ryan (Bryant kick), 5:48.  
 A—74,300.

	Atl	LA
First downs	20	19
Total Net Yards	322	361
Rushes-yards	39-124	16-115
Passing	198	246
Punt Returns	1-4	5-7
Kickoff Returns	3-32	6-120
Interceptions Ret.	0-0	0-0
Comp-Att-Int	21-30-0	24-45-0
Sacked-Yards Lost	3-20	3-13
Punts	5-51.6	5-43.6
Fumbles-Lost	0-0	2-2
Penalties-Yards	4-51	5-45
Time of Possession	37:35	22:25

## INDIVIDUAL STATISTICS

RUSHING—Atlanta, Freeman 18-66, T.Coleman 14-40, J.Jones 1-13, Ryan 6-5. Los Angeles, Gurley 14-101, M.Brown 2-14. PASSING—Atlanta, Ryan 21-30-0-218. Los Angeles, Goff 24-45-0-259. RECEIVING—Atlanta, J.Jones 9-94, Sanu 4-75, T.Coleman 3-28, Hooper 3-15, Freeman 1-3, Hardy 1-3. Los Angeles, Woods 9-142, Kupp 8-69, Gurley 4-10, Watkins 1-23, Higbee 1-11, Everett 1-4. MISSED FIELD GOALS—None.

## COLLEGE FOOTBALL

## 2017-18 BOWL RESULTS/SCHEDULE

(National TV in parentheses)  
**Dec. 22**  
**Bahamas Bowl at Nassau**  
 Ohio 41, UAB 6  
**Famous Idaho Potato Bowl at Boise**  
 Wyoming 37, Cent. Michigan 14

## Dec. 23

**Birmingham (Ala.) Bowl**  
 South Florida 38, Texas Tech 34  
**Armed Forces Bowl at Fort Worth, Texas**  
 Army 42, San Diego State 35  
**Dollar General Bowl at Mobile, Ala.**  
 Appalachian State 34, Toledo 0

## Dec. 24

**Hawaii Bowl at Honolulu**  
 Fresno State 33, Houston 27

## Dec. 26

**Heart of Dallas Bowl**

Utah 30, West Virginia 14  
**Quick Lane Bowl at Detroit**  
 Duke 36, Northern Illinois 14  
**Cactus Bowl at Phoenix**  
 Kansas State 35, UCLA 17

## Dec. 27

**Independence Bowl at Shreveport, La.**  
 Florida State 42, Southern Mississippi 13  
**Pinstripe Bowl at Bronx, N.Y.**  
 Iowa 27, Boston College 20  
**Foster Farms Bowl at Santa Clara, Calif.**  
 Purdue 38, Arizona 35  
**Texas Bowl at Houston**  
 Texas 33, Missouri 16

## Dec. 28

**Military Bowl at Annapolis, Md.**  
 Navy 49, Virginia 7  
**Camping World Bowl at Orlando, Fla.**  
 Oklahoma State 30, Virginia Tech 21  
**Alamo Bowl at San Antonio**  
 TCU 39, Stanford 37  
**Holiday Bowl at San Diego**  
 Michigan State 42, Washington State 17

## Dec. 29

**Bell Bowl at Charlotte, N.C.**  
 Wake Forest 55, Texas A&M 52  
**Sun Bowl at El Paso, Texas**  
 NC State 52, Arizona State 31  
**Musis City Bowl at Nashville, Tenn.**  
 Northwestern 24, Kentucky 23  
**Arizona Bowl at Tucson, Ariz.**  
 Arizona State 76, Utah State 17  
**Cotton Bowl Classic at Arlington, Texas**  
 Ohio State 24, Southern Cal 7

## Dec. 30

**TaxSlayer Bowl at Jacksonville, Fla.**  
 Mississippi State 31, Louisville 27  
**Liberty Bowl at Memphis, Tenn.**  
 Iowa State 21, Memphis 20  
**Fiesta Bowl at Glendale, Ariz.**  
 Penn State 35, Washington 28  
**Orange Bowl at Miami Gardens, Fla.**  
 Wisconsin 34, Miami 24

## Jan. 1

**Outback Bowl at Tampa, Fla.**  
 South Carolina 26, Michigan 19  
**Peach Bowl at Atlanta**  
 Central Florida 34, Auburn 27  
**Citrus Bowl at Orlando, Fla.**  
 Notre Dame 21, Louisiana State 17  
**Rose Bowl (CFP Semifinal) at Pasadena, Calif.**  
 Georgia 54, Oklahoma 48, ZOT  
**Sugar Bowl (CFP Semifinal) at New Orleans**  
 Alabama 24, Clemson 6

## Today's Game

**College Football Championship at Atlanta**  
 Georgia (13-1) vs. Alabama (12-1), 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, 4 p.m. (FS1)

## Saturday, Jan. 27

**Senior Bowl at Mobile, Ala.**  
 North vs. South, 2:30 p.m. (NFLN)

## FCS PLAYOFFS

**Championship Saturday**  
**at Toyota Stadium, Frisco, Texas**  
 North Dakota State 17, James Madison 13

## ODDS

**PREGAME.COM LINE**  
**NATIONAL BASKETBALL ASSOCIATION**

Today	FAVORITE	LINE	O/U	UNDERDOG
Houston	5	222		at Chicago
at Indiana	1½	214		Millwaukee
Toronto	7½	217		at Brooklyn
Cleveland	1	218½		at Minnesota
at New Orleans	Off	Off		Detroit
at Sacramento	Off	Off		San Antonio
at L.A. Clippers	3½	212		Atlanta
at Golden State	Off	Off		Denver

## NATIONAL HOCKEY LEAGUE

Today	FAVORITE	LINE	UNDERDOG	LINE
at Toronto	Off	Off	Columbus	Off

## COLLEGE FOOTBALL

Today	FAVORITE	OPEN TODAY	O/U	UNDERDOG
Alabama	4½	3½	45	Georgia

## NATIONAL FOOTBALL LEAGUE

Saturday	FAVORITE	OPEN TODAY	O/U	UNDERDOG
Atlanta	2	2½	41½	at Phila.
at New England	13	13½	47	Tennessee

**Sunday**  
 at Pittsburgh 6 7 41 Jacksonville  
 Updated odds available at Pregame.com

## TRANSACTIONS

**BASKETBALL**  
**National Basketball Association**  
 LOS ANGELES LAKERS — Recalled C Thomas Bryant from South Bay (NBAGL).  
 MILWAUKEE BUCKS — Waived G DeAndre Liggins. Recalled F D.J. Wilson from Wisconsin (NBAGL).

## HOCKEY

**National Hockey League**  
 COLORADO AVALANCHE — Reassigned F A.J. Greer and D Andrei Mironov to San Antonio (AHL).  
 DETROIT RED WINGS — Recalled G Jared Coreau from Grand Rapids (AHL).  
 LOS ANGELES KINGS — Assigned F Jonny Brodzinski and D Kevin Gravel to Ontario (AHL).

## American Hockey League

SAN ANTONIO RAMPAGE — Reassigned F Michael Joly to Colorado (ECHL).  
**ECHL**  
 ECHL — Suspended Orlando's Sam Jardine one game and fined him an undisclosed amount for his actions in a Jan. 6 game at Jacksonville. Suspended Greenville's Bretton Cameron three games and fined him an undisclosed amount for his actions in a Jan. 6 game against Atlanta. 5:48.

## COLLEGES

CLEMSON — WR Ray-Ray McCloud will enter the NFL draft.  
 FLORIDA STATE — Named Harlon Barnett defensive coordinator.

## PRO BASKETBALL

NBA EASTERN CONFERENCE	W	L	PCT.	GB
Atlantic Division				
Boston	20	10	.767	—
Toronto	20	7	.730	3
Philadelphia	19	5	.800	11½
New York	19	21	.475	12½
Brooklyn	15	24	.385	16
Southeast Division				
Washington	23	17	.575	—
Miami	22	17	.564	½
Charlotte	15	23	.395	7
Orlando	12	28	.300	11
Atlanta	10	28	.263	12
Central Division				
Cleveland	26	13	.667	—
Detroit	21	17	.553	4½
Milwaukee	21	17	.553	4½
Indiana	20	19	.513	6
Chicago	14	26	.350	12½

WESTERN CONFERENCE	W	L	PCT.	GB
Southwest Division				
Houston	27	11	.711	—
San Antonio	27	13	.675	1
New Orleans	19	19	.500	8
Dallas	13	28	.317	15½
Memphis	12	27	.308	15½
Northwest Division				
Minnesota	25	16	.610	—
Oklahoma City	22	17	.564	2
Denver	21	18	.538	3
Portland	20	18	.526	3½
Utah	16	24	.400	8½
Pacific Division				
Golden State	32	8	.800	—
L.A. Clippers	27	11	.709	14
Phoenix	15	26	.366	17½
Sacramento	13	25	.342	18
L.A. Lakers	11	27	.289	20

**Saturday's Games**  
 Golden State 121, L.A. Clippers 105  
 Boston 87, Brooklyn 85  
 Cleveland 131, Orlando 127

Detroit 108, Houston 101  
 Indiana 125, Chicago 86  
 Milwaukee 110, Washington 103  
 Minnesota 116, New Orleans 98  
 Sacramento 106, Denver 98  
**Sunday's Games**  
 Miami 103, Utah 102  
 New York 100, Dallas 96  
 Oklahoma City at Phoenix, late  
 San Antonio at Portland, late  
 Atlanta at L.A. Lakers, late  
**Today's Games**  
 Milwaukee at Indiana, 7 p.m.  
 Toronto at Brooklyn, 7:30 p.m.  
 Cleveland at Minnesota, 8 p.m.  
 Detroit at New Orleans, 8 p.m.  
 Houston at Chicago, 8 p.m.  
 San Antonio at Sacramento, 10 p.m.  
 Atlanta at L.A. Clippers, 10:30 p.m.  
 Denver at Golden State, 10:30 p.m.  
**Tuesday's Games**  
 Miami at Toronto, 7:30 p.m.  
 Portland at Oklahoma City, 8 p.m.  
 Orlando at Dallas, 8:30 p.m.  
 Sacramento at L.A. Lakers, 10:30 p.m.

## HEAT 103, JAZZ 102

**UTAH (102)**  
 Ingles 3-8 0-0 9, Sefolosa 4-4 4-4 13, Favors 4-10 3-4 11, Rubio 0-6 4-4 4, Mitchell 12-25 0-0 27,  
 J.Johnson 4-8 0-0 9, Udoh 1-1 1-1 3, Burks 2-4 4-4 9, Hood 1-7 16 2-3 17. Totals 37-82 18-20 102.

**MIAMI (103)**  
 Richardson 6-11 2-4 14, Olynyk 4-8 3-4 12,  
 Whiteside 5-11 4-4 14, Dragice 6-18 3-13 16,  
 T.Johnson 7-13 0-0 16, Jones Jr. 2-2 0-2 5,  
 Ja.Johnson 6-12 0-13, Adebayo 1-1 2-0 3-4,  
 Ellington 3-7 0-0 9. Totals 40-83 14-20 103.

**UTAH** 22 25 28 27 — 102  
**MIAMI** 27 22 25 29 — 103  
 3-Point Goals—Utah 10-32 (Ingles 3-7, Mitchell 3-10, Sefolosa 1-1, J.Johnson 1-3, Burks 1-3, Hood 1-5, Favors 0-1, Rubio 0-2), Miami 9-29 (Ellington 3-6, T.Johnson 2-6, Jones Jr. 1-1, Olynyk 1-3, Ja.Johnson 1-4, Dragice 1-6, Richardson 0-3). Fouled Out—None. Rebounds—Utah 44 (Favors 10), Miami 37 (Ja.Johnson 11). Assists—Utah 15 (Rubio 6), Miami 21 (Richardson 7). Total Fouls—Utah 18, Miami 16. A—19,600 (19,600).

## KNICKS 100, MAVERICKS 96

**NEW YORK (100)**  
 Thomas 1-2 0-2, Porzingis 9-25 8-8 29, Kanter 6-13 1-23, Jack 5-8 2-2 12, Lee 3-0 4-4 11,  
 McDermott 4-8 0-0 9, O'Quinn 6-13 4-15,  
 Hernandez 1-1 0-0 2, Melnikina 3-8 0-0 7, Baker 0-0 0-0 0. Totals 38-82 18-20 100.

**DALLAS (96)**  
 Barnes 10-22 2-25, Kleber 0-3 0-0 0, Nowitzki 1-7 3-5, Smith Jr. 1-14 0-0 11, Matthews 4-10 6-14, Powell 1-2 0-2, Meiri 4-5 3-11, Barea 3-12 5-11, Ferrell 3-8 0-0 6, Harris 4-9 1-1, Barra 10. Totals 35-92 20-24 96.

**NEW YORK** 33 23 19 25 — 100  
**DALLAS** 25 27 19 25 — 96  
 3-Point Goals—New York 6-16 (Porzingis 3-5, Ntilikina 1-2, McDermott 1-3, Lee 1-4, Thomas 0-1, Jack 0-1), Dallas 6-24 (Barnes 3-5, Harris 2-4, Smith Jr. 1-2, Powell 0-1, Ferrell 0-1, Matthews 0-1, Kleber 0-2, Nowitzki 0-3, Barea 0-5). Fouled Out—None. Rebounds—New York 49 (Kanter 18), Dallas 40 (Barnes, Meiri 7). Assists—New York 22 (Jack 8), Dallas 22 (Harris 6). Total Fouls—New York 23, Dallas 20. Technicals—New York coach Knicks (Defensive three second). A—20,171 (19,200).

**INDIVIDUAL STATISTICS**  
 Through Jan. 6:  
**SCORING**  
 Harden, HOU 35 334 319 1132 32.3  
 Antetokounmpo, MIL 36 387 255 1046 29.1  
 James, CLE 39 412 177 1077 27.6  
 Cousins, NOR 38 336 229 9

**COLLEGE BASKETBALL: Wichita State 95, South Florida 57**

# No. 9 Wichita State crushes South Florida

By JEFFREY PARSON  
Associated Press

WICHITA, Kan. — His team had just been blown out, and South Florida coach Brian Gregory grabbed the stat sheet to make sure his players saw a small number that stood out to him.

Landry Shamet, the star guard for No. 9 Wichita State, took just two shots in a 95-57 victory on Sunday.

"Two shots the whole game," Gregory said. "He don't care. I mean, All-American, NBA first-round pick, and he doesn't care about any of that. That's because of the type of high-level program they've built."

Shaquille Morris led the Shockers (13-2, 3-0 American Athletic Conference) with 15 points. Zach Brown had 13 points, and Markis McDuffie scored 12 for Wichita State. Darral Willis finished with 11.

Morris, Brown and McDuffie were a combined 16 of 19 from the floor, helping the Shockers shoot 62.7 percent.

Wichita State coach Gregg Marshall pointed to Shamet's unselfishness and seven assists as a catalyst.

"We had 28 assists on 37 baskets," Marshall said. "Look around college basketball, and you won't see many teams getting 28 assists. I liked our ball movement."

Malik Martin led South Florida (7-10, 0-4 AAC) with 15 points. David Collins scored 12 points, and Terrence Samuel added 10 for the Bulls.

South Florida played without leading scorer Payton Banks because of illness.

Wichita State made 16 of its final 18 shots in the first half to build a 51-20 halftime advantage. The



South Florida guard Stephan Jiggetts shoots while Wichita State center Rauno Nurger defends during the first half of an NCAA college basketball game Sunday in Wichita, Kan.

Shockers finished the half 21 of 28 from the floor, the best first-half shooting percentage (75) in Marshall's 11 seasons.

Forcing 13 first-half turnovers and turning them into 21 points helped the Shockers' offense click.

"We knew South Florida was a man down and not deep to begin with," Marshall said. "We wanted to push the defense and force a transition-type game."

## FRANKAMP OUT

Wichita State was without starting guard Conner Frankamp, who had with a stomach virus. Frankamp, a senior,

entered third on the team in scoring at 11.8 points per game.

He was replaced in the starting lineup by sophomore Austin Reaves, who finished with eight points and seven assists.

"It was great to get the start," Reaves said. "I just tried to be aggressive."

## THREE FROM THE 3

Marshall said all the small-forward minutes were split between McDuffie and Brown, who each played 20 minutes.

"Those two combine to go 7 of 8 from the 3-point line," Marshall said.

"That will win you a lot of games."

## BIG PICTURE

South Florida: The Bulls got another tough lesson as they rebuild under first-year coach Brian Gregory.

Wichita State: Missing a starter, the Shockers cruised and were able to spread the minutes before playing three of their next four games on the road.

## UP NEXT

South Florida: The Bulls host No. 19 Cincinnati on Saturday.

Wichita State: The Shockers travel to East Carolina on Thursday.

**NBA: Heat 103, Jazz 102**

Miami Heat guard Josh Richardson (0) blocks a shot by Utah Jazz guard Rodney Hood (5) during the second half of an NBA basketball game Sunday in Miami.

## Richardson's layup lifts Heat past Jazz

By TIM REYNOLDS  
Associated Press

MIAMI — The last Miami play was designed by Heat coach Erik Spoelstra to put the ball in Josh Richardson's hands, and with it came the right to decide who would take his team's biggest shot of the game.

He chose himself. It was the right call. Richardson's layup with 5.1 seconds left capped a Miami rally from eight points down in the fourth. Donovan Mitchell missed a jumper for Utah at the buzzer and the Heat simply stole one in the final moments to beat the Utah Jazz 103-102 on Sunday.

"He drew it up for me and I was kind of surprised," Richardson said.

So surprised, in fact, that Richardson emerged from that huddle telling Wayne Ellington and Tyler Johnson to get ready for his pass. But a lane opened to the rim, Richardson laid the ball home and the Heat won their fourth straight — all by single digits, Miami's longest stretch of such wins since November 2012.

"Utah played a very good basketball game," Spoelstra said. "In many ways, they deserved to win this one. But we've got to make up some ground. We've given up some games that we wish we could have had back, so quite frankly we need to steal some."

Tyler Johnson and Goran Dragic each scored 16 points for Miami. Richardson and Hassan Whiteside each had 14, James Johnson 13 and Kelly Olynyk had 12.

Mitchell scored 19 of his 27 points in the second half, but couldn't save Utah from dropping its seventh straight on the road. He went into the backcourt to take the final inbounds pass and wound up taking a jumper from the right side that missed as time expired.

Mitchell kicked himself afterward, realizing too late Rodney Hood might have been open. "I should have made the right read instead of shooting it," Mitchell said.

Hood scored 17 points, Thabo Sefolosha added 13 and Derrick Favors 11 for the Jazz, who fell to 3-17 on the road.

"We obviously did a few things right," Jazz coach Quin Snyder said. "It doesn't feel like it right now."

Miami improved to 2-14 when trailing after three quarters.

The Heat led for 20 of the 24 first-half minutes, but their lead was only 49-47 at the break.

Mitchell was 3 for 12 in the opening half, after going 5 for 14 against the Heat when the teams met in November. It was like he was due to break out — and did just that, needing only 3 minutes to score Utah's first 11 points of the second half.

He made his first five shots of the third, ended up 6-for-8 for 13 points in the quarter and Utah took a 75-74 lead into the fourth. Mitchell put the Jazz up 93-85 with 6:28 left, but Miami finished on a 18-9 spurt.

"Find a way at the end," Spoelstra said.

## TIP-INS

Jazz: The 3:30 p.m. EST tip is the earliest for Utah this season. ... The Jazz scored 74 points in the teams' first meeting this season; Joe Johnson's jumper with 1:09 left in the third gave Utah 75 on Sunday. ... Utah is off until Wednesday, which means the Jazz — who had time for exactly one non-gameday practice in December — will get one during this trip.

Heat: Miami plays seven of its next eight, and 11 of its next 14, on the road. ... There's been no change yet in the status of Dion Waiters, who sought a second opinion on his sprained left ankle last week. Waiters missed his sixth consecutive game. ... The Heat sent Derrick Walton Jr. to Sioux Falls of the G League over the weekend, after he appeared in 12 games with Miami.

## SILVER WATCHES

NBA Commissioner Adam Silver watched the game from the stands. He's in Miami for league marketing meetings scheduled for this week.

## UP NEXT

Jazz: Visit Washington on Wednesday night, as their trip continues.

Heat: Visit Toronto on Tuesday night, then visit Indiana on Wednesday.

**COLLEGE BASKETBALL: Central Florida 60, Temple 39**

## UCF defense shuts down Temple

Associated Press

ORLANDO — Dayon Griffin scored 15 points and UCF's top-10 ranked defense smothered Temple 60-39 on Sunday.

Griffin made a trio of 3-pointers with Ceasar DeJesus adding 13 points and Tacko Fall nine

rebounds to go with seven points for UCF (12-4, 3-1 American Athletic), which won for the eighth time in nine games.

Nate Pierre-Louis led Temple with 13 points. The Owls shot only 32 percent and made just 4 of 22 3-point tries against a Knights defense

that came in ranked sixth nationally, holding opponents to 60.2 points per game. Temple had just one free-throw attempt.

The Owls trailed 36-31 in the second half before going without a point for over 10½ minutes, dropping behind by 19 points with 4:41 to go. The

Knights' lead grew to as many as 23 points late.

Temple led for a seven-minute stretch in the first half before a 3-pointer by Griffin started a 14-0 run that ended with UCF leading by 10 on its way to a 29-22 advantage at halftime.

Temple (7-8, 0-4) has lost five straight.

**COLLEGE BASKETBALL: Arizona State 80, Utah 77**

## Evans scores 21 as No. 4 Arizona State downs Utah

By KAREEM COPELAND  
Associated Press

SALT LAKE CITY — Shannon Evans scored 22 points, and No. 4 Arizona State held on for a choppy 80-77 win over Utah on Sunday night to end a two-game losing streak.

Mickey Mitchell hit two free throws with 21.7 seconds remaining after being fouled on a drive to give Utah a 79-77 lead. Justin Bibbins missed what could have been the game-winning 3-pointer with 6 seconds left.

Kodi Justice scored 20 points and carried the offensive load most of the night for Arizona State (13-2, 1-2 Pac-12), but Evans found a groove late, scoring 10 straight points down the stretch.



Utah guard Kolbe Caldwell (2) walks off holding his head as Arizona State's Kodi Justice (44) and teammate Tra Holder (0) celebrate in the final minute of the second half during an NCAA college basketball game Sunday in Salt Lake City.

Tra Holder, the league's leading scorer, added 11 points.

Bibbins had 22 points and six assists to lead the Utes (10-5, 2-2), who also lost to No. 14 Arizona on this homestand. Sedrick Barefield added 21.

The teams went back and forth throughout a second half that no flow as Arizona State committed 31 fouls and Utah shot 36 free throws. Three Arizona State players fouled out as coach Bobby Hurley

fumed on the sideline.

Utah erased an 11-point deficit to go into halftime with a 36-35 lead, sparked by Bibbins' strong play. Back-to-back steals and baskets from Justice gave ASU a 19-8 lead, but the Utes responded with a 16-4 run.

## BIG PICTURE

Arizona State: The Sun Devils are likely to take a significant fall in the polls after losing to Arizona and Colorado and struggling against Utah.

Utah: Once again, the Utes hung in against a ranked opponent but couldn't finish it off. Utah isn't athletically blessed, so they have to grind out games defensively and shoot well from the perimeter.