

Proposed change in mental health act gains some support

By JAY MEISEL
STAFF WRITER

SEBRING — In the wake of a mass school shooting at a Parkland high school, there's been some talk about changing a mental health act to help prevent future such incidents.

According to media reports, Polk County Sheriff Grady Judd and others have favored amending the Baker Act, which allows involuntary commitment and mental health evaluation if people are deemed threats to themselves or others.

One of those suggested changes has been to allow the involuntary commitment of a person who displays bizarre behavior. Another is to allow temporary confiscation of a person's firearms.

Highlands County Sheriff Paul Blackman said he would support adding the bizarre behavior to the criteria necessary for someone being involuntarily committed for mental health evaluation or services.

Such a change would allow people to receive mental health services, he said.

Blackman said that bizarre behavior would involve conduct that was clearly outside of societal norms. He said he doesn't believe there's any intent to violate the rights of people.

The change could provide "more of an



BLACKMAN



FANSLER

MENTAL | 8

State budget talks could be on 'clear path'

NEWS SERVICE OF FLORIDA

TALLAHASSEE — Negotiations over a new state budget moved Friday to the top House and Senate budget chairmen, with lawmakers predicting a timely resolution.

"As we move forward and narrow the differences, if you look at where we are now, the amount of things that we're arguing over now are very modest," Senate President Joe Negron, R-Stuart, said. "I see a very clear path to resolution."

The remaining differences in an \$87 billion-plus spending plan for 2018-2019 will now be negotiated by Senate Appropriations Chairman Rob Bradley, R-Fleming Island, and House Appropriations Chairman Carlos Trujillo, R-Miami. Conference committees spent part of the week settling issues in the various areas of the budget.

Bradley and Trujillo were scheduled to meet late Friday to continue talks.

Any issues left unresolved by the end of the weekend will be decided by Negron and House Speaker Richard Corcoran, R-Land O'Lakes. Lawmakers face a Tuesday deadline to finish the budget. That would allow a required 72-hour "cooling off period" before a vote next Friday, the last scheduled day of the legislative session.

Health care funding remains one of the biggest differences between the chambers. The Senate wants to increase the amount the state pays nursing homes to care for seniors by \$130 million, but the House has not embraced that move.

Additionally, the Senate wants to revamp how the state directs Medicaid funds to hospitals. But that move would result in a big cut to Miami's Jackson Memorial Health System,

BUDGET | 8

"I see a very clear path to resolution"

— Joe Negron,
Senate President

Helping the handicapped



JAY MEISEL/STAFF

A wheelchair ramp keeps Sebring City Hall in compliance with the Americans With Disabilities Act.

City of Sebring strives to follow ADA

By JAY MEISEL
STAFF WRITER

SEBRING — When the building that houses the Boys and Girls Club in Sebring is repaired, it will have an American With Disabilities Act compliant restroom.

That may be a small consolation to some, given the heavy damage Hurricane Irma inflicted on the building, but the addition is a step forward.

Over the years, many such improvements have been made in the city to help it become more friendly to those with disabilities, Sebring City Administrator Scott Noethlich said.

Most of the focus has been on entrances to buildings, handicapped parking, curb cuts and accessible restrooms.

For buildings predating the ADA, the federal requirement kicks into play if more than half of the structure is remodeled or rebuilt.

The repairs to the Boys and Girls Club building, which is owned by the city, probably won't meet the 50 percent threshold but the city still plans to add the ADA-compliant restrooms. Those include entrances and stalls wide enough to accommodate a wheelchair.

Entrance ramps and other features have been completed at the police and fire department buildings to make them ADA compliant, Noethlich said.

The buildings don't have elevators, but the basement of the Sebring Police Department and the second story of the Sebring Fire Department aren't openly accessible to the public.

The city also has made progress in making sidewalks ADA compliant, Noethlich said. Curb cuts have been made with rubber covers that help people with wheelchairs and canes negotiate street

ADA | 8



JAY MEISEL/STAFF

Sebring City Administrator Scott Noethlich said the plastic on the curb cut helps people who are blind or who walk with a cane.

Project 65 strives to prevent veteran suicide

By PHIL ATTINGER
STAFF WRITER

SEBRING — Kevin Woods, a veteran of the U.S. Navy, goes everywhere these days with former U.S. Army specialist Steven Brinneman.

On Feb. 14, 2008, Brinneman took his own life while serving in Operation Enduring Freedom in Afghanistan. Woods carries a dog tag he made specially to remember Brinneman, just like hundreds of such tags Woods has made in the last 10 months to memorialize military veterans who have taken their own lives.

He hopes by giving them to other veterans, he can help prevent more suicides.

"I travel to events and ask veterans to vow to carry them and remember," Woods said Saturday during the Project 65 event on the Circle in Sebring.

Though Brinneman's friends and family made a memorial entry at www.forevermissed.com, it doesn't tell more than his age, unit and tour of duty.

That's OK with Woods. He prefers to think of Brinneman as a friend who likes to go where he's going, and a reminder to keep well, so he can remember him.

Woods started doing this 10 months ago. So far, he's made and given tags to more than 500 veterans, giving them a new mission

PROJECT | 8



PHIL ATTINGER/STAFF

Although the slogan speaks for prisoners of war or those missing in action, the POW-MIA flag at Saturday's Project 65 event also speaks to veterans who have committed suicide or have contemplated it, as well as to veterans, family and friends who have suffered the loss of a veteran who has taken their own life. Project 65 leaders hope to prevent further self-inflicted deaths.



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AP CRA Board nixes request for CRA employee

By **MARC VALERO**
STAFF WRITER

AVON PARK — The Main Street Community Redevelopment Agency Advisory Board recommended hiring an employee to manage/oversee the CRA, but the CRA Board unanimously voted against it.

Main Street CRA Advisory Board Chairwoman Gaylin Thomas said a staff member should be hired to handle the many facets of the CRA.

"It is very complex and with the Legislature putting pressure, especially on CRAs that are City Council CRAs, I think it would be very advisable to have someone dedicated to knowing what is involved and what is required and dedicated to doing those things," she said. "A CRA paid staff member is needed in the absence of a CRA director."

The Main Street CRA pays for part of several salaries with CRA funds to do clerical duties such as taking minutes at meetings, handling facade grants and maintaining

the CRA website, Thomas said.

No one is the CRA hub to keep the wheel rolling, monitor the project details, make sure all the required items are collected and checked, she said. There is no one person who can talk freely to the Advisory Board and the City Council, she added.

CRA Board Member Terry Heston asked what the salary would be.

Thomas replied that the salary level has yet to be developed. City Attorney Glinda Pruitt said an employee is needed.

City Manager Julian Deleon said after making loan payments, the Main Street CRA has about \$60,000 to work with. After paying a salary for a CRA employee, there would be little money left for the CRA staff member to manage.

He noted that Wes Hoaglund, as CRA director, was the last person the city had on staff who worked solely on CRA duties, but he only worked one day a week. Hoaglund became the city's CRA director in July 2009 with an annual salary of \$40,000.

In January 2012, the CRA Board decided not to renew Hoaglund's contract, citing a lack of funding for his salary and his job performance.

Then-mayor Sharon Schuler said the Main Street CRA paid the biggest portion of Hoaglund's salary. The South Side and Airport CRAs couldn't afford it.

Deleon said Friday there is an inter-fund loan from the city's general fund to the CRA. The repayment is approximately \$39,000 annually.

The Main Street CRA budget is approximately \$115,000 minus the \$39,000. This leaves an annual budget of \$76,000, he said.

The Main Street CRA has done a "tremendous job" in the last few years, Deleon said, with the Brickell Building purchase and the Brickell parking lot.

He also cited improvements to the Main Street parking areas, bathrooms and Donaldson Park.

The agency-funded improvements are very visible through infrastructure and monument signs, Deleon said.

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Memories of growing up in Highlands County

All of us have memories of growing up. The following is a bit of nostalgia written by Ruby Hoyt Nicholson about growing up in Highlands County for "The Historian," a publication by the Sebring Historical Society, in 1995.



HISTORICALLY SPEAKING
Elaine Levey

"I have vivid memories of the fall season during my childhood years. The fall was cooler and I particularly remember the pretty leaves as they changed colors, gathering nuts and just living that time of the year. I loved picking wild flowers, such as goldenrod for bouquets for the house.

I also have fond memories of hearing the whippoorwills and owls off in a distance at night. Even today a train whistle at night reminds me of the quietness and stillness of the night in my childhood home. Many times the sound of the whistle would awaken me.

We had a battery operated radio that we enjoyed a lot. Some of our favorite programs were The Long ranger, Major Bowles, Amateur Nite, One Man's Family, Inner Sanctum, Jack Benny and Fibber McGee and Molly. The stories seemed so real. The sound system was great and we used our imagination to develop mental pictures of everything that was happening. No longer, however, are rich imaginations cultivated around the fire on cold winter nights.

During the depression years, we did not have

in glass jars to watch them light up.

Star gazing was fun too. We always looked for the first star of the evening and would recite the poem for wishing on a star. We also looked for the big and little dippers. The stars were beautiful, especially in October.

During the depression years the Circle Theater sponsored a 'Family Night' in which they charged only .50 cents for an entire family to see a movie on Wednesday nights. All seven of us would pile into the car and go to the movies. They always had a serial movie in which there was a continuing saga so we just had to go back the next Wednesday to see if our hero survived.

During the spring, we used to pick a lot of huckleberries and blueberries that grew abundantly all around us. We ate a lot of them. And there were a lot of hickory nut trees in the wooded area around us and we would gather them in the fall.

Hickory nuts are not very meaty, so it took a lot of them to get enough nut meat to use for cookies. Mama also made guava jelly from large yellow guavas.

These are some of the memories of growing up in this area."

Elaine Levey can be reached at emlevey@gmail.com

many toys but there were a lot of games we played. We played marbles a lot at home and at school. My friend, Nellie and I were the champions in our age group when we were 12 or 13 years old. We also made our own stilts out of vegetable cans. We thought that was great fun. We climbed trees, made tree houses, made swings by attaching a chain or rope to an old tree and made playhouses in little alcoves in the woods.

We also had an Easy Money game which was like Monopoly in which we played for hours and hours. In addition, our family played baseball a lot. With seven of us, along with a couple of friends, we could make up a couple of teams. Hide and seek was also a favorite pastime. We played in the evening in the huge yard that had lots of places to hide.

After dinner in the summer, when it was just getting dark, we caught fireflies. There were lots of them flying around since we lived in the country and we liked to catch them and put them

Vet Jam brings people together

It is no secret that there is a great variation of age groups among Highlands County residents. And with this comes the chance that a variety of people, of all different backgrounds, will live here. On Saturday, one background that transverses age was honored at Vet Jam in Avon Park.

Vet Jam is a community event that raises money for veterans in the county. Anna Marie Feeney is the director. Vet Jam is focused on providing donations to local veteran projects and charities. It took place on Saturday and lasted the majority of the day.

This means that even those who work on Saturday could attend the event, either in the morning or the evening. Vet Jam stretches a good portion of Main Street, from the Tap Room to Donaldson Park, and all in between.

There were a variety of booths, food vendors and even live music, hence the "Jam" in Vet Jam. Some booths sold candles or jewelry. Others raised awareness of local community groups. There was even a portion that displayed rescued wildlife, including various types of iguanas and tortoises. A car show showcased both classic and import vehicles.

Those who attended could make a donation to support various causes, such as for domestic violence victims or homeless pets. Or, they could shop for handmade gifts. The variety of tents at Vet Jam meant that there was something or people of all walks of life.

A lot of people brought their dogs, some people brought their children, and



ANNSLEY BOHLMAN
Correspondent

all enjoyed the music and each others' company.

Vet Jam focuses on bringing members of the community together with the common theme of military service.

Most, if not all members of the community, know someone who has served in the military, or have served themselves. This means that Vet Jam is something that many in Highlands County can relate to in some form.

For some, it may be a reminder of family members and their branch of service as their sacrifice. For others, it is a display of appreciation from the community, so that those who have served can feel their efforts being noticed and appreciated. It is a chance for members of the military to meet, and age gaps to be crossed.

Vet Jam is such a popular event in Sebring and Avon Park that next year's event is already in the works. Though dates have not yet been released, there are activities that are being planned. They include some that are similar to this year's, such as the live musical performances and the inclusion of classic cars. However, next year look for more motorcycles and beer tents at Vet Jam. These are also interests that can bridge the age gap, and further bring the community together.

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COMMUNITY CALENDAR

■ **TODAY**

American Legion Post 25 in Lake Placid - Cafe 11 a.m. to 7 p.m., Chips Ahoy 2 p.m. Call 863-465-0975.

American Legion Post 69 in Avon Park - Call 863-453-4553.

American Legion post 74 in Sebring - Bar Poker 5-7 p.m. Call 863-471-1448.

AMVETS Post 21 in Sebring - Dart League 7:30 p.m. Call 863-385-0234.

VFW Post 4300 in Sebring - Call 863-385-8902.

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

Elks Lodge 2661 in Lake Placid - Call 863-465-2661.

Elks 1529 in Sebring - Canasta 9 a.m. Tastee Tuesday, \$8, 5:30-6:30 p.m. reservations required, hot roast beef, mashed potatoes, gravy. Queen of hearts. Music by Allen 5:30-8:30 p.m. Call 863-471-3557.

Moose Lodge 2494 in Avon Park - Taco Tuesday! \$2 margaritas. \$6 beer pitchers. Ship, capt., crew 4 p.m. Call 863-452-0579.

Moose Lodge 2374 in Lake Placid - Call 863-465-0131.

Moose Lodge 2259 in Sebring - Call 863-655-3920.

Sebring Recreation Club - Beginning line dancing 5:30 p.m. Couples line dancing 6:30 p.m. Advanced line dancing 7:30 p.m. Call 863-385-2966.

Eagles 4240 in Sebring - Call 863-655-4007.

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Moose Lodge 2494 in Avon Park - Taco Tuesday! \$2 margaritas. \$6 beer pitchers. Ship, capt., crew 4 p.m. Call 863-452-0579.

Moose Lodge 2374 in Lake Placid - Call 863-465-0131.

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Moose Lodge 2494 in Avon Park - Bartender lunch. Family dinner stuffed pork chop. Bar poker 5 p.m. Call 863-452-0579.

Moose Lodge 2374 in Lake Placid - Call 863-465-0131.

Moose Lodge 2259 in Sebring - Call 863-655-3920.

Sebring Recreation Club - Woodcarving 8:30-11 a.m. Bridge 12:30 p.m. Pinochle 1 p.m. Shuffleboard league 1:15 p.m. Ping Pong 3:15 p.m. Intermediate line dancing 5:30-7:30 p.m. Call 863-385-2966.

Eagles 4240 in Sebring - Call 863-655-4007.

■ **WEDNESDAY**

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

American Legion Post 69 in Avon Park - Call 863-453-4553.

American Legion post 74 in Sebring - Draft beer \$1 all day. Wild card. Bar poker 5-7 p.m. Chicken biscuit dinner 5-7 p.m. \$5. Call 863-471-1448.

AMVETS Post 21 in

■ **THURSDAY**

American Legion Post 25 in Lake Placid - Poker 1 p.m. Chips ahoy 4 p.m. Create a pizza. Pool 6 p.m. Darts 6:45 p.m. Free line dancing 7 p.m. Call 863-465-0975.

American Legion Post 69 in Avon Park - Call 863-453-4553.

American Legion post 74 in Sebring - Thirsty Thursday all day. Ship, captain and crew 2-4 p.m. Call 863-471-1448.

■ **TUESDAY**

American Legion Post 25 in Lake Placid - Cafe 11 a.m. to 7 p.m., Euchre 1 p.m., Chips Ahoy 4-6 p.m., Meatloaf dinner 5-7 p.m. Public Bingo 6 p.m. Call 863-465-0975.

American Legion Post 69 in Avon Park - Call 863-453-4553.

American Legion post 74 in Sebring - Ship, Captain and Crew 5-7 p.m., Taco Tuesday 3/\$5 5-7 p.m. Call 863-471-1448.

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OBITUARIES

Ruth M. Warner

Ruth Maxine Warner, 98, passed away on Thursday, March 1, 2018 in Sebring, Florida. She was born on Dec. 12, 1919 to the late John and Grace (Klinger) Norris in Kosciusko County, Indiana. She had been a resident of Sebring since 2003, coming from the Sidney, Indiana area. She was a member of St. John United Methodist Church and had volunteered for the Arc Resale Store in Avon Park for more than 30 years.

Ruth is survived by her sons, Jack Warner (Flora) of Sebring, Rex Warner (Nell) of Indiana, and Dr. Paul Warner (Ruth) of Kentucky; seven grandchildren, 17 great-grandchildren and two great-great-grandchildren. She was predeceased by husband, L. V. Warner, two brothers and three sisters.

A memorial service will be held at 11 a.m. Wednesday, March 7, 2018 at St. John United Methodist Church, 33631 Grand Prix Drive, Sebring, FL 33872 with Rev. Ronald DeGenaro Jr. officiating. Memorial

contributions may be made to the St. John United Methodist Church or to The Ridge Area Arc, 899 W. Main St., Avon Park, FL 33825.

Services entrusted to Stephenson-Nelson Funeral Home, 4001 Sebring Parkway, Sebring, FL 33870. Online condolences may be left at stephensonnelsonfh.com.

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Please take notice that a Public Hearing, pursuant to Chapter 180, Florida Statutes, and other applicable law, will be held in regard to the City of Sebring's proposed acquisition of the customer base and territory of the wastewater treatment system at the Hammock Estates Mobile Home Park from Hammock Estates ROC, Inc., at 6:00 p.m., or as soon thereafter as possible, on March 20, 2018, at the City Council Chambers, 368 South Commerce Avenue, Sebring, Florida 33870. Any person may appear and be heard with respect to the proposed acquisition.

Pursuant to Section 286.0105 of the Florida Statutes, as amended, the City Council hereby advises that if any interested person decides to appeal any decision made by the City Council with respect to any matter considered at the proceedings, he will need a record of the proceeding and that, for such purpose, he may need to ensure that a verbatim record of the proceedings is made, which record includes the testimony and evidence upon which the appeal is to be based.

THE CITY OF SEBRING DOES NOT DISCRIMINATE UPON THE BASIS OF AN INDIVIDUAL'S DISABILITY STATUS. THIS NON-DISCRIMINATORY POLICY INVOLVES EVERY ASPECT OF THE CITY'S FUNCTIONS, INCLUDING ONE'S ACCESS TO, PARTICIPATION IN, EMPLOYMENT OF, OR TREATMENT IN, ITS PROGRAMS AND/OR ACTIVITIES. IN ACCORDANCE WITH THE AMERICAN WITH DISABILITIES ACT, PERSONS WITH DISABILITIES NEEDING A SPECIAL ACCOMMODATION TO PARTICIPATE IN THIS PROCEEDING SHOULD CONTACT KATHY HALEY, CITY CLERK, AT 368 SOUTH COMMERCE AVENUE, SEBRING, FLORIDA 33870, TELEPHONE (863) 471-5100, NOT LATER THAN TWENTY-FOUR (24) HOURS PRIOR TO THE PROCEEDING. IF HEARING OR VOICE IMPAIRED, PLEASE CALL THE CLERK THROUGH FLORIDA RELAY SERVICE: (TDD) 1-800-955-8771, OR VOICE (V) 1-800-955-8770, VIA FLORIDA RELAY SERVICE.

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VIEWPOINTS

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NEWS-SUN**
YOUR HOMETOWN NEWSPAPER SINCE 1919

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SUN
NEWSPAPERS

OUR VIEW

Also warmer at top of the world

As we cope with the reality of the hottest February on record in Southwest Florida, also contemplate this news from the Vox website.

The Arctic is experiencing a winter heat wave, according to the National Snow and Ice Data Center at the University of Colorado Boulder.

The northernmost weather station in Greenland last week showed temperatures above zero for one 24-hour period. In the Arctic, in February. One day, the temperature rose to 43 degrees, some 45 degrees above normal. Sea ice was at its "lowest extent" since records were first kept in 1979.

The heating trend is caused by warmer southern air swooping up the jet stream. For the record, this is the third straight year the Arctic has experienced a winter heat wave.

Climate change? The scientists don't know for certain. But they believe this may indicate changes are occurring faster than previous forecasts.

Not a good sign, that's for sure.

Chopper alert: Yes, please alert

Feral hogs are non-native nuisance animals that ravage open land throughout Southwest Florida. They eat plants and smaller animals. They root in the ground, leaving huge ruts and damaging the environment.

That's why governments have eradication programs to rid public land of as many of the wild animals as possible.

Not pretty, but necessary.

On a recent Sunday morning, a helicopter flew above the 46,000-acre Charlotte Harbor Preserve State Park. Inside was a sniper shoot-ing wild hogs from the sky.

As one local resident told the Sun later, the scene she saw was like something from the movie, "Apocalypse Now."

Cue the "Valkyries!"

Yikes!

The chopper-shoot was part of the U.S. Department of Agriculture's Feral Swine program, contracted through state park system. Trapping hadn't worked very well. The agency thought aerial shooting was safer than ground shooting.

Maybe this is the safest and most efficient way to kill these brutes. We're no experts.

But we can say this: Apparently, no one warned the Charlotte County Sheriff's Office or the people in local neighborhood beforehand.

So what were people to think?

We'll be looking for the public alert notice next time, if there's a next time.

— Sun Newspapers

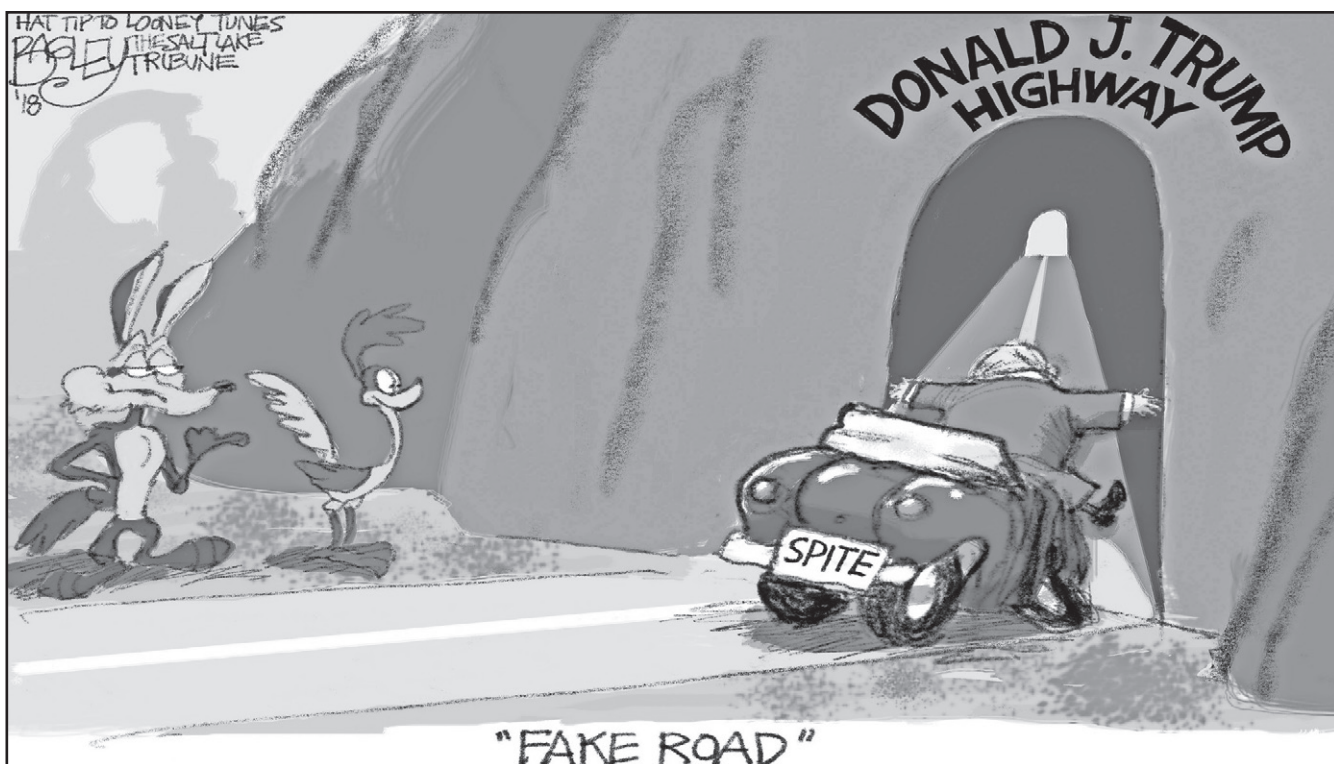
JOIN THE CONVERSATION

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.



Rooney and Florida agriculture

GUEST COLUMN

Polly Parks

agricultural disaster-related relief. Not surprising considering that they, along with 11 other Florida Republican Congressmen, fought a losing battle in 2013 to block Hurricane Sandy relief. An action that did not garner many friends, even on their side of the aisle.

To be clear, the \$2.36 billion allocation is for "crops, trees, bushes, and vine losses related to the consequences of Hurricanes Harvey, Irma, Maria, and other hurricanes and wildfires occurring in calendar year 2017." In the interview, Rooney says that is for Florida, Texas, and Puerto Rico. If only. At least one-quarter of all states and territories were afflicted by fire or hurricanes in 2017.

In addition, there are conditions. The maximum amount that growers who have crop insurance can receive is 85 percent. For those without, it is 65 percent with the mandatory requirement that they acquire crop insurance for the next two years.

As USDA makes clear (rma.usda.gov/fields/ga_rso/2016/2016flcitrus.pdf), greening is not covered by citrus crop insurance nor is citrus produced on trees younger than five years. So

those owning any portion of a grove, even a newly planted one, may see some cash, but the provision doesn't significantly help the beleaguered Florida citrus industry.

Rooney's inability to bring home the bacon, despite being a member of Majority Leader Kevin McCarthy's senior leadership team, infuriated the growers of Florida. And despite Rooney's rhetoric of small family farmers, Florida's agriculture is primarily corporate, particularly that in his district.

It was not that Rooney didn't want to make some calls to the corporate headquarters of the likes of Del Monte, Premier Citrus, Lykes Brothers, and King Ranch to subsidize his next run. More likely, they told him not to call.

I suppose Congressman Rooney believes that no one is paying attention when he lies through his teeth. After all, as a Majority Deputy Whip and senior leadership in the House Intelligence Committee (HPSCI), he was instrumental in engineering the Nunes Memo, which was a scurrilous attack on the nation's Department of Justice and the Federal Bureau of Investigation (FBI).

It is no coincidence that Congressman Rooney dropped out when it became clear that the

Minority rebuttal of the Nunes Memo was going to see the light of day. Corporate agriculture in the United States expects to stay out of partisan food fights.

And as many of our Florida growers have interests south of the border, they are not interested in some tomato producers down in Francis Rooney's district upending NAFTA or Donald J. Trump exiting The Pacific Partnership (TPP) for no good reason. They also aren't interested in a "wall," invisible or otherwise, that will make it less likely to get the pickers that they need when they need them.

Congressman Rooney is dropping out of his safe seat. Good riddance. Now, we need to find some stellar candidates, on both sides of the aisle, to run and, once elected, represent all of the FL-17 constituent interests in Washington. Enough of the partisan b.s.

Polly Parks, is a resident of Sebring. Formerly, she was a Washington representative for a multinational metal recycling firm handling policy issues and federal contracting. Email her at pollyparks@earthlink.net. Guest columns are the opinion of the writer, not necessarily that of the Highlands News-Sun.

YOUR VIEW

Better background checks needed

I find it interesting that a recent writer didn't mention that there were 11,004 homicides in 2016 caused by firearms. This statistic is from the same FBI report he quoted.

I believe in the right to own a gun — to protect yourself, your home and for hunting. There should be better background checks.

Mary Vermiglio
Sebring

Let's think real change

In today's social/political climate we are all asking our "elected" public servants to listen to us, whether it be abortion rights, gun rights or who should live in our country.

The representative is faced with deciding between their beliefs or those they have sworn to represent.

Here's the kicker, who has their ear? You and me or the group or person who made it possible to

get the job with that big check.

In colonial times, I would think "lobbyist" did not exist; yes, wealthy supporters had the word in their ear.

Do we really need lobbyists today? Let's make that a part of election reform.

Let's ban all lobbyist money in all Florida elections. No corporate contributions. No checks from any group.

Only money from people who believe that you will make the right decisions. Limit that to \$100.

OK, make it that no campaign can spend more than the total compensation of that office and the representative can't make more than the median income of their district.

Media and ad agencies would not be the winners, but we the people would get more than a 15-second sound bite with more town meetings. Now that's running for office again.

Now the "public servant" has to and wants to represent those who elected him, not a career.

Who knows, we may produce another Abraham Lincoln. What the heck,

even I could run and have a chance.

Fred Schilffarth
Sebring

'Snowflakes' are guests here

Lately there seems to be a flurry of letters to this paper from "snowflakes" expressing the belief that local communities should change laws, check with them on local issues and be eternally grateful because we show up here.

Let's clarify this, we are the guests. Yes, we spend money that helps the local economy, but that doesn't entitle us to dictate local issues. You're a guest in someone else's home. Act like it.

Jerry Brockman
Lake Placid

Don't just rearrange the chairs

Once again the NRA attackers and defenders can argue their points, full of sound and fury signifying nothing.

Changing some laws

and policies won't make the schools less safe. However, we currently have plenty of enforced and unenforced laws/policies, which aren't solving the problem.

We need to listen to Andrew Pollack who lost a daughter at the Parkland school. He demands that schools must be made as safe as airports and government buildings. In my opinion, to do less is unconscionable.

Nothing is more important or valuable than our children and grandchildren. Whatever laws Congress and state legislators can agree on are good, but regardless of that we must move to limited access, metal detectors, security guards, etc. to protect our children. This should be the very first "infrastructure" project funded by Congress.

To do less is little more than rearranging the deck chairs on the Titanic.

Ron Chitwood
Sebring

Mallard Fillmore

LETTERS | 7

LETTERS

FROM PAGE 6

needs to move

Feb. 27, Monday's comics contained a horrible "cartoon" by Bruce Tinsley whose strip is "Mallard Fillmore." It showed two grinning people talking and saying that if today's media had covered the 1936 Olympics, "That darn Goebbels is the surprise star of these games! What a charmer!" and, "I'll say! And Wow! These trains sure run on time."

I'm not Jewish, but I'm deeply offended at the inference. I've asked before and I'll

ask again ... please remove this alt-right "cartoonist" from the funny pages where kids like to go, and put him in the Op-Ed section, if, that is, you insist on keeping such an awful syndicated strip in your paper. It is beyond disgusting to put veiled, jocular references to the Holocaust in a section that's supposed to make you chuckle. It goes beyond a right or left issue when it becomes racist.

Please get this guy out of the funny pages, and hopefully out of your otherwise good, hometown newspaper.

Kathy and Bob Rabatie
Sebring

GOT

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AT THE CIRCLE THEATRE: 50 YEARS OF

JUKEBOX MEMORIES & RADIO HITS BY

Angie & Gary

Reserved Tickets \$23-\$25

General Admission \$19

7:00pm showtime

LEAD SINGERS FROM THE LOTELA GOLD BAND!

Angie & Gary's act showcases a wide variety of musical styles spanning the last fifty years, with songs from such 50's and 60's artists as The Shirelles, Patsy Cline, Dean Martin, and Frank Sinatra. They also perform hits from the 70's and 80's by artist like **Dobie Gray**, **Bette Midler**, and **The Romantics**. You'll hear country classics from **Patsy Cline** and **Kenny Rogers**, as well as modern favorites from **Lonestar** and **Miranda Lambert**. They even play some much more recent pop songs from **Los Lonely Boys**, **Megan Trainor** and **John Legend**. There is truly something for everyone!

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Newsday Crossword

POSITIVE ATTITUDE by Gail Grabowski
Edited by Stanley Newman
www.stanxwords.com

<p>ACROSS</p> <p>1 Take potshots (at)</p> <p>6 Alan of M*A*S*H</p> <p>10 Coupes and sedans</p> <p>14 Breads with pockets</p> <p>15 Contented cat's sound</p> <p>16 Grad</p> <p>17 Make into law</p> <p>18 Surprise police action</p> <p>19 Formal "Me neither"</p> <p>20 Breakfast melon</p> <p>22 Two-purpose</p> <p>23 Light brown</p> <p>24 Tailor's pointy tool</p> <p>26 Tracks down</p> <p>30 Extremely important</p> <p>32 Elaborate party</p> <p>33 Frog relative</p> <p>35 Evaluated</p> <p>39 Computer image that's clicked</p> <p>40 Songs for one person</p> <p>42 Bundle of hay</p> <p>43 Serves dinner to</p> <p>45 Hit, as with hailstones</p> <p>46 Deceptive plan</p> <p>47 Dough-rising ingredient</p> <p>49 Thrilled</p> <p>51 Runway surface</p> <p>54 ___-Cone (summer treat)</p> <p>55 Creative thought</p> <p>56 Missile fired from a mounted gun</p> <p>63 Door-securing device</p> <p>64 Slangy suffix for switch</p>	<p>65 Spooky</p> <p>66 ___-or-false test</p> <p>67 Western alliance: Abbr.</p> <p>68 Fishing-rod attachments</p> <p>69 Fortune-teller</p> <p>70 Recipe amount: Abbr.</p> <p>71 Sticks around</p> <p>DOWN</p> <p>1 Blueprint detail, for short</p> <p>2 One of Columbus' ships</p> <p>3 "Let's call ___ evening"</p> <p>4 Treaty</p> <p>5 Posh residence</p> <p>6 Cook's protective garment</p> <p>7 Hawaiian feast</p> <p>8 Slow faucet leak</p> <p>9 Enthusiastic</p> <p>10 Branched holder of light bulbs</p> <p>11 Audibly</p> <p>12 Of farm life</p> <p>13 Wear a grin</p> <p>21 Is durable</p> <p>25 Cob of corn</p> <p>26 Worker's end-of-week shout</p> <p>27 Speed contest</p> <p>28 ___ vera (skin-cream ingredient)</p> <p>29 Hershey or Cadbury</p> <p>30 Parking-lot attendant</p> <p>31 Fan club favorite</p> <p>34 Clumsy one's remark</p> <p>36 Tightly stretched</p> <p>37 Otherwise</p> <p>38 Property owner's document</p> <p>41 Shorthand user, for short</p> <p>44 Briny body of water</p> <p>48 Place stress on</p> <p>50 Solitary ones</p> <p>51 Leans slightly</p> <p>52 Like a lot</p> <p>53 Signal again, as an actor</p> <p>54 Nosy person</p> <p>57 Typical Saudi (flowers)</p> <p>58 Forget-me-___</p> <p>59 Red vegetable</p> <p>60 Region</p> <p>61 Bell-shaped flower</p> <p>62 Not as much</p>
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CREATORS SYNDICATE © 2018 STANLEY NEWMAN STANXWORDS@AOL.COM 3/5/18

Look for a third crossword in the Sun Classified section.

Answer to previous puzzle

C	O	M	R	A	D	E	S	B	A	A	B	A				
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3/5/18

Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

<p>ACROSS</p> <p>1 The Bounty, e.g.</p> <p>5 Remote control targets</p> <p>8 Landowner's document</p> <p>12 Subtle glow</p> <p>13 Spruce oneself up</p> <p>15 Addresses with forward slashes</p> <p>16 *Kaput</p> <p>19 *Life in a breakfast bowl, say</p> <p>20 Move like a crab</p> <p>23 Often-stubbed digit</p> <p>24 Black Russian liquor</p> <p>28 Nivea competitor</p> <p>30 Invalidate, as a law</p> <p>31 Rapper ___ Wayne</p> <p>32 Disney's title lamp rubber</p> <p>36 Sailor's agreement</p> <p>37 Stage designs</p> <p>39 Emulate flowers on a hot day</p> <p>40 Source of linen</p> <p>41 "Dilbert" creator Scott</p> <p>43 "Little Women" woman</p> <p>44 Spongy cake laced with rum</p> <p>45 Scammer's targets</p> <p>47 Step in a flight</p> <p>49 West Coast state</p> <p>51 Everglades waders</p> <p>54 Layer of eggs</p> <p>55 Target practice props</p> <p>59 "___ you awake?"</p> <p>60 Software test version</p> <p>62 "M*A*S*H" actor Elliott</p> <p>63 Body covering</p> <p>64 Racetrack shape</p> <p>65 Homer Simpson's wife</p> <p>66 Four-legged companions</p> <p>67 Give a holler</p> <p>68 In the future</p> <p>69 Gratis</p>	<p>4 Ping-Pong need</p> <p>5 Piece of land</p> <p>6 Instagram upload</p> <p>7 Messy campfire snack</p> <p>8 Firestone competitor</p> <p>9 Pitching stat with a decimal point</p> <p>10 Inventor Whitney</p> <p>11 Broadband option, for short</p> <p>13 Maj. for a future shrink</p> <p>14 "The 18-Down" poet</p> <p>17 Structure with skyboxes</p> <p>18 "Nevertheless" speaker</p> <p>20 Dip for chips</p> <p>21 Like the outfield walls at Wrigley Field</p> <p>22 *Oral health care network</p> <p>25 Negotiations killer ... or, in a way, what each answer to a starred clue is</p> <p>26 Whitewater craft</p> <p>27 Amazon Echo Dot's voice service</p>
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By C.C. Burnikel 3/5/18

Saturday's Puzzle Solved

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<p>29 Well-worn</p> <p>30 Harshly criticize</p> <p>33 Octopus' eight</p> <p>34 Deer mom</p> <p>35 Dalmatians, e.g.</p> <p>38 Far from self-effacing</p> <p>40 Inside the foul line</p> <p>42 Dalmatian marking</p> <p>44 Hefty supplies?</p> <p>46 Hard puzzle</p> <p>48 Watched over</p>	<p>49 "This could be a problem"</p> <p>50 Christopher of "Superman"</p> <p>52 Done to death</p> <p>53 Sight or smell</p> <p>56 First matchmaker?</p> <p>57 Make better</p> <p>58 Tiny pond growth</p> <p>61 "___ in favor, say 'aye'"</p> <p>63 Coppertone letters</p>
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BUDGET

FROM PAGE 1

which could lose upward of \$58 million under the Senate's proposed changes.

Another unresolved issue is funding for the Florida Forever land-buying program, with the Senate pushing

for a \$100 million program in the new budget year, while the House had started at \$57 million.

Negron said Friday that the House was moving closer to the Senate's position on the land-buying program.

Another unresolved issue is funding for Vivitrol and other medication-assisted

treatment options for drug addicts.

Negron downplayed the notion that the House eliminated the funding in its budget as a tactical move aimed at him.

"I'm unapologetic in my support for medication-assisted treatment to treat people with a substance-abuse problem like they are

patients, like they have a medical issue that needs to be treated and making sure they have the tools there," Negron said when asked about Vivitrol funding in the budget.

The House eliminated \$7 million for extended-release Naltrexone programs in the budgets of the Office of State Courts Administrator, the Department of

Children and Families and the Department of Corrections.

Extended-release Naltrexone, sold as Vivitrol, is a once-a-month injectable non-addictive, non-narcotic medication designed to help prevent drug relapses.

The medication blocks receptors in the brain, preventing opioids from

creating a high and helping reduce cravings.

The drug is manufactured by Dublin-based Alkermes, which during the 2016 election cycle made \$156,500 in campaign contributions, including contributing \$50,000 to Negron and political committees he controlled or was affiliated with.

PROJECT

FROM PAGE 1

to remember and carry on.

He arrived in Sebring with another 140-160 tags in hopes of finding more vow-takers.

There are thousands of such veterans to remember, he said, far more than Veterans Administration statistics would have people

believe.

The current understood average is 22 veterans per day — every 65 minutes.

Project 65 recognizes that hourly statistic, and made it part of a benefit concert and family outing day on the Circle.

The event started at 9 a.m. Saturday with posting of the colors and the national anthem, sung in duet by Alexis Chancey of the Sebring High School Air Force Jr.

ROTC and Sebring High School choir member Lizbeth Giddens.

By 10:05 a.m., however, attendees observed a moment of silence.

At 11:10 a.m., they did it again. And again at 12:15 p.m. — a total of 12 times before the last person went home after 10 p.m.

Annette Owens said Project 65 grew after she started a support group in 2014 for families of veterans with post-traumatic stress disorder. The couple formed Veterans 1st nonprofit organization two years ago. Project 65 took shape in the last 18 months.

The Owens and their friend, Tony Folkner, said Project 65 and any related events in the future will help bring awareness of the problem of military suicide to non-veterans, and will help raise funds through food sales, chance drawings and donations to help veterans find healing.

American Legion Post 25 in Lake Placid, for example, wrote Project 65 a check for \$400 at the event. Others bought drawing tickets and

dropped them in buckets for donated prizes, or they used them to buy a hot dog and soda.

The crowd spent all day, into the night, enjoying conversation, live music, grilled food

and camaraderie from shared experience, even experience no one wants.

If it helps prevent one death, organizers said, they were glad for it.

For more details about Project 65 or Veterans

1st, visit www.facebook.com/veterans1storg/.

For details about Woods' Veterans Suicide Prevention, visit www.facebook.com/VSPProject/.



PHIL ATTINGER/STAFF

Kevin Woods, U.S. Navy veteran from Texas City, Texas, displays the dog tag he carries to remember Steven Brinneman, a war veteran of Operation Enduring Freedom in Afghanistan, who took his own life in 2008. Woods, who started the Veterans Suicide Prevention (VSP) Project, makes dog tags for veterans lost to suicide.

MENTAL

FROM PAGE 1

opportunity to (Baker Act) people who could be a danger to themselves or others," Blackman said.

Lake Placid Police Chief James Fansler and Sebring Police Chief Karl Hoglund said they would like to see a definition of "bizarre" before they support a change.

"I think we need a clear definition of bizarre," Fansler said.

What's bizarre to one person may not be to another, he said.

If the change were to allow picking up people

simply because they were walking down the street talking to themselves, "I'd hate to see that's where law enforcement is headed," Fansler said.

He said he believes the motivation behind such a change is good but wants to see more information before backing the change.

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ADA

FROM PAGE 1

crossings.

"Anything that gets replaced," is brought up to ADA requirements, he said.

As for entrances, not only must doorways be adequately wide but restrictions on the heaviness of the doors apply.

Noethlich said sometimes the city is contacted by a member of the public concerned about ADA compliance. Recently, that led to more handicapped parking spaces at the Max Long athletic complex, he said.

The U.S. Military Sea Services Museum, which occupies a city-owned building, made its entrance and restroom ADA compliant although it wasn't required to do so. That's in part because a lot of the visitors are elderly veterans who may be physically handicapped.

The Highlands Art League has talked about adding an elevator to its museum.

Privately owned buildings are also subject to ADA requirement if more than 50 percent of the building is being rehabilitated.

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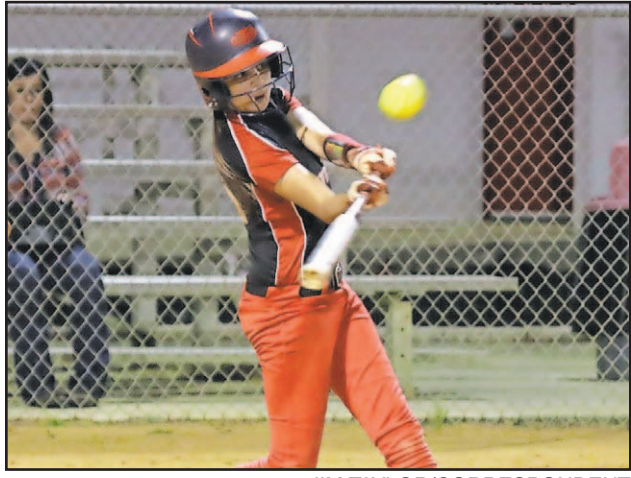
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LOCAL SPORTS

Devils split home games



JIM TAYLOR/CORRESPONDENT

Avon Park's MaKayla Painter drives a single into right field against McKeel.

Avon Park softball team breaks into win column

BY JIM TAYLOR

CORRESPONDENT

AVON PARK — The Avon Park Red Devils softball team ended the week splitting home games on Thursday and Friday. The Red Devils lost to McKeel on Friday night 17-0, but won their first game of the season on Thursday, overcoming an early eight-run deficit to beat the Clewiston

Tigers 13-10.

"They have it in them," said Avon Park Head Coach Heather Barnes-Rogers. "They just need someone to get it started for them to believe they can win. So we are trying to build that confidence in them."

The Red Devils found themselves trailing Clewiston 5-0 after the first

DEVILS | 10

Wrestling season wraps-up

HIGHLANDS NEWS-SUN SPORTS STAFF

The high school wrestling season came to an end for two Highlands County wrestlers on Friday, as Sebring's Phillip Sapp and Avon Park's David Rodriguez both advanced to the state tournament in Kissimmee.

Rodriguez lost his first match by fall in the first round to the eventual third-place finisher in the state, Dylan Layton, and then bounced back with a 5-3 victory over Ryan Vite in his next match before falling in his third match by second-round fall in the Class 1A 106-pound division.

Sapp opened the tournament with a victory by notching victory in 20 seconds into the match before dropping a hard-fought second-round match to Landon Dains. His third match of the tournament was a 4-2 loss to Caleb Van Helden, which eliminated him from the Class 2A tournament, where he competed in the 170-pound class.

Hernando rallies past Sebring



JIM TAYLOR/CORRESPONDENT

Sebring left fielder, Clint Patrick, left and centerfielder DJ Williams nearly collide as both go for the shallow fly ball.

Leopards spot Streaks 3-0 lead before storming back

BY JIM TAYLOR

CORRESPONDENT

SEBRING — The Sebring Blue Streaks baseball team continues to try and find their rhythm as they were unable to hold an early lead, dropping an 8-5 decision to the Hernando Leopards on Saturday at Firemen's Field.

After winning their first game of the season, the Blue Streaks have been on a four-game slide as district play approaches the end of this week.

"It was a roller coaster ride for us today," said Sebring coach Jasone DeWitt, "We were up and down in approaches, up and down defensively, just all the way around."

"We are not pointing fingers, we told them that it is easy for a team to point fingers when things are not going well, our job is to come back out and

get better on Monday and continue to improve."

Sebring took a 3-0 lead in the bottom of the first, wearing out the left-centerfield fence with a pair of triples as they looked to make short work of the Leopards.

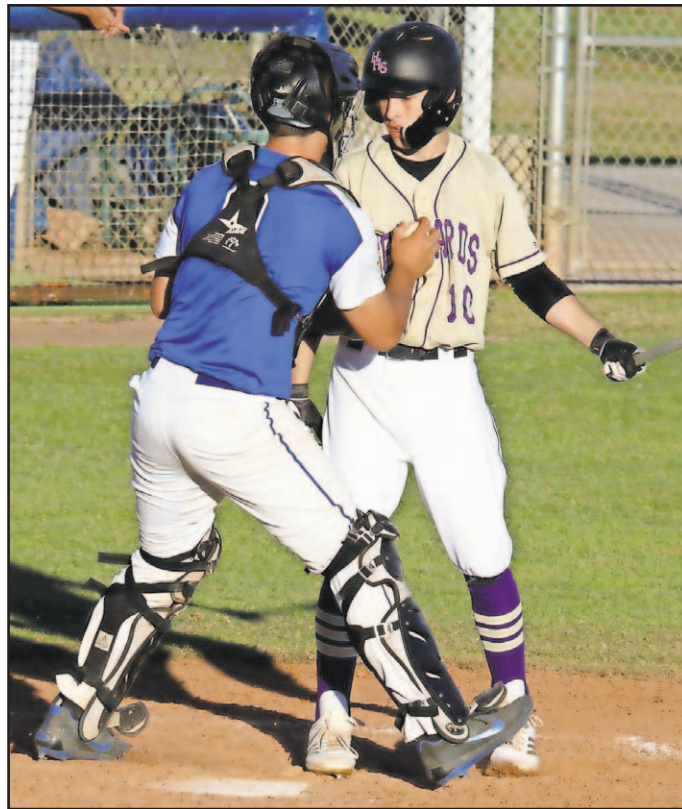
DJ Williams started the inning with a leadoff triple and later scored on a sacrifice fly to centerfield by Dayvon Terry.

Drew Morris drove in the Blue Streaks' second run of the inning with a single into centerfield and later scored on a triple by Charles Perry.

Sebring starter Damian Lusby held Hernando in check for the first four innings, giving up just one run on two hits while striking out six as the Blue Streaks went into the fifth inning with a 3-1 lead.

The wheels fell off the

BASE | 10



Sebring catcher Hunter Martinez puts the tag on the Hernando's Javy Bonilla to complete the strikeout.

Cocktail boats back in Lake Placid

Lake Apthorpe again holding Cocktail Wooden Boat Association races

BY ALLEN MOODY

HIGHLANDS SUN EDITOR

For the fifth straight year, the Cocktail Wooden Boat Association will be returning to Lake Placid's Lake Apthorpe on Tuesday, March 6. The event is the second of two races the organization holds in Florida each year, with the Governor's Cup Regatta taking place on March 3 in New Smyrna Beach at the Smyrna Yacht Club.

"This is a fun event," said

Cocktail Class Wooden Boat Racing Association Safety Committee Chairman Fred Allerton.

The CCWBRA came into existence in 2010 and it was several years later that local hydroplane racing legend Carl Staron helped get the organization to hold an event in Lake Placid.

"Carl is part of our organization," Allerton said. "He had a local connection and he knows a lot of people."

BOATS | 10



COURTESY PHOTO

Boats are parked on the shore. The Cocktail Class Wooden Boat Racing Association will race in Lake Placid on Tuesday.

LOCAL SPORTS CALENDAR

■ Today

Clewiston softball at Lake Placid, 7 p.m.
Avon Park boys tennis at DeSoto, 4 p.m.
SFSC baseball at Hillsborough, 3 p.m.

■ Tuesday

Sebring girls tennis at Okeechobee, 4 p.m.
Sebring boys tennis at Okeechobee, 4 p.m.
Sebring flag football at Pahokee, 7:30 p.m.
Sebring baseball at Hardee, 7 p.m.
Frostproof baseball at Lake Placid, 7 p.m.
Tenoroc baseball at Avon Park, 7 p.m.
Lake Placid, Sebring track at Moore Haven, 5 p.m.
DeSoto softball at Sebring, 6:30 p.m.
Lake Placid softball at Okeechobee, 7 p.m.
Frostproof softball at Avon Park, 6 p.m.
SFSC softball at Polk State (2), 5 p.m.

■ Wednesday

Hillsborough baseball at SFSC, 6 p.m.

■ Thursday

Avon Park baseball at Lake Placid, 7 p.m.
Sebring girls tennis at Auburndale, 4 p.m.
DeSoto girls tennis at Lake Placid, 4 p.m.
DeSoto boys tennis at Lake Placid, 4 p.m.
Lake Wales boys tennis at Avon Park, 4 p.m.
Sebring flag football at Port St. Lucie, 7:30 p.m.
Lake Placid flag football at Pahokee, 7 p.m.
Sebring softball at Auburndale, TBA
Mulberry softball at Avon Park, 7:30 p.m.
Avon Park track at Lake Placid, 5 p.m.
SFSC softball at Florida Southwestern (2), 5 p.m.

■ Friday

Auburndale baseball at Sebring, 7 p.m.
Lake Placid baseball at Dunbar, 7 p.m.
Avon Park baseball at Ft. Meade, 7 p.m.
Sebring softball at Auburndale, 7 p.m.
Lake Placid softball at Dunbar, 7 p.m.
SFSC baseball at Hillsborough, 3 p.m.

■ Saturday

Avon Park flag football vs. Port St. Lucie at Lake Placid 10 a.m.
Port St. Lucie flag football at Lake Placid, noon
Florida Southwestern baseball at SFSC, 1 p.m.

BASE

FROM PAGE 9

bus in the fifth inning as the inning started when Sebring's left fielder, Clint Patrick, and center-fielder, Williams, nearly collided as they both dived to catch a shallow ball hit between them.

After a Lusby's seventh strikeout, Hernando's next two batters doubled and reached on an error to drive in one run to make the score 3-2.

A pitching change was not able to slow Hernando's momentum as they ripped off four

more hits and scoring four more runs to take a 6-3 over the Blue Streaks.

The Blue Streaks loaded the bases in the bottom half of the fifth and were able to push one run across the plate to draw cut Hernando's lead to two, 6-4.

Hernando put in the final nails in the top of the sixth, scoring twice with two outs. The first being a solo home run over the left field fence by Dylan Duphily to take a 7-4. The Leopards followed that with a double and single to scored their second run of the inning to make the score

8-4. Sebring added a run in the bottom of the seventh, falling short to the Leopards in an 8-5 decision.

"We still have a couple of spots that we have to figure out who is going to be the starter," said DeWitt. "So we are moving some guys around and we need to have an answer by Friday when we have our first district game."

Sebring is on the road to play the Hardee Wildcats on Tuesday, then will play their first district game on Friday at Fireman's Field against Auburndale.



JIM TAYLOR/CORRESPONDENT

Sebring second baseman Drew Morris makes the tag on Hernando's Connor Morgan as Morgan tried to stretch a single into a double.

BOATS

FROM PAGE 9

Allerton said there won't be as many people competing in Lake Placid as there may be in the summer months when most of the races are held in the Chesapeake Bay region. But for those who do, it's an enjoyable trip to Florida, especially for the northerners who come down to enjoy a bit of warm weather.

The boats have a top speed of roughly 25 miles-per-hour and Allerton said their races could be the watercraft equivalent of the gentleman racing most people are familiar with when it comes to historic cars — there's a lot of camaraderie, safety is the primary concern and everybody has a good time no matter how they do. But that doesn't mean competitors don't want to win.

Allerton said the average age of racers would probably be in the 40 to 70 group, showing that it's an activity for all ages, but ages range from youth to people in their 80s.

The boats are called "Skuas" and they're basically 8-foot plywood boats powered by a 6 horsepower Johnson or Evinrude motor and classes are determined by the age of the engine, or they can be an 8-horsepower motor of any make or make.

While they may be known for racing, Allerton said the boats are also perfect for having weekend fun, especially for somebody who lives in Highlands County where they can go boating practically year-round.

"It's a good family activity," he said. "It's a lot of fun to put a boat together."

Tuesday's races are tentatively scheduled to begin at 9:30 a.m. There will be a 45-minute lunch break at noon and racing will resume after the break, followed by the awards ceremony.



COURTESY PHOTO

Boats race across the water in a Cocktail Class Wooden Boat Racing Association event.

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DEVILS

FROM PAGE 9

inning after committing three errors on defense that allowed four unearned runs.

Two more errors in the second inning allowed the Tigers to score three more unearned runs and the Red Devils found themselves down 8-0 heading into the bottom half of the second inning.

The Red Devils did not give up as Kyleigh Jackson led-off the second inning with a single and scored on a triple by Ashayla English. English scored on the same play on an error as Avon Park chipped away at the Tigers lead 8-2 after two innings.

From the third through the sixth inning, the Red Devils were perfect on defense as they faced the minimum batters each inning, three up and three down while on offense Avon Park continued to cut into the Tigers lead.

The Red Devils added a run in the bottom of the third to make the score 8-3 after Cambrie Landress, who led-off the inning with a single, scored on a base hit by Jackson.

Avon Park scored three more times in the bottom of the fourth with a two-out rally started by Shenellie Mootosammy's single. That was followed by back-to-back doubles by Gwen Gordon and Landress with Landress driving in two runs to make the score 8-5.

Jackson drove in Landress with a single



JIM TAYLOR/CORRESPONDENT

Avon Park center fielder Cambrie Landress throws the ball into the infield.

as the Red Devils drew closer as they cut the Tiger lead to two, 8-6, after four innings.

Avon Park tied the game in the bottom of the fifth, taking advantage of a leadoff walk to English and Makayla Painter being hit by a pitch. An error on the Tigers and a base hit by Gordon brought in English and Painter to knot the game at eight apiece.

The Red Devils pounded out five hits in the bottom of the sixth to score five runs in taking a 13-8 lead.

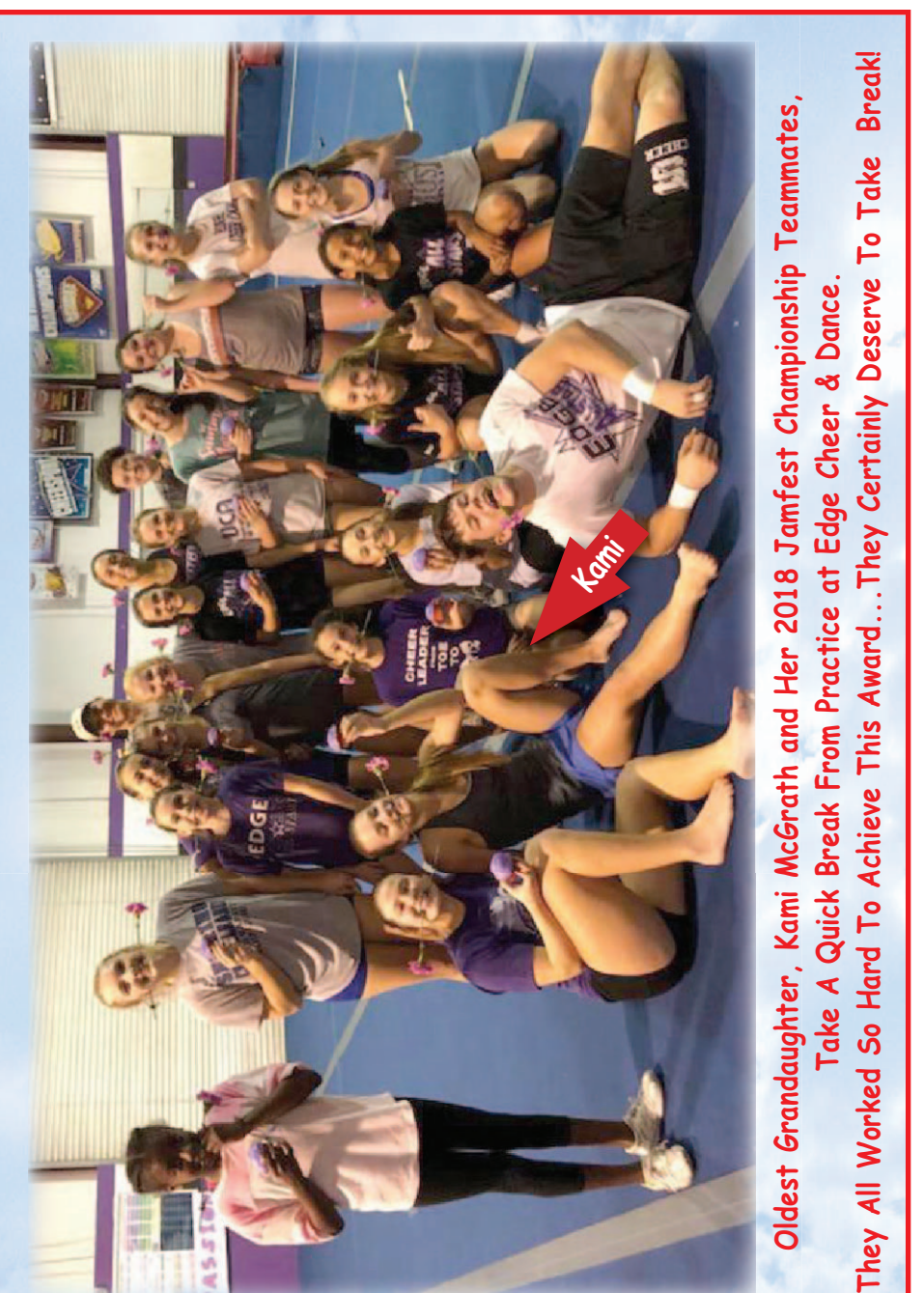
A double by Jackson and singles by English, Painter, Destiny Hinson and Gordon mixed in with a pair of walks to

Yazmin Lozada and Mootosammy led to the scoring outburst.

Clewiston scored twice in the top of the seventh as Avon Park held on to the 13-10 win.

"Both Faith (Jackson) and Makayla (Painter) have been amazing on the mound this year." Said Barnes-Rogers, "We are struggling with inexperience with all but three of our players being sophomores or freshmen, but they have their moments like in our win against Clewiston and nearly coming back against Tenoroc."

Avon Park will host the Frostproof Bulldogs on Tuesday with a 6pm start time.



Oldest Granddaughter, Kami McGrath and Her 2018 Jamfest Championship Teammates, Take A Quick Break From Practice at Edge Cheer & Dance. They All Worked So Hard To Achieve This Award... They Certainly Deserve To Take Break!

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Healthy eating out



GRACE WONG/ CHICAGO TRIBUNE/ TNS

Bethany Doerfler, a registered dietitian at the Digestive Health Center at Northwestern Medicine, looks at a menu at Noodles and Co.

Dietitians give advice on healthy foods at Panda Express, Chipotle, other places

By GRACE WONG
CHICAGO TRIBUNE

At the start of the new year, you probably promised yourself that you were going to eat healthy and exercise more. Your Pinterest board was filled with Buddha bowl recipes, and that pair of gym shoes was getting more action than it used to. But as January marches toward its end, you find yourself taking fewer Mason jar salads to work, and you can't even remember the last time you went to the gym.

It's those times that you have to lean on healthy habits you've developed when your willpower was stronger. In a sea of seemingly unhealthy fast-food options, there are still ways to approach a menu and fill up on nutritious items. To help with that, we asked two dietitians to give us some tips and tricks for choosing healthy options and then made them prove the tips would work by taking them to popular fast food and fast casual restaurants.

We accompanied Bethany Doerfler, a registered dietitian at the Digestive Health Center at Northwestern Medicine, and Lori Welstead, a registered dietitian and

nutritionist at the University of Chicago.

Their suggestions are geared toward people who want to maintain their weight or lose weight. For women, this means a 1,200- to 1,600-calorie daily diet, and for men, 1,600- to 2,000-calories a day. To accomplish those numbers, Doerfler recommends sticking to 400 calories for breakfast and lunch and 500 calories for dinner, which leaves some room for "two thoughtful

snacks."

STUDY AHEAD

It's easy to go into a restaurant, look at the menu and pick something on the spot, but Doerfler recommends studying ahead. See if you can check out the menu online, or pick one up when you're there - some restaurants even have a calorie calculator to help you make better choices.

Once

you get into the habit of checking nutrition information, it will be easier to modify your meal to make it lower in calories and healthier, Doerfler said.

FIND THE IN-BETWEEN

It's all about finding a combination of foods that are not only healthy but will also satisfy whatever you're craving, whether it's something spicy, savory or sweet. You don't want to fall into the trap of eating something nutritious but unsatisfying

HEALTHY | 9



GRACE WONG/ CHICAGO TRIBUNE/ TNS

Salad bowl with chicken, tahini, cucumber salad.

Home remedies: Immediate first aid for a fracture



COURTESY PHOTO/ MCC

MAYO CLINIC NEWS NETWORK
(TNS)

A fracture is a broken bone. It requires medical attention. If the broken bone is the result of major trauma or injury, call 911 or your local emergency number.

Also call for emergency help if:

- The person is unresponsive, isn't breathing or isn't moving. Begin CPR if there's no breathing or heartbeat.
 - There is heavy bleeding.
 - Even gentle pressure or movement causes pain.
 - The limb or joint appears deformed.
 - The bone has pierced the skin.
 - The extremity of the injured arm or leg, such as a toe or finger, is numb or bluish at the tip.
 - You suspect a bone is broken in the neck, head or back.
- Don't move the person except if necessary to avoid further

injury. Take these actions immediately while waiting for medical help:

- Stop any bleeding. Apply pressure to the wound with a sterile bandage, a clean cloth or a clean piece of clothing.
- Immobilize the injured area. Don't try to realign the bone or push a bone that's sticking out back in. If you've been trained in how to splint and professional help isn't readily available, apply a splint to the area above and below the fracture sites. Padding the splints can help reduce discomfort.
- Apply ice packs to limit swelling and help relieve pain. Don't apply ice directly to the skin. Wrap the ice in a towel, piece of cloth or some other material.
- Treat for shock. If the person feels faint or is breathing in short, rapid breaths, lay the person down with the head slightly lower than the trunk and, if possible, elevate the legs.



SUZY COHEN

Dear Pharmacist

4 intriguing solutions for multiple sclerosis and pain

The pain associated with autoimmune diseases is very difficult to treat. Nerve pain is one of the most difficult, tragic types of pain a person can experience and it's common in multiple sclerosis, or MS for short.

MS is still poorly understood, even though there are treatments available. It's becoming clear that full body (systemic) inflammation is at the root of autoimmune disorders including MS. The body is on fire. Contributory factors might include a food allergen, environmental toxin, The Pill, or pathogen.

Regardless of "how," the pathology is such that there's a loss of regulatory T cells and a breakdown of your intestinal barrier leading to more permeability and the leakage of undigested food proteins from casein and gluten. There's a breakdown in the barriers that surround your brain and spinal cord. Histamine goes up which adds to pain and inflammation.

I have a very comprehensive version of this article (over 4,000 words) and I'm happy to give it to you if you sign up for my free newsletter at suzycohen.com. You can sign up at suzycohen.com and the complete article will be sent to your email. In the meantime, here are four natural ways to put the MS fire out:

1. Cinnamon

It's top of the list because animal studies show how well it reduces nasty pro-inflammatory compounds like IL-17, which is elevated in folks with MS. We also know the painful symptoms of MS occur, in part, from demyelination, which causes a failure in the conduction of electrical impulses. This is akin to an electrical cord that gets plugged into the outlet, but the cord is missing the outer wrapping so you can see the wires inside. It hurts when plugged in. Cinnamon helps with pain, and surprisingly it might reduce levels body ammonia too.

2. Balance and Eye Movement Exercises

People with MS who do balance and eye movement exercises might feel more steady on their feet. Participants in a study were given computer-based eye movement and balance tests, as well as at-home balance and visual stability was improved.

3. The Mediterranean Diet

Just take me to Greece. The Mediterranean diet is famous for heart health, as well as a reduced incidence of cancer, Parkinson's and Alzheimer's disease. A diet like this provides nutrients and healthy fats which support intestinal health while creating more of that protective myelin. The Mediterranean Diet was studied on MS sufferers and the results were very positive.

4. Vitamin D

Vitamin D is useful in modulating and balancing the immune system. Patients with higher vitamin D in the first year of diagnosis had a slower rate of progression. They fared out better long term. In other words, the better the D status, the slower or milder the symptoms for that person. By the end of the five-year study, the patients with vitamin D levels above 50 had fewer new active brain lesions. Pretty awesome considering sunshine is free.

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.

Support Groups

MONDAY

Change of Pace Caring for Caregivers: (for caregivers of those with Alzheimer's or dementia) Meets Mondays 10:30-11:30 a.m. at Avon Park Christian Church, 1016 Camphor St., and Mondays 6-7 p.m. at Sebring Christian Church, 4514 Hammock Road in Sebring. Call 863-382-1188.

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

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

Diabetes Support Group: Meets the second Mondays from 1-2:30 p.m. at CREATION Health

Wellness Classroom, 4005 Sun 'n Lake Boulevard, Sebring. Attendance is free and meetings are open to the public. Call Brenda Garza at 386-7164.

Highlands Mental Health Recovery Support Group: Peer support group meets 1-2:30 p.m. Mondays at Union Church in Avon Park. Call 226-3546.

La Leche League: Meets the third Mondays at 7 p.m. at Panera Bread. All breastfeeding mothers and mothers-to-be interested in breastfeeding are welcome. Call Jennifer at 638-3954, Solimar at 382-3473, or Beth at 382-8307 or 352-283-6334.

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

TOPS No. 0632 Lake Placid: Weight loss group meets Mondays at the Lake Placid Women's Club, 10 N. Main St., Lake Placid. Weigh-in at 3 p.m.; meeting begins at 4 p.m. TOPS is an

international weight loss support group. First meeting is free; nominal charge after that. Call Janet Mitchell at 863-465-5234.

TUESDAY

Change of Pace Caring for Caregivers: (for caregivers of those with Alzheimer's or dementia) Meets from 10 to 11 a.m. Tuesdays at Memorial United Methodist Church,

500 Kent St. in Lake Placid. Call 863-382-1188.

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

WEDNESDAY

Caregivers Support Group: (for those caring for loved ones with

Parkinson's Disease) Meets 10-11 a.m. the first and third Wednesday of the month at Sebring Christian Church, 4514, Hammock Road, Sebring. Call 863-382-1188.

Cornerstone Hospice Grief Support Group: Meets at 2:30 p.m. Wednesdays at Florida Hospital Lake Placid, 1210 U.S. 27, Lake Placid. Call 863-382-4563 or Dottie at 465-3777.

Dual Diagnosed Addiction and Behavioral Health Support Group: Meets the second Wednesdays from

3-4:30 p.m. at First Presbyterian Church of Sebring. Email zenbuddha@tnni.net.

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

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SFSC LPN program ranked No. 4 in state

SPECIAL TO HIGHLANDS NEWS-SUN

AVON PARK — South Florida State College has been recognized by the Annual PracticalNursing.org State LPN Program Rankings as the No. 4 ranked LPN program in Florida.

SFSC scored 97.17 points.

PracticalNursing.org is the leading LPN/LVN advancement and ranking agency, the group said in a news release. They have been publishing the PracticalNursing.org Rankings List for the past four years.

For full, detailed rankings, go to practicalnursing.org/lpn-programs/florida#rankings.

Approved programs in Florida are offered at community colleges, technical centers, and private career schools - 89 schools across the state.

"After careful review of NCLEX-PN exam first-time pass rates over the past several years, PracticalNursing.org has ranked the top 30 programs. For more information on their LPN program rankings, see their Methodology page at practicalnursing.org/lvn-lpn-ranking-methodology," the group added.

TOP 5 RANKED LPN PROGRAMS

1. Withlacoochee Technical, Inverness
Overall score: 100
2. Atlantic Technical College - Broward County
Overall score: 100
3. Cape Coral Technical College, North Cape Coral
Overall Score: 97.99
4. South Florida State College
Overall score: 97.17
5. Marion Technical College, Ocala
Overall score: 96.31

HEALTH BRIEFS

Ostomy Support Group meets

SEBRING — The Highlands County Ostomy Support Group meets the first Thursday of each month (except June, July or Aug.). Meetings are 11:30 a.m. to 1 p.m. at Homer's Restaurant, 1000 Sebring Square in Sebring..

Affordable health screenings

LAKE PLACID — Residents can learn about their risk for cardiovascular disease, osteoporosis, diabetes, and other chronic, serious conditions with affordable screenings by Life Line Screening. Tropical Harbor Estates, 27 Rickert Drive in Lake Placid, will host this community event on Thursday, March 15. Pre-registration is required. Call 877-237-1287 or lifelinescreening.com.



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Teachers and noise-induced hearing loss

When we think of occupations that can cause noise-induced hearing loss we usually think of those that include machines and equipment. The daily use of hand tools and heavy equipment in the construction industry usually comes to the forefront. Years of working in a factory with machines humming all day, truck drivers, and lawn care companies also expose workers to constant noise that may cause a hearing loss.

Research has been ongoing for several years on the noise levels that teachers are exposed to and the effects that it has on their hearing. All day long, teachers listen to bells ringing, kids screaming, and lockers slamming constantly. There is choir and band, shop class, the cafeteria and, of course, the gym. While the students will get to change classes and get a break from specific noises, the teachers are exposed to it for sometimes 10-12 hours per day. Often, the sounds exceed safe listening levels. Recent research by the Danish Centre of Educational Environment shows that hearing loss occurs at a younger age in the teaching profession: 26 percent have difficulty hearing as compared to 17 percent in other noisy occupations. The age range used for the study was individuals under the age of 40. Sound level measurements in choir, industrial arts rooms and gymnasiums often exceed 90 decibels, which exceed OSHA standards for safe listening levels. The louder an environment, the quicker the damage occurs to your hearing.

Often with noise-induced hearing loss comes tinnitus. Ringing in the ears can make it hard to hear as well as understand speech. It causes stress and fatigue. This makes for an unfortunate situation for the teachers. They may only be a third of the way through their teaching career and already it is difficult for them to understand the students they are teaching and their peers.

Over half of the teachers in the study admit to misunderstanding students and exhaustion at the end of the day, and unfortunately, only 30 percent of those seek to correct their hearing impairment. Why?

Just like everyone else, teachers fear if there is acknowledgment of a problem that may keep them from performing as desired it may endanger their job. Most people don't want to bring on what is deemed as "negative" attention to themselves. Unfortunately, delaying correcting the hearing loss will affect the teachers performance and cause them unnecessary stress.

It is recommended that everyone over the age of 50 have an annual hearing test. Perhaps if you are a teacher you should start earlier. Hearing instruments have changed dramatically and are no longer a stigma to wear. Instruments are small and discreet, color coordinated, and have the ability to sync up to your smart phone.



HEARING MATTERS

Roseann Kiefer

Remember, to hear better is to live better.

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.

21st Century Oncology hires new medical director

SPECIAL TO HIGHLANDS NEWS-SUN

SEBRING — 21st Century Oncology has announced the addition of board certified radiation oncologist Scott Gasiorek, M.D., to its Sebring treatment team. Gasiorek will be the cancer treatment center's medical director.



SCOTT GASIOREK

"Dr. Gasiorek has been a pioneer in the Radiation Oncology field for decades, assisting with the development of new technology upgrades and accreditations for his practices," the group said.

Before joining 21st Century Oncology, he served on various hospital medical boards to ensure quality and safety of patient care. In addition, he was a

clinical assistant professor for the Florida State University College of Medicine.

"We are thrilled to welcome Dr. Gasiorek to our Sebring cancer treatment facility. His extensive experience in radiation oncology, as well as his dedication to patient care, makes him an invaluable addition to our team," said Michael Wing, M.D., radiation oncologist with 21st Century Oncology.

Gasiorek earned his undergraduate degree in chemistry from the University of Miami where he graduated magna cum laude. He went on to attend the Medical College of Georgia where he earned his medical degree. Gasiorek underwent additional postgraduate training in radiation oncology at the Medical College of Georgia.

He is a long-standing

member of the American Society for Therapeutic Radiology and Oncology (ASTRO) as well as a member of the American College of Radiation Oncology (ACRO). In 2006, ACRO inducted him

as a fellow for his contributions to his field.

21st Century Oncology is located at 3650 Emergency Lane, Sebring. For more information, go to 21co.com or call 863-382-8811.

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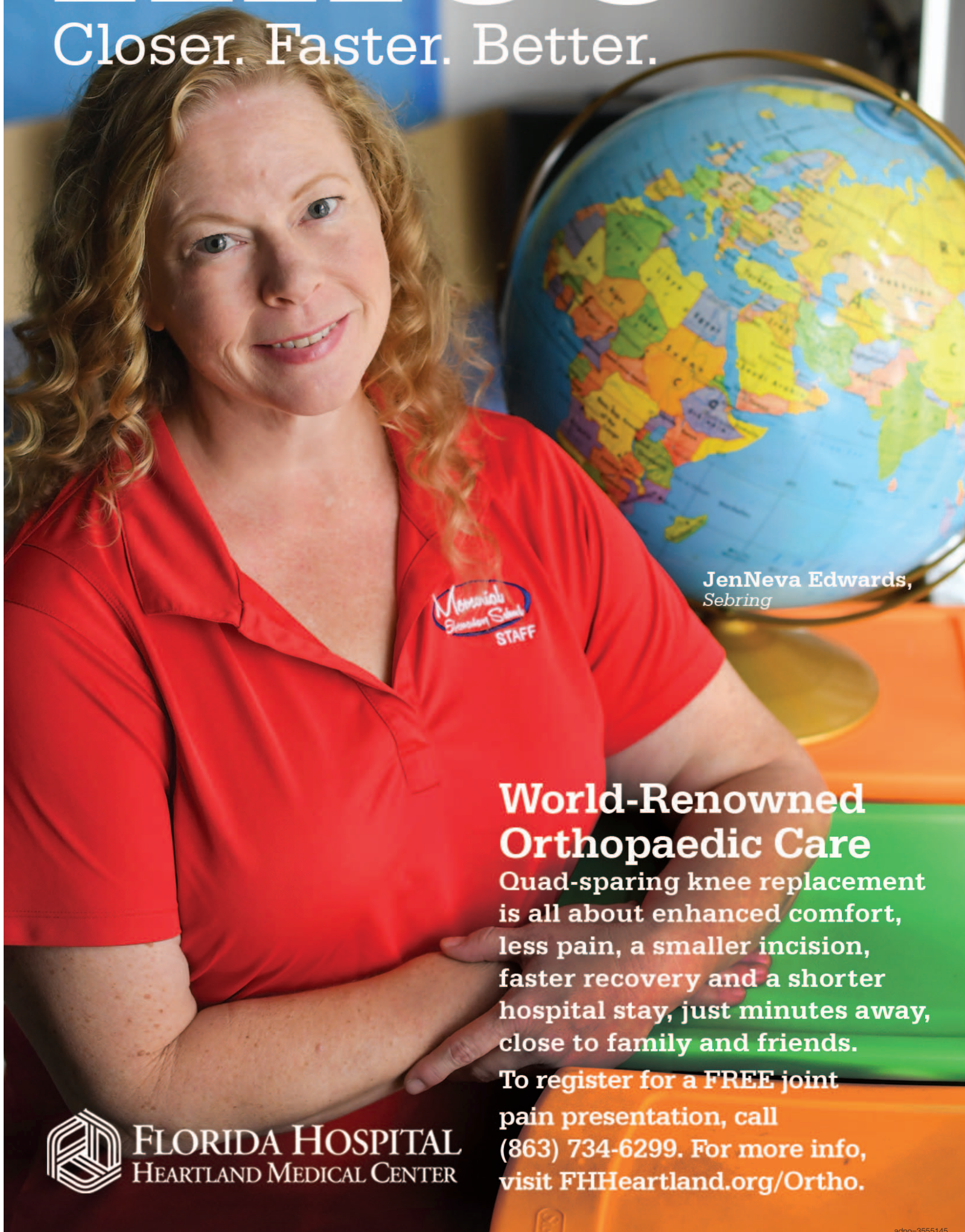
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Relieving back pain through yoga

The first step in awareness is what we tell ourselves. If we think we are sick, unhealthy, are we not telling ourselves this is our reality and thus putting energy into this kind of manifestation in the physical body?

For example, let's examine what we express in "the back." Many people complain of back pain. We can be aware of back pain when sitting, standing, walking or doing chores. What is a solution? How can we relieve back pain at the office or at home?

First, think of how you can relieve pressure off points of pain in the back. There are several restorative reliefs to relax legs, back and shoulders at home using a bolster.



YOGA FOR LIFE

Nancy Dale

At work, you can stand, raise the arms to the sky, take a deep breath and roll the body forward, letting the arms hang, shaking the head and shoulders. Stay in this form for several minutes; release the tension not only the body but the mind. Think

of releasing tension in mind and body.

At home, fold several blankets or use a bolster on which to rest the legs placed beneath the calves. Close your eyes and deeply breathe. Stay in this relaxation posture for 30 minutes or more to gradually let go of tension all the way from the top of the spine, down the core to the hips and lower legs.

Give yourself time to release tension that has developed over time. This is a restorative yoga pose. Think of feeling comfortable and free.

In everyday life, to prevent back pain, focus on your posture when you sit at in a chair, especially at the computer. Take a "selfie" and see if you are keeping

your neck, back and hips in a straight line. Are you sitting on your "sitting bones" or on your lower back? Sitting requires not leaning back in an office chair that is not ergonomically structured. We need to concentrate on lengthening the spine and bringing energy into the sitting bones.

Back pain from poor posture is a major concern. Walk as if on "stilts."

Keep the spine lengthened and tall. Keep the shoulders (clavicles) relaxed, not scrunched up to the ears.

We can work on our back in all that we do by observation and changing poor posture. Visualize a tall, straight back in all that

you do. When bending, use the thighs to take the pressure and keep the back long. If you need to pick up a heavy object or box, bend the knees, use the arms and thighs and avoid stressing the back. A healthy posture is

our choice. Awaken the consciousness to what we are physically doing to strengthen the muscles up and down the spine and extremities.

Think health and breaking negative habits.

HIGHLANDS NEWS-SUN
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major changes on Earth. We will visit several places of historic interest and will discuss possible collaboration.

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March 5, 2018

NOTICE TO CREDITORS 20

IN THE CIRCUIT COURT FOR HIGHLANDS COUNTY, FLORIDA PROBATE DIVISION
File No. **2018-CP-28**
Division PROBATE

IN RE: ESTATE OF **ROBERT W. BRAMHALL**
Deceased.

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

The administration of the Estate of ROBERT W. BRAMHALL, deceased, File Number 2018-CP-28, Probate Division, is pending in the Circuit Court for Highlands County, Florida, Probate Division, the address of which is 590 South Commerce Avenue, Sebring, Florida 33870. The names and addresses of the personal representative and that 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 SERVED WITHIN THREE MONTHS AFTER THE DATE OF THE FIRST PUBLICATION OF THIS NOTICE OR THIRTY DAYS AFTER THE DATE OF SERVICE OF A COPY OF THIS NOTICE ON THEM.

ALL CLAIMS AND DEMANDS NOT SO FILED WILL BE FOREVER BARRED. The date of the first publication of this Notice is February 26, 2018.

Personal Representative
/s/ Barbara A. Adams
Barbara A. Adams
16231 SW Stirling Road
Southwest Ranches, FL 33331
Attorney for Personal Representative
/s/ Constance L. Brandenburg
Constance L. Brandenburg
Florida Bar #0108855
PO Box 661506
Miami Springs, FL 33266
(305) 887-8666
(305) 887-8816 fax
Cb187@bellsouth.net
Feb. 26; March 5, 2018

IN THE CIRCUIT COURT OF THE TENTH JUDICIAL CIRCUIT IN AND FOR HIGHLANDS COUNTY, FLORIDA
PROBATE DIVISION
FILE NO: **CP17-435**

IN RE: ESTATE OF **HELEN CLARA GEEKIE**,
Deceased.

AMENDED
NOTICE TO CREDITORS

The administration of the estate of **HELEN CLARA GEEKIE**, deceased, File Number **CP17-435**, is pending in the Circuit Court for Highlands County, Florida, Probate Division, the address of which is 430 South Commerce Avenue, Sebring, Florida 33870. The names and addresses of the personal representative and the personal representative's attorney are set forth below.

All creditors of the decedent and other persons having claims or demands against decedent's estate, including unmatured, contingent or unliquidated claims, on whom a copy of this notice is served must file their claims with this Court WITHIN THE LATER OF 3 MONTHS AFTER THE DATE OF THE FIRST PUBLICATION OF THIS NOTICE OR 30 DAYS AFTER THE DATE OF SERVICE OF A COPY OF THIS NOTICE ON THEM.

All other creditors of the decedent and other persons having claims or demands against decedent's estate, including unmatured, contingent or

NOTICE TO CREDITORS 20

unliquidated claims, must file their claims with this Court WITHIN 3 MONTHS AFTER THE DATE OF THE FIRST PUBLICATION OF THIS NOTICE.

ALL CLAIMS AND DEMANDS NOT SO FILED WILL BE FOREVER BARRED.

The date of first publication of this Notice is **March 5, 2018.**

/s/ ROBERT W. GEEKIE
/s/ **Michael L. Keiber**
MICHAEL L. KEIBER, ESQUIRE
Law Office of Michael L. Keiber, P.A.
2557 US Hwy 27 South
Sebring, FL 33870
V. (863) 385-5188 F. (863) 471-1111
Florida Bar No. 620610
March 5, 12, 2018

IN THE CIRCUIT COURT FOR HIGHLANDS COUNTY, FLORIDA PROBATE DIVISION
FILE NO. **PC 18-93**
Division Probate

IN RE: ESTATE OF **CHARLES J. MCHALE**
Deceased.

NOTICE TO CREDITORS
The administration of the estate of **CHARLES J. MCHALE**, deceased, whose date of death was **October 15, 2017**, is pending in the Circuit Court for Highlands County, Florida, Probate Division, the address of which is 430 S. Commerce Avenue, Sebring, Florida 33870. The names and addresses of the personal representative and the personal representative's attorney are set forth below.

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

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

ALL CLAIMS NOT FILED WITHIN THE TIME PERIODS SET FORTH IN FLORIDA STATUTES 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 **March 5, 2018.**

Personal Representative:
Mark D. Griffith
501 S. Oak Street
Union, Missouri 63084

Attorney for Personal Representative:
JOHN K. MCCLURE, Esq.
Attorney
Florida Bar Number: 286958
211 S. Ridgewood Drive
Sebring, Florida 33870
Telephone: (863) 402-1888
Fax: (863) 402-2436
E-Mail: jkmcleadings@mllaw.net
Secondary E-Mail:
johnmc@mllaw.net and
cgunter@mllaw.net
March 5, 12, 2018

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

The administration of the Estate of ROBERT W. BRAMHALL, deceased, File Number 2018-CP-28, Probate Division, is pending in the Circuit Court for Highlands County, Florida, Probate Division, the address of which is 590 South Commerce Avenue, Sebring, Florida 33870. The names and addresses of the personal representative and that 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 SERVED WITHIN THREE MONTHS AFTER THE DATE OF THE FIRST PUBLICATION OF THIS NOTICE OR THIRTY DAYS AFTER THE DATE OF SERVICE OF A COPY OF THIS NOTICE ON THEM.

ALL CLAIMS AND DEMANDS NOT SO FILED WILL BE FOREVER BARRED. The date of the first publication of this Notice is February 26, 2018.

Personal Representative
/s/ Barbara A. Adams
Barbara A. Adams
16231 SW Stirling Road
Southwest Ranches, FL 33331
Attorney for Personal Representative
/s/ Constance L. Brandenburg
Constance L. Brandenburg
Florida Bar #0108855
PO Box 661506
Miami Springs, FL 33266
(305) 887-8666
(305) 887-8816 fax
Cb187@bellsouth.net
Feb. 26; March 5, 2018

IN THE CIRCUIT COURT OF THE TENTH JUDICIAL CIRCUIT IN AND FOR HIGHLANDS COUNTY, FLORIDA
PROBATE DIVISION
FILE NO: **CP17-435**

IN RE: ESTATE OF **HELEN CLARA GEEKIE**,
Deceased.

AMENDED
NOTICE TO CREDITORS

The administration of the estate of **HELEN CLARA GEEKIE**, deceased, File Number **CP17-435**, is pending in the Circuit Court for Highlands County, Florida, Probate Division, the address of which is 430 South Commerce Avenue, Sebring, Florida 33870. The names and addresses of the personal representative and the personal representative's attorney are set forth below.

All creditors of the decedent and other persons having claims or demands against decedent's estate, including unmatured, contingent or unliquidated claims, on whom a copy of this notice is served must file their claims with this Court WITHIN THE LATER OF 3 MONTHS AFTER THE DATE OF THE FIRST PUBLICATION OF THIS NOTICE OR 30 DAYS AFTER THE DATE OF SERVICE OF A COPY OF THIS NOTICE ON THEM.

All other creditors of the decedent and other persons having claims or demands against decedent's estate, including unmatured, contingent or

NOTICE OF SALE 30

EARN 8% INTEREST

1st MONEYMORTGAGES
Secured by Real Estate
Short Term & Long Term



M. CHEELEY, P.A.
954-612-8585
★ Successful ★
Real Estate Broker/Teacher

1000 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, Factual Status Or National Origin."

D/W 2/2, siding & rubber roof, like new, no lot rent, Fairmont Ests MHP 3249 Delaware Ave. 812-887-8273, 812-890-3346

Dblwide Hammock Ests, no pets, low mo. rates, renovated in/out. Move-in ready, \$54,500, 260-402-1287 for appt.

HOMES FOR SALE 1020



By Owner-203 N. Hart Ave. Avon Park. 3/1 w/ bonus rm, pantry & laundry rm, 2 scrn rms, lrg fenced corner lot, tons of fruit trees & plants! \$73k obo. **863-452-9770**



BEAUTIFUL, SPACIOUS, CLEAN AND LARGE HOME FOR SALE
828 Catfish Creek Rd., Lake Placid
★ For Sale By Owner ★
3 large bedrooms, 3 bathrooms, extra large family room with real wood burning fireplace, 9 closets (2 are walk-ins), granite kitchen counters and all appliances, washer & dryer, 2 large screen porches, AND DETACHED 4TH BR SUITE W/BATHROOM OR HOBBY ROOM/WORKSHOP/EXTRA STORAGE
Other amenities include: 9 ceiling fans, electric garage door opener, automatic lawn irrigation by well & excellent lawn grooming, laminate wood floor, fenced rear yard & exterior lighting.
Priced to sell \$178,000
Call Chip Eifler **863-465-0888** or **561-601-9513**

CLASSIFIED ADS SELL

WATERFRONT HOMES 1030

Lake Istokpoga 3200 sq ft canal home 3/2, many extras, boat house & fish cleaning, \$299,000, 863-655-1064.

CONDOS/VILLAS FOR SALE 1040

2/1 Villa in Covered Bridge Completely Remodeled! Move in Ready! \$117,500
616-822-2469



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

Lake Placid-3/2 w/rec or fam. rm, dining rm & huge pool w/jacuzzi; sits on 1/2 acre. \$1,300 + sec. **954-394-2418**

MOBILE HOMES FOR SALE 1090

14x60 2/2 split floor plan, 2 Fla rooms, furn. New kitchen, bath & roof; newer A/C. Oak Ridge MHP (pet friendly). \$14,000
814-683-4361, 814-282-1373

1988 12x34 park model home w/Fla rm, rear shed & patio. Fully furn, updated & remodeled. Move-in ready. Sunshine RV Resort, LP. 863-202-0323.



2/2 Furn 55+park, Sebring-14x60. Updated siding w/new windows, landscaping, lg kit w/new cabinets, new appl. **Extras Galore!** Dbl driveway. On canal with deck. Clubhouse, pool. \$39,900. **A Cut Above!** **574-549-8111/841-677-2722**
Gene.tomlinson@yahoo.com



Mobile Home Lake Placid Park-2br/1bth 56' big corner lot, washer/dryer incl., most furn. stays., central air/heat pump. New paint outside & in. Roof sealed. Pool, tennis, horseshoes & pickleball. Affordable lot rent.
518-312-6375

Avon Park- 2/2/2 on own lot at Knoll 55+park. Pool, W/D, shed & nicely landscaped. \$89,900. **863-453-8007**

Highlands Mobile Park, Sebring- 1/1. Must Sell! Price Negotiable **863-385-1480**

Lake Istokpoga Canal-1/1, 52' furn w/22' pontoon boat & 2010 Club Car. All exc. cond! Small park. \$210/mo lot rent. \$35k obo. **607-382-2810**

NEW Dblwide, Hammock Est.-2/2. Many Upgrades in 55+ (no pets). Lowly mo. rate Price Neg. Must see to appreciate! **910-512-2133**

Own Your Own Lot-1992 14'x50' w/sunroom, 2 carports & 2 sheds. No fees/pets. Reduced Price! **765-465-2069**

Avon Park- RV home in permanent set up in park. Owner financing avail/rent to own \$6,500. 863-443-2448 or 863-449-0920

Sebring 2/2 singlewide-in clean 55+park. Carport, sunrm & shed. Comp. furn., W/D. \$18,500. 517-316-5572

Sebring-2/1.5, 55+ park, 14x50 w/12x60 add. Fl rm w/new flooring, util rm. new roof, carport. 618-926-2843.

LP Sunshine RV Park-1BR, 36' with 2 tip outs & 34' FL rm! 11x6 shed, golf cart, W/D Turnkey. Reduced: \$13k! MUST SELL ASAP! **863-699-1711**

WANTED TO RENT 1420

Couple looking for rental in Sebring/Avon Park for **Jan-March 2019.** References avail. **517-881-8902**

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. \$725/mo. Call 239-693-7270.

Sebring- Sun n Lake Golf community buildable lot on paved rd. 80 x 125. \$11,500. 786-202-6238

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

WANTED TO RENT 1420

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

Lake Placid-3/2 w/rec or fam. rm, dining rm & huge pool w/jacuzzi; sits on 1/2 acre. \$1,300 + sec. **954-394-2418**

HOMES FOR RENT 1210

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

Sebring-3/1.5 lrg. fam. rm, scrn porch. Close to hospital & Walmart. \$900 +1st, Lst & sec. No pets. 863-458-0551

UNFURNISHED HOUSE FOR RENT 1214

FROSTPROOF \$599 1b/1b FROSTPROOF \$850 2b/1b Lakefront-Dock-Central AC
Avail. now- lv ms 863-635-1234

CONDOS/VILLAS FOR RENT 1240

Race Fans Welcome! Sebring 2/2 on Lake Jackson-Cable incl. Amenities incl. pool & laundry. \$1,275/wk 863-452-0074

APARTMENTS FOR RENT 1320

Accepting Applications 1 & 2 BR Apts
Castle Hill Apartments 1025 Castle Hill Drive Avon Park, FL 33825 863-452-6565 TDD 711

Available to individuals 62 years of age or older. Handicap/disabled, regardless of age.

This institution is an Equal Opportunity Provider

Sebring- 2BR, \$650: 1BR \$425. Incl. water, sewer & garbage! No pets. 800-743-2301

FURNISHED APARTMENTS 1322

Free rent or reduced rent in exchange for handyman & gardening. Giant furnished studio apartment overlooking lake in Lake Placid. Call Charley 754-264-4246

MOBILE HOMES FOR RENT 1340

Sebring- Retiree's Delight!
On water, furnished or unfurnished. Call for appointment. **863-658-1601**

VACATION/ SEASONAL RENTALS 1390

Available Jan, Feb, March 2019 1 bd guest house, comp. furn., country setting in Sebring. 863-414-3351

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

WANTED TO RENT 1420

Couple looking for rental in Sebring/Avon Park for **Jan-March 2019.** References avail. **517-881-8902**

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. \$725/mo. Call 239-693-7270.

Sebring- Sun n Lake Golf community buildable lot on paved rd. 80 x 125. \$11,500. 786-202-6238

WANTED TO RENT 1420

Couple looking for rental in Sebring/Avon Park for **Jan-March 2019.** References avail. **517-881-8902**

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. \$725/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

Asst Maintenance Person
Wanted: Responsb for mowing, weed eating all grounds; lgt handyman & repair work; some janitorial work. \$10/hr
863-655-1909 or email: thepalms@embarqmail.com

Media Positions Available Solmart Media, LLC is Now Hiring:

★ **Outside Sales:** Bilingual & experienced. Work from home covering Sebring, Polk County, Sarasota and Port Charlotte.
★ **Bilingual Traffic/Production Assistant:** at the Zolfo Springs studios. 25 hrs/wk. Must have: Computer skills; ability to read, write & speak English & Spanish.
Apply: Fax resumes to: (863) 494-4443 or email to: **tmartinez@solmartmedia.com**

Chicanes is Now Hiring: ALL POSITIONS

Apply at 3101 Golfview Rd., Sebring.

Class A CDL/Excavator Loader- Exp'd; Demo work; Mechanical Skills & Dump Truck Exp. 863-382-1228

Full Time COOK for Skilled Nursing Facility

We have a great opportunity for a Full Time cook to join our team. Experience in food service in a Skilled Nursing Facility preferred. Must be able to follow menus and prepare food, organize duties to complete tray service in a timely manner, assure kitchen equipment and surfaces are clean and sanitized according to dietary procedures, store food in compliance with dietary procedures. **Apply in person at Royal Care of Avon Park, 1213 W Stratford Rd., Avon Park, FL. EOE/DFWP 863-453-6674**

CDL DRIVER WANTED

Tree Experience helpful. Clean D/L and Pre-Employment Drug Screen. **Benefits & Paid Time Off provided!**
Call 863-528-1197

Experienced Lawn Care Worker Wanted

Call Tony: 863-446-0449

Consolidated Citrus Limited Partnership Now Hiring:

★ **Heavy Equipment Operator**
Candidate must

**HELP WANTED
2001**

SOUTH FLORIDA State College
Become a licensed Insurance Agent or Adjuster. Online training is available sfsc.oltraining.com
863-784-7033

Male or female needed to cook 3 nights a week for 2 seniors. Call 863-202-6380.

**FULL TIME
PAGINATOR/GRAPHIC
ARTIST WANTED**

Do you have a creative eye? Solid design skills? Enjoy working in an exciting environment? We are building a design team and we want you to be a part of it!

- Design and layout pages in a clean and exciting fashion for several print publications.
- Create ads and design covers for special sections and other publications.

Nights and weekends required. Experience in InDesign and Adobe Creative Suite preferred. Proofreading skills a must. The **Highlands News-Sun** and **Highlands Sun** offers a competitive compensation package including salary plus incentive, a benefit package, and plenty of opportunity for advancement.

We are a drug and tobacco free workplace. Pre-employment drug/nicotine screening required.

Send resume and design samples to:
**Donna Scherlacher
Multi Media Director**
Donna.Scherlacher@highlandsnewssun.com
315 US Hwy 27 N., Sebring, FL 33870.



Looking for employment? Please visit <http://sfsc.interviewexchange.com> for position postings. EA/EO, Vet's Pref. (eligible career positions)

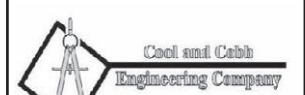


**CLASSIFIED
WORKS!**

PT Handyman Wanted Must be experienced & have own tools. Duties include: painting, light plumbing, light electrical work & apt. turns. Call between 10-4 **863-452-6565** TDD 711 (Avon Park); or 941-685-6888. *This institution is an equal opportunity provider & employer.

Class A CDL Truck Drivers Needed to haul citrus throughout Central FL. Must have valid Class A CDL lic. & clean driving record. EOE/Drug Free workplace. Call 863-441-8323

**PROFESSIONAL
2010**



CAD Drafter Needed Cool and Cobb Engineering Co
• Recommended 2yrs CAD Drafting Experience;
• Design Floor Plans, Elevations, Renderings, Site Sketches, etc.;
• Ability to read Construction Plans;
• Proficient in MS Word, Outlook & Excel
Call for Appt. **863-657-2323**



First Baptist Preschool is looking for an exp. **Christian Teacher** to fill an immediate position. Must have exp. teaching using a curriculum, VPK, phonics, or other equivalency. Must have all DCF req. courses. CPR & First Aid pref. Pay depends on exp. & training. **Applications w/resume can be acquired at 200 E Center Ave., Sebring.**

**CLERICAL/OFFICE
2020**

P/T Church Secretary Needed. Must be proficient in **Publisher, Word and Excel.** Call **863-453-6681**

**MEDICAL
2030**



Residential Assistant - FT HS Diploma/Good Driving Rec. **Apply at CareerSource Heartland**
5901 US Hwy. 27 S., Sebring EOE/Drug Free Workplace

CNA/Certified MA Full-time for busy specialty practice. Must have certification up to date. Benefits available. **Email resume to: gechevarria@floridajointspine.com**



★ **CNA/Certified MA** Full-time. Must have certification up to date.
★ **Billing Specialist** Experience required. For busy specialty practice. Benefits available. **Email resume to: gechevarria@floridajointspine.com**

CERTIFIED NURSING ASSISTANT

★ **SIGN ON BONUS FOR ALL FT AND PT CNAs** ★

We are currently seeking Full Time, Part Time and PRN CNAs to join our team! This role is responsible for delivering quality care to residents and maintaining a positive interactions with families, staff and other healthcare professions. We offer excellent benefits for all FT employees 32 hours or more per week. Health benefits start after 60 days! Excellent weekend shift differentials. **Apply in person at Royal Care of Avon Park, 1213 W Stratford Rd., Avon Park, FL. EOE/DFWP 863-453-6674**



Immediate Need

❖ **Medical Assistant w/Phlebotomy Skills**

❖ **Nurse Practitioner or Physician Assistant**

To Apply Online, Visit: www.flcancer.com/careers

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**



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 ANOT FOR PROFIT FACILITY
at **863-453-5308**

Oaks at Avon ANOT FOR PROFIT FACILITY

Oaks at Avon ANOT FOR PROFIT FACILITY

**Find it in the
Classifieds!**

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**



Medical Assistant Needed in Sebring. FT or PT, exp. required. Great pay, PTO, health & disability insurance, 401K & other benefits. **Submit resumes to recruitment@aiod.net**

Part Time Pharmacist Needed-Fax Resume to 863-386-1960

**MEDICAL
2030**

RN and LPNs for Skilled Nursing Facility

5 STAR nursing facility hiring RNs and LPNs with one year Long Term Care Experience a plus. Twelve hour shifts 7p to 7a - Full Time, Part Time and PRN. **Immediate need for RN Supervisor** for every other weekend. Duties include patient assessments, charge nurse responsibilities, passing meds, communicates with doctors & supervise CNAs. We offer a great starting salary, excellent team management environment and full management support. **Apply at Royal Care of Avon Park, 1213 W Stratford Rd., Avon Park. EOE/DFWP. 863-453-6674**

Seeking Full-Time RN Electronic Health Records and Clinical experience in Internal Medicine and Cardiac Care required. **Benefits Provided! Call 863-386-9595**

A Full Time RN Restorative Coordinator position has just become available do to our current nurse retirement. Working Monday-Friday. The candidate must have excellent communication, interpersonal skills, technical assessment and documentation skills. Excellent competitive benefit package available. Please **apply in person at Royal Care of Avon Park, 1213 W Stratford Rd., Avon Park. (863) 453-6674. EOE, M/F, DFWP.**

**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@lpcpl.com**

3000



NOTICES

**HAPPY ADS
3015**



Wish your Special Little Easter Bunny a Happy Easter with a Happy Ad!

4 lines of text for 3 days for Only \$25!! Personalize with your Own Photo for only \$10 more!

Call now to Reserve your Space!

863-658-0307



Turn your trash into cash! Advertise your yard sale!

**LOST & FOUND
3090**

FOUND DOG- Beagle, Lake Josephine area on 2/25/18. Misses Parents!! **Call 863-446-0395**

Classified = Sales

4000



FINANCIAL

LOANS/MORTGAGES

**EARN
8%
INTEREST**

1st MONEYMORTGAGES Secured by Real Estate **Short Term & Long Term**

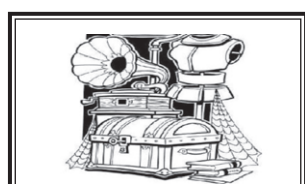


M. CHEELEY, P.A. 954-612-8585 ★ **Successful** ★ **Real Estate Broker/Teacher**

6000



MERCHANDISE



**HIGHLANDS
HOT DEALS!**

Do you have stuff to sell at \$500 or less? Advertise your merchandise now in the Classified Section!

**\$3 for 3 Lines
\$4 for 4 Lines
\$5 for 5 Lines**

Call

863-385-6155 or 863-658-0307



GET RESULTS USE CLASSIFIED!

**GARAGE SALES
6014**



Wish Someone a Happy Easter in a Special Way!

4 lines of text for 3 days for Only \$25!! Personalize with your Own Photo for only \$10 more!

Call now to Reserve your Space!

863-658-0307



**FURNITURE
6035**

Bedroom-4 pc. + mat/spring, \$300, end tables (2), sofa w/ ottoman & pillow, \$125, rocker, \$25, dining table, \$25, file cabinets (2), 2 drawer, wooden, \$20 for set, 419-553-7295

**FURNITURE
6035**

Dinette set, 42" round and leaves, maple tones, \$85.00, 301-434-4320



We Buy/Sell Clean Used Furniture. Best Prices in Town! Sebring Furniture 863-446-2808

King wicker bedroom, complete, 2 nite stands, dresser, etc. Exc, \$275, 440-842-9028.

Lift Chair Electric, reclining, brown fabric \$250. (863) 273-3736

Several Rooms of Furn for Sale- Call for complete list and prices. **262-744-9038**

**CLOTHING / JEWELRY/
ACCESSORIES
6065**

Diamond Engagement Ring- 3 diamonds, 1.25ct in center, White gold. Appraised \$1,200 asking \$600. **317-402-6192**

**ANTIQUES
COLLECTIBLES
6070**



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

**MUSICAL
6090**

Baldwin Acrosonic Console Piano- Mahogany With bench, used little, great cond! \$250 obo. **419-553-7295**

Left Fender Strat Guitar in case with accessories with Marshall amp, \$300, 863-414-5795

Left-handed Fender Guitar- Very good cond. Soft cover carrier. \$275. Jim **863-699-2204**

Organ- Lowrey EV-2 w/bench & music. Like new, exc. cond! Cost \$2,200, asking \$1,000 obo. **863-471-6682**

Organ- Lowrey Legacy model w/bench & music books. Asking \$3k--make offer. **863-382-7956**

PIANO Upright \$450 (863) 385-8901

**MEDICAL
6095**

Hospital Bed- Clean mattress, used little. \$175. **863-471-9295**

**HEALTH / BEAUTY
6100**

Personal Massager-Oster model 103, new, never used. \$60 obo. **863-471-6682**

**GOLF ACCESSORIES
6125**

Golf Club, taylor made, M1 driver, \$195.00 - 863-257-1436

Golf clubs w/bag, all woods, #1,3,5,7,9,11 & 2 putters & ball retriever \$40, 863-385-2410

**BICYCLES/
TRICYCLES
6135**

Bicycles, assorted adult and kids bikes, guaranteed, \$35.00 and up, 863-414-8088

Men's & woman's Mountain Bikes- \$60 each or both \$100. **309-369-9799**

Reese Sportwing trunk mounted 2 bike carrier, holds 70 lbs, new in box, \$35, 401-440-4560

**TOYS/GAMES
6138**

Table Tennis/Ping Pong Top- Never used! \$75. **863-414-4777**

**LAWN & GARDEN
6160**

Chain Saw, 14" chain, 33C engine, 2 yrs old, \$65.00 - 863-368-1476

Toro electric trimmer, \$30, 863-385-2410

**LAWN & GARDEN
6160**

Lawn tractor Craftsman 42" cut, dual cyl, hydro static drive, cruise, auto reverse, like new, extras, \$1100, 863-659-1212.

Find your Best Friend in the Classifieds!

Push Mower, 22" cut, Craftsman, 6.75 self propelled, \$120.00 863-446-1137

**BUILDING SUPPLIES
6170**

Overhead Garage Door- 7x16, alumn. Good condition. \$110. **207-380-1177**

**TOOLS/MACHINERY
6190**

Generator 3800 watt Champion \$150. (863) 2733736

Scroll Saw- Delta, variable speed, with stand on wheels. \$350 firm. **863-414-2678**

Welder-Antique, 120-240, stick, Westinghouse Ark, on wheels. \$50. **863-465-1501**

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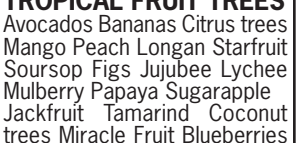
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GUEST COLUMN

Diana Carr

Hand still hurts after carpal tunnel surgery?

You are frustrated because you had carpal tunnel surgery and your hand still hurts. There are many causes — pinched nerve in the neck, swelling in the nerve, incomplete release, scar tissue or another overlapping hand problem.

About 20-30 percent of people have a pinched nerve in the neck, in addition to the pinching of the median nerve in the wrist. Many respond to physical therapy.

When there is a pinched nerve in the neck, the "hole" that the nerve exits in the neck is formed by adjacent vertebrae. If the muscles are tight, then the hole gets smaller and aggravates the nerve. Therapy can loosen things up.

If this is not enough, then injecting the irritable nerve is the next step. The spinal cord and brain have protective barriers that keep all medicines, both good and bad, out. The only way to get enough medicine in is by injection. In a few cases, the problem in the neck needs surgery.

Carpal tunnel syndrome (CTS) is a result of pressure on the nerve. In most of the moderate cases, releasing the pressure makes the pain go away. In some, the pain goes away briefly and then returns.

If severe, there are several medicines to help in this stage. Ice is also helpful. In the more severe CTS, the nerve is actually regenerating and can also be irritable until it finishes. Sometimes the help of a hand therapist is needed.

Therapists can also help in getting the brain to pay attention to a nerve that has not been communicating (that is numb) for a while. This has improved the results in severe carpal tunnel cases.

If you get better for a few months and then worsen, you may be a scar former. This requires re-release. In this case, some fat is taken from the hand and wrapped around the nerve. The scar reforms, but cannot get a good "squeeze" on the nerve. If the original release surgery was with a short incision or was endoscopic, then the release may be incomplete. This is most common if you have had a wrist fracture, have systemic arthritis like gout, a severe CTS or diabetes — all of which cause scar formation around the nerve that is not removed in these techniques. This can be identified by repeating the nerve testing.

Lastly, some symptoms may be from trigger fingers, bad thumb joints or other problems that also give hand pain, but that is a story for another column.

HEALTHY

FROM PAGE 1

and then later grabbing a candy bar, Welstead said.

At Panda Express, Welstead chose the kung pao chicken bowl with steamed vegetables, garnished with peanuts and chile peppers, to bring the total calorie count to just under 400. She chose the kung pao chicken because it's a savory and spicy option that is packed with protein.

"When it comes to making these healthy

choices, and I think with regard to making a healthy lifestyle, it's all about balance," Welstead said. "If you know you want to eat something that is higher in calories, higher in fat, higher in sugar, enjoy it, have that meal, and the next time you have something to eat, make better decisions."

GO FOR PROTEIN

Choosing options high in protein helps keep you satiated, Welstead said. And while skipping the rice, bread or noodles is preferred - since

carbohydrates cause your blood sugar to spike and then drop down - getting a half or partial portion is better than getting the entire serving. Also, skip the lunchmeat.

"Unfortunately when you get things like lunchmeat, there's not going to be as much bang for your buck when it comes to protein, and it's going to have more salt," Welstead said.

When you eat something with as many carbohydrates as a sandwich, your blood sugar will go up and then inevitably crash only a

few hours later. If you're going to have a sandwich, choose the skinny bread or the flat instead of the normal bread, Welstead said.

GO EASY ON THE DRESSING AND CRUNCHY BITS

Crunchy toppings, like croutons and wontons, can add empty calories to a meal, so opt to have them on the side and have only one or two pieces to appease that hankering, Welstead said.

Dressings can add a lot of calories and sugar to your meal, so the best

option is to get it on the side and use only a little bit, Welstead said. Avoid nonfat dressings because they typically have more sugar than normal ones, and opt for avocado, which has healthy fats to help you stay full longer.

"When you get salads with avocado, you won't have to use as much dressing because it gives that creamy consistency when you start to toss your salad," Welstead said.

If you're craving more punch, hot sauces, rather than creamy or garlic oils, are a way to amp up

flavor and avoid adding calories, Doerfler said. Another way is to choose chimichurri or salsas, which helps bump up your vegetable intake while making your meal more interesting.

START LOW AND WORK THE SIDES

Building a bowl with salad as your base already gives you a good start toward clocking in fewer than 500 calories for a meal, Doerfler said. This way, you can layer in other healthy things

HEALTHY | 10



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HEALTHY

FROM PAGE 9

without worrying about overdoing it.

Sides like soups and salads can help keep calories down while giving you a variety of options that are filling. Studies have shown that starting a meal with a broth-based soup can help people cut back on calories by 30 percent, Doerfler said.

DRINK WATER, EAT COLORFULLY

Instead of reaching for a fountain drink or sweet iced teas, drink water. Other drinks can add unwanted sugar and don't help keep you full. Instead of picking a sweet drink, save those

calories for a healthy afternoon snack, Doerfler advised.

"Try to skip all the sodas and milkshakes that can add easily 1,000 calories when you otherwise weren't planning on it," Doerfler said.

A regular soda can be the caloric equivalent of four or five pieces of bread, Welstead said, so cutting those out saves you hours of exercising to burn off those extra sugars.

A quick rule that Doerfler and Welstead give their clients is to eat something green, something red or purple, and something yellow or orange every day to ensure they get the antioxidants they need.

"Get all the colors of the rainbow," Welstead said.

SHARE WITH FRIENDS

People often fall into the trap of finishing their entire plate even if they're already full. Instead, try to take home leftovers or share with friends, Doerfler said. And if that item wasn't what you thought it would be or you just aren't enjoying the taste anymore, don't be afraid to get rid of it.

"When you feel like you are no longer enjoying the taste and you're eating just to finish, it's a great time to try to stop and pause," Doerfler said. "Take the leftovers home with you, or give them to a friend, or throw them away. Save your heart and health in the long run."

CASE STUDIES

Here are the restaurants and businesses that Welstead and Doerfler visited, what they ordered and their explanations for their picks.

Case study: Panda Express

Order: Kung pao chicken with steamed vegetables
Reasoning: The chicken is for protein, and the vegetables are for nutrition and as a substitute for rice or noodles.

Case study: Chipotle Mexican Grill

Order: Salad bowl with black beans, fajita vegetables, sofrito and pico de gallo, with the dressing on the side. Skip the sour cream and cheese, and if you're trying to be

conscientious of carbs, skip the rice and corn salsa.

Reasoning: Plant-based, protein packed and loaded with nutrients.

Case study: 7-Eleven

Order: Yogurt and hard-cooked eggs.
Reasoning: It's hard to choose something that is healthy at 7-Eleven, so choose something with protein. Plain nuts are also a good choice. Avoid yogurt-covered nuts because they are just covered in sugar and aren't made with real yogurt.

Case study: Corner Bakery

Order: Half a tuna sandwich with half an Asian Wonton Salad
Reasoning: Sometimes

you want a little bit of each, so choose something with whole wheat for fiber. The tuna is better than lunchmeat. Getting the wontons on the side means you can still have a couple but not eat all of them. Choose carrots over chips as a side.

Case study: Whole Foods

Order: From the salad bar, a kale salad base topped with shrimp, chicken or hard-cooked eggs. Or a packaged salad.

Reasoning: The kale provides a good amount of fiber, and the shrimp provides protein. Add nuts, chia seeds or sunflower seeds for crunch, rather than croutons or wontons.



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Never too late to operate?

Surgery near end of life is common, costly



By LIZ SZABO
KAISER HEALTH NEWS

At 87, Maxine Stanich cared more about improving the quality of her life than prolonging it. She suffered from a long list of health problems, including heart failure and chronic lung disease that could leave her gasping for breath. When her time came, she wanted

to die a natural death, Stanich told her daughter, and signed a “do not resuscitate” directive, or DNR, ordering doctors not to revive her should her heart stop.

Yet a trip to a San Francisco emergency room for shortness of breath in 2008 led Stanich to get a defibrillator implanted in her chest — a medical device to keep her alive by delivering a powerful shock. At the time, Stanich didn’t fully grasp what she had agreed to, even though she signed a document granting permission for the procedure, said her daughter, Susan Giaquinto.

That clarity came only during a subsequent visit to a different hospital, when a surprised ER doctor saw a defibrillator protruding from the DNR patient’s thin chest. To Stanich’s horror, the ER doctor explained that the device would not allow her to slip away painlessly and that the jolt would be “so strong that it will knock her across the room,” said Giaquinto, who accompanied her mother on both hospital trips.

Surgery like this has become all too common among those near the end of life, experts say. Nearly 1 in 3 Medicare patients undergo an operation in the year before they die, even though the evidence shows that many are more likely to be harmed than to benefit from it.

The practice is driven by financial incentives that reward doctors for doing procedures, as well as a medical culture in which patients and doctors are reluctant to talk about how surgical interventions should be prescribed more judiciously, said Dr. Rita Redberg, a cardiologist who treated Stanich when she sought care at the second hospital.

“We have a culture that believes in very aggressive care,” said Redberg, who specializes in heart disease in women at the University of California, San Francisco. “We are often not

OPERATE | 4

Trump says US will meet with North Korea

By JOHN T. BENNETT
CQ-ROLL CALL

WASHINGTON — After months of bluster and threats toward North Korea, President Donald Trump said his administration would talk with the government of Kim Jong Un about its nuclear arms and long-range missile programs.

President Barack Obama told Trump, before the new president was sworn in, that North Korea would be the most pressing global problem he would have to solve during his term. Since then, Trump has at times suggested that he would use the U.S. nuclear arsenal to take out North Korea’s. His sudden pivot toward talks is just the latest example of how his policy stances often change suddenly.

“They, by the way, called up a couple of days ago and said, ‘We would like to talk,’” Trump said of the Kim government Saturday night at the annual Gridiron Dinner. “And I said, ‘So would we, but you have to de-nuke, you have to de-nuke.’”

Trump then turned to one of his most-used verbal crutches when he wants to avoid promising a specific outcome.

“So, let’s see what happens. Let’s see what happens,” Trump said, according to a pool report released by the White House. “But we will be meeting and we’ll see if anything positive happens. It’s been a long time,” Trump said. “It’s a problem that should have been fixed a long time ago.”

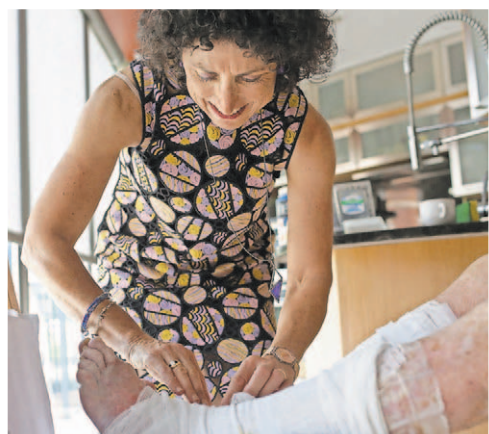
After some of his critics warned he might start a major Asian conflict — or even a nuclear one — Trump softened his brash tone on North Korea Saturday, saying, “Maybe positive things are happening.”

“I hope that’s true and I say that in all seriousness. I hope that’s true,” he said.

Trump has long said that he would never talk with Kim’s government over its nuclear and missile program. For example, he said in a Twitter post Aug. 30: “Talking is not the answer!”

But Saturday night, Trump went as far as to say “direct talks” with Kim are possible.

“I won’t rule out direct talks with Kim Jong Un. I just won’t,” Trump said. “As far as the risk of dealing with a madman is concerned, that’s his problem, not mine... He must be a fine man.”



PHOTOS BY YANA PASKOVA FOR KAISER HEALTH NEWS

Dr. Rita Redberg, director of women’s cardiovascular services at the University of California-San Francisco Division of Cardiology, tends to her mother, Mae Redberg, in Mae’s apartment in Manhattan.

White House: No exemptions from steel, aluminum tariffs

By KEVIN FREKING and ZEKE MILLER
ASSOCIATED PRESS

WASHINGTON — President Donald Trump’s administration appears unbowed by broad domestic and international criticism of his planned import tariffs on steel and aluminum, saying Sunday that the president is not planning on exempting any countries from the stiff duties.

Speaking on CNN’s “State of the Union,” White House trade adviser Peter Navarro said: “At this point in time there’s no country exclusions.”

Trump’s announcement Thursday that he would impose tariffs of 25 percent and 10 percent, respectively, on imported steel and aluminum, roiled markets, rankled allies and raised prospects for a trade war. While his rhetoric has been focused on China, the duties will also cover significant imports from Canada, Mexico,

South Korea, Japan and the European Union.

The Pentagon had recommended that Trump only pursue targeted tariffs, so as not to upset American partners abroad. But Commerce Secretary Wilbur Ross said Sunday that was not the direction the president would take.

“He’s talking about a fairly broad brush,” Ross said on ABC’s “This Week.” He rejected threats of retaliation from American allies as “pretty trivial.”

Few issues could blur the lines of partisanship in Trump-era Washington. Trade is one of them.

Labor unions and liberal Democrats are in the unusual position of applauding Trump’s approach, while Republicans and an array of business groups are warning of dire economic and political consequences if he goes ahead with the tariffs.



AP PHOTO

President Donald Trump listens during a meeting with steel and aluminum executives in the Cabinet Room of the White House, Thursday, in Washington.

Trade politics often cut along regional, rather than ideological, lines, as politicians reflect the interests of the hometown industries and workers. But rarely does a debate open so wide a rift between a president

and his party — leaving him almost exclusively with support from his ideological opposites.

“Good, finally,” said Sen. Sherrod Brown, an Ohio Democrat and progressive as he cheered Trump’s move. Sen.

Bob Casey of Pennsylvania, a Democrat who has called for Trump to resign, agreed.

“I urge the administration to follow through and to take aggressive measures to ensure our workers can compete on a level playing field,” Casey tweeted.

This moment of unusual alliance was long expected. As a candidate, Trump made his populist and protectionist positions on trade quite clear, at times hitting the same themes as one of the Democratic presidential candidates, Vermont Sen. Bernie Sanders.

“This wave of globalization has wiped out totally, totally our middle class,” Trump told voters in the hard-hit steel town of Monessen, Pennsylvania, during one of his campaign stops. “It doesn’t have to be this way.”

Trump’s criticism of trade agreements and China’s trade policies found support with

TARIFFS | 4

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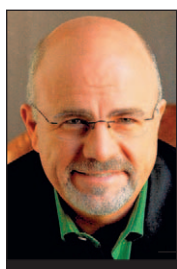
PUNTA GORDA PORT CHARLOTTE NORTH PORT ENGLEWOOD VENICE SARASOTA BRADENTON NAPLES FT. MYERS BONITA SPRINGS

FINANCIAL / WEATHER

Don't let it hang around!

Dear Dave, I have \$100,000 in student loan debt. Since the amount is so large, is there a special place in your Baby Steps plan for it?

— Julie



Dave Ramsey

owe \$1,200. The original amount was \$500. I'd like to work something out, but I can't afford \$1,200. What should I do?

— Luanne

Dear Luanne, They're asking for \$1,200 because they've added things like interest and late fees. They want to make as much money as possible on an old debt they bought for pennies on the dollar.

If you can afford \$500 right now, ask if they'll accept a one-time payment to settle the account. Get it in writing if they accept the offer, and don't give them a penny until after you get a copy of the written agreement. Once you have the agreement in hand, send them a money order or cashier's check for \$500. Do not, under any circumstances, give them electronic access to your bank accounts.

You waited too long to take of your obligation, Luanne. That made things more difficult and more stressful than necessary. I'm glad you decided to do the right thing, and clean up your mess, though. Better late than never!

— Dave

Dave Ramsey is CEO of Ramsey Solutions. He has authored seven best-selling books, including The Total Money Makeover. Follow Dave on the web at daveramsey.com and on Twitter at @DaveRamsey.

Dear Julie, The fact that it's a large amount of student loan debt doesn't change anything. Baby Step 2 is where you pay off all debt except for your home.

I hope you have a nice, large income with which to fight that big, nasty pile of student loan debt. Believe it or not, I've seen even worse situations. I've talked to people who went \$200,000 into debt for a four-year degree in a field where they'll make \$50,000. That kind of thinking and behavior is ridiculous, but it's out there.

Whatever you do, don't let this student loan debt hang around for years and years. You've got to get focused and intense about getting control of your money. That means living on a strict, basics-only monthly budget. After that, start throwing every nickel and dime you can scrape together and save toward those student loans as fast as possible.

Your income is your largest wealth-building tool, Julie. You can't save, and plan for the future, when all your money is flying out the door to pay back debt!

— Dave

Better late than never

Dear Dave, I have a credit card that I haven't made a payment on in almost two years. The debt has been sold a couple of times, and now a collector is saying I

'Trump slump' in gun sales continues despite control debate

By **ANDREW WELSH-HUGGINS** ASSOCIATED PRESS

COLUMBUS, Ohio (AP) — Gun store owners called it the "Trump slump." Sales of firearms slowed dramatically after the election of Donald Trump as president in 2016 allayed fears of a Democratic crackdown on gun owners.

That trend has continued in recent weeks even with talk of gun control in Congress and among business leaders following the Feb. 14 massacre of 17 people at a Florida high school.

In the past, gun massacres generally led to an uptick in sales as people worried about the government restricting access. But with Parkland, things are different.

"The day after the election, it's just like somebody turned a faucet off," said David Dobransky, 67, who owns Dobransky Firearms, a small gun shop in North Canton, Ohio. Since then, sales there have been cut in half, and nothing the president or Congress has done or said following the Florida shooting has improved business.

Gun owners apparently have faith that Trump won't impose more restrictions, gun show owners say. That's even with the confusing messages Trump has sent in the past week.

He has cast himself as a strong supporter of the National Rifle Association but on

Wednesday criticized lawmakers for being too fearful of the NRA to take action. He also reaffirmed positions opposed by the NRA, such as banning gun sales to those under 21.

Then the next day, Trump met with NRA officials and tweeted they'd had a "Good (Great) meeting." The NRA's executive director, tweeting about the same meeting, said Trump and Vice President Mike Pence "don't want gun control."

At Rapid-Fire Firearms in Rapid City, South Dakota, business is "just like normal," owner Robert Akers said Thursday, contrasting business with the panic buying under President Barack Obama.

In an earnings conference call last week, American Outdoor Brands, which owns Smith & Wesson, said revenue fell by one-third over the past three months, consistent with a drop since Trump was elected.

Demand dropped in December and January, before the Florida shooting and the debates on gun laws that followed, he said. The company doesn't expect sales to improve much over the next year.

Sturm Ruger and American Outdoor Brands have both seen their stocks plunge since Trump was elected, as they have mostly reported disappointing sales in recent months. American



AP PHOTO

A portion of the rack displaying various models of semi-automatic sporting rifles is seen at Duke's Sport Shop in New Castle, Pa. on Thursday, March 1, 2018. Sales of firearms slowed dramatically after the election of President Donald Trump in 2016 allayed fears of a Democratic crackdown on gun owners.

Outdoor Brands has plunged 67 percent since the presidential election and Sturm Ruger is down 28 percent.

Potentially dampening sales further, four major retailers last week — Kroger, Dick's Sporting Goods, L.L. Bean and Walmart — announced they will no longer sell guns to anyone under 21.

In addition, outdoor retailer REI says it's halting future orders of some popular brands — including CamelBak water carriers, Giro helmets and Camp Chef

stoves — whose parent company also makes ammunition and assault-style rifles.

Over the past 30 years, U.S. gun production has tripled. Nine million were produced in 2015, compared with 3 million in 1986, according to the Bureau of Alcohol, Tobacco, Firearms and Explosives. Those figures don't reflect sales since Trump took office, bringing with him the perception he was friendlier to gun owners.

The U.S. also imports millions of guns annually.

TODAY / TONIGHT TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

<p>Partly sunny and nice</p> <p>HIGH 78° 0% chance of rain</p> <p>LOW 52° 5% chance of rain</p>	<p>Pleasant with plenty of sunshine</p> <p>80° / 64° 10% chance of rain</p>	<p>Cloudy and not as warm with a few showers</p> <p>73° / 51° 75% chance of rain</p>	<p>Sunny to partly cloudy</p> <p>69° / 47° 5% chance of rain</p>	<p>Pleasant with sunshine and some clouds</p> <p>72° / 49° 5% chance of rain</p>	<p>A shower in the a.m.; otherwise, some sun</p> <p>79° / 60° 55% chance of rain</p>
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64° GULF WATER TEMPERATURE

Shown is today's weather. Temperatures are today's highs and tonight's lows.

FLORIDA CITIES

City	Today	Tue.
Apalachicola	70 60 pc 73 52 t	
Bradenton	75 57 pc 78 63 pc	
Clearwater	74 59 pc 77 64 pc	
Coral Springs	76 57 s 80 65 pc	
Daytona Beach	71 51 s 79 59 pc	
Fort Lauderdale	75 61 s 79 67 pc	
Fort Myers	79 54 pc 81 68 s	
Gainesville	73 46 s 75 51 pc	
Jacksonville	71 48 s 76 48 t	
Key Largo	74 64 s 77 69 pc	
Key West	76 66 s 79 70 pc	
Lakeland	76 50 s 79 58 s	
Melbourne	74 55 s 83 66 s	
Miami	76 60 s 80 66 pc	
Naples	78 58 pc 80 69 s	
Ocala	73 47 s 78 53 pc	
Okeechobee	74 51 s 81 61 s	
Orlando	76 52 s 83 61 s	
Panama City	72 61 pc 74 52 t	
Pensacola	74 65 pc 69 50 t	
Pompano Beach	75 59 s 79 66 pc	
St. Augustine	68 52 s 75 55 pc	
St. Petersburg	75 58 pc 79 65 pc	
Sarasota	75 54 pc 78 64 pc	
Tallahassee	71 50 pc 71 44 t	
Tampa	76 57 pc 79 64 pc	
Vero Beach	73 52 s 82 64 s	
West Palm Beach	75 57 s 80 64 s	

TIDES

Point	High	Low	High	Low
Punta Gorda	Today 5:08a	11:22a	5:04p	---
	Tue. 6:01a	12:11a	5:33p	11:46a
Englewood	Today 3:45a	9:38a	3:41p	10:27p
	Tue. 4:38a	10:02a	4:10p	11:24p
Boca Grande	Today 2:55a	8:31a	2:59p	9:15p
	Tue. 3:58a	8:52a	3:26p	10:16p
El Jobean	Today 5:40a	11:51a	5:36p	---
	Tue. 6:33a	12:40a	6:05p	12:15p
Venice	Today 2:00a	8:17a	1:56p	9:06p
	Tue. 2:53a	8:41a	2:25p	10:03p

CONDITIONS TODAY

UV Index and RealFeel Temperature® Today

2	4	7	4	2	0
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8 a.m. 10 a.m. Noon 2 p.m. 4 p.m. 6 p.m. The higher the AccuWeather.com UV Index™ number, the greater the need for eye and skin protection. 0-2 Low; 3-5 Moderate; 6-7 High; 8-10 Very High; 11+ Extreme.

RealFeel Temperature is the exclusive AccuWeather.com composite of effective temperature based on eight weather factors.

POLLEN INDEX

Pollen Index readings as of Sunday

Trees	absent
Grass	absent
Weeds	absent
Molds	absent

absent low moderate high very high

Source: National Allergy Bureau

AIR QUALITY INDEX

Air Quality Index readings as of Sunday

48

0-50 Good; 51-100 Moderate; 101-150 Unhealthy for sensitive groups; 151-200 Unhealthy; 201-300 Very Unhealthy; 301-500 Hazardous

Main pollutant: Ozone

Source: ssgov.net

THE NATION

Publication date: 03/5/18

Shown are noon positions of weather systems and precipitation. Temperature bands are highs for the day.

U.S. Extremes (For the 48 contiguous states yesterday)

High 87° at McAllen, TX Low -6° at Conrad, MT

WORLD CITIES

City	Today	Tue.	City	Today	Tue.
Amsterdam	49 35 c 48 33 sh		Mexico City	81 54 pc 81 53 pc	
Baghdad	83 60 s 85 59 pc		Montreal	38 24 c 37 27 c	
Beijing	46 23 s 44 27 pc		Ottawa	36 24 pc 36 27 pc	
Berlin	46 26 pc 41 30 r		Paris	55 39 c 52 40 pc	
Buenos Aires	83 53 pc 80 54 s		Regina	20 10 sn 19 -1 sn	
Cairo	87 69 s 85 63 s		Rio de Janeiro	90 77 t 89 77 c	
Calgary	19 2 s 22 3 s		Rome	55 48 c 53 48 r	
Cancun	82 69 s 84 69 s		St. John's	34 28 pc 37 26 c	
Dublin	44 32 sh 43 32 c		San Juan	81 71 pc 80 69 pc	
Edmonton	19 1 s 19 3 s		Sydney	74 67 c 74 67 sh	
Halifax	40 31 c 36 30 sf		Tokyo	64 44 r 52 38 s	
Kiev	25 13 s 29 24 c		Toronto	38 25 s 35 28 sf	
London	51 40 c 50 37 pc		Vancouver	45 35 c 45 32 c	
Madrid	50 37 r 51 33 sh		Winnipeg	33 12 sn 23 4 s	

WEATHER HISTORY

At many inland locations, the three coldest months of the year normally extend from Dec. 5 to March 5.

WEATHER TRIVIA™

Q: For most of the U.S., the coldest one-fourth of the year ends when?

A: Early March.

PORT CHARLOTTE

Punta Gorda through 2 p.m. Sunday

Temperatures

High/Low 77°/42°

Normal High/Low 79°/56°

Record High 88° (1997)

Record Low 32° (1980)

Precipitation (in inches)

24 hours through 2 p.m. Sun. 0.00"

Month to date 0.00"

Normal month to date 0.42"

Year to date 1.64"

Normal year to date 5.10"

Record 0.75" (1957)

SEBRING

Sebring through 2 p.m. Sunday

Temperatures

High/Low 72°/42°

Precipitation (in inches)

24 hours through 2 p.m. Sun. 0.00"

AIRPORT

Possible weather-related delays today. Check with your airline for the most updated schedules.

	Hi/Lo	Outlook	Delays
Ft. Myers	79/54	part cldy	none
Punta Gorda	79/49	part cldy	none
Sarasota	75/54	part cldy	none

MONTHLY RAINFALL

Month	2018	2017	Avg. Record/Year
Jan.	1.98	0.88	1.80
Feb.	0.66	0.94	2.52
Mar.	0.00	0.80	3.28
Apr.	1.59	2.03	5.80
May	2.74	2.50	9.45
Jun.	14.79	8.92	23.99
Jul.	9.02	8.22	14.22
Aug.	13.12	8.01	15.60
Sep.	12.46	6.84	14.03
Oct.	2.54	2.93	10.88
Nov.	0.44	1.91	5.53
Dec.	1.04	1.78	6.83
Year	2.64	60.36	50.74

Totals are from a 24-hour period ending at 5 p.m.

STATE-BY-STATE

News from across the USA

ALABAMA Montgomery: Alabama wants to put a work requirement on about 75,000 of its able-bodied Medicaid recipients, Gov. Kay Ivey's office says.

ALASKA Anchorage: Temperatures in parts of western Alaska have reached more than 40 degrees above normal this winter, causing waves to encroach on usually ice-covered coasts.

ARIZONA Phoenix: Authorities say a fatal shooting that shut down a portion of the Valley Metro light rail service involved a confrontation between a pedestrian and a motorist.

ARKANSAS Hot Springs Village: Authorities say a woman is accused of drinking while driving a school bus with students on board, *The Sentinel-Record* reports.

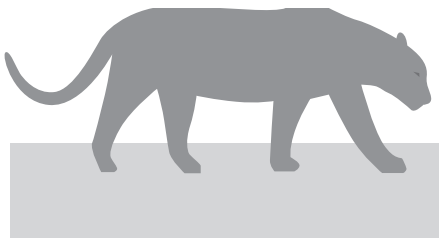
CALIFORNIA Los Angeles: Prosecutors say a Pasadena police lieutenant used his job to get around the state's strict firearms laws to resell more than 100 guns without a license. Vasken Gourdikian also is accused of falsifying federal firearms forms.

COLORADO Denver: Denver International Airport is now smoke-free after closing its last smoking lounge last week, KMGH-TV reports.

CONNECTICUT Storrs: The University of Connecticut is offering Torrington city officials the first chance to buy a property that was once a satellite campus for the school.

DELAWARE Milford: A couple won a \$180,000 judgment against Bayhealth Medical Center and physician Daniel Cloney for the botched removal of a potentially cancerous thyroid.

DISTRICT OF COLUMBIA: A bronze statue of Marion Barry, dubbed "mayor for life" in the 1990s, has been unveiled outside the Washington City Council building.



FLORIDA Clewiston: Two endangered Florida panthers have been struck and killed by vehicles, the 10th and 11th such deaths of the year.

GEORGIA Atlanta: Federal prosecutors say Joseph Burton, a former medical examiner for several metro Atlanta counties, was at the center of an opioid ring, writing prescriptions for pain pills in exchange for sexual favors and nude photos.

HAWAII Honolulu: The City Council approved a \$1 million settlement with a woman who sued for spinal and head injuries after being struck by a falling coconut tree in 2012, the *Honolulu Star-Advertiser* reports.

IDAHO Boise: State lawmakers are moving toward declaring pornography a public health risk. But a panel rejected a separate measure to require public libraries to install porn blockers on their wireless networks after librarians cited cost concerns.

ILLINOIS Ivesdale: Authorities say a farmer was rescued after becoming trapped in a grain bin while trying to unclog an auger, *The (Champaign) News-Gazette* reports. He was submerged in beans up to his chin.

INDIANA Indianapolis: State residents can now register to vote by texting "Indiana" to 2VOTE, which will send a link to the website Indianavoters.com.

IOWA Primghar: A jury awarded a man nearly \$1.2 million for injuries caused by toxic gas released in a hog barn four years ago. Thomas Mook's lawyer says Mook had two strokes because of inadequate ventilation.

KANSAS Wichita: A man is suing a Wichita vaping shop after he says a spare battery for his e-cigarette exploded in his pants pocket.

KENTUCKY Frankfort: Kentucky could become the first state to tax opioid prescription painkillers as it seeks to pay retirement benefits to teachers and other state employees.

LOUISIANA Franklin: A \$5,500 reward is being offered for information leading to the conviction of whomever shot and killed two black bears.

MAINE Pittsfield: State police say a mechanic found a body inside the trunk of a car he was working on at a

HIGHLIGHT: ARIZONA



Skyler Scott and his wife, Jamie, from Utah, talk about their anticipation of the birth of quintuplets. CHERYL EVANS/THE ARIZONA REPUBLIC

Scott family is looking to grow from 4 to 9

Adrian Marsh
Arizona Republic
USA TODAY NETWORK

PHOENIX — Logan, Lily, Violet, Daisy, Lincoln.

The Scott family is expecting to grow by five this year.

Skyler and Jamie Scott relocated to Phoenix from St. George, Utah, in January to finish Jamie's pregnancy and deliver quintuplets under care at St. Joseph's Hospital and Medical Center.

"You go through a lot of things when you find out you're expecting five babies at the same time," Skyler Scott told *The Arizona Republic*.

The Scotts struggled with infertility for five years after having their sons Shayden, 12, and Landon, 7, according to the couple.

After an infertility specialist treated Jamie Scott with femara, a drug that increases the chance of twins by 3%, the Scotts found out they were expecting five, Skyler Scott said.

"That night," Jamie Scott said, "I couldn't sleep. The second day, I was so overwhelmed I cried and didn't want to get out of bed."

Skyler Scott said they got over the shock factor pretty fast and within a few days, they began fo-

cusing on all they could do to prepare, one day at a time.

Jamie Scott is on bed rest and in her 26th week of pregnancy. She said that along with taking her medication and doing physical therapy, she is supposed to eat 4,000 calories a day.

She told *The Republic* her body is slowing down because there's not enough space, so she eats "whatever she can fit."

Skyler Scott said he is convinced the reason they're having quintuplets is because their two boys have been praying for more siblings over the years.

John Elliott, medical director at Valley Perinatal Services, has delivered 23 sets of quintuplets in his career.

"Jamie is a rock star," he said. "She amazes me with her attitude."

The family has been documenting their journey on social media, earning attention from people around the world with more than 65,000 followers between Facebook and Instagram.

"It's actually become a huge strength to us," Skyler Scott said. "Because during the ... challenging times, we've had so many people sending good thoughts and prayers and encouraging us."

vehicle dealership.

MARYLAND Baltimore: The number of city school counselors is down 30% since three years ago, *The Baltimore Sun* reports. Officials attribute the decline to fewer students, fewer schools and rising costs.

MASSACHUSETTS Lenox: A poll at Lenox Memorial Middle and High School found that most students want to keep the school's sometimes contentious name: the Millionaires.

MICHIGAN Detroit: A state lawmaker charged with putting a no-show employee on the public payroll pleaded guilty and resigned last week. Bert Johnson faces up to a year in prison at sentencing Aug. 7.

MINNESOTA Minneapolis: A judge has upheld the city's new \$15 minimum wage, saying state law doesn't prevent municipalities from passing wage ordinances to meet the needs of their communities.

MISSISSIPPI Bay St. Louis: The A&G Theater, vacant for more than 40 years, has been purchased and will be restored to its former glory as a multipurpose performance space.

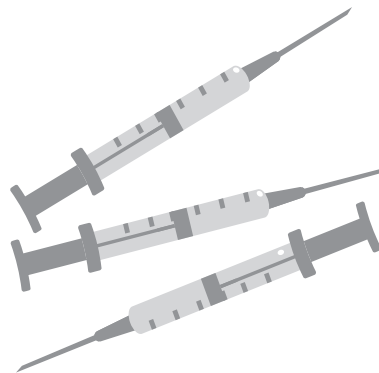
MISSOURI Jefferson City: Workers set up fences last week around a staging area for a \$28.7 million renovation of the state Capitol. The project is expected to run through late 2020.

MONTANA Great Falls: Ranchers in areas hit by the relentless snow are struggling to give cattle access to food, *The Great Falls Tribune* reports. The Blackfeet Reservation is among the areas hardest hit.

NEBRASKA Fremont: Two suspects have been arrested in an investigation of a series of fires in Dodge County, *The Fremont Tribune* reports. One blaze caused \$200,000

in damage to the Robert Hunt Family Sports Complex in Scribner.

NEVADA Las Vegas: Authorities say a man was questioned after reporting a fire in building materials on the sixth floor of a high-rise hotel under construction on the Las Vegas Strip, the *Las Vegas Review-Journal* reports. No one was hurt.



NEW HAMPSHIRE Barnstead: Police departments across the state are warning people to watch out for used syringes revealed by melting snow, WMUR-TV reports

NEW JERSEY Washington: Gov. Phil Murphy on Thursday redoubled his campaign promise to raise income taxes on millionaires but said the change need not be permanent.

NEW MEXICO Albuquerque: BNSF Railway plans to build third set of tracks on 10 miles of its main line in New Mexico between Belen and Dalies south of Albuquerque.

NEW YORK White Plains: Authorities are warning about aggressive coyotes after several people and pets were attacked in Hastings-on-Hudson and Yonkers. One coyote was killed; a second remains at large and may be rabid.

NORTH CAROLINA Raleigh: North Carolina has more than 15,000 un-

tested sexual assault kits, a backlog that a national advocacy group described as "significant."

NORTH DAKOTA Bismarck: The Bismarck Community Food Co-op says it's making progress in paying more than \$236,500 in debts owed to vendors last fall, *Bismarck Tribune* reports.

OHIO Cincinnati: A prosecutor says no charges will be filed against University of Cincinnati flute instructor Bradley Garner, who was the subject of a harassment investigation.

OKLAHOMA Del City: Authorities took three students into custody in an investigation of a threatening note found last week in the hallway of a middle school.

OREGON Portland: A 28-year-old man who says he has scars on his forehead two years after an adult dancer threw a beer glass at him has sued her Portland strip club.

PENNSYLVANIA Bloomsburg: Two bald eagles whose talons locked up after they fell into the Susquehanna River most likely were fighting. They were rescued and released.



RHODE ISLAND Middletown: Flo's Clam Shack says it will "need a bigger shack" after the seafood restaurant bought a 25-foot shark statue that once sat atop a Cranston nightclub.

SOUTH CAROLINA Charleston: A DUI case against Republican state Sen. Paul Campbell of Goose Creek was dismissed a day before his trial was scheduled to begin.

SOUTH DAKOTA Pierre: The state's chief election official says a group trying to bring a "top two" primary system to South Dakota failed to collect enough valid signatures to get the issue on the November ballot.

TENNESSEE Jackson: A family has been convicted of defrauding federal health care programs of millions of dollars by selling power wheelchairs and back braces to people who did not need them.

TEXAS San Antonio: Authorities say a woman who helped three murder suspects escape from the Bexar County jail later told police where to find them. It's not clear why she turned them in.

UTAH Salt Lake City: The lawmaker who sponsored the launch of Utah's charter schools says they have fallen short of a mission to improve education through innovation and competition.

VERMONT Montpelier: Lawmakers are considering a bill that could allow cities and towns to classify marijuana odor as a "public nuisance" and a ticketable offense, the *Burlington Free Press* reports.

VIRGINIA Richmond: High school students can count American Sign Language as a foreign language credit beginning this fall under a bill approved by the General Assembly.

WASHINGTON Spokane: Darren Pitcher, the acting president of Spokane Falls Community College, has resigned amid workplace sexual harassment allegations.

WEST VIRGINIA Huntington: Tuition at Marshall University will rise 4.25% amid other fee hikes in 2018-19.

WISCONSIN Madison: The state Elections Commission picked Megan Wolfe as administrator Friday after incumbent Michael Haas stepped aside amid a bitter squabble with Senate Republicans.

WYOMING Casper: The Fort Casper Museum in central Wyoming may close for next winter at the end of October to save money.

Compiled from staff, wire reports.

FROM PAGE ONE

OPERATE

FROM PAGE 1

considering the chance of benefit and chance of harm, and how that changes when you get older. We also fail to have conversations about what patients value most.”

While surgery is typically lifesaving for younger people, operating on frail, older patients rarely helps them live longer or returns the quality of life they once enjoyed, according to a 2016 paper in *Annals of Surgery*.

The cost of these surgeries — typically paid for by Medicare, the government health insurance program for people over 65 — involve more than money, said Dr. Amber Barnato, a professor at the Dartmouth Institute for Health Policy and Clinical Practice. Older patients who undergo surgery within a year of death spent 50 percent more time in the hospital than others, and nearly twice as many days in intensive care.

And while some robust octogenarians have many years ahead of them, studies show that surgery is also common among those who are far more frail.

Eighteen percent of Medicare patients have surgery in their final month of life and 8 percent in their final week, according to a 2011 study in *The Lancet*.

More than 12 percent of defibrillators were implanted in people older than 80, according to a 2015 study. Doctors implant about 158,000 of the devices each year, according to the American College of Cardiology. The total cost of the procedure runs about \$60,000.

Procedures performed in the elderly range from major operations that require lengthy recoveries to relatively minor surgery performed in a doctor's office, such as the removal of nonfatal skin cancers, that would likely never cause any problems.

Research led by Dr. Eleni Linos has shown that people with limited life expectancies are treated for nonfatal skin cancers as aggressively as younger patients. Among patients with a nonfatal skin cancer and a limited time to live, 70 percent underwent surgery, according to her 2013 study in *JAMA Internal Medicine*.

Surgery poses serious risks for older people, who weather anesthesia poorly and whose skin takes longer to heal. Among seniors who undergo urgent or emergency abdominal surgery, 20 percent die within 30 days, studies show.

With diminished mental acuity and an old-fashioned respect for the medical profession, some aging patients are vulnerable to unwanted interventions. Stanich agreed to a pacemaker simply because her doctor suggested it, Giaquinto said. Many people of Stanich's generation “thought doctors were God. They never questioned doctors — ever.”

Dr. Margaret Schwarze, a surgeon and associate professor at the University of Wisconsin School of Medicine and Public Health, said that older patients often don't feel the financial pain of surgery because insurance pays most of the cost.

When a surgeon offers to “fix” the heart valve in a person with multiple diseases, for example, the patient may assume that surgery will fix all of her medical problems, Schwarze said. “With older patients with lots of chronic illnesses, we're not really fixing anything.”

Even as a doctor, Redberg said, she struggles to prevent other doctors from performing too many procedures on her 92-year-old mother, Mae, who lives in New York City.

Redberg said doctors recently treated her mother for melanoma — the most serious type of skin cancer. After the cancer was removed from

her leg, Redberg's mother was urged by a doctor to undergo an additional surgery to cut away more tissue and nearby lymph nodes, which can harbor cancerous cells.

“Every time she went in, the dermatologist wanted to refer her to a surgeon,” Redberg said. And “Medicare would have been happy to pay for it.”

But her mother often has problems with wounds healing, she said, and recovery would likely have taken three months. When Redberg pressed a surgeon about the benefits, he said the procedure could reduce the chances of cancer coming back within three to five years.

Redberg said her mother laughed and said, “I'm not interested in doing something that will help me in three to five years. I doubt I'll be here.”

The momentum of hospital care can make people feel as if they're on a moving train and can't jump off.

The rush of medical decisions “doesn't allow time to deliberate or consider the patients' overall health or what their goals and values might be,” said Dr. Jacqueline Kruser, an instructor in pulmonary and critical care medicine and medical social sciences at the Northwestern University Feinberg School of Medicine.

Many hospitals and health systems are developing “decision aids,” easy-to-understand written materials and videos to help patients make more informed medical decisions, giving them time to develop more realistic expectations.

After Kaiser Permanente Washington introduced the tools relating to joint replacement, the number of patients choosing to have hip replacement surgery fell 26 percent, while knee replacements declined 38 percent, according to a study in *Health Affairs*. (Kaiser Permanente is not affiliated with Kaiser Health News, which is an editorially independent program of the Kaiser Family Foundation.)

In a paper published last year in *JAMA Surgery* and the *Journal of Pain and Symptom Management*, Schwarze, Kruser and colleagues suggested creating narratives to illustrate surgical risks, rather than relying on statistics.

Instead of telling patients that surgery carries a 20 percent risk of stroke, for example, doctors should lay out the best, worst and most likely outcomes.

In the best-case scenario, a patient might spend weeks in the hospital after surgery, leaving the rest of her life in a nursing home. In the worst case, the same patient dies after several weeks in intensive care. In the most likely scenario, the patient survives just two to three months after surgery.

Schwarze said, “If someone says they can't tolerate the best-case scenario — which involves them being in a nursing home — then maybe we shouldn't be doing this.”

Maxine Stanich was admitted to the hospital after going to the ER because she felt short of breath. She experienced an abnormal heart rhythm in the procedure room during a cardiac test — not an unusual event during a procedure in which a wire is threaded into the heart. Based on that, doctors decided to implant a pacemaker and defibrillator the next day.

Dr. Redberg was consulted when the patient objected to the device that was now embedded in her chest. She was “very alert. She was very clear about what she did and did not want done. She told me she didn't want to be shocked,” Redberg said.

After Redberg deactivated the defibrillator, which can be reprogrammed remotely, Stanich was discharged, with home hospice service. With nothing more than her medicines, she survived another two years and three months, dying at home just after her 90th birthday in 2010.

Putin: Russia will ‘never’ extradite citizens accused by US

By JOSH LEDERMAN
ASSOCIATED PRESS

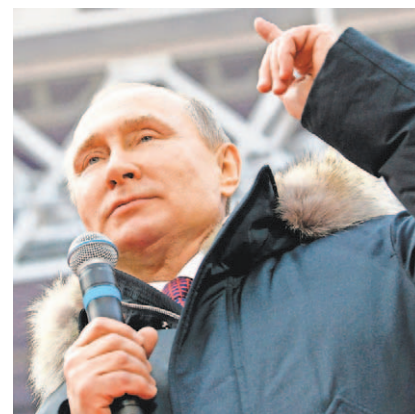
WASHINGTON — Russia will “never” extradite any of the 13 Russians indicted by the United States for election-meddling, Russian President Vladimir Putin said, even as he insisted they didn't act on behalf of his government.

Putin's comments in an NBC News interview airing Sunday illustrated the long odds that the Russian operatives will ever appear in U.S. court to answer charges of running a massive, secret social media trolling and targeted messaging operation to interfere in the 2016 presidential election. The United States has no extradition treaty with Moscow and can't compel it to hand over citizens, and a provision in Russia's constitution prohibits extraditing its citizens to foreign countries.

“Never. Never. Russia does not extradite its citizens to anyone,” Putin said.

Even if the Russians never face justice in the United States, the sweeping indictment served the added purpose of increasing the public's awareness about the elaborate foreign campaign to meddle in American democracy, legal experts have said. For years, the Justice Department has supported indicting foreigners in absentia as a way to shame them and make it harder for them to travel abroad.

The detailed, 37-page indictment from special counsel Robert Mueller last month alleges Russian operatives working for the Internet Research Agency



ALEXEI DRUZHININ, SPUTNIK, KREMLIN POOL PHOTO VIA AP

Russian President Vladimir Putin gestures while speaking during a massive rally in his support as a presidential candidate at the Luzhniki stadium in Moscow, Russia, Saturday.

used fake social media accounts and on-the-ground political organizing to exacerbate divisive political issues in the U.S. Posing as American activists, the operatives tried to conceal the effort's Russian roots by purchasing space on U.S. computer servers and using U.S. email providers.

Yet Putin argued his government has little to answer for until the U.S. provides “some materials, specifics and data.” He said Russia would be “prepared to look at them and talk about it,” while repeating his government's insistence that it had no role in directing the operatives to act against the United States.

“I know that they do not represent the Russian state, the Russian authorities,” Putin said. “What they did specifically, I have no idea.”

1 million without power as storm cleanup proceeds

By BOB SALSBERG and DAVID CRARY
ASSOCIATED PRESS

BOSTON — From Virginia to Massachusetts, about 1 million people remain without power, two days after a destructive nor'easter, leaving some unsure when they could return home and schools unsure if they would open on time.

Skies were clear Sunday over much of the region hit by the storm, which was blamed for nine deaths. But many communities

faced major challenges restoring power and cleaning up debris.

As of mid-afternoon Sunday, more than 180,000 people remained without power in Massachusetts. More than 230,000 were powerless in Pennsylvania, and large-scale outages also continued in New York, New Jersey, Virginia and Maryland.

In New Jersey, officials said some areas might not have their electricity restored until Tuesday or Wednesday.

TARIFFS

FROM PAGE 1

white working-class Americans whose wages had stagnated over the years. Victories in big steel-producing states such as Ohio, Pennsylvania and Indiana demonstrated that his tough trade talk had a receptive audience.

Both candidates in a March 13 House election in Pennsylvania have embraced the president's plans for tariffs. They addressed the topic Saturday in a debate that aired on WTAE in Pittsburgh.

“For too long, China has been making cheap steel and they've been flooding the market with it. It's not fair and it's not right. So I actually think this is long overdue,” said Democratic candidate Conor Lamb.

“Unfortunately, many of our competitors around the world have slanted the playing field, and their thumb has been on the scale, and I think President Trump is trying to even that scale back out,” said Republican candidate Rick Saccone.

But Trump's GOP allies on Capitol Hill have little use for the tariff approach. They argue that other industries that rely on steel and aluminum products will suffer. The cost of new appliances, cars and buildings will rise if the president follows through, they warn, and other nations could retaliate. The end result could erode the president's base of support with rural America and even the blue-collar workers the president says he trying to help.

“There is always retaliation, and

typically a lot of these countries single out agriculture when they do that. So, we're very concerned,” said Sen. John Thune, R-S.D.

Gov. Scott Walker, R-Wis., asked the administration to reconsider its stance. He said American companies could move their operations abroad and not face retaliatory tariffs.

“This scenario would lead to the exact opposite outcome of the administration's stated objective, which is to protect American jobs,” Walker said.

The Business Roundtable's Josh Bolten, a chief of staff for President George W. Bush, called on Trump to have “the courage” to step back from his campaign rhetoric on trade.

“Sometimes a president needs to, you need to stick to your principles but you also need to recognize in cases where stuff you said in the campaign isn't right and ought to be drawn back,” he said on “Fox News Sunday.” “The president needs to have the courage to do that.”

Tim Phillips, president of the Koch Brothers-backed Americans for Prosperity, noted that Trump narrowly won in Iowa and Wisconsin, two heavily rural states that could suffer if countries impose retaliatory tariffs on American agricultural goods.

“It hurts the administration politically because trade wars, protectionism, they lead to higher prices for individual Americans,” Phillips said. “It's basically a tax increase.”

The president wasn't backing down, at least on Twitter, where he posted this message: “Trade wars are good, and easy to win.”

ALMANAC

Today is **Monday, March 5**, the 64th day of 2018. There are 301 days left in the year.

Today in history

On **March 5, 1868**, the impeachment trial of President Andrew Johnson began in the U.S. Senate, with Chief Justice Salmon P. Chase presiding. Johnson, the first U.S. president to be impeached, was accused of “high crimes and misdemeanors” stemming from his attempt to fire Secretary of War Edwin M. Stanton; the trial ended on May 26 with Johnson's acquittal.

On this date

In **1953**, Soviet dictator Josef Stalin died after three decades in power. Composer Sergei Prokofiev died in Moscow at age 61.

In **1966**, BOAC Flight 911, a Boeing 707, crashed into Japan's Mount Fuji after breaking up in severe turbulence; all 124 people on board were killed.

In **1970**, the Treaty on the Non-Proliferation of Nuclear Weapons went into effect after 43 nations ratified it.

In **1982**, comedian John Belushi was found dead of a drug overdose in a rented bungalow in Hollywood; he was 33.

In **1993**, Palair Macedonian Airlines Flight 301, a Fokker 100, crashed after taking off from Skopje Airport, killing 83 of the 97 persons aboard.

Today's birthdays

Actor **Paul Sand** is 86. Actor **James B. Siskind** is 84. Actor **Dean Stockwell** is 82. Actor **Fred Williamson** is 80. Actress **Samantha Eggar** is 79. Actor **Michael Warren** is 72. Actor **Eddie Hodges** is 71. Singer **Eddy Grant** is 70. Rock musician **Alan Clark** (Dire Straits) is 66. Actress-comedian **Marsha Warfield** is 64. Magician **Penn Jillette** is 63. Actress Adriana Barraza is 62. Actress Talia Balsam is 59.

Bible verse

“Looking diligently lest any man fail of the grace of God; lest any root of bitterness springing up trouble you, and thereby many be defiled.”
— **Hebrews 12:15.**

We must fight negative thought patterns and poutings or else they will neutralize our lives, leaving us ineffective and miserable. Cheer up, God loves you and has plans for you beyond your greatest dreams.

ODD NEWS

Ben & Jerry's co-founder: I knew I was disturbing the peace

BURLINGTON, Vt. (AP) — The co-founder of Ben & Jerry's ice cream knew he was disturbing the peace with a noisy demonstration against fighter jets.

Ben Cohen told the Burlington Free Press that's exactly the point.

Cohen was one of three activists arrested for disorderly conduct Saturday after blasting jet noise from a mobile public address system in Burlington, Vermont.

He said the goal was to simulate what it might be like for residents living under the flight path of Vermont National Guard F-35 fighters. He tweeted that if he violated the city noise ordinance then the fighter jets will, too.

Burlington voters will weigh in Tuesday on whether city officials should oppose F-35s at the Burlington International Airport. Critics say the F-35s are noisier than fighters currently used by the Vermont National Guard.

NATION

W. Va. teachers: No raise, no school

By MICHAEL VIRTANEN
ASSOCIATED PRESS

Unions representing West Virginia teachers and service personnel say they will stay out on strike after the state Senate voted to cut the 5 percent pay raise they had negotiated with the governor.

A joint legislative committee has been formed to address differences in the pay raise bills of the state Senate and House.

In a joint statement Saturday, the American Federation of Teachers-West Virginia, West Virginia Education Association and the School Service Personnel Association said Senate President Mitch Carmichael and his leadership team had left them with no choice after they voted to reduce the raise to 4 percent.

The statement said all public schools in West Virginia would be closed again Monday "and remain closed until the Senate honors the agreement that was made." Teachers walked out of classrooms statewide starting Feb. 22.

The Republican-controlled Senate voted Saturday evening to approve the lower pay raise, bucking teachers, Republican Gov. Jim Justice and the Republican-controlled House, which approved the 5 percent raise Wednesday.

House members later Saturday wouldn't agree to the Senate's move, and the two bills will now have to be reconciled by a legislative conference committee.

House of Delegates spokesman Jared Hunt said Sunday no meeting had been scheduled yet of the conference committee. It wasn't yet clear when it would meet.

The committee will include Delegates Bill Anderson, R-Wood, and Brent Boggs, D-Braxton, and House Education Chairman Paul Espinosa, R-Jefferson; and Senate Majority Leader Ryan Ferns, R-Ohio, Senate Finance Chairman Craig Blair, R-Berkeley, and Sen. Robert Plymale, D-Wayne.

The Senate's vote came as the teachers' strike rolled into its second weekend. Republican Sen.

Greg Boso of Nicholas introduced the amendment to lower the raise, which the full Senate adopted by a vote of 19-15.

Senate Republicans have repeatedly emphasized exercising restraint with state spending, while agreeing that teachers and West Virginia's other public workers are all underpaid.

"That compensation increase is long overdue," said Sen. Charles Trump, a Berkeley Springs Republican. "We've been able to do this without tax increases."

Approving a 4 percent raise, instead of the 5 percent hike, will save the state \$17 million, Boso said.

Democratic lawmakers said their Republican counterparts should approve the deal the governor negotiated with union leaders for a 5 percent raise.

"We're all caught up in our egos," said Democratic Sen. Douglas Facemire of Sutton. He noted the impact of the impasse on students, including those who depend on schools for their meals. "For 1 percent we're going



AP FILE PHOTO

In this March 1, 2018 file photo, Parry Casto, a fifth grade teacher at the Explorer Academy in Huntington, W. Va., dressed in an Uncle Sam costume leads hundreds of teachers in chants outside the state Senate chambers at the Capitol in Charleston, W. Va.

to let kids go hungry," he said.

Teachers are protesting pay that's among the lowest in the nation, rising health care costs and a previously approved 2 percent raise for next year after four years without any increase.

Justice told school superintendents gathered

at the Capitol on Friday that he believed the votes for the raise were there. One administrator noted the impasse is affecting 277,000 students and 35,000 employees.

Protesting teachers have argued that education in West Virginia — where more than 700 classrooms lack fully

certified full-time teachers — needs to be a higher priority among politicians. Pay starts at about \$33,000 a year, lower than in surrounding states.

Justice said in a statement Saturday night that his sole focus is "getting our children back to school. This wrangling needs to stop right now."

Prosecutors in Bill Cosby retrial want 19 women to testify

By MICHAEL R. SISAK
ASSOCIATED PRESS

PHILADELPHIA — Prosecutors in Bill Cosby's retrial want to call as many as 19 other women to the witness stand to show he had a five-decade pattern of drugging and harming women.

Cosby is due in court for a pretrial hearing Monday, less than two weeks after his daughter's death, as his lawyers clash with prosecutors over how many of his accusers are allowed to testify at his April 2 sexual assault.

Judge Steven O'Neill allowed just one other accuser to take the witness stand at Cosby's first trial, which ended in a hung jury last year. Prosecutors had proposed calling as many as 13. They added six more to the list for the retrial, including model Janice Dickinson.

Cosby's lawyers have said they would seek to delay the retrial if other accusers are given a chance to testify. They said they would need extra time to look into the allegations.

Jury selection is slated to begin March 29.

Cosby's lawyers wrote in a court filing that some of the other accusers' allegations date to the 1960s and are "virtually impossible to defend against."

"Developing a defense to any of these outdated claims will require unusual amounts of investigative effort that cannot be completed by the present trial date," the lawyers wrote.

Cosby's 44-year-old daughter, Ensa, died of kidney disease Feb. 23. His lawyers have given no indication they would seek to delay Monday's hearing.

In January, the 80-year-old entertainer was suddenly out and about in his hometown of Philadelphia in what legal

experts said was an effort to rebuild his good-guy image. Over a two-week span, Cosby emerged from a long period of near-seclusion to have dinner with friends at a restaurant and to give his first comedy performance in more than two years.

Prosecutors are counting on other accusers testifying to show there was a sinister side to Cosby's public persona as "America's Dad," cultivated through his role as an affable Jell-O pitchman and family sitcom star.

Cosby has pleaded not guilty to charges he drugged and molested former Temple University women's basketball official Andrea Constand at his suburban Philadelphia home. He remains free on bail.

Prosecutors led off Cosby's first trial with testimony from the one other accuser they were allowed to call, Kelly Johnson, who worked for Cosby's agent.

She testified that Cosby knocked her out with a pill during a 1996 meeting at the Bel-Air Hotel. She said she woke up to find her dress disheveled, her breasts exposed and Cosby forcing her to touch his genitals.

Cosby's lawyers argue that the other accusers' largely unsubstantiated accusations aren't enough to meet the strict legal standard for letting prosecutors present evidence of a defendant's prior bad conduct.

They argued that allowing the women to take the witness stand would force the jury make separate determinations about whether Cosby harmed them, devolving his retrial into a series of mini-trials.

The Associated Press does not typically identify people who say they are victims of sexual assault unless they grant permission, which Constand, Johnson and Dickinson have done.

NATIONAL NEWS BRIEFS

Judge in Oklahoma church camp case has accepted other pleas

OKLAHOMA CITY (AP) — A newspaper has found that an Oklahoma judge who approved probation for a man who admitted to raping a 13-year-old Texas girl at a church camp has approved similar plea agreements for other accused sex offenders who also received probation.

Marshall County District Judge Wallace Coppedge accepted a deal in which a cook was sentenced in January to 15 years of probation after pleading guilty to raping and sodomizing the girl at the Falls Creek church camp.

The Oklahoman reports that records show Coppedge presided over seven other cases in which a sex offender received probation. Records indicate most outcomes were the result of plea agreements between prosecutors and defense attorneys because of problems that arose after the cases were filed.

Coppedge didn't return telephone calls to the Marshall County courthouse seeking comment.

Police: Girl dies after mirror falls on her in shoe store

RIVERDALE, Ga. (AP) — Payless Shoes is offering condolences to the family of a 2-year-old girl who died after a mirror inside one of its suburban Atlanta stores fell on top of the girl.

Riverdale police Lt. Nicole Rabel told news outlets that Ifrah Siddique was found severely injured Friday night. The discount footwear company said in a statement Sunday that it is devastated and that company is working with authorities to understand the "nature

of this accident."

Rabel says Siddique visited the store to get new shoes with her family before the mirror fell on her. The girl was pronounced dead at a hospital.

Siddique's cousin, Aquib Iftkhar, says the girl had internal bleeding and lost a substantial amount of blood. Iftkhar described Siddique as an adorable little girl.

Man sentenced to 3 years in death of child in fire

JERSEY CITY, N.J. (AP) — A New Jersey man who acknowledged tossing lit matches in an apartment, sparking a fire that killed an infant and damaged dozens of buildings, has been sentenced to three years in prison.

The Jersey Journal reports 20-year-old Edwin Diaz was sentenced on Friday in Hudson County on a reckless manslaughter plea in the March 2017 death of 1-year-old Eddie Gonzalez Jr.

Diaz says he was in the Union City apartment with the boy's father and they were lighting matches and tossing them on a cousin sleeping on a couch, which caught fire.

Diaz has apologized, saying there isn't a day he doesn't think "of the innocent child we lost that night." The boy's father pleaded guilty to the same charge and was sentenced earlier to five years in prison.

Ohio woman arrested after son, 8, shoots sister, 4

HAYESVILLE, Ohio (AP) — A woman whose 8-year-old son shot his 4-year-old sister has been arrested.

The Mansfield News-Journal reports the Ashland County Sheriff's Office has said the girl was shot multiple times Saturday afternoon at a home in Hayesville,

about 70 miles southwest of Cleveland.

The girl was flown to a hospital in Cleveland, where she's listed in stable condition.

Both children have been placed in the custody of the county. Authorities have not released any details about how the shooting occurred or who owned the gun.

The Ashland County Prosecutor's Office is expected to review the case.

Crews continue to pull rail cars from river in Maryland

PERRYVILLE, Md. (AP) — Crews are still working to pull rail cars from a river in Maryland after a freight train derailed on a bridge. Officials reported no injuries or damage to the environment.

CSX said in a statement Sunday that it's still working to remove two of four rail cars that fell into the Susquehanna River near Perryville, Maryland.

The train derailed Friday night in northeastern Maryland along the I-95 corridor as heavy winds blew in from a nor'easter. Authorities say it remains unclear if wind played a factor.

CSX said there were no leaks or spills. Jay Apperson, a Maryland Department of the Environment spokesman, told The Baltimore Sun that investigators "determined no environmental impact."

Three of the four cars were empty. One had some fertilizer residue in it.

Faulkner says she considers herself an alumni of The Citadel

CHARLESTON, S.C. (AP) — The first woman to try to enter the Corps of Cadets at The Citadel says she left the military school quickly because of the

way "outside forces" treated her and that she considers herself an alumni.

The Post and Courier of Charleston reports Shannon Faulkner spoke Saturday at the school, marking her first invited appearance since she left in 1995.

After a lawsuit, Faulkner started taking classes at The Citadel in January 1994 and became a member of the Corps about 18 months later. She withdrew six days later and left in tears while some cadets cheered.

Faulkner blames hostility from Citadel alumni and Charleston residents for her early departure. She says a man threatened her parents' lives if she attended The Citadel.

Faulkner now teaches English in Greenville.

Report: Mexican man assumed American identity for 37 years

SAN DIEGO (AP) — California court records show a Mexican man assumed the identity of an American citizen and received more than \$360,000 in U.S. government benefits for nearly four decades.

Documents obtained by the San Diego Union-Tribune reveal Andres Anduaga used a fake birth certificate in 1980 to develop a seemingly legitimate persona by applying for a California driver's license, Social Security number and U.S. passport. The official U.S. documents identified him as Abraham Riojos, born in Texas in 1958.

The newspaper reported Saturday that Anduaga, who's actually 66 years old, pleaded guilty to theft of public property and being a previously removed unauthorized immigrant in the U.S.

He has agreed to pay back to government agencies what he stole but could face additional fines and 12 years in prison when sentenced.

ENTERTAINMENT

Kimmel launches 'positive' Oscars, 'Coco,' Janney win

By **JAKE COYLE**
AP FILM WRITER

LOS ANGELES — The 90th Academy Awards brought the most tumultuous awards season in recent memory to a close Sunday with a ceremony that confronted the post-Harvey Weinstein era for Hollywood while handing Netflix its first feature film Oscar, honoring the transgender drama "A Fantastic Woman" and awarding Allison Janney best actress.

Host Jimmy Kimmel got the Oscars underway Sunday at the Dolby Theatre in Los Angeles with an opening monologue that mixed Weinstein punchlines with earnest comments about reforming gender equality in Hollywood. And of course, Kimmel — returning to the scene of the flub — dove straight into material about last year's infamous best-picture mix-up.

"I do want to mention, this year, when you hear your name called, don't get up right away," said Kimmel. "Give us a minute."

But while Kimmel spent a few moments on the fiasco known as Envelopegate, he expended far more minutes frankly and soberly discussing the parade of sexual harassment allegations that have coursed through the movie business in the wake of the revelations regarding Weinstein. He also spoke straightforwardly about the industry's poor record for female directors and

equal pay.

"We can't let bad behavior slide anymore," said Kimmel. "The world is watching us."

Gesturing to a giant statue on the stage, he praised Oscar, himself for keeping "his hands where you can see them" and for having "no penis at all." But Kimmel introduced the broadcast as "a night for positivity," and cited, among other things, the box-office sensation of "Black Panther."

"I remember a time when the major studios didn't believe a woman or a minority could open a super hero movie — and the reason I remember that time is because it was March of last year," said Kimmel.

The night's acting honors are considered fairly locked for nominees, and things began as expected. Two widely admired veterans won their first Oscars: Allison Janney ("I, Tonya") took best supporting actress and Sam Rockwell ("Three Billboards Outside Ebbing, Missouri") won best supporting actor.

"I did it all by myself," deadpanned Janney, who added after a pause: "Nothing could be further from the truth."

Rockwell dedicated his award to his late friend and fellow New York actor Philip Seymour Hoffman, who died in 2014. "For my buddy, Phil Hoffman," said Rockwell, raising his Oscar.

Kimmel, with stopwatch in hand, also emphasized keeping acceptance speeches

short. He promised the shortest speech would win a Jet Ski. Go long, and winners might get Lakeith Stansfield screaming "Get out!" as the actor briefly reprised his character from the Oscar-nominated "Get Out" on stage.

Early wins went to makeup that adorned Gary Oldman's Winston Churchill in "Darkest Hour," the period costume design of "Phantom Thread" and the sound editing for Christopher Nolan's "Dunkirk." Guillermo del Toro's monster fable "The Shape of Water," which came in with a leading 13 nods, took best production design.

Best documentary went to Netflix's "Icarus," Bryan Fogel's investigation into doping in sports, aided by the assistance of Grigory Rodchenkov, the head of the Russian anti-doping laboratory who candidly discussed the doping scheme under Vladimir Putin. It's the first feature film Oscar for Netflix. Fogel dedicated the award to Rodchenkov, "our fearless whistleblower who now lives in grave danger."

"At least now we know Putin didn't rig this election," said Kimmel after the "Icarus" win.

In another topical moment, Pakistan-born comedian Kumail Nanjiani joined Kenyan-born Lupita Nyong'o to salute the so-called Dreamers — immigrants brought to the U.S. illegally as children and here without permanent protection



PHOTO BY CHRIS PIZZELLO/INVISION/AP

Jimmy Kimmel speaks at the Oscars on Sunday, at the Dolby Theatre in Los Angeles.

the prior year. Even more worrisome was a slide in the key demographic of adults aged 18-49, whose viewership was down 14 percent from 2016.

Movie attendance also hit a 24-year low in 2017. But this year is already off to a strong start, thanks largely to Ryan Coogler's "Black Panther," which many analysts believe will play a prominent role at next year's Oscars. In three weeks, it has already grossed about \$500 million domestically. The film's star, Chadwick Boseman, was placed front-and-center, at the Dolby Theatre.

This year, the academy prohibited the PwC accountants who handle the envelopes from using cellphones or social media during the show. Neither of the PwC representatives involved in the mishap last year, Brian Cullinan or Martha Ruiz, will return to the show.

However, multiple reports say that Warren Beatty and Faye Dunaway will be returning to again present best picture, a year after they announced "La La Land" as the winner instead of "Moonlight," because Cullinan handed them the wrong envelope. The "Bonnie and Clyde" duo will, 12 months later, get "take two."

With just a few minutes before the show started, Kimmel and his team emerged from his dressing room chanting, "Let's get it right this time!"

from deportation. "Dreams are the foundation of Hollywood and dreams are the foundation of America. And, so, to all the Dreamers out there, we stand with you," Nanjiani said.

Later, Pixar's colorful ode to Mexican culture "Coco" won best animated film. Best foreign language film went to Chile's "A Fantastic Woman," Sebastian Lelio's drama starring transgender actress Daniela Vega.

"The biggest thank you of all to the people of Mexico," said director Lee Unkrich to loud applause. "Marginalized people deserve to feel like they belong. Representation matters."

No Golden Globes-style fashion protest was held by organizers of Time's Up, the initiative begun by several hundred prominent women in entertainment to combat sexual harassment. Their goals go beyond red carpets, organizers said in the lead-up to the Oscars. "We did the dress code thing and now we're doing the work," said #MeToo founder Tarana

Burke on the red carpet.

Yet the #MeToo movement is sure to have a prominent place in the awards. Greta Gerwig ("Lady Bird") is just the fifth woman nominated for best director. Rachel Morrison "Mudbound" is the first woman nominated for best cinematography. Ashley Judd, the first big-name actress to go on the record with allegations of sexual misconduct against Weinstein, is among the scheduled presenters.

Before he was tossed out of the film academy after a storm of sexual harassment and sexual abuse allegations, Weinstein was for the last two decades the grand poobah of the Oscars. By one study's findings, Weinstein was thanked more often than God in acceptance speeches.

Twenty years ago, a "Titanic" sweep won record ratings for the Oscar broadcast. But ratings have recently been declining. Last year's show drew 32.9 million viewers for ABC, a four percent drop from

Monday Television

VEN-VENICE E-N-ENGLEWOOD SAR-SARASOTA PC-PORT CHARLOTTE ARC-ARCADIA SPG-SOUTH PUNTA GORDA

MAR. 5		VEN	E-N	SAR	PC	ARC	SPG	FD	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			ABC 7 News @ 6pm (N)	ABC World News Tonight (N)	ABC 7 News at 7 Florida Suncoast's news, weather & more. (N)	The Bachelor Arie Luyendyk Jr.'s search for love comes to an astonishing conclusion as he prepares to make the difficult decision between Becca K. and Lauren B. (TVF) (N)	ABC 7 News @ 6:00pm (N)	ABC World News Tonight (N)	The 7 O'Clock News (N) (HD)	Entertainment Tonight (N) (HD)	The Bachelor Arie Luyendyk Jr.'s search for love comes to an astonishing conclusion as he prepares to make the difficult decision between Becca K. and Lauren B. (TVF) (N)	ABC 7 News @ 11:00pm (N)	ABC 7 News (N)	WINK News at 6pm (N) (HD)	CBS Evening News (N) (HD)	WINK News at 7pm (N) (HD)	Inside Edition (TVG) (N) (HD)	Kevin Cook for Kevin. (TVF)	Man with a Plan Kate's dance. (TVF)	Superior Relationship woes. (N)	Living Biblically: False Idols (N)	Scorpion: Dork Day Afternoon Team is taken hostage during robbery. (TVF)	WINK News at 11pm (N) (HD)	Late Show David Oyelowo. (N)
	CBS (11)	213	213	5	5	5			10 News This Evening (N)	CBS Evening News (N) (HD)	Wheel of Fortune (TVG) (HD)	Jeopardy! (TVG) (N) (HD)	Kevin Cook for Kevin. (TVF)	Man with a Plan Kate's dance. (TVF)	Superior Relationship woes. (N)	Living Biblically: False Idols (N)	Scorpion: Dork Day Afternoon Team is taken hostage during robbery. (TVF)	10 News Nightside (N)	Late Show David Oyelowo. (N)	NBC2 News @ 6pm (N) (HD)	NBC Nightly News (N) (HD)	Wheel of Fortune (TVG) (HD)	Jeopardy! (TVG) (N) (HD)	The Voice: The Blind Auditions, Part 3 The search for the next great singer continues during the blind auditions. (TVF) (N) (HD)	Good Girls: Mo Money Mo Problems Ladies owe the gang money. (N)	NBC2 News @ 11pm (N) (HD)	Tonight Show Katie Holmes. (N)			
	CBS (10)	10	10	10					NBC2 News @ 6pm (N) (HD)	NBC Nightly News (N) (HD)	Wheel of Fortune (TVG) (HD)	Jeopardy! (TVG) (N) (HD)	The Voice: The Blind Auditions, Part 3 The search for the next great singer continues during the blind auditions. (TVF) (N) (HD)	Good Girls: Mo Money Mo Problems Ladies owe the gang money. (N)	NBC2 News @ 11pm (N) (HD)	Tonight Show Katie Holmes. (N)														
	NBC (20)	232	2	2	2	2			NewsChannel 8 at 6:00 (N)	NBC Nightly News (N) (HD)	NewsChannel 8 at 7:00 (N) (HD)	Extra (TVF) (N) (HD)	The Voice: The Blind Auditions, Part 3 The search for the next great singer continues during the blind auditions. (TVF) (N) (HD)	Good Girls: Mo Money Mo Problems Ladies owe the gang money. (N)	NewsChannel 8 at 11:00 (N) (HD)	Tonight Show Katie Holmes. (N)														
	NBC (8)	8	8	8	8	8			FOX 4 News at Six Community news; weather; traffic; more. (N)	Family Feud (TVF) (R)	Family Feud (TVF) (R)	Lucifer: Infernal Guinea Pig Chloe puts her life in potential danger. (N)	The Resident: No Matter the Cost Battle father. (TV14) (N)	FOX 4 News at Ten Local news report and weather update. (N)	FOX 4 News at Eleven (N)	Family Feud Families compete.														
	FOX (36)			4	4	4			(59) FOX 13 6:00 News (N)	FOX 13 6:30 News (N)	Access Academy Awards. (N)	TMZ (TVF) (N)	Lucifer: Infernal Guinea Pig Chloe puts her life in potential danger. (N)	The Resident: No Matter the Cost Battle father. (TV14) (N)	FOX 13 10:00 News The top news stories are updated. (N) (HD)	FOX 13 11:00 News News, sports, weather and traffic. (N)														
	FOX (13)	13	13	13	13	13			BBC World News (TVF)	Nightly Business Report (N)	The PBS NewsHour (N) (HD)	My Music: Rhythm, Love and Soul (TVG) (R) (HD)	Independent Lens: Tell Them We Are Rising: The Story of Black Colleges and Universities HBCUs flourished over 150 years. (TVF) (R) (HD)																	
	PBS (30)	3	3	3	3	3			BBC World News (TVF)	Nightly Business Report (N)	The PBS NewsHour (N) (HD)	Haylie Pomroy Metabolism Revolution! Nutritionist Haylie Pomroy discusses her Metabolism Revolution diet program. (TVG) (N) (HD)	Food: What the Heck Should I Eat? with Mark Hyman, MD Research on food groups and nutrition. (TVG) (R) (HD)																	
	PBS (3)	3	17	3					Goldbergs Beverly volunteers. (TVF)	WINK News at 6:30pm (N) (HD)	Bang Army gets sick. (TVF)	Bang Penny's revelation. (HD)	DC's Legends of Tomorrow Play taken hostage. (TV14) (N) (HD)	iZombie: Blue Bloody Liv tries to solve a dowager's murder. (TV14) (N)	WINK News @ 10pm (N) (HD)	Inside Edition (TVF) (N) (HD)	Goldbergs Creating a divide. (N)													
	CW (46)			6	21	6			Mike Mike Rosemary. (TVF)	Mike Basement renovation. (TVF)	Girls Fundraising party. (TV14)	2 Broke Girls Red carpet night. (TV14) (N) (HD)	DC's Legends of Tomorrow Play taken hostage. (TV14) (N) (HD)	iZombie: Blue Bloody Liv tries to solve a dowager's murder. (TV14) (N)	Men Alan's self-pledge. (TV14)	Men Charlie's therapy. (TV14)	Friends Scandalous kiss. (HD)	Friends Marriage vows. (TVF)												
CW (44)	9	9	9					Entertainment Tonight (N) (HD)	Family Feud (TVF) (R)	Family Feud (TVF) (R)	News Channel 8 News @ 8pm News, sports, weather and traffic. (N)	Law & Order: Special Victims Unit: Rhodium Nights Dead escort. (HD)	Law & Order: Special Victims Unit: Payback Cabbie killed. (TV14) (HD)	Seinfeld A stolen wallet. (TVF)	Seinfeld A lot of gum. (TVF)															
MYN (38)	11	11	11					Modern Family: The Last Waltz. (HD)	Bang Army gets sick. (TVF)	Bang Penny's revelation. (HD)	Anger Angry neighbors. (TV14)	Anger Horse riding. (TV14) (HD)	Man Neighborhood Watch. (TV14)	Last Man Stand: House Rules	Mom Bonnie's mother. (TV14)	Mom Healthier lifestyle. (TV14)	Family Guy Behind-the-scenes. (N)	Family Guy: Death is a Bitch nes. (N)												
ION (66)	2	2	2	13	26	17		Criminal Minds: The Sandman Children kidnapped during night. (TV14)	Criminal Minds: A Beautiful Disaster An UnSub targets the BAU. (HD)	Shark Tank (TVF)	Shark Tank (TVF)	Shark Tank (TVF)	Shark Tank (TVF)	Cooper 360° (N) (HD)	CNN Tonight (N) (HD)	CNN Tonight (N) (HD)														
CNBC	39	39	39	39	39	102		Mad Money (N) (HD)	Situation Room (N)	Erin Burnett (N) (HD)	Cooper 360° (N) (HD)	Cooper 360° (N) (HD)	Cooper 360° (N) (HD)	Landmark: Civil Rights Cases (N)	Politics & Public Policy Today (R)															
CNN	32	32	32	32	32	100		U.S. House of Representatives Issues and policies. (R) (HD)	The Story (N) (HD)	Chris Hayes (N) (HD)	Chris Hayes (N) (HD)	Chris Hayes (N) (HD)	Rachel Maddow (N)	Ingraham Angle (N)	Fox News @ Night (N)															
CSPAN	18	18	18	18	37	109		Beat Ari Melber (N)	Hardball with Chris (N)	Headline (N)	Headline (N)	Headline (N)	DailyMail	DailyMail	SNN Late	SNN Late E														
FNC	64	64	64	64	48	71		SNN Eve	Eve @ 6:30	ES.TV (R)	Celebrity	Celebrity	Headline	Headline	SNN Late	SNN Late E														
MSNBC	83	83	83	83	185	40		(5:03) Overboard (87) ★★½ A man tells an amnesiac she's his wife. (PG)	(5:00) Assassin's Creed (16) ★★½ Man descended from secret society. (TV14)	(5:00) Logan (17, Action) ★★½ Hugh Jackman, Patrick Stewart. Logan's attempts to hide fall after encountering young mutant who needs help. (R)	(5:00) Snatched (17) ★½ Mother and daughter encounter misadventure when they take a jungle vacation. (R)	(15) Sister Act (92, Comedy) Whoopi Goldberg, Maggie Smith. A Reno lounge singer who has been targeted by the mob hides out in a convent. (TV14)	(10) The Good Lie (14, Drama) Reese Witherspoon, Arnold Oceng. Humanitarian effort brings 3,600 of lost boys and girls from Sudan to America. (TV14)	(5:35) Certain Women (16, Drama) ★★ Three strong women yearn to understand the world around them. (R)	President State Dinner events. (TV14)	Homeland: Like Bad at Things Carrie follows a lead. (TVMA) (R) (HD)	The Chi: Wallets Brandon decides to go out on his own. (TVMA) (R) (HD)	Homeland: Like Bad at Things Carrie follows a lead. (TVMA) (R) (HD)	The Chi: Wallets Brandon decides to go out on his own. (TVMA) (R) (HD)											
SNN	6	6	6	11				(5:03) Overboard (87) ★★½ A man tells an amnesiac she's his wife. (PG)	(5:00) Assassin's Creed (16) ★★½ Man descended from secret society. (TV14)	(5:00) Logan (17, Action) ★★½ Hugh Jackman, Patrick Stewart. Logan's attempts to hide fall after encountering young mutant who needs help. (R)	(5:00) Snatched (17) ★½ Mother and daughter encounter misadventure when they take a jungle vacation. (R)	(15) Sister Act (92, Comedy) Whoopi Goldberg, Maggie Smith. A Reno lounge singer who has been targeted by the mob hides out in a convent. (TV14)	(10) The Good Lie (14, Drama) Reese Witherspoon, Arnold Oceng. Humanitarian effort brings 3,600 of lost boys and girls from Sudan to America. (TV14)	(5:35) Certain Women (16, Drama) ★★ Three strong women yearn to understand the world around them. (R)	President State Dinner events. (TV14)	Homeland: Like Bad at Things Carrie follows a lead. (TVMA) (R) (HD)	The Chi: Wallets Brandon decides to go out on his own. (TVMA) (R) (HD)	Homeland: Like Bad at Things Carrie follows a lead. (TVMA) (R) (HD)	The Chi: Wallets Brandon decides to go out on his own. (TVMA) (R) (HD)											
ENC	150	150	150	150	150	350		(5:03) Overboard (87) ★★½ A man tells an amnesiac she's his wife. (PG)	(5:00) Assassin's Creed (16) ★★½ Man descended from secret society. (TV14)	(5:00) Logan (17, Action) ★★½ Hugh Jackman, Patrick Stewart. Logan's attempts to hide fall after encountering young mutant who needs help. (R)	(5:00) Snatched (17) ★½ Mother and daughter encounter misadventure when they take a jungle vacation. (R)	(15) Sister Act (92, Comedy) Whoopi Goldberg, Maggie Smith. A Reno lounge singer who has been targeted by the mob hides out in a convent. (TV14)	(10) The Good Lie (14, Drama) Reese Witherspoon, Arnold Oceng. Humanitarian effort brings 3,600 of lost boys and girls from Sudan to America. (TV14)	(5:35) Certain Women (16, Drama) ★★ Three strong women yearn to understand the world around them. (R)	President State Dinner events. (TV14)	Homeland: Like Bad at Things Carrie follows a lead. (TVMA) (R) (HD)	The Chi: Wallets Brandon decides to go out on his own. (TVMA) (R) (HD)	Homeland: Like Bad at Things Carrie follows a lead. (TVMA) (R) (HD)	The Chi: Wallets Brandon decides to go out on his own. (TVMA) (R) (HD)											
HBO	302	302	302	302	302	400		(5:03) Overboard (87) ★★½ A man tells an amnesiac she's his wife. (PG)	(5:00) Assassin's Creed (16) ★★½ Man descended from secret society. (TV14)	(5:00) Logan (17, Action) ★★½ Hugh Jackman, Patrick Stewart. Logan's attempts to hide fall after encountering young mutant who needs help. (R)	(5:00) Snatched (17) ★½ Mother and daughter encounter misadventure when they take a jungle vacation. (R)	(15) Sister Act (92, Comedy) Whoopi Goldberg, Maggie Smith. A Reno lounge singer who has been targeted by the mob hides out in a convent. (TV14)	(10) The Good Lie (14, Drama) Reese Witherspoon, Arnold Oceng. Humanitarian effort brings 3,600 of lost boys and girls from Sudan to America. (TV14)	(5:35) Certain Women (16, Drama) ★★ Three strong women yearn to understand the world around them. (R)	President State Dinner events. (TV14)	Homeland: Like Bad at Things Carrie follows a lead. (TVMA) (R) (HD)	The Chi: Wallets Brandon decides to go out on his own. (TVMA) (R) (HD)	Homeland: Like Bad at Things Carrie follows a lead. (TVMA) (R) (HD)	The Chi: Wallets Brandon decides to go out on his own. (TVMA) (R) (HD)											
HBO2	303	303	303	303	303	402		(5:03) Overboard (87) ★★½ A man tells an amnesiac she's his wife. (PG)	(5:00) Assassin's Creed (16) ★★½ Man descended from secret society. (TV14)	(5:00) Logan (17, Action) ★★½ Hugh Jackman, Patrick Stewart. Logan's attempts to hide fall after encountering young mutant who needs help. (R)	(5:00) Snatched (17) ★½ Mother and daughter encounter misadventure when they take a jungle vacation. (R)	(15) Sister Act (92, Comedy) Whoopi Goldberg, Maggie Smith. A Reno lounge singer who has been targeted by the mob hides out in a convent. (TV14)	(10) The Good Lie (14, Drama) Reese Witherspoon, Arnold Oceng. Humanitarian effort brings 3,600 of lost boys and girls from Sudan to America. (TV14)	(5:35) Certain Women (16, Drama) ★★ Three strong women yearn to understand the world around them. (R)	President State Dinner events. (TV14)	Homeland: Like Bad at Things Carrie follows a lead. (TVMA) (R) (HD)	The Chi: Wallets Brandon decides to go out on his own. (TVMA) (R) (HD)	Homeland: Like Bad at Things Carrie follows a lead. (TVMA) (R) (HD)	The Chi: Wallets Brandon decides to go out on his own. (TVMA) (R) (HD)											
HBO3	304	304	304	304	304	404		(5:03) Overboard (87) ★★½ A man tells an amnesiac she's his wife. (PG)	(5:00) Assassin's Creed (16) ★★½ Man descended from secret society. (TV14)	(5:00) Logan (17, Action) ★★½ Hugh Jackman, Patrick Stewart. Logan's attempts to hide fall after encountering young mutant who needs help. (R)	(5:00) Snatched (17) ★½ Mother and daughter encounter misadventure when they take a jungle vacation. (R)	(15) Sister Act (92, Comedy) Whoopi Goldberg, Maggie Smith. A Reno lounge singer who has been targeted by the mob hides out in a convent. (TV14)	(10) The Good Lie (14, Drama) Reese Witherspoon, Arnold Oceng. Humanitarian effort brings 3,600 of lost boys and girls from Sudan to America. (TV14)	(5:35) Certain Women (16, Drama) ★★ Three strong women yearn to understand the world around them. (R)	President State Dinner events. (TV14)	Homeland: Like Bad at Things Carrie follows a lead. (TVMA) (R) (HD)	The Chi: Wallets Brandon decides to go out on his own. (TVMA) (R) (HD)	Homeland: Like Bad at Things Carrie follows a lead. (TVMA) (R) (HD)	The Chi: Wallets Brandon decides to go out on his own. (TVMA) (R) (HD)											
MAX	320	320	320	320	320	420		(5:03) Overboard (87) ★★½ A man tells an amnesiac she's his wife. (PG)	(5:00) Assassin's Creed (16) ★★½ Man descended from secret society. (TV14)	(5:00) Logan (17, Action) ★★½ Hugh Jackman, Patrick Stewart. Logan's attempts to hide fall after encountering young mutant who needs help. (R)	(5:00) Snatched (17) ★½ Mother and daughter encounter misadventure when they take a jungle vacation. (R)	(15) Sister Act (92, Comedy) Whoopi Goldberg, Maggie Smith. A Reno lounge singer who has been targeted by the mob hides out in a convent. (TV14)	(10) The Good Lie (14, Drama) Reese Witherspoon, Arnold Oceng. Humanitarian effort brings 3,600 of lost boys and girls from Sudan to America. (TV14)	(5:35) Certain Women (16, Drama) ★★ Three strong women yearn to understand the world around them. (R)	President State Dinner events. (TV14)	Homeland: Like Bad at Things Carrie follows a lead. (TVMA) (R) (HD)	The Chi: Wallets Brandon decides to go out on his own. (TVMA) (R) (HD)	Homeland: Like Bad at Things Carrie follows a lead. (TVMA) (R) (HD)	The Chi: Wallets Brandon decides to go out on his own. (TVMA) (R) (HD)											
MAX2	321	321	321	321	321	422		(5:03) Overboard (87) ★★½ A man tells an amnesiac she's his wife. (PG)	(5:00) Assassin's Creed (16) ★★½ Man descended from secret society. (TV14)	(5:00) Logan (17, Action) ★★½ Hugh Jackman, Patrick Stewart. Logan's attempts to hide fall after encountering young mutant who needs help. (R)	(5:00) Snatched (17) ★½ Mother and daughter encounter misadventure when they take a jungle vacation. (R)	(15) Sister Act (92, Comedy) Whoopi Goldberg, Maggie Smith. A Reno lounge singer who has been targeted by the mob hides out in a convent. (TV14)	(10) The Good Lie (14, Drama) Reese Witherspoon, Arnold Oceng. Humanitarian effort brings 3,600 of lost boys and girls from Sudan to America. (TV14)	(5:35) Certain Women (16, Drama) ★★ Three strong women yearn to understand the world around them. (R)	President State Dinner events. (TV14)	Homeland: Like Bad at Things Carrie follows a lead. (TVMA) (R) (HD)	The Chi: Wallets Brandon decides to go out on his own. (TVMA) (R) (HD)	Homeland: Like Bad at Things Carrie follows a lead. (TVMA) (R) (HD)	The Chi: Wallets Brandon decides to go out on his own. (TVMA) (R) (HD)											
SHO	340	340	340	340	340	365		(5:03) Overboard (87) ★★½ A man tells an amnesiac she's his wife. (PG)	(5:00) Assassin's Creed (16) ★★½ Man descended from secret society. (TV14)	(5:00) Logan (17, Action) ★★½ Hugh Jackman, Patrick Stewart. Logan's attempts to hide fall after encountering young mutant who needs help. (R)	(5:00) Snatched (17) ★½ Mother and daughter encounter misadventure when they take a jungle vacation. (R)	(15) Sister Act (92, Comedy) Whoopi Goldberg, Maggie Smith. A Reno lounge singer who has been targeted by the mob hides out in a convent. (TV14)	(10) The Good Lie (14, Drama) Reese Witherspoon, Arnold Oceng. Humanitarian effort brings 3,600 of lost boys and girls from Sudan to America. (TV14)	(5:35) Certain Women (16, Drama) ★★ Three strong women yearn to understand the world around them. (R)	President State Dinner events. (TV14)	Homeland: Like Bad at Things Carrie follows a lead. (TVMA) (R) (HD)	The Chi: Wallets Brandon decides to go out on his own. (TVMA) (R) (HD)	Homeland: Like Bad at Things Carrie follows a lead. (TVMA) (R) (HD)	The Chi: Wallets Brandon decides to go out on his own. (TVMA) (R) (HD)											
TMC	350	350	350	350	350	385		(5:03) Overboard (87) ★★½ A man tells an amnesiac she's his wife. (PG)	(5:00) Assassin's Creed (16) ★★½ Man descended from secret society. (TV14)	(5:00) Logan (17, Action) ★★½ Hugh Jackman, Patrick Stewart. Logan's attempts to hide fall after encountering young mutant who needs help. (R)	(5:00) Snatched (17) ★½ Mother and daughter encounter misadventure when they take a jungle vacation. (R)	(15) Sister Act (92, Comedy) Whoopi Goldberg, Maggie Smith. A Reno lounge singer who has been targeted by the mob hides out in a convent. (TV14)	(10) The Good Lie (14, Drama) Reese Witherspoon, Arnold Oceng. Humanitarian effort brings 3,600 of lost boys and girls from Sudan to America. (TV14)	(5:35) Certain Women (16, Drama) ★★ Three strong women yearn to understand the world around them. (R)	President State Dinner events. (TV14)	Homeland: Like Bad at Things Carrie follows a lead. (TVMA) (R) (HD)	The Chi: Wallets Brandon decides to go out on his own. (TVMA) (R) (HD)	Homeland: Like Bad at Things Carrie follows a lead. (TVMA) (R) (HD)	The Chi: Wallets Brandon decides to go out on his own. (TVMA) (R) (HD)											

Today's Talk Shows

- 8:00 a.m. **IND The Steve Wilkos Show** A wife believes that her husband is cheating; a man accuses a woman of cheating. (N)
- 9:00 a.m. **FOX Jerry Springer** Neighbors have infidelity issue; man tired of being in relationship.
- 10:00 a.m. **FOX Maury** Man with vision loss claims he did not father his girlfriend's child.
- 10:00 a.m. **IND The Steve Wilkos Show** 17-year-old asks for paternity test to find out if he is the father of his kid.
- 11:00 a.m. **FOX The Steve Wilkos Show** Woman believes sister stole from her; man kicks brother-in-law out of house.
- 11:00 a.m. **FOX The Wendy Williams Show** "Hot Topics"; Rob Shuter; Melissa Garcia; Wendy makes a special announcement.
- 12:00 p.m. **CNN Inside Politics** Host John King provides an in-depth examination of the week's top news stories. (N)
- 12:00 p.m. **FNC Outnumbered** A four-woman, one-man panel engages in spirited discussions of the day's news. (N)
- 1:00 p.m. **CW The Robert**

Pharmacogenomics field shows promise in drug dosage

DEAR DR. ROACH: Do you have any information on cytochrome P450 testing for drug sensitivity? — S.S.

ANSWER: Cytochrome P450 is a family of enzymes that are important for cell metabolism and critical for detoxifying many drugs. Any given person has a particular set of P450 enzymes, and understanding them sometimes can help determine the correct exact drug dosages. In a few cases, people with certain P450 enzymes cannot safely take some drugs. However, the clinical usefulness of P450 testing is currently limited, and there are only a handful of drugs for which testing is recommended (for those who want to see the full current list, it's available on the Food and Drug Administration website at <https://tinyurl.com/P450drugs>). The majority of the drugs for which P450 testing is recommended are for HIV or cancer treatment.

I do think that this field, called pharmacogenomics, is going to become increasingly useful, and it is likely that it will be used to more



Dr. Roach

precisely guide drug choices and dosages.

DEAR DR. ROACH: My husband bought a used car about two years ago, and every time I ride in his car — no matter the time of day or where we are going — about 10 minutes into the ride, I begin to yawn uncontrollably. These are deep, shuddering yawns that border on painful. Soon thereafter, my nose begins to run, my eyes water and my throat becomes scratchy. Allergies seem the obvious answer, but I have a lot of allergies that don't cause yawning.

The yawns are very uncomfortable! Do you have any advice, other than taking my car all the time? I will note that none of my other family members react this way. — E.R.

ANSWER: Well, before today, I'd never heard of yawning being a sign of allergies. Yawns are common with fatigue or poor sleep, where air quality is poor and, in at least one spectacular case I heard of, from excess nervousness. The runny nose and watery eyes are very consistent with allergies. I was able to find other case reports of people having yawns as an initial symptom of allergies.

If avoiding the offending agent (i.e., whatever is in the car) isn't possible, premedicating with an antihistamine or prescription medication may be of benefit.

DEAR DR. ROACH: I am a 78-year-old male in good health. This past June, my urologist gave me a test, which revealed that I was at very low risk for prostate cancer. Since then, my numbers have gradually crept up, and the most recent test (a month ago)

showed a sharp spike upward. The doctor has scheduled a prostate biopsy in two weeks. I am thinking that I would like another blood test prior to the procedure. Obviously, I am hoping the numbers will have at least leveled off and hopefully gone down. I would appreciate your thoughts on this. — R.S.

ANSWER: You likely are talking about the PSA test or a relative. I do think confirming test results prior to biopsy is reasonable, as there are rare lab errors, but more commonly, men can develop inflammation in the prostate, causing a "spike" in the reading. There are several new tests that may improve the accuracy of the PSA. The best-known is the PCA3.

Another increasingly used option is a prostate MRI, which can better define the anatomy and guide biopsy. As I have recently written about the pain some men feel with biopsy, reducing biopsy need would be beneficial. It is not yet accepted treatment to forgo biopsy on someone with (confirmed) high PSA but a normal MRI.

Man's choice of wedding day steals spotlight away

DEAR ABBY: I'm struggling because my stepson has chosen to get married on my birthday. I have been his stepmom for 18 years. It feels like a punch in the chest. My in-law family members are saying things like "OMG, how do you feel about that? I can't believe you're going to let that happen. It will no longer be YOUR special day."

My feelings are deeply hurt. My husband says it's no big deal and I shouldn't let it bother me. But every time someone asks me about it, I feel hurt, and when I'm finally by myself, I cry. Is what my stepson is doing bad etiquette, a slap in the face or no big deal?

— Birthday Girl In Illinois
DEAR BIRTHDAY GIRL: That your stepson would be married on your birthday isn't a slap in the face; it's a compliment. If you like his fiancée, consider her to be the ultimate birthday present. Think of it this way: Your stepson and his new wife will never forget your birthday.

DEAR ABBY: As a single man, I have been on a few dating websites, and I'd like to say something to the women I have encountered: What is it about you that



Dear Abby

makes you worth my time to pursue? Many women show a lot of pictures, but reveal very little about themselves. Then some of them say in their last sentence that they "want more than 10 words to say hello." These women seem well-educated but unable to write more than a short paragraph about who they are.

Ladies, if you want more than a hi or hello, write something about yourselves beyond your likes and dislikes. Describe who you are, what your hopes and dreams are, and say something that I, as a man, would respond to in my introduction. — In The Dark

DEAR IN THE DARK: You make a valid point. I'll be sure to reread your letter if I ever need to join a dating site, and so, I am sure, will my "sisters" out there. Thanks for the heads-up!

Americans dress casually

Dear Readers: Today's SOUND OFF is about the American casual way of living. — Heloise

"Dear Heloise: Why don't Americans dress up anymore? You rarely see people in most parts of the country get dressed up to go out to dinner. I recently noticed a couple of young women wearing jeans and a T-shirts in church. I miss the days when women dressed stylishly in beautiful dresses when they went out for dinner in a nice restaurant, or to the opera. So many women throw on sloppy attire and consider themselves dressed. It's as though our national pride in ourselves



Hints from Heloise

has gone." — Wallace T., Brandywine, Del.

Dear Heloise: I have trouble using a zipper on clothing due to arthritis, so my husband took a paper clip and attached it to each zipper, and that made it much easier to hold, which helps me dress myself. — Ruth D., Findlay, Ohio

WHATZIT?

Find the familiar phrase, saying or name in this arrangement of letters.



SOLUTION
Turn the other cheek

JUMBLE

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

NIHTK

○○○○

FARET

○○○○

MOSTOH

○○○○

GULJEG

○○○○

○○○○

○○○○

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THAT SCRAMBLED WORD GAME

by David L. Hoyt and Jeff Knurek



These coarse sheets will work best. How big is the table? It's about 36 square feet. Maybe more.

HE WASN'T SURE HOW MUCH SANDPAPER HE'D NEED, BUT HE HAD A ---

Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Answers tomorrow
Saturday's Jumbles: FRAUD AGILE PIGLET BUNKER
Answer: The team was for sale for about \$800 million. The price was a — BALLPARK FIGURE

KENKEN

THE LOGIC PUZZLE THAT MAKES YOU SMARTER.

EASY

72X	1-		4
		3	2÷
1-		8+	
	4		

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CHALLENGING

12+		600X	4	4X
1				
7+		5-		14+
3-		1-		4
12+	5	2÷	3-	13+

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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

2÷	4	2	3	1
1-	3	4	1	2
3-	2	1	4	3
4+	1	3	2	4

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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	SOLUTIONS
1 chatters on and on (7)	_____
2 Martin Luther King had one (5)	_____
3 pressing need (7)	_____
4 malodorous (6)	_____
5 uncompromising demand (9)	_____
6 more virtuous (6)	_____
7 stuffy, like stale hot air (11)	_____

BB	BA	DR	CY	URG
EAM	STI	BET	SUF	IM
ATI	FOC	LES	NKY	AT
NG	UM	TER	ULT	EN

Saturday's Answers: 1. JUNCTION 2. FEISTIEST 3. GROOVES 4. GREENLIGHT 5. WALLET 6. MATTE 7. INGENIOUS 3/5

Challenger

DIRECTIONS: Fill each square with a number, one through nine. Horizontal squares should add to totals on right. Vertical squares should add to totals on bottom. Diagonal squares through center should add to total in upper and lower right.

There may be more than one solution.

Today's Challenge
Time 8 Minutes
15 Seconds
Your Working Time Minutes Seconds

6				16
		2		8
			3	12
			4	14
16	15	14	13	13

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solution	3-5	31
9 9 9 7		34
9 9 7 3		28
7 8 5 7		27
9 7 9 8		27
34	27	30 25 31

Saturday's Challenger Answers

MARMADUKE By Brad Anderson



"Marmaduke, you can't get cooties from King Tut drinking from your water bowl."

Cryptoquip

3-5

BGPRZJDJC CTOU-YXPN XPYC

UJPNJ MPG XZY HPIMVO,

DJDGEDCZW, YBGZEXCOI

RTJJDG: HTVJCI WGYPJ.

Saturday's Cryptoquip: NEWS BULLETIN AFTER A SOARING BIRD FINISHES SMOOTHING DOWN SOME WOOD: "THE EAGLE HAS SANDED."

Today's Cryptoquip Clue: M equals F

WORD SLEUTH

CONSTITUTIONAL MONARCHIES

D Z X U S Q K N L J G E C Z X

A V Y J T R R P N L J H E C A

Y I W A A V T R P N L K I G E

C B L M W Z X W E U S O R P N

O M N A D R O J O Z C T L J I

I E G I R A O C E A I D B A A

D Y X C D T C N N A W L U T P

N A P A J O S O W N E D E W S

S Q N P R O M U I G L E B B N

L A K O J H K G A R R O D N A

C F M O D G N I K D E T I N U

Saturday's unlisted clue: ANTHONY

Find the listed words in the diagram. They run in all directions - forward, backward, up, down and diagonally.

Monday's unlisted clue hint: CAPITAL IS COPENHAGEN

Andorra	Canada	Kuwait	Spain
Australia	Jamaica	Monaco	Sweden
Belgium	Japan	Morocco	United Kingdom
Belize	Jordan	Norway	

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HOROSCOPE

ARIES (March 21-April 19). The Sufi master said that forgiveness is the fragrance flowers give when they are crushed. To be fair, he didn't have your personal life. Does it really make sense to go sweeter on an offender? Considerations of the day...
TAURUS (April 20-May 20). Today you'll love life, and life will love you back. What's even better is that life will love you in your preferred way. It's a jam! It's a groove! No big wins, but dozens and dozens of small ones.
GEMINI (May 21-June 21). The favor of fortune is related to your confidence. This is really about trusting yourself. You'll be OK if it goes right; you'll be OK if it goes wrong. You're adventurous and unflappable. Now here comes the good luck.
CANCER (June 22-July 22). If you stock your week with activities that have the potential to be enjoyable, you'll probably have a pleasant week ahead, though honestly it's more about enjoying yourself than it is about the activity.
LEO (July 23-Aug. 22). As a big event on the horizon gets closer, it's taking up

more space in your brain. You're right; you will be giving a performance — an informal one but still a performance. Now is the time to start imagining this going extremely well.
VIRGO (Aug. 23-Sept. 22). One definition of love is: the opposite of fear. Even so, smart people don't hug sharks, and some people are better loved from a distance. People will catch what you're sending out, even from miles and miles away.
LIBRA (Sept. 23-Oct. 23). There are those who appreciate apologies, but no one wants to hear them all the time. As for you, you'll take only about one or two before you don't believe them anymore. The best apology is a behavioral change.
SCORPIO (Oct. 24-Nov. 21). Question: Which way, right or left? Answer: Neither of the above. What you really need are more ideas. To come up with more ideas, bypass your analytical mind.
SAGITTARIUS (Nov. 22-Dec. 21). You have faith in your own mind, but you still take questions to your friends, to the experts, to the universe — because only a fool would think his own mind has the be-all and end-all answer.

CAPRICORN (Dec. 22-Jan. 19). You feel you can tell who is in the know and who isn't, but listen to them all anyway. You'll get the most useful nuggets from people who don't understand the scope of what you're dealing with.
AQUARIUS (Jan. 20-Feb. 18). Even though there's much to learn from listening to what people say, there's even more to learn from what people ask you today. Questions will reveal the speaker's bias, needs, wants and interests.
PISCES (Feb. 19-March 20). You don't know how much you need to laugh until someone makes you laugh. This is most easily done by one who knows you well or just happens to be irresistibly cute.
TODAY'S BIRTHDAY (March 5). At first, it will seem as if this year comes at you in small doses and tiny portions, but nonetheless, you'll soon discover that you're in an entirely new and improved position. A standout conversation will open doors in June. The success of family favorably affects your work. There's a payout in August. Cancer and Scorpio adore you. Your lucky numbers are: 3, 22, 29, 27 and 40.

Monday, March 5, 2018

GOREN BRIDGE

WITH BOB JONES
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Weekly bridge quiz answers

Q 1 - North-South vulnerable, as South, you hold:

♠ Q9 ♥ Q98763 ♦ 6 ♣ AJ92

Partner opens one no trump, 15-17, and right-hand opponent bids two diamonds. What call would you make?

A - Should you play Texas transfers, where you transfer to your major at the four level, the convention still applies over two-level overcalls. Bid four diamonds. Otherwise, bid four hearts.

Q 2 - Neither vulnerable, as South, you hold:

♠ AK2 ♥ J74 ♦ K ♣ AKQ962

With both opponents passing, you open one club and partner responds one diamond. What call would you make?

A - Jump shifting into a three-card major invites disaster, and the hand is too good for three clubs or two no trump. What's left? Bid three no trump.

Q 3 - East-West vulnerable, as South, you hold:

♠ Q10532 ♥ K7 ♦ AJ85 ♣ J4

NORTH	EAST	SOUTH	WEST
1♦	Pass	1♠	Pass
1NT	Pass	2♣*	Pass
2NT	Pass	?	Pass

*New Minor Forcing
What call would you make?

A - Partner's one no trump rebid showed 12-14 and your "new minor" bid promised at least invitational values. Partner could have bid three no trump with a maximum. Pass.

Q 4 - Both vulnerable, as South, you hold:

♠ A ♥ J954 ♦ KQJ32 ♣ QJ3

Partner opens one heart and right-hand opponent passes. What call would you make?

A - Slam is in the air and there is much to do. Start by bidding two diamonds. That will sound like a potential source of tricks when you support hearts later.

Q 5 - North-South vulnerable, as South, you hold:

♠ 10954 ♥ Q ♦ AQJ93 ♣ K43

SOUTH	WEST	NORTH	EAST
1♦	1♥	Pass	Pass

?
What call would you make?

A - Playing negative doubles, opener is forced to re-open through the two level with shortness in the opponent's suit. He should double whenever reasonable. Double.

Q 6 - East-West vulnerable, as South, you hold:

♠ AK ♥ AJ83 ♦ QJ9643 ♣ 6

With the opponents passing, you open one diamond and partner responds one no trump. What call would you make?

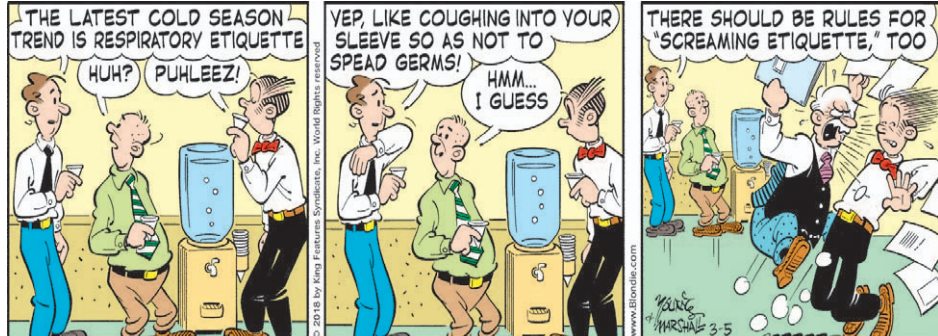
A - Partner has denied a four-card major, so bidding two hearts would be a waste. Choose between two or three diamonds. We like three diamonds.

(Bob Jones welcomes readers' responses sent in care of this paper or tcaeditors@tribpub.com)

BORN LOSER By Art and Chip Sansom



BLONDIE By Dean Young and John Marshall



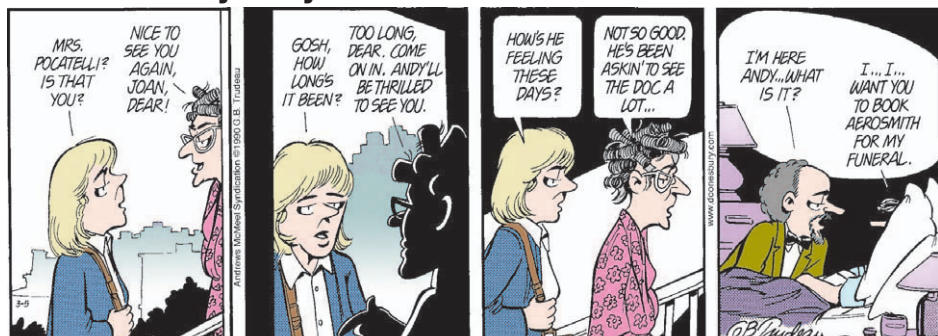
MUTTS By Patrick McDonnell



BABY BLUES By Rick Kirkman and Jerry Scott



DOONSBURY By Garry Trudeau



TODAY'S CROSSWORD PUZZLE

- ACROSS**
- 1 Tail end
 - 5 Metal fastener
 - 10 Lassies
 - 14 Archipelago dot
 - 15 Fountain near Via Veneto
 - 16 Put out heat
 - 17 Elevator pioneer
 - 18 Yokels
 - 19 Wolf, to Pedro
 - 20 Squealed
 - 22 Ballerina Moira
 - 24 Camel stops
 - 26 Recently
 - 27 Grants
 - 30 Caribbean nation
 - 32 Flood barrier
 - 33 Ears of corn
 - 34 DEA operative
 - 38 Chest-beater
 - 39 Lack of experience
 - 42 Musical scale note
 - 43 Prickly sensation
 - 45 Cafe au —
 - 46 Camel kin
 - 48 Bean or Welles
 - 50 Married in a hurry
 - 51 Gulch
 - 54 Inclined
 - 56 Oakland team
 - 58 Perils
- DOWN**
- 1 Type of squad
 - 2 "Como — usted?"
 - 3 Perched
 - 4 Work with antiques
 - 5 Emphasize
 - 6 Tanker's cargo
 - 7 Dixie fighter
 - 8 Festive nights
 - 9 Letter to Santa, maybe (2 wds.)
 - 10 Wobbly dessert
 - 11 Love in a gondola
 - 12 Defame
 - 13 Yarn
 - 21 Weighed down
 - 23 Don the feedbag
 - 25 Pushing
 - 27 Kyrgyzstan mountains
 - 28 Sobbed

PREVIOUS PUZZLE SOLVED



- 29 With, to Henri
- 31 Help with a heist
- 33 Ta-ta in Turin
- 35 PDQ
- 36 Chariot race locale
- 37 Bonded with a protective metallic coat
- 40 Losers (hyph.)
- 41 Ms. Barkin of films
- 44 Thug
- 47 Robin Hood's weapon
- 49 Deli loaf
- 50 Sidesteps
- 51 Crawled out of bed
- 52 Swift
- 53 Saddle extra
- 55 That is (Lat.)
- 57 Glasgow citizen
- 59 Designer — Schiaparelli
- 60 Tiny stream
- 61 Position
- 64 Aunt, in Madrid

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).

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

Rating: BRONZE

Solution to 3/3/18

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

WORDY GURDY®

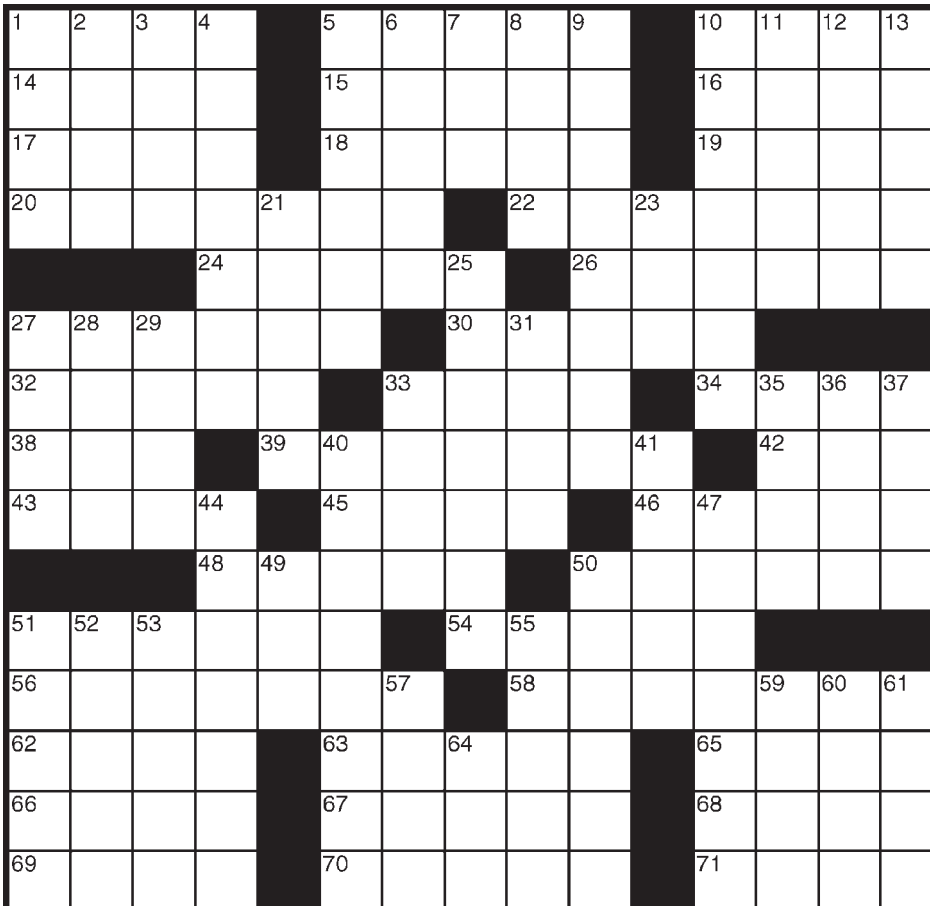
BY TRICKY RICKY KANE

1. Make a thin cut in a peach stone (1)
2. Rack up additional game points (1)
3. Frost-chilled a schnozz (1)
4. Actor Gyllenhaal's frosty drinks (1)
5. Penn's magic partner's basements (2)
6. (With 7) Native American community land ...
7. ... continued protected existence (4)

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.

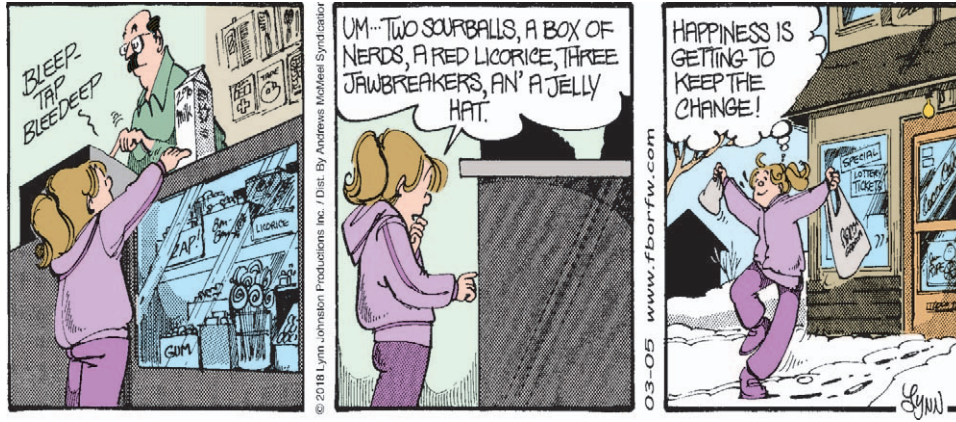
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ANSWERS
1. SLIT PIT 2. SCORE MORE 3. FROZE NOSE 4. JAKES SHARES
5. TELLERS CELLARS 6. RESEVATION 7. PRESERVATION



Want more puzzles?
Check out the "Just Right Crossword Puzzles" books at QuillDriverBooks.com

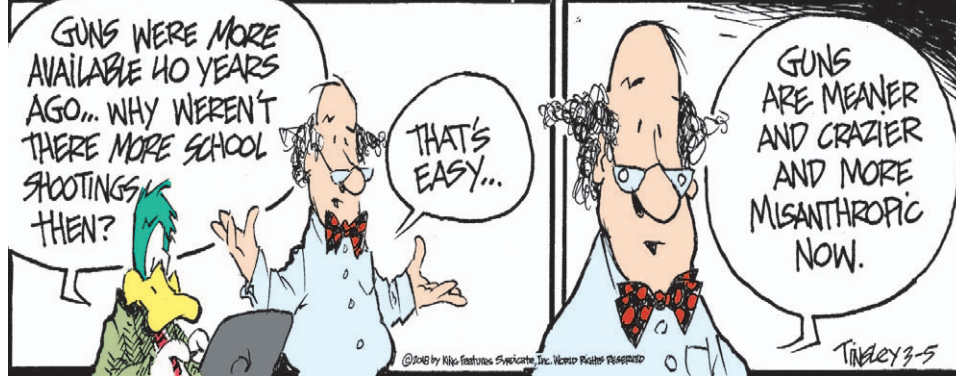
FOR BETTER OR FOR WORSE By Lynn Johnston



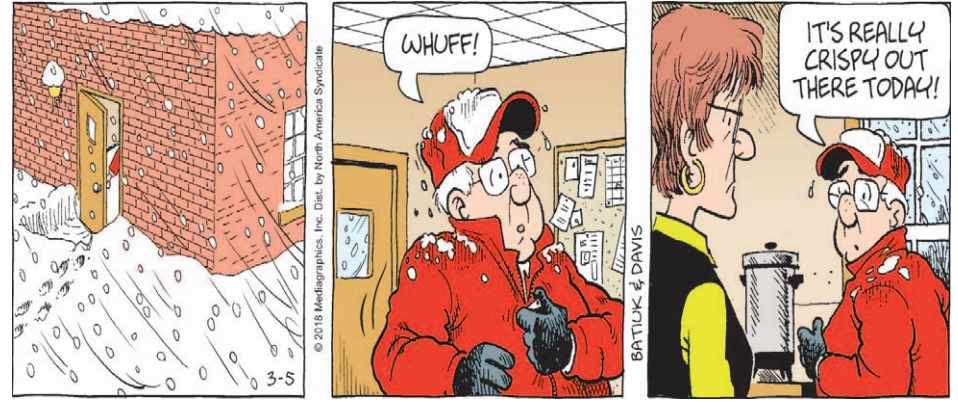
PEANUTS By Charles Schulz



MALLARD FILLMORE By Bruce Tinsley



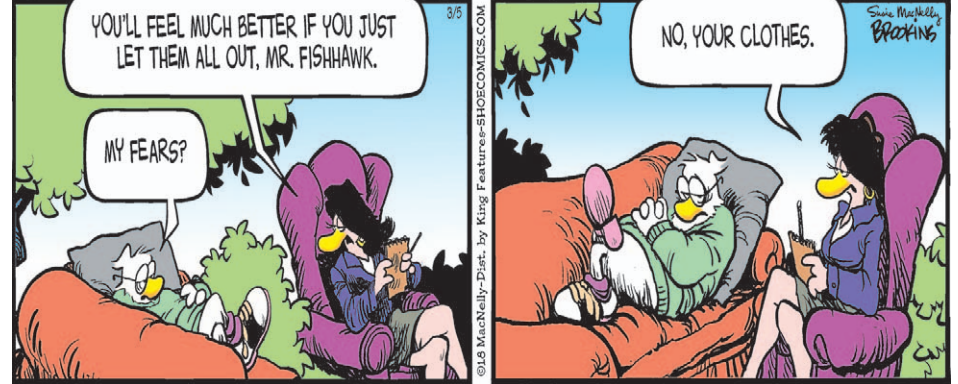
CRANKSHAFT By Tom Batiuk & Chuck Ayers



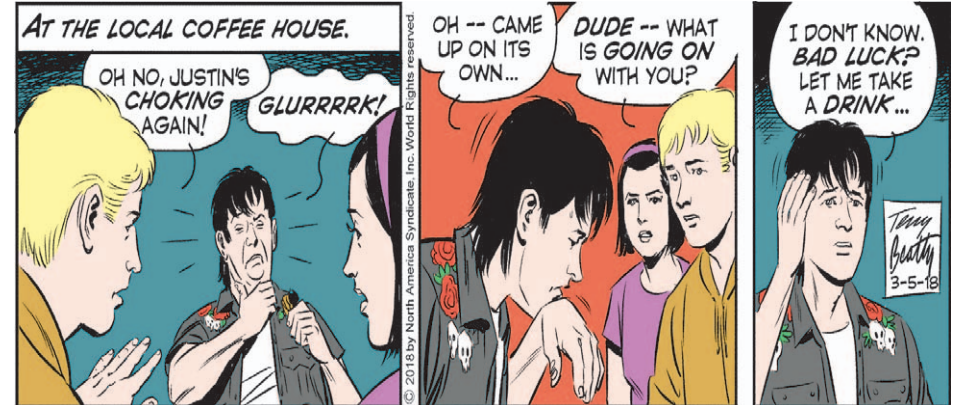
HI AND LOIS By Brian and Greg Walker



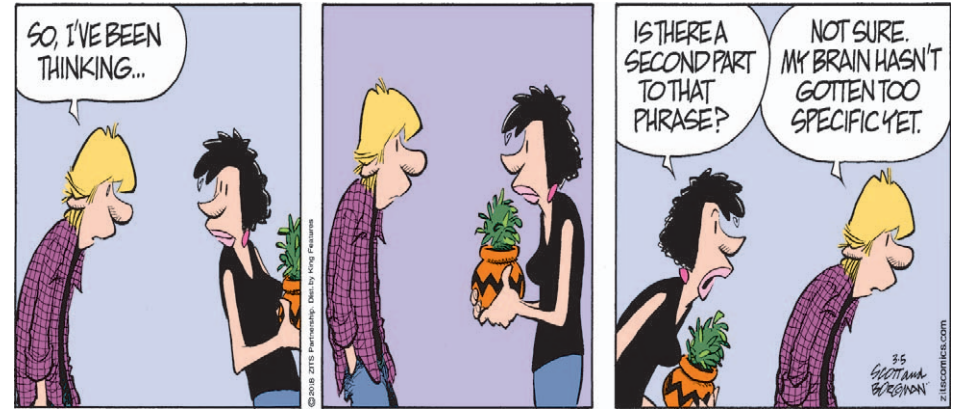
SHOE By Gary Brookins & Susie MacNelly



REX MORGAN By Terry Beatty



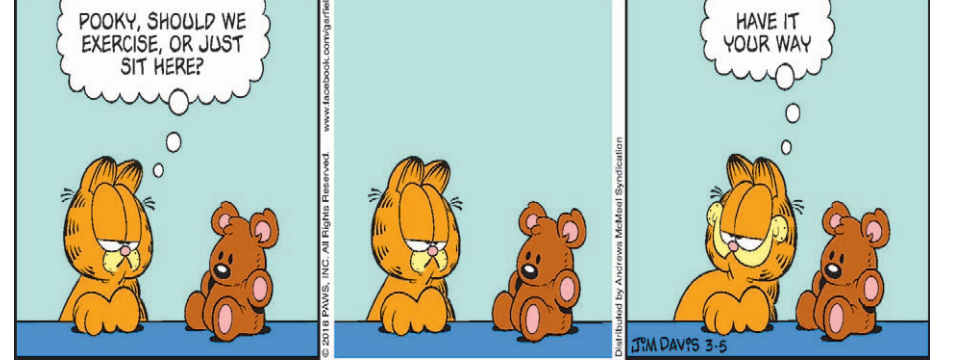
ZITS By Jerry Scott & Jim Borgman



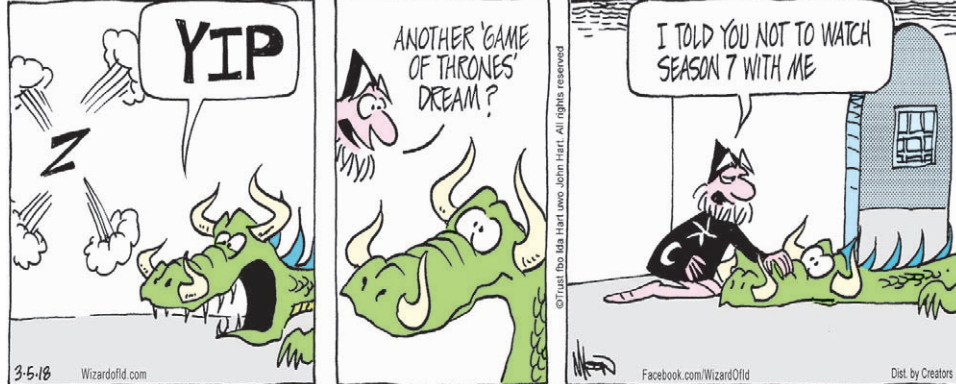
HAGAR THE HORRIBLE By Chris Browne



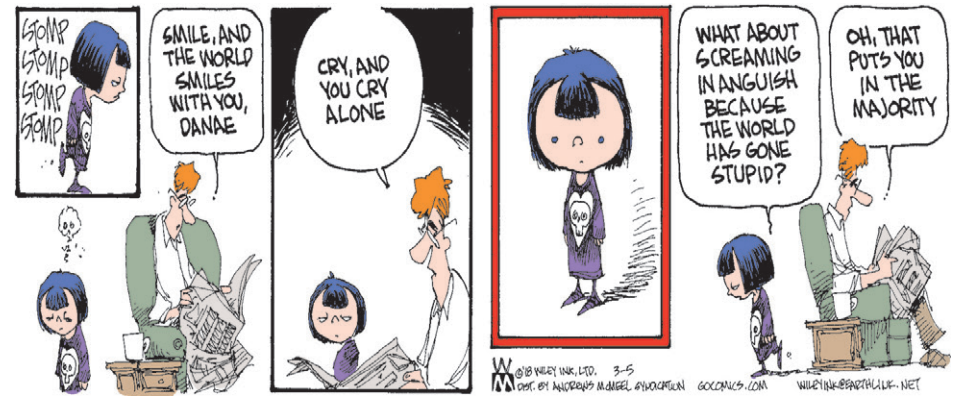
GARFIELD By Jim Davis



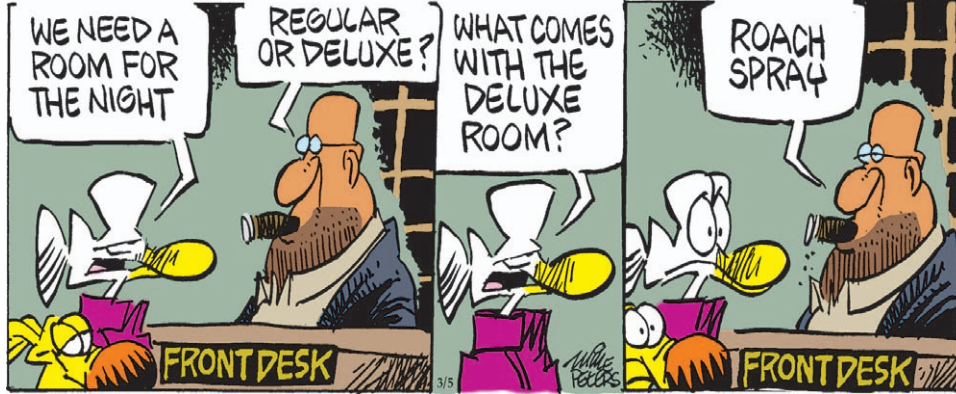
THE WIZARD OF ID By Brant Parker and Johnny Hart



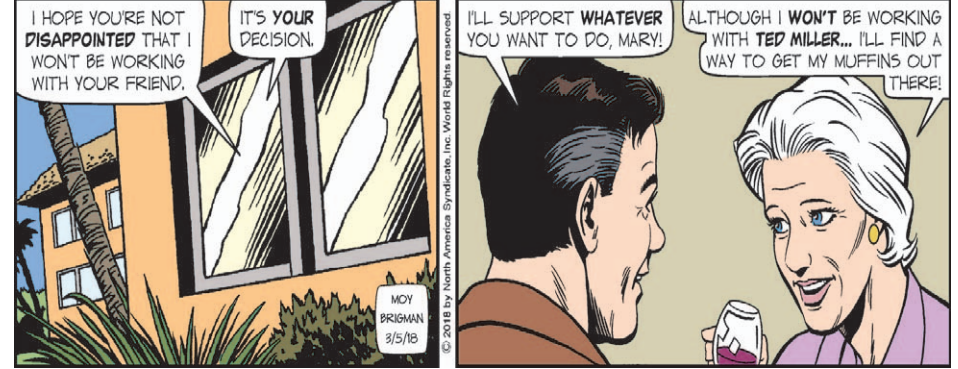
NON SEQUITUR By Wiley



MOTHER GOOSE AND GRIMM By Mike Peters



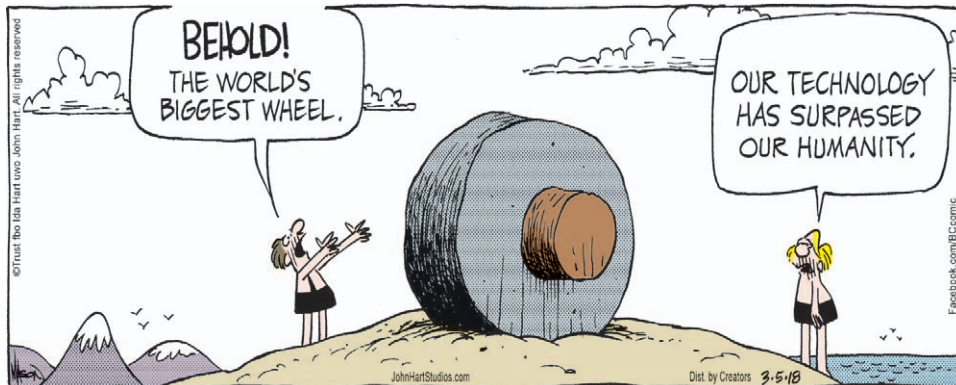
MARY WORTH By Karen Moy and June Brigman



PICKLES By Brian Crane



B.C. By Mastroianni & Hart



DILBERT By Scott Adams



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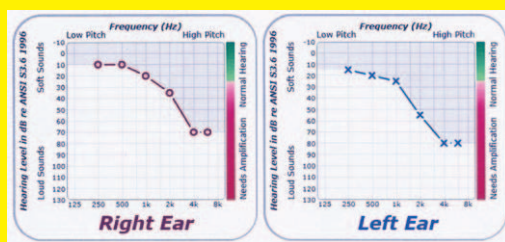


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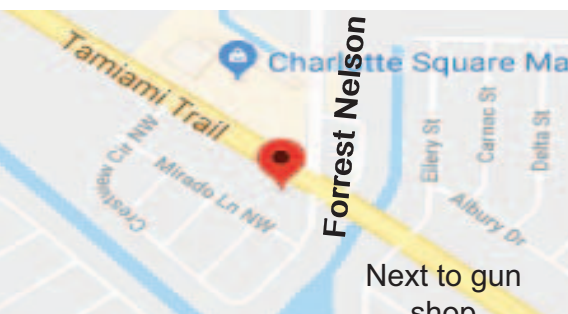
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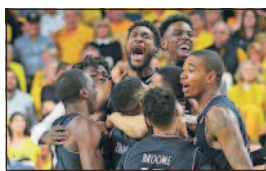
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BEARCATS DOWN SHOCKERS

No. 10 Cincinnati outlasted No. 11 Wichita State 62-61 on Sunday to win the regular-season title in the American Athletic Conference. **Page 3**

COLLEGE BASKETBALL: Michigan 75, Purdue 66

Michigan wins Big Ten Tournament

By RALPH D. RUSSO
Associated Press

NEW YORK — Xavier Simpson was a catalyst on both ends of the floor, running Michigan's efficient offense and leading its lock-down defense, and back-up big man Jon Teske scored 14 as the 15th-ranked Wolverines beat No. 8 Purdue 75-66 Sunday to repeat as Big Ten Tournament champions.

Fifth-seeded Michigan (28-7) became the first team to repeat as Big Ten Tournament champs since

Ohio State in 2010 and '11.

Simpson finished with 10 points, five assists and five rebounds and Moe Wagner led Michigan with 17 points, despite playing only 17 minutes because of foul trouble — which plagued him all tournament.

That's where Teske stepped up. The 7-foot-1 sophomore scored 12 points in the first half and picked up the slack guarding Purdue's 7-2 center Isaac Haas.

Simpson and Teske put an exclamation point on Michigan's four-day

Madison Square Garden party with 6:02 left in the second half. The 6-foot Simpson drove and dished to Teske, who finished with a one-handed slam over Haas.

That made it 66-48 and brought chants of "Teskey!" from the Michigan fans — who showed up in droves for the first Big Ten Tournament played in New York.

Purdue (28-6) chipped away late with Michigan missing free throws run but it was way too late.

Haas led Purdue with 23 points, but Purdue's

top-two scorers, Carsen Edwards and Vincent Edwards, combined for 16 points on 6-of-22 shooting.

This Michigan team has been coach John Beilein's best on the defensive side since he took over in Ann Arbor in 2007. It starts with Simpson, the sophomore point guard harassing opponents' best ball-handlers. The Wolverines seemed content to let Haas have some room inside as long as they were able limit Purdue's 3s.

SEE MICHIGAN, 3



AP PHOTO

From left, Michigan forward Moritz Wagner, guard Jordan Poole (2) and center Jon Teske (15) celebrate after Michigan beat Purdue of the NCAA Big Ten Conference tournament championship game Sunday in New York. Michigan won 75-66.

MLB: Rays

EOVALDI'S JOURNEY

Returning from second TJ surgery would be one impressive feat for Eovaldi

By MARC TOPKIN
Times Staff Writer

TAMPA — There's no question what kind of physical shape Rays pitcher Nathan Eovaldi is in as he works his way back to the majors after a second Tommy John surgery.

"He comes from the Nolan Ryan school of baseball — you run hard, you lift hard, you throw hard," Rays top starter Chris Archer said admiringly. "He has endurance, he has strength, he has speed. He can outlift me and he can outrun me for the most part. I've been playing a long time counting the minors, and I've never met somebody who can do both better than me."



MONICA HERNDON | TIMES

Nathan Eovaldi looked sharp over two innings against the Yankees Sunday.

But there is a question of how well Eovaldi will pitch.

He looked sharp Sunday, working two solid innings against his former Yankees mates in his second spring outing, hitting 100 mph from the

start and allowing two hits but no runs while throwing 28 pitches.

"I feel good," Eovaldi said. "I feel strong. I just want to go out there and compete, and that's what I was able to do today."

But the test will

be how Eovaldi, 28, holds up over the next seven months, given that only a half-dozen pitchers have come back from two TJ's to start more than a handful of games.

SEE RAYS, 6

NBA: Heat

Reinventing Wade

At 36, another new role awaits the Heat great

By TIM REYNOLDS
Associated Press

MIAMI — This is not the first reinvention of Dwyane Wade.

Or the second. Or the third. His 15 NBA seasons have been a series of role changes — the latest being where the most celebrated player in Miami Heat history watches five younger players start games while he waits for a chance to enter as a sub. But nearly a month

after the trade that brought him back to the Heat, Wade has zero complaints.

"The finished product of Dwyane, you guys have seen me win three championships and all that," Wade said. "But I've had so many different roles in my life in playing basketball. I came off the bench for a long time before y'all knew who I was. My ego is not too big at this point. I'm 36 years old. These guys are the future of this organization and this team. I'm definitely not the future. I'm cool with that."

SEE WADE, 4



AP PHOTO

Miami Heat guard Dwyane Wade gestures after the singing of the National Anthem before the start of a game against the Los Angeles Lakers Thursday in Miami.

GOLF: Mexico Championship

Mickelson ends longest drought with playoff win in Mexico

By DOUG FERGUSON
Associated Press

MEXICO CITY — Phil Mickelson ended the longest drought of his career with a playoff victory Sunday over Justin Thomas in the Mexico Championship, capping off a final round of lustrous cheers in thin air that included Thomas holing a wedge for eagle on the final hole of regulation.

Mickelson, who closed with a 5-under 66, won

for the first time since the 2013 British Open at Muirfield, a stretch of 101 tournaments worldwide.

"I can't put into words how much this means to me," Mickelson said. "I knew it was going to be soon — I've been playing too well for it not to be. But you just never know until it happens."

Thomas was coming off a playoff victory at the Honda Classic last week, and he delivered the biggest moment at

Chapultepec Golf Club. Tied for the lead, his shot to the 18th from 119 yards landed in front of the pin and spun back into the hole for an eagle and a 64.

It almost was too good to be true. Thomas, who said Thursday he had never felt worse over the ball, had a 62-64 weekend and suddenly had a two-shot lead.

Mickelson, who turns 48 in June, responded with a two-putt birdie

on the par-5 15th and a 20-foot birdie putt on the 16th to tie Thomas.

Tyrrell Hatton, playing in the final group with Mickelson, was stride for stride. He capped off a 3-3-3 stretch on the back nine with an eagle at the 15th. But on the final hole, Hatton missed the green to the right, chipped 10 feet by and missed the par putt for a 67 to fall out of a playoff.

SEE GOLF, 4



AP PHOTO

Phil Mickelson, of the U.S., poses with his Mexico Championship trophy Sunday at the Chapultepec Golf Club in Mexico City.

INDEX | Lottery 2 | College Basketball 3 | Football 4 | Scoreboard 5 | Baseball 6



RAY'S SPRING TRAINING

MARCH						
SUN	MON	TUE	WED	THU	FRI	SAT
4	5	6 BOS 1:05	7 BAL 1:05	8 BOS 1:05	9 MIN 1:05	10 PHI 1:05
11 MIN 1:05	12	13 PHI 1:05	14 PIT 1:05	15 MIN 1:05	16 MIN 1:05	17 BOS 1:05
18 DET 1:05	19 NYY 6:35	20 BAL 6:05	21 BOS 1:05	22 TOR 1:07	23 TOR 1:05	24 PIT 1:05
25 NYY 1:05	26 DET 1:05	27 DET 12:35	28	29	30	31

TOMORROW 1:05 P.M.
\$2 HOT DOGS
presented by Kayem Franks

■ HOME GAME □ ROAD GAME
□ ADDITIONAL HOME GAME AT TROPICANA FIELD
*Schedule and game times are subject to change.
Visit raysbaseball.com/spring for up-to-date schedule information.



PRESENTED BY
TAMPA BAY
HOT DOGS

RAYSBASEBALL.COM/SPRING

Florida Lottery
www.flalottery.com

PICK 2

Mar. 4N9-0
Mar. 4D8-8
Mar. 3N5-5
Mar. 3D1-2
Mar. 2N7-2
Mar. 2D4-6
D-Day, N-Night

PICK 3

Mar. 4N9-7-0
Mar. 4D2-1-7
Mar. 3N1-6-3
Mar. 3D5-3-7
Mar. 2N1-2-2
Mar. 2D0-1-9
D-Day, N-Night

PICK 4

Mar. 1N5-6-1-3
Mar. 1D4-1-0-8
Mar. 3N5-7-5-7
Mar. 3D6-2-9-0
Mar. 2N3-3-8-2
Mar. 2D4-0-6-7
D-Day, N-Night

PICK 5

Mar. 4N4-4-8-9-2
Mar. 4D4-2-8-9-3
Mar. 3N9-5-0-9-3
Mar. 3D9-6-7-5-6
Mar. 2N3-3-1-9-9
Mar. 2D9-3-1-7-1
D-Day, N-Night

FANTASY 5

Mar. 4..... 4-12-16-26-36
Mar. 3..... 12-20-22-34-35
Mar. 2..... 1-8-25-26-29

PAYOFF FOR Mar. 4
1.5-digit winners \$195,122.99
289..4-digit winners \$108.50
8,433..3-digit winners \$10.00

CASH FOR LIFE

Mar. 1.....5-6-7-12-36
Cash Ball 2
Feb. 26..... 26-28-38-47-51
Cash Ball 1

PAYOFF FOR Mar. 1
0.....5-of-5 CB.....\$1,000/Day
0.....5-of-5.....\$1,000/Week
9.....4-of-5 CB.....\$2,500
26.....4-of-5.....\$500

LUCKY MONEY

Mar. 2..... 2-13-26-47
Lucky Ball..... 3
Feb. 27..... 3-20-34-38
Lucky Ball..... 9

PAYOFF FOR Mar. 2
0.....4-of-4 LB\$650,000
5.....4-of-4.....\$1,084.00
42.....3-of-4 LB\$282.50
544.....3-of-4.....\$64.00

LOTTO

Mar. 3..... 1-16-18-32-40-48
Feb. 28..... 1-7-9-10-21-48

PAYOFF FOR Mar. 3
0...6-digit winners \$5 million
26...5-digit winners \$4,008.00
1,335...4-digit winners \$60.50

POWERBALL

Mar. 3..... 13-17-25-36-40
Powerball 5
Feb. 28..... 12-30-59-65-69
Powerball 16

PAYOFF FOR Mar. 3
0...5 of 5 + PB...\$321 Million
0...5 of 5\$1 million
6.....4 of 5 + PB \$50,000
72.....4 of 5 \$100
ESTIMATED JACKPOT
\$348 million

MEGA MILLIONS

Mar. 2..... 24-28-42-60-64
Mega Ball 8
Feb. 27..... 10-17-21-38-43
Mega Ball 23

PAYOFF FOR Feb. 27
0...5 of 5 + MB...\$222 Million
0...5 of 5\$1 Million
18.....4 of 5 + MB\$10,000
62.....4 of 5\$500
ESTIMATED JACKPOT
\$243 million

NHL ROUNDUP

Panthers net 6th straight win

Associated Press



AP PHOTO

Florida Panthers defenseman MacKenzie Weegar (52) and center Nick Bjugstad (27) celebrate with right wing Evgenii Dadonov (63) after Dadonov scored his second goal Sunday in Sunrise.

SUNRISE — Evgenii Dadonov scored twice, Roberto Luongo made 39 saves and the Florida Panthers beat the Philadelphia Flyers 4-1 on Sunday for their season-best sixth straight victory — all at home.

Aleksander Barkov scored his 25th goal of the season and had an assist, and Jonathan Huberdeau added a goal. The Panthers are in the final Eastern Conference playoff position.

Travis Konecny scored for the Flyers, and Petr Mrazek made 22 saves in his sixth straight start. Philadelphia has lost three straight after winning six in a row.

The Panthers made it 3-0 with 1:54 left in the second on Dadonov's second goal. Dadonov took a pass from Barkov near the blue line, took it into the slot and shot it over Mrazek's glove.

Huberdeau backhanded the puck through Mrazek's pads at 2:47 of the third.

Konecny poked in a rebound with 3:21 left in the third to finish the scoring.

Dadonov has nine goals in his last 10 games, including his first career hat trick Feb.

24 against Pittsburgh and leads the Panthers with five multi-goal games.

Barkov gave the Panthers a 1-0 lead 2:41 in on a power-play goal. Barkov took a pass from Keith Yandle near the blue line, skated in and backhanded the puck past Mrazek. Barkov has a four-game goals streak. Luongo had the secondary assist.

Dadonov put the Panthers ahead 2-0 on his first goal when he fired a shot from the left circle on a pass from Nick Bjugstad and beat Mrazek on the glove side with 5:11 left in the first. Bjugstad has 11 assists in his last 15 games.

DUCKS 6, BLACKHAWKS 3:

Jakob Silfverberg and Corey Perry each scored twice and Anaheim earned points at home for the eighth game in a row, beating Chicago. Rickard Rakell scored for the third straight game, Marcus Pettersson had his first career goal, and John Gibson made 37 saves. The Ducks moved into third place in the Pacific Division, a point ahead of Los Angeles. They improved to 6-0-2 in their last eight games at home and 6-1-1 in their last eight overall. Nick Schmaltz had two goals, and Tomas Jurco scored for the Blackhawks. They are 1-7-1 in their last eight road games. Anton Forsberg gave up four goals on 21 shots before getting

pulled midway through the second period, and Jean-Francois Berube made eight saves in relief.

GOLDEN KNIGHTS 3, DEVILS 2:

Trading deadline acquisition Tomas Tatar scored his first goal with Vegas and the Golden Knights beat New Jersey to avoid their first four-game losing streak. Deryk Englund and David Perron also scored for the Golden Knights. Marc-Andre Fleury, who stopped a half-dozen excellent chances in the first period, made 33 saves, including a last-second shot by Kyle Palmieri to win for the 22nd time in 33 games. Taylor Hall had a goal and an assist for New Jersey to extend his points streak to a league-best 19 games. He has a point in the last 25 games he has played. He missed three games with an injury, so the personal streak is longer than the league-recognized run. Sami Vatanen also scored for the Devils.

Notes: Luongo's assist on Barkov's first period goal was his 22nd career goal. ... Barkov has 21 points (10 goals, 11 assists) in his past 15 games. ... The Flyers played their second game in less than 24 hours, losing 7-6 in a shoot-out at Tampa Bay on Saturday.

NBA ROUNDUP

DeRozan, Raptors hold off Hornets

Associated Press



AP PHOTO

Toronto's DeMar DeRozan, right, shoots over Charlotte guard Kemba Walker during Sunday's game in Toronto.

TORONTO — DeMar DeRozan scored 19 points, Jonas Valanciunas had 18 points and 13 rebounds and the Raptors beat the Charlotte Hornets 103-98 on Sunday night, Toronto's 11th win in 12 games.

Serge Ibaka scored 17 points and Kyle Lowry had 14 as the Eastern Conference-leading Raptors completed their first season sweep of Charlotte since 2006-07. Both DeRozan and Lowry made key 3-pointers down the stretch as Toronto improved to 26-5 at Air Canada Centre, the best home record in the NBA.

Fred VanVleet and C.J. Miles each scored 12 points for the Raptors, who have won four straight since an overtime loss to Milwaukee on Feb. 23.

Kemba Walker scored 27 points and Dwight Howard had 10 points and 10 rebounds for the Hornets, who lost their third straight, all on the road. Charlotte is 10-21 away from home.

Jeremy Lamb scored 16 points, Frank Kaminsky had 15 and Nicolas

Batum added 10. Charlotte's Michael Kidd-Gilchrist scored the game's opening basket but the Hornets never led again.

The Hornets cut the deficit to two, 88-86, on a three-point play by Lamb with 5:11 left in the fourth quarter. Lowry answered with a

3 for Toronto and, after Walker split a pair at the line, DeRozan added a corner 3, giving Toronto a 93-87 lead with 3:22 remaining.

This was the first time in four meetings with Charlotte this season that the Raptors failed to score at least 120 points.

PACERS 98, WIZARDS 95:

Victor Oladipo scored 33 points, Bojan Bogdanovic added 20 and the Indiana Pacers defeated Washington 98-95 on Sunday night to overtake the Wizards by a half-game in the crowded Eastern Conference standings. Myles Turner added 12 points and 13 rebounds for Indiana, which almost gave away a 17-point lead but never trailed in a victory that vaulted it into fourth place in the East. The Pacers finished their four-game road trip 2-2 after beginning it with two losses.

PELICANS 126, MAVERICKS 109:

Jrue Holiday scored 30 points, Nikola Mirotic added 24 in a rare start and the New Orleans Pelicans won their eighth in a row, 126-109 over the Dallas Mavericks on Sunday night. On a night when his jumper wasn't falling, Anthony Davis had 23 points and 13 rebounds, scoring most of his points from inside 5 feet. Holiday scored 19 in the first half as the Pelicans held a double-digit lead for most of the last three quarters, save for one fleeting Dallas run at the start of the fourth.

SPORTS ON TV

(All times Eastern)
Schedule subject to change and/or blackouts

COLLEGE BASKETBALL

6 p.m.
CBSN — CAA Tournament, first semifinal, at North Charleston, S.C.
7 p.m.
ESPN — MAAC Tournament, final, at Albany, N.Y.
ESPNU — Horizon League Tournament, first semifinal, at Detroit
8:30 p.m.
CBSN — CAA Tournament, second semifinal, at North Charleston, S.C.
9 p.m.
ESPN — West Coast Tournament, first semifinal, at Las Vegas
ESPN2 — SoCon Tournament, final, at Asheville, N.C.
ESPNU — Horizon League Tournament, second semifinal, at Detroit
11:30 p.m.
ESPN2 — Wesr Coast Tournament, second semifinal, at Las Vegas

MLB BASEBALL

1 p.m.
MLB — Spring training, Minnesota vs. Philadelphia, at Clearwater
8:30 p.m.
MLB — Spring training,

Arizona vs. San Diego, at Peoria, Ariz.

NBA BASKETBALL

7 p.m.
NBA — Detroit at Cleveland
10:30 p.m.
NBA — Portland at L.A. Lakers

NHL HOCKEY

7:30 p.m.
NBCSN — Toronto at Buffalo

SOCCER

2:55 p.m.
NBCSN — Premier League, Crystal Palace vs. Manchester United

WOMEN'S COLLEGE BASKETBALL

2:30 p.m.
ESPNU — MAAC Tournament, final, at Albany, N.Y.
4 p.m.
FS1 — Big East Tournament, first semifinal, at Chicago
4:30 p.m.
ESPNU — AAC Tournament, first semifinal, at Uncasville, Conn.
6:30 p.m.
FS1 — Big East Tournament, second semifinal, at Chicago
7 p.m.
ESPN2 — AAC Tournament, second semifinal, at Uncasville, Conn.
9 p.m.
FS1 — Big 12 Tournament, final, at Oklahoma City

WOMEN'S COLLEGE BASKETBALL ROUNDUP

No. 20 USF women rout East Carolina in American quarters

Associated Press

UNCASVILLE, Conn. — Maria Jespersen scored 23 points to lead No. 20 South Florida to an 80-44 rout of East Carolina on Sunday in the quarterfinals of the American Athletic Conference Tournament.

Kitija Laksa added 21 points for the Bulls (25-6), who jumped out to a 9-2 lead were never threatened. USF led by 12 points at the half and used a 20-6 run to build that to 60-33 after three periods.

USF dominated the game underneath, outrebounding East Carolina 49-27 and outscoring the Pirates 38-18 in the paint.

Freshman Lashonda Monk

had 11 points to lead East Carolina, which beat SMU in the tournament's opening round and finishes its season at 16-15.

The victory gives South Florida 25 wins for the third time in program history. The Bulls face UCF in the conference semifinals on Monday and will be looking for a fourth straight trip to the championship game.

South Carolina wins SEC title, hands Miss St 1st loss of season

A'ja Wilson helped eighth-ranked South Carolina become the first Southeastern Conference women's program to win four consecutive tournament titles Sunday, snapping the nation's longest winning streak at 32 with a 62-51 upset of No. 2 Mississippi State.

Wilson scored 16 points, and the Gamecocks beat Mississippi State yet again with a title on the line. South Carolina beat the Bulldogs last April for the program's first national championship, and now the Gamecocks (26-6) have their third straight SEC tournament title at Mississippi State's expense.

Mississippi State (32-1) had not lost since that national title game, coming into the SEC tournament final with the Bulldogs' first regular season championship and hoping a third try at the tournament title would be the charm.

No. 4 LOUISVILLE 74, No. 5 NOTRE DAME 72:

Asia Durr scored 17 points and Sam Fuehring converted a key three-point play in the final minute, helping

Louisville beat Notre Dame for its first Atlantic Coast Conference Tournament title.

Arica Carter had 16 points and hit four 3-pointers, Fuehring and Myisha Hines-Allen each added 15 points and Durr, the ACC player of the year, hit four free throws in the final seconds for the top-seeded Cardinals (32-2). They won their first conference tournament since 1993 in the Metro.

Jessica Shepard had 23 points and 10 rebounds for the second-seeded Fighting Irish (29-3). They won the tournament the previous four years.

No. 1 UCONN 82, TULANE 56:

Katie Lou Samuelson scored 21 points to lead UConn to an 82-56 rout of Tulane in the quarterfinals of the

American Athletic Conference Tournament.

The unbeaten Huskies saw two players leave the game with injuries. Crystal Dangerfield scored 14 points before going down with a right ankle injury in the third quarter. All-American Gabby Williams also suffered what appeared to be a leg injury and left the game before half-time. Both players returned from the locker room to the bench, but stayed there.

Napheesa Collier added 19 points and Azura Stevens chipped in with 15 points and nine rebounds for Connecticut (30-0), which has won 30 games for the 13th straight season and 23rd overall. Kolby Morgan had 21 points to lead Tulane, which finishes its season at 14-17.

COLLEGE BASKETBALL: Big South



AP PHOTO

Radford guard Travis Fields Jr. (11) celebrates after winning at the buzzer in the Big South Conference championship Sunday in Radford Va.

Jones' 3-pointer lifts Radford past Liberty, 55-52

Associated Press

RADFORD, Va. — Carlik Jones had clear instructions: Take the final shot of regulation and leave no time on the clock for Liberty to counter.

The freshman did just that, and swished a 3-pointer at the buzzer on Sunday, giving Radford a 55-52 victory in the Big South Conference championship and its first NCAA Tournament berth since 2009.

The result, Jones said, was better than the Highlanders' execution.

Radford (22-12) called timeout with 13 seconds left, setting up the final play. It was meant to be a double screen, but as Jones dribbled away the time, one of his teammates forgot his role, forcing Jones to make his move with about three seconds remaining.

"I had to let it go," he said. "You shoot it, and I looked at it after a while and I was like, 'That's good,'" he said.

"It's one of the greatest feelings ever."

Officials reviewed the play to be sure no time was left on the clock, and once that was confirmed, Radford fans began celebrating.

Jones had 13 points and six assists to lead the Highlanders, who'll carry a seven-game winning streak into the tournament. Travis Fields Jr. added 12 points on 4-for-4 shooting from 3-point range and Ed Polite Jr. and Devonnie Holland had 11 each.

The Highlanders, in their seventh season under coach Mike Jones, were picked to finish seventh in the preseason.

"Everybody's shocked because nobody believed in us but Radford," Polite said. "We played with that chip on our shoulder the whole year."

Mike Jones choked up talking about the path his career has taken.

Hired away from VCU after being an assistant under Shaka Smart when the Rams made their Final Four run in 2011, he took over a program that had won just five games the previous year and was losing players.

"It's been a long road," he said, noting that the victory evened his career record at 115-115.

Scottie James had 20 points, 16 after halftime, and 13 rebounds to lead the Flames (20-14), who lost to Radford for the third time this season.

Lovell Cabbil added 15 points, but missed a 3-pointer to set up the Highlanders' final possession. He also was defending Jones on his game-winner.

"He hit a tough shot," Cabbil said. "I thought I got a decent contest. He just made a big shot at the right moment."

Holland did all his scoring in the first half, including six points during a 10-4 run that broke a 14-all tie late in the first half.

The Highlanders led 26-21 at halftime.

COLLEGE BASKETBALL: Cincinnati 62, Wichita State 61

Cincinnati outlasts Wichita State

By JEFFREY PARSON
Associated Press

WICHITA, Kan. — Cincinnati coach Mick Cronin took a moment late in Sunday's game and was enjoying the atmosphere of his team's hard-fought regular-season finale.

"I'm busy coaching, but I will admit it," Cronin said, "during that last under-four (minute) timeout, I stopped and looked around and thought, 'This is a great game.'"

And it ended with No. 10 Cincinnati outlasting No. 11 Wichita State 62-61 on Sunday to win the regular-season title in the American Athletic Conference.

Jacob Evans scored 19 points to lead Cincinnati (27-4, 16-2). Jarron Cumberland and Kyle Washington each scored 11 points for the Bearcats, and Gary Clark added 10.

Clark scored Cincinnati's final four points, a layup with four minutes remaining and two free throws with 3:27 to play, giving Cincinnati a 62-58 lead.

The Bearcats did not score again, but held on in a slugfest that featured only two baskets in the final five minutes.

"I will tell you, honestly, when both teams were playing so hard for so long, it becomes a game of attrition," Cronin said.

"And sometimes, that takes away your ability to make shots. You're just battling so hard."

Landry Shamet and Shaquille Morris each scored 16 points for Wichita State (24-6, 14-4). The Shockers needed a victory to share the conference title and would have earned the top seed in the AAC tournament after having defeated Cincinnati earlier this season.



AP PHOTO

Cincinnati guard Trevor Moore celebrates after winning the American Athletic Conference regular season crown with a 1-point win over Wichita State on Sunday in Wichita, Kan.

"It felt like a game that should have been played at a neutral court late in March," Shamet said. "It was a hell of a fight."

Cincinnati had a 16-1 run in the first half to take a 27-16 lead, but Wichita State closed within 37-36 by halftime. The game was tight throughout the second half, and the Shockers had three shots in the final 15 seconds.

Clark blocked a shot by a driving Shamet, giving Wichita State the ball out of bounds under its own basket with 9 seconds remaining. The Shockers got the ball to shooting guard Conner Frankamp, who was guarded by Cincinnati center Nysier Brooks, the mismatch they anticipated.

Frankamp's jumper missed long, and Darral Willis' put-back hit the back of the backboard as time expired.

"I thought Conner's shot was going in; it looked good," Wichita State coach Gregg Marshall said. "I would do the same thing again."

Clark said winning the

game, and earning the conference title, with defense on the road was perfect. The Bearcats outscored Wichita State 16-2 off turnovers.

"Everything about today was amazing," Clark said. "I mean, this place, it just roars. And that's the type of environment you want to play in, to win in. We didn't want to share the title, and it was great to get that done."

CONFERENCE CALL

The American Athletic Conference hoped for a big event when scheduling this game for the final Sunday of the regular season. With two highly ranked teams trying to earn a conference title in front of a national TV audience, everything went according to plan.

"I think this was great for our conference," Cronin said. "This team here (Wichita State), now that they're healthy, they're the real deal. Playing Wichita State twice makes us a better team. I hope we play them again."

HISTORY LESSONS

Cincinnati had not played in Wichita since 1981, an 87-67 Shockers victory behind Antoine Carr, one of the program's greatest players.

The scoring record for Koch Arena is still held by the most famous Bearcat: Oscar Robertson.

On March 1, 1958, — in the building's third year of existence — Robertson scored 50 points in an 86-82 Cincinnati win.

BIG PICTURE

Cincinnati: The Bearcats get a tough road victory that raises their profile and answers some questions about their schedule.

Wichita State: With six seniors playing their final game, the Shockers could not muster enough offense to win.

UP NEXT

Cincinnati: The Bearcats will play Friday in the American Athletic Conference tournament.

Wichita State: The Shockers will play Friday in the American Athletic Conference tournament.

COLLEGE BASKETBALL: South Florida 65, SMU 54

USF downs slumping SMU in American finale

Associated Press

TAMPA — David Collins scored 21 points and Malik Martin scored 15 and South Florida ended the regular season with a 65-54 win over SMU on Sunday.

South Florida (10-21,

3-15), with a two-game win streak, enters the American Athletic Conference Tournament in Orlando, Florida as the 12th seed and faces No. 5 Memphis. SMU (16-15, 6-12), which has dropped three straight, is the ninth seed and will play

No. 8 UConn.

The Bulls trailed 27-22 at halftime before going on a 16-4 run to start the second half and led the rest of the way. South Florida later put together an 11-4 run and led 55-42 on Collins' layup with seven minutes left.

Stephan Jiggets scored 14 points and Terrence Samuel grabbed 12 rebounds and distributed five assists.

Ethan Chargois led SMU with 15 points, Jimmy Whitt scored 14 and Ben Emelogu II grabbed 11 rebounds.

MICHIGAN

From Page 1

Purdue entered the game shooting 42 percent from 3 and attempting 23 per game. The Boilermakers finished 4 for 17 from behind the arc.

On consecutive possessions early in the second half, the Wolverines forced turnovers by Purdue and turned them in transition 3s — one by Muhammad-Ali Abdur-Rahkman and then by Simpson. That put Michigan up 11 with 15:06 left, prompted Boilermakers coach Matt Painter to call a timeout and had Wolverines fans screaming "Go Blue!"

Michigan, the team playing its fourth game in four days, showed no signs of wear. The Wolverines shot 50 percent and committed five turnovers.

Last season's unlikely run to the tournament championship by Michigan was as an eighth seed and it started with a harrowing plane accident near Ann Arbor, Michigan. The team plane skidded off a run after takeoff was aborted. No one was hurt, but



AP PHOTO

Michigan players celebrate after beating Purdue 75-66 to win the NCAA Big Ten Conference tournament championship Sunday in New York.

everyone was shaken up. Still, the team got to Washington and then ripped off four straight wins to grab an NCAA bid.

This one was less dramatic — though surely the

Wolverines did not mind.

BIG PICTURE

Michigan: The Wolverines will enter the NCAA Tournament on a nine-game winning streak.

Purdue: The Boilermakers beat Michigan in the regular season twice by a total of five points. Unable to complete a three-game sweep, they probably watched any

chance of grabbing a No. 1 seed in the NCAA Tournament go away.

UP NEXT

Both teams will wait a week to find out where

they are headed for the NCAA Tournament, along with Michigan State and Ohio State out of the Big Ten. Penn State and Nebraska will cross fingers and hope.

NFL: BUCS

Tone-setting Notre Dame guard Nelson is the “nasty player,” the Bucs really need

By RICK STROUD
Times Staff Writer

INDIANAPOLIS – Notre Dame guard Quenton Nelson has set the tone for every offensive lineman in the NFL draft. Monotone.

With a no-nonsense delivery that was serious but bordered on hilarious, Nelson used a 16-minute media session at the league’s scouting combine this week to make the argument that he is the type of player whose performance and attitude would lift any offense.

“Yeah, I would consider myself a nasty player,” Nelson said. “I want to dominate all my opponents. I want to take their will away to play the game.”

But offensive lineman worthy of a top-10 selection typically play tackle, not guard. In fact, the last guard taken that high was Jonathan Cooper, who was drafted No. 7 overall by the Arizona Cardinals in 2013. No guard has gone in the top five since the same team selected Leonard Davis with the second pick in the 2001 draft.

Nelson makes a good argument why that trend may be about to change.

“You have guys that are dominating the NFL right now in Aaron Donald, Geno Atkins, Fletcher Cox, that have just been working on interior guys, and you need guys to stop them,” Nelson said. “I’m one of those guys. You talk to quarterbacks, and they say if a D-end gets on the edge, that’s fine, they can step up in the pocket and they can throw. A lot of quarterbacks if given the opportunity can do that. That’s what I give is a pocket to step up in.”

“I also help the offense establish the run through my nastiness, and establishing the run also opens up the passing game, so I think it’s a good choice.”



AP PHOTO/DARRON CUMMINGS
Notre Dame offensive lineman Quenton Nelson speaks during a press conference at the NFL football scouting combine Thursday in Indianapolis.

He would be a great choice for any team, especially for the Bucs.

Sure, Tampa Bay’s biggest need is on defense, which ranked last overall in the NFL in 2017 and had the fewest sacks (22) in the league. The Bucs can’t rush the passer and they struggled covering receivers. General manager Jason Licht has largely ignored the defensive line the past four drafts, taking Noah Spence in the second round of 2016 and defensive tackle Stevie Tu’ikolovatu in the seventh round last year.

If North Carolina State defensive end Bradley Chubb somehow slips past the Indianapolis Colts at No. 3 and is still there when the Bucs make the No. 7 selection, he would likely be the pick. But you shouldn’t bet on it.

There are better, if not the best odds, that Nelson could be there for the Bucs. Considering that Kevin Pamphile and Evan Smith are expected to hit free agency when the new league year begins March 14, Nelson would fill a glaring need. The Bucs tied for 27th in rushing average last season with

3.7 yards per attempt.

Nelson’s words are only exceeded by his tape. He does seem to take away opponent’s will to play the game.

That matter-of-fact statement is demonstrated by plays that have become part of Irish lore. There was the time he lifted a leaping LSU defender by grabbing him under the helmet and pancaking him to the ground. There was the play when he leveled a defensive tackle, linebacker and safety – all on the same snap. And for pure hustle, how about when he exploded from his left guard position across the formation and flattened a blitzing Georgia linebacker.

“You just saw him game after game,” Notre Dame tackle Mike McGlinchey said. “There was some kind of play that was just jaw-dropping. He makes plays all over the field.”

With his baby face and sweeping bangs, Nelson doesn’t appear to be the same guy who struck fear in defenders. Where did that nasty streak come from? Maybe because he was the youngest of 39 siblings, nephews

and nieces. “The little guy,” he said. Except he weighed nearly 11 pounds at birth and has grown to be 6-foot-5, 325 pounds with an 82 ½ inch wingspan.

If the Bucs are ever going to end their 10-year post-season drought, they will have to find some balance on offense. Running the football also is a good way to help the defense by controlling time of possession. It protects the quarterback. It wears down the opposing defense.

Behind Nelson and McGlinchey, the Irish won the Joe Moore Award given to the nation’s best offensive line. They paved the way for running back Josh Adams to rush for 1,430 yards.

“You’re probably not going to get a better teammate,” McGlinchey said of Nelson. “He’s a phenomenal player, phenomenal person. Cares as much as anybody in the building, works as hard as anybody in the building and when he gets into the meeting room, when he steps across those white lines, he’s a different animal.”

game,” Spoelstra said. “That is part of his brilliance. He figures things out.”

He’s done that since Day 1 in Miami.

Wade – one of the greatest shooting guards to play the game – was drafted by Miami as a point guard. He became a superstar shooting guard and NBA Finals MVP, a league scoring champion and absolute first option in Miami until he wooed LeBron James and Chris Bosh to the Heat to end his days as the lone Alpha dog. He tried to emulate the Miami days in Chicago, tried to fill a role in Cleveland.

And now, this.

Wade thinks he’s changed teams for the final time. Whether he plays past this season or not, this is his role until the end. It is the final reinvention.

“I want to be my best self,” Wade said. “If I’m on the bench to start games, if I’m on the bench to end games, as long as we’re winning. That’s all I care about.”

leave him on the bubble at No. 66 in the world for making it back to the next World Golf Championship, the Dell Match Play, in three weeks in Texas. Sharma first flies home for the Hero Indian Open next week.

Hatton tied for third with Rafa Cabrera Bello, who holed a bunker shot for eagle on the opening hole

OBITUARY: Roger Bannister



AP FILE PHOTO
British athlete Roger Bannister breaks the tape to become the first man ever to break the four minute barrier in the mile at Iffley Field in Oxford, England.

Bannister, who broke the 4-minute mile, dies at 88

By CHRIS LEHOURITES
Associated Press

LONDON – Roger Bannister, who as a lanky medical student at Oxford in 1954 electrified the sports world and lifted postwar England’s spirits when he became the first athlete to run a mile in under 4 minutes, has died at 88.

Bannister died Saturday in Oxford, the city where he accomplished the feat many had thought impossible. He had been slowed in recent years by Parkinson’s disease and, before that, an ankle shattered in a 1975 auto accident.

On a typically cool, wet and blustery English day in May nearly 64 years ago, Bannister put on his spikes and ran four laps around a cinder track in 3 minutes, 59.4 seconds, for one of the defining sporting achievements of the 20th century.

The image of the young Bannister – head tilted back, eyes closed and mouth agape as he strained across the finishing tape – captured the public’s imagination, made him a global celebrity and boosted the morale of Britons still suffering through austerity measures.

Bannister soon retired from competition and went on to a long and distinguished career in medicine, and his mark was broken over and over again, with the world record for the mile now at 3:43.13. But he was a national hero to the end.

Prime Minister Theresa May saluted Bannister as a “British sporting icon whose achievements were an inspiration to us all.”

While he will forever be remembered for his running, Bannister said he considered his contributions to neurology more satisfying.

“I wouldn’t claim to have made any great discoveries, but at any rate I satisfactorily inched forward in our knowledge of a particular aspect of medicine,” he said. “I’m far more content with that than I am about any of the running I did earlier.”

Olympic gold medalist Sebastian Coe, president of the IAAF, the international sports governing body, said

Bannister’s death was a “day of intense sadness both for our nation and for all of us in athletics.”

“There is not a single athlete of my generation who was not inspired by Roger and his achievements both on and off the track,” Coe tweeted.

On the day he made history, May 6, 1954, Bannister looked up at the white-and-red English flag whipping in the wind atop a church and figured he would have to call off the attempt. But then, shortly after 6 p.m., the wind subsided, and the race was on.

With two friends running with him as pacesetters, Bannister churned around Oxford’s Iffley Road track, his long arms and legs pumping, his lungs gasping for air. He put on a furious kick over the final 300 yards and nearly collapsed as he crossed the finish line.

The announcer read out the time: “3...”

The rest was drowned out by the roar of the crowd. The 3 was all that mattered.

Bannister followed up his milestone a few months later by beating Australia’s John Landy in the “Miracle Mile” or “Mile of the Century” at the Empire Games in Vancouver, British Columbia, with both men clocked at under 4 minutes. Bannister regarded that as his greatest race because it came against his fiercest rival.

“It’s amazing that more people have climbed Mount Everest than have broken the 4-minute mile,” Bannister said in an interview with The Associated Press in 2012.

Bannister was born on March 23, 1929, in the London borough of Harrow. At the outbreak of World War II, the family moved to the city of Bath, where Bannister sometimes ran to and from school.

His passion for running took off in 1945 when his father took him to a track meet at London’s White City Stadium, built to host the 1908 Olympics. He resolved to take up running seriously at Oxford.

WADE

From Page 1

Still, he’s vital to Miami’s hopes right now.

Wade is clearly going to play a sizable role in the Heat playoff push, in all sorts of ways. The savvy veteran who can be a de facto assistant coach in the locker room, on the practice floor and on the bench.

The guy who makes crowds in Miami roar simply by removing his warmups and walking to the scorer’s table to check into games. The closer, who’ll be on the floor in the most critical minutes of games.

He’s just not starting. “I started embracing it when I was at the previous team, because I’m a winner,” Wade said. “I’m always about doing whatever I can to help whatever team I’m on be in its best position. I’ve done that my whole life. It’s not just now. I’ve done it in the Olympics, I’ve done it all over the place. It takes nothing away

from who I am or what I’ve accomplished.”

Before now, the last season that Wade played and wasn’t a full-time starter was the summer of 2008 – on the U.S. Olympic team at the Beijing Games, where he was the leading scorer on the way to a gold medal. Prior to that, he thinks it was his fourth-grade team.

“It really is similar to the role he had with the USA team,” Heat coach Erik Spoelstra said. “He’d come in and be a force of nature.”

There have been some signature moments already in his second stint with the Heat. Wade’s winner against Philadelphia last week was the 12th of his career. In the first 29 seasons of Heat basketball, only two players posted consecutive 25-point games off the bench. Wade is already the third name on that list.

At home against Detroit on Saturday, he was serenaded with “M-V-P” and “We Want Wade” chants.

“The guy is just a great

player,” said Pistons coach Stan Van Gundy, Wade’s first coach with the Heat in 2003. “Has been since he walked into the league. To still be doing what he’s done these last few games at this point in his career is pretty impressive. But he’s back home. He’s back home. I think he probably feels that.”

Wade agrees, saying the return has been an energy boost.

It has also been emotional, as South Florida tries to recover from last month’s shooting at Marjory Stoneman Douglas High that left 17 people dead – including a boy whose parents chose to bury him in a Wade jersey. Wade met with the family of that teen, Heat fan Joaquin Oliver, on Saturday night.

“It’s bigger than basketball,” Wade said.

It’s also just like old times, albeit in a new role. “The thing about Dwyane, he’s probably adapted and evolved and changed his role as much as any star player in this

swirled around the cup, more agony for a 47-year-old who has seen plenty of it since his last victory.

Thomas, however, never got his par attempt on the right line.

They finished at 16-under 268.

Mickelson won his third World Golf Championships title and, just a month after being on the verge of

falling out of the top 50 in the world for the first time in two decades, moves to No. 18 in the world.

Shubhankar Sharma, the 21-year-old from India who started with a two-shot lead, didn’t make his first birdie until the 12th hole. He finished with consecutive bogeys for a 74, six shots behind in a three-way tie for ninth. That will

and was among six players who had at least a share of the lead.

Mickelson was the first player who appeared to seize control with a birdie on No. 10 to take the lead, and facing a reachable par 5 and a drivable par 4.

Instead, Lefty made it as entertaining as ever.

Going for the green in light rough with the ball

below his feet, he hooked it deep into the bushes right of the green, and played his next one when he could barely see the golf ball. That stayed in the trees, and his fourth shot narrowly missed another tree before settling 10 feet away. He made bogey, and just like that, it was a sprint to the finish 7,800 feet above sea level.

GOLF

From Page 1

The sudden-death playoff – the sixth in eight PGA Tour events this year – didn’t last long.

Thomas went long on the par-3 17th hole and chipped to just inside 10 feet. Mickelson’s 18-foot birdie putt for the victory

SCOREBOARD

PRO BASKETBALL

NBA
All times Eastern

EASTERN CONFERENCE

Atlantic Division

W	L	PCT.	GB	
Toronto	45	17	.726	—
Boston	44	20	.688	2
Philadelphia	34	27	.557	10½
New York	24	39	.381	21½
Brooklyn	20	43	.317	25½

Southeast Division

W	L	PCT.	GB	
Washington	36	28	.563	—
Miami	33	30	.524	2½
Charlotte	28	36	.438	8
Orlando	20	43	.317	15½
Atlanta	20	44	.313	16

Central Division

W	L	PCT.	GB	
Cleveland	36	26	.581	—
Indiana	36	27	.571	½
Milwaukee	33	29	.532	3
Detroit	29	34	.460	7½
Chicago	21	41	.339	15

WESTERN CONFERENCE

Southwest Division

W	L	PCT.	GB	
Houston	49	13	.790	—
New Orleans	36	26	.581	13
San Antonio	36	27	.571	13½
Dallas	19	45	.297	31
Memphis	18	44	.290	31

Northwest Division

W	L	PCT.	GB	
Portland	37	26	.587	—
Minnesota	38	28	.576	½
Oklahoma City	37	28	.569	1
Denver	35	28	.556	2
Utah	33	30	.524	4

Pacific Division

W	L	PCT.	GB	
Golden State	49	14	.778	—
L.A. Clippers	33	28	.541	15
L.A. Lakers	28	34	.452	20½
Sacramento	19	44	.302	30
Phoenix	19	46	.292	31

Saturday's Games

Orlando 107, Memphis 100
Denver 126, Cleveland 117
Miami 105, Detroit 96
Houston 123, Boston 120
L.A. Lakers 116, San Antonio 112
Utah 98, Sacramento 91
Portland 108, Oklahoma City 100

Sunday's Games

Atlanta 113, Phoenix 112
Indiana 98, Washington 95
Toronto 103, Charlotte 98
New Orleans 126, Dallas 109
Philadelphia at Milwaukee, late
Brooklyn at L.A. Clippers, late
New York at Sacramento, late

Today's Games

Detroit at Cleveland, 7 p.m.
Milwaukee at Indiana, 7 p.m.
Phoenix at Miami, 7:30 p.m.
Boston at Chicago, 8 p.m.
Memphis at San Antonio, 8:30 p.m.
Orlando at Utah, 9 p.m.
Portland at L.A. Lakers, 10:30 p.m.

Tuesday's Games

Atlanta at Toronto, 7 p.m.
Miami at Washington, 7 p.m.
Philadelphia at Charlotte, 7 p.m.
Houston at Oklahoma City, 8 p.m.
Denver at Dallas, 8:30 p.m.
New York at Portland, 10 p.m.
Brooklyn at Golden State, 10:30 p.m.
New Orleans at L.A. Clippers, 10:30 p.m.

HAWKS 113, SUNS 112

PHOENIX (112)
Warren 16-26 0-23, Bender 2-8 0-0 6, Chandler 3-3 0-1 6, Payton 5-13 1-11, Booker 8-18 1-3 20, Jackson 5-10 0-0 10, Chris 5-8 3-6 17, Len 0-1 2-2, Harrison 0-2 0-0 0, Daniels 2-3 0-0 5. Totals 46-92 19-5 112.

ATLANTA (113)
Prince 8-16 0-22, Collins 1-6 2-2 4, Dedmon 3-8 0-0 7, Schroder 9-16 1-1 21, Dorsey 4-12 2-12, Muscala 4-6 0-0 10, Plumlee 4-7 2-3 10, Delaney 4-9 1-2 12, Taylor 3-8 2-8, Morris 3-6 0-0 7. Totals 43-94 10-12 113.

PHOENIX 23 33 31 25 — 113
ATLANTA 29 27 30 27 — 112

3-Point Goals—Phoenix 11-26 (Chris 4-5, Booker 3-6, Bender 2-7, Daniels 1-2, Warren 1-4, Harrison 0-1, Jackson 0-1), Atlanta 17-33 (Prince 6-8, Delaney 3-5, Muscala 2-3, Schroder 2-5, Dorsey 2-5, Morris 1-2, Dedmon 1-4, Collins 0-1). Fouled Out—None. Rebounds—Phoenix 41 (Payton 10), Atlanta 49 (Plumlee 11). Assists—Phoenix 33 (Payton 14), Atlanta 23 (Schroder 6). Total Fouls—Phoenix 19, Atlanta 18. Technicals—Jackson, Prince. Ejected—Payton, Taylor. A—15,166 (19,049).

RAPTORS 103, HORNETS 98

CHARLOTTE (98)
Kidd-Gilchrist 4-7 0-1 8, Williams 1-6 0-0 2, Howard 4-9 2-4 10, Walker 8-23 8-11 27, Batum 3-10 4-4 10, Kaminsky 3-10 8-8 15, Zeller 3-4 0-0 6, Carter-Williams 1-5 2-2 4, Lamb 5-11 5-16, Graham 0-0 0-0 0. Totals 32-85 29-35 98.

TORONTO (103)
Miller 0-2 0-0 0, Ibaka 6-9 2-3 17, Valanciunas 8-15 0-0 18, Lowry 5-13 2-2 14, DeRozan 7-17 3-5 19, Powell 0-3 0-0 0, Miles 4-12 2-12, Siakam 2-3 3-3 6, Noguera 0-0 0-0 0, Poeltl 0-0 0-0 0, VanVleet 3-8 5-6 12, Wright 0-1 4-6 4. Totals 35-83 21 103.

CHARLOTTE 21 22 26 29 — 98
TORONTO 26 30 31 27 — 103

3-Point Goals—Charlotte 5-21 (Walker 3-12, Kaminsky 1-1, Lamb 1-3, Batum 0-2, Williams 0-3), Toronto 12-41 (Ibaka 3-5, Valanciunas 2-3, DeRozan 2-7, Lowry 2-8, Miles 2-9, VanVleet 1-4, Siakam 0-1, Miller 0-2, Powell 0-2). Fouled Out—Zeller. Rebounds—Charlotte 46 (Howard 10), Toronto 50 (Valanciunas 13). Assists—Charlotte 16 (Batum 8), Toronto 22 (DeRozan 8). Total Fouls—Charlotte 21, Toronto 28. Technicals—Walker, Lamb. A—19,800 (19,800).

PACERS 98, WIZARDS 95

INDIANA (98)
Bogdanovic 7-12 3-3 20, T.Younge 0-5 0-0 0, Turner 4-12 3-3 12, Joseph 7-12 1-2 16, Oladipo 11-20 9-13 33, Robinson III 1-2 0-0 3, Leaf 0-1 0-0 0, Sabonis 2-6 4-4 8, J.Younge 1-3 2-4 2, Stephenson 1-4 0-0 2. Totals 34-77 22-24 98.

WASHINGTON (95)
Porter Jr. 6-12 3-4 17, Morris 5-7 0-0 12, Gortat 4-10 2-10, Satoransky 3-4 0-0 7, Beal 8-27 4-5 22, Scott 4-8 0-10, Mahimi 3-5 2-4 8, Frazier 1-4 0-0 2, Meeks 1-6 4-4 7. Totals 35-83 15-19 95.

INDIANA 30 25 25 18 — 98
WASHINGTON 20 25 30 20 — 95

3-Point Goals—Indiana 8-25 (Bogdanovic 3-5, Oladipo 2-4, Robinson III 1-1, Joseph 1-5, Turner 1-5, T.Younge 0-1, Leaf 0-1, Stephenson 0-1, J.Younge 0-2), Washington 10-27 (Morris 2-3, Porter Jr. 2-3, Scott 2-3, Beal 2-9, Satoransky 1-1, Meeks 1-5, Frazier 0-3). Fouled Out—None. Rebounds—Indiana 43 (Turner 13), Washington 42 (Mahimi 9). Assists—Indiana 11 (Oladipo, Turner 3), Washington 21 (Beal 11). Total Fouls—Indiana 18, Washington 21. Technicals—Washington coach Wizards (Defensive three second), Washington coach Scott Brooks. A—16,646 (20,356).

PELICANS 126, MAVERICKS 109

NEW ORLEANS (126)
Moore 3-7 1-1 7, Davis 9-19 5-23, Mirotic 8-15 2-2 24, Rondo 5-7 2-4 14, Holiday 12-19 4-4 30, Miller 0-2 0-0 0, Diallo 6-9 1-3 13, Lemon Jr. 2-4 1-2 6, Clark 4-9 0-0 9, Liggins 0-0 0-0 0. Totals 49-91 16-21 126.

DALLAS (109)
Barnes 6-16 5-7 18, Nowitzki 8-13 4-4 23, Powell 1-2 3-4 5, Smith Jr. 9-22 5-6 23, Ferrell 2-5 0-0 5, McDermott 4-8 0-0 10, Kleber 0-0 0-0 0, Mejr 1-1 0-0 2, Noel 2-4 0-0 4, Barea 5-14 0-0 13, Collinsworth 2-4 1-2 5, Hopsion 0-1 1-2 1. Totals 40-90 19-25 109.

NEW ORLEANS 33 32 26 35 — 126
DALLAS 25 24 29 31 — 109

3-Point Goals—New Orleans 12-26 (Mirotic 6-11, Rondo 2-3, Holiday 2-3, Lemon Jr. 1-1, Clark 1-4, Davis 0-1, Miller 0-1, Moore 0-2), Dallas 10-23 (Nowitzki 3-5, Barea 3-6, McDermott 2-3, Ferrell 1-3, Barnes 1-3, Smith Jr. 0-3). Fouled Out—None. Rebounds—New Orleans 47 (Diallo 15), Dallas 43 (Powell 11). Assists—New Orleans 27 (Rondo 10), Dallas 25 (Smith Jr. 8). Total Fouls—New Orleans 21, Dallas 20. Technicals—New Orleans coach Pelicans (Defensive three second), A—19,798 (19,200).

ODDS

PREGAME LINE
NATIONAL BASKETBALL ASSOCIATION

Today

FAVORITE **LINE** **O/U** **UNDERDOG**

Boston 8½ 215½ at Chicago
at Cleveland 7 218½ at Detroit
at Indiana 7½ 208½ Milwaukee
at Miami Off Off Phoenix
at San Antonio Off Off Memphis
at Utah 10½ 207 Orlando
Portland 2 223 at L.A. Lakers

COLLEGE BASKETBALL

Today

FAVORITE **OPEN** **UNDERDOG**

Cent. Michigan 7 Bowling Green
Kent St. 7 N. Illinois
Miami (Ohio) 3½ Ohio
W. Michigan 8½ Akron
Gonzaga 13 San Francisco
St. Mary's (Cal.) 4½ BYU

NATIONAL HOCKEY LEAGUE

Today

FAVORITE **LINE** **UNDERDOG** **LINE**

at Pittsburgh -166 Calgary +156
Toronto -170 at Buffalo +158
at Dallas -220 Ottawa +200
at Edmonton -155 Arizona +145
at Vancouver -113 N.Y. Islanders +103

Updated odds available at Pregame.com

TRANSACTIONS

BASEBALL

American League

BALTIMORE ORIOLES — Optioned LHP Chris Lee to Norfolk (IL).
OAKLAND ATHLETICS — Designated DH Brandon Moss for assignment. Claimed LHP Jairo Labrout off waivers from Cincinnati.
TAMPA BAY RAYS — Designated 3B Ryan Schimpf for assignment. Agreed to terms with OF Carlos Gomez on a one-year contract.

National League

WASHINGTON NATIONALS — Agreed to terms with RHP Jeff Ames on a minor league contract.

BASKETBALL

National Basketball Association

ATLANTA HAWKS — Signed G Antonius Cleveland to a second 10-day contract.
LOS ANGELES CLIPPERS — Signed G Sean Kilpatrick to a 10-day contract.

HOCKEY

National Hockey League

ARIZONA COYOTES — Recalled D Andrew Campbell from Tucson (AHL).
American Hockey League
AHL — Suspended Leigh Valley F Nicolas Aube-Kubel two games and Milwaukee F Harry Zolnierczyk one game.
LAVAL ROCKET — Returned F Jackson Leef to Brampton (ECHL).
SAN ANTONIO RAMPAGE — Assigned F Thomas Frazee to Allen (ECHL).
ECHL
ATLANTA GLADIATORS — Traded F Alex Carrier to Allen for F Mathieu Aubin.
BRAMPTON BEAST — Released G T.J. Shewcock.
WHEELING NAILERS — Released G Jason Purcell as emergency backup.

SOCCER

Major League Soccer

LA GALAXY — Signed M Efrain Alvarez from LA Galaxy II.

COLLEGES

WESTERN CAROLINA — Announced the resignation of men's basketball coach Larry Hunter.

COLLEGE BASKETBALL

MEN'S BASKETBALL

THE AP TOP 25 RESULTS

Saturday's Games

No. 1 Virginia 62, Notre Dame 57
No. 15 Michigan 75, No. 2 Michigan State 64
No. 3 Xavier 65, DePaul 62
No. 4 Villanova 97, Georgetown 73
No. 5 Duke 74, No. 9 North Carolina 64
Oklahoma State 82, No. 6 Kansas 64
No. 7 Gonzaga 83, Loyola Marymount 69
No. 8 Purdue 78, Penn State 70
No. 12 Texas Tech 79, Texas Christian 75
No. 14 Auburn 79, South Carolina 70
No. 16 Tennessee 66, Georgia 61
Syracuse 55, No. 18 Clemson 52
No. 19 Arizona 66, California 54
Texas 87, No. 20 West Virginia 79, OT
San Diego State 79, No. 21 Nevada 74
No. 22 Saint Mary's 69, Pepperdine 66
Florida 80, No. 23 Kentucky 67
Marshall 76, No. 24 Middle Tennessee 67

Sunday's Games

No. 15 Michigan 75, No. 8 Purdue 66
No. 10 Cincinnati 62, No. 11 Wichita State 61
No. 25 Houston 81, UConn 71

CONFERENCE TOURNAMENTS

All times Eastern

AMERICA EAST CONFERENCE
At Higher-Seeded Schools

First Round

Saturday

UMBC 89, UMass Lowell 77
Hartford 71, New Hampshire 60
Vermont 75, Maine 60
Stony Brook 69, Albany 60

Seminials

Tuesday

Stony Brook at Vermont, 7 p.m.
Hartford at UMBC, 7:30 p.m.

ATLANTIC COAST CONFERENCE
At The Barclays Center, New York

First Round

Tuesday

Boston College vs. Georgia Tech, noon
Notre Dame vs. Pittsburgh, 2:30 p.m.
Syracuse vs. Wake Forest, 7 p.m.

BIG SOUTH CONFERENCE
At Kimmel Arena, Asheville, N.C.

Championship

Sunday

Lipscomb 108, Florida Gulf Coast 96

BIG EAST CONFERENCE
At Madison Square Garden, New York

First Round

Wednesday

Georgetown vs. St. John's, 7 p.m.
Marquette vs. DePaul, 9:30 p.m.

BIG SOUTH CONFERENCE
At Kimmel Arena, Asheville, N.C.

Championship

Sunday

Radford 55, Liberty 52

BIG TEN CONFERENCE
At Madison Square Garden, New York

First Round

Feb. 28

Iowa 96, Illinois 87
Rutgers 65, Minnesota 54

Second Round

March 1

Wisconsin 59, Maryland 54
Michigan 77, Iowa 71, OT
Penn State 67, Northwestern 57
Rutgers 76, Indiana 69

Quarterfinals

Friday

Michigan State 63, Wisconsin 60
Michigan 77, Nebraska 58
Penn St. 69, Ohio State 68
Purdue 82, Rutgers 75

Seminials

Saturday

Michigan 75, Michigan State 64
Purdue 78, Penn State 70

Championship

Sunday

Michigan 75, Purdue 66

Big 12 Conference
At The Sprint Center, Kansas City, Mo.

First Round

Wednesday

Oklahoma State vs. Oklahoma, 7 p.m.
Texas vs. Iowa State, 9:30 p.m.

COLONIAL ATHLETIC ASSOCIATION
At North Charleston (S.C.) Coliseum

Championship

Saturday

Drexel 70, James Madison 62
Delaware 86, Elon 79

Quarterfinals

Sunday

College of Charleston 66, Drexel 59
William & Mary 80, Towson 66
Northeastern 74, Delaware 50
Hofstra vs. UNC Wilmington, late

Seminials

Today

College of Charleston vs. William & Mary, 6 p.m.
Northeastern vs. Hofstra-UNC Wilmington winner, 8:30 p.m.

HORIZON LEAGUE
At Little Caesars Arena, Detroit

First Round

Second Round

Saturday

Wright State 87, Green Bay 72
Cleveland St. 89, Northern Kentucky 80

Third Round

Sunday

Oakland 62, IU/PUI 55

Seminials

Today

Cleveland State vs. Oakland, 7 p.m.
Wright State vs. Milwaukee, 9:30 p.m.

METRO ATLANTIC ATHLETIC CONFERENCE
At The Times Union Center, Albany, N.Y.

Quarterfinals

March 2

St. Peter's 66, Rider 55
Quinnipiac 72, Canisius 69

Saturday

Fairfield 90, Niagara 71
Iona 72, Manhattan 60

Seminials

Sunday

Iona 65, Saint Peter's 62
Quinnipiac vs. Fairfield, late

Championship

Today

Iona vs. Quinnipiac-Fairfield winner, 7 p.m.

FIRST-AMERICAN CONFERENCE

Mid Round

Today

Bowling Green at Central Michigan, 7 p.m.
Northern Illinois at Kent State, 7 p.m.
Ohio at Miami (Ohio), 7 p.m.
Akron at Western Michigan, 7:45 p.m.

MID-EASTERN ATHLETIC CONFERENCE
At Scope Arena, Norfolk, Va.

First Round

Today

N.C. A&T vs. Delaware State, 6:30 p.m.
Norfolk St. vs. Maryland-Eastern Shore, 9 p.m.

MISSOURI VALLEY CONFERENCE
At Scottrade Center, St. Louis

Seminials

Saturday

Loyola of Chicago 62, Bradley 54
Illinois St. 76, S. Illinois 69, OT

Championship

Sunday

Loyola of Chicago 65, Illinois State 49

NORTHEAST CONFERENCE

Championship

Tuesday

LIU Brooklyn at Wagner, 7 p.m.

OHIO VALLEY CONFERENCE
At The Ford Center, Evansville, Ind.

Championship

Saturday

Murray State 68, Belmont 51

PATRIOT LEAGUE

Seminials

Today

Colgate 62, Holy Cross 55
Bucknell 90, Boston University 59

Championship

Wednesday

Colgate at Bucknell, 7:30 p.m.

PACIFIC-12 CONFERENCE
At T-Mobile Arena, Las Vegas

First Round

Wednesday

Colorado vs. Arizona State, 3 p.m.
Stanford vs. California, 5:30 p.m.
Washington vs. Oregon State, 9 p.m.
Oregon vs. Washington State, 11:30 p.m.

SOUTHEASTERN CONFERENCE
At Scottrade Center, St. Louis

First Round

Wednesday

Georgia vs. Vanderbilt, 7 p.m.
South Carolina vs. Mississippi, 9:30 p.m.

SOUTHERN CONFERENCE
At U.S. Cellular Center, Asheville, N.C.

Quarterfinals

Saturday

UNC Greensboro 72, The Citadel 58
Wofford 73, Mercer 53
ETSU 77, Chattanooga 59
Furman 97, Western Carolina 73

Seminials

Sunday

UNC-Greensboro 56, Wofford 55
ETSU 63, Furman 52

Championship

Today

Wofford vs. ETSU, 9 p.m.

SUMMIT LEAGUE
At PREMIER Center, Sioux Falls, S.D.

First Round

Saturday

South Dakota State 66, Western Illinois 60
South Dakota 87, Omaha 73

Sunday

North Dakota St. 86, Fort Wayne 82
Denver vs. Oral Roberts, late

Seminials

Today

South Dakota State vs. North Dakota St., 7 p.m.
South Dakota vs. Denver-Oral Roberts winner, 9:30 p.m.

WEST COAST CONFERENCE
At Orleans Arena, Las Vegas

First Round

Friday

Loyola Marymount 78, Portland 72
Pepperdine 85, Santa Clara 69

Quarterfinals

Saturday

BYU 85, San Diego 79
San Francisco 71, Pacific 70, OT
Gonzaga 83, Loyola Marymount 69
Saint Mary's 69, Pepperdine 66

Seminials

Today

Saint Mary's vs. BYU, 9 p.m.
Gonzaga vs. San Francisco, 11:30 p.m.

Columbus 65 32 28 5 69 172 184
Carolina 66 29 26 11 69 176 198
N.Y. Rangers 66 30 30 6 66 189 209
N.Y. Islanders 66 29 29 8 66 213 237

WESTERN CONFERENCE

Central Division

GP	W	L	OT	PTS	GF	GA	
Nashville	65	42	14	9	93	214	168
Winnipeg	65	39	17	9	87	220	175
Minnesota	66	37	22	7	81	204	190
Dallas	65	37	23	5	79	193	171
Colorado	65	35	24	6	76	205	193
St. Louis	66	35	26	5	75	180	176
Chicago	66	28	30	8	64	188	195

Pacific Division

GP	W	L	OT	PTS	GF	GA	
Vegas	65	42	18	5	89	225	180
San Jose	65	35	21	9	79	194	180
Anaheim	66	33	21	12	78	186	183
Los Angeles	66	36	25	5	77	192	165
Calgary	66	32	25	9	73	185	195
Edmonton	65	27	34	4	58	183	216
Vancouver	65	24	32	9	57	176	214
Arizona	64	20	34	10	50	155	209

2 points for a win, 1 for OT loss. Top three teams in each division and two wild cards per conference advance to playoffs

Saturday's Games

Tampa Bay 7, Philadelphia 6, SO
Dallas 3, St. Louis 2, OT
Chicago 5, Los Angeles 3
Boston 2, Montreal 1, OT
Pittsburgh 3, N.Y. Islanders 2, OT
Arizona 2, Ottawa 1
Washington 5, Toronto 2
N.Y. Rangers 3, Edmonton 2

Sunday's Games

Nashville 4, Colorado 3, OT
Florida 4, Philadelphia 1
Anaheim 6, Chicago 3
Vegas 3, New Jersey 2
Winnipeg 3, Carolina 2
Minnesota 4, Detroit 1
Columbus at San Jose, late

Today's Games

Calgary at Pittsburgh, 7 p.m.
Toronto at Buffalo, 7:30 p.m.
Ottawa at Dallas, 8:30 p.m.
Arizona at Edmonton, 9 p.m.
N.Y. Islanders at Vancouver, 10 p.m.

Tuesday's Games

Winnipeg at N.Y. Rangers, 7 p.m.
Vegas at Columbus, 7 p.m.
Montreal at New Jersey, 7 p.m.
Detroit at Boston, 7 p.m.
Florida at Tampa Bay, 7:30 p.m.
Carolina at Minnesota, 8 p.m.
Dallas at Nashville, 8 p.m.
Colorado at Chicago, 8:30 p.m.
Washington at Anaheim, 10 p.m.

PREDATORS 4, AVALANCHE 3, OT

NASHVILLE 1 1 1 0 - 4
COLORADO 0 2 1 0 - 3

First Period—1, Nashville, Watson 10 (Sissons, Ekholm), 3:09. 2, Colorado, Zadorov 6 (Soderberg, Lindholm), 12:57. Penalties—Zadorov, COL. (high sticking), 10:49; Ekholm, NSH. (cross checking), 17:51.
Second Period—3, Nashville, Turris 12 (Fiala, Ellis), 8:08 (pp.). Penalties—Hartman, NSH. (tripping), 2:12; Landeskog, COL. (interference), 7:37; Arvidsson, NSH. (tripping), 9:27; Landeskog, COL. (cross checking), 15:40; Arvidsson, NSH. (unsportsmanlike conduct), 15:40; Zadorov, COL. (roughing), 19:37.
Third Period—4, Colorado, Nieto 13, 4:38. 5, Colorado, Rantanen 22 (MacKinnon, Barrie), 14:22 (pp.). 6, Nashville, Ellis 6 (Subban, Ekholm), 18:54. Penalties—Watson, NSH. (tripping), 13:43.
Overtime—7, Nashville, Forsberg 18 (Arvidsson, Ellis), 1:07. Penalties—None.
Shots on Goal—Nashville 8-7-14-2-31. Colorado 11-7-7-1-26.
Power-play opportunities—Nashville 1 of 3; Colorado 1 of 4.
Goalsies—Nashville, Rinne 35-9-4 (25 shots-22 saves). Colorado, Varlamov 18-13-4 (31-27). A—17,618 (18,007). T—2:33.
Referees—Brian Pochmara, Brad Watson. Linesmen—Ryan Daisly, Mark Shewchuk.

PANTHERS 4, FLAYS 1

PHILADELPHIA 0 0 1 - 1
FLORIDA 2 1 1 - 4

First Period—1, Florida, Barkov 25 (Vandell, Luongo), 2:41 (pp.). 2, Florida, Dadonov 19 (Eklblad, Bjuggstad), 14:49. Penalties—Gudas, PHI. (interference), 1:54; Manning, PHI. (holding), 4:19; Huberdeau, FLA. (slashing), 4:19; Trocheck, FLA. (tripping), 5:00; Gudas, PHI. (holding), 7:59; McCann, FLA. (slashing), 7:59; Manning, PHI. (

MLB: Orioles

Showalter on Davis' elbow injury: 'We're going to be cautious with it'

By JON MEOLI
The Baltimore Sun (TNS)

SARASOTA — Even after an encouraging set of MRI results that found Orioles first baseman Chris Davis' sore elbow to have "no issues" structurally, manager Buck Showalter said the team is still going to be plenty cautious with its franchise first baseman this month.

"A little improvement today," Showalter said. "Anytime you start dealing in that area, you're concerned, but we were good to get the structural feel behind us. I think you'll see him. Hopefully, he manages well and he gets back in the flow sometime next week.

"We trust him. I can tell by the way he feels now that he wants to make sure it doesn't go backwards again. We're going to be cautious with it. But I don't think we're going to have to hold Chris back."

Showalter reiterated Sunday a three-to-five-day shutdown for Davis, and said missing that long



Baltimore Orioles' Chris Davis (19) walks off after striking out during the fifth inning of a spring exhibition game against the Philadelphia Phillies, in Clearwater.

AP FILE PHOTO

won't necessarily hamper his preparation for the season. Davis might not return until he's comfortably able to play first base defensively as well as swing.

The soreness originated late last month when Davis felt as if he might have slept on his arm wrong, and was limited to designated hitter duty

as a result. But the team scheduled an MRI on Saturday after the discomfort didn't improve, and Showalter said Saturday that Davis had some soreness in the flexor mass area of the elbow, which is often cited before more serious arm injuries.

"I don't think this was from swinging," Showalter said. "This was just

some irritation he had there from throwing and it kind of got away from him. It's good to get it out of the way early, the way I look at it."

In the interim, the club will get more repetitions for Mark Trumbo and Pedro Alvarez at first base, with new camp invitee Danny Valencia also mixing in there.

SPRING TRAINING ROUNDUP

Associated Press

AROUND THE GRAPEFRUIT AND CACTUS LEAGUES

RAYS 9, YANKEES 1: Reigning AL Rookie of the Year Aaron Judge got his first hit of the spring, a first-inning single against Tampa Bay starter Nathan Eovaldi, who pitched two shutout innings. Yankees closer Aroldis Chapman made his first appearance and retired one of the three batters he faced. Mallex Smith had three hits, including a single off Chapman.

ORIOLES 10, RED SOX 8: Adam Jones hit a pair of RBI doubles and a single and Manny Machado added a two-run double for Baltimore. Andrew Benintendi and Rafael Devers hit back-to-back homers for Boston off Gabriel Ynoa, who allowed six runs in two innings.

The Orioles announced first baseman Chris Davis had an MRI on his sore right elbow and no structural damage was found. Manager Buck Showalter estimated Davis would be out another three to five days. Showalter also noted top prospect Austin Hays should be ready to play next week after missing time with a sore right shoulder.

NATIONALS (SS) 7, METS 3: Trea Turner got two hits and scored for a Washington split squad. Steven Matz was again tagged in his second start for New York, giving up

five hits and two walks while retiring just two batters.

Matz, returning from surgery on his left elbow that cut last season short, has allowed up 10 runs in 1 2/3 innings this spring. Jay Bruce and Todd Frazier both hit their first spring home runs for New York.

The Mets announced that expected opening day starter Jacob deGrom threw a 40-pitch bullpen session and felt no ill effects from the back stiffness that sidelined him for several days.

PIRATES 9, TWINS 3: Josh Harrison had two hits after an 0-for-9 start for Pittsburgh. Jameson Taillon made his second start for the Pirates and pitched 2 2/3 innings, giving up two runs on two hits and a walk.

Minnesota ace Jose Berrios allowed three hits while striking out two in 2 1/3 innings. Joe Mauer drove in two runs.

PHILLIES 4, BLUE JAYS 2: Toronto ace Marco Estrada made his second start and pitched three shutout innings, allowing one hit while striking out three. Blue Jays closer Roberto Osuna fanned one in a perfect fifth in his first appearance.

Philadelphia starter Jerad Eickhoff gave up two hits in 2 2/3 shutout innings. Phillies prospect Scott Kingery got two hits and is batting .389 in exhibition play.

ASTROS 4, CARDINALS 1: AL MVP Jose Altuve hit his first home run — a solo shot off St. Louis starter Michael

Wacha — and Carlos Correa had two hits for Houston. Wacha pitched three innings and allowed two runs on five hits.

NATIONALS (SS) 6, TIGERS 2: Bryce Harper hit his first spring homer, singled and drove in three runs for a Washington split squad. Matt Adams added three hits. Gio Gonzalez gave up two runs and six hits in three innings. Jeimer Candelario tripled in a run for Detroit.

BRAVES 5, MARLINS 2: Atlanta starter Mike Foltynewicz gave up one hit in three scoreless innings. Freddie Freeman had two hits for the Braves.

Dan Straily allowed one hit in three shutout innings for Atlanta.

INDIANS 6, BREWERS 2: Jason Kipnis hit his fifth home run for Cleveland. He leads all big leaguers in homers and RBIs (10) this spring. Kipnis hit 12 homers in an injury-interrupted season after hitting 23 the year before. Indians ace Corey Kluber pitched three innings and allowed one run and four hits while striking out five. Milwaukee starter Jhoulys Chacin pitched 2 2/3 innings and gave up one earned run. Brewers newcomers Christian Yelich and Lorenzo Cain each had two hits.

DODGERS 9, GIANTS 3: Yasiel Puig had two hits, Yasmani Grandal homered and Chase Utley ended a 0-for-10 start with an RBI double for Los Angeles. Dodgers starter

Kenta Maeda struck out three in 2 1/3 innings.

San Francisco starter Jeff Samardzija gave up three hits and three walks in two innings. Giants prospect Steven Duggar homered for the third time this spring and is batting .412.

PADRES (SS) 7, WHITE SOX 6: Top San Diego prospect Fernando Tatis Jr. had four hits and five RBIs. He also stole his third base this spring. Chicago starter Carson Fulmer, hoping to earn a back-of-the-rotation spot, lasted just one inning in his second start. He gave up four runs on four hits and four walks. Wellington Castillo and Adam Engel homered for the White Sox.

MARINERS 10, RANGERS 7: Seattle starter James Paxton struggled, giving up seven runs and seven hits in 1 2/3 innings. Robinson Chirinos homered to lead off the second for Texas and Ryan Rua capped the six-run inning with a three-run drive. Doug Fister debuted on the mound for the Rangers and pitched three shutout innings, allowing two hits and a walk.

ATHLETICS 12, PADRES (SS) 4: San Diego newcomer Eric Hosmer hit his first home run. Shortstop Franklin Barreto, Oakland's top prospect, connected off Clayton Richard for his second homer. The A's designated power-hitting Brandon Moss for assignment.

MLB: Mets

DeGrom running out of time in bid for opening day nod

By BILL WHITEHEAD
Associated Press

PORT ST. LUCIE — With at least five necessary hurdles ahead of him, Jacob deGrom is running out of time to be the New York Mets' starting pitcher on opening day.

The right-hander tossed a 40-pitch bullpen alongside Rafael Montero, A.J. Griffin and Zack Wheeler on Sunday before the Mets' home game against Washington. He did not, as way anticipated, face any hitters.

DeGrom said two days ago he would be facing batters on Sunday, but somewhere along the line that plan changed. Instead, rehabbing Michael Conforto stepped into the batter's box and tracked pitches without swinging in the bullpen outside the stadium.

"I honestly did not know what I was doing today. I thought I would probably face batters, but the plan was, I guess, to throw a bullpen. I think the plan is not to anything dumb and make sure everything's right," deGrom said.

"I'm looking to feel good, and that's been the case so far," said deGrom, who flashed an impressive fastball and didn't hold anything back as he faced Conforto.

DeGrom was the team's most consistent and reliable pitcher last year. He went 15-10 with a 3.53 ERA in 31 starts on a club that went 70-92 in Terry Collins' last season as manager.

The 29-year-old deGrom has been sidelined with lower back stiffness and missed time in camp due to the birth of his daughter. That's hampered his drive toward getting the nod for the Mets' first game, at home against St. Louis on March 29, an appearance new pitching coach Dave Eiland said deGrom deserves.

"Absolutely, he's earned it. Whether he pitches opening day or not, he's earned it, but we've got to be smart about this," Eiland said.

Eiland said deGrom has "hurdles" to go through and that there's no good reason to rush him.

He added there are no exceptions on the staff and deGrom will

have to face hitters five different times in March before the club opens the season at Citi Field.

"With Jacob deGrom we will not make an exception. That's stupid," Eiland said. "We're not going to be careless just so he can pitch opening day. If it falls where he can, he will because he earned it. He deserves that start.

"But we're not going to push the envelope and be careless and he starts opening day and doesn't start again until June. That would be pretty ignorant on our part," he said.

The plan is for deGrom to get back into a game on Tuesday, but that could be a simulated game facing batters on a back field.

He'll then need to build up to a higher pitch-count over subsequent spring training starts.

"We've got to see where it leads. If he can't get out there and get built up to 80, 90 pitches, then it's not going to happen. But is there still time for him to do that? Yes," Eiland said.

"Every day's a hurdle. Today we crossed a big hurdle."

Conforto appreciated the chance to see "electric stuff" as he recovers from shoulder surgery to repair a torn posterior capsule in his left shoulder.

"It looks effortless, and at the same time it has late life to it. His breaking stuff is pretty sharp. Sometimes you can see the hump in the breaking ball, but from Jake today there was no hump," he said.

"I don't get to see deGrom on a daily basis, so whenever he's throwing a side I try to get out there."

NOTES: LHP Steven Matz struggled again in his second start, giving up five runs on five singles and two walks while getting only two outs vs. Washington. He threw 34 pitches.

"My ball was just up really, and I was missing my spot by a few inches. It's frustrating because I feel healthy," said Matz, who has 10 earned runs this spring.

... SS Amed Rosario, who left Saturday's game with knee irritation, checked out fine. Manager Mickey Callaway said he should be back in the lineup Tuesday against Houston.

RAYS

From Page 1

"We're going to be really smart with his workload out of the gate," manager Kevin Cash said. "Him sitting back and watching last year, I think it helped him as a pitcher, and what he wanted to do when he got back.

"You'll see a little more mix to his repertoire and he'll alter his delivery a little bit more. He's so athletic and physical on the mound, that's not an easy thing to do. And it seems like he's doing it well."

Subtexted to the big question are some others:

Are they sure he's healthy?

Eovaldi had essentially completed his rehab last September from his Aug. 29, 2016,

surgery, working his way back to pitch in the Double-A and Triple-A playoffs, and he would have rejoined the Rays had they stayed in the wild-card race to pitch in relief. Even so, it was a good process to go through. "I had already proved to myself that I was healthy and in my mind I was ready to go," he said. "So I was able to have a regular offseason. I didn't have any doubts or anything like that."

What is he pitching for this year?

Beyond the obligatory mantra to "help the team win," it's primarily to re-establish himself as a quality major-league starter, and to be rewarded accordingly financially. He posted a career-low 3.39 ERA in 2013 for the Marlins and a career-best 14-3 record for the Yankees in 2015,

though he has a 38-46, 4.21 overall record.

But also, after signing with the Rays because of the sterling reputation of previous head athletic trainer Ron Porterfield and his staff in rehabbing pitchers, it's to justify their investment.

The Rays paid Eovaldi \$2 million to not pitch last year for the right to pay him \$2 million to pitch this season, plus earn up to another \$3.5 million in incentives.

"They took extremely good care of me," he said, "and I'm ready to give back to the organization now."

How will he be different?

Most stark may be more use of his curveball. Eovaldi leads with the hard stuff, throwing his fastball nearly 60 percent of the time, averaging 96.9 mph,

then a slider and splitter. "I hear of big-name guys who throw hard, but I've never seen anything like him with his consistent velocity," said reliever Dan Jennings, a former Marlins/current Rays teammate. Making more use of the slower curve will both present a different look to hitters and disrupt their timing and allow Eovaldi, in theory, to work deeper.

Is starting the best plan?

The stats crowd is adamant that Eovaldi should be used in relief, citing the significant dropoff in his effectiveness when he faces hitters a third time in a game (.336 average, .890 OPS) and the small sample of starters succeeding after a second such surgery.

But Eovaldi, who had his first Tommy John as

a high school junior in 2007, is just as determined to return to a regular rotation routine, and the Rays say they are "definitely" committed to going along. (His contract, interestingly, also contains \$2.375 million in relief incentives.)

"I definitely want to be a starter and hold it out throughout the entire year," Eovaldi said. "As of now, we haven't had any limitations, and we haven't even talked about it."

How good can he be?

Not only is Eovaldi healthier after the surgery and rehab, he believes he is wiser, too, having closely watched teammates Archer, Alex Cobb, Jake Odorizzi and others work hitters much of last year. "Each pitcher comes in with little different things, and your

ears are always open down there," he said. "I definitely feel like I've learned a lot more about the game." Can he regain his past form? "Hopefully better," Eovaldi said. "We'll see what happens."

Double jeopardy?

Rays RHP Nathan Eovaldi is working to become the 32nd pitcher to make it back to the majors after a second Tommy John surgery, and the 12th as a starter. Here are the first 11:

Pitcher	Starts after
Chris Capuano	109
Tyler Chatwood	52
Kris Medlen	15
Hong-Chih Kuo	14
Randy Wolf	11
Darren Dreifort	10
Victor Zambrano	4
Shawn Hill	4
Brandon Beachy	2
Daniel Hudson	1
Cory Luebke	1

Source: Rays