

Medicare grades local nursing homes

By **KIM LEATHERMAN**
STAFF WRITER

SEBRING — Florida has 683 licensed nursing homes with 83,587 beds. Of those numbers, Highlands County has five licensed nursing homes with 598 certified beds, according to data on Medicare.gov.

Medicare compares nursing homes on its website. Only the licensed homes that are in the Medicare and Medicaid program are graded with this system. Medicare uses a star system with 1 star being the worst, 5 stars being much above average, and 3 stars as average.

Many different categories and factors are judged to arrive at the overall rating and the health inspection rating. Staffing, physical therapy, immunizations, infections and others are considered. The overall health inspection ratings are based on two years of inspection before Nov. 28, 2017, according to Medicare.gov. This category reflects a nursing home's complaints, safety conditions, and as the name implies, health inspections. Nursing homes that are in the Medicare or Medicaid program are inspected annually.

The staffing category does not include physical therapists but does include registered nurses, licensed practical nurses, nurses aides, and licensed vocational nurses.

Quality of resident care is based on 16 factors that reflect the care the residents get. Each category is further split into two categories, of long-term stay — those staying over 100 days — and short-term stay, indicating a less than 100 day stay. Penalties is the section that shows citations or fines.

The data shown is from the past three years. Medicare updated the data as of July 25, 2018. These comparisons are in no particular order:

- Royal Care of Avon Park, 1213 W. Stratford Road, Avon Park, received an overall rating of five stars and a 5 out of 5 stars (much above average) for the overall health inspection rating. In the staff rating category, the overall staffing received 5 out of 5 stars. Overall quality of resident care category was graded as a five. There were no

HOMES | 8

Good neighbors

Cleaning up Washington Heights and bringing hope to the neighborhood

By **MELISSA MAIN**
STAFF WRITER

SEBRING — With shootings and crime being common occurrences in the Washington Heights area, residents are desperately making an effort to take back the area and clean up the neighborhood.

Carolyn Williams, a woman who supports her father's church and ministry located in Washington Heights, began a clean-up effort and enlisted the help of five youth to mow lawns and pick up trash in the neighborhood.

The five boys are participants of the Brilloco Institute, an organization that helps people learn job skills to improve their employment possibilities. Williams teaches the youth lawn maintenance skills and they are paid through Brilloco.

"We have trimmed grass in 21 lots already, and we are working every day but Sunday," Williams said. "We mow three to four lots a day, and we are cleaning up areas that code enforcement has flagged."

"We want to be a good neighbor, but we do need additional equipment," Williams said.

Her father, the Rev. Cleveland Williams said, "We would like a zero turn lawn mower. Someone who saw my rusty lawn mower just laughed and wondered how it even worked."

Both Cleveland and Carolyn Williams are trying to work with the City of Sebring to clean up the area.

Why are the citizens of Washington Heights cleaning up the neighborhood?

"I have a vision to see this neighborhood looking beautiful," Carolyn Williams said. "I want to take back the Washington Heights area. Someone got shot last Monday, and there's a shooting every other week in this neighborhood."

The father and daughter team want the area to be free of criminal activity. They hope that people will come to the church for prayer and for help with drug addiction.

Rev. Williams is also encouraging residents to report crime.

"The kids believe more in the devil than they do in God," he said. "They won't snitch on anyone due to fear of someone hurting their families. I tell them,



Jshawn Johnson refueled his weed eater so he could clean up weeds and grass on Lemon Avenue, a section of Washington Heights.

"The person you protect may end up hurting your family."

"The generation today has a hard time standing up and being a leader. They are fearful of taking a stand," he said.

Carolyn Williams is concerned about residents who feel they are unable to escape from the neighborhood. "People are trapped over here," she said. "They are stuck in this community. The older people who live here were here when the Klu Klux Klan was driving through. They are fearful of white people. They tell the younger generation to 'be careful of that white person.'"

Rev. Williams hopes to promote better community relations between the people in Washington Heights and the rest of Sebring.

"We are community activists. We are trying to activate the community and to be a part of Sebring and the [larger] community," he said.

In addition to cleaning yards and being a community activist, Carolyn Williams is also seeking to improve overall code enforcement in the area. The street lights in the area do not work.

"With the lights out, people don't feel safe," she said.

According to Sebring Police Cmdr. Curtis Hart, increased lighting would benefit the area and decrease criminal activity. However, the lights in the Washington Heights area are constantly being shot out and residents are throwing rocks at them. When the police officers see street lights that are not

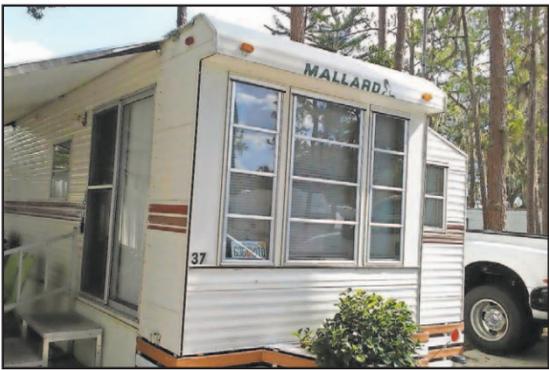


MELISSA MAIN/STAFF

Jaquan McCormick mows lawns and uses the weed eater to clean up the Washington Heights area.

HOPE | 8

County lodgings see big jump in popularity on Airbnb



COURTESY PHOTO

The most "wish-listed" Airbnb in Highlands County is in an RV park on the shores of Lake Josephine. The RV park features a swimming pool and a dock for people to enjoy the water view.

By **MELISSA MAIN**
STAFF WRITER

SEBRING — Airbnb, a website that provides lodging options other than hotels, has grown dramatically in the last few years as people enjoy vacationing in a more home-like environment.

Highlands County has 120 people who host guests, and the most "wish-listed" Airbnb listing for the county is a Lake Josephine guest house.

With Airbnb, people rent homes, cottages and

recreational vehicles to vacationers seeking a home away from home. These Airbnb locations are furnished just like a hotel, but some also have fully equipped kitchens.

People can search the Airbnb website by city or county. Payment is made on the website, and cleaning fees are in addition to lodging fees.

In 2017, according to Airbnb, 1,600 guests came to Highlands County and stayed in Airbnb listings, a 335 percent year-over-year

growth. Highlands County is one of the fastest growing areas for the company. This translates into \$300,000 of combined supplemental income for hosts in the county, with an average earning of \$4,000 annually per host, the company said.

Sharon Byrd, who is the host for the most "wish-listed" Airbnb in Highlands County, offers a fully equipped park model RV for guests.

This home comes completely furnished

down to the pots, pans, dishes and silverware. Vacationers can stay for a night or reserve the home for a couple of months. Just steps away from Lake Josephine, reviewers have called the RV "relaxing" and a "an amazing value for the money" at only \$27 per night.

One reviewer, who identified himself as Robert J, said, "During my visit, the weather was absolutely perfect. The location was perfect

BNB | 8



Comics.....**NEWS WIRE**
Classifieds.....**D3-4**
Highlands Homes.....**C1**

Local Sports.....**B1**
Lottery.....**SPORTS**

Obituaries.....**A5**
Viewpoints.....**A6**
Weather.....**NEWS WIRE**

Good Morning To
E. Johnson
Thanks for reading!



Avon Park
800 West Main St.
863.453.6000

Lake Placid
600 U.S. Hwy 27 N.
863.699.1300

Sebring
320 U.S. Hwy 27 N.
863.386.1300

Sun 'n Lake
5033 U.S. Hwy 27 N.
863.386.1322

www.heartlandnb.com

Heartland National Bank
Locally Owned, Community Minded

YOU CALL.
A PERSON ANSWERS. WOW.
Welcome to your community bank for responsive, personal service where a person always answers the phone and can connect you with business professionals who can make a difference for you.

Avon Park man charged with possession of MDMA or "Molly"

By **MELISSA MAIN**
STAFF WRITER

AVON PARK — When Highlands County Sheriff's Office made a routine traffic stop, the deputy allegedly noticed the odor of cannabis coming from the vehicle. This led to a search of the vehicle and a drug arrest.

On Wednesday, HCSO charged Caleb Easton Reeves with possession of a controlled substance without a prescription, possession of less than 20 grams of marijuana and possession of drug equipment.

Reeves was previously charged with possession of

XLR-11 with intent to sell, manufacture or deliver in 2014. According to thepoison-review.com, XLR-11 is a synthetic cannabinoid, which is associated with acute kidney injury. In addition, he was also charged with possession of a prescription drug without a prescription.

A deputy made a traffic stop and noticed the odor of cannabis, the report stated. When Reeves exited the vehicle, the deputy allegedly noticed two



REEVES

clear plastic bags near the driver's seat that contained a green leafy substance that field tested positive for tetrahydrocannabinol, the active substance in marijuana.

According to the report, the deputy also found a smaller plastic bag with a tan rock-like substance that field tested positive for MDMA, also known as Molly or Ecstasy. Prescription drugs, including acetaminophen/hydrocodone and Alprazolam, were also found in the vehicle.

Reeves said the illegal drugs belonged to the passenger, the report stated.

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

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

COMMITMENT TO ACCURACY
The Highlands News-Sun promptly corrects errors of fact appearing in its news stories. If you believe we have made an error, call the newsroom at 863-385-6155. If you have a question or comment about coverage, write to Romona Washington, executive editor, 315 U.S. 27 North, Sebring, FL 33870; email editor@newssun.com or call 863-386-5634.

OFFICE
Location: 315 U.S. 27 North
Sebring, FL 33870
Hours: 8 a.m. – 5 p.m.

Monday - Friday
Phone: 863-385-6155
Main Fax: 863-385-1954

SUBSCRIPTION RATES		
13 weeks	Tax	Total
\$53.30	\$4.00	\$57.30
26 weeks	Tax	Total
\$106.60	\$8.00	\$114.60
52 weeks	Tax	Total
\$213.20	\$15.99	\$229.19
EZ Pay	Tax	Total
\$15.91	\$1.19	\$17.10

MAIL SUBSCRIPTION RATES	
3 months	\$74.36
6 months	\$133.81
12 months	\$229.19

Your newspaper is delivered by an independent contractor.

If you do not receive your home delivered newspaper by 6 a.m. on any daily publication date, or 7 a.m. Sunday, please phone the circulation department at 863-385-6155.

PUBLISHER
Tim Smolarick
863-386-5624
tim.smolarick@highlandsnewssun.com

EXECUTIVE EDITOR
Romona Washington
863-386-5634
romona.washington@highlandsnewssun.com

EDITORIAL
Karen Clogston, Managing Editor/

Special Sections Editor
863-386-5835
karen.clogston@highlandsnewssun.com

Pallavi Agarwal, Contributing Editor
863-386-5831
pallavi.agarwal@highlandsnewssun.com

RETAIL ADVERTISING
Cliff Yeazel, Advertising Director
863-386-5844
cliff.yeazel@highlandsnewssun.com

CIRCULATION MANAGER
Rob Kearley, Circulation Manager
863-385-6155
rob.kearley@highlandsnewssun.com

PLACE A CLASSIFIED AD
From 8 a.m. to 5 p.m. weekdays
Tracy Weikel, Classified Account Executive
tracy.weikel@highlandsnewssun.com
863-658-0307

LEGAL ADVERTISING
Janet Emerson
863-386-5637
legals@highlandsnewssun.com

CUSTOMER SERVICE
Mike Henry, Office Manager
863-385-6155
michael.henry@highlandsnewssun.com

SUBMIT NEWS & OBITS
Email all obituaries and death notices to obits@highlandsnewssun.com
Email all other announcements to highlandsnewssun@highlandsnewssun.com



Welcomes
Zechariah Dominguez, ARNP-C
Family Nurse Practitioner



Now Welcoming New Patients

Florida Hospital Heartland Medical Center
CareNow

4421 Sun 'n Lake Boulevard, Suite B, Sebring, FL
(863) 382-9600

Introducing our best TECHNOLOGY EVER.

Our most natural sound quality.

With 60% more processing power,¹ GENIUS™ 3.0 technology delivers listening so realistic and natural, you might just forget you have hearing aids in your ears.

Life's better when you're more connected.

Enjoy telephone conversations, music and television in high quality sound, streamed directly to your GENIUS™ 3.0 hearing aids.

Endless options to fit your lifestyle.

Miracle-Ear hearing aids come in a variety of sizes and styles, from the nearly invisible to the super powerful, the combinations and possibilities are endless.

©2018 Miracle-Ear, Inc.



Why Miracle-Ear®? | • 3 Year Warranty* • Lifetime Of Aftercare • Low Price Guarantee

Call Now to Schedule Your FREE Hearing Evaluation From an Industry Leader in Hearing Solutions.

Take advantage of this limited-time offer!

buy one, get one

50% off

SAVE ON OUR FULL LINE OF DIGITAL HEARING SOLUTIONS.

Special offer applies to purchase of ME-1, ME-2, ME-3 & ME-4 Solutions. 50% discount applies only when first aid is purchased at the regular list price. Valid at participating Miracle-Ear locations only. Not valid with any other discount or offer. Not valid on previous purchases. OFFER EXPIRES 8/31/18.

Call to Schedule your FREE HEARING EVALUATION† TODAY!



SEBRING LAKESHORE MALL
(between Belk and Sears)
(863) 382-7771

BRADENTON
Cortez Plaza
(941) 752-3300

SARASOTA NORTH
University Pkwy
(941) 359-8400

SARASOTA SOUTH
Clark Road
(941) 921-2121

†As compared to previous Miracle-Ear models. Hearing aids do not restore natural hearing. Individual experiences vary depending on severity of hearing loss, accuracy of evaluation, proper fit and ability to adapt to amplification. *Not valid on Audiotone® Pro. **If you are not completely satisfied, the aids may be returned for a full refund within 30 days of the completion of fitting, in satisfactory condition. †Our hearing test and video otoscopic inspection are always free. Hearing test is an audiometric test to determine proper amplification needs only. These are not medical exams or diagnoses nor are they intended to replace a physician's care. If you suspect a medical problem, please seek treatment from your doctor. Not valid with any other discount or offer. Does not apply to prior purchases. See store for details. The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth® SIG, Inc., and any use of such marks by Miracle-Ear is under license. Other trademarks and trade names are those of their respective owners. Apple and iPhone are registered trademarks of Apple Inc. Apple App Store is a trademark of Apple Inc.

ONE DAY ONLY

ALAN JAY AUTOMOTIVE NETWORK'S

FINAL SUNDAY

Sales Event



To meet their sales goals,

ALL STORES ARE OPEN!

10AM to 5PM*

*WAUCHULA AND CLEWISTON 10 AM TO 4 PM.



SUNDAY, JULY 29TH

IS AN OUTSTANDING DAY FOR BUYING THAT NEW RIDE!

HUNDREDS OF IN-STOCK VEHICLES TO CHOOSE FROM!

\$0

DOWN DELIVERS!*

Buy Now and Save Up To

\$13,000 OFF MSRP

On All Makes & Models!*

0%

FINANCING AVAILABLE

FOR UP TO 72 MONTHS!*

CARS, TRUCKS, VANS & SUVs STARTING AT JUST

\$149/Mo.*



Get your best deals of the month because NO REASONABLE OFFER WILL BE REFUSED!



ALAN JAY

Automotive Network®

(863) 386-6220

VISIT US ONLINE AT

ALANJAY.COM

- ALAN JAY GM SUPERSTORE 441 US Hwy 27 N., Sebring
- ALAN JAY TOYOTA 400 US Hwy 27 N., Sebring
- ALAN JAY NISSAN 1700 Flare Road, Sebring
- ALAN JAY FORD LINCOLN 3201 US Hwy 27 S., Sebring
- ALAN JAY KIA 401 US Hwy 27 S., Sebring
- ALL STAR CAR SALES 2671 US Hwy 27 S., Sebring
- ALAN JAY CHEVROLET CHRYSLER JEEP DODGE RAM 1405 US Hwy 17 S., Wauchula**
- ALAN JAY FORD 1031 US Hwy 17 N., Wauchula**
- ALAN JAY CHRYSLER JEEP DODGE RAM 202 W. Sugarland Hwy, Clewiston**



THE ALAN JAY ADVANTAGE: A 100% COMMITMENT TO OUR COMMUNITY

*All offers with approved credit. \$149 per month excludes tax, tag, title and \$699 dealer fee. Up to \$13,000 off MSRP on new, in-stock models. All factory rebates and incentives assigned to dealer. See dealer for complete details. Certain restrictions apply. Dealer not responsible for typographical errors. Offers expire 7/29/18.

Summer reading camps help struggling third-graders

By **MARC VALERO**
STAFF WRITER

SEBRING — It was reading and more reading for a group of third-graders recently who attended the summer reading camps, which were held at three School Board of Highlands County elementary schools.

Federal programs/resource teacher Debbie Wood said 121 third-graders who scored in Level 1 of the English language arts portion of the Florida Standards Assessment attended one of the three reading camps, which were held in June at Lake Country, Memorial and Woodlawn elementary schools.

At the end of the reading camps, the passing rate on the Stanford

Achievement Test was 50 percent (60 students).

The Stanford Achievement Test, also known as the SAT-10, is the 10th edition of a nationally recognized exam.

The testing is used to provide achievement scores for students, teachers and parents to better understand how well students perform in language arts, reading, math, science and social sciences.

In the spring 2018 administration of the English language arts FSA, 243 Highlands third-graders (24 percent) scored in Level I.

The Level I students are invited to attend one of the district's reading summer camps, but they are not required to do so.

The reading camps are funded through the state in a program called supplemental academic instruction.

The students receive free breakfast and lunch and have a short recess, but they read most of the day, Wood said.

Without the reading camps, most students with a Level 1 ELA would be retained in third-grade. To be promoted to fourth grade, a student must score a Level 2 or higher on the statewide, standardized test.

Level 1 students, however, can be promoted by a "good cause" provision through the use of portfolios or alternate test scores.



FILE PHOTO

The third-grade summer reading camps, which were held at three School Board of Highlands County elementary schools, served 121 students who scored in Level 1 in the English language arts, Florida Standards Assessment.

6 have filed so far for AP Council

By **MARC VALERO**
STAFF WRITER

AVON PARK — So far, six candidates have submitted paperwork to qualify for the Avon Park City Council election.

Deputy Mayor Brenda Gray and Councilwoman Dora Smith have filed to seek re-election.

Councilman Terry Heston's term is also ending this year, but he has not expressed his intentions and is not among the list of those who have filed thus far, which includes Maria Sutherland, Stanley Spurlock, Craig Marans and Charles Howell.

The qualifying period started 8 a.m. July 23 and will conclude at 5 p.m., Aug. 3.

Sutherland worked 12 years for the City of Avon Park and served as the administrative services director until 2016.

Spurlock has an insurance business in Avon Park.

Marans is a former Avon Park firefighter and now the Polk County Fire



MARC VALERO/STAFF

Six candidates have filed papers thus far to qualify for the Avon Park City Council election on Nov. 6.

Services

Howell is an orthopedic sales representative for Smith & Nephew.

A notice on the city's website states: any qualified person who desires to seek election to the Avon Park City Council at the Nov. 6 General Election must file the required qualifying documents and fee with the City Clerk of Avon Park during the qualifying period.

The qualifying documents are available from the City Clerk, City Hall, 110 E. Main St.

For more information, contact the interim city clerk at 863-452-4400 or jayala@avonpark.cc.

SAME DAY SERVICE

CALL BEFORE NOON AND WE'LL BE THERE SAME DAY!

LOCALLY OWNED & OPERATED

BEYOND CARPET CLEANING

CARPET | TILE & GROUT | HARDWOOD | UPHOLSTERY

1-800-STEEMER® | stanleysteemer.com

SEBRING: 655-2190 | LAKE PLACID: 465-1530 | AVON PARK: 452-5800
ARCADIA: 494-2004 | WAUCHULA: 773-2002

MEADOWLAKE LAKEFRONT HOME

LAKE PLACID

One owner 3/2/2 1/2 garage fronting on Lake Huntley with dock, in ground pool, solar heated. Open floor plan TSF 4667, LSF 2835 on 1/2 ac. \$450,000, Call for apt. 863-446-0957, No agents please.

The Gun Show

Big Weekend Event,
Buy-Sell-Trade

Avon Park, FL

National Guard Armory
2500 US Hwy 27, Avon Park, FL 33825

Aug. 4-5, 2018

\$1.00 OFF Admission 12 & under Free
with adult admission

Sat. 9-5 -- Sun. 10-4

Vendors call 865.453.0074

CCW Classes at 10am, 2pm Only \$49 for more info please call 561-214-5115

asthma & allergy friendly™
CARPET CLEANING SPECIAL

3 ROOMS & A HALL

ONLY \$109

Cleaning Completed By: 8/11/18.

asthma & allergy friendly™ Certificate applies to Carpet Cleaning services only. Minimum charges apply. Not valid in combination with other coupons or offers. Valid at participating locations only. Certain restrictions may apply. Call for details.

asthma & allergy friendly™
CARPET CLEANING SPECIAL

4 ROOMS & A HALL

ONLY \$134

Cleaning Completed By: 8/11/18.

asthma & allergy friendly™ Certificate applies to Carpet Cleaning services only. Minimum charges apply. Not valid in combination with other coupons or offers. Valid at participating locations only. Certain restrictions may apply. Call for details.

asthma & allergy friendly™
CARPET CLEANING SPECIAL

4 ROOMS & A HALL

CLEANED & PROTECTED

ONLY \$184

Cleaning Completed By: 8/11/18.

asthma & allergy friendly™ Certificate applies to Carpet Cleaning services only. Minimum charges apply. Not valid in combination with other coupons or offers. Valid at participating locations only. Certain restrictions may apply. Call for details.

asthma & allergy friendly™
CARPET CLEANING SPECIAL

5 ROOMS & A HALL

ONLY \$159

Cleaning Completed By: 8/11/18.

asthma & allergy friendly™ Certificate applies to Carpet Cleaning services only. Minimum charges apply. Not valid in combination with other coupons or offers. Valid at participating locations only. Certain restrictions may apply. Call for details.

HOME CARE PACKAGE

ONLY \$70

INCLUDES 2 DOORMATS & A BOTTLE OF SPOT REMOVER

Cleaning Completed By: 8/11/18.

asthma & allergy friendly™ Certificate applies to Carpet Cleaning services only. Minimum charges apply. Not valid in combination with other coupons or offers. Valid at participating locations only. Certain restrictions may apply. Call for details.

UPHOLSTERY CLEANING SPECIAL

HAVE 1 PIECE CLEANED, GET THE SECOND HALF OFF

Cleaning Completed By: 8/11/18.

asthma & allergy friendly™ Certificate applies to Carpet Cleaning services only. Minimum charges apply. Not valid in combination with other coupons or offers. Valid at participating locations only. Certain restrictions may apply. Call for details.

HARDWOOD CLEANING SPECIAL

\$25 OFF

Cleaning Completed By: 8/11/18.

asthma & allergy friendly™ Certificate applies to Carpet Cleaning services only. Minimum charges apply. Not valid in combination with other coupons or offers. Valid at participating locations only. Certain restrictions may apply. Call for details.

TILE & GROUT CLEANING SPECIAL

HAVE 2 AREAS CLEANED, GET THE THIRD FREE

Cleaning Completed By: 8/11/18.

asthma & allergy friendly™ Certificate applies to Carpet Cleaning services only. Minimum charges apply. Not valid in combination with other coupons or offers. Valid at participating locations only. Certain restrictions may apply. Call for details.

Residential only. Cannot be used for water emergency services. Combined living areas, L-shaped rooms and rooms over 300 sq. ft. are considered 2 areas. Baths, halls, large walk-in closets and area rugs are priced separately. Sectional sofas may not be separated. Sofas over 7 ft. and certain fabrics may incur additional charges. Offer not applicable to leather furniture. Offer does not include protector. Offer not applicable to certain types of flooring.

OBITUARIES

James E. Cercy



James Edward Cercy, 58, of Orlando, Florida passed away on July 19, 2018. He

was born in Daytona Beach, Florida on Dec. 5, 1959 to James A. and Zelma Hunter Cercy. James loved watching basketball and playing when he could. He was a great athlete during his time at Mitchell High School in Mitchell, Indiana, being a star football player and a runner in track. James received a scholastic scholarship to attend Indiana University. He enjoyed listening to the Beatles and loved his family dearly.

He was employed in the trucking industry for almost 40 years, ending his career as district manager with Penn Tank Lines of Chester

Springs, Pennsylvania. Jim believed there was a God and you could tell by all the beautiful things in the universe. He was a kind and generous soul who will be terribly missed by his family.

He is survived by his parents, James and Zelma Cercy of Avon Park, Florida and his brother, Joseph Cercy of Munich, Germany. He was preceded in death by his brother, Gregory.

Services entrusted to Stephenson-Nelson Funeral Home, 111 E. Circle St., Avon Park, FL 33825. Online condolences may be left at stephensonnelsonfh.com.

William H. Grotewold



William H. Grotewold, 83, passed away on

Saturday, July 21, 2018 in Sebring, Florida. He was born on Feb. 28, 1935 in Hannover, Germany to the late Wilhelm and Elfriede Grotewold. He received his U.S. citizenship while serving in the U.S. Army from 1954 to 1955 rising to E5 prior to his honorable discharge. He graduated from the Georgia Tech co-op program in March of 1963 with a Bachelor of Mechanical Engineering (BME). In 1965 he met and married his wife Helga in Cincinnati, Ohio. She traveled with him throughout his busy career in jobs ranging from development engineer to purchasing superintendent to consultant. In 1999, they settled in Sebring, Florida.

He is survived by his wife, Helga Z. Grotewold; two sons, Henry W. Grotewold of Katy, Texas and William R. Grotewold, a captain in the U.S. Navy of Landisville,

Pennsylvania. Survivors include one sister, Doris Eckel of Hannover, Germany and two grandchildren, William M. and Zachary K. Grotewold.

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

Bernadine E. Krainak

Bernadine Emma Krainak, 87, went to be with the Lord on July 21, 2018. She was born Dec. 21, 1930 in Donnelly, Minnesota, the daughter of Frances B. and Kathryn (Bieser) Marty. Bernadine married

Carl Babcock in 1950 and then studied nursing while raising their five children. She worked as a nurse for more than 40 years and was always thought of as a kind and gentle woman. Carl and Bernadine moved to Florida where he passed away in 1980. Several years later, she and George Krainak were married and in 2004 they moved to Lake Placid. She and George enjoyed volunteering at hospice for many years and she continued to do so after his passing. She also volunteered at Nu Hope in Lake Placid.

In addition to her parents and spouses, she was predeceased by her brothers, Kenneth and Robert; sister,

Patricia; son, Mark, and daughter, Cynthia. She is survived by her sister, Elizabeth Haas; daughters, Kathleen Little of Boynton Beach, Florida and Stephanie Delbert of Lake Placid, Florida; sons, Kirk Babcock of Spring Lake, Florida and Shawn Babcock of Phoenix, Arizona; and several grandchildren and great-grandchildren, who all miss her immensely.

A Mass will be held at St. James Catholic Church in Lake Placid at 11 a.m. Friday, Aug. 3 with a reception to follow. Those who wish to remember Bernadine in a special way may make gifts in her memory to hospice.

COMMUNITY NEWS BRIEFS

National Coloring Book Day

AVON PARK - National Coloring Book Day is Thursday, Aug. 2. Come celebrate the most colorful day of the year from 9:30 a.m. to 5:30 p.m. at the Avon Park Public Library, 100 N. Museum Ave. Free coloring pages and supplies will be provided. The library hosts Coloring and Coffee every other Thursday at 2 p.m. with the next one on Aug. 9. For information, call 863-452-3803.

Educator meet-and-greet

SEBRING - Join the Tutoring Center for a back-to-school meet-and-greet from 5:30 p.m. to 7:30 p.m. on Friday, Aug. 3, 4325 Sun N Lake Blvd. Open to all educators. Parents and students are welcome to attend. By attending the event, educators will be able to enter to win a \$150 spa package! Please call the Tutoring Center at 863-269-8977 by Aug. 1 to RSVP.

VFW pulled pork dinner

AVON PARK - The VFW Auxiliary will serve a pulled pork dinner from 4:30-6:30 p.m. on Friday, Aug. 3 at VFW Post 9853, 75 N. Olivia Drive in Avon Park. Includes salad, baked beans and dessert. Cost is \$8. Carryout available until sold out. Smoke-free dining room. Open to the public.

Back 2 School giveaway

LAKE PLACID - The Holy Trap Ministries Inc. presents its 5th Annual Back 2 School Giveaway at 10 a.m. on Saturday, Aug. 4, at the Journal Plaza, 231 N. Main Ave. in Lake Placid. This is a backpack and school supply drive. For information, or to make a donation, call 863-633-0145 or visit theholyptraministries.org.

Back to School Bash

AVON PARK - There will be a Back to School Bash from 10 a.m. to noon on Saturday, Aug. 4, at The Oaks at Avon, 1010 US Hwy 27 in Avon Park (across from Walmart). Free backpacks, free ice cream, live DJ, games and more! Sponsored by The Oaks at Avon, Fairway Pines and Vitas Hospice.

DIRECT CREMATION \$895

- All cremations done in Highlands County - Not out of County
- Death Certificates in your hands in less than 48 hours
- Cremation • Burials • Shipping Service
- No sales person will call • Serving all of Highlands County

Dowden Funeral Home

"We Care" • Tyrone Dowden, LFD. Locally owned & operated

2605 Bayview St., Sebring, FL 33870 • (863) 385-1546

BACK TO SCHOOL BASH!

Saturday, August 4, 2018 10 am - Noon

- ✓ Hot Dog Lunch
- ✓ Sno-Cones
- ✓ Cookies
- ✓ Inflatables
- ✓ Obstacle Course

Free backpacks with school supplies for K-12 students

City of Sebring Fire Department Truck & Other Activities.

FUN!

ST. JOHN UNITED METHODIST CHURCH

3214 Grand Prix Drive Sebring, FL

863-382-1736

Rise Above for our Pre-Construction Offer

PAYMENTS AS LOW AS \$50.00 PER MONTH

Limited Restrictions Apply Offer Good Till 08-31-2018

Lakeview Memorial Gardens

854 Memorial Drive Avon Park FL (863) 658-4268 Se Habla Español

Go ahead, be fabulous Just protect yourself.

Your Skin, Your Health, Our Expertise

Appointments Available Now! Call Us Today at **863-386-0786**

3109 Medical Way Sebring, FL 33870 www.aiod.net

New Patients Welcome

Mohs Surgery Fellow

Board Certified Dermatologist

American Institute of Dermatology

AIOD

Celebrating 20 Years Serving Our Patients!

US NEWS & WORLD REPORT BEST PLACED 2017

Heather V. Brew, P.A.-C. Darrin A. Rotman, M.D. Julie L. Iellimo, P.A.-C.

Highlands Medical Specialists

A Specialists* Practice

Dr. Francesco Ferretti is MOVING!

As of August 13th, 2018 the office will be located across from Highlands Regional Medical Center at 3435 S. Highlands Avenue, Sebring, FL 33870 the office phone number will remain the same at (863) 385-8777.

We look forward to providing great care for our patients in the new office.



VIEWPOINTS

HIGHLANDS NEWS-SUN

YOUR HOMETOWN NEWSPAPER SINCE 1919

Tim Smolarick
Publisher
tim.smolarick@highlandsnewssun.com

Romona Washington
Executive Editor
romona.washington@highlandsnewssun.com

Cliff Yeazel
Advertising Director
cliff.yeazel@highlandsnewssun.com

Rob Kearly
Circulation Director
rob.kearly@highlandsnewssun.com

Donna Scherlacher
Digital Media/Composing Director
donna.scherlacher@highlandsnewssun.com



ANOTHER VIEW

DeSoto County shows it won't be easily wooed

It was expected to be a slam dunk. A mere formality in the process to open up DeSoto County's fertile fields to phosphate mining.

After all, the Mosaic Company is not the same conglomerate that ran roughshod over local governments 30 and 40 years ago. It's not the same company that left moonscapes in its wake — all the valuable minerals dug up and processed.

Heck, Mosaic even made it possible for Arcadia to build a new rodeo arena.

So, a DeSoto County Commission meeting last Wednesday to consider rezoning 14,000 acres of land to allow mining was not supposed to be contentious. A few speakers at an earlier meeting complained of the potential noise and the lowering of property values. But commissioners had put in place policies to curb anti-phosphate advocates at this meeting. Things were expected to go smoothly.

Then the experts and attorneys for Mosaic spoke. And things went south.

Perhaps Mosaic had misjudged its audience. It should have been obvious by the standing-room-only crowd that this was not going to be a normal County Commission meeting.

Not only had DeSoto Countians turned out in force but there were dozens — maybe even a couple hundred — anti-mining proponents from outside DeSoto County. A large contingent — which had met Monday night at a Punta Gorda restaurant — drove to the meeting from Charlotte County. That was a diverse group of conservatives and liberals. They had brought in small business owners and even a former Charlotte County commissioner who recalled for them the combative lawsuits between the county and Mosaic concerning mining's impact on the Peace River, a decade ago.

As one observer related to us, you could see the mood turn as Mosaic's representatives spoke. They talked of the lack of impact mining would have on the area. Noise would be minimal. They even brought in an expert who explained that property values around the mine would go up.

That brought a response from Commissioner Elton Langford, who seriously doubted that bit of information.

Momentum slowly built on a decision — and it was going in the wrong direction for Mosaic.

We won't pretend to read the minds of DeSoto commissioners, but there was a sense in the room they were offended. They may have felt they were being taken for granted — talked down to. It was sort of a we're-not-country-bumpkins uprising that culminated when it was time to vote.

Four of the five county commissioners voted against rezoning the land. They sent a strong message that — for now — the last of the phosphate-rich lands in Florida were safe from mining.

Dennis Mader, executive director of People for Protecting the Peace River, told the Sun's Andrea Praegitzer that the decision was a milestone — almost historic.

"After 16 years of activism, I have never witnessed such a decisive victory for those of us who opposed phosphate mine expansion," he said.

Mosaic's contingent had to be stunned.

The mining company's spokesperson Jackie Barron called it disappointing and a missed opportunity for DeSoto County.

Mosaic will be back. Their attempt to mine in DeSoto is far from over.

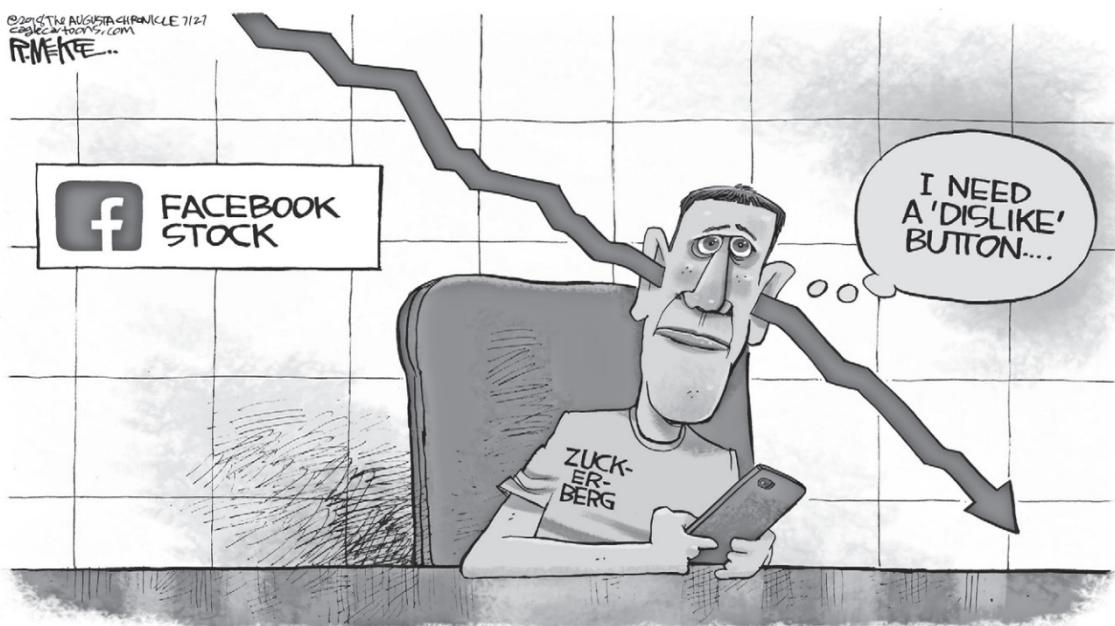
Next time, however, we expect they will do a better job of sizing up the opposition.

An editorial from the Port Charlotte Sun.

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.

©2018 THE AUGUSTA CHRONICLE 7/27
CAGLECARTOON.COM
R.M. KEENE



This long trip brings us closer together

Editor's Note: This is the third of a series of columns written by Publisher Tim Smolarick two years ago about the bonding that took place after he and his daughter went on vacation to Virginia. It was so well received, we chose to republish the series.

As our journey continues, we begin the short trek through Georgia with a quick fuel and breakfast stop, and we are on our way. Passing through the marshes of Georgia always amazes my daughter when you hit that odor that is always accompanied by the marshes.

My daughter immediately begins describing how she could not live in that area simply because of that odor and tells me she doesn't think Canada has that smell.

Now I suspect she is baiting for a debate, so I go with it. We are having a spirited conversation concerning her living somewhere she has only read about versus where she currently lives.

Reluctantly, I concede her destination of choice may be a good place to visit; however, living there is out of the question. The conversation shifts to a possible visit to Canada for her and I.

Her excitement has not wavered yet, but I sense there is not going to be any sleep for some time and



MY IMPRESSION

Tim Smolarick

realize boredom will soon set in. This day the ride on I-95 to I-26 feels like it takes forever. There is not a lot of scenery change. Each mile feels like it takes longer than the previous mile and then suddenly there are more 18-wheelers than private vehicles.

You feel out-gunned on this stretch of highway and each time you pass a truck, you could almost reach out a window and touch it.

The princess is an observant one and asks where all the trucks are headed. I jokingly tell her they are heading to the mountains as people up there need their goods. With a smile she asks me to be serious and tell her.

I begin the process of explaining how those trucks keep America going and explain the hard life of a trucker. Either she is really bored or really interested as this goes on for some time and soon we are zipping

past Savannah.

Again, I tell her to start watching the signs as we are getting close to leaving Georgia behind.

Now I have her mind occupied again and she begins to remind me that South Carolina takes an awful long time to get through and she wishes that she could sleep through the whole state.

I feel her dread of the long ride ahead and begin reminding her of the fun she will have when we do get to our destination.

This leads into a conversation about why she loves it there. She loves waking up in the morning and looking at the mountains that surround my sister's place. She loves going outside and climbing into the tree house and just watching nature wake up for the day.

I will walk out on the deck; by habit, I keep my eye on her as much as possible. I tell her when we get there the birds will begin chattering in the tall pines in the back yard during the morning, watching over her as if they missed her since she went away.

I remind her if she gets up early enough, she may spot a deer or two making their way through the woods that nestle up to the clearing of the back yard. My youngest sister has a way with animals; they just flock to her house.

Now she is really into it

and reminds me again of her freedom there and how much she learns from her uncle and cousins. She is most impressed with the simplicity that comes with living in the high country and how each day brings a new adventure.

Inside, I smile as she reminds me of a time long ago, growing up in the mountains and the adventures I had. Ironically, when I was about her age, the desire to see more of the world and leave those mountains was probably just as strong in my mind as it is in hers to get to the same place.

The signs soon began to tell we were close to finishing the drive through Georgia and soon the South Carolina beacon would welcome us for a visit.

I told her to watch the signs and out of nowhere it was there, Welcome to South Carolina. The princess was excited as we pulled into the Welcome Center and just like clockwork, she said, "I love you daddy and I am glad I came."

I was beginning to love those state signs more than she did.

Tim Smolarick is publisher of the Highlands News-Sun and Highlands Sun. Contact him via e-mail at tim.smolarick@highlandsnewssun.com

\$1 trillion economy means opportunity for Florida, but challenges remain

Florida's economy continues breaking records.

Just a few days ago Florida's Gross Domestic Product (GDP) topped \$1 trillion, the chief economist with the Florida Chamber Foundation announced. This means that if Florida was an independent country, our \$1 trillion economy would rank us as the 17th largest economy in the world and ahead of countries like Saudi Arabia, Switzerland and Argentina.

Take a moment to let that sink in.

Florida, the third largest state in the nation by population, now has one of the largest economies in the world.

I had the unique opportunity as former speaker of the Florida House to see just how far Florida has come. During the Great Recession, Florida was impacted the hardest and our recession lasted longer than any other state. I distinctly remember The Wall Street Journal asking the question, "is Florida over?" Of course, just a few years later and after an incredible economic turnaround, the WSJ published an article



FLORIDA POLITICS

Will Weatherford

commenting that Florida had found the secret to economic success. Florida has certainly come a long way in the last 10 years.

Over the past five years, Florida's GDP grew by 27.2 percent — that puts Florida's GDP growth rate in the top five states in the country. And, over the past five years, Florida has produced more than 1 out of 11 jobs in the U.S.

In fact, you would be hard pressed to find another economy with such robust growth. Florida has seen year-over-year GDP growth, jobs continue to be created and our unemployment rate continues to drop and has remained below the national average for the past several years.

Becoming a \$1 trillion economy also means Florida's reputation as a global leader in trade and logistics is once again cemented. The Florida Chamber Foundation's work on their series of Trade & Logistics reports outlined very clearly how Florida can take advantage of its business-friendly economy and unique geographic location. A growing GDP will only help us remain a global hub for international activity.

While this growth is positive news, challenges and opportunities for Florida still remain.

The Florida Chamber Foundation's Florida 2030 research initiative — which will soon be released statewide — shows the gaps Florida must close in order to continue to be globally competitive and grow smarter by 2030 and beyond. Consider that while achievement gaps are closing, 43 percent of third-graders still aren't reading at or above grade level. And while 1 in 11 jobs in the nation in the last five years was created in Florida, our state's 14.8 percent poverty rate includes 21.3 percent of

children under age 18. While Florida is better suited than most states in these areas, the Florida Chamber will continue to lead reforms that create economic opportunity.

A \$1 trillion economy is proof that when we stay focused on Florida's long-term future and remain stalwart in our commitment to quality education, free enterprise and an unmatched quality of life, it suggests that we can continue to be one of the most exciting economic stories in the world.

Taking time to celebrate these successes is appropriate, but now is not the time to rest. I encourage business leaders to work toward a common goal of securing Florida's future. If we remember that Florida's challenges are truly opportunities, Florida will continue to enjoy the blessings of economic prosperity.

Will Weatherford is a former speaker of the Florida House. The column moved on website Florida Politics. Columns are the opinion of the writer, not necessarily that of the Highlands News-Sun.

Teacher contract talks to resume Wednesday

By **MARC VALERO**
STAFF WRITER

SEBRING — The School Board of Highlands County has a tentative contract with its school support personnel, but talks continue on the instructional staff contract.

Deputy Superintendent Andrew Lethbridge said the

most recent proposal on the table for the teachers will be discussed with the School Board at executive session on Tuesday.

Negotiations with the teachers are planned for the following day on Wednesday morning.

The two associations, teachers and support staff, are working very

closely with the district team to complete bargaining for 2017-18 and 2018-19 school years, according to a joint statement from the district and unions.

A tentative agreement has been reached between the school support personnel and the district. This agreement is pending the ratification by its members and approval by the board.

According to the joint statement, the district appreciates the patience of the association members as it faced budgetary constraints. Times remain tight for the district and the associations acknowledge

the fact very little additional resources have been provided from Tallahassee.

The available funds were possible through conservative budgetary planning by the superintendent and the School Board.

"It is our mutual goal to provide wage increases to help the working families in our community. It is our desire to attract and retain quality employees

to serve the students of Highlands County," the School Board has said.

Money was added to each step on the salary schedules and eligible employees will receive a step increase.

A salary study was completed last spring. Two of the areas with the largest salary disparity were Transportation and Food & Nutrition Services personnel.

As a result of this study, bus operators,

bus attendants, Food & Nutrition general workers and Food & Nutrition assistants were all increased a pay grade in addition to the step increase.

Concerning the continuing talks on the teachers' contract, "We are optimistic that we will finalize negotiations shortly and hope to enhance salary for all instructional staff," according to the joint statement.

Avon Park woman charged with stealing, pawning stolen item

By **MELISSA MAIN**
STAFF WRITER

AVON PARK — An Avon Park woman is accused of stealing from a friend's house while pet sitting. She allegedly pawned the items at a local pawn shop.

On Monday, Highlands County Sheriff's Office charged Janet Lee Cuni, 59, with grand theft of more than \$10,000 and less than \$20,000 and dealing in stolen property.

According to the arrest report, Cuni was pet sitting for the victim for 10 days in May of 2017 when

she stole jewelry with a total value of \$10,400. She later allegedly pawned the stolen items on five different dates, ranging from August to October of 2017.

Deputies reported finding pawn slips for the stolen items with Cuni's signature and right thumb print.

The suspect told the victim where she had taken the stolen property, the report stated.



CUNI

Pet of the week



COURTESY PHOTO

Ceteus is a 5-year-old American bulldog who came from a very neglectful situation and deserves a family that will care for him.

SPECIAL TO HIGHLANDS NEWS-SUN

Name: Ceteus
Breed: American bulldog
Sex: Male

Info: Ceteus is a 5-year-old American bulldog who came from a very neglectful situation and deserves a family that will care for him.

Adoption fees: Dogs: \$75

Adoption fees for dogs include: Animal testing (parvo and heartworm), spay or neuter, vaccinations, microchip and a lifetime membership to obedience classes.

Cats: \$40
Adoption fees for cats include: Animal testing

(feline leukemia-AIDS), spay or neuter, microchip and vaccinations.

The Humane Society of Highlands County, 7321 Haywood Taylor Blvd., is open 10 a.m. to 4 p.m. Wednesday through Sunday. Closed Monday and Tuesday. Call the humane society at 863-655-1522.

Tuesday is low-cost vaccination clinic. It is open from 10 a.m. - 3 p.m. No appointment needed. They do vaccines, worming, and nail trim. Now offering low-cost dental care. They also have low cost spay/neuter on Tuesday by appointment only. Call 863-655-1522 to schedule.

Get more of what you're looking for in your SUN Newspaper!

"America's BEST Community Daily"

HILL

FINANCING AVAILABLE
CERTIFIED 100,000 MILE WARRANTY

 2012 HYUNDAI ACCENT STK#N80399A \$7,988	 2012 CHEVROLET CRUZE STK#N80158A \$9,595	 2014 CHEVY CRUZ STK#N80198A \$9,995
 2016 KIA FORTE STK#N71644A \$10,498	 2011 HONDA PILOT STK#N80359A \$11,995	 2015 HYUNDAI SONATA STK#P3021A \$12,996
 2012 MINI COOPER STK#N80423A \$12,998	 2016 TOYOTA COROLLA STK#N80151B \$13,495	 2015 JEEP PATRIOT STK#N80356A \$13,899
2017 CHEVROLET CAMARO SS STK#N71356A2 \$36,995	THIS WEEK'S MANAGER SPECIAL! 2017 FORD SHELBY STK#P3142A1 \$51,995	2017 FORD F-150 RAPTOR STK#N80652A \$66,497
 2015 MINI COOPER STK#P3211A \$13,996	 2013 GMC TERRAIN STK#N80657B \$14,995	 2013 LINCOLN MKS STK#P3069A \$15,993
 2016 NISSAN FRONTIER STK#N80187A \$20,988	 2016 NISSAN FRONTIER SV STK#N80750A \$20,995	 2017 FIAT 124 SPIDER CLASSICA STK#N80656B2 \$21,995
 2014 NISSAN MURANO LE STK#P3364A \$22,995	 2015 CADILLAC ATS STK#P3340 \$23,995	 2015 NISSAN XTERRA 4X4 STK#N80031A \$28,995
 2017 NISSAN MAXIMA PLATINUM STK#P3384 \$31,995	 2017 NISSAN TITAN SL STK#N80396A \$36,995	 2016 CADILLAC ESCALADE STK#N71651A \$59,988

Must finance with Nissan or lose \$1,000 Discount. Photos are for illustration purposes only. *See dealer for details.

Where you spend your money matters!

Save a job in your community:

Shop local!

HILL NISSAN
www.hillnissan.com

6401 Cypress Gardens Boulevard, Winter Haven • 863-299-2161

Sales Hours: Mon.-Thurs 8:30-8; Fri. 8:30-7, Saturday 9-6, Sunday 12-5

Service Hours: Monday thru Friday 7:30-5:30, Saturday 8-5

OPEN SUNDAYS 12-5

SE HABLA ESPAÑOL

HOMES

FROM PAGE 1

penalties, which earned a 5 star rating.

- The Oaks at Avon, 1010 U.S. 27 N., Avon Park, was awarded a three-star overall rating and a three (average) star rating on the overall health inspection rating. The overall staffing rating and quality of resident care each earned three stars. The penalty category was given three stars.

- The Palms of Sebring, 725 S. Pine St., Sebring, scored one star for the overall rating and one star for the overall health

inspection rating. The overall staff rating and overall quality of resident care and penalties each received one star.

- Kenilworth Care & Rehabilitation Center, 3011 Kenilworth Blvd., Sebring, earned 4 out of 5 stars for overall rating and 4 out of 5 stars on the overall health inspection rating. In the overall staffing category, the facility's staff earned four stars. Four stars were earned in the overall quality of resident care and penalties categories.

- Lake Placid Health and Rehabilitation Center, 125 Tomoka Blvd. South, Lake Placid, received 4 out of 5 stars

for both the overall and overall health inspection ratings. Overall staffing and overall quality of resident care were both rated as 4 out of 5 stars. The facility was also given a four star rating on penalties.

To compare nursing homes, visit medicare.gov/nursinghomecompare.

While some local facilities have a nursing home component, the facility itself may be listed as a continuing care facility with Medicare. An identical comparison for assisted living facilities is not available, however Floridahealthfinder.com is a good tool.

HOPE

FROM PAGE 1

working, they tie a red ribbon around them for the City of Sebring to see so that the lights can be fixed.

What difference does cleaning up a neighborhood have on crime? Areas that are clean and have fewer code enforcement violations generally have less crime. According to Hart, cleaning up the area will help reduce crime.

“Our ultimate goal in code enforcement is compliance,” Hart said. “Being able to bring properties that are in violation into compliance means that our neighborhoods and business areas have the appearance of being kept up, thereby creating safer, healthier living and working areas.”

In Sebring, the police and code enforcement departments are consolidated. “Having code



MELISSA MAIN/STAFF

Carolyn and Cleveland Williams, along with five young men from Brilloco Institute, are mowing lawns in the Washington Heights area with a rusty lawn mower.

enforcement consolidated with the police department enhances our ability to better identify the areas of our community that have fallen into disrepair or have become eyesores for others living in or traveling through those areas of our city,” Hart said.

“Being consolidated means that we have several patrol officers and code officers who are able to identify and refer possible code violations for action and

compliance,” he said. “Vice versa, sometimes our code officers may observe criminal violations in progress and are able to immediately call for law enforcement assistance.

“In some instances, code cases may turn into criminal cases where being consolidated means that we have the ability to run both investigations concurrently and freely exchange information between each division.”

BNB

FROM PAGE 1

for my stay. It was quiet, scenic, nicely kept and everyone was neighborly. The apartment was very clean and comfortable. Everything I needed for my stay was there. Parking spot right out front. Laundry on the property. Just the right place for two people to have a very private, comfortable stay. I highly recommend.”

Byrd stated, “People tell me that they sleep so good there. I have a memory foam mattress on the bed.”

Although the lodging is just \$27 per night, there are additional fees to consider. Airbnb hosts also add cleaning fees, service fees and occupancy taxes and fees to their advertised rates. For example, the cleaning fee is only charged once, but it is an additional \$30 for Byrd's lodging.

Here is a breakdown



COURTESY PHOTO

People who stay at this Airbnb on the shores of Lake Josephine describe the place as spotless and relaxing.

for typical costs at the most “wish-listed” vacation spot in the county for a three-night stay: \$27 per night for a total of \$81, \$30 cleaning fee, \$15.98 service fee and \$10.55 occupancy taxes and fees for a grand total of \$137.53 for three nights. This brings the nightly average to \$45.84, which is still an incredible value for being steps away from beautiful Lake Josephine.

With this value, it is easy to understand why the vacation spot

is almost always rented. However, Byrd does allow a day between reservations to clean it.

Byrd said, “My partner and I love Airbnb because we meet a lot of people all over the country. Someone from South Dakota stayed at our place when they came to adopt a baby, and visiting medical professionals love to stay here, often for one to three months at a time.

“It's a great way to meet people and do low-key business,” Byrd said.



COURTESY PHOTO

Carolyn and Cleveland Williams are working to clean up the Washington Heights area. Five youth from the Brilloco Institute have joined the clean-up effort. They want the neighborhood to be a safe and beautiful place for residents to live. This picture shows the difference that mowing lawns makes in the neighborhood.

Notice of Budget Hearing

The SCHOOL BOARD OF HIGHLANDS COUNTY

will soon consider a budget for 2018-2019.

A public hearing to make a DECISION on the budget AND TAXES will be held on:

July 31, 2018

5:05 p.m.

at

**School Board of Highlands County
426 School Street
Sebring, Florida**

Notice of Tax for School Capital Outlay

The School Board of Highlands County will soon consider a measure to continue to impose a 1.500 mill property tax for the Capital Outlay projects listed herein.

This tax is in addition to the School Board's proposed tax of 4.822 mills for operating expenses and is proposed solely at the discretion of the School Board.

Capital Outlay tax will generate approximately \$7,619,289 to be used for the following projects:

CONSTRUCTION AND REMODELING; MAINTENANCE, RENOVATIONS, AND REPAIRS;

Reimbursement of the maintenance, renovation, and repairs paid through the General Fund as permitted by Florida Statute.
Facility Maintenance and Improvement County Wide

MOTOR VEHICLE PURCHASES;

NEW AND REPLACEMENT EQUIPMENT, COMPUTER, AND DEVICE HARDWARE AND OPERATING SYSTEM SOFTWARE NECESSARY FOR GAINING ACCESS TO OR ENHANCING THE USE OF ELECTRONIC AND DIGITAL INSTRUCTIONAL CONTENT AND RESOURCES, AND ENTERPRISE RESOURCE SOFTWARE

County Wide Equipment

Enterprise resource software acquired via license/maintenance fees or lease agreements

PAYMENTS FOR EDUCATIONAL FACILITIES AND SITES DUE UNDER A LEASE PURCHASE AGREEMENT;

- Sebring High Addition and Remodeling -(1992)(2000)(2006)
- Lake Placid Middle School -(1992)(2006)
- Hill-Gustat Middle School Addition-(2006)
- Park Elementary - (1992)
- Lake Country Elementary Addition -(1992)
- Cracker Trail Elementary-(1992)
- Lake Placid High Addition and Remodeling -(2000)(2006)
- Lake Placid Middle School Addition - (2006)
- Woodlawn Elementary Addition and Remodeling -(2000)
- Fred Wild Elementary Addition and Remodeling -(2000)
- Avon Elementary Addition and Remodeling -(2000)
- Avon Park Middle School Addition -(2006)
- Sun'N Lakes Elementary Addition -(2000)
- Cracker Trail Elementary Addition - (2000)
- Lake Placid Elementary Addition - (2005)
- Kindergarten Center -(2005)(2006)
- Memorial Elementary School A (2006)

PAYMENTS FOR RENTING AND LEASING EDUCATIONAL FACILITIES AND SITES;

Lease of Fireman's Field

PAYMENTS OF LOANS APPROVED PURSUANT TO SS. 1011.14 AND 1011.15, F.S.

PAYMENT OF PREMIUMS FOR PROPERTY AND CASUALTY INSURANCE NECESSARY TO INSURE THE EDUCATIONAL AND ANCILLARY PLANTS OF THE SCHOOL DISTRICT
Insurance Premiums on District Facilities

PAYMENT OF COSTS OF LEASING RELOCATABLE EDUCATIONAL FACILITIES
Leasing of Portable Classrooms

All concerned citizens are invited to a public hearing to be held on July 31, 2018, at 5:05 p.m. at the School Board of Highlands County, 426 School Street, Sebring, Florida.

A DECISION on the proposed CAPITAL OUTLAY TAXES will be made at this hearing.

Researchers help rare butterfly take flight in the Keys

By JENNIFER KAY

THE ASSOCIATED PRESS

KEY LARGO — For the first time in almost a decade, a rare and endangered butterfly is flying in the main stretch of the Florida Keys, once again defying the hurricanes and habitat loss that had brought it to the brink of extinction.

Researchers hope the Miami blue butterfly — a delicate creature with a wingspan about as wide as an adult's thumb — can find a way to thrive in a fragile environment that needed extensive restoration after Hurricane Irma's landfall with 130-mph (210-kph) winds last September.

"It is very tenuous, and all you can do is keep plugging away," said Jaret Daniels, director of the McGuire Center for Lepidoptera and Biodiversity at the Florida Museum of Natural History at the University of Florida.

The Miami blue is one of two federally protected butterflies released in the island chain this week as part of a project aimed at increasing their numbers in the wild and expanding their ranges. The releases were delayed almost a year because of damage left behind by Irma.

Daniels led a team of researchers placing about 150 dark blue, bean-sized chrysalises, protected from predators by plastic tubes, near grey nickerbean and blackbead plants in Long Key State Park on Tuesday. The first butterflies emerged from their protective tubes Wednesday.

"A kind of big whoo-hoo went up" when the first photograph of a Miami blue flying in the Layton park arrived in the lab, Daniels said.

The Miami blue was once common in coastal areas from the Keys north to Tampa Bay and Cape Canaveral, until development eliminated its habitat. It was feared extinct after Hurricane Andrew ravaged South Florida in 1992, until two isolated populations were rediscovered in the Keys.

Unfortunately, one of those populations was in a state park that around 2009 became infested with invasive iguanas that ate the plants where the butterfly laid its eggs. Before Tuesday, the only wild population survived on a remote island off Key West.

"They're down to kind of all the eggs in one basket, so to speak," Daniels said. "If we can expand the range and significantly increase the numbers, it will have much more flexibility to persist for years to come. Now it's so restricted in range and numbers that it doesn't have the flexibility to deal with tropical storms or hurricanes or other disturbances."

Hundreds of chubby caterpillars of another endangered butterfly, Schaus' swallowtail, were hooked onto the leafy branches of wild lime



THE ASSOCIATED PRESS

Jaret Daniels, of the Florida Museum of Natural History, holds a container containing a caterpillar of the endangered butterfly, Schaus' swallowtail, at the John Pennekamp Coral Reef State Park, Monday, July 23, in Key Largo, in the Florida Keys. The Schaus swallowtail and the Miami blue butterfly are one of two federally protected butterflies re-introduced in the island chain this week as part of a project aimed at increasing their numbers in the wild and expanding their ranges.

trees Monday in John Pennekamp Coral Reef State Park. Researchers hope they will survive predators such as birds and lizards, as well as tropical storms, to grow into butterflies with bright yellow-and-brown stained-glass patterns and 5-inch wingspans.

Schaus' swallowtails historically lived in tropical hardwood hammocks from Miami south into the Keys, but their population crashed as droughts desiccated their remaining habitat. By 2012, only four were spotted in the wild, and a last-ditch captive

breeding program began in Daniels' lab in Gainesville.

Hundreds of lab-bred butterflies and caterpillars were released in Biscayne National Park, and several years later, researchers say those populations have significantly increased



In this undated photo is a Miami blue butterfly at the Florida Museum of Natural History in Gainesville. The Miami blue butterfly and Schaus' swallowtail are federally protected butterflies that were re-introduced in the Florida Keys, Tuesday, July 24, as part of a project by the Florida Museum of Natural History aimed at increasing their numbers in the wild and expanding their ranges.

and appear sustainable.

Biologists from the university, Florida's Department of the Environmental Protection and the U.S. Fish and Wildlife Service participated in the releases. Lab-raised adult butterflies of both species will be released in the Keys in the coming months.

The butterflies are among the rarest insects in North America, and they face daunting

challenges even in parks protecting their habitat: They live on low-lying islands prone to rising sea levels, storm surge flooding, fierce hurricane winds, droughts and invasive predators.

"All butterflies are food for other organisms in one life stage or another. They pollinate flowers. They have a lot of impact on the environment as a group," Daniels said. "But if they're gone, they're gone."

BUDGET SUMMARY NOTICE THE SCHOOL BOARD OF HIGHLANDS COUNTY FISCAL YEAR 2018/2019

PROPOSED MILLAGE LEVY:

OPERATING	
LOCAL EFFORT	4.062
PRIOR PERIOD ADJUSTMENT	.012
DISCRETIONARY	.748
CRITICAL OPERATING NEEDS	.000
DEBT SERVICE	.000
CAPITAL OUTLAY	1.500
TOTAL MILLAGE	6.322

THE PROPOSED OPERATING BUDGET EXPENDITURES OF THE SCHOOL BOARD OF HIGHLANDS COUNTY, FLORIDA ARE 3.0 PERCENT MORE THAN LAST YEAR'S TOTAL OPERATING EXPENDITURES.

REVENUES	GENERAL	SPECIAL REVENUE	DEBT SERVICE	CAPITAL PROJECTS	ENTERPRISE FUNDS	INTERNAL SERVICE FUNDS	TOTAL FOR FUNDS
Federal	740,000.00	18,631,522.05	0.00	0.00	0.00	0.00	19,371,522.05
State Sources	64,494,150.00	116,000.00	255,290.00	703,544.00	310,000.00	0.00	65,878,984.00
Local Sources	26,237,932.00	723,000.00	0.00	12,839,289.00	280,416.00	16,550,000.00	56,630,637.00
TOTAL REVENUES	91,472,082.00	19,470,522.05	255,290.00	13,542,833.00	590,416.00	16,550,000.00	141,881,143.05
Transfers In	1,841,756.00	0.00	4,083,937.52	0.00	0.00	0.00	5,925,693.52
Nonrevenue Sources	0.00	0.00	0.00	0.00	0.00	0.00	0.00
FUND BALANCES - JULY 1, 2018	4,564,293.09	719,460.59	202,149.96	3,629,711.28	507,276.75	5,796,210.46	15,419,102.13
TOTAL REVENUE & BALANCES	97,878,131.09	20,189,982.64	4,541,377.48	17,172,544.28	1,097,692.75	22,346,210.46	163,225,938.70
EXPENDITURES							
Instruction	56,890,045.00	5,239,674.00	0.00	0.00	0.00	0.00	62,129,719.00
Pupil Personnel Services	4,894,443.00	1,442,439.80	0.00	0.00	0.00	0.00	6,336,882.80
Instructional Media Services	702,350.00	0.00	0.00	0.00	0.00	0.00	702,350.00
Instructional Curriculum Dev. Serv.	1,437,771.00	1,430,241.00	0.00	0.00	0.00	0.00	2,868,012.00
Instructional Staff Training	513,796.00	1,646,626.00	0.00	0.00	0.00	0.00	2,160,422.00
Instructional Technology	306,214.00	1,190,733.00	0.00	0.00	0.00	0.00	1,496,947.00
Board of Education	554,680.00	0.00	0.00	0.00	0.00	0.00	554,680.00
General Administration	459,851.00	260,808.25	0.00	0.00	0.00	0.00	720,659.25
School Administration	6,024,730.00	0.00	0.00	0.00	0.00	0.00	6,024,730.00
Facilities Acquisition Construction	0.00	0.00	0.00	10,194,860.27	0.00	0.00	10,194,860.27
Fiscal Services	805,165.00	0.00	0.00	0.00	0.00	0.00	805,165.00
Food Services	0.00	8,236,000.00	0.00	0.00	0.00	0.00	8,236,000.00
Central Services	1,158,051.00	0.00	0.00	0.00	0.00	0.00	1,158,051.00
Pupil Transportation Services	6,020,271.00	21,000.00	0.00	0.00	0.00	0.00	6,041,271.00
Operation of Plant	9,210,908.00	3,000.00	0.00	0.00	0.00	0.00	9,213,908.00
Maintenance of Plant	2,308,626.00	0.00	0.00	0.00	0.00	0.00	2,308,626.00
Administrative Technology Services	773,504.00	0.00	0.00	0.00	0.00	0.00	773,504.00
Community Services	414,745.00	0.00	0.00	0.00	0.00	0.00	414,745.00
Debt Services	0.00	0.00	4,332,740.02	0.00	0.00	0.00	4,332,740.02
Internal Services Funds	0.00	0.00	0.00	0.00	590,416.00	16,050,000.00	16,640,416.00
TOTAL EXPENDITURES	92,475,150.00	19,470,522.05	4,332,740.02	10,194,860.27	590,416.00	16,050,000.00	143,113,688.34
Transfers Out	0.00	0.00	0.00	5,925,693.52	0.00	0.00	5,925,693.52
FUND BALANCES - JUNE 30, 2019	5,402,981.09	719,460.59	208,637.46	1,051,990.49	507,276.75	6,296,210.46	14,186,556.84
TOTAL EXPENDITURES TRANSFERS AND BALANCES	97,878,131.09	20,189,982.64	4,541,377.48	17,172,544.28	1,097,692.75	22,346,210.46	163,225,938.70

The Tentative, Adopted, and/or Final Budgets are on file and are available for public inspection at the Office of the County Superintendent of Schools, in the School Board of Highlands County Administration Building, 426 School Street, Sebring, Florida.

BY: DR. BRENDA LONGSHORE, SUPERINTENDENT OF SCHOOLS

Want To Get Great GAS MILEAGE?
It's Easy...Just SHOP YOUR LOCAL RETAILERS.

Driver in rollover accident is back home

Cited by SPD in wreck

By PHIL ATTINGER
STAFF WRITER

SEBRING — Jamie Curley, 40, is back home in Sebring, resting from his wreck a month ago.

However, Sebring Police have cited him with violation of the right of way in the wreck that put him in the hospital.

Sebring Police Cmdr. Curtis Hart said police heard back from Curley on Wednesday, essentially the first contact they'd had with him since initial interviews after the wreck at 4:40 p.m. June 22.

"He's at home doing well," Hart said. "He doesn't have any memory of the wreck itself."

Curley made a left turn from northbound U.S. 27 toward Hammock Road during a late Friday afternoon commuting hour.

At the same time, a gray 2016 Nissan Frontier crew-cab pickup, driven by 38-year-old Mark Lee of Sebring, was southbound, according to Sebring Police Sgt. Viviane Buck.

Witnesses told police that both had green lights, Buck said.

However, in such situations, through-traffic would have the right of way over left-turning traffic.

Curley's car was hit in the passenger side. It sent Curley to Lakeland by Aeromed

helicopter and Lee to Highlands Regional Medical Center by Highlands County Emergency Medical Services.

The impact also caved in the right side of the Jeep and flipped it onto the southwest corner of the intersection.

It landed on the driver's side, stretched across the asphalt bike path.

The pickup spun counterclockwise and stopped in the intersection, facing north.

The crash also rerouted southbound traffic for more than an hour onto Flare Road/Brunns Road and other back roads to re-enter U.S. 27 at Golfview Road.



FILE PHOTO

Fire crews and emergency medical personnel load 40-year-old Jamie Curley of Sebring, right, onto a gurney recently after his 2004 Jeep Cherokee got hit and flipped, landing on the southwest corner of U.S. 27 and Hammock Road.

Greyhound group asks judge to remove racing ban from ballot

By LLOYD DUNKELBERGER
NEWS SERVICE OF FLORIDA

TALLAHASSEE

—Arguing that it is misleading, the Florida Greyhound Association on Thursday asked a judge to remove from the November ballot a constitutional amendment that would ban dog racing in Florida.

"The (ballot) title and summary must be accurate. It must be informative. The title and summary cannot be misleading either expressly or by omission," Major Harding, the lawyer representing the greyhound group, told Leon County Circuit Judge Karen Gievers. The association represents greyhound owners, breeders and trainers.

Harding, a former Florida Supreme Court justice, argued that the ballot title and summary for Amendment 13 is misleading on several

grounds, including the fact that it would not ban all dog-race wagering in the state.

The measure, placed on the ballot by the state Constitution Revision Commission, would still allow tracks to conduct betting on dog races that are broadcast from outside the state, Harding argued.

"The title 'Ends Dog Racing' is false and will mislead Florida voters as to the breadth of the proposed amendment," he said.

Harding also said the title and summary make no mention of a provision in the amendment that establishes "the humane treatment of animals" as a "fundamental value" of the people of Florida. That provision could be broadly applied and impact other activities involving animals, such as university research, he

added.

"Fundamental value language is important and has significant legal effect," Harding said, noting the only other mention of a "fundamental value" in the state Constitution is related to public schools.

Jordan Pratt, a deputy solicitor general representing the state, said the ballot language for Amendment 13, which would ban commercial dog racing after Dec. 31, 2020, is neither misleading nor fails to state its main purpose.

As for misrepresenting the racing ban since "simulcasting" of out-of-state dog races would still be allowed, Pratt said prior court decisions on amendment ballot language have presumed "voters have a certain amount of common knowledge and common sense."

"One of the things that Florida voters certainly understand is that in voting on a proposed amendment to the Florida Constitution they are voting on what the law should be in Florida and not any other state," Pratt said.

Pratt and other lawyers defending the proposed dog-racing ban said the "fundamental value" language was part of an introductory phrase for the amendment and would not have the wide-ranging impact claimed by the opponents.

"The fundamental value language in proposed Amendment 13 is simply a declaration," Pratt said. "There are no judicially ascertainable standards by which a court could, as plaintiffs speculate, enforce that free-standing language to other contexts."

Gievers specifically

questioned the lawyers about the opponents' claim that the ballot language fails to disclose its impact on another provision in the Constitution that allowed slot machines at dog tracks and other pari-mutuel facilities in Broward and Miami-Dade counties.

Harding said the slot-machine language, which was approved by voters in 2004, allowed the expanded gambling at facilities with live racing. If Amendment 13 is passed, it would break "a compact with Florida voters" by allowing slot machines at dog tracks that would become stand-alone casinos without any racing, Harding said.

But Pratt said the 2004 amendment was focused on "the original authorization" of the slot machines in the two counties and that Amendment

13 would have no impact on that activity.

The ballot summary, which specifically says "other gaming activities" are not affected, exceeds the disclosure standards and "correctly advises voters on its lack of impact on existing slot machines," Pratt said.

Gievers said she expected to issue her opinion "quickly," after reviewing the arguments submitted by both the opponents and opponents of the amendment.

The proposed dog-racing ban is one of 13 state constitutional amendments on the Nov. 6 general-election ballot. Eight of the amendments, including Amendment 13, were put on the ballot by the state Constitution Revision Commission.

In order to be enacted, each amendment must win support from at least 60 percent of the voters.

MILLENNIUM PHYSICIAN GROUP NOW IN HIGHLANDS COUNTY!

Millennium Physician Group's mission is to **connect** patients to the best doctors, service and quality for every patient, every time.

...

We are proud to be new members of this amazing community!

CALL US TODAY!

Sebring
2227 U.S. 27 South
Sebring, FL 33870
(863) 202-8100

Avon Park
1659 US 27 North
Avon Park, FL 33825
(863) 657-0710

MILLENNIUM
PHYSICIAN GROUP

www.MillenniumPhysician.com

(From left to right: Stephen Piccione, M.D., Cheri McCue, M.D., Sunaina Khurana, M.D., Christina Hill, ARNP)



LOCAL SPORTS

Sertoma golfers keep swinging



MARK PINSON/STAFF

Casey Strickland blasts out of the bunker on the ninth hole during Thursday's Sertoma Junior Golf Tour event at the Country Club of Winter Haven.

Junior Golf Tour traveled to Country Club of Winter Haven

By MARK PINSON
STAFF WRITER

WINTER HAVEN - The Sertoma Junior Golf Tour ventured to Polk County and the Country Club of Winter Haven for Thursday's tournament.

The 35 junior golfers, ages 6-18, competed in the ninth event of the summer golf tour and posted some impressive scores in spite of the sweltering conditions and difficult layout.

"The kids did a great job because it was hot and it's a grind out there on the course," said Sertoma Junior Golf Tour Director Andy Kesling. "I'm really proud of all of them because it's tough to focus in this kind of

heat."

With only the Tour Championship remaining on the schedule, Thursday's tournament at the Country Club of Winter Haven was important in several of the age groups where first place is still up for grabs.

In the boys 16-18 age group, Dylan Crawford and Zachary Deuberry tied at 81, but Crawford won on the first playoff hole to earn top honors. Will Redding came in third place with a 95, Andrew Graham had a 101, Clayton Osha shot a 121 and William Celentano had a 126.

"Dylan and Zachary had to go extra holes and that's great experience

for both of them," said Kesling. "Playing under pressure is something you have to learn and everybody handles it differently."

Hannah Revell continued her sterling play in the girls 14-18 division by posting a 77, while Ashley Engle carded an 81, Alyssa Jordan had a 90 and Samantha Payne finished at 117.

"That's a good score by Hannah and she continues to post some solid numbers," Kesling said. "All the girls have improved. Hannah will play golf at Webber International University this fall while Ashley and Alyssa will play high school golf."

In the very competitive

boys 14-15 age group, Lane Revell finished first with a 79, Ranen Carmichael placed second at 88, Avery Hurst shot a 90, Zach Doorlag, Beckham Donovan and Owen Moses tied at 92, Kaleb Revels carded a 98 and Casey Strickland shot a 106.

"Lane is hitting his stride late in the season," Kesling said. "It's close in the point standings and it will be interesting to see who comes out on top in the final event of the season which is the Tour Championship at Sun 'n Lake Golf Club."

In the boys 11-13 division Marquez Angeles finished first with a 45,

JUNIOR | 2



JOHN ROUSCH

Flightlines

Can steers fly?

As a 4-H agent in a previous time in my career, I have seen steers make some amazing leaps and bounds at 4-H

weigh-ins and other show ring activities, but can they fly?

It would seem to Katie Pribyl they might be able to just that. Growing up in big sky country on a Montana cattle

ranch, Katie was in a 4-H family. Her mom and dad met through 4-H, so this clover patch was very thick.

The family lived in a rural area with a small population, as Katie was in a high school graduating class of 15. On the ranch you learned to be resourceful, hardworking and determined. Katie also through 4-H was able to

participate in a summer youth exchange with another 4-H youth from Japan.

When she was flying to Japan on the Boeing 747, she was enthralled with the aircraft and what aviation could do

to bring people and cultures together. The saying that: "A mile of highway will take you out of town, a mile of runway will take you to the world" captured the heart of the young wide-eyed girl from Montana.

Coming home after changing planes to a smaller regional aircraft and flying over the front range mountains, they

encountered some turbulence, and that excited her even more. After arriving home, she told her parents she

wanted to make a career flying airplanes.

No one in her family was a pilot or had an association with aviation. A

STEERS | 4

Tommie, Swartz tie at Highlands Ridge qualifier



ALLEN MOODY/STAFF

Players in the Heartland Golf Championship qualifier at Highlands Ridge North take a group shot before play on Saturday.

Initial deadlock in Heartland Golf Championship

BY ALLEN MOODY
HIGHLANDS SUN EDITOR

The first tie atop of the leaderboard for the Heartland Golf Championship qualifiers took place at Highlands Ridge North on Saturday, as both Jason Tommie and Terry Swartz notched scores of 42. There were 12 players total who enjoyed a solid day of golf at Highlands Ridge, as Joe Pace and the staff had the course in top shape, which provided a good challenge for all players.

"I shot OK," Swartz said before the final scores were announced.

Toni Fletcher was the lone female in the field and scored 32 points, netting

points on all but one hole.

"The competition was tough, but I won," she quipped afterwards, but as one of the few females to have competed in the qualifying rounds so far, she has to like her chances of winning the five-night cruise for two people that will be awarded to both the men's and women's champions at the Championship Tournament at River Greens Golf Course in September.

Fletcher said it was an enjoyable event.

"I had a great time," she said.

Tommie said the competition was tough and he's

QUALIFY | 6



From left; Terry Swartz, Toni Fletcher, Jason Tommie and Highlands News-Sun Publisher Tim Smolarick.

Imperato prepares for "home race"

Drives in second Porsche GT3 Cup Challenge

SPECIAL TO HIGHLANDS
NEWS-SUN

Of all the races on the Porsche GT3 Cup Challenge USA by Yokohama, none are closer to home for Brooklyn, New York native Anthony Imperato than last month's double-header at Watkins Glen International.

However, Imperato considers next weekend's pair of races at Road

America in Elkhart Lake, Wisconsin a "second home race," so to speak. Imperato, who drives the No. 91 Wright Motorsports Porsche 911 GT3 Cup car in the Platinum Cup class, is supported by his family's company, Henry Repeating Arms, which has its manufacturing headquarters in Rice Lake, Wisconsin.

"It's a home track for the company, not so much myself," Imperato says. "That's part of my life, so

we consider it a 'home track' for us and the brand. We enjoy manufacturing in this state. We have some really great employees.

"We've been thanked here even at the track for manufacturing in the state, so it feels really good when people appreciate what you do. We have a lot of fans of the brand in this area and we've had a lot of great interactions with them here at the track. We love that. The brand

thrives off of the customer, so it's a great overall thing for us."

In addition to its longstanding support of Imperato's Porsche, the brand made some other racing headlines earlier this week when it was announced as the sponsor of the No. 90 Chevrolet Camaro that IMSA WeatherTech SportsCar Championship regular Andy Lally will drive in



IMSA PHOTO

Anthony Imperato will drive the No. 91 Wright Motorsports Porsche 911 GT3 Cup car in the Platinum Cup class at Road America.

RACE | 5

JUNIOR

FROM PAGE 1

while Ben Trevino was a close second at 46, Matthew Suarez shot a 53, Ian Frasier had a 54, Jarrett Hornick and Cole Fann tied at 55, J.R. Redding had a 56 and Trent Bray and Samuel Braxton tied at 61.

"That was a big win by Marquez because it puts him in first place heading into the Tour Championship," Kesling said. "That's a close

division and it's going to be fun to watch to see who comes out on top."

Madelynn Depner won the girls 11-13 age group with a 66.

In the boys 9-10 age group, Devin Wortinger finished first with a 46, while Dillon Parnell placed second with a 49.

"It's nice to see Devin win his first event of the season," said Kesling. "Dillon has been playing well and both of those boys have bright futures in the game."

Liam McCann won the boys/girls 6-8 division

with a score of 31, Jordan Castillo came in second place with a 32, Hannah Castillo carded a 34 and Jenesi Trevino had a 45.

"There are some really talented players in that group," said Kesling. "Liam is a good player, the Castillo kids have beautiful swings and Jenesi continues to improve."

After a two-week break, the summer season wraps up with the two-day Tour Championship at Sun 'n Lake Golf Club on Aug. 18-19. After the final round, an awards

banquet will be held in the beautiful and picturesque Island View Restaurant.

"The Tour Championship is our last event of the season and we'll play Turtle Run one day and Deer Run the other," said Kesling, who is a professional at Sun 'n Lake Golf Club. "It's been a fun summer and it's awesome to recognize the kids for all of their hard work at the awards banquet. I have a lot of respect for what they do and I'm very proud of all of them."



Zach Doorlag strokes this putt during Thursday's Sertoma Junior Golf Tour event at the Country Club of Winter Haven.



MARK PINSON/STAFF

Kaleb Revels putts on the ninth green during the Sertoma Junior Golf Tour event at the Country Club of Winter Haven on Thursday.



Ranen Carmichael watches this putt on the ninth green during Thursday's Sertoma Junior Golf Tour event in Winter Haven.



Fourteen-year-old Owen Moses watches this putt during Thursday's Sertoma Junior Golf Tour event at the Country Club of Winter Haven.



Request your free X-Ray Review

Your X-Ray Review will:

- ✓ Scientific Risk analysis for your portfolio.
- ✓ Show you if you're exposed to fees or hidden charges. And how to *rectify* this.
- ✓ Measure the level of risk your portfolio is exposed to. And let you know if it's *appropriate* for you.
- ✓ Show you how diverse your portfolio is. And - if necessary - how you can *improve* it.

Call us **FOR FREE RISK analysis**

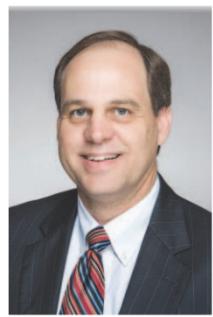
Statler Financial

YOUR FINANCIAL SECURITY IS OUR BUSINESS

Join Phillip Statler

Every Saturday 12pm - 1pm
and Sundays 10am - 11am

WWTK
AM 730
TALKRADIO
TK 730
ON YOUR AM DIAL



147 S. Ridgewood Dr. | Sebring, FL 33870
863-382-0037
www.statlerfinancial.com

Investment advisory services offered through Statler Financial Services, Inc.

SPONSORSHIP OPPORTUNITIES AVAILABLE!

HIGHLANDS NEWS-SUN
YOUR HOMETOWN NEWSPAPER SINCE 1919

Championship Tournament Sponsor
FLORIDA HOSPITA

Heartland GOLF CHAMPIONSHIP

***Championship Prize Awarded to both the Men's and Women's Division Champion. Each will receive a...**

5 Night Western Caribbean Cruise for 2

PROVIDED BY
Cruise & Tour Supermarket & Celebrity X Cruises

6th opportunity to qualify THIS SATURDAY! REGISTER NOW!

Saturday, August 4th

Placid Lakes GOLF COURSE

Open to amateurs with a valid handicap.
Ladies & Mens Divisions.
Pro Am Points.
50% of the field will advance to Championship tournament.

HOLE SPONSORS:
Professional Hearing Aid Centers
Royal's Furniture • Cody's
Dimitri's • Huston Chevrolet
J. Bianca Financial • AB Carts • SFSC
AAA Direct Discount
Cowpoke's Watering Hole
Gulf Coast Supply
The Blue Lagoon Saloon
Lampe & Kiefer
Florida Lakes Surgical
The Palms of Sebring • Lakeshore Mall
Turner Furniture • Ideal Golf

Qualifying Tournament - Placid Lake Golf Members \$30 non-members \$50
Additional \$30 Fee for qualifying player to play in championship tournament.
For more details & registration contact Cliff Yeazel at 863.386.5844

2 EVENTS IN 4 DAYS WE PAY MORE! \$10 MILLION DOLLARS

MON., JULY 30TH AND TUES., JULY 31ST • 10:00 A.M. - 5:00 P.M.
HOLIDAY INN EXPRESS 4389 Keiber Blvd. (behind Denny's), Sebring, FL 33870

WED., AUG. 1ST AND THUR., AUG. 2ND • 10:00 A.M. - 5:00 P.M.
LA QUINTA INN & SUITES 4115 US 27 SOUTH, SEBRING, FL 33870



"I've been insuring my late Aunt's jewelry for a decade now, I was ensured a great home would be provided for her items and no more insurance payments. Wonderful people."

MENS & LADIES WATCHES



PATEK PHILIPPE, VACHERON & CONSTANTINE, ROLEX, LE COULTRE, CARTIER, TIFFANY, INTERNATIONAL, UNIVERSAL, OMEGA, MOVADO, HAMILTON, GRUEN AND MANY MORE. POCKET WATCHES LIKE RAILROAD, TIME REPEATING, CHRONOGRAPHS, ENAMEL, BRING HIGHER PREMIUM PRICES.

MODERN & ANTIQUE JEWELRY!



THERE IS ALWAYS DEMAND FOR ALL TYPES OF JEWELRY: EARRINGS, NECKLACES, BRACELETS, RINGS, BANGLE BRACELETS, CHARM BRACELETS IN GOLD, PLATINUM, STERLING SILVER, PLAIN OR WITH PRECIOUS STONES, LIKE DIAMONDS, RUBIES, SAPPHIRES, EMERALDS, OR OTHER SEMIPRECIOUS STONES. JEWELRY FROM THE ART DECO, ART NOUVEAU, VICTORIAN PERIOD, OR SIGNED JEWELRY LIKE CARTIER, TIFFANY, DAVID WEBB, AND MANY MORE DESIGNERS BRING HIGH PREMIUM PRICES.



"We were pleasantly surprised with their offer on our items that were just collecting dust so we turned our item into cash."

DIAMONDS



WE BUY ALL DIAMONDS ANY SIZE OR SHAPE! DIAMONDS LARGER THAN 3CTS. ARE IN BIG DEMAND AND BRING HIGH PREMIUM PRICES! ALSO FANCY COLOR DIAMONDS ARE IN DEMAND. BRING IN FOR A QUOTE

STERLING SILVER



FLATWARE SETS, TEA SETS, BASKETS, BOWLS, CANDELABRUM, PICTURE FRAMES, TRAYS. WE PAY PREMIUM PRICES FOR TIFFANY, GEORG JENSEN, CARTIER & MORE. WE BUY ALL STERLING SILVER ITEMS!



"Frank and I were so impressed with the offer made by Buddy that I called my sisters to bring their items of interest. Everyone was thrilled.."

US GOLD COINS



SILVER DOLLARS (PRE 1936)..... \$10 & UP
HALFS (PRE 1965)..... \$ 4 & UP
QUARTERS (PRE 1965)..... \$ 2 & UP
DIMES (PRE 1965) \$0.80 & UP
INDIAN HEAD PENNIESBring for a quote
DO NOT CLEAN COINS

US GOLD COINS



\$1.00..... \$100 & UP
\$2.50..... \$150 & UP
\$3.00 \$300 & UP
\$5.00 \$250 & UP
\$10.00..... \$500 & UP
\$20.00 \$1100 & UP
\$20.00 HIGH RELIEF..... \$2500 & UP

US PAPER MONEY



US LARGE SIZE BILLS
US SMALL SIZE BILLS
SILVER CERTIFICATES
FRACTIONAL CURRENCY
\$500, \$1000, \$10,000 BILLS



"We moved into a smaller home and sold our diamonds, jewelry and silver flatware we never use. Buddy treated us honestly and with respect. Couldn't be happier."

WE ALSO BUY ALL MAKES & MODELS OF CARS & TRUCKS!



IF YOU HAVEN'T RECEIVED OUR OFFER, YOU HAVEN'T RECEIVED THE BEST OFFER!

- SERVING SOUTH FLORIDA FOR OVER 40 YEARS!
- LICENSED AND INSURED!

BV ESTATE BUYER BUDDY VANTWUYVER

AVAILABLE FOR HOUSE CALLS

**FOR MORE INFORMATION, PLEASE CALL BUDDY AT:
(865) 936-1737**

SECURITY ON PREMISES. PLENTY OF PARKING AVAILABLE.

Fishing for bass in vegetation

Learn to read the grass

SPECIAL TO HIGHLANDS NEWS-SUN

There are few techniques in the world of bass fishing that are more intimidating than punching a soft plastic bait through intensely thick vegetation. The weight has to be gargantuan. The bait has to be small. The bites are infrequent. And when you do hook a fish, it is very difficult to pull it out of the grass. Still, you can catch the biggest bass of your life if you commit to the effort. Elite Series pro Chris Lane knows this, and owes his bass fishing career to the technique. Follow his advice on narrowing down vast acres of matted green stuff to identify small concentrations of fish, and punching may well become your go-to method for catching lunker bass.

It isn't often that a single bass defines an angler's career, but Chris Lane clearly remembers the fish that literally kept him

in the Bassmaster Elite Series. It happened on March 24, 2007, the third day of the tournament at the California Delta, the second event in Lane's sophomore season as a pro. Unless he won a nice check, he wasn't sure he'd continue in the sport.

That's when the 13-pounder hit his creature bait in the Delta's thick vegetation. Lane managed to get the fish out of the greenery and within inches of his outstretched hand before it came loose. His partner that day said it was the biggest bass he'd ever seen. After recomposing himself, Lane picked up his rod and started flipping into the heavy mat again.

This was the way he had taught himself to fish back home in Florida when he was 15 years old, and a few moments later, a 9-pounder hit. This time, Lane did land the bass. It got him into the final Top 12, where the next day

he finished ninth. That gave him enough money to fill up his RV and drive to the next tournament, and to continue his career, which now, a decade later, includes seven B.A.S.S. victories, including the 2012 Bassmaster Classic title.

Although his lure presentation throughout the Delta event that week was flipping, his actual technique was one known as "punching," in which a heavier-than-normal sinker is used to punch through extremely thick, usually matted, vegetation and pull a large soft plastic lure down with it.

"It's high-impact, hand-to-hand combat with giant bass," says Lane, describing what punching is all about. "It's very close and happens right in front of you. You're trying to penetrate a jungle where giant bass are hiding, trying to sneak into their house without them knowing you're there. It's intense."

It's also one of the most effective big-bass techniques used by the pros today; Lane searches for places he can try punching on every tournament lake he fishes. He's punched grassy water from Champlain to Kissimmee to Guntersville to Toledo Bend to the Delta, and he likes it so much, he uses a plastic creature bait he designed specifically for punching.

"Punching is a direct outgrowth of the flipping presentation California pro Dee Thomas introduced to B.A.S.S. competition in 1975," explains Lane, "and all of us believe the actual punching technique itself was developed right there on the Delta, where the vegetation is some of the thickest anywhere. The primary difference is that punching is strictly a presentation for matted surface vegetation. In flipping, you can fish vegetation, but you can also flip to logs, rocks, pilings

— practically any type of shallow cover. You're generally using a lighter lure, too. Dee's favorite jig weights were between 3/8- and 5/8-ounce.

"Punching developed as its own presentation out of the need to penetrate the heavier cover that the lighter flipping lures couldn't get through. Thus, in punching, we use a sinker weighing at least a full ounce, and occasionally as heavy as 2 ounces, to get our lure through that cover. We don't use jigs, either, because the open hook will snag on the vegetation as it's falling. Because the cover is so thick, we need a weedless bait the heavy sinker can pull straight down."

Lane's punching gear includes a 7-foot, 6-inch medium-heavy action Bass Pro Shops titanium rod and a 6.4:1 reel spooled with 65-pound-test Bass Pro Shops Hyper Braid braided line. Because he uses braid

exclusively, Lane feels he can use a slightly lighter rod action and still get good hook sets and play big fish effectively.

His lure of choice is a 3-inch creature bait, the Drop Dead Craw, which he developed for Luck-E-Strike Lures. It's available in several sizes, and its primary feature is a pair of swimbait tail appendages that add extra kick as the bait falls. In many cases, lure action is an important part of punching, since the heavy weight is pulling the lure down quickly in fairly dark water. Lane thinks a lot of strikes come as a reaction when a bass feels those vibrations right in front of him.

"Creature baits are all I use when I'm punching," Lane explains, "because I not only want a large profile lure, but I also need it to be weedless. It absolutely has to slide through the vegetation easily and without snagging. Some anglers use plastic worms, but I don't like them."

B.A.S.S. made the right call

Angler agrees with postponing the event at Upper Chesapeake Bay

By EDWIN EVERS

SPECIAL TO HIGHLANDS NEWS-SUN

First and foremost, let me say I support the decision B.A.S.S. officials made to postpone the Huk Bassmaster Elite at Upper Chesapeake Bay presented by Mossy Oak Fishing. That's their job, to guard the safety of the anglers and Marshals, and I stand by B.A.S.S.

My job is to fish. And I would have enjoyed competing in the ugly conditions we were facing on Chesapeake Bay. I was one of probably several guys who planned on fishing the Susquehanna Flats area. In practice I put every egg in that basket. It might have been

unfishable by the time the tournament started.

I would have adjusted and found another place to catch a bass. Chesapeake Bay is huge. I may or may not have found another spot. But that's one of the thrills of tournament competition for me – making a decision and adjusting on the fly.

And I like these kinds of tournaments. I think they can be easier to win. Look at what it did to the local anglers. No one had any previous experience fishing Chesapeake Bay in those conditions. It was definitely an advantage for me if it took less weight than usual to win.

I've got a good example of the good and



B.A.S.S. PHOTO

Edwin Evers agreed with the decision to postpone the Huk Bassmaster Elite at Upper Chesapeake Bay this week.

bad that can happen in adverse tournament conditions. It occurred at a Central Open on the Atchafalaya Basin in 2009. The river was high and muddy. I chose to run 100 miles to avoid

the flooded area near Morgan City and found the winning fish. This would end up being a four-day Open. I had to beat Mark Smith of West Monroe, La., in a fish-off after we tied at the final

weigh-in. That was the "good," of course.

The "bad" was what almost happened to me and did happen to a pair of guys in a boat behind me. There were several of us coming out of a lock. There was a big piece of wood floating down the river. It looked like a railroad tie. Only about a half-inch of it was above the surface. I saw it at the very last instant and missed it. The boat behind me didn't. It spun them around in a complete 360 and threw both guys out of the boat. I turned around and helped get them out of the water. They were okay, but their day was done.

I've thought about that several times. I

was probably about 12 inches away from knocking my lower unit off and being done for the tournament. Instead, I ended up winning it.

I'm currently 42nd in Toyota Bassmaster Angler of the Year points. I need all the events I can get to qualify for the Bassmaster Classic. This Chesapeake Bay event was perfect for me because it was going to shake things up.

As a competitive angler, I always want to fish – no matter the conditions. But I understand the decision to postpone the Chesapeake Bay tournament, and I stand behind it. Those decisions are best left to less competitive heads than mine.

STEERS

FROM PAGE 1

relative knew someone who flew for

Northwest and Katie was introduced. She didn't know what she didn't know and began asking questions. The quest led her to enroll in Embry Riddle Aeronautical University. When she said that to me, my first reaction was that this was not an inexpensive school to enroll in, one of the very best for sure, but it will strain anyone's wallet.

I had to ask, and it became clear very quickly. Her parents were very supportive of her ambition but told her she

would have to find a way to finance her quest on her own. The solution, she saved every penny from her 4-H steer livestock projects. I could see the pride in her eyes that I saw so many times when 4-H youth completed their livestock project. The gained so much more than an auction check. Raising an animal for a 4-H or FFA livestock project is the reality school of hard work, determination, patience, and courage. You can say steers do fly, as the

ones raised by Katie in Montana helped her take to the skies.

After graduating from ERAU, she became a commercial airline pilot until she was furloughed due to the impact of

911. She continued her aviation career in communications and became Director of Communications for the

General Aviation Manufacturers Association. (GAMA). She is now Senior Vice President, Aviation Strategy and

Programs involved with the "You Can

Fly" initiative from the Aircraft Owners and Pilots Association (AOPA) that

includes developing flying clubs, bring rusty pilots back in the air, and the key initiative of the High School Aviation

Curriculum. When I asked what she most wanted in her career, the direct and rapid answer was: "I want to be somewhere I can make a difference."

It appears this ranch girl from Montana has found her place to make a difference. She knows from direct

experience what setting goals and hard work can accomplish as she works with the AOPA team to implement the

High School Aviation Curriculum in more schools around the country. The School Board of Highlands County is one

of the places the AOPA curriculum has landed. Thank you, Katie.



COURTESY PHOTO

Katie Pribyl - AOPA.

BURKE MARINE CONSTRUCTION
BOATHOUSES • DOCKS • SEAWALLS
Premiere Dock Builders: Better Docks, Prices & Service!

FRANKIE BURKE

Lic. • Bonded • Insured

"Over 30 Years In Business"

Phone..... (863) 465-0371

Cell Phone..... (863) 441-3625

Fax..... (863) 465-4202

(863) 465-0371

13 Triangle Park • Lake Placid, FL 33852

www.BurkeMarine.com • Frank@BurkeMarine.com

ABE Appliance
Sales & Service
"Plug into lower prices"
863-655-4995
STORE HOURS:
Mon.-Fri. 8 am-5 pm
Saturday 9 am-4 pm
Closed Sunday
13611 Hwy. 98 • Sebring

AMANA
JUST RIGHT.
Blowout Sale!
Designed, engineered and Assembled in the U.S.A.
\$799.99
25 CU. FT. FULL-SIZE SIDE-BY-SIDE REFRIGERATOR
Water filtration system • Gallon Door Bins
Model# ASI2575FRW - White Model# ASI2575FRB - Black



IMSA PHOTO

The racing action will heat up at next week's IMSA event at Road America in Wisconsin.

RACE FROM PAGE 1

the upcoming NASCAR Xfinity Series race at Road America on Aug. 25, three weeks after both Imperato and Lally compete as part of the IMSA-sanctioned Continental Tire Road Race Showcase weekend at the same track.

"That's really cool for us," Imperato says. "Andy coached me when I was in Ferrari Challenge. I've always caught out of the corner of my eye his posts on Facebook and stuff looking for sponsorship. So, this year, we approached him and tried to put something together with the sponsorship of the track."

"I think it's a great thing for us. We're excited to see how he does. He's a great driver and I think he'll do a great job. It should be cool."

Imperato will have had a considerable amount of track time at Road America even before the race weekend. In June, he competed in the Pirelli World Challenge races at the track, and this week he was on track again testing the GT3 Cup car.

Last year, Imperato picked up his first GT3 Cup Challenge USA podium result at Road America, placing third at the track that was the continuation of a suspended race earlier in the season at Watkins Glen. Since then, he added a career-best runner-up result last fall at Sonoma and has two podium finishes this year with third-place runs at Sebring and Mid-Ohio. He's currently fifth in the Platinum Cup driver standings.

"I think we had more potential than that, but I had a couple of mistakes at Mid-Ohio in the second race," Imperato said. "We also got unlucky at The Glen. In the second race, we had a puncture, so we lost a good bit of points there, but overall, I can't complain. It's a tough field."

It's that tough competition that keeps bringing Imperato back to race in the GT3 Cup Challenge USA. He's still relatively early in his racing career, having competed in club racing and Ferrari Challenge prior to his GT3 Cup Challenge USA debut in 2016.

"I just started racing only about four years ago," Imperato says. "Some of these kids have been in go-karts from a young age, so they obviously have a lot of talent. That's why I'm here. I enjoy being around people like that because I feel like it will make me better, but it doesn't come easy here."

"Everybody's on it every session, trying to improve and get better. That's the fun of this whole thing. That's why I really enjoy it."

He also enjoys the challenge of the iconic Porsche 911 race car and credits the one-make series with helping him continue to develop as a driver.

"I mean, the Cup car is not an easy car to drive," he says. "It teaches you to try to be as consistent

as possible. Pairing it with a team like Wright Motorsports, it's just a great environment to be in and learn. I love Porsche as a brand and I love driving the car."

"I think IMSA and Yokohama do a great job putting the series together. It's just a great place to be and learn, have fun and try to be competitive."

Imperato's primary goal over the remainder of the season is to reach that final, top step of the podium. Beyond that, the future is wide open.

"We're not really so sure just yet," he says of his future plans. "I would love to continue driving a Porsche somehow, whether it's a Cup car or a GT3 car somewhere. I see us definitely continuing

with Wright Motorsports."

Imperato and his fellow GT3 Cup Challenge USA competitors return to the racetrack for practice and qualifying next Friday, Aug. 3. The first of the weekend's two 45-minute races takes the green flag at 11:30 a.m. on Saturday, Aug. 4, with the second starting Sunday, Aug. 5 at 9:40 a.m. Both races will be streamed live on IMSA.tv with IMSA Radio commentary.

The doubleheader of Porsche GT3 Cup Challenge USA by Yokohama races are part of the IMSA WeatherTech SportsCar Championship Continental Tire Road Race Showcase weekend. Tickets are on sale now at RoadAmerica.com.

Young hunters need a safety class

By TONY YOUNG

SPECIAL TO HIGHLANDS NEWS-SUN

The National Safety Council reports a 17 percent decrease in accidents involving firearms from 2014 to 2015. This decline in unintentional firearms-related fatalities is the lowest since record-keeping began in 1903. And this decrease came in a year that saw record-high firearms sales to millions of Americans.

"This latest data shows that the vast majority of the 100 million American firearms owners takes firearm safety seriously," said National Shooting Sports Foundation President and CEO Steve Sanetti. "More people are storing their firearms safely and securely when not in use, and following the basic rules of firearms safety when handling them."

Safety education programs, such as the Florida Fish and Wildlife Conservation Commission's (FWC) Junior Hunter Safety Program and Hunter Safety Program, are a large part of the reason for this downward trend in firearms accidents.

"The FWC's Junior Hunter Safety Program is one of the best resources

for firearms safety, outdoor ethics and conservation that is available to educators and parents," said Bill Cline, FWC's section leader for hunter safety and public shooting ranges.

This program provides a series of three free courses for grades K-5. Each of the courses has a printable student book and instructor's manual that can be downloaded for free at MyFWC.com/HunterSafety.

If you're over 12 years old and haven't completed the state's hunter safety course requirement, now's a good time to sign up. Many of these classes, offered statewide, fill up fast during hunting season as people scramble to get certified, so summer is the best time to take a class.

People born after May 31, 1975, must complete the FWC's hunter safety class before they can buy the type of hunting license that allows them to legally hunt alone. A law passed a few years ago by the Florida Legislature enables individuals to hunt without having to complete the state's hunter safety certification, but they may only hunt while supervised. It's called the mentoring license,

and it allows people the opportunity to purchase a license to hunt while under the supervision of a licensed hunter who is at least 21 years old and meets the hunter safety requirement.

It's designed to encourage experienced hunters to teach novice hunters safety, ethics, conservation, wildlife and hunting skills, and respect for the great outdoors. Mentoring is a valuable and much-needed component to the future of hunting and conservation. The mentoring license helps provide a great incentive for getting more people to try hunting. However, to hunt by yourself unsupervised, you still have to take and pass a hunter safety class, and purchase a regular hunting license.

If you're a youngster and already into hunting, I suggest you go ahead and take a hunter safety class before you turn 16. And you can purchase your very first hunting license that's good until your 17th birthday.

Even if you were born before June 1, 1975, and are exempt from having to take the class, it's still a good idea because you'll learn so much.

WHEN IT'S SERIOUS.

Sometimes it can be difficult to know when a trip to the emergency department is necessary. If you or your child exhibit any of the following warning signs take immediate action.

- TRouble BREATHING
- SEIZURES
- DIZZINESS, PASSING OUT, FAINTING
- SEVERE HEADACHE
- PAIN IN THE ARM, JAW, OR ANYWHERE IN BODY
- HIGH FEVER
- SUDDENLY NOT ABLE TO SPEAK, SEE, WALK OR MOVE
- SEVERE ALLERGIC REACTION WITH SWELLING, HIVES
- POSSIBLE BROKEN BONE
- COUGHING OR THROWING UP BLOOD

Source: medlineplus.gov/ency/patientinstructions/000593.htm

To speak to a registered nurse or for a physician referral, call Consult-A-Nurse® 24/7 at 866-442-2362.



3600 South Highlands Ave. | Sebring, FL 33870 | HighlandsRegional.com



QUALIFY

FROM PAGE 1

looking forward to the championship round.

Also playing was Don Worthy, who had already qualified for the Championship at SpringLake Golf Resort in the first qualifying event, but wanted to get in a bit more practice heading to the championship round. Worthy didn't have his

best day on the course, but still finished with a respectable score of 34 points.

Mike Moore had a solid score of 40, which was good for third place and right up there with the winners of the first four qualifying rounds, meaning the Championship Tournament should be a wide-open event with anybody capable of taking home the top prize.

Pace, owner of the Highlands Ridge golf

courses, said the tournament format was an excellent one as the high handicap players are capable of playing right with the scratch golfers. It also allows the higher handicap players to have one or two extremely bad holes and not be hurt nearly as much as in stroke play, where a 10 pretty much knocks a player out of contention, but the Stableford scoring system it's just one hole where a player won't

score any points and they can come right back on the next hold and get two or three points and the 10 is quickly forgotten.

"It was a great tournament," Pace said after play was complete.

Jose Jimenez tallied 39 points, which was good for fourth place, as the players were pretty well bunched up, which has been a bit of a trend in the qualifying rounds.

Gilbert Roy scored 38 points, with Jim Bannister, Dwight Griffin and Worthy each getting 34.

Jerry Bennett and Daron Sapp both scored 28 points and Mark Howard scored 27 points.

The next qualifying event will take place at Placid Lakes Country Club on Aug. 4.



Jose Jimenez watches a shot during Saturday's Heartland Golf Championship qualifier at Highlands Ridge North.



Jerry Bennett putts during Saturday's Heartland Golf Championship qualifier at Highlands Ridge North.



Mike Moore chips onto the green at the Highlands Golf Championship qualifier at Highlands Ridge North on Saturday.

ALLEN MOODY/STAFF

Caregiver Support Group

Friday, August 3, 2018
at 1:00 pm

presented by:

ROBERT KLUKOFF Psy.D.

Refreshments
to be served.

Please see Social Services
for more details.



725 South Pine Street
Sebring, Florida 33870

RSVP: 863-385-0161 ext. 0
www.palmsofsebring.com



adno-3394146

Back to School Event

BROUGHT TO YOU BY:



August 4, 2018
10am-12pm

1010 US-27 N, AVON PARK, FL 33825

CHEN DENTAL is donating
FREE toothbrushes and toothpaste

Games • Face Painting

FREE Ice Cream Bus

FREE Water • DJ-Static

Avon Park Fire Department

Sheriffs Department

SPONSORED BY: POSITIVE MOBILITY,
ALL ABOUT REALTY-BERTA TEJON, REALTOR (863-243-2179),
DAVINCI HELPING HANDS & ENCOMPASS HOME HEALTH

FIRST 300
KIDS RECEIVE A
FREE
BACKPACK
W/ SCHOOL
SUPPLIES

FIRST 5 KIDS
RECEIVE A
FREE
HAIR CUT

ELEPHANTS • AERIALISTS • WHITE TIGERS
MOTORCYCLE DAREDEVILS • CLOWNS • LIVE CIRCUS BAND & MORE!

LOOMIS BROS. CIRCUS

GREAT FAMILY FUN

FRI AUG 10 & SAT AUG 11
7:00 PM ONLY 1:00-4:00-7:00 PM

HIGHLANDS COUNTY FAIRGROUNDS
781 Magnolia Ave • SEBRING, FL

\$5 OFF ONE ADULT TICKET
PLUS UP TO **2 FREE CHILD'S ADMISSIONS**

PRESENT COUPON AT CIRCUS BOX OFFICE BEGINNING ONE HOUR PRIOR TO SHOWTIME
OR USE IN ADVANCE ONLINE WITH DISCOUNT CODE: CIRCUS

ONLINE TICKETS AND MORE INFO @ LOOMISCIRCUS.COM

AMERICA'S LAST TRADITIONAL CIRCUS IS COMING!
SHARE THE MEMORIES WITH YOUR FAMILY

adno-3398200 LOOMISCIRCUS.COM

Heartland Skin Center

Our Specialty is You

Have you Had Your Skin Cancer Screening This Year?

Complete range of skin services available including:

- Skin Cancer Screenings
- Skin Cancer Surgery
- Mole & Growth Removal
- Biopsies • Rashes & Eczema
- Anti aging treatments • Botox

Now Accepting New Patients

Jennifer A. Wolf, PA-C
Certified Physician Assistant
5825 US 27 North
Sebring, FL 33872

CELEBRATING 12 YEARS OF PATIENT CARE

Fax: 863-685-6846 • **863-385-SKIN (7546)**
HeartlandSkinCenter.com



Deathcount rises in California fire



AP PHOTOS

A structure burns as the Carr Fire races along Highway 299 near Redding, Calif., on Thursday.

2 children, great-grandmother perish in wildfire

By JONATHAN J. COOPER and BRIAN MELLEY
ASSOCIATED PRESS

REDDING, Calif. — The death count from a rapidly growing Northern California wildfire rose to five Saturday after two young children and their great-grandmother who had been unaccounted for were confirmed dead.

“My babies are dead,” Sherry Bledsoe said through tears after she and family members met with Shasta County sheriff’s deputies.

Bledsoe’s two children, James Roberts, 5, and Emily Roberts, 4, were stranded with her grandmother Melody Bledsoe, 70, when fire swept through the rural area where they were staying Thursday.

The three were among more than a dozen people reported missing after the furious wind-driven blaze took residents by surprise and leveled several neighborhoods.

Shasta County Sheriff Tom Bosenko said he expects to find several of those



Carla Bledsoe, facing camera, hugs her sister Sherry outside of the sheriff’s office after hearing news that Sherry’s children James, 4, and Emily, 5, and grandmother were killed in a wildfire Saturday, in Redding, Calif.

people alive and just out of touch with loved ones. Officers have gone to homes of several people reported missing and found that cars were gone — a strong indication they fled.

The fire that was ignited Monday in forested hills grew overnight to 127 square miles. It pushed southwest of Redding toward tiny communities of Ono, Igo and Gas Point, where

scorching heat, winds and bone-dry conditions complicated firefighting efforts.

It’s now the largest of more than 20 fires burning in California. The winds that aided firefighters in keeping the flames from more populated areas were propelling it forward at a

FIRE | 4

Pope accepts resignation of McCarrick after sex abuse claims

By FRANCES D’EMILIO
ASSOCIATED PRESS

VATICAN CITY — In a move seen as unprecedented, Pope Francis has effectively stripped U.S. prelate Theodore McCarrick of his cardinal’s title following allegations of sexual abuse,

including one involving an 11-year-old boy. The Vatican announced Saturday that Francis ordered McCarrick to conduct a “life of prayer and penance” even before a church trial is held.

Breaking with past practice, Francis decided

to act swiftly on the resignation offered by the emeritus archbishop of Washington, D.C., even before the accusations are investigated by church officials. McCarrick was previously one of the highest, most visible Catholic church officials in the United States and was heavily involved in the church’s response there to allegations of priestly abuse.

The pope has ordered McCarrick’s “suspension from the exercise of any public ministry, together with the obligation to remain in a house yet to be indicated to him, for a life of prayer and penance until the accusations made against him are examined in a regular

ABUSE | 4



AP FILE PHOTO

In this Sept. 23, 2015 file photo, Pope Francis reaches out to hug Cardinal Archbishop emeritus Theodore McCarrick after the Midday Prayer of the Divine in Washington.

On trade policy, Trump is turning GOP orthodoxy on its head

By KEVIN FREKING
ASSOCIATED PRESS

WASHINGTON — President Donald Trump’s trade policies are turning long-established Republican orthodoxy on its head, marked by tariff fights and now \$12 billion in farm aid that represents the type of government intervention GOP voters railed against a decade ago.

President George W. Bush increased the number of countries partnering with the United States on free trade agreements from three to 16. President Ronald Reagan signed a landmark trade deal with Canada that was later transformed into the North American Free Trade Agreement (NAFTA) and expanded to include



AP PHOTO

In this July 26, photo, President Donald Trump acknowledges the audience after speaking at the United States Steel Granite City Works plant in Granite City, Ill.

Mexico. Both those Republican presidents also enacted tariffs, but their comments on trade were overwhelmingly positive.

“We should beware of the demagogues who are

ready to declare a trade war against our friends, weakening our economy, our national security and the entire free world, all while cynically waiving the American flag,” Reagan said in a 1988 radio address.

Trump, by comparison, has called NAFTA “the worst trade deal maybe ever signed anywhere,” and his administration has opted to use tariffs as a tool intended to leverage more favorable agreements with virtually every major U.S. trading partner. He shredded the trade agreement the Obama administration tried to work out with Pacific Rim nations that had strong backing from farm groups and chief

GOP | 4

AMERICA'S LAST TRADITIONAL 3-RING CIRCUS IS COMING!

LOOMIS BROS. CIRCUS

LOOMISCIRCUS.COM

ELEPHANTS • WHITE TIGERS • ACROBATS • CLOWNS
MOTORCYCLE DAREDEVILS • LIVE CIRCUS BAND & MORE!

PERFORMED INDOORS IN AIR CONDITIONED COMFORT

FRI 3 AUG 3 & SAT 4 AUG 4

4:30 & 7:30 PM 1:00-4:00-7:00 PM

CHARLOTTE COUNTY FAIRGROUNDS

2333 El Jobean Rd - PORT CHARLOTTE

2018 ZOO \$5 OFF ONE ADULT TICKET PLUS UP TO 2 FREE CHILD'S ADMISSIONS

PRESENT COUPON AT CIRCUS BOX OFFICE BEGINNING ONE HOUR PRIOR TO SHOWTIME
OR USE IN ADVANCE ONLINE WITH DISCOUNT CODE: CIRCUS

ONLINE TICKETS AND MORE INFO @ LOOMISCIRCUS.COM

ONE COUPON PER ADULT. CASH ONLY ACCEPTED AT BOX OFFICE. NOT VALID WITH ANY OTHER DISCOUNT, OFFER, OR COUPON.

Russia-US Syria deal hits trouble as tensions grow

By HENRY MEYER
BLOOMBERG NEWS

MOSCOW — One of the main deals announced between Russian President Vladimir Putin and his U.S. counterpart Donald Trump at their summit in Helsinki — coordinated steps to help stabilize the situation in Syria — is already running into trouble.

Facing criticism in Washington of their meeting, the two leaders touted the agreement to reduce Iran's role in the war-torn nation and step up efforts to bring back refugees as a tangible result of their cooperation. But the Syria efforts have stumbled after the summit, with recriminations between the U.S. and Russia and pressure from Israel for more limits on Iran's influence.

This week, Moscow accused the U.S. of sabotaging the deal. Russian Foreign Minister Sergei Lavrov and a top general set off on an emergency diplomatic tour Monday to Israel, Germany and France to try to get the effort back on track. U.S. officials so far have provided little detail of what was discussed in Helsinki, but Secretary of State Mike Pompeo confirmed the outlines of the understandings on Syria.

The difficulties in implementing them highlight the challenges for the Kremlin's efforts to engineer a settlement in Syria that balances the interests of all the conflicting factions, including President Bashar Assad and his Iranian backers, Israel and the U.S. The furor in Washington over Trump's handling of the summit, including a push in Congress for new sanctions on Russia, has only complicated the effort.

The U.S. "has not fulfilled its own promises" made in Helsinki to remove opposition forces to enable a buffer zone on Syria's border with Israel, the Russian Foreign Ministry said. The Defense Ministry accused the U.S. of sabotaging the agreement after a senior American commander, Army Gen. Joseph Votel, said the U.S. military won't cooperate with Russian forces beyond a hotline to avoid unintended clashes.

Moscow is counting on U.S. help to end the fighting in the region, a condition for bringing back refugees. That issue was on the agenda in Lavrov's meetings this week, as the Kremlin sought to get European governments to help pay for reconstruction in Syria in return for Russian commitments to return Syrians displaced by the war to their homes.

To limit Iran's role, Russia had proposed a 60-mile buffer zone on the Syrian side of the border that would be off limits to Iranian forces and their allies. But Israel is demanding further protections, including the removal of long-range Iranian missiles from Syria and limits on weapons supplies, according to media reports in Israel and Russia. Israel, which has carried out frequent strikes on Iran-backed targets inside Syria, has stepped up military action in the area.

Israel understands that any Russian promises won't be enough to contain Iran, said Maj. Gen. Amos Gilad, a recently retired Israeli Defense Ministry official. "We need to tackle their hostile capabilities beyond any given buffer zone. They have capabilities like unmanned aerial vehicles and long-range missiles, and so we must take action against all these threats."

Florida's medical marijuana director abruptly resigns

TALLAHASSEE (AP) — Florida medical marijuana director Christian Bax, who has been a frequent target of lawmakers and patients over delays in the program, is stepping down.

The Department of Health said on Friday that Bax's resignation takes effect on Aug. 10. Deputy Director Courtney Coppola has been named the interim director.

Bax had led the Office of Medical Marijuana Use since it was created in 2015. He wrote in his resignation letter that "it has been an incredible honor to have served the Department and the State of Florida in the task of building something entirely new in the state."

During his three-year tenure Bax's leadership has been beset by legal challenges mostly related to the process of awarding licenses for medical marijuana growers and distributors. The office is also involved in a lawsuit challenging the

constitutionality of patients being able to smoke medical pot.

Orlando attorney John Morgan, who spearheaded the passing of the state's constitutional amendment legalizing medical marijuana in 2016, has been the most vocal of Bax's critics. On Friday he said he hoped that there would be some improvement immediately since "it is hard to do worse than zero."

"This guy was so terrible for sick and injured people that anyone would be better suited. I feel like his actions were intentional," Morgan said.

Bax has frequently drawn the ire of state lawmakers and patients over delays in the program, ranging from licensing to delays in patients being able to receive identification cards so they could receive cannabis.

There is a provision in the current state budget that withholds nearly \$2 million in

salaries until the department can fully implement medical marijuana.

Last week the state's Joint Legislative Budget Committee added \$13.3 million to the Office of Medical Marijuana's budget to help with litigation costs, review applications for new licenses and implement a new seed-to-sale tracking system.

According to the Department of Health's weekly updates, the state registry is adding nearly 3,000 new patients per week. On Friday, the state listed 107,127 qualified patients.

"The bipartisan frustration with the slow implementation of this law has been well documented. Last week, Ms. Coppola gave the Legislature a plan to finish implementation of the law," state Sen. Rob Bradley said in a text message. "Now that she is in charge, our expectation is for her to execute her plan and finish the job."

HEADLINES AROUND THE NATION

5 relatives dead in murder-suicide; 3 at Texas nursing home

CORPUS CHRISTI, Texas (AP) — Police were trying to determine a motive Saturday after they said a man fatally shot four family members at two locations, including his father and stepmother inside a Texas nursing home before killing himself there too.

Richard Starry fatally shot himself inside Retama Manor nursing home after killing 85-year-old Ernest Starry and his wife, Thelma Montalvo, Friday night, said Enrique Paredez, a police lieutenant in the Corpus Christi suburb of Robstown. A gun was recovered at the scene.

Paredez said a family member later called officers to the couple's home where their 13-year-old adopted son and a 41-year-old son of Montalvo

were also found shot to death. The names of the other two sons and Montalvo's age were not released.

The reason behind the shootings was unclear, Paredez said at a Saturday news conference.

"As far as a motive, the investigation is too premature at this time to determine," Paredez said.

Reuben Garcia, whose father lives in the nursing home, was inside the home at the time of the shooting.

"I thought it was just a ladder that had fallen down, that's what it sounded like to me. Then I heard somebody say run, run," Garcia said. "So we ran," getting his father out of the building.

Robstown Police Chief Erasmo Flores said during the news conference that investigators are working "diligently" on the case and that the results will be presented to the district attorney for review.

Texas murderer wants to fast-track his execution

(The Dallas Morning News) — A Texas inmate sentenced to death for molesting and killing his infant son is begging the state to speed up his execution.

In the latest in a series of handwritten pleas, Travis James Mullis, 31, this week asked the court to allow him a quick execution.

His request seeks to forfeit his appeals, fire his counsel and be deemed mentally competent to make legal decisions for himself.

Mullis confessed to sexually abusing his 3-month-old son, Alijah James, and fatally stomping his head in Galveston in 2008. He was convicted in 2011.

Now, he wants all previous mental health evaluations barred from consideration, and his legal counsel dismissed.

TODAY / TONIGHT MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

Couple of thunderstorms HIGH 89° 65% chance of rain	A thunderstorm around late LOW 76° 40% chance of rain	Cloudy and humid; a p.m. thunderstorm 88° / 75° 60% chance of rain	Cloudy and humid with a shower or t-storm 90° / 75° 55% chance of rain	Some sun, then clouds, a t-storm; humid 90° / 75° 55% chance of rain	Mostly cloudy and humid with a t-storm 90° / 74° 60% chance of rain	Some sun with a thunderstorm possible 91° / 76° 30% chance of rain
--	--	---	---	---	--	---

87° GULF WATER TEMPERATURE

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

City	Today	Mon.
Apalachicola	88 78 pc	88 77 t
Bradenton	90 77 t	88 76 t
Clearwater	90 77 t	87 78 t
Coral Springs	87 77 t	90 78 t
Daytona Beach	88 72 t	87 73 t
Fort Lauderdale	84 76 pc	88 78 t
Fort Myers	88 76 t	87 75 t
Gainesville	90 74 t	87 74 t
Jacksonville	89 74 t	87 75 t
Key Largo	87 80 pc	87 80 t
Key West	90 81 t	90 82 t
Lakeland	89 74 t	88 73 t
Melbourne	89 74 t	89 77 t
Miami	83 77 pc	88 77 t
Naples	90 79 t	89 77 t
Ocala	89 72 t	86 73 t
Okeechobee	87 74 t	88 73 t
Orlando	89 74 t	87 73 t
Panama City	89 76 t	88 76 t
Pensacola	92 75 t	88 76 t
Pompano Beach	87 79 pc	91 78 t
St. Augustine	87 75 t	86 73 t
St. Petersburg	90 76 t	87 76 t
Sarasota	90 76 t	88 76 t
Tallahassee	89 74 t	88 74 t
Tampa	90 78 t	88 78 t
Vero Beach	88 74 t	89 73 t
West Palm Beach	86 76 t	88 76 t

FLORIDA CITIES

City	Today	Mon.
Apalachicola	88 78 pc	88 77 t
Bradenton	90 77 t	88 76 t
Clearwater	90 77 t	87 78 t
Coral Springs	87 77 t	90 78 t
Daytona Beach	88 72 t	87 73 t
Fort Lauderdale	84 76 pc	88 78 t
Fort Myers	88 76 t	87 75 t
Gainesville	90 74 t	87 74 t
Jacksonville	89 74 t	87 75 t
Key Largo	87 80 pc	87 80 t
Key West	90 81 t	90 82 t
Lakeland	89 74 t	88 73 t
Melbourne	89 74 t	89 77 t
Miami	83 77 pc	88 77 t
Naples	90 79 t	89 77 t
Ocala	89 72 t	86 73 t
Okeechobee	87 74 t	88 73 t
Orlando	89 74 t	87 73 t
Panama City	89 76 t	88 76 t
Pensacola	92 75 t	88 76 t
Pompano Beach	87 79 pc	91 78 t
St. Augustine	87 75 t	86 73 t
St. Petersburg	90 76 t	87 76 t
Sarasota	90 76 t	88 76 t
Tallahassee	89 74 t	88 74 t
Tampa	90 78 t	88 78 t
Vero Beach	88 74 t	89 73 t
West Palm Beach	86 76 t	88 76 t

TIDES

Location	High	Low	High	Low
Punta Gorda	Today 5:55a	10:16a	4:14p	---
Mon.	6:12a	12:06a	4:53p	11:00a
Englewood	Today 4:32a	8:32a	2:51p	10:22p
Mon.	4:49a	9:16a	3:30p	10:51p
Boca Grande	Today 3:41a	7:13a	1:33p	9:10p
Mon.	4:15a	7:56a	2:00p	9:41p
El Jobean	Today 6:27a	12:07a	4:46p	10:45a
Mon.	6:44a	12:35a	5:25p	11:29a
Venice	Today 2:47a	7:11a	1:06p	9:01p
Mon.	3:04a	7:55a	1:45p	9:30p

MARINE

Wind	Speed	Seas	Bay/Inland
direction	in knots	in feet	chop
Cape Sable to Tarpon Springs	SSW 6-12	0-1	Light
Tarpon Springs to Apalachicola	S 5-10	0-1	Light

SUN AND MOON

The Sun	Rise	Set
Today	6:51 a.m.	8:18 p.m.
Monday	6:52 a.m.	8:18 p.m.
The Moon	Rise	Set
Today	9:41 p.m.	8:17 a.m.
Monday	10:17 p.m.	9:10 a.m.

SOLAR TABLE

Minor	Major	Minor	Major
Today	7:29a	1:17a	7:52p
Mon.	8:18a	2:07a	8:40p
Tue.	9:07a	2:56a	9:29p

WEATHER HISTORY

On July, 19, 1925, a large amount of hail fell in Burlington, N.J., and remained on the ground for three days.

WEATHER TRIVIA™

Q: Are lightning bolts hotter than the sun's surface?
A: Yes, approximately five times hotter.

THE NATION

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 106° at Needles, CA Low 29° at West Yellowstone, MT

U.S. Extremes

City	Today	Mon.	City	Today	Mon.
Albuquerque	94 69 s	91 64 s	Jackson, MS	94 70 pc	91 70 t
Anchorage	69 56 c	66 55 pc	Kansas City	76 63 r	78 61 c
Atlanta	91 72 pc	91 72 t	Knoxville	88 68 pc	88 70 c
Baltimore	85 66 pc	83 70 t	Las Vegas	109 87 s	106 89 pc
Billings	78 54 s	86 58 t	Los Angeles	87 68 pc	87 68 pc
Birmingham	93 70 pc	92 70 t	Louisville	85 66 c	83 68 t
Boise	98 66 s	102 73 pc	Memphis	89 71 c	84 69 t
Boston	85 68 s	84 70 pc	Milwaukee	79 63 c	78 64 pc
Buffalo	77 62 t	80 64 pc	Minneapolis	82 65 pc	83 64 s
Burlington, VT	82 62 pc	85 64 s	Montgomery	96 72 pc	93 73 t
Charleston, WV	82 64 pc	82 67 t	Nashville	90 72 pc	89 71 pc
Charlotte	88 70 t	87 69 t	New Orleans	93 77 t	91 77 t
Chicago	80 65 pc	78 66 pc	New York City	84 68 s	84 72 pc
Cincinnati	80 64 c	79 65 t	Norfolk, VA	84 73 c	82 74 t
Cleveland	80 62 pc	78 65 t	Oklahoma City	93 68 t	78 63 t
Columbia, SC	90 71 t	89 74 t	Omaha	78 61 pc	79 60 pc
Columbus, OH	81 65 pc	80 67 t	Philadelphia	86 68 s	87 71 c
Concord, NH	84 56 pc	85 61 pc	Phoenix	104 89 c	108 91 c
Dallas	103 80 pc	89 71 t	Pittsburgh	79 60 pc	78 63 t
Denver	78 55 t	75 53 s	Salt Lake City	81 60 pc	81 63 s
Des Moines	78 61 t	87 61 pc	Portland, ME	97 66 s	95 65 s
Detroit	82 64 pc	82 63 pc	Providence	86 65 s	86 67 pc
Duluth	79 56 t	83 59 s	Raleigh	87 71 c	83 72 t
Fairbanks	80 57 c	79 57 s	Salt Lake City	94 67 s	94 68 s
Fargo	81 55 s	83 60 s	St. Louis	75 66 r	78 65 t
Hartford	83 63 s	85 66 pc	San Antonio	99 74 s	99 75 pc
Helena	84 53 s	90 57 s	San Diego	81 73 pc	81 72 pc
Honolulu	88 78 s	89 78 sh	San Francisco	68 55 pc	68 54 pc
Houston	97 76 pc	97 79 c	Seattle	91 63 s	91 61 s
Indianapolis	77 63 c	77 64 t	Washington, DC	86 72 pc	85 74 t

WORLD CITIES

City	Today	Mon.	City	Today	Mon.
Amsterdam	79 65 pc	80 62 t	Mexico City	79 58 t	77 56 t
Baghdad	108 83 s	110 84 s	Montreal	79 63 c	83 64 s
Beijing	93 78 s	95 78 s	Ottawa	77 57 pc	83 58 pc
Berlin	86 65 pc	91 68 s	Paris	81 63 pc	85 65 t
Buenos Aires	57 40 c	58 36 s	Regina	80 52 s	87 53 s
Cairo	94 75 s	95 79 s	Rio de Janeiro	86 71 pc	81 69 s
Calgary	82 55 s	87 56 s	Rome	89 71 c	90 72 pc
Cancun	90 75 t	87 78 pc	St. John's	76 62 c	76 58 s
Dublin	66 51 c	65 50 c	San Juan	88 77 pc	88 79 sh
Edmonton	83 51 s	83 51 t	Sydney	77 49 s	85 47 s
Hallifax	76 65 c	81 65 s	Tokyo	87 79 sh	88 80 sh
Kiev	82 66 pc	83 67 pc	Toronto	78 59 pc	80 63 pc
London	70 61 r	75 57 pc	Vancouver	80 62 s	80 62 s
Madrid	93 62 s	94 65 s	Winnipeg	81 58 s	85 61 pc

PORT CHARLOTTE

Temperatures	
High/Low	94°/76°
Normal High/Low	92°/74°
Record High	97° (1979)
Record Low	70° (1982)
Precipitation (in inches)	
24 hours through 2 p.m. Sat.	0.00"
Month to date	7.56"
Normal month to date	7.47"
Year to date	34.09"
Normal year to date	28.43"
Record	1.75" (2005)

MONTHLY RAINFALL

Month	2018	2017	Avg. Record/Year
Jan.	1.98	0.88	1.80
Feb.	0.66	0.94	2.52
Mar.	0.53	0.80	3.28
Apr.	1.15	1.59	2.03
May	15.98	2.74	2.50
Jun.	6.23	14.79	8.92
Jul.	7.56	9.02	8.22
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	34.09	60.36	50.74

VENICE

Temperatures	
High/Low	90°/77°
Normal High/Low	91°/74°
Record High	99° (1996)
Record Low	63° (1967)
Precipitation (in inches)	
24 hours through 2 p.m. Sat.	0.00"
Month to date	7.01"
Normal month to date	6.60"
Year to date	21.10"
Normal year to date	27.34"
Record	1.75" (1960)

SEBRING

Temperatures	
High/Low	90°/72°
Precipitation (in inches)	
24 hours through 2 p.m. Sat.	1.00"
AIRPORT	
Possible weather-related delays today. Check with your airline for the most updated schedules.	
Hi/Lo	Outlook

Egypt court sentences 75 to death over sit-in

CAIRO (AP) — An Egyptian court sentenced 75 people to death on Saturday, including top figures of the outlawed Muslim Brotherhood group, for their involvement in a 2013 sit-in, state media reported.

The Cairo Criminal Court referred the sentences to the Grand Mufti — the country's top theological authority — for his non-binding opinion as is the norm in capital cases. Though non-binding, the formality gives a window of opportunity for a judge to reverse an initial sentence.

The sentences are subject to appeal. Sentencing for more than 660 others involved in the case was scheduled for Sept. 8, the Al-Ahram news website reported. Those sentences, too, are subject to appeal.

Of the 75 defendants referred to the Mufti, 44 are jailed and 31 are at large. The court normally hands down the maximum sentence for fugitives but a re-trial is typically held after they are caught.

The case involves a total 739 defendants, including the Muslim Brotherhood's Supreme Guide Mohammed Badie and photojournalist Mahmoud Abu Zeid. The charges range from murder to damaging public property. Neither Badie nor Abu Zeid were sentenced to death in this case.

The 2013 sit-in, in

Rabaa al-Adawiya Square in Cairo, supported former Islamist President Mohammed Morsi who was militarily ousted following mass protests against his divisive one-year rule. Morsi hailed from the Brotherhood.

The sit-in was violently dispersed on Aug. 14, 2013. More than 600 people were killed. Months later, Egypt designated the Brotherhood a terrorist organization.

Egyptian authorities have since launched a severe crackdown on Brotherhood members and supporters, arresting many and trying them on terror-related charges.

Egyptian courts have held mass trials and handed down death sentences for hundreds of people, drawing international condemnation.

In 2014, an Egyptian judge sentenced 529 of Morsi's supporters to death. A retrial was later ordered after several proceedings.

Rights groups have repeatedly criticized such mass sentencing in Egypt and called on authorities to ensure fair trials.

International rights groups also denounced the mass trial of the 2013 sit-in. Amnesty International described it in a statement last month as a "grotesque parody of justice" and called on authorities to drop all charges against those arrested for protesting peacefully.

Heartbreak: Funerals begin for Greece's wildfire victims

By **COSTAS KANTOURIS** and **MENELAOS HADJICOSTIS**
ASSOCIATED PRESS

ATHENS, Greece (AP) — Funerals for the victims of Greece's lethal wildfire began Saturday with the burial of an elderly priest who drowned as he sought safety from the flames in the sea off the coastal community of Mati.

Hundreds of people attended Father Spyridon Papapostolou's funeral in his parish of Halandri, a northern suburb of Athens, the Greek capital.

Papapostolou, his wife and daughter were among hundreds who entered the water to protect themselves from the fast-moving flames. But the 83-year-old cleric passed out and drowned, while his wife and daughter survived.

"Father Spyridon was certainly ready for this trip, but not in this way, he didn't deserve it," his niece, Ifigenia Christodoulou, told The Associated Press. "I hope that he prays for all us from up there, just as he has done all these years."

Dimitra Bavavea directed her anger at the "unjust" way that so many people — 86 — had lost their lives. The fire was the deadliest wildfire in Europe since 1900, according to the International Disaster



AP PHOTO

In this July 26 photo, a damaged air conditioner unit stands at a destroyed house with another burnt building in the background, in Mati, east of Athens.

Database run by the Centre for the Research on the Epidemiology of Disasters in Brussels.

"My sorrow is great as is my rage for those who left people to burn to death so unjustly," she said. "I hope that those who died are in heaven and I thank you Father Spyridon for all that you have offered us."

Greece's public order minister continued to defend authorities' response to Monday's blaze. Minister Nikos Toskas told state broadcaster ERT it was impossible to evacuate the area's 15,000 people in the 90 minutes that Monday's blaze roared through the area.

In more sad news, the bodies of twin girls who their father initially believed had survived the fire have been identified,

private investigator George Tsoukalis told the AP. He said nine-year-old twins Sophia and Vasiliki Philipopoulos were found in the arms of their grandparents, who also perished in the fire.

A day after the fire, Yiannis Philipopoulos issued a public appeal to try to locate his missing daughters, saying that he had spotted them alive in TV news footage among a group of people getting off a fishing boat that had rescued them.

The twins' tragic death was also confirmed by Smile of the Child, an independent child welfare agency that also confirmed the death of 13-year-old Dimitris Alexopoulos, whose body was among those found by firefighters.

Coroner Nikolaos

Kalogrias told the AP that identification of the fire remains continues at a steady pace. Greek authorities haven't given an account of exactly how many people are still missing.

Toskas said fire crews did all they could to save as many lives as possible, but that town planning errors over the last 60 years had created conditions that made it difficult for fire crews to do their job.

Toskas said over half of buildings in the Mati area, 19 miles east of Athens, were constructed without permits. In addition, some beaches were fenced off, blocking people fleeing the flames from reaching the water.

He said the government's priority now is to take measures so that something like this never happens again.

Toskas did not appear to heed the call of his boss, Prime Minister Alexis Tsipras, to follow his lead in accepting political responsibility for the disaster.

But locals in the stricken resort of Mati were unimpressed by Tsipras' declaration.

"I want to know what 'I accept political responsibility' means ... Will he go to jail? What's the payoff?" Vissarion Pantelides, 79, said Saturday.

HEADLINES AROUND THE WORLD

Bus falls into gorge in western India; 33 feared dead

MUMBAI, India (AP) — More than 30 people were feared dead after a bus fell into a deep gorge in western India on Saturday, an official said.

The bus was carrying 34 employees of an agriculture university when it plunged off a mountain road while negotiating a curve in Raigad district of Maharashtra state, said civil administrator Vijay Suryawanshi. He said the bus fell into a deep, forested gorge.

One man survived as he jumped out of the bus and later scaled onto the road to inform university officials about the accident, Suryawanshi said.

He said the employees were on a private picnic.

Rescue teams had so far recovered nearly a dozen bodies amid intermittent rains in the area.

India has the world's deadliest roads, with more than 110,000 people killed annually. Most crashes are blamed on reckless driving, poorly maintained roads and aging vehicles.



AP PHOTO

Rescuers work at the site of an accident in Raigad district in the western Indian state of Maharashtra, Saturday. India has the world's deadliest roads, with more than 110,000 people killed annually.

Armenian general charged with ex-president released on bail

YEREVAN, Armenia (AP) — An Armenian general who is charged along with the country's former president with violating constitutional order a decade ago has been released from custody after posting bail.

Col.-Gen. Yuri Khachaturov and former President Robert Kocharian are charged in connection with the order to send police and soldiers to break up a demonstration in the Armenian capital in March 2008. Eight demonstrators and two police died in the clash. Khachaturov was head of the capital's military garrison at the time.

Kocharian was charged Thursday and put in custody for two months late Friday. Khachaturov was charged Friday and released Saturday on bail of 5 million drams (\$10,500).

Khachaturov is secretary-general of the Collective Security Treaty Organization, a military alliance that also includes Russia and four other former Soviet republics. Armenian Foreign Ministry spokesman Tigran Balayan said Saturday that the country is asking alliance partners to begin the process of replacing him in that post.

The demonstration that ended in fatal clashes was to protest the results of an election two weeks earlier for Kocharian's replacement. Kocharian backers claim the case is politically motivated. In the 2008 election, Kocharian backed Serzh Sargsyan, who was declared winner and served as president of Armenia for a decade. After facing term limits as president, Sargsyan became prime minister in April but resigned six days later in the face of mass protests against the move, which was seen as a way

to keep his grip on power.

After Sargsyan's resignation, opposition leader Nikol Pashinian became prime minister, the country's most powerful position.

Kocharian aide Viktor Sogomonyan on Saturday called the charge and detention a political and personal "vendetta" by the country's new leadership.

West Bank village prepares for homecoming of Ahed Tamimi

NABI SALEH, West Bank (AP) — A West Bank village is preparing for the release of Palestinian protest icon Ahed Tamimi from an Israeli prison, unfurling posters of her and setting up hundreds of chairs for well-wishers.

The 17-year-old was arrested in December, after slapping two Israeli soldiers. She is to be freed Sunday, along with her mother.

Her father Bassem said Saturday that "we expect her to lead" in the struggle against Israeli occupation. He says she completed high school with the help of fellow prisoners and is considering college.

To Palestinians and their supporters, Ahed is a symbol of resistance to occupation. In Israel, many see her as a provocateur.

Also Saturday, an activist said two Italian artists who painted a large mural of Ahed Tamimi on Israel's separation barrier were detained by Israel.

3 dead in attack on midwife training center in Afghanistan

KABUL, Afghanistan — Three people died in an attack on a midwife training center in the eastern Afghan city of Nangarhar province, an official said Saturday. At least eight others

were wounded in the firefight, which took place at the city center, provincial governor spokesman Ataullah Khogyani said.

Around 11:30 a.m. local time, two attackers stormed the medical facility and subsequently started a battle with security forces that lasted almost six hours, Khogyani said.

The fighting ended after one attacker detonated an explosive vest and the second was shot dead by security forces, Khogyani said.

A total of 140 staff members and two children trapped inside the facility were rescued, Khogyani said.

It was not immediately clear why the medical facility was targeted or who was behind the attack. Taliban militants denied responsibility.

London airports, trains disrupted by extreme weather

LONDON (AP) — Tourists and Britons hoping to go on vacation are enduring another day of travel trouble in Britain after severe weather led to flight cancellations and delays on cross-Channel trains.

A week of extreme heat gave way to thunderstorms Friday, touching off travel delays on Saturday.

Budget airline Ryanair says Friday night's thunderstorms, along with air traffic control staff shortages, led to 14 cancelled flights at Stansted Airport. Other London-area airports — Luton, Gatwick and Heathrow — also warned of delays.

Nats, the UK air traffic control service, says the unpredictable nature of the storms means aircraft are not able to fly their usual routes. The service says the thunderstorms "effectively block large swathes of airspace because aircraft cannot fly through them."

Eurotunnel passengers faced a third day of disruption on the cross-Channel service.

Polar bear killed after attack on Arctic cruise ship guard

BERLIN (AP) — Norwegian authorities said a polar bear on Saturday attacked and injured a polar bear guard who was leading tourists off a cruise ship on an Arctic archipelago. The polar bear was shot dead by another employee, the cruise company said.

The Joint Rescue Coordination for Northern Norway tweeted that the attack occurred when the tourists from the MS Bremen cruise ship landed on the most northern island of the Svalbard archipelago, a region between mainland Norway and the North Pole that is known for its remote terrain, glaciers, reindeer and polar bears.

The German Hapag Lloyd Cruises company, which operates the MS Bremen, told The Associated Press that two polar bear guards from their ship went on the island and one of them "was attacked by

a polar bear and injured on his head."

The polar bear was then shot dead "in an act of self-defense" by the second guard, spokeswoman Negar Etminkan said.

The injured man was taken by helicopter to the town of Longyearbyen on Spitsbergen island. He was not identified and no further information was given on him.

"He was flown out, was responsive, and is currently undergoing medical treatment," Etminkan said, adding that the victim was not in a life-threatening condition.

She said all cruise ships traveling in the northern region are obliged to have polar bear guards on board.

Arctic tourism to the region has risen sharply in the last few years and is now in high season. A Longyearbyen port schedule showed that 18 cruise ships will be docking at the Arctic port in the next week.

ANSWERS TO CROSSWORD

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

FIRE

FROM PAGE 1

frightening rate.

"We're not getting a break with the weather," said Chris Anthony, a spokesman for Cal Fire, the state agency responsible for fighting wildfires. "It just continues to be really hot, really dry and we continue to get those winds ... This fire's getting so big and there are so many different parts to it."

Two firefighters were killed and the latest tally of 500 destroyed structures was sure to rise. A count by The Associated Press found more than 300 homes destroyed.

About 37,000 people are under evacuation orders, 5,000 homes are threatened and the fire was just 5 percent contained.

Meanwhile, about

120 miles southwest of Redding, two blazes prompted mandatory evacuations in Mendocino County. The two fires, burning 30 miles apart, started Friday and are threatening more than 350 buildings. The Mendocino

County Sheriff's Office ordered evacuations for people living in an area north of Highway 175 near Hopland. Residents in neighboring Benmore Valley were also told to leave Saturday.

Cal Fire officials said more than 10,000

firefighters were on the line, making progress on 14 large wildfires across California.

President Donald Trump issued an emergency declaration for California on Saturday, allowing counties affected by wildfires to receive federal assistance.

Huge fires continued to burn outside Yosemite National Park and in the San Jacinto Mountains east of Los Angeles near Palm Springs. As of Saturday morning, those fires had burned nearly 160,000 acres and destroyed over 500 structures. Yosemite Valley remained closed to visitors and won't reopen until Friday.

Nationally, 89 active large fires have consumed nearly 930,000 acres in 14 states, according to the National Interagency Fire Center. So far this year, nearly 37,000 wildfires have burned more than

4.25 million acres.

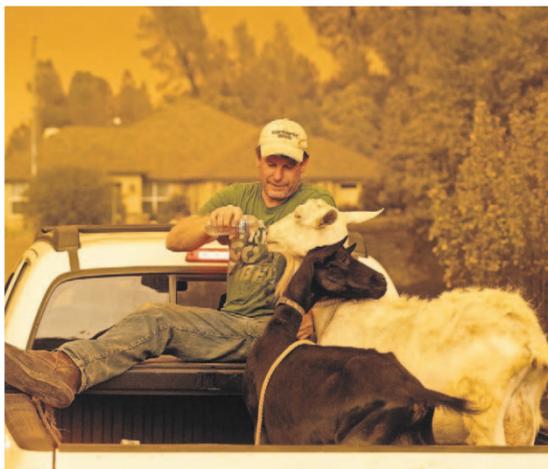
The Carr Fire destroyed nearly all of Keswick, a hamlet just west of Redding, which is about 250 miles north of San Francisco.

Redding Police Chief Roger Moore was among those who lost homes.

Greg and Terri Hill evacuated their Redding home of 18 years Thursday night with little more than medications, photo albums, clothes and firearms, assuming they'd be back home in a few days.

When they returned Friday, virtually nothing was left but fine particles of ash. It was so hot, they couldn't walk through it to see if anything survived.

"It's pretty emotional," Terri Hill said. "I know it's just stuff. A lot of memories. But we'll make new memories and get new stuff. Everybody's safe."



AP PHOTO

Mark Peterson, who lost his home in the Carr Fire, gives water to goats that survived the blaze on Friday, in Redding, Calif.

ABUSE

FROM PAGE 1

canonical trial," the Vatican said.

Among his alleged victims is man who has told reporters that he was 11 when McCarrick first exposed himself to him. Asking to be identified as by only his first name, James, to protect his family's privacy, the alleged victim expressed hope that McCarrick's resignation would help other victims "become free" and foster healing.

"Basically, truth always prevails," James, who lives in Virginia, told The Associated Press on Saturday. "Thankfully, everybody in today's world is more understanding of the harm done by individual priests, and now we can start to heal."

Francis received McCarrick's letter offering to resign from the College of Cardinals on Friday evening, after a spate of allegations that the 88-year-old prelate had for years sexually abused boys and had sexual misconduct with adult seminarians.

The McCarrick case posed a test of the pontiff's recently declared resolve to battle what he called a "culture of cover-up" of similar abuses in the Catholic church's hierarchy.

The alleged sexual misconduct with adults were reportedly brought to the Vatican's attention years ago, including before McCarrick was appointed to the prestigious archbishop post in the U.S. capital in 2000 by the then-pontiff John Paul II.

Two dioceses in New Jersey, Newark and Metuchen, say they have settled two of three complaints of misconduct by McCarrick toward adults.

The Vatican didn't say where McCarrick would be confined nor when a church trial might begin, and its brief statement did not even allude to the grave accusations against the prelate.

A Catholic University canon law expert, Kurt Martens, noted this was the first time an order of penance and prayer had been issued before a church trial.

U.S. Catholics who have followed sexual abuse scandals hailed stripping McCarrick of cardinal's rank as an unprecedented shift in how the Vatican has dealt with allegations against top churchmen.

"The Vatican almost never moves at this speed," said Terence McKiernan, of BishopAccountability.org.Inc., a Massachusetts-based group that tracks clergy sexual abuse cases.

The pope appears to "understand the gravity of the situation and further harm to the Catholic church's status," he told The Associated Press.

He wondered if the church investigation reveals who among its hierarchy knew about the sex allegations against McCarrick and whether the Vatican will move to punish those clerics as well.

McKiernan noted that the Vatican statement didn't spell out why the pope was disciplining the bishop.

"We're still in the old world," he said, referring to the Vatican's avoidance of details about the allegations. "(Still) it's a remarkable development."

In the case of Scottish Cardinal Keith O'Brien, accused by former seminarians in 2013 of sexual misconduct, Francis only accepted his resignation after the Vatican's top abuse prosecutor conducted a full

investigation, two years after the first revelations, and after the prelate relinquished the rights and privileges that come with a cardinal's rank.

However, O'Brien, who died earlier this year, remained a cardinal. He had recused himself from voting in the 2013 conclave that elected Francis.

McCarrick had already been removed from public ministry since June 20, pending a full investigation into allegations that he fondled a teenager over 40 years ago in New York City. A man, who was 11 at the first alleged instance of abuse, says a sexually abusive relationship continued for two more decades. McCarrick denied the initial allegation.

Since McCarrick is over 80, he was already no longer eligible to vote in a conclave to elect the next pope. But being a cardinal is a top honor of the church and they often are called upon to advise the pope.

The Rev. James Martin, editor-at large at America Magazine, which covers church issues, noted in a tweet that Bernard Law was allowed to stay a cardinal after he resigned as Boston archbishop, following revelations that he had sanctioned the systematic cover-up of pedophile priests while presiding over that U.S. diocese.

After resigning from his Boston post, Law was transferred to a prestigious job at a Rome basilica, an appointment that triggered outrage from many abuse survivors. That happened under Pope John Paul II, who was widely considered to have underestimated the scope of the sex abuse scandals worldwide.

McCarrick rose steadily and swiftly up the U.S. church's

ranks, from auxiliary bishop in New York City, to bishop in Metuchen, New Jersey, to archbishop of Newark, New Jersey, and then to Archbishop of Washington, D.C.

One of Francis' closest advisers, Cardinal George Pell, is the highest-ranking Catholic in the world to be charged in the church's global abuse scandal. The 77-year-old faces trial in his native Australia on decades-old child sex abuse allegations. Pell has denied wrongdoing. Details of the allegations haven't been made public.

Bishops have been implicated in the sexual abuse scandals that have stained the Catholic church's reputation worldwide for decades, most often for their roles in covering up for pedophile priests by shuffling them from parish to parish and keeping the faithful in the dark about the allegations.

Earlier this month, an Australia bishop became the most senior Roman Catholic cleric to be convicted of covering up child sex abuse. Adelaide Archbishop Philip Wilson was sentenced to 12 months in detention by an Australian court in a landmark case seen as a strong warning to institutions that fail to protect children.

Critics of the Vatican's handling of abuse cases point out that despite recommendations from its advisory panel, the Holy See still hasn't set up a tribunal or other system to deal with accused bishops or cardinals.

It was thus unclear just what church tribunal would decide McCarrick's case.

"That system is going to (have to) be created exactly for this most embarrassing and prominent case," McKiernan said.

GOP

FROM PAGE 1

executives from major U.S. corporations.

Republicans also have altered the priority of tackling the national debt, an issue the GOP hammered President Barack Obama on as the country struggled to recover from the 2008 economic crisis. "Our nation is approaching a tipping point," GOP Rep. Paul Ryan of Wisconsin, now the House speaker, said in January 2011 when the national debt hit \$14 trillion.

Today, the Congressional Budget Office projects the \$21 trillion debt will rise to more than \$33 trillion in 10 years. That estimate notes that the tax cut lawmakers passed in December would increase economic output but add \$1.8 trillion to the deficit over the coming decade.

The GOP's evolving priorities are not lost on some in the party. Rep. Mark Sanford, R-S.C., who lost a close primary election this year after butting heads with Trump on some issues, said he finds it "perplexingly

destructive" for the GOP brand.

"It takes a long while to build a brand, but brands can be diminished or destroyed in relatively short order, and I think the administration is destroying bedrock cornerstones to what the party has historically stood for," Sanford said. "There is no conversation on the debt, deficit and government spending these days. That has been a cornerstone."

Sanford made headlines as South Carolina governor when he said he would reject stimulus money approved during the financial crisis because he did not think the country should go into debt to fund recovery efforts.

"Here we are now with a hypothetical \$12 billion bailout package and you don't hear a word," Sanford said. "That is quite a transition in not so many years from decrying what the Obama administration had done with bailouts to now endorsing the idea of bailouts."

Trump, in a Friday interview on Fox News' Sean Hannity's radio show, said the strong economy would help the U.S. reduce the deficit. "The economy, we can

go a lot higher. ... We have \$21 trillion in debt. When this really kicks in we'll start paying off that debt like water. We'll start paying that debt down."

The administration's plan on the bailout announced last week would borrow money from the Treasury to pay producers of soybeans, sorghum, corn, wheat, cotton, dairy and hogs. Many farmers have criticized Trump's tariffs and the damage done to commodity prices and markets.

Some GOP lawmakers are expressing concerns. "I didn't come up here to start new government programs," said Sen. John Kennedy, R-La.

But it's unlikely that the Republican-controlled Congress will try to block the administration's agricultural aid plan.

"I'm looking at this and saying, 'You're going to single out one sector?' What about the manufacturing sector? What about the energy sector?" said Sen. Lisa Murkowski, R-Alaska. "Where do you draw the line? I've got some real concerns."

But others praised the move. GOP Rep. Mike Conaway of Texas, chairman of the House Agriculture Committee,

called it "welcome relief."

"This is the right fight to have, but in the meantime, our producers have got to live as this fight is going on," Conaway said of a trade dispute with China that has prompted the imposition of tariffs by both nations.

Conaway said the president has reshaped the way Republicans think about trade.

"He's kind of changed the narrative of the conversation that it's really not OK to let other people take advantage of America," Conaway said.

Rep. Dan Kildee, D-Mich., said it's clear the GOP has changed over the past two years with Trump in office.

"This is the party of Trump. He calls the plays and they line up and they execute the play," Kildee said.

But Kildee also opposed the Trans-Pacific Partnership deal that the Obama administration was trying to work out with Japan, Vietnam, Singapore and others. He and many other Democrats described past trade deals such as NAFTA as hurting workers in their home districts. So why the criticism of Trump and the efforts he

has undertaken on trade?

Kildee said he would prefer a more deliberative approach and a multilateral approach that doesn't fray longstanding alliances.

"Simply engaging on the issue of trade doesn't mean he's doing it right," Kildee said.

The president's meetings with lawmakers in the past week and his trade advisers' visits to Capitol Hill are acknowledgements that many GOP lawmakers are worried about where Trump is headed — and what it could mean in the November election as farmers, bourbon makers and manufacturers who use imported steel and aluminum deal with the fallout.

A possible breakthrough with the European Union announced Wednesday at the White House appears to have eased their concerns and given the president more time to work out new deals.

"The fact the EU was here today and good talks happened, I think that points to there's proof it's working," said Rep. Dan Newhouse, R-Wash. "That's not just wishful thinking. I think we can see that."

ALMANAC

Today is Sunday, July 29, the 210th day of 2018. There are 155 days left in the year.

Today in history

On July 29, 1921, Adolf Hitler became the leader ("fuhrer") of the National Socialist German Workers Party.

On this date

In 1030, the patron saint of Norway, King Olaf II, was killed in battle.

In 1890, artist Vincent van Gogh, 37, died of an apparently self-inflicted gunshot wound in Auvers-sur-Oise, France.

In 1914, transcontinental telephone service in the U.S. became operational with the first test conversation between New York and San Francisco.

In 1958, President Dwight D. Eisenhower signed the National Aeronautics and Space Act, creating NASA.

In 1967, an accidental rocket launch on the deck of the supercarrier USS Forrestal in the Gulf of Tonkin resulted in a fire and explosions that killed 134 servicemen. (Among the survivors was future Arizona senator John McCain, a U.S. Navy lieutenant commander who narrowly escaped with his life.)

In 1975, President Gerald R. Ford became the first U.S. president to visit the site of the Nazi concentration camp Auschwitz in Poland.

In 1981, Britain's Prince Charles married Lady Diana Spencer in a glittering ceremony at St. Paul's Cathedral in London. (The couple divorced in 1996.)

In 1994, abortion opponent Paul Hill shot and killed Dr. John Bayard Britton and Britton's bodyguard, James H. Barrett, outside the Ladies Center clinic in Pensacola, Florida. (Hill was executed in Sept. 2003.)

Today's birthdays

Actor **Robert Fuller** is 85. Former Sen. **Elizabeth H. Dole** is 82. Actor **David Warner** is 77. Actress **Roz Kelly** is 76. Rock musician **Neal Doughty** (REO Speedwagon) is 72. **Marilyn Tucker Quayle**, wife of former Vice President Dan Quayle, is 69. Actor **Mike Starr** is 68. Documentary maker **Ken Burns** is 65. Style guru **Tim Gunn** is 65. Rock singer-musician **Geddy Lee** (Rush) is 65. Rock singer **Patti Scialfa** (Bruce Springsteen and the E Street Band) is 65. Actor **Kevin Chapman** is 56. Actress **Alexandra Paul** is 55. Country singer **Martina McBride** is 52. Actor **Tim Omondson** is 49. Actor **Wil Wheaton** is 46. Rhythm-and-blues singer **Wanya Morris** (Boyz II Men) is 45. Actor **Stephen Dorff** is 45. Actor **Josh Radnor** is 44. Hip-hop DJ/music producer **Danger Mouse** is 41. Actress **Allison Mack** is 36.

Bible verse

"I will feed my flock, and I will cause them to lie down, saith the Lord God." — **Ezekiel 34:15.**

The Lord is the good Shepherd. He will bring satisfaction and contentment to the human heart. Let Him be your Shepherd.

ODD NEWS

Man makes beer run with gator in hand

JACKSONVILLE (AP) — A man made a beer run into a Florida convenience store carrying a live alligator with its mouth taped shut.

Video posted by television station WTLV shows the unidentified man walking into the Jacksonville store holding the gator with his right hand.

He walks with the gator toward the counter, asking, "Ya'll aint out of beer are you?"

He then sees someone in the back of the store and says, "Is he taking the last bit of beer? You aren't taking the last bit of beer are you?"

The man with the gator jokingly runs at the other man as people in the store laugh.

He then grabs a 12-pack of beer.

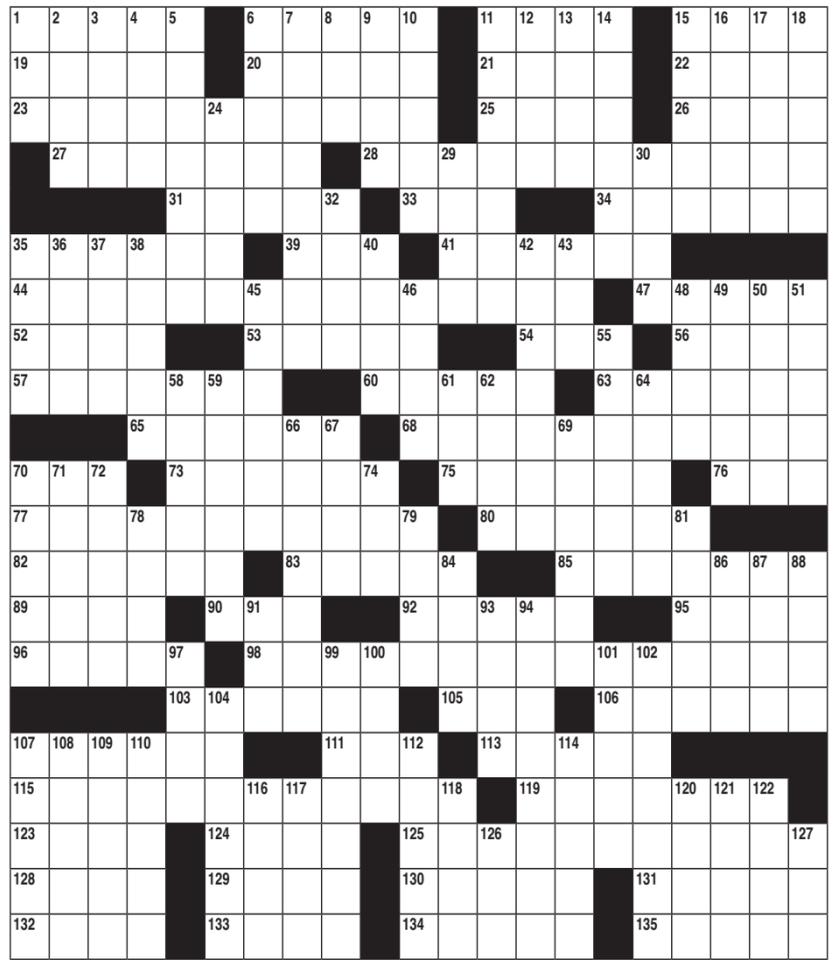
The television station says Florida wildlife investigators are looking into the incident.

NEW YORK TIMES SUNDAY CROSSWORD

No. 0722

MOVIE 'M*A*S*H*' 'UP'
BY PATRICK MERRELL / EDITED BY WILL SHORTZ

- ACROSS
1 Festival of Colors celebrant
6 Mission to remember
11 Whip
15 "Goldarn it!"
19 Orchestra section behind the violas
20 Canon competitor
21 Former QB Tony
22 Treat embossed with its name
23 "Anchorman" = ? (1976) + ? (1980)
25 An "A" in history?
26 Hankering
27 The forest, as opposed to the trees
28 "Rear Window" = ? (2004) + ? (2014)
31 Big, big, big
33 E.-W. line
34 Best in mental competition
35 Like three men of rhyme
39 Big Ten sch. whose mascot is an anthropomorphic nut
41 Foresight
44 "Silence of the Lambs" = ? (1946) + ? (1960)
47 Rockettes motions
52 One-named singer with No. 1 hits in 1965 and 1999
53 Bikini blast, briefly
54 Yves's yes
134 In position
135 Some beams
DOWN
1 Sweets
2 "___ to differ"
3 Fa or la
4 Mountain ___ (some sodas)
5 Uniform entertainment?
6 Target for an angry Chihuahua
7 Removes from a box, say
8 Alias introducer
9 Choosy ones, in Jif ads
10 N.B.A. great with size 22 shoes
11 Frenzied
12 Only
13 All in front?
14 Bit of baby talk
15 Uncertainty
16 Shower of the way
17 Silents star whose name is an anagram of 112-Down
18 Travel, as thou might
199 1980 Olympics boycotter
200 Sicy's Mount ___
201 Churns up
202 Long Island university



- 24 Certain wedding officiant
29 Apt radio call letters for a beach town
30 Babe magnet
32 Caesar's "to be"
35 Creep (along)
36 Lower Manhattan area
37 Rates ___ (is perfect)
38 Dangerous juggling prop
40 "___-daisy!"
42 Set one's sights on
43 Slip in lieu of a chip
45 Without a contract
46 Editorial override
48 "... but who ___?"
49 Mayhem
50 Mount ___, second-highest peak in Africa
51 Big jerk
55 Birds with long, curved beaks
58 Pittsburgh-based food company
59 Radio format
61 Equal, in math
62 Long tale
64 "Don't ___ surprised"
79 Who wrote, "All great truths begin as blasphemies"
81 Many a worker in ancient Rome
84 Some small batteries
86 Sister company of Budget
87 Little ones
88 One-named Irish singer
91 1980 Olympics boycotter
93 Some Crown Royal offerings
94 Academy nomination
97 Prep for the ring
99 Title for Meghan Markle
100 Sicy's Mount ___
101 Churns up
102 Long Island university
104 Jabs, in a way
107 Writing attributed to King David
108 Protruding part of the body
109 Presume, informally
110 Lure
112 Niamey's land
114 Daft
116 Ottoman title
117 Tiniest sip
118 Mature
120 Pig
121 "Roll Tide!" school
122 River flooded in
126 Signature Obama legislation, for short
127 Store-door posting: Abbr.

FOR ANSWERS, TURN TO PAGE 3

Ask the Fool

Priced for Perfection

Q Can you explain the term "priced for perfection"? — C.P., online

A It suggests that a stock's price is rather high, with investors expecting perfect performance from it and a correspondingly high valuation. It also hints at riskiness, because if the company makes some mistakes or there's some bad news, the stock price could take a significant hit.

It's best to stick to "value investing," where you seek healthy, growing companies whose shares are selling for significantly less than you think they're worth. That gives you a margin of safety to minimize your downside risk.

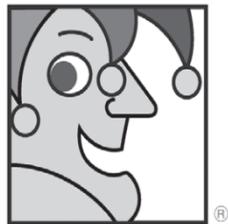
Q Does a stock price of \$60 per share reflect a company that's financially healthier than one with a \$20 stock price? — L.G., Greenwood, South Carolina

A A company's share price alone reveals very little. It has meaning mainly when you consider other numbers, such as how many shares there are (many companies have millions, and others have billions) and how much income the company is earning per share. You can assess the company's health by examining its financial statements to see how much cash and debt it has, how rapidly its revenue and earnings are growing, and how fat its profit margins are.

If a company has taken on a lot of debt and its sales have been shrinking, it's likely not an appealing investment at any price. If a company is growing rapidly, increasing its profit margins, gaining market share in its industry and has a stock price that seems to be below its intrinsic value, it's likely a solid investment — no matter its price.

Remember: A \$2 stock can really be worth \$0.10, while a \$500 stock might be worth \$1,000 — and be headed there, too.

Want more information about stocks? Send us an email to foolnews@fool.com.



Fool's School

Should You Buy or Rent a Home?

It's a classic conundrum: Is it better to buy or rent a home? There's no one-size-fits-all answer, but here are some reasons to support each option.

Renting makes sense if you don't plan to be in the home long enough to make the closing and other one-time costs worthwhile. It's also smart if you're new to a town or region, as it gives you time to get a feel for what neighborhoods you prefer.

Renting is ideal for those who don't want to be responsible for maintenance issues, which can consume a lot of time and, often, money. Pipes can burst in the winter, while roofs occasionally need to be repaired or replaced. If you're not handy, you may pay a lot just to have a leaky faucet fixed.

Buying a home, on the other hand, can allow you to build equity with every mortgage payment — unless, of course, your home's value falls, in which case you can

end up "underwater," owing more than the home is worth. Over long periods, though, you're likely to build equity, and if property values in your area rise over time, you can eventually sell your home and reap a tidy profit. (Having considerable home equity can also allow you to consider getting a reverse mortgage in retirement, which can provide much-needed income.) Of course, renters can build wealth by investing in stocks and other things.

Homeowners can also benefit from tax breaks, such as the deductibility of mortgage interest paid. That deduction is especially lucrative in the early years of a mortgage, when the bulk of payments are going toward the interest portion of your loan, as opposed to its principal. In addition, you can deduct your property taxes on your return up to a certain point. The property tax deduction used to be unlimited, but for at least the next seven years, it's capped at \$10,000 annually.

Finally, owning a home provides stability. Rents can go up each year, but a 30-year fixed-rate mortgage demands the same monthly loan repayment amount for decades.

Name That Company

I trace my roots back to both a chemical company founded in Korea in 1947 that began making cosmetic creams and an electronics company formed in 1958 that introduced the first radios, TVs, refrigerators, washing machines, elevators and more in Korea. The former was eventually known as Lucky, while the latter went by Goldstar. (Remember Goldstar electronics such as TVs and CD players?) Today my name reflects both companies and my motto is Life's Good. Based in Seoul, I boast annual sales over \$9 billion, and my market value recently topped \$13 billion. Who am I?

Think you know the answer? We'll announce it in next week's edition.



My Dumbest Investment

Bitter Coffee

My dumbest move was definitely investing in Jammin' Java. Stupid me. — Joe E., Oak Lawn, Illinois

The Fool Responds: Jammin' Java was a terrible investment for many others, too. In fact, it was a great example of the classic "pump-and-dump" scheme, and it even ended up being charged with that by the Securities and Exchange Commission (SEC).

These schemes involve dastardly sorts buying shares of a company's stock and then hyping up the company online or in mailings, often fraudulently. That causes gullible investors to buy shares, driving up the price. The hysters then sell their shares at a profit, triggering a collapse in the share price that wipes out many investors. In this case, they touted the success of other coffee-centered companies such as Starbucks and Green Mountain Coffee Roasters (later Keurig Green Mountain and now Keurig Dr Pepper after a recent merger), suggesting that Jammin' Java might perform similarly well.

Alas, Jammin' Java had no profits and its stock was trading in penny-stock territory (that is, for less than about \$5 per share) — dangerous ground. Penny stocks are often speculative enterprises, without solid track records of rising revenue and earnings. Jammin' Java at one point had a market value north of \$400 million — and while posting less than \$100,000 in revenue, at that! To play it safe, just avoid penny stocks, and with any other portfolio candidates, research them well and favor profitable and growing companies.

LAST WEEK'S TRIVIA ANSWER

I trace my roots back to 1980, when I was formed as a result of a legal settlement, succeeding a subsidiary of Coastal States Gas Corp. I entered the retail gas business after that, and am now the world's largest independent petroleum refiner and a premier ethanol producer and fuel marketer. Based in San Antonio, I employ about 10,000 people and oversee 15 petroleum refineries with a combined throughput capacity topping 3 million barrels per day, and 11 ethanol plants with a combined production capacity of 1.45 billion gallons per year. My market value was recently \$47 billion. Who am I? (Answer: Valero Energy)



Want to Invest? Email us at foolnews@fool.com, and we'll send you some tips to start investing. Sorry, we can't provide individual financial advice.

Motley Fool Goes Mobile!



Get investing advice and information on the go, now FREE on Android and iPhone.

The Motley Fool Take

Banking on This Bank

Unlike investors in most big U.S. banks, Goldman Sachs' (NYSE: GS) shareholders will not be getting a dividend increase in 2018, nor will the bank increase its buyback. The Federal Reserve's annual "stress test" found that Goldman's capital levels would barely remain over the minimally acceptable level during a severe global recession, and as a condition of their capital plans being conditionally approved, the bank's capital return over the next 12 months will not increase.

However, it's important not to let this temporary headwind steal the spotlight. For starters, the reason for the poor stress test result in the first place is recent tax reform — which will ultimately be a positive catalyst for the bank. The big (but one-time) tax hit Goldman took, which reduced its capital levels, was largely due to the deemed repatriation of its foreign earnings.

In addition, Goldman has a lot of good things going for it. The initial public offering (IPO) market is the most active it's been in years, mergers and acquisitions activity is strong, and thanks to market volatility, Goldman's trading revenue has been picking up. Plus, the company's commercial banking ambitions are starting to produce a significant and rapidly growing revenue stream that has tremendous potential. Indeed, in its first quarter 2018, Goldman grew revenue from its fixed income, currency and commodities trading by more than 20 percent year over year, compared to flat to negative performance by its biggest rivals.

CROSSWORD PUZZLE

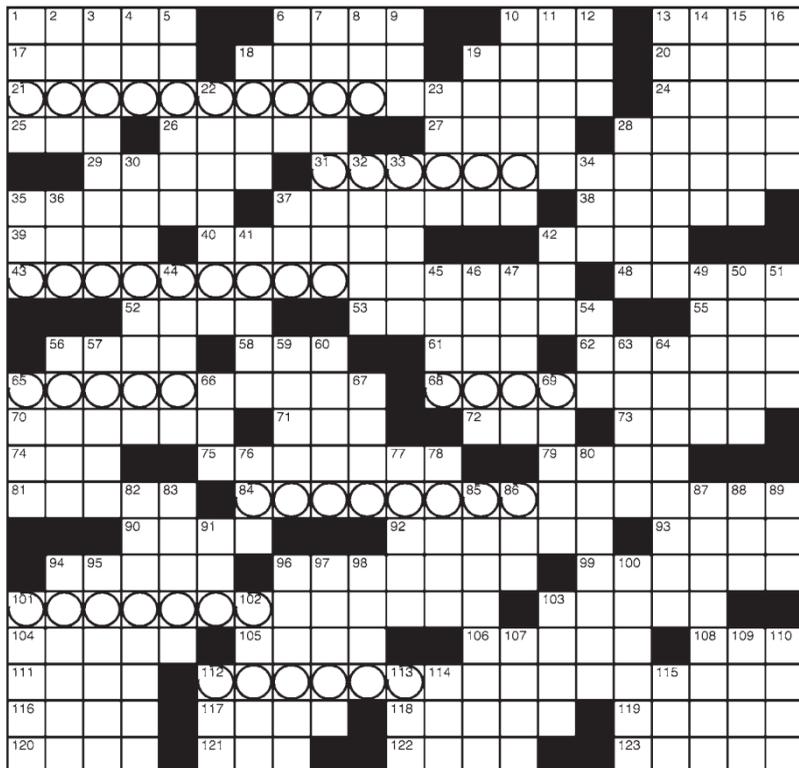
MAKE CIRCLES

By Victor Barocas

- | | | | |
|---|---|---|--|
| ACROSS | 70 Activist Davis | 2 App symbol | 57 Tannenbaum topper |
| 1 Agreed | 71 Styled after | 3 Level for building, as land | 59 Use |
| 6 Compressed video format | 72 Scientist with 19 Emmys | 4 Moose kin | 60 Humdinger |
| 10 Altar constellation | 73 Sink one's teeth into | 5 Decathlon event | 63 Striped cat |
| 13 Reach 22, in a game | 74 Feel remorse over | 6 Christmas trio | 64 Apt |
| 17 Features of Byzantine domes | 75 "Jabberwocky" word meaning "evening" | 7 Mood-brightening | 65 Big name in WWI espionage |
| 18 Retro diet, to put it mildly | 79 Pride event abbr. | 8 Gloaming, in verse | 66 Wine lover's word |
| 19 Keaton role in "The Founder" | 81 Faith with pillars | 10 Like Dickens' Dodger | 67 Problem for a sloop |
| 20 Sufficient, to the Bard | 84 Long-distance exploration program | 11 Battle on a log | 69 Dig (into) |
| 21 Coleoptera insect | 90 Math points | 12 Low card in a wheel straight | 76 Troy, N.Y., school |
| 24 Stir (up) | 92 Virtual human companion | 13 B-deficiency illness | 77 Ancient region of present-day Turkey |
| 25 Copier copy: Abbr. | 96 Won't take no for an answer | 14 Baltimore NFL great | 78 Unregistered user |
| 26 "Queen of Salsa" Cruz | 99 Ill will | 15 Cornfort | 80 Received an AOL message |
| 27 Quaker cereal | 101 Musical work | 16 Shake it on the dance floor | 82 Longtime host of "Scientific American Frontiers" |
| 28 Instrument in George Harrison's "Within You Without You" | 103 Like businesses on Yelp | 18 Buds | 83 Shapes |
| 29 Beats soundly | 104 Massive hunters | 19 Knightley of "Bend It Like Beckham" | 85 Coming to |
| 31 Much of western Queensland | 105 Pilgrim to Mecca | 22 Cub Scout badge | 86 Some calculators |
| 35 Select | 106 When repeated, #5 on Rolling Stone's 2007 list of "40 Songs That Changed the World" | 23 Ancient pre-Iranian civilization | 87 Helper with a harness |
| 37 Human-beast portmanteau | 108 Bitter ___ mascot | 28 Engine power source | 88 And the rest: Abbr. I-5, e.g. |
| 38 Gaggle members | 111 E-ZPass payment | 30 Major 1973 decision | 89 NC joined it in 1861 |
| 39 Flabbergast | 112 Scotland native | 32 No later than | 94 Power in old films |
| 40 Basic shelter | 116 Sooner State city | 33 Ecological community | 95 "Elements" writer |
| 42 Blacken | 117 "___daisy!" | 34 "Yuck!" | 96 Parental argument ender |
| 43 Gazelle cousin | 118 Lloyd or Paul of Cooperstown | 35 Govt. health org. | 97 "But there is ___ in Mudville ..." |
| 48 Moscow Olympics mascot | 119 River to Lyon | 36 Triumphant laugh | 98 Annoyed state |
| 52 Sage | 120 Mother of Pollux | 37 West in old movies | 99 Relaxed |
| 53 One spotted at the zoo | 121 General on menus ultimately | 41 Varnish ingredient | 100 Monopoly miniature |
| 55 Highlands headgear | 122 Border | 42 Train unit | 101 Monopoly miniature |
| 56 Theodore Cleaver, casually | 123 Vandalized, in a way | 44 Be equivalent to | 102 Makers of many links |
| 58 Like Ophelia, ultimately | DOWN | 45 Magic act sound | 103 Essen's river |
| 61 Two-time Conn Smythe Trophy winner | 1 Roman god of the sky | 46 Shirt protector | 107 S-shaped molding |
| 62 "We're approved!" | | 47 Emmy winner | 109 Hawaii's state bird |
| 65 Type of center | | 49 Opening | 110 1857 plaintiff |
| 68 Spring sign | | 50 Site of many Dutch embassies, with "The" | 112 His relics were the subject of a 1970s Met exhibit |
| | | 51 "Famous" snack guy | 113 Niagara Falls reaction |
| | | 54 Morse "E" | 114 Suffered from |
| | | 56 Earnings booster | 115 Hound |

Los Angeles Times Sunday Crossword Puzzle

Edited by Rich Norris and Joyce Nichols Lewis



©2018 Tribune Content Agency, LLC. All rights reserved.

7/29/18

GOREN BRIDGE

CLOSE CHOICES

North-South vulnerable, East deals

NORTH

♠ 10 8 6 4

♥ A

♦ K 7 4 3

♣ J 7 6 2

WEST

♠ A 5 2

♥ 10 6 2

♦ 8 6 2

♣ A K 9 4

EAST

♠ K Q J 3

♥ Q 5

♦ A 10

♣ Q 10 8 5 3

SOUTH

♠ 9 7

♥ K J 9 8 7 4 3

♦ Q J 9 5

♣ Void

The bidding:

EAST SOUTH WEST NORTH
1♣ 4♥ All pass

Opening lead: Ace of ♣

Today's deal is from a team game in Poland recently.

What would you do as West over South's four heart bid? A double would be for takeout, not penalty. At one table, the West player decided to pass, hoping that his ace-king, ace opposite a partner who had opened the bidding would give his side a plus score. He thought that a double by

him would likely lead to a final contract of four spades on a 4-3 fit with bad breaks looming. When the queen of hearts fell doubleton and East-West could not get a diamond ruff, four hearts was a lucky make.

At the other table the West player chose to double, which did indeed lead to a final contract of four spades. Had South led a low heart, four spades might well have been defeated. Remembering the opening bid of one club, North was quite likely to find the club shift for South to ruff. Even if South then led the king of hearts, North could ruff that and give South another club ruff. There were 10 top tricks in four spades after the actual queen of diamonds lead.

This deal is an example of the close decisions created when the opponents pre-empt.

It is often a fine line between success and failure and there may be no one to blame. All the players made reasonable decisions.

(Bob Jones welcomes readers' responses sent in care of this newspaper or to Tribune Content Agency, LLC., 16650 Westgrove Dr., Suite 175, Addison, TX 75001. E-mail: tcaeditors@tribpub.com)

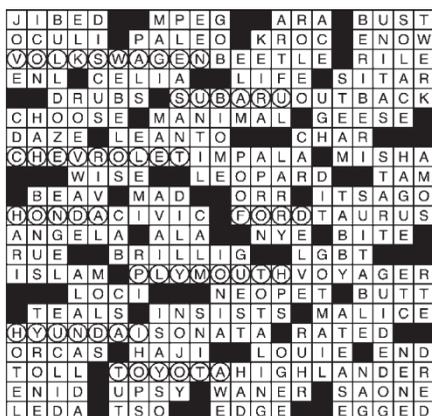
CRYPTOGRAMS

CRYPTOGRAMS IF YOU BUILD IT THEY WILL COME by Myles Mellor

- PIRUT QTVIGFMCIV CUF
EINNFDIQFMC GT EPNNTVJT DRM
CM'U QCGTMCVJ!
- OBIG ABIF CJA ABI HDGTK APJVBI Z
PGT CQPNIVA, BPO YP IEJKKDIGA TGY
NIEDKTGA EJD KYIQZ CTQAF? ABIF
QTDZI ABI QPPH!
- UTZ QRQ XTL FGLZ WCCALW TSNL
SUA EK HRI XWCEHKL URXT BLCBKL?
TL USG SKUSZG LSNL GQWCBRFI!
- MLB KQL YLHK NBY ZGEJJENBK
LJLRKGERENB RCBBLRKL Y KQL HEBNJ
MEGLA EBKC KQL ZCP, QLMNA
LP - AKNKER!

PUZZLE ANSWERS

(Puzzles on previous pages)



JUMBLE

Answer :

AFRAID SKIMPY BEYOND
INFORM ADMIRE INFECT

The wedding reception was awesome! The newlyweds were happy to —

EAT, DRINK, AND BE "MARRIED"

- House renovation is a collaborative challenge but it's riveting!
- When they put the final touches on a project, how do ebullient and jubilant builders party? They raise the roof!
- Why did the nosey roofer have awful big trouble with people? He was always eaves-dropping!
- When the deft and brilliant electrician connected the final wires into the box, he was ex-static!

HOLIDAY MATHIS HOROSCOPES

ARIES (March 21-April 19). Is it easier to see with your eyes closed? Maybe. Try it. Moments of quiet, still and very awake shut-eye could yield life-changing results. Of course, there are many ways to meditate that involve open eyes, too.

TAURUS (April 20-May 20). Forceful improvement? That's not really a thing. Improvements are made through tinkering, reinvention, starting over from scratch, refinement and many other ways. Force isn't one of them.

GEMINI (May 21-June 21). Things will settle themselves. When you deeply believe this, you can relax and stop trying to game the situation. There's no way to play this, so stop analyzing and just let it be.

CANCER (June 22-July 22). Like that of a jazz artist or comedian, some of your best work will be what happens when you're riffing. You have a talent for turning the most random mix of materials into a beautiful, if abstract, sort of order.

LEO (July 23-Aug. 22). Chances are you will not end up with your intended result regarding production. But at the end of the day, it will be about how much you love, not about how much you do.

VIRGO (Aug. 23-Sept. 22). For those who, for whatever reason, cannot bring themselves to forgive, reconciliation may still be possible. There are other ways to find balance, peace and harmony. One can accept what is without forgiving what was.

LIBRA (Sept. 23-Oct. 23). Your perception of the outside world is a reflection of your inside world, and the reverse is just as true. So even though you can set a tone or bring a mood with you, you're never completely responsible for the way things turn out.

SCORPIO (Oct. 24-Nov. 21). Treating yourself better isn't about a skin cream or a massage. Those things are nice, but they won't stop the pain that's caused by speaking unkindly to yourself with your inside voice.

SAGITTARIUS (Nov. 22-Dec. 21). It will feel as though life is trying to make an important point, but don't let anyone else tell you what point that is, because it's what's important to you — and what you think it is — that really matters.

CAPRICORN (Dec. 22-Jan. 19). Your giving heart will not feel fully satisfied until you know that you have made a difference. But there's a catch. To really help out, you must be wise enough to know when your help won't help.

AQUARIUS (Jan. 20-Feb. 18). Once you place your trust, why not keep it there awhile and see what happens? Relationships get deeper and more meaningful with time. Give everyone a chance to settle in and get comfortable.

PISCES (Feb. 19-March 20). Someone longs to be listened to and taken seriously, and you'll provide that — not because you're doing anyone a service but because you are genuinely curious about people and value what they have to say.

TODAY'S BIRTHDAY (July 29). The solar return starts with an experience that will help to cleanse your spirit and give you a fresh and powerful new belief in yourself and your effectiveness. Get involved in a mission to help. You find love and friendship while providing service to those around you. November and February are the best financial months. Leo and Libra adore you. Your lucky numbers are: 30, 12, 5, 28 and 40.

CROSSWORD PUZZLE

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 the "N" in GNP (8) | _____ |
| 2 golf course guide (6) | _____ |
| 3 smallish Chevrolet van (5) | _____ |
| 4 likely to play varsity (8) | _____ |
| 5 Mary-Kate or Ashley (4) | _____ |
| 6 official bird of 7 states (8) | _____ |
| 7 having no fear (5) | _____ |

- | | | | | |
|-----|-----|-----|-----|----|
| AL | AL | RA | TI | ER |
| HLE | AST | ON | TIC | IN |
| RO | RD | NG | TW | AT |
| BR | CA | AVE | NA | IN |

Today's answers: 1. NATIONAL 2. RANGER 3. ASTRO 4. ATHLETIC 5. TWIN 6. CARDINAL 7. BRAVE

JANRIC CLASSIC SUDOKU

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process elimination to solve the puzzle. The difficulty level ranges from Bronze (easiest) to Silver to Gold (hardest).

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

Rating: GOLD

Solution to 7/29/18

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

DEAR ABBY

Wife of conspiracy theorist shifts focus on man's kindness, charm

DEAR ABBY: When I was dating my husband, I gave him a lot of leeway. When he told me he listened to a radio show that is known for unscientific views, I ignored it because I found him so charming and kind. Honestly, he treats me better than anyone I've ever known, and I had been in the dating scene for 27 years. During our three-year courtship I always avoided the topics of science and politics.

We have been married two years now, and I'm trying hard to reconcile the fact that I'm married to a conspiracy theorist who believes the world is flat. He's convinced that fluoride is mass brainwashing and the Holocaust was faked. It makes me so sad. I knew on some level that he believed these things, but I chose to overlook it.

Other than his irrational beliefs, we are happy. My question is, can a relationship survive and thrive in the midst of these fundamental differences? — KNOWS BETTER IN KANSAS



Dear Abby

DEAR KNOWS BETTER: You say you are compatible and happy in every other respect. Yes, your marriage can survive — IF you practice the same selective amnesia you chose to adopt when your husband was courting you, and focus solely on the areas in which you are in sync.

DEAR ABBY: Can you please advise me about what to do about a mother who has gone overboard with church donations? She drained my parents' savings and gave her old church \$20,000. She complains to Dad that they can't afford to go out to dinner once a week, but she's doing this?

What can I say to her? I get that it says in the Bible you're

supposed to tithe, but my folks are on a budget, and they are in danger of losing their home because of this. Twenty thousand dollars is close to 30 percent of their combined pretax income, and that's not even taking into account what she's giving to the church she currently attends. Help!

— OVERBOARD IN NEVADA
DEAR OVERBOARD: You can't handle this problem alone. Your father will have to become proactive about what your mother has been doing. This may involve him talking to an attorney about what would be involved with separating his earnings from your mother's.

That said, is it possible that your mother is "forgetting" she has already made some of these donations, or why they can no longer go out to dinner once a week? If that's the case, it's important she be evaluated medically and neurologically to be sure she is still of sound body and mind.

DEAR ABBY: Would it be rude to announce my wife's

pregnancy before her sister's wedding next week? Do I need to wait until afterward, or is good news always welcome? — GOOD NEWS IN THE MIDWEST

DEAR GOOD NEWS: In the interest of family harmony, I urge you to refrain from doing it. While good news is always welcome, this news should wait until after the wedding. If you make the announcement now, your sister-in-law might regard it as stealing the limelight from the bride.

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

For an excellent guide to becoming a better conversationalist and a more sociable person, order "How to Be Popular." Send your name and mailing address, plus check or money order for \$7 (U.S. funds) to: Dear Abby, Popularity Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. (Shipping and handling are included in the price.)

HELOISE

Dear Heloise: We just got two new dogs, and we have a cat, too. They are shedding all over my house! How can I get rid of this hairy situation? — Carolyn from New Jersey

Dear Carolyn: Oh yes, our dogs and cats do shed. Here are several ways to remove pet hair.

To lift pet hair from furniture, simply dampen a sponge with water and wipe over the hairy areas. You also can wrap several lengths of masking tape (sticky side up) around your hand to trap and pick up smaller amounts of hair. And if your pets need a quick cleanup, you can freshen the fur by lightly dampening a microfiber cloth with warm water to rub the fur around the eyes and under the mouth. This will get rid of visible debris and make your pet ready for company.

To prevent hair buildup, brush your cat or dogs frequently. And you can very



Hints from Heloise

slowly introduce your pet, a little bit at a time, to being vacuumed with the brush attachment.

It really does a good job! — Heloise

Dear Readers: If you are going to melt semi-sweet chocolate to frost a cake or decorate cookies, here's a neat way to do it: Keep the chips in the bag and simply put it in a bowl of hot water.

Knead the bag a bit until chips have melted.

To prevent a drippy mess, cut a small hole across one corner of the bag. Then drizzle the chocolate right from the bag onto the cake or cookies. There will be no mess to clean

up. You can just toss the bag. — Heloise

Dear Heloise: Every time I pull out our sleeping bags for a camping trip, they have a musty smell.

I figured out how to prevent this. Right after a recent camping trip, I washed and dried the sleeping bags as usual. Then I placed several fabric softener sheets on and in the bags and rolled them up.

When we took our next camping trip, I unfolded them and the bags smelled fresh and ready. — Betsy from Pennsylvania

Dear Readers: These outdoor chairs get a lot of use during the summer, and they do get dirty. To remove stains from white chairs, mix 3/4 cup of household bleach and 1 tablespoon of liquid laundry detergent with 1 gallon of water (test first on a hidden area to make sure the plastic does not discolor). Put on rubber gloves, and scrub the

solution over stained surfaces. Allow this to stay on the chair for 5 to 15 minutes. Rinse well. — Heloise

Dear Heloise: My daughter had a slumber party with her best friends. I made them mac and cheese for dinner, their favorite food. I had a lot of extra dry macaroni left over. The girls decided that they were going to make jewelry out of the dried pasta. They used paint pens and drew lines and designs on the pasta. Then they strung the pasta on ribbons and colored string to make necklaces and bracelets, which they took home. The girls thought it was such a fun party idea. — Christina from Florida

Dear Readers: When you bring home cans or jars from the supermarket, rinse off the tops before you open them. The tops could be covered with dust or chemicals. You don't want to transfer any of that stuff to the contents inside. — Heloise

KENKEN THE LOGIC PUZZLE THAT MAKES YOU SMARTER.

EASY

24X	3-		3
	1-		3-
	6+		
1		2÷	

CHALLENGING

48X	3	2÷	4-
5-	3+		20X
	3	40X	
4	11+	3÷	9+
2-	3-	4	
	3-	3÷	3

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.

©2018 KenKen Puzzle, LLC www.kenken.com

7-29-18

TODAY'S ANSWERS

JUMBLE

JUMBLE THAT SCRAMBLED WORD GAME by David L. Hoyt and Jeff Knurek

Unscramble these six Jumbles, one letter to each square, to form six ordinary words.

FIDARA
MRIFON
MIKYPS
DARIEM
DYENOB
CENFIT

Check out the new, free JUST JUMBLE app

Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

PRINT YOUR ANSWER IN THE CIRCLES BELOW

○○○, ○○○○○, AND ○○ "○○○○○○○○"

Ex-pastor sentenced to 18 years in child sexual abuse case

MOUNT HOLLY, N.J. (AP) — A former pastor who co-founded a Christian music festival before admitting he had sexual contact with children and being branded a “wolf” has been sentenced to 18 years in prison.

Harry Thomas, who's 75 years old, was the pastor of Come Alive New Testament Church in Medford and a co-founder of the Creation Festival, billed as the country's largest Christian music festival. He failed in a bid to withdraw his guilty plea in sexual assaults and other crimes involving five minors and was sentenced on Friday.

As part of a plea agreement earlier this year, Thomas acknowledged sexually assaulting a 9-year-old in 2005, having sexual contact with three girls ages 7 to 9 in 2000 and 2010 and exposing himself to a girl

between 2008 and 2010.

Relatives of the victims were in court during sentencing, and in testimony two of them described Thomas as a “ravenous wolf” and a “hypocrite” who professed to be a man of God while victimizing children. Burlington County assistant prosecutor Stephen Eife called Thomas “a devil in disguise.”

Thomas, who had spent the previous 233 days in the Burlington County jail, wept as he expressed remorse and confusion about his crimes.

“I'm very sorry for the pain I've caused,” he said.

Referencing a biblical passage about punishment for those who harm children, he said, “I agree with the scriptures. It would be better for a millstone to be hung around my neck and be cast into the sea. That's

what I deserve.”

Defense attorney Robin Lord, arguing for the minimum 15-year term rather than the maximum 20-year term sought by prosecutors, cited Thomas' age and numerous health problems, which she said would make the longer term a death sentence.

Lord argued that Thomas' crimes were diagnosed as the result of uncontrolled “compulsion” rather than choice. She also cited Thomas' worldwide ministry work, including building schools and hospitals in Haiti and Africa and establishing a festival at which Christians, Jews and Muslims performed together.

Superior Court Judge Jeanne Covert said she recognized that Thomas might die in prison but the 18-year sentence was appropriate given the crimes and the risk of Thomas reoffending.

Concert honors 5 slain at Maryland newspaper

ANNAPOLIS, Md. (AP) — A benefit concert for the five Capital Gazette employees killed in an attack in their newsroom last month has started in Annapolis, Maryland.

Prominent journalists spoke between music performances at the event Saturday afternoon.

Elisabeth Bumiller, the Washington bureau chief of The New York Times, says the Times' office grew silent when they heard reports of the shooting.

She says the journalists slain in the attack were part of the community who “remind us that the work we do is so vital to our towns, our cities, our country and our democracy.”

Martin Baron, the executive editor of The Washington Post, was scheduled to speak later Saturday.

The event is titled “Annapolis Rising: A Benefit for the Capital Gazette and Free Press & First Responders.”



INVISION/AP

This July 10 file photo shows Benji Madden, left, and his twin brother Joel Madden of the rock band Good Charlotte in Burbank, Calif. The city of Annapolis, Md. will hold a benefit concert on July 28 featuring the Maryland-based band to honor the five Capital Gazette employees killed in an attack in their newsroom.



SOUTH BEND TRIBUNE VIA AP

Officials investigate a fire at the Cosmo Extended Stay Motel in Sodus Township, Mich., on Saturday.

5 kids and their mom die in Michigan motel fire

SODUS TOWNSHIP, Mich. (AP) — A fire that swept through a southwestern Michigan motel early Saturday killed five children and their mother, authorities said.

The Cosmo Extended Stay Motel in Sodus Township was fully engulfed in flames when firefighters arrived shortly after receiving a 1:45 a.m. 911 call, the Berrien County sheriff's office said.

Kiarre Samuel, 26, and five children ranging in age from 2 to 10 years likely succumbed to smoke inhalation, Chief Deputy Robert Boyce said. Samuel's husband and another child survived. All eight were in the same room.

“It's tragic. It tears at your heart,” Boyce said. “Any time you have children, it's worse. When it's multiple children, it's even worse.”

The motel is off Interstate 94 in the southwestern corner of Michigan, roughly

100 miles from Chicago. Authorities said 27 rooms were occupied and 90 percent of the property was damaged by smoke, fire or water.

Boyce described the two-story motel as a place for people with low incomes to “get back on their feet.”

Eight people were treated for smoke inhalation and released from a hospital.

The cause of the fire was not immediately known.

Samuel's husband was the father of some of the children who died, Boyce said.

“His whole world's been turned upside down,” the chief deputy said.

A motel resident, Sarah Sanders, said she fled after a friend shouted at her to get out.

“By the time we get outside, the end of the building exploded,” Sanders told the South Bend Tribune. “The glass shattered out and there was big whoof of flame.”

Suit by Trump backers against police can proceed

SACRAMENTO, Calif. (AP) — A federal appeals court on Friday allowed supporters of then-presidential candidate Donald Trump to proceed with a lawsuit alleging they were beaten after San Jose police steered them into a crowd of anti-Trump protesters.

Police and the city of San Jose can't claim that officers have immunity from being sued in the aftermath of the June 2016 confrontation outside a Trump campaign rally, a three-judge panel of the 9th U.S. Circuit Court of Appeals ruled.

Nineteen Trump supporters

sued the city and individual police, alleging that officers guided them into a violent protest, barred them from finding a safer way out and then stood by while protesters assaulted them.

The justices said the Trump supporters “have alleged sufficiently that the Officers increased the danger to them,” and that the police acted with “deliberate indifference to that danger.”

The supporters are represented by lawyer and Republican Party official Harmeet Dhillon. San Jose City Attorney Richard

Doyle said the city council will decide whether to take the case to the entire 9th Circuit, appeal to the U.S. Supreme Court, or proceed to trial.

“We think in the end the officers didn't do anything wrong and they did everything they could to try to protect public safety,” he said. “The police officers were really caught between a rock and a hard place.”

Police wearing riot gear stood their ground for about 90 minutes as violence escalated before breaking up scuffles and making arrests.

Funeral held for last 5 of 9 relatives killed in Missouri boat sinking

INDIANAPOLIS (AP) — An Indiana family that lost nine relatives in the sinking of a duck boat on a Missouri lake was held up as an inspiration Saturday as hundreds of people gathered in their memory.

Gov. Eric Holcomb and Indianapolis Mayor Joe Hogsett were among those at Eastern Star Church for the funeral of Horace Coleman, 70; his wife, Belinda Coleman, 69; Ervin Coleman, 76; Angela Coleman, 45; and her 2-year-old son, Maxwell. It came a day after the services for Glenn Coleman, 40, and his three children: 9-year-old Reece, 7-year-old Evan and 1-year-old Arya.

The governor attended



Bishop William Harris speaks during the funeral for Horace Coleman, Belinda Coleman, Irvin Coleman, Angela Coleman and Maxwell Coleman, Saturday, in Indianapolis.

both ceremonies, and assured their survivors that they are not alone.

“The Coleman family continues to just get bigger, as in 6.6 million Hoosiers bigger, as in millions of more Americans bigger. The Coleman family story

of faith and love in action has gone global,” Holcomb said.

Tia Coleman — Glenn Coleman's wife and mother of their children — and her 13-year-old nephew were the only two survivors among 11 Coleman family

members who boarded the boat before it sank in a sudden storm on July 19 on Table Rock Lake in Branson, Missouri, killing 17 people.

At Saturday's funeral, five caskets were lined up at the front of the church, flowers atop four of them and a U.S. flag on the other.

Pastor A. Thomas Hill said the family will be sustained by its faith.

“How can they deal with such a horrific, traumatic crisis? This family, they got a Jesus connection. It's not the end; rather it's the beginning of a new life. That's the hope of this family. Let God be their comfort today,” Hill told the congregation.

Advice for investing with a spouse

Dear Mr. Berko: Since we sold our business and retired 11 years ago, our \$768,000 individual retirement account has averaged 8.8 percent, including dividends. I'm proud of this performance because I manage the account. Some years were better than others, but we have been able to take out over \$60,000 a year from our IRA without touching the original \$728,000 in principal. We hope to leave the principal to our two children. We have Social Security plus another income source, so we are financially comfortable.

The problem is that my wife keeps telling me what to buy and what to sell. I resent her intrusion. She says we could do better if



Malcolm Berko

I took some of her advice. She thinks I'm too fixated on “male investments,” such as defense, tech, e-commerce, insurance and construction stocks. We both read your column and respect your advice.

Because I've earned a good 8.8 percent for 11 years, I think my wife ought to leave well enough alone and stay away from this money. Should I allow my wife to influence and co-manage our stock

selections? We'll accept your response. — **TR, Punta Gorda, Fla.**

Dear TR: No! Never. Absolutely not.

Let me tell you about my experience. For some time, my wife had a bee in her bonnet, demanding that I consider her personal input and that we co-manage our joint account. I argued ineffectively. (I made the mistake of marrying a woman who is smarter than I.) We worked OK together for nearly a year and made joint decisions on buy and sell transactions after perusing numerous research reports and newsletters. But because we're both stubborn and opinionated people (and there was ego involved), it was becoming

increasingly difficult to make investment decisions together and compromise. So in early 2010, realizing that the Force was with her and my resistance was futile, we moved half the value of our joint account to another discount brokerage, which became her half. I would have zero input on her half. She would have unfettered access to portfolio decisions without consulting me. It made for queer dynamics. Because I benefited from that account, I wanted her to do well, yet because my male ego was involved, I didn't want her to do well so I could say, “See? I told you so.”

In early 2010, I had Boeing, Lockheed Martin, Harris, Merck, Amphenol, Texas Instruments and

other macho issues on my mind. After a month, I began to chuckle when I saw confirmation notices in my mailbox with such names as Ulta Beauty, Children's Place, Mohawk Industries, Bassett Furniture, TJX Cos. and Ross Stores. It didn't take me too long to realize that a woman's perspective on the stock market exposed me to investment opportunities that I'd have dismissed in the past. Ulta Beauty sells cosmetics and beauty supplies. She bought ULTA at \$24, and it now trades for \$253. Children's Place retails children's accessories. She bought PLCE at \$34, and it now trades at \$131. Mohawk Industries is a flooring manufacturer. She bought MHK at \$44, and it's now \$210. We still own

each of them. Yep, there are some losses, but holy moly mama mia, during the past eight years, the account managed by my wife has done better than the account managed by me!

Under Florida law, your spouse is entitled to half of your IRA. So I recommend that you split your \$768,000 IRA into two \$384,000 IRAs. Move one of those half accounts to another stockbroker, and tell your wife to have at it. My experience has taught me two things: 1.) Most women are smarter than most men. 2.) It's easier to get older than wiser. Send me an email in a couple of years and let me know how you two are doing.

Email Malcolm Berko at mjberko@yahoo.com.



Stunning Sebring lake front home

SPECIAL TO HIGHLANDS NEWS-SUN

This home is at 2881 Lakeview Drive in Sebring. It is priced for \$660,000 and is listed with Dawn Dell and Justin Hartt with Heartland Real Estate Corp.

This private executive four-bedroom, three-and-a-half bath home with a detached three-car garage is on premier Lake Jackson. The property is situated on approximately one acre of waterfront close to town.

Wander down the long circular private driveway to the front entry and detached three-car garage. Landscaping along the sides of the property lines lends to a private retreat feel.

The property underwent renovations in 2014 that included the detached oversized three-car garage. The garage is connected to the home with a breezeway. Once you step into the home through the double doors from the recently renovated front stoop area you will walk into a formal living room/dining room

DELL | 3



COURTESY PHOTO

This home is at 2881 Lakeview Drive in Sebring. It is priced for \$660,000 and is listed with Dawn Dell and Justin Hartt with Heartland Real Estate Corp.

DIRECTIONS

2881 Lakeview Drive, Sebring

From U.S. 27 in Sebring, turn onto Sebring Parkway. Turn right onto Scenic Highway. Turn left onto Lakeview Drive. The home is on the right, just beyond Ben Eastman Road.

Town homes available on Lake June

SPECIAL TO HIGHLANDS NEWS-SUN

These town homes are at 1106 and 1108 Lake June Road in Lake Placid. These properties are priced for \$292,500 each and can be bought separately or together. The properties are listed with Kevin and Teresa Bock with Re/Max Realty Plus in Sebring.

If you are looking for a move-in ready place overlooking Lake June that offers plenty of fun for all, then look no further! This community offers beautiful town homes with nice upgrades, boat dock with slips and community boat launch, sandy beach, fire pit, and just across the street is Lake June West Golf & Athletic Club with a pool.

Both of these units are available for sale and each offers its own style and colors. Both units are also being sold furnished.

Unit 1106 Lake June Road offers earth-tone colored tile flooring on the main level with wood laminate, tile and beige

BOCK | 4



COURTESY PHOTO

These town homes are at 1106 and 1108 Lake June Road in Lake Placid. These properties are priced for \$292,500 each and can be bought separately or together. The properties are listed with Kevin and Teresa Bock with Re/max Realty Plus in Sebring.

DIRECTIONS

1106 and 1108 Lake June Road, Lake Placid

From U.S. 27 in Lake Placid, turn onto Lake June Road. Follow to the Townhomes on Lake June West on the left.

Great home in Sun N Lakes

SPECIAL TO HIGHLANDS NEWS-SUN

This home is at 870 Lake Betty Drive in Lake Placid. It is priced for \$220,000 and is listed with Steve Fruit with Re/Max Realty Plus II in Lake Placid.

This recently updated and nicely decorated move-in home on beautiful Lake Betty includes most furnishings. With mission tile throughout, cathedral ceilings, wood burning fireplace, solid kitchen counter tops and cultured marble vanities it is a perfect lake front get-away or full time home.

The master suite features large his and her walk-in closets and a spacious bath with dual high vanities and a walk-in shower plus a whirlpool tub. French doors from the master suite open to the covered deck where you can enjoy your morning coffee overlooking the lake.

Both the kitchen and breakfast nook have stunning views of the lake. The living room and guest bedroom both open to the screened lake front porch.

FRUIT | 3



COURTESY PHOTO

This home is at 870 Lake Betty Drive in Lake Placid. It is priced for \$220,000 and is listed with Steve Fruit with Re/Max Realty Plus II in Lake Placid.

DIRECTIONS

870 Lake Betty Drive, Lake Placid

From U.S. 27 in Lake Placid, turn onto County Road 29. Turn right onto Concert Place. Bear left to stay on Concert Place. Turn right onto Sun Lane. Turn left onto Lake Betty Drive. The home is on the right.

How should I handle midsummer maintenance?

By **PAUL F. POGUE**
ANGIE'S LIST

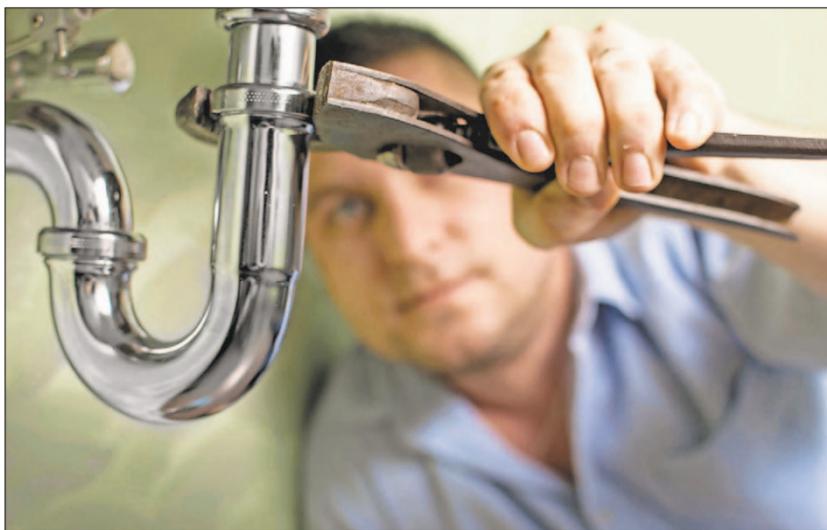
Keeping things cool - your water, your food, yourself - is one of the most energy-intensive tasks in your house. Many of your home's systems are working in complete overdrive to provide comfort throughout the hottest months of summer.

If you follow the advice of the experts, you probably had a professional take a look at things and perform tune-ups a few months ago. (And if you let that slip your mind in the hubbub of spring, it would be a good idea to have someone check them out now.) But even with twice-yearly check-ups to keep your systems humming, things can go wrong as they work nearly constantly throughout the summer. Keep an eye on these maintenance tasks to ensure a comfortable, stress-free summer experience.

1. Check your plumbing

People generally associate major plumbing problems with cold weather and broken pipes, but summer provides its own challenges to a plumbing system. Plumbing gets a lot of stress during summer, thanks to more people usually being in the home. Outdoor sprinklers, topping off the pool, kids at home using the toilet more often, and multiple showers on sweaty days all take their toll.

In particular, hoses and connections tend to be the biggest problem



METRO CREATIVE IMAGES

Plumbing gets a lot of stress during the summer. Hoses and connections tend to be the biggest problem areas.

areas. Inspect your hoses and valves to ensure a tight fit and to make sure valves are working. Washing machine hoses are one of the weakest links in the plumbing system. They can contribute to summer interior flooding, so pay particular attention to them.

Summer is also an excellent time to drain and inspect your water heater, precisely because it's not being used as much. Have a professional check the anode rods and heating elements and take a look at the gas burner.

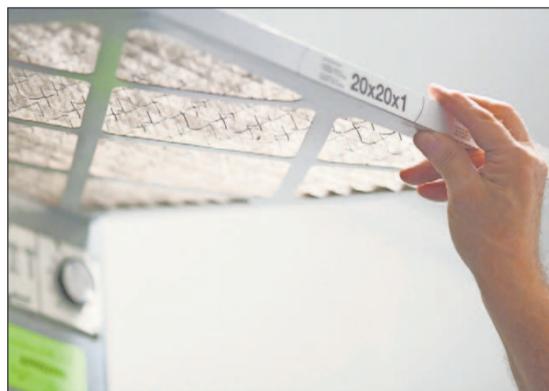
When you go on vacation, consider turning your system off entirely with your master water shutoff switch. (And if you don't know where that is, ask your plumber to show you. That's a vital piece of homeowner knowledge!) Plumbing systems aren't designed

to handle pressure for extended periods of time, and when toilets aren't flushed and faucets aren't turned, that builds up pressure.

By the way, don't forget to keep your trash cans near the toilets regularly emptied and easily accessible. Kids and home visitors have a habit of tossing stuff they shouldn't into the toilet when they don't have an obvious place to get rid of it, and anything besides toilet paper and

bodily waste can block up the system in a hurry.

2. Listen to your appliances
Check your air filters in accordance with manufacturer recommendations, and replace them as needed. Many HVAC filters fill up faster in summer than any other time, so consider checking them more often - as much as once or twice a month. A visual inspection takes only a moment and could save you several weeks of your system



Check your air filters in accordance with manufacturer recommendations, and replace them as needed.

working overtime. As with your car, don't ignore strange noises or evidence of problems; they never go away on their own. Contact a professional to investigate unusual sounds or warning signs.

You may give little thought to your refrigerator coils, but they play a vital role in keeping your fridge running and your

food cool. Check and clean your coils using a vacuum and a rag. Just getting rid of that grime buildup can work wonders.

Paul F. Pogue is a reporter for Angie's List, a trusted provider of local consumer reviews and an online marketplace of services from top-rated providers. Visit AngiesList.com.

FOUR STAR Homes, Inc. (863) 808-1356
3609 Sebring Parkway Sebring, FL 33870
www.FourStarHomes.com

Our Colors Are Red & White, But Our Service is PURE GOLD!!

OPEN HOUSES TODAY • JULY 29TH

★★★★ **CRYSTAL LAKE CLUB** ★★★★★

TODAY JULY 29th • 1 PM - 3 PM
452 NE Snead Avon Park
SB2218 (2/2) **\$21,900**
Wendy Jager (863) 812-4675

TODAY JULY 29th • 1 PM - 3 PM
680 SE Turtles Turn Avon Park
SB2179 (2/2) **\$16,900**
Wendy Jager (863) 812-4675

TODAY JULY 29th • 1 PM - 3 PM
732 NE Turtles Turn Avon Park
SB2173 (2/2) **\$19,900**
Wendy Jager (863) 812-4675

CHECK OUT THESE GREAT LISTINGS

NEW AC UNIT
2/2 has a Florida Room and golf cart garage. Beautifully landscaped w/easy maintenance. New AC in 2017. In a superior park.
SB2213
Kathy Rose (844) 802-775
\$28,900

TURN KEY HOME!
2/2 has many upgrades and light and bright. Never AC & hot water heater, open floor plan, refinished kitchen cabinets laminate flooring, garden tub in master, breakfast nook, new washer. Remodeled guest bath, metal roof, covered patio, great curb appeal/landscaping, 36 FT carport. SB2202
The Hammond Team (863) 450-3339
\$34,900

EVERYTHING YOU NEED!!
1/1 Home well maintained park model in 55 plus park has lake, Jackson access, laundry facilities and shared amenities with sister park Highlands MHP. Home is fully furnished and equipped. New 10 X 20 lanai in rear perfect to relax or entertain. SB2199
Amy Slane (863) 450-3336
\$16,700

AWESOME PARK MODEL
1/1 Home, new AC 2018, Stack laundry inside, plenty of storage, light and bright, carport is converted into 1 car garage with screen door, perfect for snowbirds, and a great way to entertain or relax and enjoy. Stop by and check out this home features for yourself. SB2245
Kim Strasser (863) 279-3387
\$29,900

UPDATED HOME
2/2 home comes equipped with newer kitchen appliances and a pantry. The hypoallergenic wood laminate flooring runs throughout the home. Baths have been nicely updated and have low flush raised toilets. Enjoy watching the sunrise on the nice Florida Room. SB2231
Orla Or Don Cox (863) 658-3955
\$34,500

GREAT VALUE
2/2 fully furnished, newer wood floors and roof. Open floor plan, open front porch, carport and oversized golf cart shed.
SB2241
Donald Lariviere (863)450-3340
\$24,900

MUST SEE! BEAUTIFUL
2/2 home, immaculate, bright, remodeled in 2014/2015. Laminate flooring in Dining room, living room and bedrooms. New roof in 2014, new AC, over the range microwave and dishwasher in 2016. Open space living room, large kitchen with wrap around cabinets. SB2250
Jack Walden (239) 825-8401
\$45,500

EXQUISITE WATERFRONT HOME!!
2/2/2 home w/office den with French doors. Large kitchen offers plenty of cabinetry, pantry, open concept dining room and living room. Spacious master suite & master bath, large lanai, screened porch, covered patio, laundry room, tiled throughout. SB2226
Kathy Rose (844) 802-7751
\$105,000

SNOWBIRD OR YEAR-ROUND LIVING
2/2 with full front Florida room, wet bar, pass through at galley kitchen, built-ins w/plenty of storage. Ceramic tile flooring, carpet in bedrooms, side Florida room, laundry room. Many more features to mention. SB2167
The Hammond Team (863) 450-3339
\$35,000

UPDATED AND SPACIOUS
2/2 has been updated. Laminated flooring, new bathrooms, master has 5 FT walk in shower, all new kitchen, grey washed cabinets, black granite the counter tops, new white appliances, also extended in to dining room for great storage or entertaining, freshly painted, desk office area, side Florida room, rear patio perfect for get togethers. Golf Cart included. SB2094
Amy Slane (863) 450-3336
\$43,500

LIGHT AND BRIGHT
2/2 home has an extended carport, full front lanai with Chattahoochee river rock flooring a perfect place to enjoy and relax. Breakfast bar in kitchen, lots of light and bright, large rooms, inside laundry. SB2221
Kim Strasser (863) 279-3387
\$15,000

FABULOUS FORMER MODEL
2/2 w/large office grants spacious living. Features craftsmanship like the double tray living room ceiling, bull nose corners and extended foundation base. New AC, Heating in 2015. New roof w/architectural shingles in 2017. Double painted driveway to your garage. SB2209
Orla Or Don Cox (863) 658-3955
\$85,900

LUXURY LIVING! PRICED TO SELL!
2/2 Motor Home. Deluxe in every way, Remodeled kitchen, New Appliances, new Cabinets & granite counter top, Crown Molding, custom blinds, plantation shutter, double pain windows. Finished lanai, laminate and tile floors, Two large covered carports. New Roof in 2017. SB2135
Donald Lariviere (863) 450-3340
\$69,500

LARGE AND LOTS OF SPACE
3/2 split floor plan home. Extended carport with large lanai is perfect for entertaining or relaxing outdoors, golf cart shed, new landscaping, fresh paint, ready for you to add your personal style and touch, inside laundry, spacious master with on suite and more. SB2163
Jack Walden (239) 825-8401
\$32,500

FOUNTAINHEAD CONDO
Gorgeous view of Lake Jackson awesome sunsets from this 7th floor condo. Updated 2BR, 1 BA condo has a long time tenant, that would like to stay. Located within walking distance of downtown Circle, Library and Highlands Little Theater.
\$110,000

ZONED AGRICULTURE
Peaceful & quiet location w/country feel. 3/2/2 CBS home & bonus Mobile home w/2/2! Storage buildings & 2 pole barns. Property can be divided into 2 properties.
9.5 Acres ZONED AGTICULTURE
\$478,790

Elease DeYoung Realtor
Call Today **863-414-1450**
eleasedeyoung@yahoo.com

NEW LISTING
Look at this well maintained corner lot mobile in Istokpoga Shores community. This 2 BR, 1 BA home is very well maintained & just adorable!! 2 porches, one enclosed & one open, 2 quonset huts, one metal hut with a garage door and one canvas to store your boat or other large equipment. Seller will be leaving some furniture -including a sleeper sofa and porch furniture.
\$55,000

UNDER CONTRACT
Fully furnished 2 BR 2 BA mobile home in Fairmount Estates with no lot rent or HOA fees. Nice open living/dining/family room. Washer/Dryer in good size outside shed. Double driveway for additional parking. Nice enclosed front porch opens to living room.
\$50,000

Rona Port Realtor
Call Today **863-414-6570**
rport@bhhsflpg.com

Florida Properties Group
211 US 27 North Sebring, FL 33870

BERKSHIRE HATHAWAY HomeServices

DELL

FROM PAGE 1

combination. The room has glass sliding glass doors overlooking the backyard.

You will notice the lush, landscaped backyard with grandfather oak trees and lake views. Continue through the doorway into the updated kitchen/family room combo. You are greeted with soaring high ceilings and transom windows that create a lot of natural light.

The kitchen was recently updated and is sure to please any master chef and serves as the heart of this home. There is plenty of space on the gorgeous white quartz counter tops and you will love the double bowl farmhouse sink.

The great room has wood flooring and a gas fireplace and is a perfect space for entertaining. The family room also offers lake access through glass sliders.

All of the glass sliders in the home have sliding plantation shutters too. This adds to the element of privacy. All the windows are also adorned with custom plantation shutters.

Off of the great room is a laundry room styled after the kitchen and has an access door leading to the breezeway. Another bathroom and bedroom is in the front of the home, which allows access to the front foyer without accessing the main home. This space could be converted into an office or a mother-in-law quarters and by adding a kitchenette to the laundry room you could make it private.

From the great room is



COURTESY PHOTO

The great room has wood flooring and a gas fireplace and is a perfect space for entertaining.

a tri-level stairway. Steps up from the great room is the owner's suite and down one level are two secondary bedrooms and one-and-a-half baths.

The owner's suite has a closet fit for a queen and her king! Enjoy stunning views of the lake from the private balcony. The owner's bath has a glass enclosed walk-in shower, additional large soaker tub and quartz counters with double vanity.

With a little imagination, the space where the two secondary bedrooms are could easily be configured to add a third bedroom, making it a five-bedroom home.

The bath in this area is ideal for multiple users, with two toilet vanity areas that share a tub/shower room. One vanity area has access from the hall and the other has

a private entrance. One bedroom has access to the lake through glass sliders and the other larger bedroom has spectacular lake views through a huge window.

Walk out from the great room, formal living room or secondary bedroom to a covered rear open lanai that overlooks the lush backyard. The backyard faces to the south and has some of the best views of the lake.

The property has more than 90 feet of waterfront on Lake Jackson with a seawall and a deck is out by the water. Lake Jackson is a 3,212-acre lake located in the city limits. It is a sandy ridge bottom clear lake known for recreation but also has great bass and speck fishing. A health trail runs around the entire exterior of the lake and

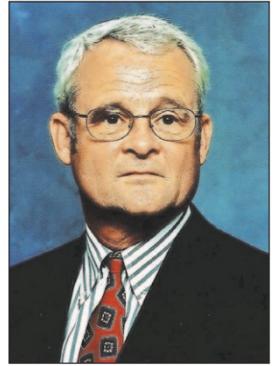
PEOPLE IN REAL ESTATE



Kevin and Teresa Bock are with RE/MAX Realty Plus. Call 863-381-9063 or 863-381-7884.



Dawn Dell is with Heartland Real Estate Corp. Call 863-381-0400.



Steve Fruit is with RE/MAX Realty Plus II in Lake Placid. Call 863-414-4919.

HOW TO APPEAR IN PEOPLE IN REAL ESTATE

Members of the Heartland Association of Realtors who want to submit articles about their professional achievements should call Eileen Powers at 863-386-5809. People in Real Estate submissions appear on a space availability basis. All submissions are subject to change.

has approximately 10 miles of continuous sidewalk all the way around for walking or bicycles.

Sebring is located in the heart of Highlands County and is the county hub. It is approximately two hours to either coast and within 90 miles of 90 percent of the state's population, without the crime rate and traffic. This is a great home to view for any lake front buyer.

For more information, call Dell at 863-381-0400 or Hartt at 863-443-1274. View the virtual tour at heartlandre.net. Search for MLS 248328.

FRUIT

FROM PAGE 1

A new roof was installed in 2017 and the energy-efficient air conditioner is newer. The home has a new water treatment system including a reverse osmosis filter in the kitchen.

The spacious third bedroom is currently used as office; the room has no closet but there is plenty of room to add one or place a wardrobe.

Outside, steps lead from the rim of the

seawall to the dock where you may enjoy fishing and relaxing. Sun N Lakes owners have access to a gated park on Lake Grassy with ball fields, pickle ball courts, a boat ramp and a playground for a \$25 annual voluntary fee.

For more information, call Fruit at 863-414-4919, email Steve@TeamFruit.com or visit TeamFruit.com. Search for MLS 248143.

like us on facebook

Lighting Styles for the Way You Live!

863-471-BULB LED Bulbs in Stock!
Family Owned & Operated since 1989
Mon.-Fri.: 8-5 After hours: By appointment only

The Bulb Bin, Inc.
Since 1989

COMMERCIAL • RESIDENTIAL & MORE
283 U.S. 27 North Village Fountain Plaza • Sebring, FL 33870
Fan & Lighting Showroom
Now Shop Online! www.theBulbBin.com

MILLER'S CENTRAL AIR, INC.

100% customer satisfaction is our mission!

- Installation
- Maintenance
- Repair
- Air Quality
- Duct Work
- Duct Cleaning
- Dryer Vent Cleaning

Financing Available

TRANE
It's Hard To Stop A Trane.

www.MillersCentralAir.com

863-699-5455
863-382-8488

KW
KELLERWILLIAMS OF HIGHLANDS COUNTY
THE ELLIOTT TEAM

Ranked #1
In Highlands County
for the 5th Year
In A Row!
863-658-3780

The Market Is HOT!!!

Inventory is LOW - Home Values Are UP!!!
Chances are, you have some equity in your home!
Multiple Offers are VERY Common - buyers are getting into bidding wars!
Lets see what your home is worth!
FREE MARKET ANALYSIS!

 Norm Elliott Contract Negotiator	 Mandy Elliott Listing Specialist	 Matt Nelson Contract Specialist	 Yvonne Calhoun Buyers Specialist
 Ivan Barajas Buyers Specialist Se Habla Espanol	 Eric Rhoades Buyers Specialist	 Cullen Wheeler Listing & Buyers Specialist	 Jillian Concilio Transaction Coordinator

2141 Lakeview Drive • Sebring, FL 33870
TheElliottTeam@gmail.com
www.ElliottTeam.com

BOCK

FROM PAGE 1

carpeting on the upper floor.

The main floor consists of a full bath with glass shower enclosure, large dining room with two storage/panty closets, and a kitchen with plenty of seating at the oversized breakfast bar and counter area and it is open to the large living room.

The kitchen has white cabinets with granite counter tops, GE Profile stainless steel appliances and also includes an ice maker.

This unit is also wired for security and central vac system. The open floor plan is popular and you will love the awesome view of the lake that greets you the minute you walk in the door.

The seller has installed Skeeter Beater screens on both the upper and lower porches and also includes a retractable power awning.

The master bedroom has sliders that open for a panoramic view of Lake June while relaxing on the private porch. The master bath includes a double-headed shower with rain shower head and a double-sink vanity and granite counter tops with separate water closet.

Both guest bedrooms have plenty of sleeping space that include two twin trundle beds in each room. The guest bath includes white cabinets with granite top and tile shower/tub combination with jacuzzi jetted tub.

The laundry area comes completed with



COURTESY PHOTO

Unit 1108 Lake June Road has a Florida cool blue color scheme.

top-of-the-line washer and dryer and includes a laundry sink.

Also included with the sale of this unit is the assignable boat slip. The garage is air-conditioned but has not been included in the air-conditioned space. There is an access door from each side between 1106 and 1108 so would be ideal for anyone wanting to purchase both sides or live in one and lease out the other side.

Unit 1108 Lake June Road was completed more in a Florida cool blue color scheme and includes white cabinets throughout with granite tops, upgrade GE Profile appliances, upgraded lighting and fans and washed look tile plank flooring all in the main floor.

This unit is nicely furnished with white and cool blue colors to match the wall colors throughout. There is so much open space that it appears larger than it is and is great as year-round or seasonal home. This unit also includes an upper and lower porch with the Skeeter Beater and includes the retractable power awning too.

Included on the main floor is a full bath with tile and glass shower

enclosure, large dining area open to the kitchen and living room. There is plenty of seating in the dining and kitchen area to accommodate a few or the whole family and more!

Both the lower and upper levels have awesome views of the lake.

The second story includes the master suite and bath as well as two guest bedrooms, guest bath with tile and glass enclosed shower, laundry area with upgraded washer and dryer as well as wash tub sink. All bedrooms include neutral beige carpeting.

The quarterly maintenance \$610 fee includes insurance to the exterior of the units, maintenance of all exterior and common area and the dock, and basic cable.

These town homes are made for enjoying all that Lake June has to offer and are close to Lake Placid and Sebring.

To make an appointment to preview or for more information, call Kevin and Teresa Bock at 863-381-9063 or 863-381-7884, visit TeresaBock.com or email Teresa@TeresaBock.com.

 Be sure to like us on Facebook!

Easy home designs to consider

By **SHELLY SAPP**
CONTRIBUTED COLUMN

There are some easy home design ideas available for the non-committal and generally "not crafty" types.

All my clients fret the details. Should I choose a blue floor? Is that too busy? I'll just go neutral, so I don't make a mistake.

Boring! Remember: we are not delivering babies. Decorating is exhilarating! We get to play in a sandbox full of color, texture and pattern. Let's have some fun!

For those who struggle with commitment, I understand this carpe diem approach to your living room can provoke a panic attack. If you cringe at the idea of choosing a paint color for the kitchen, I give you lots of fun things you can do to update your home's look without having to be married to your choices for the next 10 years.

Don't worry. This list doesn't include any re-purposed wood pallets, curtains cobbled from a wedding dress or decoupage lamp shades. You won't get your hands dirty or risk a splinter. (Confession time...I am not crafty either.)

1. Let's start with the walls! I have talked about wallpaper a lot and before you roll your eyes, give it a second chance.

Nowadays, wallpaper is removable and goes up just like a sticker. No glue, water or regrets. If it's not what you thought you wanted, simply peel it off.

I have used several different brands in projects and found they

are extremely forgiving to apply and stay in place once stuck. These leave no residue and do not damage walls.

A few quirks to keep in mind. There still may be bubbles. If you are not the patient type, choose a wilder pattern so any imperfections in your installation are lost in the design. Also, just like pre-pasted wallpaper, check to see if you are buying a single or double roll and coverage.

For example, WallPops! From Brewster Wallcoverings is sold in a single roll (30 square feet) for about \$50/roll while Pottery Barn's version of self-adhesive wallpaper is sold in a double roll (55 square feet) at \$125.

When looking for options online, search "Peel and Stick Wallpaper." These products work great to upgrade inexpensive Ikea furniture fronts, stair risers and mirrored closet doors too. Very gratifying Saturday project!

2. What's going on with those floors? A super fun and easy solution to terrible flooring is waterproof, removable, vinyl decals. Some options are even heat resistant for use behind the stove.

These "stickers" for the floor are made from the same materials they use to wrap cars with advertisements, so they are surprisingly durable. Most vendors offer several standard sizes just keep in mind the floor you are covering must be smooth and clean. Also, gross grout will still be visible unless you choose to paint it.

This is a great solution

for covering the dated builder-grade sheet vinyl installed 20 years ago in your laundry room or those weird wine and fruit bowl sketches featured on your tile back splash.

Floor stickers can even be installed over concrete floors if you are converting your garage into a "She-Shed." You will want to apply a concrete primer first. Concrete primer is available at any local paint store including the big box stores.

A box of 12 by 12 waterproof floor stickers from SnazzyDecal runs about \$50 while heat resistant versions, for the wall, from FAM-Stick run about \$10 more for the same quantity.

You can make a striking move to something trendy without the worry of your fickle taste. Just remove the tiles and install whatever the new thing is next season or have a custom pattern printed!

3. Now that the room has dramatic walls and an Instagram worthy floor, let's look at lighting! I must thank one of my favorite clients, Bobbie, in Avon Park, for this one.

She is very crafty, so I was honored when she shared one of her best tricks with me. Add a little bling to lighting, candlesticks, or metal plant stands with magnetic crystals or adorable glass ornaments. They look amazing and no one will know that twinkling crystal chandelier in your master bathroom wasn't purchased from the finest lighting showroom.

A couple of designer

SAPP | 5

#1 IN LISTING INVENTORY OVERALL



743 U.S. 27 South, Sebring, FL 33870

863-386-0303

www.AdvantageHighlands.com

 <p>ANITA ZAHN: 863-840-1420 anitazahn@gmail.com</p>	 <p>ANDREA CRANMER: 863-451-6400 acranmerrealtor@gmail.com</p>	 <p>DIANA WILLIAMS: 863-386-0303 dwilliams90@htn.net</p>	 <p>DANA OLSON: 863-451-1775 dolsonrealtor@gmail.com RENTAL SPECIALIST</p>
 <p style="background-color: #e91e63; color: white; padding: 2px;">COMMERCIAL OPPORTUNITY</p> <p style="font-size: 0.8em;">Located in the town of Avon Park. 2400 Sq Ft of space, zoned C 4. Concrete block & stucco in excellent condition! Can be divided into 2 units if wanted, owner used 1/2 and rented the other side, or rent out both units collect \$\$\$\$. Possibilities are endless, this space has 2 central ac systems. MLS#248169 \$83,900</p> <p style="font-size: 0.8em;">Contact: Anita Zahn: 863-840-1420 anitazahn@gmail.com</p>	 <p style="background-color: #e91e63; color: white; padding: 2px;">EXQUISITE HOME IN SECLUDED SETTING</p> <p style="font-size: 0.8em;">Circular driveway leads the way to the Grand Entry of this 4 BD, w/ potential for 5 (has closet) 3.5 bath Courtyard Home. No detail has been overlooked in this meticulously Unique home. Custom-Built home features a gourmet kitchen, SS appliances, large pantry, central vac, claw foot tub, double sided walk in shower, energy efficient spray foam sealed roof, custom painting and a 4 car attached garage. So much a must see! MLS#247774</p> <p style="font-size: 0.8em;">Contact: Andrea Cranmer: 863-451-6400 acranmerrealtor@gmail.com</p>	 <p style="background-color: #e91e63; color: white; padding: 2px;">122 ABEL ROAD, NW, LAKE PLACID</p> <p style="font-size: 0.8em;">Great 2 BR/2BA, Duplex will be ready for occupancy 08.01.18. Tile throughout, laundry in unit & nice screened porch.</p> <p style="font-size: 0.8em;">MLS#232725 \$675.00</p> <p style="font-size: 0.8em;">Contact: Diana Williams: 863-386-0303 dwilliams90@htn.net</p>	 <p style="background-color: #e91e63; color: white; padding: 2px;">RENTED 221 WHATLEY BLVD, SEBRING</p> <p style="font-size: 0.8em;">3 BR/2 BA brand new AC, dishwasher & microwave. New kitchen sink & faucet, large pantry, lots of storage, Family room with pass through from the kitchen.</p> <p style="font-size: 0.8em;">MLS#248553 \$1,250/mo.</p> <p style="font-size: 0.8em;">Contact: Dana Olson: 863-451-1775 dolsonrealtor@gmail.com</p>
 <p style="background-color: #e91e63; color: white; padding: 2px;">620 MEMORIAL DR, SEBRING</p> <p style="font-size: 0.8em;">Dream no more! 2 BR, 2 BA w/ 1 CA, on 494 Acre Lake all on a Pretty lot. 1598 under air, new roof, new dock, new lanai. Master bedroom has a den/office or convert it to another bedroom. Large eat-in kitchen. Great room has awesome views of Lake Sebring. Relax in the lanai looking at the lake or just enjoy the back yard. There is a shed and dock for your boat or jet skis. White sandy beach ready for you to come and enjoy. Great home for enjoying the water and entertaining your family. MLS 247952 \$199,000</p> <p style="font-size: 0.8em;">Contact: Anita Zahn: 863-840-1420 anitazahn@gmail.com</p>	 <p style="background-color: #e91e63; color: white; padding: 2px;">6327 COLUMBUS BLVD, SEBRING</p> <p style="font-size: 0.8em;">SUN N LAKE - 2BR/2BA2CA, Great split floor plan w/large master, updated master bath, remodeled guest bath, new kitchen, vaulted ceiling in living & dining rm w/french doors leading to enclosed porch. MLS#248262 \$163,900</p> <p style="font-size: 0.8em;">Contact: Andrea Cranmer: 863-451-6400 acranmerrealtor@gmail.com</p>	 <p style="background-color: #e91e63; color: white; padding: 2px;">119 MURRAY CT, NW, LAKE PLACID</p> <p style="font-size: 0.8em;">Freshly painted, large 3/2 family home in a great area! High ceilings. Large rooms. New flooring in living area and bedrooms, new appliances and roof. Laundry room is large and has washer and dry (as is) Lots of space for entertaining. New sod w/irrigation system. Golf course across the street and 8 blocks from Lake June. MLS#243866. \$1550/mo.</p> <p style="font-size: 0.8em;">Contact: Diana Williams: 863-386-0303 dwilliams90@htn.net</p>	 <p style="background-color: #e91e63; color: white; padding: 2px;">5500 GRANADA BLVD, SEBRING</p> <p style="font-size: 0.8em;">2 BR/2BA w/open living area. Great street w/views of Lake Jackson.</p> <p style="font-size: 0.8em;">MLS#238160 \$975.00/mo.</p> <p style="font-size: 0.8em;">Contact: Dana Olson: 863-451-1775 dolsonrealtor@gmail.com</p>
 <p style="background-color: #e91e63; color: white; padding: 2px;">1544 CHURCHILL ST, LAKE PLACID</p> <p style="font-size: 0.8em;">Well maintained 2BR/2BA home in Sylvan Shores. Kitchen /plenty of storage, large living rm w/vaulted ceiling. Master BR has large closet, split bedroom plan. A must see!</p> <p style="font-size: 0.8em;">MLS 248150 \$139,900</p> <p style="font-size: 0.8em;">Contact: Anita Zahn: 863-840-1420 anitazahn@gmail.com</p>	 <p style="background-color: #e91e63; color: white; padding: 2px;">1377 NANCESOWEE AVE, SEBRING</p> <p style="font-size: 0.8em;">Charming 2BR/2BA near Lake Jackson. Open floor plan /living & dining room, large family room. Spacious kitchen & breakfast nook. Tile flooring throughout. MLS#248151 \$99,500</p> <p style="font-size: 0.8em;">Contact: Andrea Cranmer: 863-451-6400 acranmerrealtor@gmail.com</p>	 <p style="background-color: #e91e63; color: white; padding: 2px;">106 VOSS COURT</p> <p style="font-size: 0.8em;">Fully furnished, charming 2 BD, 2 BA villa on quiet cul de sac in sought after Golfing Community of Spring Lake. Close to great fishing on Lake Istapoka. Recently remodeled w/open floor plan, large rooms & Lanai overlooking the greenbelt. Just bring your toothbrush and enjoy Florida living at it's best! Price listed is for annual lease...seasonal pricing available. MLS#241358 \$950/mo.</p> <p style="font-size: 0.8em;">Contact: Diana Williams: 863-386-0303 dwilliams90@htn.net</p>	 <p style="background-color: #e91e63; color: white; padding: 2px;">7 VICTORY WAY, LAKE PLACID</p> <p style="font-size: 0.8em;">Available July 2018 This 3 BR, 2.5 BA home has lots of space & storage. Freshly painted new laminate wood floors in family room & part of the second floor. French doors to the enclosed front porch from dining room . Screened lanai off the family room fire place. MLS#237031 \$1100/mo.</p> <p style="font-size: 0.8em;">Contact: Dana Olson: 863-451-1775 dolsonrealtor@gmail.com</p>

Should you pay off your home mortgage with your 401(k)?

A reader asks: "My current 401(k) balance is about the same as my mortgage balance. I am 45. Would it make sense to pay off the mortgage with the 401(k)?"

Bad idea! Looking ahead to retirement, your objective should be to accumulate a 401(k) nest egg of financial assets as large as possible and pay off your mortgage as soon as possible. You should pursue these objectives independently, not sacrifice one to obtain the other. On balance, that would be a loser, for multiple reasons.

—Early withdrawal costs: Funds withdrawn from a 401(k) before age 59 1/2 trigger tax payments on the amount withdrawn plus a 10 percent early withdrawal penalty. While there are exceptions to the withdrawal penalty, paying off a mortgage balance

MORTGAGE PROFESSOR
Jack Guttentag

is not one of them. That means that paying off a mortgage balance with a 401(k) balance of the same amount would not be a break-even but would generate a sizeable cash outflow.

—Earnings opportunity loss on the existing 401(k) balance: An even larger loss from liquidating your 401(k) is the future earnings on the funds withdrawn. These earnings accumulate tax free until you are 70 1/2, and at that point you pay taxes only on the amounts withdrawn at your tax bracket at that time, which could be a lot lower than it is now.

—Possible earnings opportunity loss on new contributions: If your intention is to abandon your 401(k) after it has been depleted, given that

you are still many years from retirement, the largest loss would be the tax-deferred income you could contribute plus the tax-deferred earnings on those contributions that you would be making in future years. Your major objective should be to contribute as much as possible — I have no advice on that — and obtain as high an earnings rate as possible. I do have some thoughts about that.

Over a period of years, the rate of return on your 401(k) should be well above your mortgage rate. At 45, you should be invested largely if not entirely in common stock. A diversified portfolio of common stock will generate high rates of return over long periods along with high short-term variability. For example, during the period 1926-2012, the median return on the

common stock of large companies over 25-year periods was 11.34 percent. The highest 25-year return was 17.26 percent while the lowest was 5.62 percent. Over 10-year periods within the same time span, the median return was 10.52 percent, with a high of 21.43 percent and a low of minus 4.95 percent.

As you get closer to the day when you begin drawing funds out of your 401(k) — say, about 10 years before — you should consider shifting as much as half of your 401(k) assets into interest-bearing securities. The reason is that the short-term variability in stock returns can be very costly once you enter the drawdown period.

Avoiding 401(k) Abuses Not all 401(k)s are created equal. Fund sponsors sometimes use them for their own purposes, reducing their value to

the account holders. Among the abuses that can contribute to the poor performance of a 401(k) are inclusion of the common stock of the company sponsoring the 401(k) as an investment option; long delays in transferring employee contributions to the plan; outright theft of the contributions; high administrative and investment expense ratios, which may reflect services provided to the fund's sponsor.

Employees with poorly performing 401(k)s are not powerless. Help is available from the Employee Benefits Security Administration of the U.S. Department of Labor. In addition, several law firms specialize in class action suits against employers who abuse their 401(k) programs. They can be found by Googling "401(k) abuses."

Paying Down Your Mortgage Balance
Your mortgage balance should be paid off by the time you begin drawing funds from your 401(k). If scheduled amortization will not do the job, you should develop an extra payment program that will. Calculator 2a on my website was designed for that purpose, showing you the schedule of balances remaining for any combination of extra payments and payment intervals.

To maintain the discipline needed for a successful extra payment program, make the payments immediately after being paid. Waiting until the end of the pay period is a recipe for failure.

Jack Guttentag is professor emeritus of finance at the Wharton School of the University of Pennsylvania. Comments and questions can be left at mtgprofessor.com.



THE ASSOCIATED PRESS

In this March photo a sign advertises the pending sale of a home in San Jose, Calif. Economists expect that sales of previously occupied U.S. homes edged higher in June.

US existing-home sales fell in June

By JOSH BOAK

THE ASSOCIATED PRESS

WASHINGTON — U.S. sales of existing homes fell 0.6 percent in June, the third straight monthly decline, as higher prices and a limited supply of listings have sidelined many would-be buyers.

The National Association of Realtors said Monday that homes sold last month at a seasonally adjusted annual pace of 5.38 million. Over the past year, home sales have tumbled 2.2 percent.

Many Americans searching for homes face prices that are climbing at roughly double the pace of wages. Sales of entry-level homes worth less than \$250,000 have fallen amid a constrained inventory — and the decline accounts for nearly all of the annual drop in home sales. Still, the number of homes for sale in June rose on an annualized basis for the first time since the middle of 2015, a sign

that the 3-year downward spiral in inventories may be ending.

Sam Khater, chief economist at mortgage buyer Freddie Mac, said the lack of meaningful pay raises could weigh on the housing market.

"This ongoing issue will likely lead to more affordability headwinds for those trying to buy a home in the months ahead," Khater said.

The number of homes on the market increased a scant 0.5 percent from a year ago to 1.95 million. But the slight improvement comes as prices have climbed beyond the reach of many Americans. The median sales price in June increased 5.2 percent from a year ago to \$276,900.

Higher costs are most pronounced in the West, where the median sales price has jumped 10.2 percent over the past year to \$417,400. Those increased prices have corresponded with a 5 percent drop in sales in

the West during the same period. Home prices in the West have increased at roughly three times faster than other parts of the United States, reflecting the higher costs of land and booming local economies such as San Francisco, Denver and Seattle.

In June, sales fell in the West and South, but they rose in the Midwest and Northeast.

Sales of homes worth less than \$250,000 have declined nationwide over the past year, a sign that many in the middle class and possible first-time buyers are getting priced out of the market. By contrast, sales of homes worth more than \$1 million have surged 7.6 percent this year.

New-home sales fall 5.3 pct in June

The Associated Press

WASHINGTON — Sales of new U.S. homes tumbled 5.3 percent in June and the median sales price also slipped, a potentially ominous sign for the U.S. housing market.

The Commerce Department said Wednesday that newly built homes sold at a seasonally adjusted annual rate of 631,000 last month, less than May's revised figure of 666,000. The decline follows solid growth in previous months. New-home sales have risen 6.9 percent so far this year, but builders are starting to wrestle with rising costs for lumber. At the same time,

mortgage rates are on the rise and wage growth has been meager, squeezing many would-be buyers.

Monthly home sales figures can be volatile, but the latest report follows a string of setbacks in the real estate market.

The National Association of Realtors said Monday that sales of existing homes fell 0.6 percent in June, the third consecutive monthly decline. A shortage of listings and rising prices has contributed to a dip of 2.2 percent in existing home sales in the past year.

Last week, the Commerce Department said that ground breakings on new homes plunged

12.3 percent in June to a seasonally adjusted annual rate of 1.17 million, the slowest pace of construction since September 2017.

Home prices have been climbing, yet the median sales price for new home declined last month. The median sales price declined 4.2 percent from a year ago to \$302,100, as the proportion of homes selling for between \$200,000 and \$299,000 shot up last month.

Regionally, there was a 36.8 percent gain in the number of new houses sold in the Northeast. There were declines in the South, Midwest and West. The Midwest recorded the biggest drop, with new home sales falling 13.4 percent last month.

LOOKING FOR SOMETHING?

Find it in the **CLASSIFIEDS!**

SUN **NEWSPAPERS**

SAPP

FROM PAGE 4

notes; the chandelier must be metal for these to work and ornaments can rust over time in very humid rooms.

This is probably best in air-conditioned spaces. MagTrim sells a box of six crystals for about \$25 or 3 to 12-inch crystal garlands for \$30. Installation instructions: open box, stick to metal stuff. What could be easier?

Want more "eezy-peezy" ideas for your

home? Ask on my blog at shellysappinteriors.com/blog/.

Shelly Sapp is with Shelly Sapp Interiors. Call 863-991-2578, email shelly@shellysappinteriors.com or visit shellysappinteriors.com.

Be sure to us on facebook

DON'T LET THE DONUT HOLE TAKE A BITE OUT OF YOU!

SYMBICORT..... 160 MCG/4.5 MCG B.....360 DOSES.....	\$167.00
DALIRESP 500 MCG B90 TABS.....	\$218.00
PROVENTOLIN FHA 100 MCG G800 DOSES.....	\$153.00
SPIRIVA 18 MCG G90 CAPS.....	\$156.00
ANORO ELLIPTA.....55 MCG/22 MCG B.....90 DOSES.....	\$325.00
XARELTO 20 MG B84 TABS.....	\$259.00
ELIQUIS..... 2.5/5 MG B180 TABS.....	\$284.00
RANEXA ER..... 500 MG G200 TABS.....	\$182.00
PREMARIN 0.625 MG B84 TABS.....	\$117.66
PREMARIN 0.3 MG B84 TABS.....	\$121.00
MULTAQ..... 400 MGB..... 180 TABS.....	\$553.00

No Control over availability and prices subject to change

VIAGRA 100mg BRAND \$100 a pill 24/36	VIAGRA GENERIC 100mg 40 tabs \$129⁰⁰	CIALIS 20mg BRAND \$19⁰⁰	CIALIS GENERIC 20mg 20 tabs \$110⁰⁰
--	--	---	---

AAA Direct Discount
Hours: 9:00 a.m. - 5:00 p.m. • Monday-Friday
8TH YEAR IN BUSINESS IN SEBRING
PH# 863-385-5689 • FAX RX 863-582-9355
3200 US Hwy 27 S., Suite 103 • side entrance

Introducing Cheri Conklen
Massage Therapist of Avon Park Chiropractic Clinic
8 years experience
LMT licensed
Massage Therapist MA84447
From the Island of Maui

Lomi Lomi, Sports Massage, Deep Tissue and 'Iii 'Iii

AVON PARK CHIROPRACTIC CLINIC
1590 U.S. 27 North • Avon Park
863-453-5777
www.avonparkchiro.com
"HEALING THE HEARTLAND FOR OVER 30 YEARS!"

Avoid home inspection mistakes

Many home buyers and sellers hire whoever is recommended to them without doing any research. The inspection is only as good as the inspector doing it.

As many options that are available today when you're buying a home, always start with selecting a professional Realtor who is knowledgeable on the area and neighborhood you are interested. Your Realtor should provide you a list at least three home inspection experts in the area for you to select from.

When interviewing a few important questions include their years of service, type of certifications, up to date on education, and experience and familiarity on the area where the property is located. You should feel comfortable with your inspector; select one who can analyze the home's strengths and weaknesses then explain them.

Being present for the inspection may not be mandatory, but it's a smart idea and a professional that takes pride in his services will insist the buyer or representatives to be present. Simply reading the inspection report isn't enough to give most homeowners the full picture. The inspection might take an entire morning or afternoon, so set aside enough time.

A genuine inspector will let you follow him around and sit with you afterward to explain



TODAY'S REAL ESTATE
JULIO SEDA

things and answer questions. An inspector shall give you an estimate of how much you'll need to spend on repairs and upgrades, which is valuable information as you consider your budget.

It is in your interest to stay away from a common buyer's attitude to only glance at the report. Thanks to technology it is recommended you scan a few reports by checking the inspector's website or asking for a sample report. You are looking for someone who uses clear, concise language in written reports and will state simply what's wrong with the house and what it will take to fix.

Sellers are inclined to leave the presale inspection to the buyers, which is an unnecessary mistake that may result in renegotiations due to the little time left to close and repairs are not completed. Instead the seller can have the home inspected before putting it on the market, so he has more time to

do repairs and to shop around, control his costs for the work or negotiate with a buyer when the offer to purchase is presented by giving the buyer the inspection report.

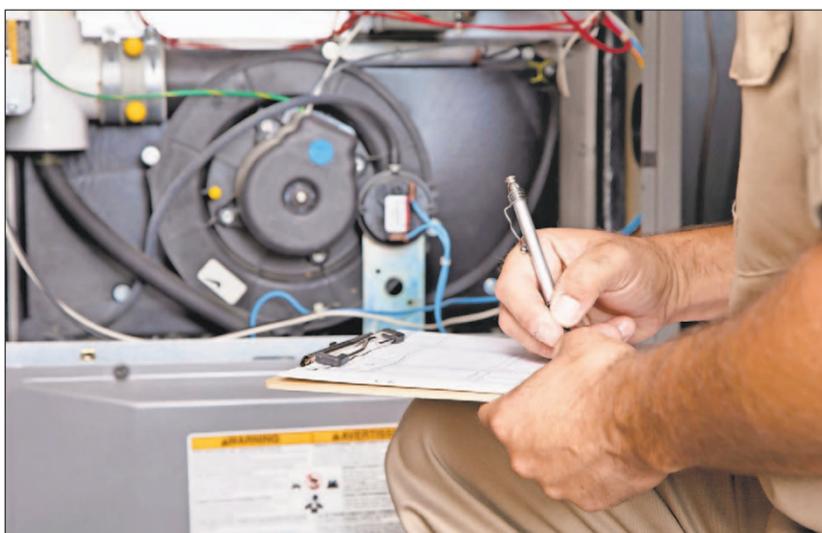
A practical and beneficial tip is to select an inspector prior to engaging in an offer; it saves time for both the seller and buyer in addition to the fact that a good reputable inspector may be booked, causing a delay to close.

Sellers need to know that a home inspection requires the home to be prepared for inspection; closets, attics, utility shed or any and all areas must be accessible to the inspector. It is not within the scope of the inspector to remove furniture or personal items to perform an inspection. It is the seller's duty to clear all inspection areas including providing keys for sheds or utility areas.

Sellers need to be aware that choosing the least expensive repair estimate may result in last minute complications. There is an old saying, "You get what you pay for." Poor workmanship will be detected and it may delay or cancel a sale.

For the reader who requested a column on mold due to his recent personal experience, look for it next week.

To submit questions, comments or topics, call Julio Seda at 786-991-8235 or email 0532315@gmail.com.



METRO CREATIVE IMAGES

Being present for the inspection may not be mandatory, but it's a smart idea and a professional that takes pride in his services will insist the buyer or representatives to be present.

Average US mortgage rates edge up

THE ASSOCIATED PRESS

WASHINGTON — Long-term U.S. mortgage rates edged up slightly this week, reaching their highest levels since late June.

Mortgage buyer Freddie Mac said Thursday the average rate on 30-year, fixed-rate mortgages rose to 4.54 percent from 4.52 percent last week. Long-term loan rates have been running at their highest levels in seven years. The average benchmark 30-year rate reached a high this year of 4.66 percent on

May 24. The rate stood at 3.92 percent a year ago.

The average rate on 15-year, fixed-rate loans ticked up to 4.02 percent this week from 4.00 percent last week.

Home sales haven't marked strong gains this summer despite the healthy economy and job market. Steadily rising home prices combined with higher mortgage rates "appear to be giving more prospective buyers pause," said Freddie Mac's chief economist Sam Khater.

To calculate average mortgage rates, Freddie Mac surveys lenders

across the country between Monday and Wednesday each week.

The average doesn't include extra fees, known as points, which most borrowers must pay to get the lowest rates.

The average fee on 30-year fixed-rate mortgages rose to 0.5 point from 0.4 point last week. The fee on 15-year mortgages was unchanged at 0.4 point.

The average rate for five-year adjustable-rate mortgages held steady from last week at 3.87 percent. The fee increased to 0.4 point from 0.3 point.

REAL ESTATE MARKETPLACE

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, Familial Status Or National Origin."

HOMES FOR SALE
1020



Sebring-2/2 at 1801 Grand Ridge St. CH, pool, gas, fiber, granite tops, stainless. Great quiet location!! \$171,500.
Tim 863-382-2100

HOMES FOR SALE
AVON PARK
1025

★ ★ **Avon Park** ★ ★
14 unit motel
Fully Renovated
Large Family Suite
510 N US HWY 27
475k
Jacobson Auction
(772) 882-8149
AB111 AU231

Find your Best Friend in the Classifieds!

HOMES FOR SALE
SEBRING
1026

Sebring Hills 2 BR fully furn, family room, lg lot w/sprinklers, new A/C & paint, 1 car gar, clean - just move in, 863-381-5658.

OPEN HOUSE
1010

Open House Sun. July 29 1-3pm 6932 Mexican Hat Dr., Sebring. MLS 248386
Completely remodeled home with 3 bedrooms, 2 baths, 2 car garage on quiet street in Sun N Lakes. **Rhonda McCullough**, Century 21 Advanced All Service. **863-368-1560**

HOMES FOR SALE
1020

For Sale By Owner- 2/2 block home, large corner lot on canal leading to Little Lake Jackson. **863-382-4302**

WATERFRONT HOMES
1030

Lake Jackson Lakefront 2/2/2 Pool Home, includes adjoining buildable lot. \$299k obo. **863-202-5047**

MOBILE HOMES FOR SALE
1090

2/2 recently remodeled, lg fenced yard, located good neighborhood, on land, **NO LOT RENT, NO HOMEOWNERS**, \$34,880, possible owner financing or rent to own. 863-368-1135, 863-532-1733.

Double Wide in Fairmount Mobile Est. Own land, no rent, 2BR/1BA, garage w/opener, screened porch - \$46,000, 863-314-8441-863-273-8811

Avon Park- Park model RV w/screened room, permanent set up in park on lake. Low down payment & owner financing. **863-449-0920**

OUT OF AREA HOMES
1110

★ ★ **FT PIERCE** ★ ★
Brooksmith Rd.
2 Ponds-2 Homes
Artesian Well - 3bd/2ba 2bd/1ba Mobile Home 325k
Jacobson Auction
(772) 882-8149
AB111 AU231

WANTED TO BUY
1120

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

LEASE OPTION
1205

Avon Park- Lg 4bd, nice home, big pool, fitness rm, big TV rm, wet bar, built in BBQ. W/D. \$1,000/mo \$5,000 down tow. purch. **863-449-7749**

HOMES FOR RENT
1210

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

Avon Park-Updated 2/1 \$900/mo. Background check required **863-991-5446**

Sebring- Exc. location! Furn 2/2. Parking for car & boat. Pets welcome. \$980/mo. **863-358-3666** or **507-371-3902**

Sebring- 3/1 & carport, kitchen & dining, laundry rm \$750/mo + 1st, last & \$750 deposit. **863-214-9689**

HOMES FOR RENT
1210

Lakefront Home & Condo 2000sf home \$1,000/mo; Condo @ Lake Jackson, \$950 1yr lease, NO PETS. **863-382-2221**

APARTMENTS FOR RENT
1320

Sebring Lake Front Condos & Houses New kitchens; 1br starting at \$550; 2 br starting at \$675 1yr lease, NO PETS. **863-382-2221**

Sebring- new completely remodeled lrg 1bd: new kit cabinets, appliances, ceramic tile. \$600/mo. **863-588-0303**

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**

FIND YOUR BEST FRIEND IN THE CLASSIFIEDS!

Magnificent Studio Apt In the woods on a lake in Lk Placid. \$628 incl. utilities. Text **754-264-4246**

ROOMS FOR RENT
1360

Rooms for Rent- Available Aug. 1; \$350/mo + 1st, last & \$100 dep. Singles Only. **863-446-0899** (call after 4pm)

COMMERCIAL RENTAL
1392

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

Avon Park- 2200sf, 1 block off US Hwy 27. Great for garage, workshop or storage space. **863-453-4269**

Need a new Home? Look in the Classifieds!

LOTS & ACREAGE
1500

1 ac Lakefront Lot- Home-site or recreation. \$27,400 obo. Call Sue Dean Re/Max Realty **863-385-0077**

Designers look skyward for inspiration

By **KIM COOK**

THE ASSOCIATED PRESS

Designer Lee Broom was vacationing at a friend's house in the Cotswolds, an idyllic bit of rural England.

"I'm a city boy, brought up in the Midlands and living in London for the past 25 years, so had never really experienced that intense blanket of stars that you find on a beautiful, clear night in the countryside, with the constellations so clearly marked," he says.

Broom was so captivated that when he got home, he began designing a lighting collection named Observatory. Since its debut at Salone di Mobile in Milan in the spring, Broom has



THE ASSOCIATED PRESS

This photo provided by Lee Broom shows the Orion Tube and Orion Globe lights hung horizontally and are part of Broom's new Observatory collection.

brought the collection to NYCxDesign 2018. It goes on to London's Design Festival in September.

The designs interpret

the characteristics of sun and star reflection and light refraction in sculptural, spherical forms. Mirror-polished stainless steel and gold spheres are incorporated with concealed LEDs and acrylic discs and tubes, creating light sculptures in the form of pendants, table lamps and wall sconces. The names pay homage to the heavens: Eclipse, Orion, Tidal, Aurora.

The firmament has often been a source of inspiration for decor and furniture designers, and we're seeing lots of examples right now. Part of the appeal lies in a moody, dramatic palette of blues, blacks and spectral hues, as well as silhouettes that evoke a modernist elan.

London-based designer Katja Behre presented a new wallpaper at the International Contemporary Furniture Fair this spring in New York for her Elli Popp line. A matte black background is dotted with

vertical, metallic threads, like a meteor shower, or falling rain against a night sky.

New Yorker Sarah Merenda has done a clean, crisp, eight-point-star-patterned wallpaper that's offered in several colorways on a white or black background.

Brooklyn, New York-based Calico Wallpaper offers several celestial-themed designs. Lunar is has fog-, smoke- and midnight-hued backgrounds with silver overlay that evoke the moon's surface as seen through a telescope. Aurora, with a soothing palette in an ombre pattern, depicts the sky's constant transformation from dawn to dusk. And Inverted Spaces, a collaboration with Amsterdam's BCXSY studio, transforms telescopic imagery of constellations into abstracted, matte-painted images. Even this collection's color names take us on a journey into the universe: Corona, Andromeda, Ursa, Cassiopeia.

Health Ceramics, a studio in Sausalito, California, has a new glaze — Cosmos — that evokes deep space and star-filled galaxies for a vase collection. The swirling mixture of dark and light blues and glossy black create the effect.

There are more starry ceramics at West Elm: A collection of inky blue salad plates is scattered with pinpoints of gold constellations.

Avant-garde Italian design house Seletti



This undated photo provided by Heath Ceramics shows their Cosmos glazed vases, which evokes midnight skies and star-filled galaxies.

collaborated with Diesel Living on a porcelain plate collection, Cosmic, with patterns evoking Jupiter, Venus, the sun and the moon. Also from Seletti: the whimsical Lunar brass tabletop storage containers shaped like retro spaceships.

Luceplan took home an NYCxDesign award in May for Norwegian designer Daniel Rybakken's Amisol, an oversized pendant fixture

composed of translucent white film or metallized mirror stretched inside an aluminum circle. The large, almost weightless disk resembles a solar sail, either reflecting or diffusing the light.

Antiqued brass turns an eight-pointed star pendant fixture at Arteriors into a warm yet dramatic fixture; its shallow profile makes it a great option for low ceilings.



his photo provided by Lee Broom shows the Eclipse 3 piece chandelier in Broom's new Observatory collection.



This photo provided by Lee Broom shows the Eclipse table lamp in Broom's new Observatory collection.

**THE NEW
MODEL
IS OPEN
EVERYDAY!**



**AS LOW AS
5% Down***



See what all the buzz is about at Covered Bridge. The best 55+ community in the area. Find out what **\$85.00** a month HOA fees provides for you. Walk through the beautiful new Indiana Model with 2 bedrooms, 2 baths, 2 car garage.

Call 863-455-9927



WWW.COVEREDBRIDGELAKEPLACID.COM

*Must be main residence

10460 High Grove Ave., Lake Placid, FL 33852

Directions: From US 27 S., take Lake Francis Rd West, 2 miles to Venetian Parkway, take Venetian Parkway, Follow signs to model homes.

The Reed - Ferry Team



KIM REED

863-381-6575

kimbreed@comcast.net



**BERKSHIRE
HATHAWAY**
HomeServices

Florida Properties Group

863-382-6575

www.homesforsalesebring.com



HELEN FERRY

863-381-1089

hberry@comcast.net

The #1 Two-Agent Team in Highlands County

COUNTRY CLUB OF SEBRING ~ \$129,900



Move-in ready 2BR/2BA villa in sought-after Country Club of Sebring. Fully furnished, this home features a large LR/DR area open to the 14x20 air-conditioned Florida room perfect for entertaining or office. Kitchen has SS appl, breakfast bar and ample cabinetry. MLS# 247228

LAKE PLACID ~ \$149,900



No work needed on this lovely well maintained 2 BR/2 BA/2 Car Gar home - just bring your boat and fishing pole and get ready to enjoy life! Located in desirable Country Walk, you can have your very own boat slip on Lake Carrie, which leads into beautiful Lake June. MLS#248002

**We've teamed up to give you
DOUBLE THE AGENTS,
DOUBLE THE SERVICE!
Call Us Today For Your
FREE MARKET ANALYSIS!**

Top REALTORS with over 30 years experience, Kim and Helen are ready to help you with all of your real estate needs!

**THE COUNTRY CLUB OFFICE
4800 HAW BRANCH RD.
SEBRING, FL 33875**



How to clean your outdoor furniture

HOMEADVISOR

Summertime's in full swing. You've put the finishing touches on your outdoor living area and you're enjoying Sunday barbecues and evenings relaxing by the fire pit. But are you thinking about the maintenance of your outdoor furniture? Regularly cleaning your outdoor furniture will ensure that it lasts throughout the seasons. And cleaning it right will ensure that you'll get to enjoy it for many years to come. Here's what you need to know to properly clean the most popular outdoor furnishing materials:

1. Wicker furniture
Cleaning wicker furniture can be tricky because dirt can accumulate on the delicate crevices of the weaves. Wipe spills immediately and vacuum or use a small brush on the furniture regularly to remove dust. If the wicker is soiled, use a soft bristle brush and mild soap to wipe it off. Then, rinse it with a low-pressure hose and let it dry completely before sitting (moisture and pressure from use can cause the furniture to sag).

WICKER WEATHER CARE:
Outdoor wicker furniture must be maintained every season. Too much heat can make the weave brittle, while too much moisture can cause mold growth. During winter, store the items indoors or use patio covers to protect them from snow



METRO CREATIVE IMAGES

Outdoor wicker furniture must be maintained every season. Too much heat can make the weave brittle, while too much moisture can cause mold growth.

or rain. Some furniture is water-resistant. If yours is not, coat the pieces with a sealant if you plan to leave them outdoors for a prolonged period of time.

2. Wooden furniture
Outdoor wooden furniture such as teak is relatively expensive and needs extra care to keep it in good condition. Spray with a wood cleaner and scrub the surface with a soft brush once every two weeks. Moisture is to wood what rust is to iron so make sure you always keep your wooden furniture dry. Dampness will cause the wood to develop mildew.

WOOD WEATHER CARE:
Weathering is common in wooden furniture, and it happens when the furniture is exposed to sunlight and rain. Apply wood oil and let it sit for several hours before you gently wipe the surface with a clean rag. Oil conditions the wood, restores the original color

and provides added protection. During winter, deep clean the furniture before storing indoors, or invest in quality outdoor furniture covers.

3. Aluminum furniture
Aluminum furniture is durable and versatile - and it doesn't need much care because it doesn't rust like iron. However, it is necessary to maintain aluminum to extend its life. Wash with a low-pressure hose to remove any accumulated dirt or debris. And avoid high pressure as it could damage the finish. Spray a mixture of mild soap and lukewarm water onto the furniture and wipe it off with a clean cloth. Gentle and repeated wiping helps remove the scuffs caused by other metal objects. Avoid using abrasive cleaners or other chemicals.

ALUMINUM WEATHER CARE:
Aluminum is known for its low maintenance and ability to withstand extreme weather conditions like sun, rain, sleet

and snow. You can leave these pieces outdoors without worrying about damage. They're safe to

store in colder seasons after simply cleaning and drying them thoroughly. To protect against ultraviolet exposure, corrosion and pitting, coat the furniture with automobile wax or baby oil once a year.

4. Wrought-iron furniture
Clean wrought-iron furniture regularly using a rag dipped in a mixture of mild soap and water. Hose it off if there are intense stains - but be sure to dry it completely to avoid rusting. If the paint is wearing away, repaint it using a spray-on painter or a brush.

WROUGHT IRON WEATHER CARE:

Rusting can be a problem with wrought iron, so it's necessary to take preventative measures after purchasing. Exposure to rain, acids in bird droppings and chipping paint can cause rust to develop. If the damage is mild, sand it off with the right type of sandpaper for your furniture. If the furniture is severely damaged, it's probably best to replace it.

HomeAdvisor is an online marketplace connecting homeowners with trusted service professionals to complete home projects. Visit HomeAdvisor.com.

Stone Ridge

CUSTOM SINGLE FAMILY HOMES

OPEN HOUSE DAILY 12PM- 4PM




COMMUNITY CLUBHOUSE OFFERING POOL, BILLIARDS, SHUFFLEBOARD, TENNIS & EXERCISE ROOM!

Capri



Milan



Naples



Monte Carlo



Cypress



Homes in The Low \$200'S

WWW.STONERIDGEFLA.COM

1200 Stone Ridge Circle • Sebring, FL 33870 • 863-382-2100

Everyone's Favorite Nanny Takes Flight

August 17- September 9, 2018

The Highlands Little Theatre Production of
Disney and Cameron Mackintosh's

MARY POPPINS



A Musical based on the stories of P.L. Travers and the Walt Disney Film

Tickets start at \$10 (Youth) \$20 (Adult)



Show Sponsored by:
THE HIGHLANDS NEWS-SUN
ALAN JAY AUTOMOTIVE NETWORK
DEMOCRATIC WOMEN'S CLUB
OF HIGHLANDS COUNTY

Highlands Little Theatre

2017-2018 Blackman Stage Series Sponsor



356 W. CENTER AVE. SEBRING, FL 33870

HighlandsLittleTheatre.org 863-382-2525

Subject to change without notice



SOUTHWOOD GARAGE DOORS



SKEET'R BEAT'R SCREENS

VINYL BREAK AWAY OR POWDER COATED ALUMINUM TRACK AVAILABLE



GARAGE SCREENS

BAHAMA SHUTTERS



LANAI SCREENS

MOTORIZED AWNINGS

Hurricane Protection
Nautilus • Bahama • Accordion • Shutters
Hurricane Screens by Storm Smart

APRIL SPECIAL!

Two Car Motorized Screen

\$1,550.00 Installed

With 2 Remotes

Price includes tax. Expires 8/15/2018.

MENTION THIS AD & RECEIVE FREE 3RD REMOTE!

Genie Garage Door Opener

Lifetime Warranty on Motor

Two Remotes + Outside Keyless Entry

\$350.00

Installed

Price includes tax. Expires 8/15/2018.

Doors • Operators • Springs

CALL FOR FREE ESTIMATES ON ANY JOB

Visit Our Showroom at
3922 Kenilworth Blvd
Monday - Friday 8am to 5pm

VOTED #1 IN HIGHLANDS COUNTY

863-3882-2505

GarageDoorsandScreens.com





GOLF ROUNDUP

Top-ranked Dustin Johnson used a fast start and a late eagle to grab a share of the lead Saturday in the RBC Canadian Open. **Page 6**

Sunday, July 29, 2018

www.yoursun.com www.Facebook.com/SuncoastSports • @SunCoastSports

NFL: Bucs

Hargreaves out after laceration to leg

By GREG AUMAN
Times Staff Writer

The Bucs will be without starting cornerback Vernon Hargreaves for “a few days” after he took a laceration to his lower right leg in



Hargreaves

and coach Dirk Koetter said the injury required

Friday’s practice.

Hargreaves watched practice Saturday, and coach Dirk Koetter said the injury required

some stitches, but was not as severe as the gash that kept Brent Grimes from playing in the entire preseason last year (pic here if you really, really need to see it).

“Not too bad,” Koetter said of Hargreaves’

injury. “He got a spike right on the shin, similar to what Grimes did last year. They had to stitch it up. He’s going to miss a few days. But nothing that’s going to keep him out longterm.”

Hargreaves is

competing for two jobs in training camp, as both a starting outside cornerback in base defense and inside at nickel in the nickel package. Ryan Smith and M.J. Stewart both saw action with the first-team base defense

filling in for Hargreaves during Saturday’s workout.

The Bucs have their first practice open to the general public on Sunday and have the day off Monday, so he could be back when they return Tuesday.

NFL: Bucs

LIGHTER APPROACH



GREG AUMAN | TIMES

New-look Stevie Tu'ikolovatu is trying to stick on the Bucs' roster in his second NFL season.

Tu'ikolovatu down 15 pounds in new-look second year

By GREG AUMAN
Times Staff Writer

Two important but ultimately unrelated updates on Bucs defensive tackle Stevie Tu'ikolovatu: his huge hair is gone, and he's dropped 15 pounds.

Tu'ikolovatu, a seventh-round pick in 2017 out of USC, spent his rookie year on injured reserve with a knee injury. Back healthy,

he will have to fight for a roster spot on a defensive line that has five key newcomers for 2018.

“I’m a lot lighter,” said Tu'ikolovatu, now weighing about 340 pounds and as such, more comfortable in the Florida summer heat. “I’m used to the heat a little bit and know the playbook more, so I’m able to play with a lot less thinking.”

The Bucs have four defensive tackles solidly in their rotation

in Gerald McCoy, rookie Vita Vea and newcomers Beau Allen and Mitch Unrein. It’s on Tu'ikolovatu to make a case for carrying a fifth tackle.

Dropping the weight was a priority for Tu'ikolovatu, and it will remain so throughout training camp. He said he tried to make salads a primary meal, with help from his wife.

SEE BUCS, 3

NFL: Bucs

Ryan Fitzpatrick: ‘I thought I had been through it all’

By RICK STROUD
Times Staff Writer

TAMPA — In 13 seasons, quarterback Ryan Fitzpatrick has been a starter. He’s been a backup. But what do you call him this year for the Bucs?

The startup?

At 35, Fitzpatrick is the player who has to save the Bucs season before it really gets started. He has to navigate the turbulent first three games — at New Orleans, home against the Super Bowl champion Eagles and hosting the Steelers on Monday Night Football — while Jameis Winston serves a suspension.

“I mean, I thought I had seen and been through it all,” Fitzpatrick said Friday, “but another year, just another different

situation.

“I have been thrown in so many different situations and thought things were great one week and then thrown six interceptions the next week, and then got benched one week, and thrown six touchdowns the next week. So it’s an absolute circus in this league and you have to look at it one week at a time.”

In a way, Fitzpatrick may be the perfect quarterback to clean up Winston’s mess. He’s a survivor, a long shot to ever earn a job in the NFL as the 250th pick in the 2005 NFL draft out of Harvard.

But somehow he has been good enough to start 119 of the 133 games he’s played with seven teams.

SEE FITZPATRICK, 3



CHRIS URSO | TIMES

Ryan Fitzpatrick got all the work with the first-team offense in full-squad work in Thursday’s first practice of Bucs training camp.

CYCLING: Tour de France

Thomas effectively seals his first Tour title

By ANDREW DAMPF
Associated Press

ESPELETTE, France — No longer merely a support rider for Chris Froome, Geraint Thomas is going to Paris in the yellow jersey.

The Welshman with Team Sky effectively sealed his first Tour de France title by protecting his lead in the time trial on the penultimate stage

on Saturday.

Thomas takes an advantage of 1 minute, 51 seconds over Tom Dumoulin into the mostly ceremonial finish on the Champs-Elysees on Sunday.

“It’s just overwhelming,” Thomas said. “I didn’t think about it all race, and now suddenly I won the Tour.”

SEE TOUR, 3



AP PHOTO

Geraint Thomas reacts as he crosses the finish line during the twentieth stage of the Tour de France on Saturday.

INDEX | Lottery 2 | MLB 4 | Scoreboard 5 | Golf 6

GOLF: Senior Open Championship

Tampa’s Gary Koch makes Senior Open cut

By RODNEY PAGE
Times Staff Writer

Tampa’s Gary Koch has had a whirlwind week. Just a day removed from doing color commentary for NBC at the British Open, Koch shot a 3-under 68 in a Monday qualifier to earn a spot

in the Senior Open Championship at St. Andrews.

He shot 71-73 and is even par. He made the cut by two shots but is nine out of the lead. Koch, 65, has won six times on the PGA Tour but has not won a senior event since joining the tour in 2002.

WE MAKE COOLING YOUR HOME A BREEZE!

SAVE MONEY AND STAY COOL WITH A NEW ENERGY EFFICIENT AIR CONDITIONER

AIR CONDITIONING INSTALLATION & REPAIR
Done. Right. Guaranteed.

\$0 Down 36 Month Financing*

\$19 SERVICE CALLS

*S19 Service calls apply to standard service calls only during normal business hours. Does not apply after hours or emergencies. Coupons must be presented and discounted applied the point of sales transaction. All sales are final and no other offers can be combined. New customers only please.

VALID THROUGH JULY 31, 2018

\$1,500 off A NEW A/C UNIT

Coupon must be presented and discounted at the point of sales transaction. All sales are final and no other offers can be combined. Rebates, credits & financing vary by model.

VALID THROUGH JULY 31, 2018

A Carrier Factory Authorized Dealer

BEST HOME SERVICES

Family Owned Since 1980

24/7 EMERGENCY SERVICE NO OVERTIME CHARGES!

941-777-4592

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

Florida Lottery

www.flalottery.com

PICK 2

July 28N	4-0
July 28D	1-7
July 27N	8-1
July 27D	3-1
July 26N	7-5
July 26D	0-4

PICK 3

July 28N	8-0-6
July 28D	9-6-1
July 27N	7-1-1
July 27D	9-1-1
July 26N	5-3-7
July 26D	1-0-0

PICK 4

July 28N	2-5-7-3
July 28D	9-9-5-2
July 27N	5-4-4-8
July 27D	9-0-2-7
July 26N	5-6-0-4
July 26D	7-6-0-3

PICK 5

July 28N	0-1-1-4-2
July 28D	8-3-0-6-6
July 27N	9-9-6-0-3
July 27D	8-4-4-2-9
July 26N	1-4-0-0-9
July 26D	6-1-5-8-3

D-Day, N-Night

FANTASY 5

July 27	9-10-17-21-30
July 25	1-7-18-19-33
July 24	2-7-12-18-19

PAYOFF for July 27

2 5-digit winners	\$94,583.17
302. 4-digit winners	\$101.00
8,920.. 3-digit winners	\$9.50

CASH FOR LIFE

July 27	2-20-33-38-45
Cash Ball	4

SPORTS ON TV

AUTO RACING

9:05 a.m.
ESPN2 — Formula One, Hungarian Grand Prix
2:30 p.m.
NBCSN — NASCAR, Monster Energy Cup Series, Gander Outdoors 400
3:30 p.m.
CNBC — IndyCar, Honda Indy 200 at Mid-Ohio, at Lexington, Ohio

BASKETBALL

11 a.m.
ESPN — The Basketball Tournament, quarterfinals, Ram Nation (VCU Alumni) vs. Overseas Elite
1 p.m.
ESPN — The Basketball Tournament, quarterfinals, Boheim's Army vs. Armored Athlete winner vs. Golden Eagles (Marquette) vs. Talladega Knights winner
3 p.m.
ESPN — The Basketball Tournament, quarterfinals, Team Fredette vs. Scarlet and Grey (Ohio St. alumni)
7 p.m.
ESPN2 — The Basketball Tournament, quarterfinals, Team Challenge ALS-Sons Of Westwood (UCLA alumni) winner vs. Gael Force (Saint Mary's, Cal. alumni)-Eberlein Drive winner

CYCLING
9:30 a.m.
NBCSN — Tour de France, Stage 21 (final stage)

GOLF
9:30 a.m.
GOLF — British Senior Open, final round, at St. Andrews, Scotland
Noon
NBC — British Senior Open, final round, at St. Andrews, Scotland
1 p.m.
GOLF — PGA Tour, RBC Canadian Open, final round, at Oakville, Ontario

PAYOFF FOR July 27

0.....	5-5 CB	\$1,000/Day
0.....	5-5	\$1,000/Week
0.....	4-5 CB.....	\$2,500
12.....	4-5	\$500

LUCKY MONEY

July 24.....	19-24-35-41
Lucky Ball.....	16

PAYOFF FOR July 24

0.....	4-of-4 LB	\$550,000
0.....	4-of-4	\$0
29.....	3-of-4 LB	\$539.50
460.....	3-of-4	\$68.50

ESTIMATED JACKPOT \$600,000

LOTTO

July 25.....	11-12-14-22-32-36
--------------	-------------------

PAYOFF FOR July 25

0. 6-digit winners	\$5 million
20 5-digit winners	\$3,961.50
911... 4-digit winners	\$68.00

ESTIMATED JACKPOT \$6 million

POWERBALL

July 25.....	2-18-41-44-64
Powerball	26

PAYOFF FOR July 25

0.....	5-5 + PB	\$147 Million
1....	5-5	\$1 Million
0....	4-5 + PB	\$50,000
37....	4-5	\$100

ESTIMATED JACKPOT \$168 Million

MEGA MILLIONS

July 27	1-32-40-49-63
Mega Ball	20

PAYOFF FOR July 27

0... 5 of 5 + MB	\$ 45 Million
0..... 5 of 5	\$1 Million
3.. 4 of 5 + MB	\$10,000
12..... 4 of 5	\$500

ESTIMATED JACKPOT \$45 Million

3 p.m.

CBS — PGA Tour, RBC Canadian Open, final round, at Oakville, Ontario

GOLF — LPGA Tour, Aberdeen Standard Investments Ladies Scottish Open, final round

2 a.m. (Monday)
GOLF — Porsche European Open, final round

GYMNASTICS

2 p.m.
NBC — U.S. Classic, at Columbus, Ohio (taped)

HORSE RACING

4 p.m.
FS2 — Saratoga Live, Shuvee Stakes

5 p.m.
NBC — Breeders' Cup Challenge Series: Haskell Invitational, at Oceanport, N.J.

MLB BASEBALL

1:30 p.m.
MLB — 2018 National Baseball Hall of Fame Induction Ceremony

8 p.m.
ESPN — Cubs at St. Louis

SOCCER

5 p.m.
ESPN — MLS, New York City FC at Seattle

7 p.m.
FS1 — Women, 2018 Tournament of Nations, United States vs. Australia

9:30 p.m.
FS1 — MLS, Orlando City at L.A. Galaxy

9 p.m.
ESPN2 — Women, International Champions Cup, final

SWIMMING

3 p.m.
NBC — U.S. National Championships, at Irvine, Calif.

TENNIS

5 p.m.
ESPN2 — ATP World Tour & U.S. Open Open Series, BB&T Atlanta Open, singles final, at Atlanta

MilB: Stone Crabs 9, Mets 8

Staff Reports

Kenny Rosenberg won his ninth game, Jesus Sanchez hit his 10th home run of the season and Jake Fraley had three hits and drove in four runs as the Stone Crabs defeated the St. Lucie Mets Saturday evening at First Data Field.

Second baseman Tristan Gray drove in the game's first run, in the 1st inning, with a single to right field, plating designated hitter Lucius Fox.

Left Fielder Jake Fraley would continue the

offensive outburst with a double to right, scoring Josh Lowe, but Gray would be thrown out at the plate in an attempt to score.

A 3-run 4th inning helped Charlotte establish a 2-run cushion. Jesus Sanchez drove in the first run of the frame, with a solo shot, his 10th home run of the year, tying the game at 3-3. Joey Roach's single to right field would plate Fraley later in the inning, and Kevin Padlo would deliver an RBI single, plating shortstop Jermaine Palacios.

The Stone Crabs would add a run in the 5th inning, with Fraley picking up his second hit of the night, a single, driving in Sanchez.

Charlotte would continue to enjoy a productive night offensively, feasting on Mets pitching, as Sanchez drove in his second run of the game in the 6th inning. However, Jake Fraley's big night continued during the frame with his second extra-base hit of the contest, tripling to center, plating both Gray and Sanchez.

Lucius Fox stole two

more bases Saturday, to increase his team-leading total to 22 thefts, Jake Fraley also swiped a base in the victory.

Reece Karalus started the game for Charlotte, giving up three hits and three runs, in two innings of work. Kenny Rosenberg worked 3.2 innings, and despite allowing five runs, earned his ninth victory of the season. Trevor Charpie and Zach Mozingo each worked 1.1 innings, holding the opposition scoreless. Hunter Schryver closed the contest to earn his first save.

MLB: Orioles 11, Rays 2

Mancini, Rickard lead Orioles past Rays

By TODD KARPOVICH

Associated Press

BALTIMORE — Trey Mancini and Joey Rickard combined for seven hits, including back-to-back home runs in the second inning, and the Baltimore Orioles breezed past the Tampa Bay Rays 11-2 on Saturday night.

Mancini had a career-best four hits and his homer especially delighted the fans, who were given a bobblehead in his likeness prior to the game. Rickard got three hits and matched a career high with five RBIs.

Caleb Joseph also had three hits. Mancini, Rickard and Joseph, the bottom third of the Orioles' order, went 10 for 12 with nine RBIs.

Coming off a 15-5 romp Friday, the Orioles scored in double-digits in consecutive games for the first time since July 18-19, 2017.

Kevin Gausman (5-8) allowed two runs and



AP PHOTO

Tampa Bay Rays starting pitcher Ryne Stanek delivers during the first inning Saturday in Baltimore.

nine hits over seven innings.

Kevin Kiermaier had a pair of hits, including a home run, for the Rays.

Left-hander Jalen Beeks, acquired Wednesday from the Red Sox for Nathan Eovaldi, made his debut for Tampa Bay out of the bullpen and allowed eight runs and 10 hits over 3 1/2 innings.

The Rays took a 1-0 lead on an RBI double by Jesus Sucre in the second. The Orioles

answered in the bottom half when Mancini hit a two-run shot and Rickard followed with a homer off Ryne Stanek (1-3).

Kiermaier opened the third with a solo home run off Gausman. Once again, Baltimore responded with a three-run double by Rickard and an RBI single by Joseph that made it 7-2.

Rickard doubled home a run in the sixth and scored on Joseph's single.

MLB: Rays

Rays fans, enjoy Chris Archer while you can

By MARC TOPKIN

Times Staff Writer

BALTIMORE — Mark DeRosa got a little dramatic, as even ex-players do when they get on TV, comparing Chris Archer's status with the Rays to the long-imprisoned lead character in the classic Shawshank Redemption movie.

"Chris Archer is Andy Dufresne," DeRosa pleaded in the MLB Network bit, complete with a modified "photo" of Archer with a group of previously traded Rays in a scene from the film. "Can we let this guy out? All his yard mates have left, up and down the line. Look at it, Jake Odorizzi, Corey Dickerson, they've all escaped."

Being with the Rays obviously hasn't been that bad for Archer, who worked six so-so innings in Friday's rain-delayed ugly 15-5 loss at Baltimore.



AP PHOTO

Rays starter Chris Archer pitches against the Orioles on Friday.

But there is a sense, around the game and around the team, that his time with the Rays is coming to an end, with a trade before Tuesday's 4 p.m. deadline for non-waiver deals.

It's not for sure, maybe 50-50 at best. And the Rays have done this dance a number of other times.

But the conditions for a deal seem more favorable than ever before.

Archer, 29, is one of the few frontline pitchers available as more

than a rental, under control for another three seasons at a relative bargain total of \$27.5 million.

The Rays are perceived among industry officials and evaluators as more willing to make a trade now than just talk about it as in the past, giving off a similar vibe as last offseason when they made the stunning move to deal franchise cornerstone Evan Longoria.

And, perhaps most relevant, the teams among the most

interested, such as the Astros, Braves, Padres and Yankees (who may have to pay a slight intra-division premium), have the inventory of high-end young major-leaguers and upper-level prospects the Rays would want. The Brewers, Cardinals, Cubs, Dodgers, Indians and Phillies are among others in a group of a dozen or so teams said to have expressed some level of serious interest.

Take the Padres, who could build a package around power-hitting outfielder Hunter Renfroe and one of their young catchers, either Austin Hedges or newly acquired Francisco Mejia.

Archer took the mound Friday aware of the trade talk but trying to not look at it as potentially his last game in a Rays uniform.

"I haven't thought that much about it," he said. "There's always a lot of speculation."

WNBA: All-Star Game

Moore wins third straight MVP award as Parker beats Delle Donne

Associated Press

MINNEAPOLIS — Lynx star Maya Moore won her third straight All-Star MVP award to lead Team Parker past Team Delle Donne 119-112 in the WNBA All-Star Game on Saturday.

Moore scored 18 points, grabbed eight rebounds, and dished

out six assists to win the MVP award on her home court. She joined Lisa Leslie as the only three-time MVP of the game and became the all-time scoring leader in All-Star history, passing Tamika Catchings' mark of 108 points.

Allie Quigley of the Chicago Sky also scored 18 points and Skylar

Diggins-Smith added 17 points, eight rebounds, and eight assists for Team Parker.

Team Delle Donne's Kristi Tolliver of the Washington Mystics led all scorers with 23 points, including 7-for-11 shooting on 3-pointers. Rookie A'ja Wilson of the Los Vegas Aces added 18 points.

Liz Cambage capped off the game with a dunk, becoming the sixth different player to do it in the game.

Eschewing the traditional East-vs.-West format for the first time, the league let captains Elena Delle Donne of the Mystics and Candace Parker of the Los Angeles Sparks chose up

sides from a pool of the top players in All-Star voting. That allowed for the rosters to be heavily dominated (16 of the 22 players) by the Western Conference, home of six of the top seven teams in the league standings.

Four players from the hometown Minnesota Lynx were selected for the game, two on each

roster, creating a festive atmosphere with the crowd cheering loudly for both sides throughout the game. Moore and Brunson (four points, five rebounds) played for the winning side, while Seimone Augustus (14 points) and Sylvia Fowles (two points, six rebounds) played for Team Delle Donne.

NFL: Bucs

Running backs with 50-yard runs? Koetter misses them

By GREG AUMAN
Times Staff Writer

We've written much about the potential big-play explosiveness of Bucs rookie running back Ronald Jones.

Stop us if you've heard this, but Tampa Bay totaled, on all of their touchdown runs last season ... 9 yards. Eight scores, all of them 1 yard long save a single 2-year touchdown. Ronald Jones? He had 19 touchdown runs at USC last season, for a combined 353 yards, including scores of 86, 67 and 64 yards.

"Every team's looking for a back who can hit a home run ... a guy who can change it in one play," Koetter said Friday

after his second practice of training camp. "When I was in Jacksonville, Fred Taylor had an unbelievable amount of runs over 50 yards my first year in the league. That's turning those 2- and 3-yard gains into explosive plays."

We went back and checked, and Taylor had four runs of 50 yards or longer in 2007 — 76 vs. the Texans, 50 vs. the Bills, 80 vs. the Panthers and 62 vs. the Raiders on the way to a 1,202-yard season where he averaged 5.4 yards per carry.

Koetter, entering his third season as an NFL head coach, hasn't had any 50-yard runs in the last two seasons. In fairness, when he was offensive coordinator in

2015, the Bucs had four, three from Doug Martin and one from Charles Sims.

Tampa Bay is one of five NFL teams without a 50-yard run in the last two seasons, joining the Patriots, Texans, Colts and Lions. The Chiefs have had seven such runs in the same span, the Jaguars and Saints six each.

The hope is that Jones can change that for the Bucs this season.

"Ronald Jones, based on his college tape, is a very explosive player, and that's why he's drafted where he is," Koetter said. "When we get going in pads and in the preseason, that's the kind of thing we want him to bring to our team."



CHRIS URSO | TIMES

Bucs rookie Ronald Jones, shown in practice Thursday, adds a big-play ability the Bucs have lacked.

FITZPATRICK

From Page 1

Fitzpatrick went 2-1 as a starter for the Bucs last season while Winston was out with a shoulder injury. The Bucs then signed him to a one-year, \$3.3 million contract, including a \$1.3 million signing bonus, hoping they wouldn't need him in this role.

But the team and coach Dirk Koetter gained confidence in Fitzpatrick when he beat the Jets and Dolphins. He finished with 1,103 yards passing with seven touchdowns and three interceptions.

"I think he's just got the right moxie to play quarterback, and he's done it for a bunch of different teams," Koetter said. "We're fortunate enough to have him. We saw what he could do when he was our starter last year for

three games. There's no reason for us to be afraid of Ryan playing quarterback for us. He's going to play fine."

At this stage of his career, what Fitzpatrick may lack in arm strength he makes up for with experience and anticipation.

On Friday, during the 11-on-11 portion of practice, Fitzpatrick connected on a deep pass to receiver DeSean Jackson, something Winston struggled to do last season.

"Did you see that 60-yard bomb!" Koetter said after practice.

Said Fitzpatrick: "I feel like I have to go ice my arm... I think it went over 30 yards without a flutter so that was a record for me.

"But yeah, (Jackson) is obviously a home-run hitter and guy that defenses have to account for and they're afraid of, so we're going to try to

give him as many opportunities as possible."

In fact, Fitzpatrick is pretty happy with the number of skilled receivers, running backs and tight ends the Bucs have assembled. He's in a pretty good position to evaluate what he has around him.

It's rare a backup quarterback would have the advantage of getting so many practice reps with the first-team offense. Rather than have to play alongside many who won't make the 53-man roster, the Bucs will protect Fitzpatrick in preseason games with the starting offensive line. He'll benefit from having improved timing with players such as receivers like Jackson, Mike Evans, Chris Godwin, Adam Humphries and tight ends O.J. Howard and Cameron Brate.

Fitzpatrick sees traits of others receivers he

has played with before. Now he has a chance to apply his experience and fine tune his chemistry. That's hard to do in the traditional role as a No. 2 quarterback.

What did the Bucs learn about Fitzpatrick last season? He's very skilled at reading defenses. He gets rid of the football quickly and with pretty good accuracy. He's a better athlete than people give him credit for and can run effectively for first downs.

Typically, he makes the right decisions and has confidence to make tight throws.

You won't get the scramble plays that Winston is capable of, and the Bucs may want to rely on their running game and defense more to create field position.

In leadership style, Fitzpatrick is the polar opposite of Winston. He has a calm demeanor

that can be contagious and reassuring.

"Jameis is a more vocal leader and Ryan is a less vocal leader but still a real good leader nonetheless. I think his style will show up," Koetter said. "Again, when a backup quarterback is brought to a team, the coaching staff tells him he's there to support the starter. Well, that's not the case anymore. I think we'll see and the players will feel what I saw back many years ago when it's his show."

Does Fitzpatrick feel like he has to be the Bucs savior?

"I mean, the season hasn't even started yet," Fitzpatrick said. "It's a cliché. ... Not even based off last year talent wise, looking at the team we have out here, I get in that huddle on offense and I mean, it's a pretty exciting huddle to be in as a quarterback looking at some of those guys."

BUCS

From Page 1

"Not eat," he said of his key to shedding weight. "I would eat salads as my meals, salads and grilled chicken. My wife helped a lot, because any time I was tempted to eat, she would get on my butt about it."

Much like Veja this year, Tu'ikolovatu's massive hair was a big part of his introduction last summer, but he went with a clean cut for training camp.

"I know that was a trademark look," he said. "I was training here in Tampa, on an outdoor turf field, running at 11, 12, when it was hottest. I told myself every day I was going to cut my hair, and the day finally came. It feels good, but the back of my head and neck is burning now."

TOUR

From Page 1

Dumoulin won the 20th stage by one second ahead of four-time champion Froome, who leapfrogged Primoz Roglic into third place overall.

Thomas finished third in the stage, 14 seconds behind. But that was more than enough with an advantage of more than two minutes at the start of the day.

"The strongest guy has won this Tour de France," Froome said. "Tomorrow, to stand up on the podium with G, it's going to be a really proud moment for me."

Thomas, known as "G," was a support rider during Froome's title rides but he became Sky's undisputed leader when Froome cracked in the grueling 17th stage through the Pyrenees.

Thomas and Froome have been together since their days on the small Barloworld team a decade ago.

"Because we've been teammates and friends for so long, it made it easier to communicate honestly," Froome said. "It was clear as soon as we hit the Alps that Geraint was in better physical condition than me. It was pretty simple, really."

Wearing an all-yellow skin suit on a bike in the red, white and blue colors of the British flag, Thomas was the last rider to start.

In a few drops of rain, Thomas was quick to regain control when his wheel appeared to lock up coming around a tricky, tight corner early on. Still, he was first at the two checkpoints



AP PHOTO

Britain's Geraint Thomas, wearing the overall leader's yellow jersey, rides during the twentieth stage of the Tour de France on Saturday.

before slowing in the final kilometers.

"I felt strong. I felt really good, actually. I heard I was up and maybe I was pushing it a bit hard on some of those corners," Thomas said. "Nico (Portal, Sky sports director) told me to relax, take it easy and just make sure I won the Tour. And that's what I did."

At the finish, Thomas let out a loud scream and held his arms out wide in celebration. He embraced his wife, Sara

Elen, as soon as he got off his bike.

"The last time I cried was when I got married," Thomas said as he teared up.

Thomas is poised to become the third British rider — and first Welshman — to win the Tour after Bradley Wiggins and Froome. He will make it Sky's sixth victory in the last seven years.

"It's insane really — just all the interest in Cardiff," Thomas said. "Great to put it on the

map. We're a small nation and we really get behind anyone that's successful. By the sounds of it, it's gone pretty crazy back home, so looking forward to going back to celebrate."

An all-around rider who began his career on the track, Thomas helped Britain to gold medals in team pursuit at the 2008 and 2012 Olympics before turning his full attention to road racing.

Thomas claimed the yellow jersey by winning Stage 11 in the Alps,

followed that up with another victory atop Alpe d'Huez a day later, and defended his advantage through the Pyrenees.

"He was in the shape of his life," Dumoulin said. "He didn't make any mistakes. He was never put into trouble by anyone, in the mountains or anywhere — including by myself."

The time trial world champion, Dumoulin clocked under 41 minutes over the hilly and technical 31-kilometer (19-mile) route.

It marked the first time in 12 years the Tour passed through the Basque Country, and fans waving the region's red, green and white flags lined the entire route in front of the area's traditional half-timbered houses.

It was Dumoulin's second career stage win in the Tour, having also won a time trial in 2016. The Dutchman has won six TTs overall at the three Grand Tours — the Tour, the Giro d'Italia and the Spanish Vuelta.

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION									
TEAM	W	L	PCT.	GB	WCGB	L10	STR	HOME	AWAY
Boston	72	33	.686	—	—	6-4	W-1	35-14	37-19
New York	65	37	.637	5½	—	4-6	L-1	35-15	30-22
Tampa Bay	53	52	.505	19	9	4-6	L-2	29-20	24-32
Toronto	47	55	.461	23½	13½	5-5	W-1	27-28	20-27
Baltimore	31	74	.295	41	31	5-5	W-2	19-35	12-39

CENTRAL DIVISION									
TEAM	W	L	PCT.	GB	WCGB	L10	STR	HOME	AWAY
Cleveland	56	47	.544	—	—	5-5	L-1	32-21	24-26
Minnesota	48	54	.471	7½	12½	5-5	L-1	29-22	19-32
Detroit	45	61	.425	12½	17½	5-5	W-1	27-26	18-35
Chicago	36	67	.350	20	25	4-6	L-3	19-30	17-37
Kansas City	32	71	.311	24	29	4-4	W-1	15-37	17-34

WEST DIVISION									
TEAM	W	L	PCT.	GB	WCGB	L10	STR	HOME	AWAY
Houston	67	39	.632	—	—	5-5	L-3	32-23	35-16
Seattle	61	42	.592	4½	—	3-7	L-1	34-19	27-23
Oakland	61	44	.581	5½	1	8-2	L-1	26-22	35-22
Los Angeles	53	52	.505	13½	9	5-5	W-3	28-27	25-25
Texas	44	62	.415	23	18½	3-7	W-2	20-34	24-28

NATIONAL LEAGUE

EAST DIVISION									
TEAM	W	L	PCT.	GB	WCGB	L10	STR	HOME	AWAY
Philadelphia	58	46	.558	—	—	5-5	L-2	34-18	24-28
Atlanta	54	46	.540	2	½	4-6	L-3	25-22	29-24
Washington	52	51	.505	5½	4	5-5	W-3	23-25	29-26
New York	43	59	.422	14	12½	5-5	L-2	21-33	22-26
Miami	44	61	.419	14½	13	5-5	L-2	24-31	20-30

CENTRAL DIVISION									
TEAM	W	L	PCT.	GB	WCGB	L10	STR	HOME	AWAY
Chicago	60	44	.577	—	—	4-6	L-2	33-19	27-25
Milwaukee	60	46	.566	1	—	5-5	W-2	33-21	27-25
Pittsburgh	55	51	.519	6	2½	8-2	W-2	31-25	24-26
St. Louis	53	51	.510	7	3½	5-5	W-2	26-24	27-27
Cincinnati	47	58	.448	13½	10	4-6	W-2	25-31	22-27

WEST DIVISION									
TEAM	W	L	PCT.	GB	WCGB	L10	STR	HOME	AWAY
Los Angeles	58	46	.558	—	—	6-4	W-2	28-24	30-22
Arizona	57	48	.543	1½	—	5-5	W-1	27-25	30-23
Colorado	55	47	.539	2	½	8-2	W-2	25-24	30-23
San Francisco	52	53	.495	6½	5	3-7	L-3	31-21	21-32
San Diego	42	64	.396	17	15½	2-8	L-3	20-32	22-32

ROUNDUP/MATCHUPS

Royals 10, Yankees 5, 1st game: All-Star ace Luis Severino got hit hard in another shaky start and the Kansas City Royals, hours after trading cornerstone Mike Moustakas, beat the New York Yankees on Saturday in the opener a day-night doubleheader. **Cardinals 6, Cubs 2:** Marcell Ozuna hit a grand slam during a six-run first inning, Miles Mikolas pitched six strong innings and St. Louis rolled. **Tigers 2, Indians 1:** JaCoby Jones hit a go-ahead, two-run homer in the third inning to lift Detroit. **Orioles 11, Rays 2:** Trey Mancini and Joey Rickard smacked back-to-back home runs in the second inning for Baltimore. **Rangers 7, Astros 3:** Rougned Odor hit an inside-the-park homer and a regular over-the-fence shot, going 5 for 5 to help Texas. **Reds 6, Phillies 2:** Joey Votto drove in the go-ahead run with a sharp single that glanced off second baseman Cesar Hernandez's glove, leading Cincinnati. **Pirates 5, Mets 0:** Trevor Williams outdueled Jacob deGrom in Pittsburgh's victory. **LATE** Kansas City at N.Y. Yankees Minnesota at Boston Toronto at Chicago White Sox Oakland at Colorado Seattle at L.A. Angels L.A. Dodgers at Atlanta Washington at Miami Arizona at San Diego Milwaukee at San Francisco

BOX SCORES

ROYALS 10, YANKEES 5 (GAME 1)									
KANSAS CITY	AB	R	H	BI	BB	SO	AVG.		
Merrifield 2b	4	1	1	0	1	1	.302		
Herrera dh	4	2	2	1	1	2	.254		
Perez c	4	1	2	2	0	0	.231		
Duda 1b	4	1	1	3	0	1	.242		
Bonifacio rf	4	1	0	0	1	1	.225		
Gordon lf	4	1	2	0	0	1	.237		
Goodwin cf	4	1	1	3	0	1	.244		
Escobar 3b	4	0	0	0	0	1	.201		
Mondesi ss	4	2	2	0	0	1	.286		
TOTALS	36	10	11	10	3	8			
NEW YORK	AB	R	H	BI	BB	SO	AVG.		
Hicks cf	3	1	2	0	2	1	.249		
Stanton dh	5	1	1	2	0	1	.280		
Gregorius ss	5	1	1	0	0	0	.263		
Torres 2b	5	1	2	1	0	0	.291		
Bird 1b	4	1	2	0	1	1	.235		
Walker 3b-rf	4	0	3	1	0	0	.223		
Romine c	3	0	1	0	0	0	.263		
Wade lf	2	0	0	0	1	1	.179		
a-Andujar ph-3b	1	0	0	0	0	1	.294		
Robinson rf-1b	3	0	1	0	0	0	.333		
b-Gardner ph-lf	1	0	0	0	0	0	.248		
TOTALS	36	5	13	4	5	8			
KANSAS CITY	IP	H	R	ER	BB	SO	NP	ERA	
002	040	031	—	10	11	11	11	3.43	
NEW YORK	IP	H	R	ER	BB	SO	NP	ERA	
000	022	100	—	5	13	10	10	4.22	

TAMPA BAY 011 000 000-2 9 1									
BALTIMORE	AB	R	H	BI	BB	SO	AVG.		
Encarnacion dh	4	0	0	0	0	1	.232		
Guyer rf	4	0	0	0	0	0	.203		
Alonso 1b	4	1	1	0	0	0	.260		
Davis cf	3	0	1	0	0	1	.245		
a-Cabrera ph	1	0	0	0	0	0	.250		
Kipnis 2b	3	0	1	0	0	0	.220		
R-Perez c	2	0	0	0	0	0	.145		
TOTALS	31	1	5	1	3	2			
DETROIT	AB	R	H	BI	BB	SO	AVG.		
Martin cf	4	0	1	0	0	0	.251		
Candelario 3b	4	0	0	0	0	2	.228		
Castellanos rf	4	0	0	0	0	3	.294		
Goodrum 2b	4	0	0	0	0	2	.240		
Martinez dh	4	0	1	0	0	0	.243		
Hicks c	4	0	1	0	0	1	.271		
Aducci 1b	3	0	1	0	0	2	.229		
Iglesias ss	3	1	1	0	0	0	.266		
Jones lf	1	1	1	2	0	0	.208		
Reyes lf	0	0	0	0	1	0	.218		
TOTALS	31	2	6	2	11	5			
CLEVELAND	IP	H	R	ER	BB	SO	NP	ERA	
010	000	000	—	1	5	2	10	3.61	
DETROIT	IP	H	R	ER	BB	SO	NP	ERA	
002	000	00X	—	2	6	1	10	3.43	

TODAY'S PITCHING COMPARISON

TEAMS		PITCHERS		TIME	2018 TEAM		LAST THREE STARTS	
		W-L	ERA		W-L	ERA	W-L	IP
Philadelphia	Efin (R)	7-2	3.41	1:00p	8-5	1-0	14.2	4.91
Cincinnati	Castillo (R)	5-8	5.30	1:10p	11-10	0-0	14.1	3.77
Washington	Hellickson (R)	4-1	3.44	1:10p	9-5	2-0	16.0	2.25
Miami	Urena (R)	2-10	4.63	1:10p	5-15	0-1	13.2	7.90
New York	Wheeler (R)	4-6	4.33	1:35p	7-12	2-0	19.1	4.19
Pittsburgh	Musgrove (R)	4-4	3.90	1:35p	5-5	1-1	19.2	4.12
Los Angeles	Stripling (R)	8-2	2.43	1:35p	10-5	2-0	16.2	3.24
Atlanta	Newcomb (L)	9-5	3.41	1:35p	10-10	1-2	15.1	5.28
Milwaukee	Guerra (R)	6-6	3.13	4:05p	11-8	1-1	16.0	4.50
San Francisco	Suarez (L)	3-6	3.99	4:05p	7-10	0-1	16.2	4.32
Arizona	Buchholz (R)	3-1	2.38	4:10p	4-4	2-0	17.1	1.04
San Diego	Lucchesi (L)	5-5	3.34	4:10p	6-9	1-2	14.2	3.68
Chicago	Hendricks (R)	6-9	4.05	8:05p	8-13	1-1	14.2	4.91
St. Louis	Gant (R)	3-3	3.44	8:05p	2-5	0-1	16.1	3.31
TEAMS		PITCHERS		TIME	2018 TEAM		LAST THREE STARTS	
		W-L	ERA		W-L	ERA	W-L	IP
Kansas City	Smith (R)	1-1	5.58	1:05p	1-2	1-1	11.2	6.17
New York	Happ (L)	10-6	4.18	1:05p	12-8	0-2	11.1	5.56
Minnesota	Berrios (R)	10-7	3.48	1:05p	12-9	2-0	20.0	3.15
Boston	Eovaldi (R)	3-4	4.26	1:05p	3-7	1-1	15.2	5.17
Tampa Bay	TBD ()	0-0	0.00	1:05p	0-0	0-0	0.0	0.00
Baltimore	Bundy (R)	6-9	4.57	1:05p	7-12	0-2	12.1	10.95
Cleveland	Kluber (R)	12-6	2.88	1:10p	12-9	0-2	18.1	4.42
Detroit	Zimmermann (R)	4-2	4.10	1:10p	7-6	1-2	19.2	4.12
Texas	Minor (L)	6-6	4.83	2:10p	8-11	0-2	13.0	6.23
Houston	McCullers Jr. (R)	10-5	4.01	2:10p	10-7	1-2	15.1	7.04
Toronto	Borucki (L)	0-2	2.79	2:10p	1-4	0-1	16.0	2.81
Chicago	Rodon (L)	2:10p	3-3	3.38	3-5	2-0	21.0	1.71
Seattle	Gonzales (L)	11-5	3.38	4:07p	14-6	3-0	19.1	1.40
Los Angeles	Pena (R)	1-1	3.34	4:07p	3-3	0-1	15.1	2.93
TEAMS		PITCHERS		TIME	2018 TEAM		LAST THREE STARTS	
		W-L	ERA		W-L	ERA	W-L	IP
Oakland	Montas (R)	5-2	5.54	3:10p	7-2	1-1	16.2	3.24
Colorado	Marquez (R)	8-8	5.00	3:10p	11-9	2-0	17.0	4.24

BASEBALL HALL OF FAME YEAR-BY-YEAR INDUCTEES
Year-by-year inductees to the Major League Baseball Hall of Fame:
BBWAA: Elected by the Baseball Writers Association of America; TGE: Today's Game Era (1998-present) committee; CE: Elected by the Veterans Committee; NL: Elected by the Veterans Committee based on Negro League career; SCNL: Elected by the special committee on the Negro Leagues and the Pre-Negro League; PI: Elected by Pre-Integration (1871-1946) committee; G: Elected by Golden Era (1947-72) committee; E: Elected by Expansion Era (1973-present) committee; ME: Elected by Modern Era (1970-87) committee; TG: Elected by Today's Game (1988-present) committee; GB: Elected by Golden Days (1950-69) committee; EB: Elected by Early Baseball (1871-1949) committee;

TOP TEN

GOLF ROUNDUP

Top-ranked Dustin Johnson tied for Canadian Open lead

Associated Press

OAKVILLE, Ontario — Top-ranked Dustin Johnson used a fast start and a late eagle to grab a share of the lead Saturday in the RBC Canadian Open.

Johnson shot a 7-under 65 at Glen Abbey to match Kevin Tway, Byeong Hun An and Whee Kim at 17-under 199.

“I like the golf course, I feel like my game’s in really good form, I’ve got a lot of confidence in it,” said Johnson, who tied for second at Glen Abbey in 2013 and 2016.

Johnson birdied the first three holes and five of the first six, then rebounded from two back-nine bogeys with a birdie-birdie-eagle run. He’s seeking his third victory of the season and 19th on the tour.

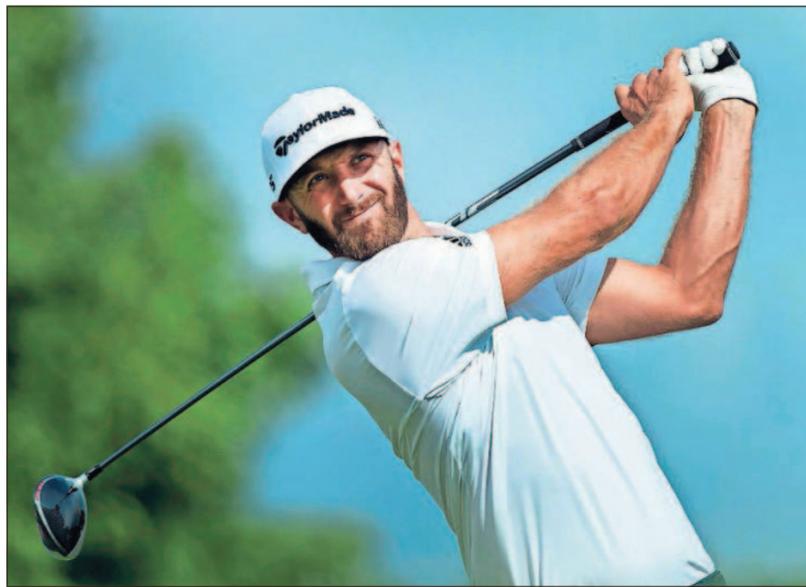
“I’m going to have to go out and play really well tomorrow,” Johnson said. “There’s definitely low numbers out here. There’s a lot of guys right around the lead and somebody’s going to go shoot low. Hopefully it’s me.”

Tway, the second-round leader, had a 68. He’s trying to win his first PGA Tour title in the event where father Bob Tway won the last of his tour titles 15 years ago.

“I looked (at the leaderboard) a little bit. He started off really hot,” Tway said about Johnson.

An shot 66, and Kim 67.

“Chasing the lead or holding the lead, it doesn’t matter. Just play



Dustin Johnson of the United States hits his tee shot on the 17th hole during round three of the Canadian Open at the Glen Abbey Golf Club on Saturday in Oakville, Ontario.

your game,” Kim said. “Everybody’s going to say the same thing. It doesn’t matter.”

LADIES SCOTTISH OPEN:

Ariya Jutanugarn and Amy Yang led the Ladies Scottish Open by one stroke after an increasingly tough scoring day in the third round. None of the top five broke par 71, as the wind picked up in the afternoon and grew to a howling 35 mph (55 kph) at Gullane. Ariya and Yang carded 2-over rounds of 73 to be 8 under for the tournament. Ariya bogeyed four holes before the Thai eagled the par-5 16th from 40 yards. “I’m just really lucky,” Ariya said. “I wanted to make birdie. “When the wind started to blow, I said, ‘Here is the Scottish Open, the real one.’ I had so much fun, I hit everywhere.” Yang, on her 29th birthday, birdied her last hole to join Ariya at the top

after three bogeys on the back nine. Their closest challenger was Minjee Lee of Australia (71) at 7 under.

SENIOR BRITISH OPEN:

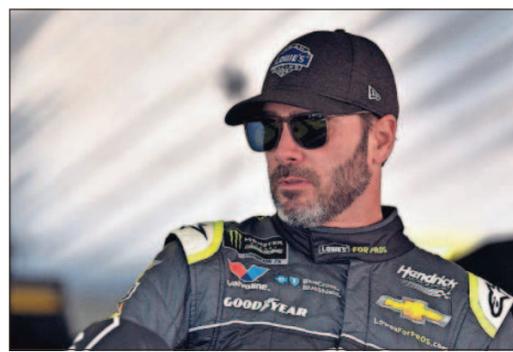
Miguel Angel Jimenez shot par 72 in blustery conditions to remain 9-under overall and two shots clear heading to the final round of the Senior British Open. Tied for second were Tom Pernice (71) and Kirk Triplett (73) of the United States, defending champion Bernhard Langer (73) and Stephen Ames (74) of Canada. A dozen others, including 68-year-old Tom Watson, were within four strokes of the leader. Only 13 men broke par in the third round at St. Andrews in winds gusting up to 25 mph (40 kph). “We started with some flow and then we had a lot of ebb,” Triplett said. Jimenez’s four birdies neatly cancelled out his four dropped shots. He made the unlikeliest

of birdies at the long 14th when his blind approach from thick rough somehow bounced and rolled its way to no more than a foot from the cup.

EUROPEAN OPEN:

Bryson DeChambeau shared a one-shot lead with Richard McEvoy heading to the final round of the European Open. Both golfers seek their first European Tour title. DeChambeau started the third round ahead by a shot. But McEvoy carded a 3-under 69 for the Englishman to lead the tournament at 12 under. DeChambeau had to birdie the last hole to tie him with a 70 at Green Eagle Golf Courses. Right behind them were Masters champion Patrick Reed (69), and Austria’s Matthias Schwab (70). McEvoy’s momentum — he went out in 32 — was stalled by a three-hour delay for lightning in the area.

AUTO RACING: NASCAR



Jimmie Johnson climbs into his car prior to practice for Sunday’s Cup Series race, Saturday, in Long Pond, Pa.

Johnson gears for another milestone with 600th start

By DAN GELSTON
Associated Press

LONG POND, Pa. — Jimmie Johnson had been plucked from NASCAR’s farm system to drive for owner Rick Hendrick with a resume so ordinary the team wondered if it made the right call on the California kid.

Until Johnson could join Hendrick Motorsports in late 2001, he plodded along for a second-tier team on the brink of closing and had flashed just the occasional spark of future stardom.

His early 2001 results hardly seemed worthy of a teammate about to be paired with NASCAR champion Jeff Gordon.

“The real concern was, had we made a good decision?” Hendrick mainstay Ken Howes said.

Howes, who has spent more than three decades at Hendrick Motorsports, had worked as a crew chief and was assigned to help the

rookie driver with his learning curve at the elite Cup level. Johnson went out for a test session in one of Gordon’s Chevrolets and found the power in a car that suited his driving style and humbled the doubters in his camp.

“I came home and reported back and said, ‘Guys, stop worrying. It’s going to be OK,’” Howes said.

Just a few months later, Johnson was set for his Cup debut.

Johnson made his first career Cup start on Oct. 7, 2001 at Charlotte Motor Speedway and on Sunday he’ll earn one more slice of NASCAR history when he becomes the 30th driver to make 600 career starts.

Over the first 599 starts, he has blazed through a career that stamps him on the short list of all-time greats: Johnson has a record-tying seven championship, 83 wins, 35 poles, 224 top-five finishes and 348 top-10s.

TENNIS: Swiss Open

Bautista Agut faces Berretini in Gstaad final

Associated Press

GSTAAD, Switzerland — Roberto Bautista Agut of Spain made it to the Swiss Open final on Saturday a month after a hip injury.

The second-seeded Bautista Agut retired hurt in the Halle semi-finals and missed Wimbledon. He came

back in a challenger in Italy, reached the semis, and returned to the main tour this week in Gstaad.

He overcame Laslo Djere of Serbia 6-7 (5), 6-4, 6-4 in the semifinals and will play first-time ATP finalist Matteo Berretini of Italy on Sunday.

Berretini beat Jurgen Zopp of Estonia 6-4, 7-6 (6) for his fourth

straight-sets win of the week.

Bautista Agut will be chasing his ninth ATP title, and third this year. He won in Auckland, and the biggest of his career in Dubai.

Berretini’s first semifinal was delayed for more than three hours by rain showers.

He fended off the only

two break points he faced from Zopp.

Berretini is enjoying his best season, yet. He broke into the top 100 in May, reached the third round of the French Open, and upset Jack Sock at Wimbledon for a first top-20 win. At 22, he’s the youngest Italian finalist on the ATP Tour in 15 years.

HORSE RACING: Jim Dandy Stakes

Tenfold wins the Jim Dandy Stakes at Saratoga

Associated Press

SARATOGA SPRINGS, N.Y. — Tenfold overcame a distraction heading down the stretch and won the 55th running of the Jim Dandy Stakes at Saratoga Race Course on Saturday.

Despite swinging far to the right while challenging for the lead, Tenfold recovered nicely and held off Flameaway by three-quarters of a length. Morning line favorite Vino Rosso finished third.

Tenfold, ridden by Ricardo Santana, Jr. and

trained by Steve Asmussen, covered the 1 1/8 miles in 1:50.49 over a fast track and paid \$5.50, \$2.80 and \$2.30. Flameaway returned \$3.90 and \$2.70, and Vino Rosso paid \$2.10 to show.

Reride was fourth and Sporting Chance last after swinging wide at the top of

the stretch and pulling up.

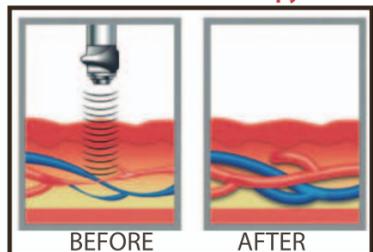
Despite its \$600,000 purse, the Jim Dandy drew just five entrants for the second straight year. The Grade 2 race is a major prep for the \$1.25 million Travers Stakes, a 1 1/4-mile race for 3-year-olds slated for Aug. 25.

Paid Advertisement

Say Goodbye to Erectile Dysfunction

The #1 cause of Erectile Dysfunction is poor blood flow due to blocked or hardened blood vessels. Unlike pills, needles and creams that **DO NOT** treat ED, only the symptoms, Acoustic Wave Therapy is a “treatment” that will OPEN existing blood vessels and STIMULATE the growth of new blood vessels, making it possible to achieve a full and rigid erection.

How Acoustic Wave Therapy Works:



As men age, the blood vessels that supply blood to the penis begin to breakdown or collapse. Natural or drug induced blood flow cannot enter into the penis, thus creating ED.

Acoustic Wave Therapy opens existing blood vessels and stimulates growth of new blood vessels. As a result, our patients experience much stronger, firmer and more sustainable erections.

At Southwest Florida Medical Group, we treat the root cause of Erectile Dysfunction with our proprietary FDA cleared Acoustic Wave Therapy. This type of treatment may provide long-term results and allow men to stop injecting or orally consuming chemicals to receive an erection.

The Therapeutic Advances in Urology Journal concluded that “Acoustic Wave Therapy aimed outside the body is a revolutionary treatment of ED.” The physicians and professional medical staff at Southwest Florida Medical Group will assist and manage your treatment protocol.

(239) 887-3602

**NO DRUGS • NO NEEDLES
NO SURGERY**

Southwest Florida Medical Group
9001 Daniels Pkwy, Suite 202 Fort Myers, FL 33912
www.SWFLMedicalGroup.com

Individual results may vary. © All rights reserved.

Managing Debt in Retirement Takes Some Planning

Owing money in retirement isn't ideal — but most people do.

Seventy percent of U.S. households headed by people ages 65 to 74 had at least some debt in 2016, according to the Federal Reserve's latest Survey of Consumer Finances. So did half of those 75 and older.

Paying debt usually gets more difficult on a fixed income. Mortgage debt, especially, can be a huge burden in retirement. Retirees may have to withdraw larger amounts from



LIZ WESTON
Nerd Wallet

their retirement funds to cover payments on debt, which can trigger higher tax bills and increase the

chances they'll run short of money.

People have the most options to deal with debt if they create a plan before they retire, financial planners say. Refinancing a mortgage, for example, is usually less of a hassle while people are still employed. It's also typically easier to generate the extra income that may be needed to pay off debt.

"It is much easier to keep working for another year or two than to try and come back into the workforce when they are older and the employer

needs have changed," says Linda Farinola, a certified financial planner in Princeton, N.J.

Here are three loans to consider before you stop working:

Refinance (or recast) your mortgage

Certified financial planner Rebecca L. Kennedy of Denver would prefer that clients pay off their mortgages before they retire. But paying off a mortgage may not be feasible or

advisable, especially if it would mean taking a lot of money from a 401(k), IRA or other account.

"Often the majority of the assets are pretax so it would require a much larger withdrawal to net the after-tax amount needed," Kennedy says.

People also could consider downsizing to eliminate or reduce mortgage debt, Farinola says.

For retirees determined to stay put, refinancing or "recasting" the loan can lower payments, says Serina Shyu, a certified

financial planner in Atlanta. While refinancing requires taking out a new loan, with substantial fees, recasting means keeping the same loan, but using a lump sum to pay down the balance and lower the payments. Recasting is offered by some but not all lenders and may not be good idea if the lump sum would come from retirement accounts.

Another option, if the mortgage balance is less than half of the home's

DEBT | 2

Social Security: Here for people like you

By Nicole Tiggemann
TRIBUNE NEWS SERVICE

All kinds of people make up this great nation. Seniors, soldiers, individuals with disabilities, and newlyweds — they are the workers, civic leaders, social workers, and artistic creators of countless things and ideas that help us have better lives every day. All of our collective talents and passions create one of the most unique societies in the history of the world.

Social Security understands your individual needs. From early career to retirement, we're here, securing today and tomorrow. Our People Like Me webpages give you information tailored to your specific needs. Here are a few:

— **Early Career** — The earlier you start saving, the better off you will be — during your working years and in retirement. Learn how Social Security is here for you when you start working at www.socialsecurity.gov/people/earlycareer.

— **Mid-Career** — Did you relocate for a better job? Are you starting a family? Buying your first home? There's a lot to consider when planning your future and we can help. www.socialsecurity.gov/people/midcareer.

— **Veterans and Wounded Warriors** — Providing services to those who served us is how we honor the people who put their lives on the line for our freedom. Learn more about how we help service members at www.socialsecurity.gov/people/veterans.

— **Pre-Retirement** — For those of you who are about to retire, we not only congratulate you, we offer many resources for your golden years. See how we can help at www.socialsecurity.gov/people/preretirement.

— **Women** — Statistically, women live longer and earn less over their lifetimes. This creates unique challenges for a long and happy retirement. Learn how you can get ahead by knowing the facts at www.socialsecurity.gov/people/women.

Creating resources for people like you helps us provide you with information about programs that can create lasting, positive change in your life. Share these People Like Me pages with friends and family at www.socialsecurity.gov/people.

SMALL TALK

Mea culpa: A business should own up to customer service flub



THE ASSOCIATED PRESS

Hair salon owner Erika Wasser stands in her Glam+Go studio, Thursday, July 19, 2018, in New York. She owns nine salons in three cities.

By JOYCE M. ROSENBERG
THE ASSOCIATED PRESS

NEW YORK — Erika Wasser and her staffers arrived for a big appointment — hair and makeup for a bridal party of 11 — to realize someone had goofed and the salon space they share in a Miami hotel wasn't available that day. And the bride was expected in an hour.

"We messed up HUGE," is how Wasser, owner of nine Glam+Go salons in three cities, remembers the Saturday a year ago. She quickly pulled out her credit card, reserved a suite in the hotel, and "the bridal party and our team literally transported everything — dryers, chairs, everything basically not nailed down — from our salon and recreated an en suite Glam+Go."

"If there's ever a day you don't want don't want to

mess up," Wasser says, "it's a wedding."

Misunderstandings, mistakes and breakdowns can happen at any company — including a giant like Amazon, which had the embarrassment of its website not working properly at the start of its much-advertised Prime Day. Small business owners know they might not be able to survive negative reviews on social media, so when they have customer service disasters they need to try to not just mollify customers but please or even thrill them.

Luckily for Wasser, the bridal party wanted to help, so the move was accomplished quickly. When the bride arrived, everyone told her she'd gotten a free upgrade. Wasser, who usually charges for champagne at bridal appointments, paid for as much as everyone wanted. A disaster became a memorable party.

Facing a disaster of their own, Davis Smith and Brandon Carter fielded a phone call that Smith calls panic-inducing.

The young entrepreneurs, who were cleaning grills in Austin, Texas, last year while preparing to start their company, inadvertently scratched a customer's backyard grill.

"He was furious because we had ruined his grill, he said. We tried to offer a refund or a free cleaning but nothing consoled his loss," Davis says.

The two realized the solution was buying the customer a new \$600 grill. Although their College Grill Cleaners business had only made \$2,000 so far, the new grill turned out to be an investment in the future.

"The customer was extremely understanding, happy with how we handled the situation," Davis says. The man also

SERVICE | 2

Angry customer? Tips to cement, not hurt, a relationship

THE ASSOCIATED PRESS

NEW YORK — When a customer calls or comes into a business to complain, an owner can use the conversation to cement rather than lose a relationship. Nancy Friedman, who runs The Telephone Doctor, a customer service consulting firm, has some tips on how to talk to someone who's unhappy with a company's service or product:

— Listen for the customer's name, and make sure you repeat it during the conversation.

— After customers explain why they're calling, say, "My apologies," which is stronger and sounds more sincere than "I'm sorry." Tell the customer your name, and get the customer's phone number in case the call drops. Also say, "I'm glad to meet you, even if it's by phone."

— No one answering the phone should say, "I can't help you." If the owner or employee can't assist the customer, the response is, "I am going to find someone who will help you."

— Take notes while the customer is speaking. Being able to repeat what they've said shows you're serious about listening and helping.

— If the problem isn't something that's easily fixed — for example, replacing a defective product or issuing a refund for it — ask the customer to help you come up with a solution that will satisfy them.

— If the customer is angry, don't say, "I know how you feel," or "Calm down." Try, "I can imagine how upset you are — I would be too." If the customer is yelling and/or swearing, a good response is, "Mr. Smith, I can handle your problem. I'm not able to handle your screaming at me. Let's find a way to work this out."

RECALLS

Floor mirrors and favorite snacks on the recall list

U.S. CONSUMER PRODUCT SAFETY COMMISSION

Name of Product: Josephine floor mirrors

Hazard: The mirror's glass can separate from the wooden backing and fall, posing a laceration hazard.

Remedy: Replace
Consumer should immediately stop using the recalled mirrors and contact Crate and Barrel to arrange for a free replacement mirror. Crate and Barrel is contacting all known purchasers directly.

Consumer Contact:
Crate and Barrel at 800-451-8217 from 7 a.m. and 9 p.m. CT Monday through Friday or online at www.crateandbarrel.com and click on "Product Recall" for more

information.

Units: About 830

Description: This recall involves Crate and Barrel's Josephine floor mirrors, sold individually or as a set of three mirrors that can be hung vertically or horizontally. The mirror consists of a larger rectangular mirror and a smaller square mirror on wooden backing that measures about 16 inches wide, 3 inches deep and 90.5 inches long. The hangtag that came with the mirror has the number 215-037 printed next to the bar code.

Incidents/Injuries: Crate and Barrel has received three reports of the mirror glass becoming loose or separating from the wooden backing. No

injuries have been reported.

Sold Exclusively at: Crate and Barrel stores nationwide and online at www.crateandbarrel.com from December 2016 through February 2018 for about \$450 for a single mirror and \$1,250 for a three-mirror set.

Importer: Crate and Barrel, of Northbrook, Ill.

Distributor: Crate and Barrel, of Northbrook, Ill.

Manufacturer: LAR Collection, of Mexico
Manufactured in: Mexico

Ford recalls 550K vehicles that can roll away unexpectedly

Ford is recalling about 550,000 cars and SUVs

in North America to fix a gearshift problem that could cause the vehicles to roll away unexpectedly.

The recall covers certain 2013 through 2016 Fusion sedans and some 2013 and 2014 Escape small SUVs.

Ford says a bushing that attaches the shifter cable to the transmission can fall off. If this happens, the driver could shift into park but the vehicle could be in another gear. That could let the vehicle roll, increasing the risk of injury or crash.

The company says it doesn't know of any crashes or injuries. Ford is advising owners to use the parking brake.

RECALLS | 2

SERVICE

FROM PAGE 1

posted a positive review online and referred neighbors to the company, which now has branches in the Dallas area and Houston.

When they mess up, companies should focus on building relationships rather than apologizing profusely, says Paul Fombelle, a marketing professor at the D'Amore-McKim School of Business at Northeastern University. At the same time, owners shouldn't ask, "what can we do to make you happy," the

equivalent of a blank check.

Fombelle's suggestion is to say, "We screwed up. We want to keep you as a customer. Here are two options for what we can do now." In trying to mitigate the damage, owners also shouldn't make promises they won't be able to keep.

"You'll be failing two times in a row," Fombelle says.

When an angry customer calls or shows up, owners or employees should listen, not be defensive or condescending and not say, "I can't help you," says Nancy Friedman, who runs The Telephone Doctor,

a customer service consulting firm. Staffers who don't know how to respond should say, "I'll get someone to help you." And no one should ever make the customer feel like they're being a pain.

"You need to make someone feel that they matter," Friedman says.

Sometimes, even good service can't get the resolution a customer wants.

John Holloway's insurance brokerage, NoExam.com, was honest with a customer from the get-go: He might not get a life insurance policy because he'd had cancer 10 years earlier.

Holloway and his

business partner, Jonathan Fritz, searched for an insurer they thought would be a good match and helped the customer with the application. After he was rejected, the customer called to vent once or twice a week for several weeks, and kept Fritz on the phone for up to half an hour.

"He (Fritz) would explain to him over and over again what the situation was, that we did our best," says Holloway, whose company is based in Roswell, Georgia. While the calls were difficult, Fritz persevered.

"We easily could have avoided him, but that

could have led to online complaints," Holloway says. Eventually, the customer stopped calling.

When trying to right a wrong, late can still be better than never. Kimberly Marek discovered that a staffer assigned to monitor a customer service phone line didn't — for two months. Marek, co-owner of online jewelry retailer 7 Charming Sisters, the other owners and employees combed customer records to see if any of the 25 people had also emailed the Fredericksburg, Virginia-based company and gotten what they needed.

All but three did. Marek

called them, including one who had been waiting seven weeks.

"They were frustrated but understanding, and they were taken aback by me calling personally and apologizing," Marek says. She followed up with gift bags and handwritten notes.

And sometimes, a crisis resolved can have a bonus in the end. After the wedding party was on its way to the ceremony, Wasser invited her salon manager to spend the afternoon and evening in the suite she'd paid \$800 for.

"We stayed there drinking wine and watching movies," Wasser says.

DEBT

FROM PAGE 1

market value, is using a reverse mortgage to pay it off. Reverse mortgages allow people 62 and older to tap their home equity without having to pay the money back until they move out, sell the house or die.

"For many, that is a very viable way to increase cash flow," says Chris Chen, a certified financial planner in Waltham, Massachusetts.

Consolidate your debt

Credit card debt indicates people may be living above their means. That's not something that tends to get better when incomes drop in retirement, Farinola says.

"I find that if people cannot pay off debt when they are working, they certainly cannot when they retire and the cycle just continues," she says.

People with good

credit scores, and sufficient discipline, can use zero-percent balance transfer offers to consolidate and pay off their credit card debt. Those who need more time to pay off debt might consider a personal loan with a fixed interest rate and fixed payments. If it would take over five years to pay off the debt, however, their debt load may be unmanageable.

In that case, they should talk to a credit counselor and a bankruptcy attorney to better understand their options.

Open a home equity line of credit

A home equity line of credit is like a credit card that allows you to borrow against the value of your home. If that sounds dangerous — good. It should.

HELOCs shouldn't be used for frivolous spending, but they can be a good backup to an emergency fund. HELOCs also can fund

home repairs or long-term care.

A HELOC probably isn't a good option for people who aren't disciplined about their spending. HELOCs have another big pitfall: Payments on any borrowed money can spike after an initial interest-only "draw period" ends, usually after 10 years.

Another product, a reverse mortgage HELOC, costs more to set up, but payments are optional. Some financial planners recommend reverse mortgage HELOCs as a potential source of cash in market downturns. The retiree can draw on the HELOC rather than selling stocks in a bad market, and pay the money back — or not — in good markets.

"The key advantage is ability to choose if and when to make payments, and ability to access a growing line of credit," says Tom C.B. Davison, a certified financial planner in Columbus, Ohio.

RECALLS

FROM PAGE 1

Dealers will replace the shifter bushing at no cost. Owners will be notified by July 30. Parts should be available late this quarter.

Pepperidge Farm Announces Voluntary Recall of Four Varieties of Goldfish Crackers

Pepperidge Farm has been notified by one of its ingredient suppliers that whey powder in a seasoning that is applied to four varieties of crackers has been

the subject of a recall by the whey powder manufacturer due to the potential presence of Salmonella. Pepperidge Farm initiated an investigation and, out of an abundance of caution, is voluntarily recalling four varieties of Goldfish crackers. The products were distributed throughout the United States. No illnesses have been reported. No other Pepperidge Farm products in the U.S. are subject to this recall.

Some Ritz cracker products recalled over salmonella risk

Mondelez Global says

it's voluntarily recalling some of its Ritz Cracker products over potential risk of salmonella.

The Hanover, New Jersey-based company says it's recalling 16 varieties of Ritz Cracker Sandwiches and Ritz Bits products in the U.S. The products contain whey powder, which its supplier has recalled due to the potential presence of salmonella.

Mondelez says no illnesses have been reported yet. Symptoms of salmonella include fever, nausea, vomiting and diarrhea. It can cause serious and sometimes fatal infections in the young, elderly or those with weakened immune systems.



Find The Perfect Companion

In the CLASSIFIEDS!

SUN  NEWSPAPERS

Shelly Sapp Interiors



Professional interior design now in...

Sebring
Lake Placid · Avon Park

863.991.2578
shellysappinteriors.com

BACK TO SCHOOL!

ANY EYEGLASS

BUY FRAME

AND GET SINGLE VISION, POLY CARBONATE ANTI-REFLECTIVE LENSES

(VALUE 214.00)

FOR FREE*



(863) 259-3777

for appointment at any of our 4 locations

Monday-Friday 8am-5pm
24-Hour Emergency Care Available

SEBRING
363 US 27 South
(next to Kia Dealership)

WAUCHULA
735 N. 6th Ave.
(next to Auto Zone)

ARCADIA
2442 N.E. Hwy 70
(across from Publix)

LAKE PLACID
27 US Hwy 27
(Next to NAPA Auto)

We accept most Medical Insurance, including Medicaid, Medicare and Blue Cross Blue Shield

*inquire within
facebook.com/seignyeyecare

www.7eeye.com

Find us on Facebook   

Call to Place Your Ad TODAY 863-385-6155

CLASSIFIEDS

Garage Sales: 1-3 days, only \$22
 1 week: \$35
 2 weeks: \$49
 4 weeks: \$79

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

LEGAL NOTICES

INVITATION TO BID 14

INVITATION TO BID ("ITB")

The Highlands County Board of County Commissioners, Highlands County, Florida will receive sealed Bids in the Highlands County Purchasing Division ("Purchasing Division") for:

ITB NO. 18-051 Sale of Surplus County Owned Properties
 Specifications may be obtained by downloading from our website: www.hcbcc.net, or by contacting: Tasha Morgan, Asst County Administrator; 600 S. Commerce Ave, Sebring, Florida 33870-3809, Phone: 863-402-6834; Fax: 863-402-6735; or E Mail: tmorgan@hcbcc.org.

A PRE-BID meeting will not be held for this solicitation. Each submittal shall include one (1) original and (1) exact copy of the BID submission packet. BIDS MUST BE DELIVERED to the Purchasing Division, 600 S. Commerce Ave, Sebring, Florida 33870-3809 so as to reach said office no later than **3:00 P.M., Monday, August 13, 2018**, at which time they will be opened. The Public is invited to attend this meeting.

The Board's Local Preference Policy ("Local Preference Policy") and Women/Minority Business Enterprise Preference Policy (W/MBE) will NOT apply to the award of this ITB. The Board, does not discriminate upon the basis of any individual's disability status. This non-discrimination policy involves every aspect of the Board's functions, including one's access to, participation, employment or treatment in its programs or activities. Anyone requiring reasonable accommodation as provided for in the Americans with Disabilities Act or Section 286.26, Florida Statutes, should contact Mrs. Pamela Rogers, ADA Coordinator at: 863-402-6509 (Voice), or via Florida Relay Service 711, or by e-mail: progers@hcbcc.org. Requests for CART or interpreter services should be made at least 24 hours in advance to permit coordination of the service.

Board of County Commissioners, Highlands County, FL
 July 22, 29, 2018

2000 EMPLOYMENT

HELP WANTED 2001

JOIN THE HABITAT FOR HUMANITY TEAM!
 Hiring Multiple Construction Site Supervisors. Apply at 159 S. Commerce Ave., Downtown Sebring.

CAMP WINGMANN
Food Service Manager
 Camp Wingmann, Avon Park
 Experienced cook and kitchen manager needed to serve delicious, child-friendly meals. Must love young people. Part-time (14-16 weekends) during school year, full-time in June-July. Must have food manager certification. Salary negotiable
Send resume to
 campwingmann@gmail.com
 863-453-4800

ADVERTISE In The Classifieds!

Highlands Hammock is seeking 3 people to work PT from Aug. 2018 - June 2019; 29 hrs/wk, \$15.67/hr. No benefits. Valid FL driver's license req. 2 for exotic plant removal; 1 for tractor operator/prescribed burn prep. State job applications avail. at Ranger Station. **Return by** close of business **Aug. 3, 863-386-6094.**

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

Exp'd Concrete Workers
 Must have knowledge in field & valid FL Driver's License. Pay based on experience.
Email resume/contact info:
 myresume18@yahoo.com

Exp., reliable worker to run zero turn mower, line trimmer, blower for Sebring lawn company. **863-385-6768.**

HELP WANTED 2001

HARVESTERS NEEDED

Harvester needs 52 temporary workers to cultivate and harvest various crops, 09-20-18 to 04-15-19. The employer is **Citrus Harvesting, Inc.** Workers will be paid \$11.29 per hour depending on work location and piece rate(s) may be offered depending on crop activity, but will be guaranteed \$11.29 per hour rate. Worksites are located in Hardee, Highlands, Polk, Sarasota, Manatee, Charlotte, and Desoto counties, Florida. Employer will guarantee the opportunity for work for the hourly equivalent of 3/4 of the days of the work period. The employer will provide the tools necessary to perform the described job duties without charge to the worker. Housing will be provided for individual workers outside normal commuting distance. For workers residing beyond reasonable transportation and subsistence expenses to the worksite will be provided or paid by the employer after completion of 50% of the work period. Apply for this job at the Florida One-Stop Career Center office located at 324 6th Avenue, North, Wauchula, FL 33873 (863)-773-3474 using job listing number FL10737380.

WORKERS NEEDED

30 workers needed for **Coco Sod Farms, Inc.** for Sod planting and field maintenance from 08/30/18 to 06/30/19. Workers will be paid \$11.29 per hour. Job location is in Okeechobee, FL. This job opportunity is temporary, 36 hours per week guaranteeing at least 3/4 of the time offered. Free housing is provided to workers who cannot reasonably return to their permanent residence at the end of the work day. Transportation and subsistence expenses to the work site will be provided by the employer upon completion of 50% of the work contract. Tools, equipment and supplies will be provided at no cost. Job order holding office is at 107 East Madison St., Tallahassee, FL 32399 Job order 10730264

EVENTS COORDINATOR

The *Highlands News-Sun* is searching for an Event Coordinator to join our winning team. This position will work directly with the management staff in coordinating all forms of family events, grand openings & festivals produced by the *Highlands News-Sun*.

★ Flexible hours are required

The *Highlands News-Sun* and *Highlands Sun* offers a competitive compensation package.

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

Send Resumes to
 Cliff Yeazel,
Advertising Director:
 cliff.yeazel@highlandsnewssun.com

315 U.S. HWY 27 N. Sebring, FL 33870.



Handyman Wanted
 A handyman is needed to work on rental units in Highlands Co., FL. **863-243-9191**
Call, Text or Email
 mike@mypeaceland.com

Find your Best Friend in the Classifieds!



Heavy Equipment Mechanic Wanted
 2yrs exp, CDL license, strong trouble shooting skills, computer diagnostics, schematics, hydraulics, electrical, significant investment in tools, able to service equip & perform preventative maintenance. 40-55 hrs/wk + benefits! DFWP Apply in person or email **Excavation Point Inc.**, 7944 S. George Blvd., Sebring 863-471-1997 **mail@excavationpoint.com**

HELP WANTED 2001

HARDEE CO. BOCC-PUBLIC WORKS DIVISION

★ **Senior Mechanic** (FL "B" CDL) \$15.74-\$21.70/hr. + ben. pkg.
 ★ **General Maintenance Mechanic** (FL DL) \$13.52-\$18.64/hr. + ben. pkg.
 ★ **Solid Waste Heavy Equipment Operator** (FL A CDL Air Brake & Tanker endorsements) \$13.52-\$18.64/hr. + ben. pkg.
 ★ **Equipment Operator/Spotter** (FL "A" CDL Air Brake, Tanker, and Hazardous Materials) \$11.72-\$16.15/hr. + ben. pkg.
 ★ **Equipment Operator** (FL DL) \$11.13-\$15.35/hr. + ben. pkg.
 ★ **Maintenance Worker II** (FL DL) \$10.67 - \$14.70/hr. + ben. pkg.

Job descriptions at
www.hardeecounty.net
 w/application. Submit: HR, 205 Hanchey Rd., Wauchula, FL 33873, 863-773-2161. Positions open until filled.

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



Inn on the Lakes Now Hiring:
 ★ **Maintenance Person**
 ★ **Must have experience**
Apply in Person:
3101 Golfview Rd., Sebring.

WORKERS NEEDED

60 workers needed for **Gomello, LLC** for watermelon harvesting, from 08/18/2018 to 05/15/2019. Pay: \$11.29/hr. for all hours worked or applicable piece rate. Job location: Florida. Job duties: standing, walking, stooping, bending, and lifting up to 60 pounds for long periods of time outdoors in all weather conditions. Job opportunity is temporary, 36hr/week guaranteeing at least 3/4 of the time offered. Housing provided to workers who cannot reasonably return to permanent residence at the end of work day. If applicable, expenses for subsistence & transportation to the worksite will be provided. Work tools, supplies, and equipment provided at no cost. Job order holding office is at SWA, 107 East Madison St Tallahassee, FL 32399, Job Order #10724453

PUT CLASSIFIEDS TO WORK FOR YOU!
FIND A JOB!
BUY A HOME!
BUY A CAR!

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

GENERAL MAINTENANCE
 Full-time. Application deadline: 8/5/18. Please visit <http://sfsc.interviewexchange.com> for detailed position announcement. 863-784-7132. EA/EO VET'S PREF.

STAFF ASST. I, HUMAN RESOURCES (FT)
 Application deadline: 8/5/18. Please visit <http://sfsc.interviewexchange.com> for detailed position announcement. 863-784-7132. EA/EO VET'S PREF.

PT Truck Driver's Helper~ Must be able to lift 50+lbs; have own transportation & pass Level II background check. Starting pay: \$11/hr. **Call 800-929-2715** ask for Mike Solis or Rob Dague

HELP WANTED 2001

Range Control Officer

Avon Park Air Force Range, PTR Contractor
 FULL TIME, NON EXEMPT-CBA UNION
 ★ **General Purpose of Job:**
 This position is responsible for range operations and safety, except in situations where weapons release clearance responsibility is transferred to other Weapons Release Authority. Issue instructions that ensure a safe environment where disparate ongoing operational and maintenance activity occur simultaneously. Coordinate range user activity, develop, brief and publish schedules, inspect and prepare targets for use. Perform facility and equipment checklists, report outages, maintain logs and collect data. Assist or supplement personnel in operating WISS Scoring, PITS, vehicle and equipment maintenance, landscaping and housekeeping. Work is performed under minimum supervision, following specific procedures and regulation.

EMI Services is an Equal Employment Opportunity Employer. Selection will be based on qualifications without regard to race, sex, age, color, religion, or national origin. It is our policy to employ and advance in employment individuals with disabilities and protected veterans, and to treat qualified individuals without discrimination on the basis of their physical or mental disability or veteran status. Any applicant meeting the minimum requirements for the following position is invited to apply for consideration.
Please submit your application online at
www.emiservices.com/
contact or call Robert Diggs 863-214-3855.

Find it in the Classifieds!

HELP WANTED 2001

REPORTER WANTED

The *Highlands News-Sun* is searching for an aggressive news reporter who can cover general news, but isn't afraid to roll up their sleeves to dig deep for investigative pieces. The perfect candidate must be able to generate accurate copy quickly, be able to work alone, and have the instinct to look below the surface of various issues. ★Photography 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:
Executive Editor
Romona Washington,
315 U.S. 27 North, Sebring, FL 33870.



Cash in with Class!

PROFESSIONAL 2010

Kid City Daycare & Preschool Now Hiring

Christ Centered Facility is seeking to complete our staff. FT position available. Call Dawn at **863-385-3111** or visit 3599 Thunderbird Rd., Sebring.

IN THE CLASSIFIED YOU CAN.....

- ✓ Find a Pet
- ✓ Find a Car
- ✓ Find a Job
- ✓ Find Garage Sales
- ✓ Find A New Employee
- ✓ Sell Your Home
- ✓ Sell Your Unwanted Merchandise
- ✓ Advertise Your Business or Service

Classified - it's the reliable source for the right results

NEED A NEW CAREER?
 Personal Lines CSR position in Sebring. Licensed preferred but will train the right person. Health, retirement, and other benefits available. Pay based upon experience & schooling.
Fax resume to:
863-382-1334 or email:
 cschott@wellsinsurance.com

NEED CASH?

Faith Child Development Center

Expanding Ministry



PRESCHOOL TEACHER POSITIONS AVAILABLE

Pt, Retirement, Vacation, Benefits, Wage Based On Experience

A Ministry of Faith Lutheran Church - LCMS

2740 Lakeview Drive Sebring, Florida 33870

Call 863-385-3232

**PROFESSIONAL
2010**

The Town of Lake Placid is accepting applications for the Public Works Department. **General Public Works employee** is required to work in several capacities from sanitation to maintenance of town roads, parks, and facilities. This position requires a State of Florida issued CDL type A or B driver license with a clean driving record. Starting pay for CDL Licensed employee with clean driving record, agreeable to performing all tasks in the job description as needed is \$12.40 per hour for up to four CDL licensed employees. Vacation, sick leave, family death leave benefits. State retirement benefits transferable to or from any other job in the Florida State Retirement system. Interested parties should submit applications and resumes as stated on website. <http://www.lakeplacidfl.net/bulletin/employment.html>

ALL APPLICATIONS MAY BE SUBMITTED TO: Town of Lake Placid, 311 West Interlake Boulevard, Lake Placid, FL 33852 OR EMAILED TO lakeplacidinfo@gmail.com.

The Town of Lake Placid is an "Equal Employment Opportunity" employer and is a "Drug Free Work Environment."

**MEDICAL
2030**



EMT, RN, or LPN
PT, 1 day/wk on Wednesdays to assist w/Nuclear stress tests at **Cardiology Consultants, P.A.** Sebring office. Will train, but must have one of the certification req. listed above. Fax resume to: 863-386-9158 or bring resume to: 4150 US 27 S., Sebring.

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



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



**FIND YOUR
BEST FRIEND
IN THE
CLASSIFIEDS!**

OAKS AT AVON
Readers Choice Award Facility
◆ **HIRING CNAs** ◆
Full/Part-Time, all shifts
~ **New Wages!!**
~ **Benefits for FT!!**
Apply at 1010 Hwy 27N Avon Park or fax resume to **Tammy Padilla at 863-453-5308**



CERTIFIED NURSING ASSISTANT
Royal Care of Avon Park is currently seeking qualified Certified Nursing Assistants (CNAs) to join our growing team. We have FT, PT and PRN shifts working 8, 12 or 16 hr. shifts your choice. Must be C.P.R. certified. **Excellent Benefits** for all FT employees: Medical, Dental, LTD, STD, employer paid life policy of \$10,000, PTO, Holiday pay and 401K retirement savings plan.
Apply in person at Royal Care of Avon Park, 1213 W. Stratford Rd., Avon Park. 863-453-6674. M/F, DFWP.

**MEDICAL
2030**



NEW Hourly Rate for C.N.A.s !!

★ **NEW Week-end Differential Rate!**

★ **Employees Celebrated for Years of Service**

★ **Medical, Dental, Vision and Life Insurance Benefits Available**

★ **Annual Employee Picnics**

★ **Annual Celebration of Seniors & Staff**

★ **Payroll deductions for onsite Employee Cafe**

★ **Payroll deduction for shoes and uniforms**

★ **FREE CEU's & CPR Classes**

Apply Online at www.palmssofsebring.com



Office Assistant Sebring Acupuncture & Natural Health

PT: Mon, Wed & Fri
Go to www.sebring.acupuncture.com & click on Job Application link; Fax completed application to 863-978-1824
Non-Smoking Office

Great Deals in the Classifieds!

**MUSICAL
2035**

Bethany Baptist Church Avon Park seeks a Piano Player. Call Brenda 863-452-1136

**SKILLED TRADES
2050**

Journeyman Electrician
Wanted~Min. 3 yrs exp. Residential, Commercial, Govt. rate work. **TOP WAGES PAID!**
Call Amy 863-386-0491

EXPERIENCED MECHANIC
to work on farm equipment, diesel & gasoline engines, fabrication & electrical. Clean Florida Driver License required. Drug free workplace. **Apply in Person**
8am - 11am & 1pm - 4pm
Monday - Friday @ 109 Arron Dr., Lake Placid, FL 863-465-2821 or office@lplcp.com

Service Technician Wanted
Small engine repair; lawn & garden, full-time. Lake Placid & Sebring **863-465-9641**

**SALES
2070**

Licensed Agent needed to sell & list res/com real estate. Potential earnings \$100k+! Call owner, **863-382-2100**

**SALES
2070**

Advertising Account Executive

Here we GROW Again!

★ Are you looking for a career with **\$40,000-\$55,000+** earnings potential?

★ Are you ready for a career where you can make a difference in the community?

★ Are you a people-person that enjoys socializing and networking at community events?

The *Highlands News-Sun* is looking for Advertising Account Executive ready to join a winning team of professionals. We're looking for good people who want an exciting career with a growing media company. Experience is preferred, but we're willing to train the right person. We need people who really care about their community and the businesses that make our local economy tick. Our Advertising Account Executives work closely with the local business owners to provide powerful advertising campaigns that deliver results.

We Offer:

- Salary plus Commissions
- Paid Time Off (PTO)
- Health & Dental Insurance
- 401(k)
- Training

Don't miss this opportunity to interview for a career as an Advertising Account Executive at the *Highlands News-Sun*.

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

Send your resume to:

Highlands News-Sun
Attn: Cliff Yeazel,
Advertising Director
315 US Hwy 27 N., Sebring,
FL 33870 or Email:
cliff.yeazel@highlandsnewssun.com



✓✓✓✓✓
IN THE CLASSIFIED YOU CAN.....

- ✓ Find a Pet
- ✓ Find a Car
- ✓ Find a Job
- ✓ Find Garage Sales
- ✓ Find A New Employee
- ✓ Sell Your Home
- ✓ Sell Your Unwanted Merchandise
- ✓ Advertise Your Business or Service

Classified - it's the reliable source for the right results

How Does Being Your Own Boss Sound to You??

- ★ Are You a Closer?
- ★ Are You a Self-Starter?
- ★ Are You Aggressive?
- ★ Are You Personable?
- ★ Are You Able to Work on Your Own?
- ★ Do You Have Excellent Customer Service Skills?

If you meet all this criteria, the *Highlands News-Sun* Publisher wants to speak with you!

Call Tim Smolarick Today! 863-386-5624

315 U.S. HWY 27 N. Sebring, FL 33870.



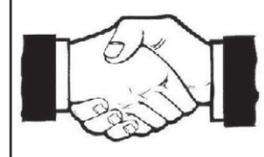
Classified = Sales

3000



NOTICES

**ANNOUNCEMENTS
3010**



Do You Need More Business?
Reach out to all of Highlands County with 2 publications plus 2 websites to Advertise Your Business!!

Let customers Find You by advertising your business on the Business & Services Page!

Mention this ad and Call Today !! 863-658-0307




**BURIAL LOTS/
CRYPTS
3070**

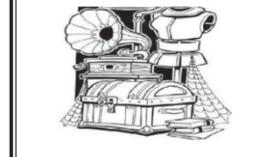
2 cemetery lots Lakeview Memorial Gardens, Hope Garden, Section 620, Lot C, Spaces 3,4. Asking \$3,600, 863-414-4543

**LOST & FOUND
3090**

FOUND: SET OF KEYS-a set of keys were found in the water by the pier in Lake Jackson. Call **863-658-2351**

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



Find it in the Classifieds!

US General Tool Box- 5 drawers, on wheels. \$60. **863-471-6981**

**GARAGE SALES
6014**

Get BIGGER RESULTS with a Highlands News-Sun Garage Sale Ad- ONLY \$22 for 4 lines.....! Call 863-385-6155 in Highlands County

**HOUSEHOLD GOODS
6030**

Colonial Grandfather Clock~ \$350. **863-465-4654.**

Microwave & table \$75. Martha Stewart table/4 chairs, \$50. Gas grill w/tank \$35. Wall clocks \$10. Large wall pictures \$75 each, 863-655-1762.

**FURNITURE
6035**

Blue rocker \$45. Blue swivel chair \$25, 863-471-1557.



We Buy/Sell Clean Used Furniture. Best Prices in Town! Sebring Furniture 1542 Lakeview Dr. (next to Save-a-Lot) 863-386-1119

Rustic unique bar, 2 shelves, 1 drawer, 1 cabinet, 2 matching stools, \$500 firm, 863-655-0372.

Sleigh queen bed, dresser, chest, 2 night stands, \$500. Sofa, loveseat, recliner. Badcock. Suede. All kick-outs, \$500, 863-655-1762.

Table & 4 chairs- white wood, new in 2016 cost \$800; exc. cond! Sell \$375. 317-402-6192

**TV/STEREO/RADIO
6040**

Element TV 54" with buffet, with lg sound bar. All for \$500, 863-655-1762.

**CLOTHING / JEWELRY/
ACCESSORIES
6065**

Diamond Engagement Ring- 3 diamonds, 1.25ct in center, White gold. Appraised \$1,200 sell \$400. **317-402-6192**

Pearl necklace & earrings Never worn. Originally \$140, sell \$100 firm **317-402-6192**

**ANTIQUES
COLLECTIBLES
6070**

Private Buyer for Disabled Vets paying highest prices for metals coin/stamp collections, die cast & hot wheels & any collectibles **954-234-3028**

**MUSICAL
6090**

Crate Pro Audio PX DLX Powered Mixer with digital signal, processing 9 channel AMP, also 2-12" peavy speakers w/stands, \$250.00, for all, 812-945-7828

Guitar-Alvarez Acoustic Electric, with case, exc. cond., \$250, **863-385-3433**

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

**MEDICAL
6095**

Electric Wheelchair- Pronto M41, Like new, needs battery, \$800. **863-465-4654**

Medical Beds (2), twin, \$150.00 each obo, 863-446-0899

**EXERCISE/
FITNESS
6128**

Free weights. 2 Olympic bars, 1 EZ-curl bar, 1 tricep bar, 1 adjustable Olympic weight bench/1 incline, 1 Marcy utility flat bench, 1 dumbbell rack, dumbbells set from 10 lbs to 45 lbs, 1 plate holder, 4 45lb plates, 2 35lb plates, 6 10lb plates, 4 25lb plates, 8 5lb plates, \$200, 863-446-0482.

Nordic Track treadmill, C2150. Good cond, 6 yrs old, folds up for storage, \$200 cash only. 863-381-9805 ask for Mary Ann

**SPORTING GOODS
6130**

Camper shell \$125 OBO, **Canoe** \$50 OBO (863) 446-0899

**BICYCLES/
TRICYCLES
6135**

3-Wheeled Bicycle- Miami Sun. \$140. Great condition! **651-491-5374**

**BICYCLES/
TRICYCLES
6135**

Bicycles (2) - Men's Diamond Back (new), \$150.00 & Ladies beach bike, 24", \$40.00, 804-456-2006

**PHOTOGRAPHY/
VIDEO
6140**

Camera-Canon EOS Rebel SL 1, incl. xtra lense & case. Never used \$200. **863-835-2004**

**POOL/SPA/
& SUPPLIES
6145**

Pool pump 1 1/2 hp & filter, \$175 for all. Call for info 863-655-1762.

**LAWN & GARDEN
6160**

Orchids, take all \$5 ea. Hawaii Phemeria tree in pot 4' tall, blooming, \$50. 863-655-1762.

**OUTDOOR LIVING
6161**

Yard Sprayer~ 25 gal Fimco tow behind. \$150. **863-464-0234**

**BUILDING
SUPPLIES
6170**

French Doors-71.5 x 79.5 simulated divided, right hand in swing, white steel hardware incl. \$400. **863-382-9269**

**TOOLS/ MACHINERY
6190**

6" Delta Jointer, 18" Delta variable speed scroll saw, \$475 OBO, 863-414-2678.

Chain Saw, 16" electric, \$20.00, runs good, 812-945-7828

Generator-Generac 5550 kwh, like new. \$200 obo. **863-465-1950**

**DOGS
6233**

White German Shepherd Puppies- AKC reg., vet cert. Male & female. \$950 each. **305-527-9762**

**PET ADOPTION
6238**

Kittens- (2) black, males. 10 wks old. Free to good home. **863-465-0558**

**APPLIANCES
6250**

Central air/heat \$500. Hot water heater \$75. Washer/dryer \$125 each, 863-655-1762.



★ Used Appliances ★
Up to 90 day warranty.
Call 863-655-4995
Help Wanted

Kitchen Appliances~ glass top stove \$125, microwave \$35, dishwasher \$40. All off white, like new! 863-658-2303

Refrigerator/Freezer-small, black. \$40. New condition! **651-491-5374**

Refrigerators (2), \$225 each. Kenmore side-by-side \$300., 863-655-1762.

Sears Best vacuum cleaner, canister, red, used 1 year, excellent cond, \$100, 573-434-9159

**MISCELLANEOUS
6260**

Upright Freezer- 60x28x28. Exc. condition! \$100. **651-491-5374**

Aquarium, 50 gal with all accessories, 863-699-0453
Black Tux, pants vest shirt, tie, Size 38 \$50. **Extension ladder** \$45 (863) 314-0330
Pool fence 4 ft, black screen, 6 mo old, gave \$1300, will take \$500, 863-655-1762.

MISCELLANEOUS
6260



TROPICAL FRUIT TREES
Avocados Bananas Citrus trees
Mango Peach Longan Starfruit
Soursop Figs Jujube Lychee
Mulberry Papaya Sugarapple
Jackfruit Tamarind Coconut
trees Miracle Fruit Blueberries
Jabatacaba Sapote & Guava
★ PURE RAW HONEY ★
91 Carefree Ct., or 744
US Hwy 27 N., Venus, FL
33960. 305-216-8452

7000



TRANSPORTATION

AUTOMOTIVE
7005



AUTO DEALS & STEALS

Sell Your New or Used Auto Easy Advertise in the Classifieds!

Only \$27.50 for 7 days (4 lines)
Add a photo for only \$10 more!



FORD
7070

2007 Ford Taurus-76,422 mi. good cond. New trans. only 15k mi. \$4,300 obo.
863-471-6981

PONTIAC
7130

1996 Bonneville- 92k mi., Great Condition! \$2,000 obo.
863-386-0873

AUTOS WANTED
7260

Cars ★ Trucks ★ SUVs etc From \$1000-\$100k-NO JUNK! I come to you! Call Sam 239-595-4021

✓✓✓✓✓✓
IN THE CLASSIFIED YOU CAN.....

- ✓Find a Pet
- ✓Find a Car
- ✓Find a Job
- ✓Find Garage Sales
- ✓Find A New Employee
- ✓Sell Your Home
- ✓Sell Your Unwanted Merchandise
- ✓Advertise Your Business or Service

Classified - it's the reliable source for the right results

MISC. BOATS
7333

Paddle Boat, blue/white with blue bimini top, \$225.00 delivered - call or text 863-446-1049

CYCLES/MOPEDS/SCOOTERS
7360

MOTOR BIKE NEW Health forces sales \$350.00 (937) 371-7376

NEED CASH? Have A Garage Sale!

Your credit score means everything - and nothing

Your credit score will nose its way into nearly every major milestone in your life.

At every turn — buying your first car, leaving your parents' cellphone plan, moving to a new apartment with a partner — you'll need good credit. Without scores of 690 or higher on an 850-point scale, you'll generally pay more than you need to.

But people with bad credit are not bad people. Even the companies that dole out credit scores know this.

"The credit score is not a reflection of who you are as a person or how accomplished you are," says Jeff Richardson, a spokesperson for VantageScore, one of the two main credit scoring models. "It is not passing any judgment."

You might, however, be judging yourself for the choices that sunk your score, or the fact that you've been too overwhelmed to think about it. The best way to get your credit score back on track is to loosen its hold



ASK BRIANNA
Brianna McGurran on your self-worth.

Don't be afraid to look

You'll need to know where you stand right now before you can put it into perspective. If you've been too ashamed to look at your credit score, do it today, repeating this mantra if necessary: "You don't need perfect credit to be a successful human being." Tons of apps and websites provide free scores.

Young people starting to build credit or repair a damaged score should first aim for a score of 620 to 640, Richardson

says. Most young people are in this range anyway. Those born between 1982 and 1995 had an average credit score of 638 in 2017, according to Experian, a credit reporting agency.

A score like this gets you out of the bad-credit danger zone, where landlords and lenders will be reluctant to work with you. Do your best to improve from there. A score above 720 will get you the best deals, and a sustained period of healthy financial habits can send it even higher.

Focus on what matters

You can only devote so much energy to credit. Paying bills on time and keeping credit card balances low make the biggest difference — and doing so month after month, year after year, is what truly strengthens your score.

But you may feel the need to do something right now. There are actions to take, and though none of them

will transform your score overnight, they'll help it climb over time. Consider:

- Putting one of your bills on autopay.
- Pulling your free credit report from annualcreditreport.com and confirming all personal and account information is accurate.
- Getting a secured credit card with a small deposit, and putting one regular purchase on it — Spotify, for instance, or gas — with the goal of paying it off each month.
- Using a balance-transfer credit card to get a zero percent APR deal, which will keep your current credit card balance from accruing interest while you pay it off.

You'll probably notice that taking one step will encourage you to take another, then another. But don't overwhelm yourself with tasks. Balance every credit-building activity with one you love: a walk in the park after, or coffee with a friend.

Let it go

Good credit will give you options and save you money. You might feel embarrassed that your credit needs help — say, if you're dreaming of homeownership. But buying a house next year instead of this year likely won't make a material difference in your happiness.

Remember that a credit score has a specific purpose, Richardson says: "It is a statistical algorithm to help lenders determine how likely you might be 90 days or more late on a loan."

Don't give it any more power than that.

"Ask Brianna" is a column from NerdWallet for 20-somethings or anyone else starting out. I'm here to help you manage your money, find a job and pay off student loans — all the real-world stuff no one taught us how to do in college. Send your questions about postgrad life to askbrianna@nerdwallet.com.

STATE HOUSING MARKET

Median Prices Continue to Rise in June 2018

ORLANDO, Fla.— Florida's housing market reported rising median prices, fewer days to contract and a continuing tight supply of inventory in June, according to the latest housing data released by Florida Realtors®.

"Florida is still experiencing a shortfall in many local housing markets and that continues to put upward pressure on median prices," said 2018 Florida Realtors President Christine Hansen, broker-owner with Century 21 Hansen Realty in Fort Lauderdale. "And in June, home sellers received more of their original asking price at the closing table. Sellers of existing single-family homes received 96.9 percent (median percentage) of their original listing price, while those selling townhouse-condo properties received 95.2 percent (median percentage)."

"Buyer demand remains high as well. It took fewer days for a home or condo sale to go to contract in June compared to a year ago: 34 days for single-family homes, down 10.5 percent from June 2017; and 44 days for townhouse-condo properties, down 15.4 percent."

Sales of single-family homes statewide totaled 27,836 last month, down 1.3 percent compared to June 2017. Meanwhile, the statewide median sales price for single-family existing homes was \$260,000, up 6.1 percent from the previous year, according to data from Florida Realtors Research Department in partnership with local Realtor boards/associations. The statewide median price for townhouse-condo properties in June was \$190,000, up 7.5 percent over the year-ago figure.

June was the 78th month in a row that the statewide median sales prices for both single-family homes and townhouse-condo properties rose year-over-year. The median is the midpoint; half the homes sold for more, half for less.

According to the National Association of Realtors® (NAR), the national median sales price for existing single-family homes in May 2018 was \$267,500, up 5.2 percent

from the previous year; the national median existing condo price was \$244,100. In California, the statewide median sales price for single-family existing homes in May was \$600,860; in Massachusetts, it was \$405,000; in Maryland, it was \$307,440; and in New York, it was \$262,000.

Looking at Florida's townhouse-condo market, statewide closed sales totaled 11,128 last month, up 1.2 percent compared to a year ago. Closed sales data reflected dwindling short sales and foreclosures in June: Short sales for townhouse-condo properties dropped 50.5 percent and foreclosures fell 30.1 percent year-to-year; while short sales for single-family homes declined 43.1 percent and foreclosures fell 42.9 percent year-to-year. Closed sales may occur from 30- to 90-plus days after sales contracts are written.

"The June performance of Florida's markets for existing homes largely reflected the prevailing trends we've seen throughout 2018 thus far, although there are some differences," said Florida Realtors Chief Economist Dr. Brad O'Connor. "Much of the lack of sales growth we've seen over the past couple of years is due to a long-run decline in the number of active listings—particularly within affordable price tiers. In some local markets, however, we are starting to see inventory levels stabilize somewhat."

"For instance, the statewide inventory of active single-family home listings at the end of June was only about 1 percent below where it was in June of the previous year, which is a much smaller year-over-year decline than we've seen in most months going back a couple of years. Some of this is attributable to a rise in new listings of single-family homes, which are up 3 percent so far this year, despite being relatively flat in June."

For-sale inventory in June remained tight, at a 3.9-months' supply for single-family homes and 5.5-months' supply for townhouse-condo properties, according to Florida Realtors.

According to Freddie Mac, the interest rate

for a 30-year fixed-rate mortgage averaged 4.57 percent in June 2018, significantly up from the 3.9 percent averaged during the same month a year earlier.

To see the full statewide housing activity reports, go to Florida Realtors Media Center at <http://media.floridarealtors.org/> and look under Latest

Releases, or download the June 2018 data report PDFs under Market Data at: <http://media.floridarealtors.org/market-data>.

Florida Realtors® serves as the voice for real estate in Florida. It provides programs, services, continuing education, research and legislative representation to its 180,000 members in

54 boards/associations. Florida Realtors® Media Center website is available at <http://media.floridarealtors.org>.

View original content with multimedia: <http://www.prnewswire.com/news-releases/fla-housing-market-median-prices-continue-to-rise-in-june-2018-300684806.html>



BECOME A 911 EMERGENCY DISPATCHER

NEW SFSC PROGRAM BEGINS THIS FALL!

- Public Safety Communication (PSC) program is offered by the South Florida State College Criminal Justice Academy
- Complete 232 hours of training in SFSC's new PSC laboratory
- Earn an occupational certificate
- For information about the program and its admission criteria, call Michael Austin at 784-7282

Instruction meets the educational requirements for Florida Department of Health 911 Emergency Dispatcher Certification.

GET CONNECTED



453-6661 > southflorida.edu

South Florida State College is an equal access/equal opportunity employer. South Florida State College is accredited by the Southern Association of Colleges and Schools Commission on Colleges to award baccalaureate and associate degrees. Contact the Commission on Colleges at 1866 Southern Lane, Decatur, Georgia 30033-4097 or call 404-679-4500 for questions about the accreditation of South Florida State College. Other inquiries about South Florida State College, such as admission requirements, financial aid, educational programs, etc. should be addressed directly to the college and not to the Commission's office.

BUSINESS HIGHLIGHTS

Trump, European Union leaders pull back from trade war

WASHINGTON (AP) — President Donald Trump and European leaders pulled back from the brink of a trade war over autos Wednesday and agreed to open talks to resolve a dispute over steel and to tear down trade barriers between the United States and the European Union. In a hastily called Rose Garden appearance with Trump, European Commission President Jean-Claude Juncker said the U.S. and the EU agreed to hold off on new tariffs, suggesting that the United States will suspend plans to start taxing European auto imports — a move that would have marked a major escalation in trade tensions between the

allies.

Facebook reports slower-than-expected 2Q revenue growth

NEW YORK — There's a scratch in Facebook's Teflon coating. The social network's user base and revenue grew more slowly than expected in the second quarter as the company grappled with privacy issues, sending its stock tumbling after hours. The company also warned that it expects revenue growth to decelerate in the next couple of quarters as it promotes new, and for now less profitable, products— such as its Stories disappearing message feature. It is also allowing users to make “more choices” around data privacy amid public outcry and regulatory pressures. The earnings

covered the company's first full quarter since the Cambridge Analytica privacy scandal erupted.

Trump's Scottish resort to expand, raising ethics concerns

NEW YORK — President Donald Trump's company is planning a major expansion of one of its golf resorts in Britain that would include the construction and sale of 500 homes fetching as much as several million dollars each, raising possible conflict-of-interest issues as his administration faces tricky trade negotiations with the country. The Trump Organization says it submitted plans to local Scottish officials on Tuesday for permission to spend nearly \$200 million (150 million pounds) building The Trump

Estate, a residential community of 500 luxury cottages and mansions. Ethics lawyers have said that any expansion there requiring government approval raises the possibility Trump's business could get special favors.

Tariffs force some automakers to dim earnings outlook

DETROIT — An escalating trade war and steep tariffs on steel and aluminum is putting pressure on earnings for automakers, prompting General Motors to slash its outlook while also weighing down shares of Ford Motor Co. GM cited “recent and significant increases in commodity costs” for why it now expects 2018 profits of \$5.14 a share, down from its previous forecast of \$6 and below analysts' expectation of \$6.42. Ford's

shares were slumping all day. The company reported a 48 percent decline in second-quarter net earnings after the market closed, due largely to a fire at a parts factory that cut into lucrative pickup truck sales.

Qualcomm calls off \$44B deal for NXP, which lacks Chinese OK

SAN DIEGO — Qualcomm says it will drop its \$44 billion deal to buy Dutch chipmaker NXP Semiconductors by the end of the day Wednesday, a high-profile victim of the rising trade tensions between the U.S. and China. Instead, the San Diego-based chip-maker says it will pay a \$2 billion break-up fee and spend up to \$30 billion buying back its own stock. Qualcomm had once hailed the deal, first

announced in 2016, as a way to break into markets for automobiles, security and network processing. But the company said the agreement would be allowed to expire as of midnight Wednesday unless China granted last-minute approval.

Barbie maker Mattel to cut more than 2,200 jobs

NEW YORK — Mattel says it will cut 2,200 jobs as the maker of Barbie dolls and Hot Wheels cars seeks to save money. The toy company was hurt by the closing of Toys R Us, with revenue falling 14 percent in the most recent quarter. A Mattel spokesman says the job cuts are a part of the company's effort to cut at least \$650 million in costs. Mattel says the jobs cuts will affect office workers around the world.

Businesses & Services

5000

BUSINESS SERVICES
 5002 GENERAL SERVICES

Support Local Business
 Find Your Local Business Here!
 Hire your next Small Business from our Directory!
 Tell Your Friends, Tell Your Family... Support Your Local Businesses
 To advertise on this page, mention this ad and call 863-658-0307


Need a Helping Hand?
 ★ Inside or Out
 ★ No Job too Small
 Free Est! 863-273-0864

AAA
 Southern Cleaning Service Inc.
 Commercial and Residential
 AAA Southern Cleaning Inc. Carpet cln/Pressure washing Commercial & Residential 863-464-1138

Highlands HANDYMAN
 House Painting★Pressure Washing★Small Home Repairs★Odd Jobs★Light Hauling, and More!
 ★ 863-464-1135 ★
 www.highlandshandyman.com Lic#HMO072 & Insured

HTN
 HIGH SPEED INTERNET
 Unlimited plans starting at \$24.95 – price it out:
 www.htn.net/internet
 863-465-4076

AMERICAN OUTBACK HOLDING COMPANY, INC.
 LAND CLEARING—Crushed concrete, driveway, roads & park lot material, mulch, soil. Mowing limited fertilizer spreading etc. 863-443-9279

BATH/KITCHEN 5027

ALL STAR TILE
 Complete Bathroom Remodel
 ★★★★★
 Change Bathtub to Shower
Free Estimates!
 863-465-6683
 863-381-2025
 Licensed & Insured

CABINETRY 5030
Touch of Class
 Countertop Refinishing Inc.
 The Beautiful and Affordable Countertop Alternative
Why Replace Aging Countertops? Refinish for a whole new look. Call Laurie at 863-368-0126

ADULT CARE 5050

Elderly Care
 Muriel Newson
 863-451-2584
Elderly Care Services
 Over 18yrs exp. Caringiving; cleaning; errands; sm meals; baths etc. 863-451-2584

CONTRACTORS 5054
 GET RESULTS USE CLASSIFIED!

Home Improvement
JMC Builders
 Kitchen • Bath • Windows • Door Additions • Enclosures • Carports
 CBC #1251644 863-449-0790

CLEANING SERVICES 5060

Sonshine
 Cleaning Service LLC
 • 863-253-9217 •
WE CLEAN
 OFFICES & HOUSES
FREE ESTIMATES!!
 (863) 253-9217

Walton's Cleaning Service
 Reliable & Satisfaction Guaranteed
Home Advisor Member
Free Estimates!
Licensed & Insured
 863-243-0429

ELECTRICAL 5070

Master Electrician
 Reliable, Quick, 25 yrs Exp.
 All jobs! Lic# EC13005602
 863-453-4513

Same Day Electrician, 25 yrs exp. No job too small. Call for best price. EC13006062 863-214-7369

FLOORING 5083

Hanchey's Carpets
 Since 1968
 Mobile-We come to you!
 We install what we sell
 Carpet, Plank, Vinyl, Wood
 Call 863-781-4027

FURNITURE REPAIR 5086

Colangelo Woodworking
Furniture Refinishing & Repair
 32 yrs exp. Lic/Ins #HC00772
 863-314-0800

HANDYMAN/GENERAL REPAIR 5089

All Around Handyman
 Yard work; odd jobs, Powerwashing & Much More- No Job 2 Small
 863-253-9565

Specializing in House, Driveway & Pool Deck Painting & Pressure Washing
 ★★ Very knowledgeable in Decks, Walkways & Seawall Repairs
863-212-5651
 All Jobs Guaranteed!

Handyman Bob
 Install Doors, Windows
 Flooring, Plumbing & More!
 Lic #HMO096 863-452-5201

HOME / COMM. IMPROVEMENT 5100

MID-STATE
 GARAGE DOORS & SERVICE, INC.
 DOORS • SCREENS • OPENERS
Residential & Commercial Installation & Repair
 863-414-8333

Marine Corp Veteran Proudly Served During 9/11
Double "C" Home Improvements
863-202-5645
 Chad J. Chavis
 Licensed & Insured
 Lic#HMO183

Trash Removal
 Any Size Job; 1 Item or Multiple Loads- Min chrg \$40
 Doug 786-367-6098

5000

BUSINESS SERVICES

LAWN/GARDEN & TREE 5110

Luis Lawncare
 Tree Trimming & Removal
 Shrubs • Hedges • Landscape Lawns • Palm Trimming
 Pressure Cleaning & Washing
 FREE ESTIMATES - Insured
 863-402-0631/863-212-3282

CLASSIFIED ADS SELL

Joe Johnson's ALL AMERICAN TREE SERVICE
 Trimming-Removal
 Sod Installation~Stump Grinding
 Lot Clearing~Pressure Washing
Top Quality Service From People Who Care!!
 Peoples Choice Award Winner!
 863-465-7491-863-655-0006
 Free Estimates • Licensed & Insured

Evergreen
 Lawn Care & Landscaping
 "You grow it, We mow it"
 Mow ★Trim ★Edge ★Mulch
 ★Branch Removal ★ Sod & Rock Jobs ★ Flower Beds
 Free Est. 863-214-0646

LAWN/GARDEN & TREE 5110

Hardee Tree Service
 ★ Land Clearing ★ Stump Grinding ★ Tree Trim/Removal ★ Concrete & Pavers
 Lic & Ins. 863-781-2089

PLATT LAWNCARE
 Landscaping ★ Field Mowing★Tree Trimming
 Residential & Commercial
 Lic & Ins. 863-243-3063

MARINE CONSTRUCTION 5122

Burke Marine Construction
 Frankie Burke • 30+ yrs in business!
 Boathouses • Docks • Seawalls
 863-465-0371-863-441-3625
 www.burkemarine.com-Lic-Bonded-Ins
 13 Triangle Park, Lake Placid, FL

PAINTING/WALLPAPERING 5140

RON WILLIAMS PAINTING CONTRACTOR
 Interior & Exterior Pressure Wash.
 25 Yrs. Exp. Lic/Ins.
 Lic #6002962
 863-402-0693

Find the new You in the Classifieds!

A+
Painting & Pressure Washing
 Insured & Licensed #AP00012
863-414-1685

PEST CONTROL 5150

DAD's Pest Control
 Since 1984- Lawn Spraying & Interior. State cert./lic. & ins. Single owner/operator. 33yrs + exp! New to area, No contract required! 20% off initial service/mention this ad. 561-644-2950 or 863-467-8707

No Dog Too Big Or Too Small, We Groom Them All
Mogsy's
 Grooming Parlor, LLC
 863-266-7895
 Visit Us at 928 W. Main St., Avon Park

PRESSURE CLEANING 5180

SAFE KLEAN.com
 ROOF & EXTERIOR CLEANING
 No High Pressure Wash Kills Mold, Mildew & Algae
 ★ Free Estimates ★
 863-381-8111

Find your Best Friend in the Classifieds!

SCREENING 5184

JOHN'S RESCREENING
 Pool Enclosure Screen Rooms
 Pool Encl, Scrn Rooms & Small Alum Jobs. Est. Since 2004 863-381-2767
 Insur. Lic #HMO098

ROOFING 5185

ROOF SOLUTIONS of S.W. Florida, Inc.
 "If You're Not Happy, We're Not Finished!"
NO Money Down!!
 Repairs Only
 ★ Specializing in Rotten Wood ★ Shingles; Metal; Tile
 ★ 35 yrs exp!
863-699-0383
 State Lic. CCC-1329089

MISCELLANEOUS 5230

Raise & Level Building
 Robert Bobbit Experience
 Adjust Hurricane Straps
Specializing in Mobile Homes & Double Wide Manuf. Homes.
"If Your Not Happy...We're Not Finished."
561-248-4979



Volume 1, Issue 10 • JULY 2018

WELL BEING

HIGHLANDS NEWS-SUN
YOUR HOMETOWN NEWSPAPER SINCE 1919

in the Heartland

Get on the bus



Start the school year with a healthy smile
Page 12

Children and hearing loss
Pages 15, 22

Breakfast: fuel for the brain
Page 18

This publication is proudly sponsored by:

Independent Living • Assisted Living • Rehab • Long Term Care • Respite

*Come tour our Premier
"Continuing Care Retirement Community"
of Highlands County and have a
complimentary lunch prepared by Chef Mac.*

The Perfect Place to Call Home.



863-385-0161 • 725 S. Pine St., Sebring, FL • www.palmsofsebring.com 

WHEN IT'S **SERIOUS.**

Sometimes it can be difficult to know when a trip to the emergency department is necessary. If you or your child exhibit any of the following warning signs take immediate action.



	TROUBLE BREATHING	SEIZURES	
	DIZZINESS, PASSING OUT, FAINTING	SEVERE HEADACHE	
	PAIN IN THE ARM, JAW, OR ANYWHERE IN BODY	HIGH FEVER	
	SUDDENLY NOT ABLE TO SPEAK, SEE, WALK OR MOVE	SEVERE ALLERGIC REACTION WITH SWELLING, HIVES	
	POSSIBLE BROKEN BONE	COUGHING OR THROWING UP BLOOD	

Source: medlineplus.gov/ency/patientinstructions/000593.htm

To speak to a registered nurse or for a physician referral, call Consult-A-Nurse® 24/7 at 866-442-2362.



3600 South Highlands Ave. | Sebring, FL 33870 | HighlandsRegional.com

Back to better. Faster. **ER**

And a trusted team of experts to get you there.



Life happens. And when it does, we're here 24/7 to provide fast, extraordinary emergency care. So you can get back to doing the things you love, with the people you love most. In case of a medical emergency, call 911.

EMERGENCY CARE

📍 4200 Sun 'n Lake Blvd.
Sebring, FL 3387

📱 [FHHeartland.org](https://www.FHHeartland.org)



INSIDE

GET ON THE BUS

8 WHAT THE HEALTH?

Members of the Well Being Advisory Board answer commonly asked questions

10 WELL BEING ADVISORY BOARD

Meet the members of the Well Being Advisory Board

12 DR. DAVID WILLEY

Head back to school with a healthy smile

14 NANCY HAWK

Are you making room for adventure in your life?

15 ROSEANN KIEFER

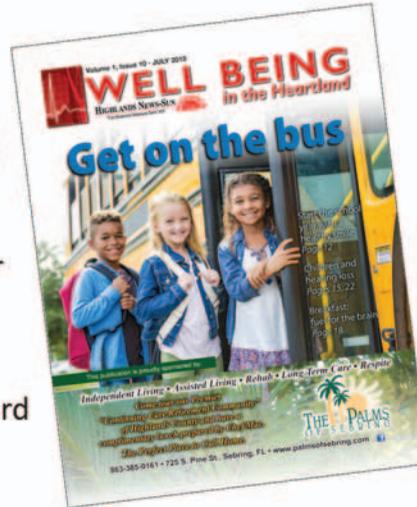
Make sure your child is riding the right bus

16 IRENE GAMEZ

Importance of child eye exams

18 SARA ROSENBAUM

Eat breakfast like a king



ON THE COVER

As a new school year draws near, children and adults alike should focus on any health and family issues that need to be addressed. And it's not just those heading to school - any adult can benefit from the information found inside.

19 KADY PRYDE

Summer travel with children

22 DR. ANDREA LIVINGSTON

Hearing loss can run in the family

23 DR. VALERIE MOULDS

Technology and how the eyes are affected

24 JASON BIANCE

Understanding the 401(k)

HAVE YOU HAD YOUR SKIN CANCER SCREENING THIS YEAR?

SKIN CARE CONCERNS? ASK AN EXPERT.

Complete range
of skin services
available including:

- Skin Cancer Screenings
- Skin Cancer Surgery
- Mole & Growth Removal
- Biopsies
- Rashes & Eczema
- Anti aging treatments
- Botox

Heartland Skin Center

Our Specialty
is You



Jennifer A. Wolf, PA-C

Certified Physician Assistant

5825 US 27 North • Sebring, FL 33872

863-385-SKIN(7546)

Fax: 863-658-6846

HeartlandSkinCenter.com

NOW WELCOMING NEW PATIENTS!

12 Years of Dermatology Experience



SCALE
1/8" = 1'-0"

SOUND RETIREMENT BLUEPRINT

1
A271

Our signature planning process,
THE SOUND RETIREMENT BLUEPRINT,
provides detailed planning in each
of the five areas retirement affects.

- 1 INVESTMENT PLANNING
- 2 **INCOME PLANNING**
- 3 TAX PLANNING
- 4 HEALTHCARE PLANNING
- 5 LEGACY PLANNING

INCOME PLANNING:

Are you worried about outliving your money? During this step in our planning process you receive a distribution plan detailing your income from now through age 100. We call it our "S.W.A.N. plan" (Sleep-Well-At-Night-Plan).

Do you simply own financial products or enjoy a comprehensive retirement plan? Perhaps we can help.



CALL TODAY FOR A
COMPLIMENTARY ANALYSIS ON
YOUR CURRENT INCOME PLAN.
863-304-8959



J. BIANCE
FINANCIAL

Sound retirement strategy

NEWS
730 AM
TALK

THE RETIREMENT DESIGN
RADIO SHOW

With the Bianca Brothers

Listen on Saturdays from 3:00pm - 4:00pm



Justin and Jason Bianca are dually licensed Investment Advisors and Insurance Professionals. Insurance offered through J. Bianca We Investment Advisory Services offered through AE Wealth Management, LLC, an SEC Registered Investment Advisor.



Sun 'N Lake Medical Group

National Recognition For Providing

Excellent Medical Care



BOARD CERTIFIED PHYSICIANS

PEDIATRICS

RAISA CAMILO M.D., F.A.A.P.

INTERNAL MEDICINE

MIGUEL BELTRE M.D.

Pediatrics Sebring Office

Open Saturdays 8-12

Fit4Life Nutrition Program

Flouride Treatment Available

School & Sports Physicals

ADHD

Internal Medicine

Diabetes Wellness Visits

Vascular and Heart Disease

Respiratory Disease

Digestive Problems

Infectious Disease

- Accepting new patients
- Most insurance accepted

Your whole family is our specialty.
We care for kids as they grow, from newborns to adolescents and beyond.

4958 Sun 'N Lake Blvd, Sebring, FL 33872

& Only Peds at 511 W. Interlake Blvd, Lake Placid, FL 33852

Internal Tel 863.385.8004 Pediatrics Tel 863.386.4711

LP Pediatrics Tel 863.699.1220

WWW.SUNNLAKEMEDICALGROUP.COM



Complete Family Medical Care

HIGHLANDS NEWS-SUN



YOUR HOMETOWN NEWSPAPER SINCE 1919

www.highlandsnewssun.com

OFFICE

315 U.S. 27 North, Sebring, FL 33870

8 a.m. to 5 p.m. Monday-Friday

Phone: 863-385-6155 Main Fax: 863-385-2029

RETAIL ADVERTISING

Cliff Yeazel, Advertising Director, 863-386-5844

cliff.yeazel@highlandsnewssun.com

Kim Browning, 863-386-5625

kim.browning@highlandsnewssun.com

Susan Jones, 863-386-5813

susan.jones@highlandsnewssun.com

Robin Nichols, 863-386-5817

robin.nichols@highlandsnewssun.com

Eileen Powers, 863-386-5809

eileen.powers@highlandsnewssun.com

Vickie Watson, 863-386-5631

vickie.watson@highlandsnewssun.com

Erica White, 863-386-5815

erica.white@highlandsnewssun.com

Amanda Young, 863-386-5814

amanda.young@highlandsnewssun.com

Tim Smolarick, Publisher

tim.smolarick@highlandsnewssun.com

Romona Washington, Executive Editor

romona.washington@highlandsnewssun.com

Karen Clogston, Editor

karen.clogston@highlandsnewssun.com

Rob Kearley, Circulation Director

rob.kearley@highlandsnewssun.com

Mike Henry, Office Manager

michael.henry@highlandsnewssun.com

Vickie Dancer, Cover Designer

Well Being in the Heartland

Published July 2018

Vol. 1, Issue 10

DISCLAIMER: Always do your research before making medical decisions. Highlands News-Sun reserves the right to edit all content. Inclusion in this publication is not intended as an endorsement of any doctor or facility for your medical treatment.

Like us on Facebook

Well Being in the Heartland



Hear What You've Been Missing...

PHONAK life is on



Introducing the Phonak Audeo™ B-Direct! "Committed to Changing Lives"

- **Rechargeable** - 24 hours of Hearing with 1 charge
- **Super Discreet** - Titanium Strong
- **Fully Automatic** - Adapts to all sounds



Simplify life with a simply brilliant solution!

Reconnect to Your Life and Love Ones Today!

Leading Edge Technology that allows easy connection to more of your devices.

FREE Hearing Test AND FREE Trial!

- **Bluetooth®** - Enjoy the freedom of being able to easily connect with any Bluetooth® phone, regardless of brand. *with Bluetooth® 4.2 wireless technology & most older Bluetooth® phones.
- **Phone Calls** - Answer calls with a touch of your hearing aids and use them as a wireless headset to talk hands-free.
- **Television** - Easily connect to your TV, by using your hearing aids as wireless TV headphones & experience clear, quality stereo sound on your TV.

<p>\$795 Phonak Q30</p> <p><small>Offer valid on Phonak Q30 only. Up to 40 db loss. Limit 1 aid at the promotional price. Limit 1 coupon per purchase. May not be combined with other offers and does not apply to prior sales. See store for details. No cash value. Offer expires 8/31/18</small></p>	<p>Buy One, Get One FREE Phonak B90R</p> <p><small>Offer valid on Phonak B90R only. Limit 1 coupon per purchase. May not be combined with other offers and does not apply to prior sales. See store for details. No cash value. Offer expires 8/31/18</small></p>
---	---

Developing Pioneering Hearing Solutions That Change People's Lives. **LIFE IS ON!**



Steve Reinshuttle
Hearing Aid Specialist



Jamey Binneveld
Hearing Aid Specialist



Marla Leger
Hearing Aid Specialist

FLORIDA
BEST HEARING

4119 Sun 'N Lake Blvd.
Sebring, FL 33872
863-402-0094

SEBRING
MEDICAL
HEARING

201 US Hwy 27 South
Sebring, FL 33870
863-451-5281

Spring Lake
HEARING CENTER

816 Spring Lake Square
Winter Haven, FL 33881
863-293-0703

Promo Code NWPDIR-08312018

WHAT THE HEALTH?

If I am fair-skinned, what do I need to know about sun-screen and reducing my sun exposure risk?

Answer: Exposure to ultraviolet (UV) rays causes most cases of melanoma, the deadliest kind of skin cancer. To lower your skin cancer risk, protect your skin from the sun and avoid indoor tanning. Plan your sun protection using these tips:

1. Seek shade, especially during late morning through mid-afternoon.

2. Wear clothing that covers your arms and legs.

Wear a hat with a wide brim that shades your face, head, ears, and neck.

3. Wear sunglasses that block both UVA and UVB rays.

4. Use sunscreen with SPF 15 or higher and both UVA and UVB (broad spectrum) protection.

5. Remember to reapply sunscreen at least every two hours and after swimming, sweating, or toweling off.

Centers for Disease Control and Prevention

What are some unthought-of safety concerns during the summer?

Answer: Lawn mower safety. Keep your family safe around lawn mowers by following these tips from the American Academy of Pediatrics:

1. Children younger than 16 years should not be allowed to use ride-

on mowers. Children younger than 12 years should not use walk-behind mowers.

2. Make sure that sturdy shoes are worn while mowing. No bare feet, open-toed shoes or flip flops.

3. Prevent injuries from flying objects, such as stones or toys, by picking up objects from the lawn before mowing begins. Have anyone who uses a mower wear hearing and eye protection.

4. Do not pull the mower backward or mow in reverse unless absolutely necessary, and carefully look for children behind you when you mow in reverse.

5. Always turn off the mower and wait for the blades to stop completely before removing the grass catcher, unclogging the discharge chute, or crossing gravel paths, roads, or other areas.

6. Do not allow children to ride as passengers on ride-on mowers.

7. Keep children out of the yard while mowing.

For more tips, visit aap.org.

American Academy of Pediatrics

Is coffee bad for you?

Researchers at the National Cancer Institute evaluated the coffee-drinking habits of nearly half a million people to determine whether genetic variation in caffeine metabolism affects associations between coffee drinking and mortality risk. The findings were published on July 2 in *JAMA Internal Medicine*.

The rapidity of caffeine metabo-

lism varies substantially between people. Prior data from case-control studies had suggested that coffee drinking may increase the risk of hypertension and myocardial infarction among individuals with genetic variants indicating slower caffeine metabolism. However, these prior studies assessed coffee drinking after disease occurrence and did not examine overall or cardiovascular disease mortality.

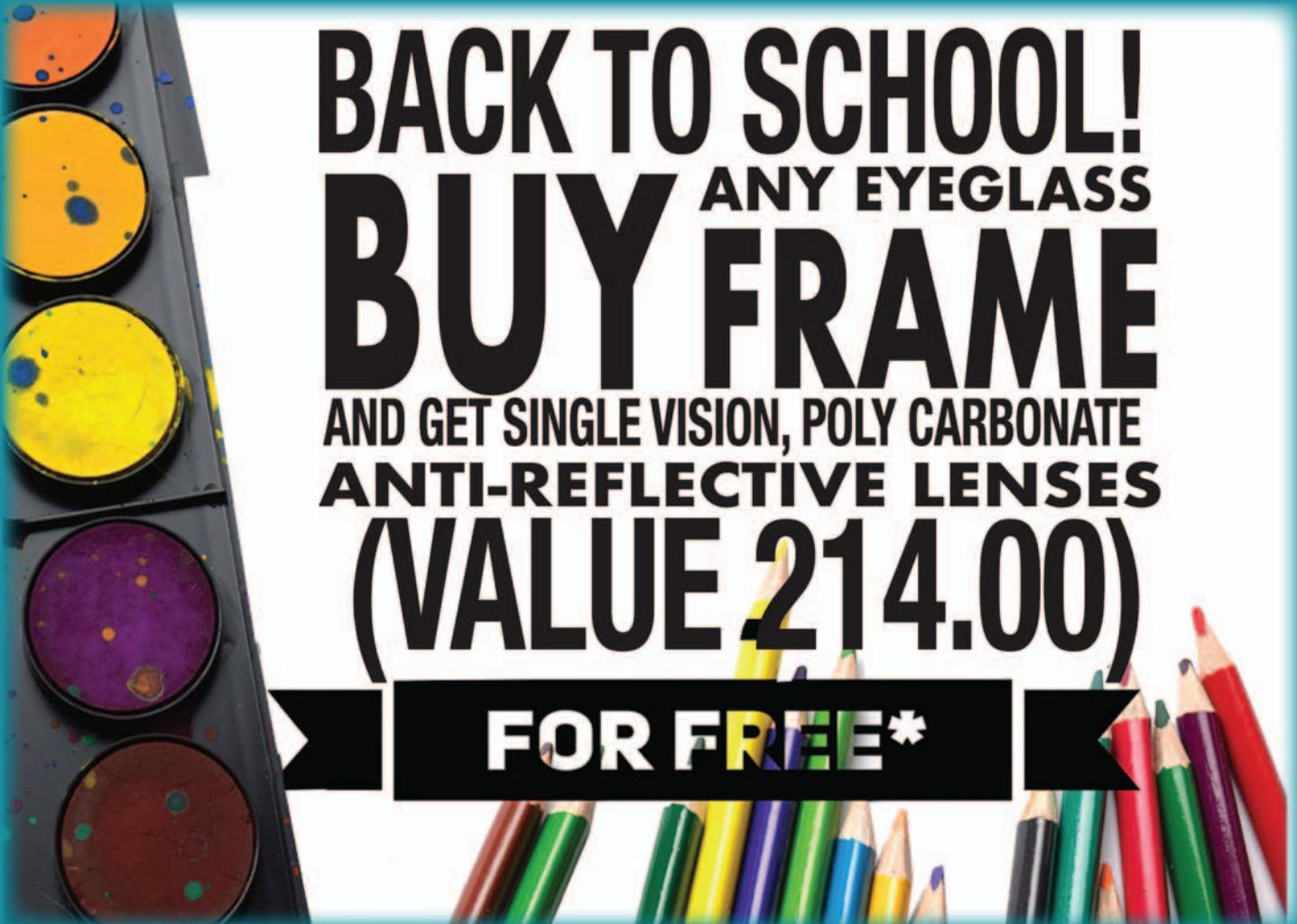
In the current study, coffee drinkers were less likely to die of cardiovascular disease and cancer than non-drinkers. Similar findings were observed for participants drinking ground, instant, and decaffeinated coffee.

All together, these findings suggest that inverse associations between coffee and mortality may be attributable to non-caffeine constituents and may provide reassurance to coffee drinkers. For more information, visit dceg.cancer.gov.

National Institutes of Health

We invite readers to submit Health and Well Being questions so that board members may answer your inquiries in future What the Health? segments.

Submit your questions to Editor Karen Clogston at karen.clogston@highland-newssun.com



BACK TO SCHOOL!
BUY ANY EYEGLASS FRAME
AND GET SINGLE VISION, POLY CARBONATE
ANTI-REFLECTIVE LENSES
(VALUE 214.00)

FOR FREE*



SEIGNY ASSOCIATES
EYE CARE

(863) 259-3777
for appointment at
any of our 4 locations

Monday-Friday 8am-5pm
24-Hour Emergency Care Available

ARCADIA
2442 N.E. Hwy 70
(across from Publix)

SEBRING
363 US 27 South
(next to Kia Dealership)

LAKE PLACID
27 US Hwy 27
(Next to NAPA Auto)

WAUCHULA
735 N. 6th Ave.
(next to Auto Zone)

We accept most Medical Insurance, including
Medicaid, Medicare and Blue Cross Blue Shield

www.7eeye.com

*inquire within



Find us on **Facebook**
facebook.com/seignyeyecare



Cathy Albritton, director of marketing, community relations and CREATION Health for Florida Hospital's Heartland Region

Cathy Albritton has been on staff at Florida Hospital for 16 years. She is a seventh-generation Floridian and was born at the previous Florida Hospital in Avon Park, then known as Walker Memorial.



Dr. John Gorsuch, Sebring Acupuncture & Natural Health

John J. Gorsuch, D.O.M, graduated from the Florida College of Integrative Medicine in 2003 with a master's in Oriental medicine and a bachelor's in professional health studies. He is completing his doctorate from Pacific College of Oriental Medicine.



Jason Biance, CERTIFIED FINANCIAL PLANNER™ professional with J. Biance Financial in Sebring

Jason Biance and his brother, Justin, founded J. Biance Financial, an independent investment advisory practice, which has been voted Readers' Choice "Best Financial Advisor" for the last two consecutive years.



Julia Hitt, owner of Fountain Funeral Home in Avon Park

Julia Hitt operates Fountain Funeral Home in Avon Park and is a second-generation funeral director following in her father's, James Fountain, footsteps. She is the county's only active licensed female funeral director.



Dr. Raisa Camilo, pediatrician with Sun 'N Lake Medical Group in Sebring

Dr. Raisa Camilo attended medical school at Universidad Nacional Pedro Henriquez Ureña in the Dominican Republic. She completed her internship/residency at the Bronx-Lebanon Hospital Center in New York City. She has served Highlands County for 24 years.



Nan Immel, community liaison and care advisor for Comfort Keepers in Sebring

Nan Immel, certified gerontologist, has been with Comfort Keepers for nine years. She attended Eastern Michigan University and taught school before getting into the health care field. Immel also serves on the New Concepts by Visions board.



Irene Gamez, clinical director with Sevigny & Associates Eye Care in Sebring

Irene Gamez graduated from Avon Park High School in 2004. Irene has been in the eye care business for more than 13 years. With the Sevigny family she has learned the value and true meaning of genuine compassion and care for others.



Roseann Kiefer, president/owner of Lampe & Kiefer Hearing Aid Center Inc. in Sebring

Roseann Kiefer is board certified in hearing instrument sciences and has a bachelor's degree in human resource management. She has worked for Lampe & Kiefer for 37 years, taking over the family business in 1995 and became licensed in 1981.



Dr. Carlos Garcia-Prieto, Advanced Psychiatric Services of Central Florida in Sebring

Dr. Carlos Garcia-Prieto completed medical school at the University of El Salvador, his residency at Lincoln Hospital in New York and studied psychiatry at Louisiana State University. He is a member of the American Board of Psychiatry and Neurology.



Dr. Andrea Livingston, audiologist with Central Florida Hearing in Sebring

Dr. Andrea Livingston earned her bachelor's from Russell Sage College, master's from Syracuse University and her Doctor of Audiology from Arizona School of Health Sciences. She provides medical diagnostics designed to improve hearing, tinnitus and equilibrium.

This publication brought to you in part by The Palms of Sebring.



Julia Mercer, director of marketing with *The Palms of Sebring in Sebring*

Julia Mercer spearheads community events and serves Highlands County wherever she sees a need. Julia manages the sales and admissions of the Assisted & Independent Living at The Palms.



Charlotte C. Stone, lawyer with *Stone Law Group P.L. in Sebring*

Charlotte C. Stone has been in the legal field for over 25 years and has been a practicing attorney in Sebring for 10 years. She concentrates in estate planning, probate and elder law at her firm, Stone Law Group P.L. in Sebring.



Dr. Valerie Moulds, optometrist for *Eye Specialists of Mid-Florida in Sebring*

Valerie Moulds, O.D., is a board certified optometric physician. Born in Bartow, she grew up in Sebring. Dr. Moulds graduated from Nova Southeastern University and she specializes in primary care optometry, pediatric optometry, contact lenses and vision therapy.



Dr. D. Keatley Waldron, chiropractor in *Sebring*

D. Keatley Waldron, DC, has been a practicing chiropractic physician in Sebring and a member of the Florida Chiropractic Association for 27 years. His practice emphasizes better health through improved spinal biomechanics, nutrition, exercise and lifestyle management; he is certified in spinal trauma.



Lindsey Pierson, director of marketing/public information officer for *Highlands Regional Medical Center in Sebring*

Lindsey Pierson is passionate about community health, wellness, family and relationships. She attended Florida Gulf Coast University and has a degree in Communications with a minor in Marketing.



Dr. David E. Willey, dentist in *Sebring*

David E. Willey, DMD, is a third-generation dentist who has practiced in Highlands County for 29 years. He received his Doctor of Dental Medicine from the University of Florida College of Dentistry in 1986. He has concentrated on aesthetic dentistry and full mouth reconstructions.



Dr. Darrin Rotman, dermatologist with the *American Institute of Dermatology in Sebring*

Dr. Darrin Rotman is a board certified dermatologist and is the supervising M.D. on staff at the American Institute of Dermatology in Sebring. The dermatology practice is in its twentieth year.



Jennifer Wolf, certified physician assistant with *Heartland Skin Center in Sebring*

Jennifer Wolf is a certified physician assistant (PA-C). She graduated from the Physician Assistant Program in Miami Dade College in Miami. She obtained a bachelor's in Science from Florida Atlantic University.

JOIN THE WELL BEING ADVISORY BOARD

Health and Well Being is one of the top concerns for our residents in Highlands County. With ongoing changes in medical services and the importance of people taking care of themselves in mind, this magazine serves to be the preeminent source of Health and Well Being-related information for the community. It is designed and published in collaboration with a local Well Being Advisory Board. Its members are professionals in the Health and Well Being industry. This energetic group is committed to a goal to provide readers with relevant information concerning well being and health matters. Some of the areas the Board is looking for participation in include a faith-based professional and a cancer specialist. If you are interested in becoming a member of the Well Being Advisory Board, call 863-386-5844.

Back to school with healthy smiles



David Willey
Contributed column

Start the school year off with clean teeth and a healthy smile. Now is the perfect time to visit your dentist to have your child's teeth cleaned and evaluated for cavities.

Summer time offers the flexibility in schedules before school calendars become filled with activities, sporting events and meetings.

A dental prophylaxis (cleaning and fluoride treatment) will improve the dental health of your child. Bitewing radiographs are recommended once a year to check for cavities between the teeth where your dentist cannot see. Your dentist can diagnose not only decay, but also determine if orthodontic treatment (braces or Invisalign) would be beneficial.

The dental team can also encourage your child to adopt healthy eating habits and instruct them in correct brushing and flossing techniques. Children with diets high in candy, soda and other sweets are more likely to develop cavities. Many times

high fluoride toothpastes and rinses are recommended to prevent decay.

It is important to diagnose dental decay early to minimize the chances of sensitive and pain-

In the fall, children typically participate in contact sports like soccer, football, and baseball. Mouthguards are highly recommended to prevent painful and costly injuries to



ful teeth. If your child mentions they are having a problem with a tooth, it is important to see a dentist immediately. Cavities typically start without symptoms. If you wait until a dark hole in the tooth is visible, this may lead to costly nerve treatment and crowns.

teeth. Over-the-counter mouthguards can be made. Custom mouthguards fabricated by a dentist are more comfortable and more likely to be worn by a child.

As homecoming, prom, and graduation approach many teen-

SIMPLE TO ENTER
Each & Every Time
You Dine - You are
Automatically Entered.

**Now through
September 30th!**



**Save Your Tickets Until
THE BIG DRAWING
CELEBRATION!!**
Winners must be present to claim prizes.

GRAND PRIZE DRAWING
Sunday, September 30th!
Rain or Shine!

It's Back & Better Than Ever!
Our Summer of 2018
Customer
Appreciation
Event
Kicked Off May 28th!

- 2015 Custom Golf Cart!
- 7-Night Royal Caribbean Cruise for Two
- Honda VTX Bike
- Brand New Serta iComfort 3000 Bed
- 6-Month Gold's Gym Membership
- 1 Night Getaway to Chateau Elan
(includes meal)

PLUS these Great Prizes DIRECTLY FROM DIMITRI'S

- 7-Night Get-A-Way to Helen, GA
- 60 Inch Flat Screen TV
- BBQ Grill
- AND THREE Dimitri's Gift Cards -
\$1000, \$500, and \$250

We've Partnered Up with Local Businesses for Some Amazing Prizes This Year!

PARTNERS INCLUDE:

AB Carts, Mattress Direct, USA, Cruise Supermarket, McPhail's Auto and Golds Gym

2710 Kenilworth Blvd. Sebring, Florida • 863-385-7323

Life is an Adventure



Nancy Hawk
Contributed column

Do we look at life as an adventure, or is everything so well planned out there is no room to fit “adventure” into it?

With the innocence of children

comes a spirit of adventure for some. Others are too timid to think outside the box. It is almost time for school to resume and parents are probably happy for some stability in their planning, while children are usually not ready to give up their adventurous spirit to be confined in a classroom setting.

For those young children just beginning this adventure called

school, it can be traumatic. Their parents tell them not to worry – the bus will bring them home. When school is over for the day and this young child is ready to go home, there are many buses waiting to transport students and it can be overwhelming to figure out which bus is theirs. They all look alike!

Life in general is like that

HAWK | 37

*Comfort & Compassion
in your time of need*

**Traditional Services
Cremation Service
Worldwide Shipping Service
Moderate Price**

**Fountain
Funeral
Home**

507 US Hwy 27 N • Avon Park, FL
863-453-3134
www.fountainfuneralhomeap.com

CHARLOTTE C. STONE
Attorney at Law

Professional, Compassionate & Responsive

OUR AREAS OF FOCUS

- ESTATE PLANNING
 - Trusts - Wills - Powers of Attorney
 - Health Care Surrogates - Living Wills
- ELDER LAW
 - Asset Protection Planning - Medicaid Qualification
- PROBATE
- TRUST ADMINISTRATION

STONE
LAW GROUP, P.L.

<p>Sebring 3200 US Hwy 27 S., Suite 307 863.402.5424</p>	<p>Winter Haven 314 Ave K, SE 863.439.4500</p>
---	---

www.StoneLawGroupFL.com



Make sure your child is riding the right bus



Roseann Kiefer
Contributed column

Does your child have a hearing loss?

Before a newborn baby leaves the hospital their hearing is tested. This is done by placing a small probe that contains a microphone and a speaker into the infant's ear. Little sounds or clicks are introduced and if the hearing mechanism is working properly then the Cochlea/inner ear will produce an echo. This procedure is called otoacoustic emissions (OAE).

The other way that your baby may have their hearing tested is

with auditory brainstem response (ABR). In this procedure, sticky pads with leads attached are put on your baby's forehead, back of neck and behind the shoulder. Little earphone cups are put over their ears. The earphones will produce clicking sounds and the leads will measure the response back from the ears. Neither of these procedures is painful to your baby.

However, a baby may still develop hearing loss, maybe not as a baby but perhaps as a toddler. Several things can add to your child getting a hearing loss. These include ear infections, prescriptions medicines, meningitis, measles, encephalitis,

KIEFER | 36



**New Year.
New Attitude.**

Eyewear right on trend

We carry today's most fashionable brands and styles of glasses and sunglasses.

Ask us about our youth value package!



We specialize in caring for your special eyes.

Seven convenient locations

- Clermont
- Haines City
- Lake Wales
- Lakeland - Edgewood
- Lakeland - Highlands
- Sebring
- Winter Haven

Most vision plans accepted

Schedule an eye exam appointment today

800-282-EYES (3937)
eyesfl.com

**Eye Exams | Contacts | Glasses
Sunglasses | Optical Accessories | Repairs**

Importance of child

EYE exams



Irene **Gamez**
Contributed column

As another summer break comes to end, we face the upcoming school year, full of fun, busy schedules, homework and more.

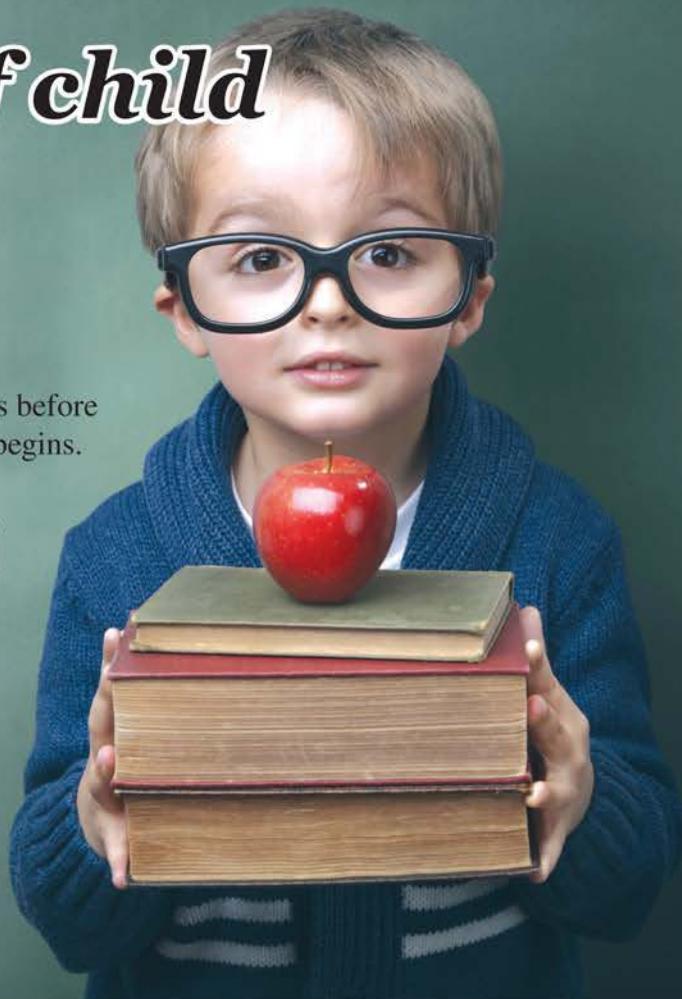
As is fairly common to do as parents, we are frantically scheduling our child's nec-

essary appointments before that busy schedule begins.

Among these appointments, such as pediatric and dental care, let's not forget eye care.

Children with visual conditions or eye health problems can face many challenges in life. This can affect their

GAMEZ | 34



Sebring Acupuncture & Natural Health

Improving Your Health Naturally

Dr. John's goal is to provide each patient with the very best natural health care without any side effects.



Dr. John J. Gorsuch, D.O.M.
Doctor of Oriental Medicine

Treating Symptoms Associated with:

- Neuropathy
- Tinnitus
- Spinal Stenosis
- Osteoarthritis
- Back Pain
- Digestive Issues
- Fatigue
- Neck Pain
- Anxiety
- Migraines / Headaches
- Depression
- Insomnia
- Hypertension
- Shoulder / Knee Pain
- Carpal Tunnel



(863) 386-5050

Sebring Acupuncture and Natural Health
Banyan Plaza • 2343 US Hwy 27 South Sebring, FL 33870
www.sebringacupuncture.com

You'll Love The Look

and convenience of our quality custom-made window treatments, the best quality name brand flooring and the best selection of outdoor patio furniture.



Griffin's
CARPET MART, INC.
**Family owned &
operated since 1978**
Chamber of Commerce Member
Financing Available



**560 U.S. 27 North
Sebring • 385-4796
www.CarpetPatioBlinds.com**

Breakfast *like a* KING...



Sara Rosenbaum
Contributed column

Most of us are familiar with the adage “eat breakfast like a king, lunch like a prince, and dinner like a pauper.”

Breakfast is especially important because the body has had a “fast” during the night. The brain’s basic fuel is glucose, and so regularly supplying it with a new source of energy is essential. Consider making breakfast a new habit for you and your family, just in time for back-to-school. New habits take about 21 days to “stick” so begin now and it will be routine when school starts.

In 1995, the Pediatrics Department at the University of California at Davis hosted a group of psychologists, neuroscientists, nutritionists and physiologists to review the scientific research on breakfast. Research-



ers concluded that the “eating of breakfast is important in learning, memory, and physical well-being in both children and adults.”

The classic, much quoted Alameda County Study found that those who ate breakfast almost every day or did not often eat between meals reported better physical health and tended to live longer than those who skipped breakfast or ate between meals.

A good breakfast is essential for maximum efficiency of the body and mind, especially during the later morning hours. Breakfast eaters demonstrate more efficient problem

solving, increased verbal fluency, and scholastic scores. The effects on behavior were not as clear.

A recent study, directed by Harvard psychologist Michael Murphy, included 4,000 elementary school children. Half ate breakfast, half did not. Across the board, those who ate breakfast exhibited better scores on a battery of attention tests, which included a short-term memory test where they repeated a series of digits, and a verbal fluency test where they were asked to name all the animals they could think of in 60

BREAKFAST | 32

**Turning 65 or new
to Medicare?**

If you're turning 65 or looking for a new Medicare plan, I'm happy to meet with you to answer questions you may have about Medicare health plans.

**Don't wait. If you're new to
Medicare, call me today.**

Colleen McNally
Licensed Sales Representative

126 Dal Hall Blvd.
Lake Placid, FL 33852

786-213-3948, TTY 711
smalltowngirlinsurance@gmail.com



New Location!

Dr. Carlos E. Garcia-Prieto

**NOW INDEPENDENT
& ACCEPTING NEW PATIENTS!**

863-382-PSYC (7792)



**ADVANCED PSYCHIATRIC SERVICES
OF CENTRAL FLORIDA**

5825 U.S. Hwy 27 N. SEBRING FL 33870
FAX (863) 382-0015

Flying with CHILDREN



Kady Pryde
Contributed column

During the summer, many of us will travel by plane, train or car. Kids are out of school and there is family to be seen and experiences to be had. Traveling can be stressful if you are traveling with children, especially if you are flying. Here are some tips on

flying with children.

Security

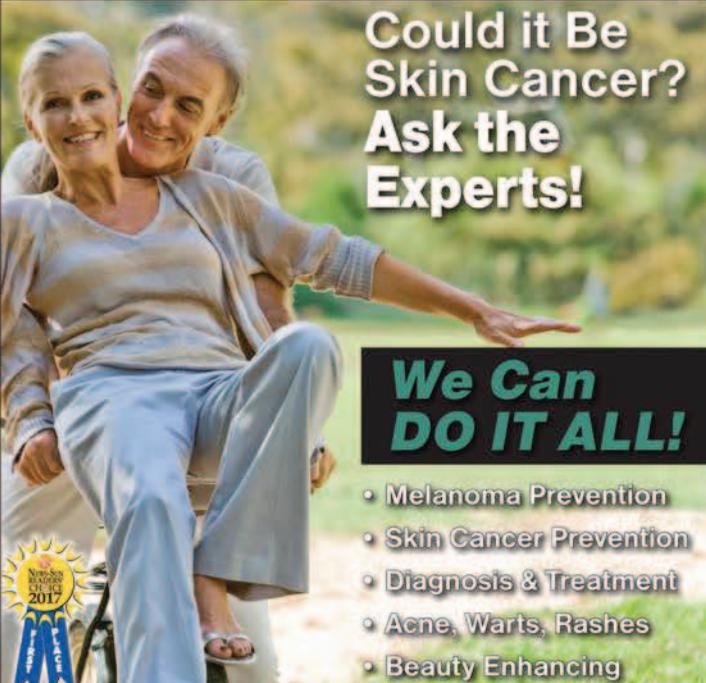
Children under 12 can leave their shoes, light jackets and headwear on during screening.

Children will not be separated from their parent/guardian. Remove infants and children from their carriers and carry them in your arms through the walk-through metal detector.

To make security easier it may be easiest to wear your child in a carrier. It gives you access to two hands, which you will

PRYDE | 31





Could it Be Skin Cancer? Ask the Experts!

We Can DO IT ALL!

- Melanoma Prevention
- Skin Cancer Prevention
- Diagnosis & Treatment
- Acne, Warts, Rashes
- Beauty Enhancing



American Institute of Dermatology



Mohs Surgery Fellow



Board Certified Dermatologist

Heather V. Brew, P.A.-C.
Darrin A. Robman, M.D.
Julie L. Iellimo, P.A.-C.

Appointments Available Now!

Call Us Today at
863-386-0786
3109 Medical Way
Sebring, FL 33870
www.aiod.net

Rx

DEDICATED TO TAKING CARE OF ALL YOUR MEDICAL SUPPLY NEEDS





Specialized Compounding

Flu Shots Available

- Retail Pharmacy
- Lift Chairs
- Custom Compression Garments
- Full line of Medical Equipment
- Free Vitamin Club for Children & Seniors
- Ask about our **Antibiotic Flavoring**










Heartland Pharmacy

"we put our heart into our service"

PHARMACY 863-659-1780 • MEDICAL SUPPLY 863-465-0024
342 E. Royal Palm St. • Lake Placid FL 33852

Don't just live life...

Hear Life.

Imagine wearing a hearing aid so small, the person standing next to you cannot see it. Now imagine crystal clear hearing that's comfortable all-day long. With our invisible solutions, you get both. These small, discreet and powerful hearing aids are loaded with advanced features including hands-free connectivity and media streaming from your smartphone to your hearing aid.



BEST Hearing Aid Offices
BEST Hearing Aid Specialist



LAMPE & KIEFER
HEARING AID CENTER, INC.
"Your Ear Care Connection"

50 YEARS
of Constant, Superb Customer Service
Monday - Friday 9am-4pm • Wed. 10am-3pm
863-385-3497 • lampekieferhearing.com
130 S. Commerce Ave. • Sebring, Florida



Convenient Parking & 3 Entry Doors into our practice, Handicap accessible



Hearing loss can run in families



Andrea Livingston
Contributed column

One way hearing loss can affect families is through genetic inheritance. A person may inherit a mutated gene or genes that cause hearing loss. The American Academy of Pediatrics reports hearing loss is one of the most frequent birth defects – 3 in 1,000. It is even more common in intensive care units.

Hearing loss that is

present at birth can be syndromic, meaning the individual will have other health issues present, such as problems with vision, balance, or even heart problems. About 30 percent of inherited hearing loss is associated with a syndrome. Examples of hearing loss associated with a syndrome are DiGeorge Syndrome, Treacher-Collins Syndrome and Usher's syndrome.

The other 70 percent of the time the hearing loss is not accompanied by other symptoms and is

LIVINGSTON | 30



We at Positive Medical are dedicated to providing the best Medical Care and Assistance to our patients!

- Basic Life Support
- Advanced Life Support
- Bariatric Transport
- Wheelchair Services
- Special Event Standby
- Critical Care Transport

CALL US TODAY!



1-877-605-3204
or 863-655-0030
Visit us online:
pmtinc.us



Locally Owned & Operated

IN CASE OF EMERGENCY CALL 911

Seminole Tire Co., Inc. Lake Placid's One-Stop Automotive Service Center

- Brake repair - Free estimates!
- Air conditioning repair
- Wheel alignment
- Wheel balance
- Engine tune up



624 U.S. 27 South
Lake Placid, FL 33852

(863) 465-5057

The thirst for



TECHNOLOGY



Valerie Moulds

Contributed column

Computers definitely allow us to work faster and more efficiently, and in general, make our lives easier. Unfortunately, with the advent of this technology come a few negative byproducts that affect all ages and spans all occupations.

Your eyes were not designed to try to focus at a specific distance for unending hours without suffering eyestrain, fatigue, and blurred vision. Other exasperating factors include, but are not limited to, back and neck pain, struggling to refocus the eyes and even sleeping disorders due to blue light exposure.

Requiring our eyes to stay focused at a specific

distance for a prolonged period of time is unnatural for our optical system and can lead to any of the above mentioned problems in those who spend at least three hours or more per day on a computer or other high-definition device.

My children's generation has been locked in to digital devices since they could hold their parent's smart phone, and whether we like it or not, tablets all day at school, laptops, and phones are here to stay. All high-definition screens emit blue light, and at the end of the day, lead to what is known as digital eye strain.

The amount of blue light our kids are exposed to today is enormous. VSP Vision Care research surveyed parents and 50 percent said their children were "addicted" to digital devices.

TECH | 29



Central Florida
HEARING SERVICES

- **Hearing, Tinnitus and Equilibrium Evaluations**
- **Digital Hearing Aids**
- **Comprehensive Hearing Aid Evaluations**
- **Fitting and Follow Up Care**
- **Repair and Service all Makes and Models**

**CALL FOR A
FREE CONSULTATION!**

(863) 386-9111

www.centralflhearing.com



Dr. Andrea Livingston

Board Certified Audiologist



Understanding the 401(k)



Jason Biance
Contributed column

There were many notable events in 1978. The first superhero film, “Superman: The Movie” starring Christopher Reeve and Marlon Brando, captivated moviegoers. The musical group the Bee Gees’ album “Saturday Night Fever” held the No. 1 spot for 24 weeks and Polish Cardinal Karol Wojtyla was elected Pope John Paul II.

I would imagine many of you remember some of these events. One event that may not be as easily remembered was when Congress passed the Revenue Act of 1978.

One person in particular took note of this specific piece of legislation – benefits consultant Ted Benna. Benna wanted to offer a solution so employees could save pre-tax money

while receiving an employer match. One of the many reasons that the 401(k) helped American workers was due to the fact that the employee could take it with them if they changed jobs.

Up until that point, many Americans worked for a single employer for their entire working years. The vast majority of traditional pension plans did not allow employees to take those funds with them to a new employer.

By 1983 nearly half of all large firms offered a 401(k) plan. These companies saw a way to save money due to the fact that 401(k) plans were cheaper to administer and were also more predictable to fund than traditional pension plans.

Since then the 401(k) has become the most popular retirement savings plan available today. There are several aspects to 401(k) plans that individual investors need to be aware of:

1. Early retirement. If you leave your job after your 55th birthday, you are able to take withdrawals from your 401(k) without incurring the 10 percent Early Withdrawal Penalty. However, if you retire before your 55th birthday, you will need to wait until you reach age 59 ½ to avoid the penalty.

In addition, it is very important to note that if you roll your 401(k) over into an IRA, you can no longer access those funds prior to age 59

Back-to-school checklist for families with asthma

For the more than 6 million children in the U.S. living with asthma, gearing up for another school year involves much more than picking out a new pencil case and backpack. Accounting for nearly 14 million lost school days each year, asthma is one of the main illness-related reasons that students miss school.

With better asthma management, children are able to feel healthy, safe and ready to learn! For a full toolkit and free resources from the American Lung Association, visit Lung.

org/asthma-in-schools.

To get ready for a successful school year, the American Lung Association recommends this back-to-school checklist for families with asthma:

1. Schedule a check-up with your child's physician. Use your yearly check-up to create or revise your Asthma Action Plan, check the effectiveness of asthma medication and dosage, get prescriptions for back-up medications for your school nurse and coaches, as well as ensure your child knows

ASTHMA | 27



Delivering Life And The Best in Women's Health Care!



David S. Guerra, MD
Board Certified
Obstetrics / Gynecology

SPECIALIZING IN

Se Habla Español

- ♥ Obstetrical Care (Including High Risk)
- ♥ 3-D and 4-D Ultrasound Available
- ♥ Infertility Semen Analysis - Insemination
- ♥ Female STD Screening
- ♥ Male STD Screening
- ♥ Genetic Screening
- ♥ Birth Control Options (Nexplanon/ Skyla/ Mirena)
- ♥ Vaginal Prolapse
- ♥ Weight Loss
- ♥ Hormone Testing
- ♥ Female Wellness
- ♥ Urinary Incontinence
- ♥ Bladder Testing
- ♥ Urodynamics
- ♥ Uroplasty

SURGICAL OFFICE PROCEDURES

Minimal Invasive Office Surgery

- ♥ Tubal Ligation (Essure Procedure)
- ♥ Leep
- ♥ Hysteroscopy
- ♥ Endometrial Ablation (Novasure)
- ♥ Myomectomy (Myosure)
- ♥ Infant Circumcision

DaVinci Robot Certified

Accepting Most Major Health Insurances
And Most Medicaid

Office Hours: Monday- Thursday 8:00am-5:00pm; Friday 8:00am-3:00pm

863-471-1236

Serving Patients in Highlands County since 2010

3670 US Hwy 27 N • Sebring, Florida 33870

Get out and get active

Taking part in sports yield benefits for children including improved physical health and the development of valuable life skills, studies show.

A new study released in June by the Council of Economic Advisers states kids who participate in sports develop better life skills and are more likely to build positive relationships with adults and other kids.

The American Council on Exercise lists the following top 10 reasons youth should get plenty of exercise:

1. Youth who exercise are more likely to keep exercising as an adult.
2. Exercise helps children achieve and maintain a healthy body weight.

3. Regular physical activity helps build and maintain strong, healthy muscles, bones and joints.

4. Exercise aids in the development of important interpersonal skills — this is especially true for participation in team sports.

5. Exercise improves the quantity and quality of sleep.

6. Research shows exercise promotes improved school attendance and enhances academic performance.

7. Youth who exercise have greater self-esteem and better self-images.

8. Participating in regular physical activity prevents or delays the development of many chronic diseases

(e.g., heart disease, diabetes, obesity, and hypertension) and promotes health.

9. Children who are active report fewer symptoms of anxiety and depression and a better overall mood.

10. Exercise helps improve motor coordination and enhances the development of various motor performance skills.

For some of us, youth sports may be more and more about competition and winning, but children are, in a word, still children: the number one reason kids play sports is still to have fun.

Story from the Florida Department of Health



This publication brought to you in part by The Palms of Sebring.

how to use his or her asthma medicines.

2. Assess your child's readiness to self-carry medication. All 50 states have laws that allow children to self-carry and use their asthma inhalers at school. Use the American Lung Association's Self-Carry Assessment Tool to see if your child is ready to carry and self-administer asthma medication. The assessment tool will help parents create a plan for children not yet ready to self-administer medication, as well as help children learn the necessary skills throughout the school year.

3. Set up an appointment with your school nurse. Remember to bring in your updated Asthma Action Plan and back-up medications. Take this time to sign all required medical forms, discuss whether your child can self-carry their own quick-

relief inhaler, as well as deliver any special instructions when it comes to physical activities and asthma emergencies that may happen during the school year.

4. How's the air in there? Take a moment to talk to your child's teacher about asthma, what triggers might bring on an attack and what to do in an emergency — whether that be to head directly to the school nurse or use his or her quick-relief inhaler. This may also be a great time to talk about the air quality in the classroom. Mold, fragrances and idling buses can all be asthma triggers for your child.

5. Introduce yourself to the PE teacher and any coaches. Kids with asthma shouldn't have to miss out on playing outside or participating in gym class. You can quickly put teachers' and coaches' minds at ease by talking about exercise-induced asthma, ways to manage symptoms



and what to do in an emergency.

6. Have fun! While it may take some proactive organizing at the start of the school year, you are helping to ensure that your child is safe and active throughout the school day. Take a deep breath and enjoy a healthy 2018-2019 school year!

Story from StatePoint.



David E. Willey D.M.D., PL
Aesthetic & Comprehensive General Dentistry

*Sewing
Highlands
County for
30 Years!*

**Make a dental cleaning part of
your child's **Back-to-School** check list.
Call now 863-382-7676**

Help us prepare students for success by participating in our
Back to School with Healthy Smiles School Supply Drive July 1 thru August 30.

DR. WILLEY & TEAM have partnered with  **Big Brothers Big Sisters**
of the Sun Coast
to collect much needed school supplies.

Anyone wishing to donate will qualify for special offers!
Visit our website for the school supply list and patient donation specials!
WWW.DAVIDEWILLEYDMD.COM

WELCOMING NEW PATIENTS!

For more info about our practice visit: **WWW.DAVIDEWILLEYDMD.COM**
We accept insurance! Ask to speak to our Insurance Specialist.
4741 LAKEVIEW DRIVE, SEBRING | 863.382.7676

½ without paying that 10 percent penalty. This is a very important stipulation that can have drastically negative effects on an individual's retirement plan.

2. Employer match. Many employers will match employee contributions up to a certain percentage (say 3 or 6 percent). One caveat is that the employee has to “vest” into the employer-contributed dollars. This simply means the employee must work for the company for a certain number of years to gain “ownership” of those funds that the employer contributed.

Employer matching is essentially free money and it is very advantageous for employees to take advantage of this benefit. The rule of thumb is to contribute at least as much as the employer-match so the individual can maximize the benefit. Unfortunately, nearly 1/3 of employ-

ees are not taking advantage of the employer-match dollars within their 401(k) plans; essentially leaving free money on the table.

3. Alternative strategies. Dollars contributed to a 401(k) plan are done so on a pre-tax basis. This means that when the participant withdraws money in retirement, they will be taxed at ordinary income rates.

For many years the school of thought was that the participant would be in a lower income tax bracket in retirement and therefore would pay less in taxes compared to their working years. However, with the US National Debt clocking in at over \$21 trillion, many economists believe income tax rates will increase in the future.

Due to these facts, it makes sense to have your retirement savings in a combination of tax-deferred, taxable and tax-free accounts. This allows retirees to adjust their retirement income and therefore manage their

tax bracket. Creating a tax-free savings account is especially important for high income earners and high net worth individuals.

It has become increasingly important for individual investors to be intentional about their retirement planning. Due to the many variables involved in the planning process, it can be a daunting task. Working with a financial professional who specializes in building comprehensive retirement plans can be extremely beneficial. This allows individual investors to begin to gain peace of mind knowing they have a strategic plan in place that is tailored to their individual needs. That way, they can concentrate on those other aspects of life that are truly important.

Jason C. Biance is co-owner and a Certified Financial Planner professional with J. Biance Financial in Sebring. He is a member of the Well Being Advisory Board.



TECH | FROM 23

The American Academy of Pediatrics' Council on Communications and Media has found that 75 percent of teens own smart phones and 25 percent state they are "constantly connected" to the internet.

Another study reported by VSP Vision Care indicates that by age 13, the average American child has put in up to 70 hours per week of screen time, and by age 17, has logged almost 50,000 hours on digital devices (about 30 percent of their lifetime).

The long-term effects of blue light exposure are still being studied and may be contributing factors to the development of cataracts, macular degeneration and other retinal diseases as this younger generation becomes adults. Currently, however,

it is the source of neck pain, eye strain, dry eyes and headaches.

Earlier studies have indicated that blue light is the culprit in abnormal sleeping patterns as it can stimulate the "wake up" center in the part of the brain known as the hypothalamus. This is especially evident when digital devices are allowed right up until bedtime.

If a blue light filter is available on a digital device, it should be turned on for the reasons previously mentioned. If this feature is not available, a blue light filter can be incorporated into glasses for protection.

There are a wide variety of anti-reflective coatings to help filter out the damaging effects of blue light while also increasing the clarity of vision, so talk to your eye doctor

about which ones they may recommend. The clearest possible lens that blocks the highest energy blue light would be a good place to start. There are also other unique items to consider including healthy blue light bulbs, screen protectors and color filters.

With parents sharing concerns over increased screen time and patients complaining more and more about headaches and eye fatigue, adding blue light protection to glasses has to become part of the conversation with the eye doctor. The key to success is in understanding why you need this type of protection.

Valerie Moulds is an optometrist at Eye Specialists of Mid-Florida. She is a member of the Well Being Advisory Board.



Rent-a-Relative, Inc.

Everyone Needs a Little Help Now and Then

Serving Highlands County for Over 12 Years!



Companionship -

A full range of personal attention and daily living assistance

Transportation -

We drive and accompany you for shopping, doctors, church services, entertainment, restaurants, etc.

Light Housekeeping - Laundry - Meal Preparation - And so much more!

Errands -

Don't feel like going to the store? Give us a list and we will go for you!

24/7 Services -

We specialize in 24/7 care-giving of your loved one.

One on one service that ensures that all your needs are met right away.

From 3 hours to 24 hours - 7 days a week

Licensed
and
Insured

863-471-6481

HCS
229834

Free intake, no obligation. Call to schedule an appointment.
<http://www.rentarerelative.org>

Your Spa for Relaxing Massage

Our Massage & Float Combos with Hot Stones & Essential Oils, Naturally Helps Rid the Body of Aches and Pains!

- Neck, Back & Joint Pain
- Headaches • Sciatica
- Sports Injuries
- Pregnancy & More

Heal By Touch

Massage and
Float Therapy



Talk to us today about the right massage type for you!

Hours: Monday-Friday 8am-7pm

Saturdays 9am-3pm

(863)-382-1805

www.healbytouchtherapy.com

This publication brought to you in part by The Palms of Sebring.

called non-syndromic. An example of a non-syndromic type of hearing loss is GJB2 mutation. GJB2 is a gene that instructs the making of a protein called connexin 26, found in the cells of the cochlea.

In some cases, a person can inherit a gene mutation, but they do not experience hearing loss. This person is called a carrier. A carrier of a gene mutation can pass it along to future offspring who might experience hearing loss.

A child born with hearing loss of a genetic nature can have parents with normal hearing. Quite often parents are carriers of a genetic disorder and yet do not display that disorder themselves.

Hearing loss can also become apparent later in life, referred to as late-onset hearing loss. Late-onset hearing loss can be the result of noise exposure, medications, or health conditions that damage the auditory system.

Several inherited genes have been identified as causes of hearing loss later in life. For example, scientists have identified the DFNA10 gene, which causes progressive hearing loss later in adulthood.

If you have a family member who has hearing loss, this does not necessarily mean you will experience it as well. There are several other factors associated with a higher likelihood of hearing loss, such as exposure to loud noise, smoking, high blood pressure, heart problems and diabetes. Not every family member inherits the gene mutation. Also, some gene mutations that result in hearing loss only affect males, while others impact females.

Certain types of hearing loss are not evident until later in life because they are “turned on” when



a person comes into contact with environmental factors. For example, mitochondrial-related hearing loss is genetically inherited and can be triggered after a person takes an aminoglycoside, which is a type of antibiotic.

Genetic testing is crucial for siblings of those with a permanent hearing loss. Early detection is possible due to mandated newborn hearing screening. The National Center for Hearing Assessment & Management (NCHM) reports savings of \$400,000 in special education costs by the time a child graduates from high school, with a cost per baby of \$10-50.

The 2007 position statement from the Joint Committee on Infant Hearing reports risk factors associated with congenital, delayed onset or progressive hearing loss in childhood as:

1. Caregiver concern regarding hearing, speech, language or development delay
2. Family history of permanent childhood hearing loss
3. Neonatal intensive care of more than five days or any the following regardless of the length of stay: ECMO assisted ventilation, exposure to ototoxic medications like gentamycin and tobramycin, exposure to

loop diuretics like Lasik/furosemide, hyperbilirubinemia that requires exchange transfusion

4. In utero infections such as CMV, herpes, rubella, syphilis and toxoplasmosis

5. Craniofacial anomalies, including those of pinna, ear canal, ear tags, ear pits and temporal bone anomalies

6. Physical findings, such as white forelock, that are associated with syndrome known to include a permanent hearing loss (sensorineural)

7. Syndromes associated with hearing loss, progressive or late onset hearing loss such as neurofibromatosis, osteopetrosis, Usher syndrome, Waardenburg, Alport, Pendred and Jervell and Lang-Nielson

8. Neurodegenerative disorders such as Hunter syndrome or sensory motor neuropathies such as Friedreich ataxia ad Charcot-Marie-Tooth syndrome

9. Culture-positive postnatal infections associated with hearing loss including confirmed bacterial and viral (especially herpes virus and varicella) meningitis

10. Head trauma, especially basal skull/temporal bone fracture that requires hospitalization

11. Chemotherapy

If you or family members have experienced hearing loss, your children may have a genetic predisposition for hearing loss. Not all hearing losses at birth are genetic. Talk to your audiologist or physician if you or your child is having trouble hearing to determine the best course of treatment.

Dr. Andrea Livingston is a board certified audiologist at Central Florida Hearing Services in Sebring. She is a member of the Well Being Advisory Board.

need to load the luggage, the stroller, etc.

Most people are aware of the Transportation Security Administration liquid rule. You can have 1 quart size baggie filled with liquids and creams that are no more than 3.4 ounces each. However, TSA does allow parents to bring bottles, formula, breast milk and juice.

TSA child nourishment exemptions

Inform the TSA officer at the beginning of the screening process that you carry formula, breast milk and juice in excess of 3.4 ounces in your carry-on bag. Have the formula, breast milk or juice removed from your carry-on bag to be screened separately.

These liquids are typically screened by X-rays, which is perfectly safe as it will not change or damage the items. However, if you do not want these items to be X-rayed, additional steps will be taken to clear the liquid, and you or the traveling guardian will undergo additional screening procedures, including a pat-down and screening of other carry-on property.

Is the baby bag a carry-on? How do I deal with the stroller?

Contact your airline ahead of time to ask about their policies for checking strollers and car seats, how much extra baby-related baggage you're allowed and what you'll be able to take with you on the plane. Bring gear that cuts down on hassle.

Pre-boarding

Speaking of squirmy children, most airlines offer pre-boarding for families with young children, giving families time to situate children and luggage. However, it takes 30-plus minutes for everyone else to board, which is just additional time your child will be spending in a cramped seat getting antsy. So depending on your situation you may want to think about skipping the pre-boarding process.

Some airlines have family boarding, which is usually after the pre-boarders and the first group of people boarding. It will put you about halfway through the boarding process so families can still get situated, sit together, and not have to be sitting on the plane for too long.

Where is it safest for my child to sit?

The first thing to figure out is where your child is going to sit on the plane. If your child is under 2 they can be considered a lap

child and fly for free in the lap of an adult. While your child can fly as a lap child, the American Academy of Pediatrics and the Federal Aviation Administration recommends children less than 40 pounds be in a car seat appropriate for the age and weight of the child.

If your child is under 2 and you are going to have them as a lap child, there can only be one lap child in a row because, if something were to happen, only four oxygen masks will drop down, one for each seat in the row, and one for a lap child. So if you have two children that will be sitting on passengers'

laps, plan on having two adults and being in different rows.

Consider sitting in the window seat. Sitting in the window seat helps prevent their squirmy arms and legs from stretching out into the aisles where flight attendants and other passengers are constantly walking back and forth.

Understand safety procedures

Even if you've flown before, tune in to the pre-flight safety speech, and clear up any lingering questions you might have with a flight attendant.



WE ASSIST WITH:	THERAPY PROGRAMS:
<ul style="list-style-type: none"> • Post-Surgical Therapy • Pre-Surgical Conditioning • Neurological Conditions • Orthopedic Conditions • Balance Issues • Weakness & Re-Conditioning • And More! 	<ul style="list-style-type: none"> • Lymphedema Management • Incontinence Disorders • Pain Management • Vestibular Disorders • Cognitive Impairments (Dementia) • Physical Impairments (Neurological or Orthopedic Conditions) • Speech, Language and Voice Disorders (Neurological Conditions)

866-888-2002 | WWW.HALCYONREHAB.NET   
 Fully accredited from the American Association for Accreditation of Ambulatory Surgery Facilities (AAAASF) for patient safety. <http://www.aaaasf.org>

This publication brought to you in part by The Palms of Sebring.

BREAKFAST | FROM 18

seconds.

What kind of breakfast is the best? The answer is foods with a low glycemic load. The glycemic index is a measure of how quickly the carbohydrates in food are absorbed into our bodies and converted to fuel.

When it comes to sustained brain power, Brenda Garza, a registered nurse and manager of the Florida Hospital Heartland Medical Center's Diabetes Center, explains food that is low on the scale — such as whole grains — are preferable.

Even though a bowl of oatmeal and a bowl of sugary cereal may have the same number of carbohydrates, they have very different glycemic loads. Beans have an even lower glycemic load and may work better at supplying a steady, stable supply of good brain food.

When we or our children are running around, working, studying, playing, keeping busy and not eating regularly, what happens? Our blood sugar drops. This can be a problem because when we get too hungry we are more prone to binge eating. We are also less likely to eat healthy foods. Pulling into a drive-thru or picking up a snack hanging inside the vending machine doesn't offer us the best choices.

Plan ahead if you must be away from the table at mealtime. Keep some almonds, dried fruit, or granola in a purse, desk, or vehicle, and don't forget to keep these around the house for when the kids get home from school.

Remember when you'd get home from school and

head straight for the cookies? These better choices can help you and your children make healthier decisions. Remember, children often mimic their parents. What you eat will influence what they choose to eat now, and later in life.

And, did you know proper nutrition isn't just about what we eat — it's also important when we eat. Eating late can disturb our sleep (and dreams) because the body is still working to digest food. To enjoy restful, restorative sleep, go to sleep on an empty stomach, which means no eating during the three hours before bedtime. How many of us have said "I'd be able to lose weight if I just quit snacking after dinner!"

The evidence is more than abundant. Our diet is important to our health. By choosing to make positive changes we can each enjoy the health benefits that come from a good, balanced diet.

For more information on diet education and lifestyle modification, especially as related to prediabetes, diabetes and heart and kidney disease, contact the Diabetes Center at 863-402-0177.

The CREATION Health Team at Florida Hospital Heartland Medical Center in Sebring and Lake Placid, and at Florida Hospital Wauchula, hopes that all the young people returning to school or college in the next few weeks have a great scholastic year full of good health, good food and good grades!

Sara Rosenbaum is the CREATION Health community specialist at Florida Hospital Heartland Medical Center in Sebring.





D.K. Waldron, D.C.



Carl Lavin, D.C.

Primary Spine Care

If You Are Experiencing Neck Pain, Low Back Pain, Arthritis Or Have Disc Issues.

Take advantage of our New Patient Special

- **Initial consultation**
- **Examination**
- **X-RAYS if necessary**
- **First treatment**

\$97

Medicare Exclusions Apply

Call today to find out more about this amazing offer! (863) 382-4445

13 Ryant Blvd. • Sebring, FL 33870
WaldronChiro.com

The patient and any other person responsible for payment has the right to refuse to pay, cancel payment or be reimbursed for payment for any other service, examination or treatment which is performed as a result of and within 12 hours or responding to the advertisement for the free, discounted or reduced fee services, examination or treatment.





GAMEZ | FROM 16

academic, social and athletic performance. A high-quality comprehensive eye exam and vision correction, if needed, can help these children reach their highest potential.

It is important to understand how the vision system works since vision doesn't just happen – it is not as simple as whether we see or not.

Vision is learned. A child's brain learns how to use the eyes to see, the same way the brain learns how to use legs to walk, hands to grab things and a mouth to form words, and so on. The longer a visual issue goes undetected and untreated, the more the child's brain learns to accommodate the vision problem, making it more difficult to improve or correct the issue in the long run.

Children with visual needs that have never been previously corrected typically do not complain nor understand there may be a problem. They learn to adapt to the issue, making it hard to know whether they do in fact have difficulty seeing well or not.

Simple vision screenings can detect the need for vision correction, but frequently are not thorough enough to truly diagnose a visual condition. This is why high-quality eye examinations are recommended yearly, whether a vision screening was deemed pass or fail.

As a parent, it is also challenging to determine if your child may need vision correction. Some signs your child may be experiencing vision problems can be subtle and can include squinting, tilting or turning the head to see something, eye turn, headaches, trouble concentrating or fatigue at school, sitting too close to the TV or holding things very close to see, such as books or homework.

Some more serious conditions can be detected with a simple photograph. Although, camera technology has improved red eyes in our pictures, it is always good to turn off that handy feature and snap a photo. You are looking for equal red eyes. If it is not equal or color is different in one eye versus the other, then it is time to visit an eye physician for a thorough eye health examination right away.

Correcting a child's vision early in their young lives is crucial for their success, especially as the child enters school age. Those early school years are full of learning and processing, numbers and letters. They start learning to read and perform a lot of hands on and visual tasks.

Since vision is learned and the brain learns how to use the eyes, it is difficult for the brain and the eyes to work together when the brain can-

not process through blurry eyes or strained muscles. A child with visual needs may be managing but also struggling more than the child needs to be, all because of the need for vision correction.

Glasses are typically all a child needs to help them succeed but is not always the fix-all for all visual problems. Depending on the child's condition, there are a variety of adequate treatments, such as vision therapy, contact lenses, surgery, visual exercises and so forth.

A common eye condition in children is amblyopia, or "lazy eye." This condition is not easily detected because the child will not typically complain. They may have poor vision in one eye but see well out of the other so it compensates and the issue goes undetected. In these cases the brain essentially chooses the "good eye" to see out of and pretty much ignores the "bad eye."

When a child is not seeing well out of one eye, he loses depth perception, struggle to process reading and writing, and in some progressive cases can cause an eye to turn. Typically a pair of glasses and visual exercises can significantly improve or resolve this condition.

All in all, what parent does not want their child to succeed? Let's give them a fighting chance this school year and bring them in to the eye doctor for a dilated eye health examination. Let these highly skilled doctors tend to your child's needs and allow them to facilitate this aspect of you and your child's life.

Whether the need for vision correction is there or not, it is certainly a peace of mind to know all on its own.

Irene Gamez is clinical director at Sevigny & Associates Eye Care in Sebring. She is a member of the Well Being Advisory Board.

The actual flight

Make sure once you are settled into your seat that your child is occupied. Please do not take toys with you that make sound and disturb the whole flight. Bring coloring books and crayons to engage your child, or read a book. While I rarely recommend tablets, they are a useful tool in traveling. Load up the tablet with movies and shows they love and put child-size headphones on them.

Air pressure is a real problem, especially in their little ears. If they are small and still use a pacifier they are perfect for taking off and 30 minutes prior to landing. If your child is not interested in a pacifier or is too old for them then giving them something to drink or snack on is key. If they are old enough, you can give them a piece of gum to chew on.

Pack kid-friendly, low-sugar snacks like Cheerios, pretzels, crackers, nuts, string cheese and granola bars.

Remember to pack diapers/pull ups and wipes. It may also be easier to put your child who is potty trained in a pull up on the plane. Sometimes you cannot get up to go to the bathroom due to turbulence or the seat belt sign or sometimes the bathrooms will be busy. Your child may not be able to hold it. It is easier to deal with changing a pull up than having a wet seat. I recommend packing one diaper per hour of flight.

Also planes are dirty. They are a petri dish of germs. The air is circulated around and around and thousands of people sit in those seats each day. To keep your child healthy bring sanitation wipes to wipe down the trays, seats, windows and anything else your child may touch.

Never take your child to the bathroom without shoes. Talking about petri dishes, the bathrooms are the worst. You are in the air, things jostle and I cannot guarantee that that is just water on the floor.

Good luck flying this summer. Remember most of the people on the flight are not going to be bothered by your screaming child as long as you are trying to do something proactive about it. Let's be honest, what parent isn't trying to be proactive? No one wants to be that family on the flight. Many people flying have been in your situation.

Keep your composure. If there is a patron on the flight less than enthusiastic, don't engage them.

Traveling with children is always stressful but hopefully these tips will make your next flight a little more enjoyable.

Kady Pryde is a nurse practitioner at Sun 'N Lake Medical Group in Sebring.

We Are Comfort Keepers®



Care Beyond Compare!

We help to keep her independent spirit strong. Comfort Keepers® provides compassionate in-home care that helps seniors live safe, happy, and independent lives in the comfort of their own homes. We call our approach Interactive Caregiving™, a unique system of care, which keeps our clients mentally and physically engaged while focusing on their safety and nutrition needs.

SERVICES

COMPANIONSHIP

- Meal preparation
- Laundry
- Light housekeeping
- Grocery shopping/errands
- Incidental transportation
- Grooming guidance
- Live-in services
- 24-hour care
- Respite care and relief for family

PERSONAL CARE

- Bathing, grooming and hygiene
- Mobility assistance
- Transferring and positioning
- Toileting and incontinence
- Feeding and special diet
- Dementia care
- Medication reminders

HOME SAFETY TECHNOLOGY

Safety Choice® technology includes:

- Personal Emergency Response System (PERS)
- Portable PERS with GPS
- Medication management solutions
- Bedside pressure mats



HHA 299992766



Comfort Keepers®

Contact Us Today

(863) 701-9100

Most offices independently owned and operated.

©2015 CK Franchising, Inc. • CKMR160210A

ComfortKeepers.com

chicken pox, influenza, mumps, head injury and noise exposure.

If your child has a hearing loss, you may look at it as a handicap. Your child may look at it as a handicap. But perhaps you won't let it slow you down. If your child has a hearing loss, it may be more frustrating for the parents than it actually is for the child. It is good to know that Cochlear implants are now done on children as early as age 1.

Like all things in our life, what we know becomes our norm and we learn to adapt. A parent's job is to provide your child with the necessary tools to grow. The trick to success is to reach out to all avenues of help and available resources.

Pediatricians should be able to guide you to those resources. Hearing health care practitioners who specialize in working with children can help. Speech pathologists will need to help with the proper development of speech. Ear, nose and throat doctors should also be a good resource for extra help for your child with a hearing loss.

The school system is another great avenue to explore. Many times the speech pathologist with the schools also provides services for the public.

Don't forget the internet. If no sign language courses are available that works with your hectic schedule search the internet for one. Don't underestimate YouTube. Learn some American Sign Language early in their development so you can keep up.

If your child is profoundly deaf, you may want to search out a school for the deaf, such as the Florida

School for the Deaf and Blind in St. Augustine. More information is available online at Deaf-schools.html. Out-of-state options are also available. Located in Washington, D.C., are Kendall Demonstration Elementary School, Model Secondary School and Gallaudet University.

Arm yourself and your child not for existence but for extraordinary success. Think of it this way: If your child was a musical genius you would want to nurture that talent. You get them piano lessons or singing lessons. If you notice they are a great little dancer, you suddenly have them in dance class two days a week. A deaf child is going to have talents just like the other kids on the block. They are just going to need some help fostering those talents. Jump on the development train early!

If they can wear hearing aids, by all means pursue that option. If they want bright colored ear molds instead of boring clear ones, do it! They want to look cool at school too. If you can afford an extra set of ear molds in a different color so they can switch them out, do that too.

Several years ago I had an 8-year-old come in to be tested. He was new to the area. He had gone to school about four weeks and was having problems. His behind-the-ear hearing aids he had and clear shells were broken.

He would not talk to me. His dad was mad. The little guy spouted off that "he was not going to wear them anyway!" I put him on the video otoscope so he could see his ear. Still, nothing. He was not impressed and definitely in pout mode.

The dad just rolled his eyes and said he's not hearing in class and he

won't wear them. His mom is tired of dealing with it. My heart hurt.

I took ear impressions before I tested him so I knew he couldn't hear me and I talked to his dad. Yep, the kids at the school were awful to him and called him names. He would wear them at home sometimes. He had no friends to play with yet.

The dad went out to the waiting room and I took the little guy back to test. Finally, he spoke. And he said, "Why are they so ugly?" Wow.

I explained that because he is growing he has to wear something behind his ear and has to have an ear mold.

I asked him, "What if I could get the part in the ear in a cool color?" He perked up. "Like the Seminoles? Or the Wolverines?" I showed him photos.

A swirl – the kid wanted a swirl. Yep! He agreed to wear the aids. He actually smiled. I went out and got the dad. He was like "Wow, what did you do?" I told him and he said, "No way!"

After 15 minutes of "counseling" and the little guy pleading, we ordered Seminoles ear molds and two months later dad came in and sprung for a set of the "Wolverines" ear molds.

He told me the hearing aids are no longer any different than any other earbuds that the other kids have.

It's not just about going to school. It's about making your kids "want to get back on the bus!" Don't go with the status quo. Tap into available resources.

Roseann B. Kiefer, B.A., BC-HIS, is owner of Lampe & Kiefer Hearing Aid Center Inc. in Sebring. She is a member of the Well Being Advisory Board.

This publication brought to you in part by The Palms of Sebring.



HAWK | FROM 14

situation. Just when we think everything is well planned for the phase of life we are living, we encounter bumps in the road that make it seem like all the choices are alike and we hope we make the right ones.

It is easy to make the wrong decisions. Of course, it is also easy to make the right decisions. The trick is in knowing how to face life if we have made the wrong choices. The way we choose to live with our choices can dramatically change our outcome.

It is my pleasure to work with some of our senior population in a health care center. For some, they have the opportunity to get rehabili-

tation and return home or to a safer environment. Others have made the Palms of Sebring their home.

Even in an atmosphere where they have 24-hour care available, the residents still have choices to make. In a recent session with some of them, we were looking at a book that is designed to help us find “peace and joy.”

There are times when this is difficult in a normal situation. It is even more difficult when the choices are narrowed because our bodies help dictate what we can or can’t do.

One of the things we have concentrated on is being thankful. It is one of those things in life that is “easier said than done.” It is human nature to have days when we think life

should treat us better. My philosophy to help their well-being is this: You can have a pity party. Just don’t let that party last long enough to bring out the ice cream and cake.

If we are intentionally thankful in all situations, we are better equipped to help others. Being kind to people seems to rub off. Grumpy is a cute Disney character, but not one we should try to emulate.

When we decide to get on the thankful bus, our outlook on life will improve tremendously. We can accomplish so much for our fellow man if we live our lives with a thankful heart.

Nancy Hawk AP-BC is the activities coordinator at the Palms of Sebring Health Care Center.



WILLEY | FROM 12

agers become concerned with their appearance. A smile is an integral part of one's self-esteem. Whitening procedures can improve the appearance of a young person's smile. Both light-activated and tray whitening (laser and Zoom whitening) are safe ways to brighten a smile.

Your dentist can also determine if your teenager's third molars (wisdom teeth) need to be removed.

Parents can help lead their child to a life of good dental health by setting an example. Showing your child that you brush and floss each night before bed helps to instill good oral hygiene habits. Parents can also help their child choose smart snacks

like fruits, vegetables and nuts along with avoiding sodas, sweet tea and energy drinks. Parents are encouraged to visit the dentist at the same time as their young child to show them that a preventive cleaning is not a threatening experience.

Our lives are hectic, particularly once school starts. Dental emergencies can become an inconvenience for the entire family. A preventive visit to the dentist during the summer can often prevent dental problems from occurring.

A healthy smile is a smart start to the school year!

Dr. David E. Willey is a dentist in Sebring. He is a member of the Well Being Advisory Board.



This publication brought to you in part by The Palms of Sebring.

MILLENNIUM PHYSICIAN GROUP

NOW IN HIGHLANDS COUNTY!

Millennium Physician Group's mission is to **connect** patients to the best doctors, service and quality for every patient, every time.



We are proud to be new members of this amazing community!

Sebring

Cheri McCue, M.D.
Stephen Piccione, M.D.
Christina Hill, ARNP
Benita Leavelle, ARNP
2227 U.S. 27 South
Sebring, FL 33870
(863) 202-8100

Avon Park

Sunaina Khurana, M.D.
1659 US 27 North
Avon Park, FL 33825
(863) 657-0710

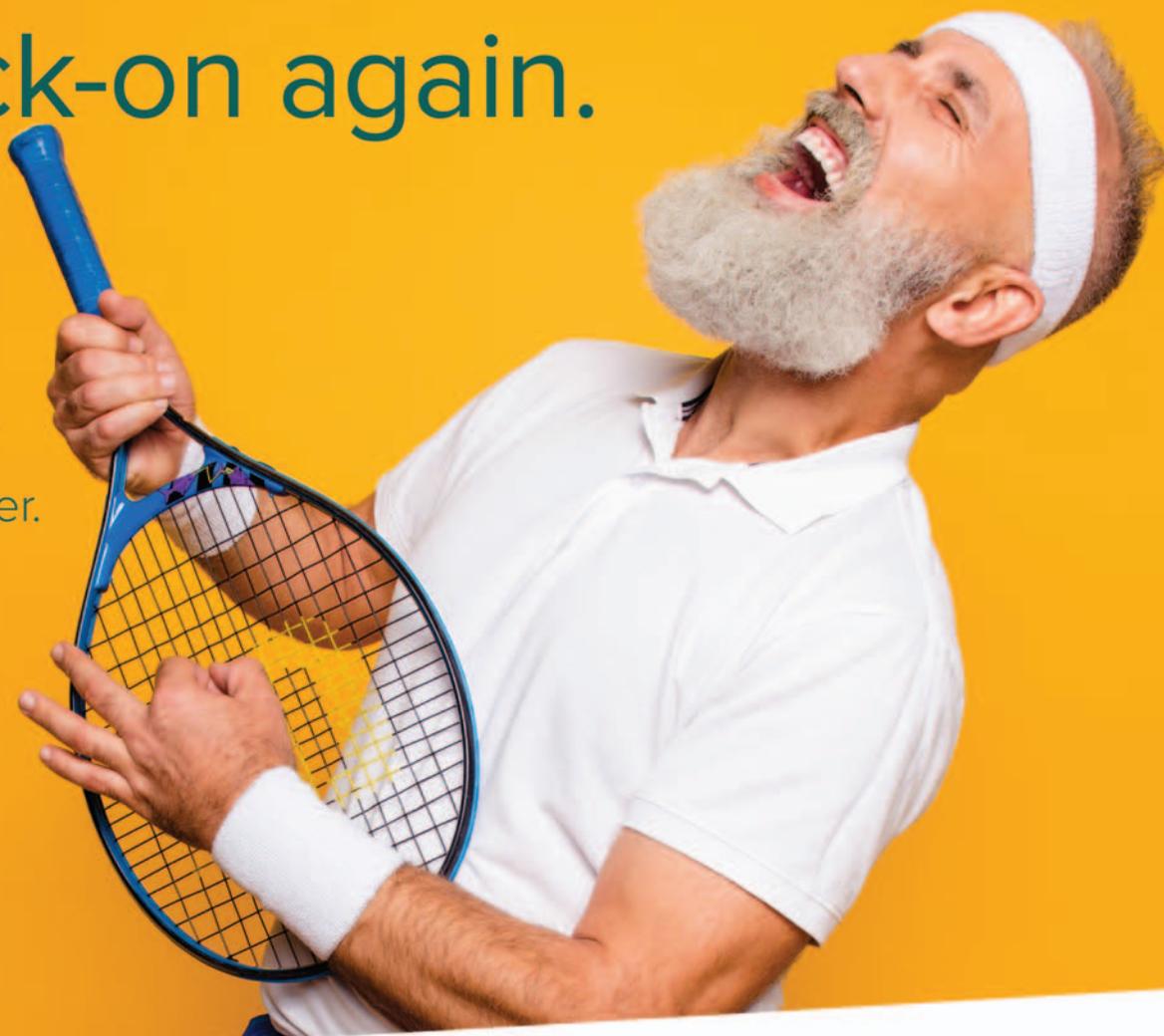
CALL US TODAY!

MILLENNIUM
PHYSICIAN GROUP

www.MillenniumPhysician.com

Here's to the **Knee'd** to rock-on again.

And a trusted
team of
orthopaedic
experts to get
you there faster.



Quad-Sparing Knee Replacement just minutes
away, close to family and friends. So you can
get back to doing the things you love, with the
people you love most.

ORTHOPAEDIC CARE

Register Today for a FREE
Joint Pain Presentation

 FHHeartland.org/Ortho

 (863) 734-6299



The FUNNIES

PEANUTS
featuring
"Good ol'
Charlie Brown"
by Schulz

STRIKE THREE!

I SHOULD GET FOUR STRIKES BECAUSE I'M A GIRL!

STRIKE FOUR

YOU SHOULD GIVE ME FIVE STRIKES BECAUSE I WAS SICK YESTERDAY...

STRIKE FIVE!

I SHOULD GET SIX STRIKES BECAUSE I'M SO CUTE...

WHAT KIND OF A STUPID GAME IS IT WHERE YOU ONLY GET FIVE STRIKES?

THE LOCKHORNS
BY BUNNY HOEST AND JOHN REINER

THIS IS LEROY'S IDEA OF TREATING ME TO A SPA DAY.

TRUST ME, LEROY... YOU CAN'T AFFORD TO BE SPLITTING HAIRS.

WHY SHOULD I TAKE A WALK AROUND THE BLOCK?... I'M ALREADY HERE.

LOOK, LORETTA... YOUR PICTURE IS ON THEIR 'WALL OF FAME'!

GREAT... ANOTHER WAY FOR LEROY TO LOSE OUR MONEY.

Hi and Lois
by BRIAN and GREG WALKER

THE KIDS ARE ALL TAKEN CARE OF...

LET'S HAVE A DATE!

WHAT'S PLAYING AT THE MOVIES?

I'LL CHECK THE LISTINGS

"JURASSIC WORLD 2," "MISSION IMPOSSIBLE 6" MORE SEQUELS.

"INCREDIBLES 2," "HOTEL TRANSYLVANIA 3"

BEEN THERE, DONE THAT.

WHAT ABOUT "MAMMA MIA 2"?

NOT AGAIN!

I THOUGHT YOU WERE GOING OUT TONIGHT

WE DECIDED TO STAY HOME AND WATCH "60 MINUTES."

IT'S A NEW EPISODE.

TICK TICK TICK

MARY WORTH

"WHEN IN DOUBT, TELL THE TRUTH" - MARK TWAIN

I CAN'T TELL HER I WAS A DRUG DEALER... A CONVICTED FELON... AND AN ALCOHOLIC!

TOMMY...

SHE'S GOING TO FIND OUT EVENTUALLY.

WHEN MARY TELLS TOMMY TO REVEAL HIS PAST TO BRANDY...

UNTIL YOU TELL HER THE TRUTH, THIS WILL WEIGH ON YOU.

I DON'T KNOW IF SHE COULD HANDLE IT...

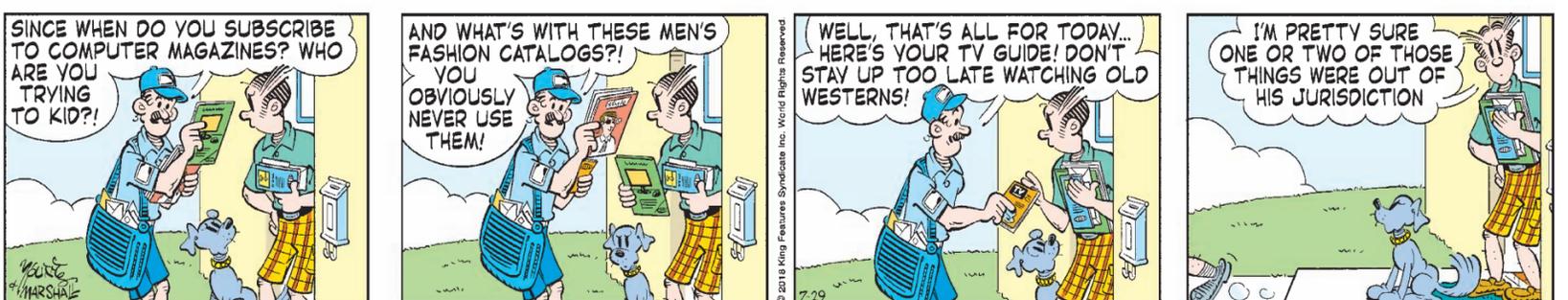
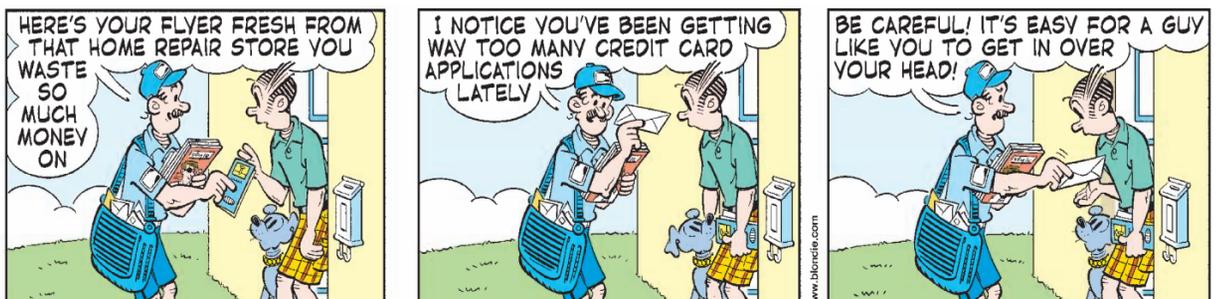
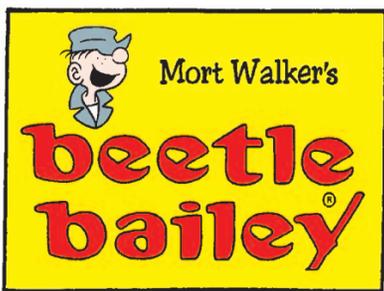
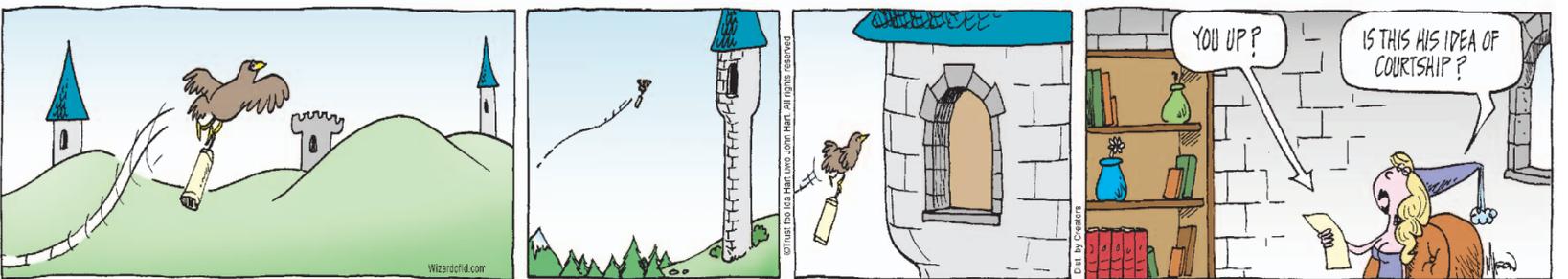
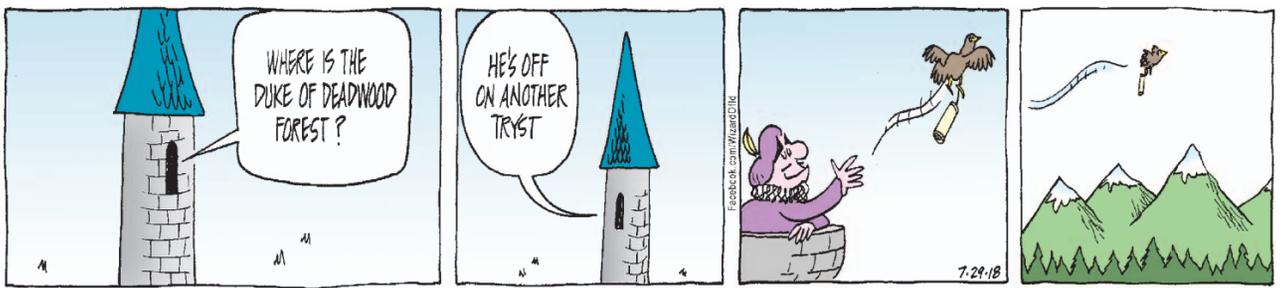
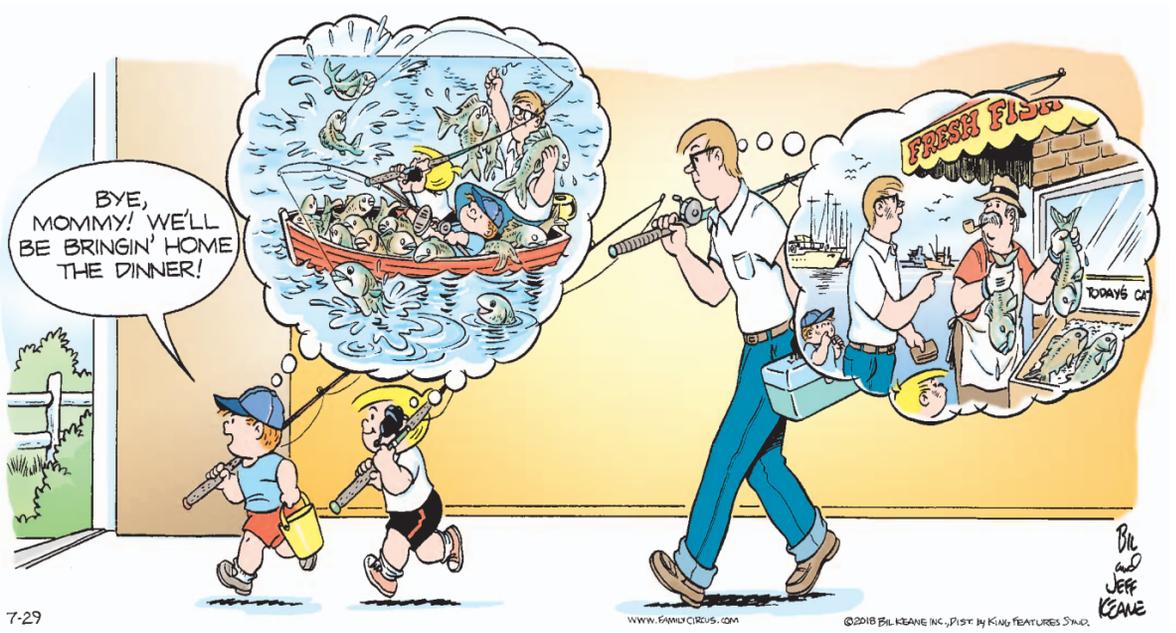
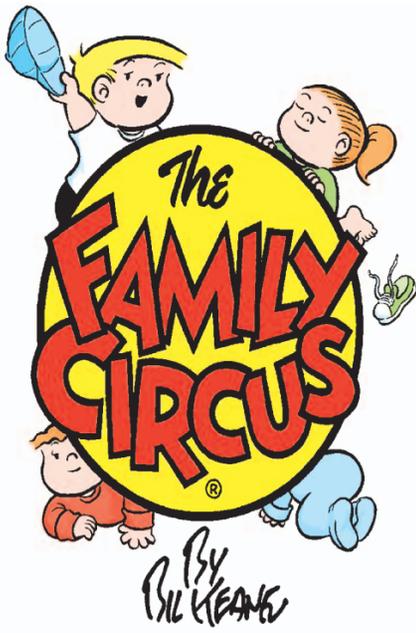
SHE'S ALREADY BEEN THROUGH ENOUGH WITH HER DAD!

TOMMY, YOU'RE NOT LIKE THAT ANYMORE! AND YOU'RE A DIFFERENT PERSON FROM HER FATHER!

I'M CLEAN AND SOBER! I'D NEVER HURT HER BUT I'VE DONE AWFUL THINGS TO OTHERS...AND TO MYSELF! SHE DESERVES BETTER!

MAYBE THERE'S SOMEONE ELSE YOU CAN TALK TO...

MOY BRIGMAN 7/29/18





FOR BETTER OR FOR WORSE

By Lynn Johnston

LOOK, JOHN! IT'S THE MENSWEAR DEPARTMENT!

SO IT IS!

COME BACK HERE!!

JOHN, THIS SWEATER IS PERFECT WITH THAT SHIRT! TRY IT ON WITH THESE PANTS!

COOH, I JUST LOVE THAT OUTFIT! YOU CAN WEAR IT TO THE BEACH OR AN OUTDOOR PARTY!

WAIT, HONEY--WHILE YOU'RE TRYING ON THOSE OTHER THINGS, TRY THIS JACKET AND PANTS!

THIS IS WONDERFUL! I COULD WEAR MY PEACH OUTFIT TO MATCH THAT TIE, AND THE PANTS WILL BE DARLING WITH YOUR BROWN SPORTS COAT!

ELLY... DID YOU EVER PLAY WITH 'BARBIE DOLLS'?

SURE!

DID YOU HAVE A 'KEN' DOLL TOO?

NO, BUT I ALWAYS WANTED ONE.WHY?

...JUST WONDERING.

GARFIELD

garfield.com

HELLO, I'M A FROZEN CAVE MAN FROM THE LAST ICE AGE

AND NOW I'M ALL THAWED OUT!

SO THIS IS THE MODERN WORLD, HUH?

THIS IS IT

WHAT'S THAT?

MODERN MAN

WELL, BACK TO THE GLACIER

HAVE A NICE NAP

HAL FOSTER'S Prince Valiant

BY SCHULTZ AND YEATES

KRIOS HAS STUNNED THE REPRESENTATIVES OF THE EMPEROR JUSTINIAN BY OFFERING HIS SON ANTERO AS HOSTAGE TO HIS INTENT TO BETRAY THE MISTY ISLES. SURPRISINGLY, ANTERO ERUPTS IN LAUGHTER.

"YOU GROW PREDICTABLE, FATHER!" SNEERS ANTERO. "I PRESUMED THIS WAS COMING AND HAVE NOT BEEN IDLE! LOOK - YOU ARE FINISHED!"

HE GRANDLY GESTURES AT THE STEPS LEADING UP FROM THE WHARF...

...AND THERE, DESCENDING FROM THE ABANDONED ESTATE ABOVE, APPEAR VALETA AND HER ARMED COMPANY! THE PRINCESS WALKS BESIDE TWO NOBLEMEN: "KRIOS-I BELIEVE YOU KNOW THE SENATORS CHARIS AND METHODIOS. THEY HAVE HEARD QUITE ENOUGH TO BEAR BITTER WITNESS AGAINST YOU AT TOMORROW'S SESSION. YOU STAND ACCUSED OF TREASON!"

NEXT: **Nerves edge**

SLYLOCK FOX and COMICS FOR KIDS

BY BOB WEBER JR.

Someone tied a nasty note to a stone and chucked it through Rachel Rabbit's window five minutes ago. A witness says Reeky Rat threw the stone. But Reeky insists he's been busy housecleaning. What clue does the note hold that led Slylock Fox to suspect Reeky Rat is lying?

Solution -- Slylock noticed that the torn edge of the note matches the end of Reeky Rat's paper towel roll.

Spot six differences between these panels.

www.facebook.com/SlylockFox

HOW TO DRAW a boy and his fish

BOB WEBER JR and SR 7-29

YOUR DRAWING

Today's terrific artist is Adam, age 10

The planet in our solar system with the most moons is Jupiter, with a total of at least ...

- 10 moons
- 17 moons
- 63 moons
- 98 moons

Submit your drawing to www.kidcartoonists.com

Answer - (c)

Answer -- Door, wing, crater, cloud, tooth and dog collar.

The fourth **Find the six differences** collection is here. Send \$4 (check/money order in U.S. funds made payable to King Features) with your name and address to **Six Differences No. 4**, 628 Virginia Dr., Orlando, FL 32803



ZITS

By JERRY SCOTT and JIM BORGMAN

7/29
ZITSCOMICS.COM

PANT! PANT! PANT! PANT! PANT!

FIVE-TENTHS OF A MILE. GOOD WARMUP, DAD.

© 2018 ZITS Partnership. Dist. by King Features

JEFF MACNELLY'S

Shoe

By Gary Brookins & Susie MacNelly

7/29

HOW WAS THAT BLIND DATE YOU MET UP WITH AT THE BEACH?

I'LL PUT IT LIKE THIS ...

WHEN SHE WENT INTO THE WATER ...

THE SHARKS GOT INTO CAGES!

SHOECOMICS.COM © 2018 MacNelly-Diet. by King Features

PICKLES

by BRIAN CRANE

TWEEDLE!

HI, THIS IS EARL.

I CAN'T ANSWER THE PHONE RIGHT NOW, EVEN THOUGH IT'S IN MY SHIRT POCKET.

AT THE TONE YOU CAN LEAVE A MESSAGE IF YOU'D LIKE, BUT WHO ARE WE KIDDING?

7/29

WE BOTH KNOW YOU'D PROBABLY HAVE BETTER LUCK PUTTING IT IN A BOTTLE AND TOSSING IT IN THE OCEAN. HAVE A NICE DAY.

YOU KNOW YOU'RE DESPICABLE, DON'T YOU?

THE BORN LOSER

by Art & Chip Sansom

Art & Chip 7/29
www.gocomics.com/dlc/born-loser
© 2018 UFS. Dist. by Andrews McMeel for UFS

DOINK!

SIGH... SO MUCH FOR MY HOLE IN ONE!

TIGER

BY BUD BLAKE

HOW 'BOUT GETTING ME A SANDWICH?

OKAY

I MADE YOU A TUNA SANDWICH

GOOD. I'LL TAKE A SODA, TOO

SEE IF YOU CAN TUNE IN CHANNEL TEN BETTER

GO TURN DOWN THE AIR CONDITIONER

7:29
BUD BLAKE

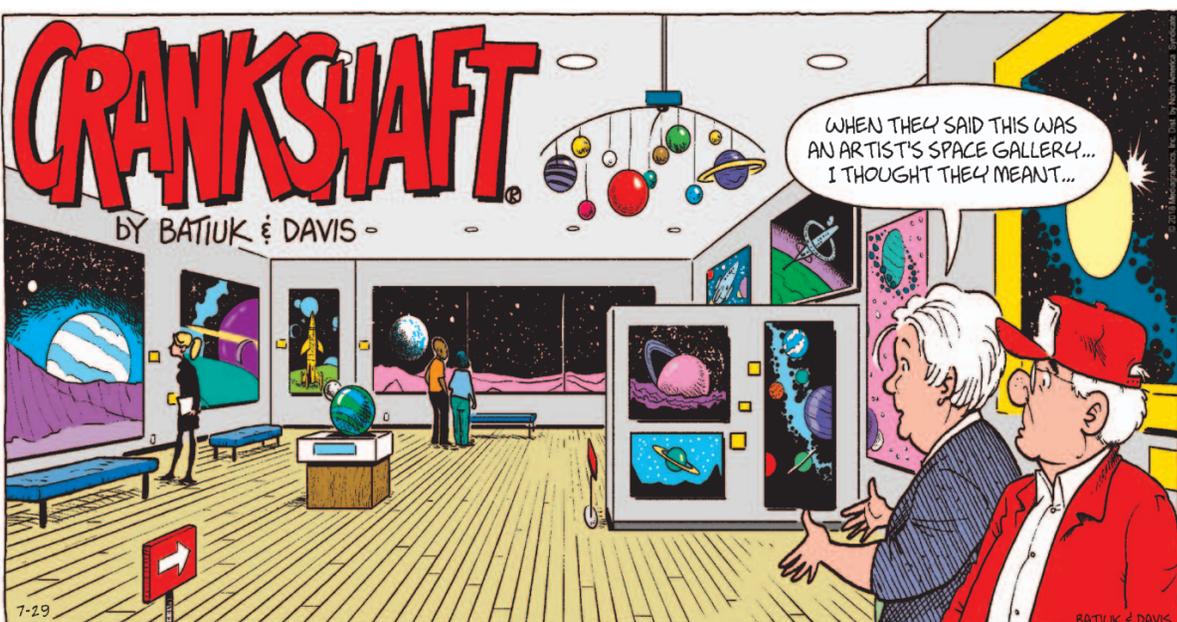
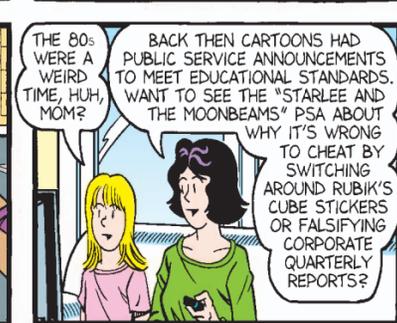
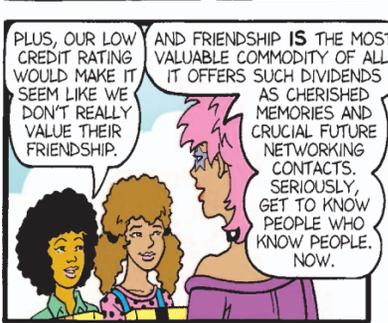
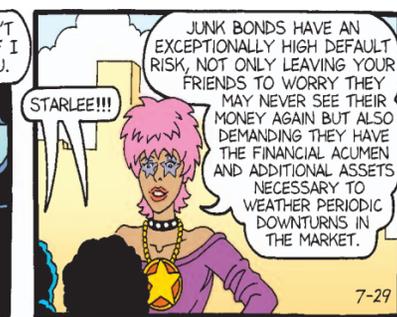
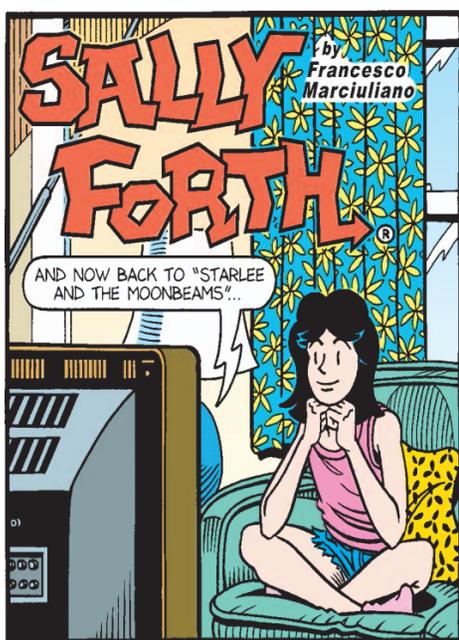
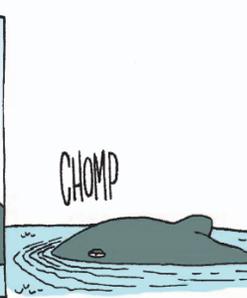
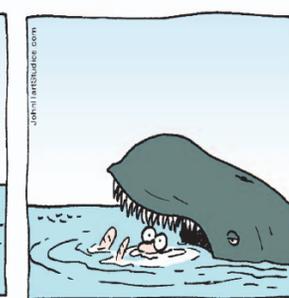
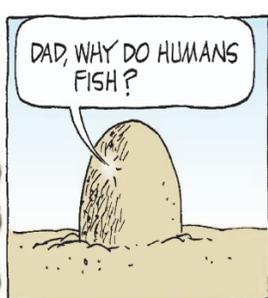
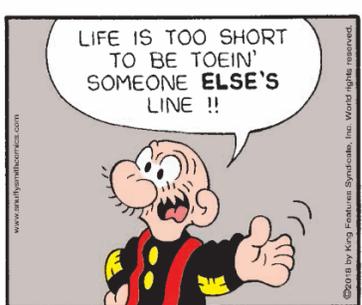
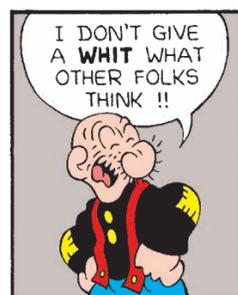
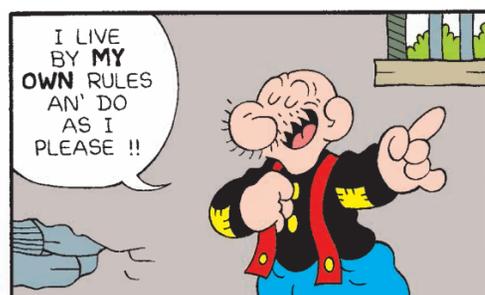
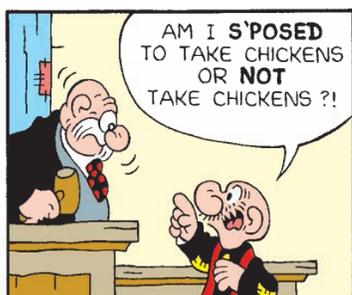
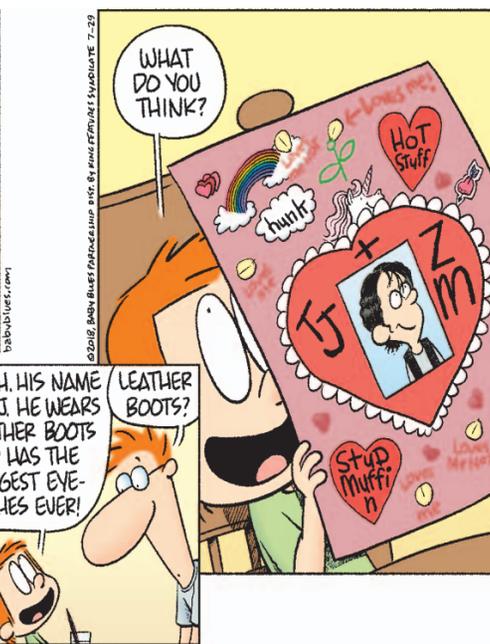
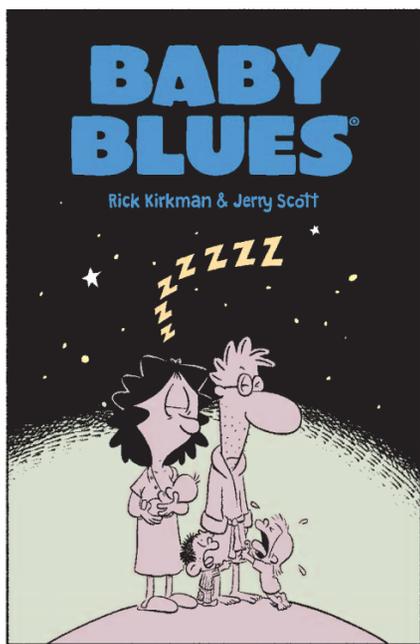
I SPILLED! GET SOMETHING TO CLEAN IT UP

GET THE PHONE

IT'S HUGO

I'M BABYSITTING, HUGO. TAKING CARE OF MY LITTLE BROTHER

© 2018 By King Features Syndicate, Inc. All rights reserved.





THE PHANTOM

BY LEE FALK

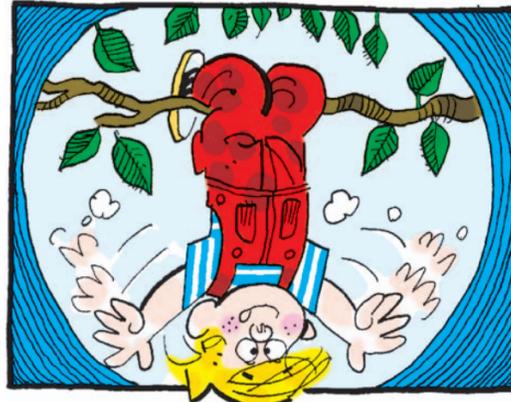
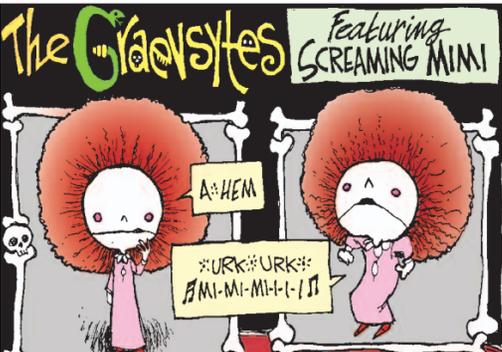


NON SEQUITUR

BY WILEY

DENNIS THE MENACE

BY HANK KETCHAM



WE'LL BE BACK WITH MORE EXPERT ANALYSIS OF THE IMMIGRANT CRISIS IN A MOMENT...



HEY...OUR BABY'S A CABLE NEWS EXPERT, HONEY!

