Sebring Boys & Girls Club opens new program for teens

By MELISSA MAIN

SEBRING — The Boys & Girls Club of Sebring will be starting a new program for teenagers this year. The program helps teens achieve a sense of self-discipline and personal growth.

The club will serve 25 youth ages 9-17 years of age, and it will provide services five days a week, throughout the year, including the summer. The teen program will begin at 3:30 p.m. at the site as the elementary program, 1.1 MBLr Blvd in Sebring. Everyone available dot has already been filled and some staff members will begin making a waiting list.

Site Director Arzinia Jacobs said, “I’m excited about the teen program. I’m looking forward to making a positive impact on them. Teens are our future, and our future is now. The choices they make today will follow them for the rest of their lives. I want to give teens direction for their future,” Jacobs said. “I want them to know that anything and everything is attainable with hard work.”

The teen program will complement the elementary program already in existence at the Boys & Girls Club of Sebring.

Sebring Boys will be taken through a program called Passport to Manhood and have the opportunity to be engaged in a Smart Girl program. The curriculum helps students learn to date smart, have positive peer interactions and avoid date rape and teen

Pistons and Props celebrates with vintage aircraft

By MELISSA MAIN

Sebring — Historic race cars and World War II aircraft gathered at the Hendricks International Raceway to celebrate the third-annual HSR Classic Sebring 12 Hour Pistons and Props, presented by the Alan Jay Automotive Network, a four-day event beginning Nov. 29 and ending Dec. 2.

The Sebring International Raceway was originally used to train B-17 bomber pilots during WWII and the area was called Hendricks Field. However, after the war, the airfield was converted into a stage for race cars and a civilian airfield.

Historic Sportscar Racing (HSR), which started the event at Sebring after an enthusiastic response at Daytona, wanted to bring this opportunity in the event to pay tribute to the aviation heritage at Sebring International Raceway. The founders of the racing event believed that race cars and aircraft should both be featured.

Sara Councillor, event manager for HSR, contacted Tom Smith, who has numerous connections in the historic aviation field. Smith organized a group of pilots to bring World War II-era aircraft to the event, which utilizes the former runways and taxiways of Hendricks Field.

Hendricks Field was training school for B-17 bombers, and one of the stars at the Pistons and Props event was a plane used to escort and defend the B-17 bombers, the North American P-51D Mustang. This fighter plane, which could fly for a longer range, escorted and defended B-17 bombers into Germany

Saunders Second Chances celebrates Merry Pawsmas

By MELISSA MAIN

Sebring — Saunders Second Chances partnered with Highlands County Animal Services to give people a chance to adopt a Merry Pawsmas. The Merry Pawsmas event allowed families to adopt a loving cat or dog for just $30 on Saturday, Dec. 1.

In total, 40 animals were brought out to the event but some were no longer available. Saunders Second Chances, a 501(3)C nonprofit organization, wanted to promote adoptions, which provide love and companionship for both people and pets.

Dogs of all ages and shapes jumped up and down in delight as people smiled with them. The event gave new families memories withlicks on their faces.

Children showed plenty of affection as well, purring loudly and meowing with delight. People explored the play areas at the animal services to see puppies, kittens and full-grown dogs.

After making their decision for both people and pets, they were allowed to bring their new family members home with a gift bag for the season.

Back row from left; Dr. Jeff Saunders, Melissa Duffey and Leah Rutigliano. Front row from left; Joni Neumann, Amanda Helton and Hailey Rutigliano. Saunders Second Chances is holding events that are waiting to be adopted at Animal Services on 7300 Haywood Taylor Blvd. in Sebring.

American Roofing Central fixed an unfinished roof project at the Boys & Girls Club of Sebring.

Sebring Boys & Girls Club appoints new site director

By MELISSA MAIN

SEBRING — Arzinia Jacobs has been appointed as the Boys & Girls Club of Sebring’s new Site Director.

Jacobs joined the Boys & Girls Club of Sebring as a Volunteer Coordinator in 2015 and in 2019 took over as Site Director for the Boys & Girls Club of Lake Wales, a position she now holds.

Jacobs has been part of the Boys & Girls Club family for five years, working with youth and helping them to achieve their goals.

By KIM LEATHERMAN

MONDAY, DECEMBER 3, 2018

HIGHLANDS NEWS-SUN

AN EDITION OF THE SUN

‘Tis the season for giving

American Roofing donates labor, materials to town

By KIM LEATHERMAN

American Roofing Central fixed an unfinished roof project at “The Barn,” or Lake June Field Recreation Complex, for the Town of Lake June. The work was completed last week on Nov. 28.
**POLICE BLOTTER**

The following people were arrested on felony charges and booked into the Highlands County jail on Nov 21:

Morgan Elizabeth Mitchell, charged on charges of drug possession and drug possession violation.

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

Michael Elmo Jackson, on charges of probation violation.

Michael Kline Jackson, 24, Sebring, charged with marijuana possession and possession of cocaine possession.

Eduardo Marcelo Espinosa, 47, Okeechobee, on charges of cocaine possession and drug equipment possession.

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

Leah Beck, 20, Avon Park, charged with possession violation.

The following people were arrested on felony charges and booked into the Highlands County jail on Nov 29:

The following people were arrested on felony charges and booked into the Highlands County jail on Nov 30:

The following people were arrested on felony charges and booked into the Highlands County jail on Dec 1:

The following people were arrested on felony charges and booked into the Highlands County jail on Dec 2:

The following people were arrested on felony charges and booked into the Highlands County jail on Dec 3:

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The following people were arrested on felony charges and booked into the Highlands County jail on Dec 10:

The following people were arrested on felony charges and booked into the Highlands County jail on Dec 11:

The following people were arrested on felony charges and booked into the Highlands County jail on Dec 12:

The following people were arrested on felony charges and booked into the Highlands County jail on Dec 13:

The following people were arrested on felony charges and booked into the Highlands County jail on Dec 14:

The following people were arrested on felony charges and booked into the Highlands County jail on Dec 15:

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

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“My Marvel hearing aids make everything sound great!”

“My Marvel hearing aids make everything sound great!”

“Even when it’s my turn to sing karaoke?”

Love at first sound.
Phonak Audéo™ Marvel.

Experience unparalleled hearing performance in any sound environment.

- Clearer, richer sound than ever before
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Always $295 A Maxi
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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 12/7/18.

$795 Phonak Q30

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 12/7/18.

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NOTICE OF PUBLIC HEARING TO CONSIDER COUNTY ORDINANCE NO. 18-19

NOTICE IS HEREBY GIVEN TO WHOM IT MAY CONCERN:

NOTICE is hereby given that the Highlands County Board of County Commissioners will hold a public hearing to consider for the purpose of enactment the following ordinance affecting the area shown in the map in this advertisement on December 18, 2018, at 9:00 a.m. or as soon thereafter as possible, in the County Commissioners’ Board Room of the Government Center, 600 South Commerce Avenue, Sebring, Florida.

ORDINANCE 18-19—

AN ORDINANCE AMENDING SECTION 3-1 OF THE CODE OF ORDINANCES, HIGHLANDS COUNTY, FLORIDA, PROVIDING FOR CONFLICT; PROVIDING FOR SEVERABILITY; PROVIDING FOR INCLUSION IN CODE; AND PROVIDING FOR AN EFFECTIVE DATE.

A copy of this notice is available for public inspection during regular business hours in the office of the Clerk of the Board of County Commissioners at the Highlands County Government Center, 590 South Commerce Avenue, Sebring, Florida 33870. The proposed Ordinance may be inspected by the public at the Highlands County Zoning Department, 501 South Commerce Avenue, Sebring, Florida 33870, between the hours of 8:00 a.m. and 5:00 p.m. Monday through Friday, except holidays. Inquiries or written testimony should be directed to Linda Conrad, Zoning Supervisor, at this address or by phone at (863) 402-6638. Photocopies may be obtained at this location for fifteen cents ($0.15) per page. Please reference the Ordinance when calling or writing.

ALL INTERESTED PERSONS MAY APPEAR AND BE HEARD AT THE TIME AND PLACE SPECIFIED ABOVE. ANY PERSON WHO MIGHT WISH TO APPEAL ANY DECISION MADE BY THE BOARD OF COUNTY COMMISSIONERS OF HIGHLANDS COUNTY, FLORIDA, IN PUBLIC HEARING OR MEETING IS HEREBY ADVISED THAT THEY WILL NEED A RECORD OF THE PROCEEDINGS, AND FOR SUCH PURPOSE, THEY MAY NEED TO ENSURE THAT A VERBATIM RECORD OF THE PROCEEDINGS IS MADE WHICH WILL INCLUDE THE TESTIMONY AND EVIDENCE UPON WHICH SUCH APPEAL IS TO BE BASED.

THE BOARD OF COUNTY COMMISSIONERS OF HIGHLANDS COUNTY, FLORIDA, DOES NOT DISCRIMINATE UPON THE BASIS OF ANY INDIVIDUAL’S DISABILITY STATUS. THIS NON-DISCRIMINATORY 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 MS. PAMELA ROGERS, ADA COORDINATOR, AT 863-402-6509 (VOICE), VIA FLORIDA RELAY SERVICE 711, OR BY E-MAIL, PROGRESS@HBCGO.ORG. REQUEST FOR CART OR INTERPRETER SERVICES SHOULD BE MADE AT LEAST 24 HOURS IN ADVANCE TO PERMIT COORDINATION OF THE SERVICE.


FOR COPIES OF THE PROPOSED ORDINANCE AND FURTHER INFORMATION CONTACT THE HIGHLANDS COUNTY ZONING DEPARTMENT (863) 402-6638.

BOARD OF COUNTY COMMISSIONERS OF HIGHLANDS COUNTY, FLORIDA
James L. Brooks, Chairman

Sebring man charged with domestic battery and kidnapping

By MELISSA MAIN

SEBRING — A Sebring man allegedly tried to strangle his girlfriend and force her to leave their residence by blocking her path to leave and by strangling her.

Craig Willa Vought, 27, of Sebring, was arrested by a deputy from the Highlands County Sheriff’s Office on Tuesday. Vought was charged with committing domestic battery by strangulation and domestic battery by forceful imprisonment.

The victim told the deputy that she had been in a verbal altercation with Vought, because ‘she did not want him to go back inside the home’. However, the scheme of things, she told the deputy that he had been drinking heavily.

After arguing with Vought, the victim reportedly made the decision to leave, but the suspect prevented her from leaving the premises. According to the victim, Vought grabbed her by the arm and pulled her away from the door when she tried to leave through that door.

The deputy reported noticing bruises on both of the victim’s upper arms where she told him that he had been grabbed.

Vought’s girlfriend told the deputy that her boyfriend had also been involved in the incident. According to the victim, Vought had been in contact with the victim, but he did not want to talk with her about the incident.

At one point, Vought was reported to forcefully grab the door with his body, as he tried to exit the room through the window. However, Vought, she told the deputy that Vought forcefully grabbed her and would not allow her to leave through the window.

While Vought was in the bedroom, the victim was able to leave the bedroom and head towards the front door, according to the report. However, she told the deputy that she could not escape through the front doors because Vought followed her and grabbed her. Vought, she reported, said to the victim that Vought had come out of her bedroom, and she was able to escape through the front door and run to her car. She called law enforcement from her vehicle and reported that Vought had fled the scene in a white Cherry Tahoe.

The deputy left the scene, but he found a vehicle matching the description near the intersection of Lane and Payne Road. The deputy queried the tag through consolidated dispatch and learned that the vehicle had been registered to the suspect. Vought was placed under arrest and placed in the back of the patrol car.

The deputy noted a “heavy odor of alcoholic beverage” coming from the suspect. Vought denied any contact with the victim, but he did say he was going to talk with an argument with his girlfriend.
CALL 863-655-4007.

863-465-0131.

Lake Placid
in Sebring
863-699-5444.

Sebring
in Sebring
863-471-1448.

AMVETS Post 21
in Sebring
863-471-3557.

American Legion Post 69 in Avon Park
— Shop captain crew 4-6 p.m. Call 863-453-4553.

American Legion Post 74 in Avon Park
— Grand Sale 8 a.m. to 2 p.m. Call 863-452-0579.

American Legion Post 74 in Avon Park
— Pancake AYCE for $8 at 5:30 p.m. Call 863-385-8902.

AMVETS Post 21 in Avon Park
— Call 863-465-0131.

Elks Lodge 2661 in Avon Park — Call 863-452-9853.

Elks Lodge 2661 in Lake Placid — Call 863-452-9853.

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Galvano's words are a breath of fresh air

Anyone who is not afraid of NRA super-lobbyist Mary Ann Murrell to have something going for himself.

Meg Whitman, Bill Galvano, R-Bradenton, who is the new Florida Senate president. Considered a mod-

eate governor of Florida, and former Ritz-Celebrant, recently by Lawrence Mower for a Tampa Bay Times

article. His words make music to our ears.

Galvano spoke of his dislike for the national
disorders that has been turned upside down in the last
past election season. He is a believer of reaching out
to members of both political parties, in this era of

Democrats. He doesn’t like name-calling.

A Senate president has the ability to change the national discourse, or to stem the tide of

daily deals in Washington. An era of social media and 24-hour newscycle,” he

said in the Times story that he could not begin

to predict what lawmakers will be facing in 2019

With a new governor in Ron DeSantis who will try

to make sense of nearly

a dozen amendments to the state constitution that

were approved by voters passed in November. And, he will be working

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To risk the ire of Hammer is equivalent to earning

enamored with.

Galvano is a 16-year veteran of the Legislature.

He faces a test as lawmakers make sense of nearly

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come back and I like for Football,” she said. “I contract despite all the Memorial Field. Football had been playing communities. 100 kids going to other Avon Park with more than program in the City of contract. As of May there removed from using the Park Youth Football so the City will be developing a program to move forward it is being maintained. Jacobs hopes the teen recreation department, the city is also more communities, the city is also looking at it. When people came from other towns it was theirs because that is possible to make a difference in the lives of students. I understand they were going to be charged thousands of dollars to use the field, but yet Avon Park baseball, they softball, they are charged nothing.”

Hopefully, it gets bigger and better every year. Dr. Saunders agreed. “This town needs that this is an annual event. It just floors me that we have full faith with the city. It is being maintained. We have full faith with the city. I have full faith with the city. The Boys & Girls Club of Sebring is the centre this an annual event. The programming needed skills, and WiFi to them to use the Avon Park softball, they are surrounded by people who care about them and who will listen to their problems and concerns. The Boys & Girls Club of Sebring is a nonprofit that promises to develop "Every Child’s Life” the kids to other communities, the city is also looking at it. When people came from other towns it was theirs because that is possible to make a difference in the lives of students. I understand they were going to be charged thousands of dollars to use the field, but yet Avon Park baseball, they softball, they are charged nothing.”

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This Boeing N2-S3 Stearman was delivered to the U.S. Navy in 1943 as a primary trainer, the first Stearman. The event featured different types of planes that were used during instruction, such as a twin-engine airplane like the AT-6, which has retractable landing gear. The drivers interact well with the pilots. They are in mutual awe of each other. We all love our classic machines. Theirs are on four wheels. “The drivers interact well with the pilots. They are in mutual awe of each other. We all love our classic machines. Theirs are on four wheels.”

PISTONS FROM PAGE 1A

During World War II, greatly reducing the number of aircraft and crew lost. Smith said, “Before the P-51, pilots had to leave too soon, and they couldn’t stay with the bombers. Once they had the Mustang, pilots could protect the bombers all the way into Germany. This contributed to winning the war.”

The first phase of instruction, he advanced to a basic trainer aircraft, such as the 1942 Valiant, which was also featured at the event. During this phase, the pilot sat in the front and flew a plane with a radio and more advanced instruments. During the third phase, pilots advanced to more complex and expensive planes, such as a twin-engine airplane like the AT-6, which has retractable landing gear. The pilots had to gain proficiency in this less advanced and less costly aircraft before being trained with on the B-17 bombers. Tony Greene, a pilot at the event, said, “I am tickled Tom gathers all of us together for this event. This is an event for military aircraft. This is a stellar event. The hospitality we receive from HSR is phenomenal.” HSR Communications Director Adam Saal said, “The drivers interact well with the pilots. They are in mutual awe of each other. We all love our classic machines. Theirs are the in the air, and ours are on four wheels.”

The drivers interact well with the pilots. They are in mutual awe of each other. We all love our classic machines. Theirs are on four wheels. “The drivers interact well with the pilots. They are in mutual awe of each other. We all love our classic machines. Theirs are on four wheels.”

This Boeing N2-S3 Stearman was delivered to the U.S. Navy in 1943 as a primary trainer, the first phase of training for pilots.

PISTONS FROM PAGE 1A

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The first phase of instruction, he advanced to a basic trainer aircraft, such as the 1942 Valiant, which was also featured at the event. During this phase, the pilot sat in the front and flew a plane with a radio and more advanced instruments. During the third phase, pilots advanced to more complex and expensive planes, such as a twin-engine airplane like the AT-6, which has retractable landing gear. The pilots had to gain proficiency in this less advanced and less costly aircraft before being trained with on the B-17 bombers. Tony Greene, a pilot at the event, said, “I am tickled Tom gathers all of us together for this event. This is an event for military aircraft. This is a stellar event. The hospitality we receive from HSR is phenomenal.” HSR Communications Director Adam Saal said, “The drivers interact well with the pilots. They are in mutual awe of each other. We all love our classic machines. Theirs are the in the air, and ours are on four wheels.”

This Boeing N2-S3 Stearman was delivered to the U.S. Navy in 1943 as a primary trainer, the first phase of training for pilots.

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Lifestyle for a couple of
for a shotgun, a bow or a
trade their fishing rods
Elite Series anglers to
offers a great way to
of my favorite offseason
Bassmaster angler Cliff Pirch likes to hunt

FILE PHOTO

Selig's Vol Gonzalez (2) heads the ball in a past match. The Blue Streaks lost to Lake Wales by a score of 1-0 on Thursday night.

CHRIS CAMPBELL/CORRESPONDENT

CHRIS CAMPBELL/CORRESPONDENT

The third annual Historic Sportscar Racing (HSR) Classic Sebring 12 Hour hit

Special "On Fire" Note: Despite

Special "On Fire" Note: Despite

Special to HIGHLANDS NEWS-SUN

The No. 63 2007 Porsche 997.1 Cup of Dave Doddsyjuk races at Sebring on Saturday.

The No. 63 2007 Porsche 997.1 Cup of Dave Doddsyjuk races at Sebring on Saturday.

John Heineman throws his No. 33 Corsette Dayton prototype at Sebring International Raceway on Saturday.

The Vees briefly led into halftime with a combination of good defensive play and team possession.

The second half saw Lake Wales with a surge in attack as they maint-

improved your fishing

A few of the lessons I learn in the woods can be applied to my trips on

Even if you're not in a hunter, there might be

I often overlook that could improve your fishing

In the wild you either

just another
good hunting story where

I love fall because one of

I have learned that there are

similarities between fishing and hunting in

in the woods can be

amplified by my trips on

ever in the woods. Even if you're not

there might be some things that you're

what a hunter.

In the woods you either

you're overlooking that could improve your fishing

several scoring oppor-
tunities created as they

forced several Lake Wales
defensive turnovers. The Blue

The Blue Streaks failed

The Blue Streaks failed

Lake Wales

and provide enough

Time in the woods is important

Bassmaster Elite angler Cliff Pirch likes to hunt

The No. 63 2007 Porsche 997.1 Cup of Dave Doddsyjuk races on the track at Sebring. The team had a strong showing in the race-opening round, Seiler took the No. 127 to the finish line in the second

COURTESY PHOTO

Astonishingly, 39 seconds after

The team of Verna Knishka, Doris Weeks, Margaret Schultz, second place with a score of 40 was Barb Sydenstricker, Joyce

Margaret Schultz, second place with a score of 40 was Barb Sydenstricker, Joyce

To win on the links

It’s nice to get away

I love fall because one of my favorite

I love fall because one of my favorite

I love fall because one of my favorite

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After winning the

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Hammond Half Marathon and 5K

The Friends of Highlands Hammock State Park will present the 11th Annual Highlands Hammock Half Marathon & 5K at the park on Saturday, January 19 with a 7:30 a.m. start for both distances. The Central Florida Striders running club under the direction of Chuck Brokell will manage race timing and scoring. All proceeds from the event will benefit park projects. Entry fee for the 5K is $20 and Half Marathon fee is $40 (plus tax). Late fees are $25 for the 5K and $30 for the Half Marathon thru race day registration. Participants will get a custom designed sport tech tee, awesome in both races, food, fun and a great chance to test their skills in the New Year.

Check payable to Central Florida Striders along with entry form may be mailed to race director Brokell at 3130 Pat Road, Sebring, FL 33872 or you may register online at http://enduranceprinting.com/race. The half marathon may be run by an individual or by a team relay for the 5K. Those desiring to form a relay team should contact the coach at chbrokell@gmail.com to discuss details and special relay grouping. The Half Marathon includes almost 3 miles of paved trails throughout the park. The Hammond Half is a challenging course, but it will be a chance to partake in one of the park’s seldom traveled sections.2

Anyone needing an entry form may email Brokell at chbrokell@gmail.com and he will get one out to you right away.

Sebring Senior Softball

Sign up now for Sebring senior softball. If you were born before 1950 you are eligible for the over 50 league. Call John Kloet at 813-606-7562.

To sign up for the 50 and over league call Gary Kindle at 825-2305. Starting time for 70 league is 10 a.m. on Thursday and Thursday The 13 and over league plays at noon on Tuesday and Thursday. This is a designated senior level and are taught by Professional Horace Thakkar. Those desiring to form a team, please visit lpsoftball.com.

The Central Florida Striders running club under the direction of Chet Brokell will manage race timing and scoring. All proceeds from the event will benefit park projects. Entry fee for the 5K is $20 and Half Marathon fee is $40 (plus tax). Late fees are $25 for the 5K and $30 for the Half Marathon thru race day registration. Participants will get a custom designed sport tech tee, awesome in both races, food, fun and a great chance to test their skills in the New Year.

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by the U.S. Food and Drug

In the last century, gene therapy began to be approved for use in the research lab. However, over 20 years ago, gene therapy as a possible therapy product is now in the research lab. But gene therapy products are now beginning to be approved by the U.S. Food and Drug Administration for clinical use.

by SUZY COHEN

Frankincense is popular around Christmas time and the resin and oil have been used for ages. Frankincense resin is extracted out of trees that belong to the genus Boswellia, and it is a powerful painkiller for many physical conditions. There are many scientific papers supporting the use of boswellia for rheumatic and rheumatoid arthritis, as well as knee pain, back pain and more.

1. It Reduces Pain

Frankincense is a powerful painkiller. It can reduce pain in conditions such as rheumatoid arthritis and osteoarthritis. It has been found that boswellia is effective in reducing pain in a variety of conditions, including chronic lower back pain, osteoarthritis, and rheumatoid arthritis.

2. It Eases Asthma Symptoms

Frankincense oil has been shown to be effective in reducing asthma symptoms. It has been found that boswellia can help to reduce the severity and frequency of asthma attacks.

3. It Helps Reduce Inflammation

Frankincense is a powerful anti-inflammatory. It has been shown to reduce inflammation in a variety of conditions, including rheumatoid arthritis, osteoarthritis, and inflammatory bowel disease. It is also effective in reducing inflammation in the brain, heart, and lungs.

4. Restricts the Growth of Cancer

Frankincense has been found to be effective in restricting the growth of cancer cells. It has been shown that boswellia can help to reduce the growth of cancer cells in a variety of conditions, including breast cancer, prostate cancer, and lung cancer.

Addressing heart disease critical to reducing deaths

Heart disease remains the leading cause of death in the U.S. and stroke continues to rank fifth, according to the American Heart Association, many of the top 10 leading causes of death are related conditions that are behind an important expansion of the organizations’ lifework.

Addressing diabetes and over-all brain health are essential in our overall mission to be a relentless force for a world of longer, healthier lives. There is an expanding body of scientific evidence that supports a link between cardiovascular disease risk, cognitive decline and Alzheimer’s disease. The Association is investing millions of dollars into research to learn more about how the circulatory system affects cognitive impairment. Additionally, more education resources on the connection between the heart, brain health and stroke prevention are being developed. Research shows people living with diabetes are at least twice as likely to develop and die from cardiovascular disease. Working with the American Diabetes Association, the Association recently launched a landmark health initiative – Know Diabetes by Heart™ – aimed at reducing cardiovascular deaths, heart attacks and strokes in people living with type 2 diabetes.

This Mortality Data Report also shows infant deaths from congenital malformations decreased in 2017. Benjam” said while the report doesn’t specify death rates for specific types of congenital malformations, this is heartening news as it could reflect fewer cases of gastrointestinal disorders.

While reducing prevalence and deaths from heart disease and stroke has long been the mission of the American Heart Association, many of the top 10 leading causes of death are related conditions that are critical to reducing deaths through lifestyle changes and medical care.

Heart disease is the leading cause of death in the U.S. and stroke continues to rank fifth, according to the American Heart Association. It is also a major cause of morbidity and mortality. However, 2017 was the third year in a row where U.S. life expectancy fell. A rare event that has only occurred three times in the last century. One other three-year decline occurred in 1916, 1917 and 1918, when the world was in the midst of pandemic in modern history eliminated nearly 7% of the US population. While this is a worrisome timeline, let’s look at what we know and do not know yet from this recent report.

The annual report

Addressing heart disease critical to reducing deaths

Heart disease remains the leading cause of death in the U.S. and stroke continues to rank fifth, according to the National Center for Health Statistics Mortality Data Report for 2017. There was a slight decrease in deaths from stroke this year from any major movement in these areas has been a trend we’ve seen in the last couple of years,” said Dr. Benjamin. M.D., president of the American Heart Association. “It is discouraging after experiencing decades when heart disease and stroke death rates both dropped more dramatically. We know there is still much work — now work — to do to turn this trend around.”

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Yoga For Life

By NANCY DALE
Yoga for the Love of It

There are many types of Yoga: Iyengar, Bhakti, Yin, Bikram and Karma. Embracing a different need for practitioners, some Yoga is fast moving and focusing on the different types of Yoga, every practitioner is moving besides the spiritual environment, improving their physical benefits of practicing Yoga, the greatest benefit is a balanced life.

A personal Yoga practice that goes everywhere in life with the “Yoga” is the joy of learning to learn even though many postures are difficult to initiate. Yoga takes practice, concentration and dedication like any other long term program, to improve inner/outward progress and live a fuller, healthier life.

One interesting group of individuals that share the capacity to learn and practice Yoga in their daily work are local cowboy “wranglers” who “work cattle” in open fields, palmettos, swamps and marshes. These wranglers are local cowboy practioners. The ability to laugh at our postures as we learn Yoga, we always turn a pose for the camera! Everyone present for the camera poses for a fun photograph.

Yoga requires little physical effort, but it will take some time for them to fully adopt the poses as a daily practice. However, they are already applying the physical principles of Yoga as they ride sitting up with a long straight spine in the saddle, twisting from left to right side the horse with the reins and tightening the thighs to guide them back into the herd. These cowboy wranglers are practicing Yoga without realizing it!

There are many types of Yoga: Iyengar, Bhakti, Yin, Bikram and Karma. Embracing a different need for practitioners, some Yoga is fast moving and focusing on posture, waving to other class members to join in on the fun. Yoga has many serious applications but practicing Yoga is fun. The body benefits from Yoga as it generates energy to do what is necessary in improving everyday motion, posture and flexibility in yoga class, even when we lose interest in difficulty lengthening the body, feel stiff and uncoordinated initiating some postures as we learn Yoga, always turn everything with laughter. Yoga brings out the best in each person especially the ability to laugh at our postures. As we practice in the picture of these Wranglers, they are having fun doing this version of Tadasana Yoga pose for the camera.

For every person there is a Yoga practice that enhances well-being, especially a sense if humor. Yoga is fun!

Yoga takes practice, concentration and dedication like any other long term program, to improve inner/outward progress and live a fuller, healthier life.

Yoga is one that is a joy to practice Yoga in their daily work. The greatest benefit is “fun.” Meditation. However, there are many types of Yoga emphasize a different need for practitioners, some Yoga is fast moving and focusing on posture, waving to other class members to join in on the fun. Yoga has many serious applications but practicing Yoga is fun. The body benefits from Yoga as it generates energy to do what is necessary in improving everyday motion, posture and flexibility in yoga class, even when we lose interest in difficulty lengthening the body, feel stiff and uncoordinated initiating some postures as we learn Yoga, always turn everything with laughter. Yoga brings out the best in each person especially the ability to laugh at our postures. As we practice in the picture of these Wranglers, they are having fun doing this version of Tadasana Yoga pose for the camera.

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For every person there is a Yoga practice that enhances well-being, especially a sense if humor. Yoga is fun!
Hearing aids and ear wax make for a bad combination. If you do not wear hearing aids, you already know this. However, not all hearing aids will migrate out of the ear. The ear canal can act as a little channel that move the wax right out on to other "little" things. If you do wear ear wax while using hearing aids, it can cause damage. If you wear hearing aids then your ear wax may build up and need to be professionally removed by your hearing care provider.

If you wear hearing aids up to 16 hours per day then it is possible that your ear wax will build up and develop into ear wax. Not only will it affect your hearing, it will go into your hearing aid and affect how your hearing aid amplifies.

So how do you know if you have a wax problem with your hearing aid?

There are a few signs to look out for:

1. If you see wax on the outside of the hearing instrument when you take it out then there may be some build up inside the ear as well. If it occurs every time you take out wax then you should see your hearing health care provider to check out wax and remove the wax if necessary.

2. If the wax gets into your hearing aid, it can cause static if it comes through the microphone or speaker. This will affect how well your hearing aid works. Wax can cause many problems for you and your hearing. You should clean your hearing aids every month before putting your hearing aid on. The wax will build up overnight and will easily take out wax. You need lessons on teaching or assistance, step in and we will help you. Everyone should have their hearing aids professionally cleaned a minimum of every six months. Your ear should also be inspected at least once a year. If there is wax in the ear canal then it would be removed. If you get a lot of wax, you may need to have these services more frequently.

Another little tidbit is that as we age our ear canals get smaller and ear wax can also sag at night when we sleep. So the sagging, canal canals sag. Ear canals that as we age our ear glands and they help to move the sticky substance down and out the ear canal. As we get older our ear canals to collapse, will also act as a dam up to 16 hours per day from exiting the ear.

This can happen to everyone. There are little hairs that migrate out of the ear. You already know this. As we get older our ear wax make for a build up either in and out of our ears. If ear wax gets built up then you do not hear as well. If the ear wax goes into your hearing aid, it can cause damage. If you wear hearing aids then your ear wax may build up and need to be professionally removed by your hearing care provider.

Ear wax can cause many problems for you and your hearing aid.

1. Blocking the hearing aid or in the ear it will change how the aid sits in the ear. The wax will need to be removed.

2. Wax can get into the battery compartment of hearing aids and it usually does. This will cause poor contact with the batteries. The aid may not work at all. Or it will intermittently shut on and off. The aid can totally stop amplifying. If enough wax gets in the microphone or the receiver then the sound can not get in or out of the hearing aid depending on what is being blocked.

3. Sometimes when this happens (if you have a memory button) when you press the button you can hear the announce- ment of “one” or “restau- rant” or whatever your memory programs are set tell you … you can’t hear anything else. This is because the receiver inside of the aid is blocked and won’t let any sound come through. As you can see ear wax can cause many problems for you and your hearing. You should clean your hearing aids every month before putting your hearing aid on. The wax will build up overnight and will easily take out wax. You need lessons on teaching or assistance, step in and we will help you.

1. If there is wax in the ear canal then it could be removed. If you get a lot of wax, you may need to have these services more frequently.

2. The more often we hear about the fundamental causes of all deaths, we see so many connections that what we do and the risk factors that lead to heart disease and stroke, “is that we don’t take action,” he said. “We are committed to improving all lives, saving lives and improving your health, and we will continue to expand our work with this broad mission in mind.”
Placid Lakes, Lake June Access!

Lovely 3/2 home at 904 E Carolina Rd. Screen porch, w/outside deck & Jacuzzi; reverse osmosis & rights to boat to Lake Placid & Lake June. $179k. 863-699-6772

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$2,100

6/2/2019

1 bedroom/1 ba, 240 sq ft.

in pocket

$500

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Homes for Rent & Sales in Highlands County

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"It may not change every cell in the body, it might have the potential to alter the quality of life for these patients." —David, MD

**Potential of gene therapy**

Gene therapy has recently approved gene therapy as a treatment for certain types of genetic diseases like retinitis pigmentosa. Gene therapy has also been employed as a treatment for genetic liver disease, bone disease, diabetes, HIV, and many other conditions.

Possible outcomes of gene therapy are made up of billions of base pairs and approximates 20,000 genes. Finding the right pathway can be critical to make sure your overall treatment plan is in place in the best possible way that targets the specific path you want to take in order to achieve the most effective results. How do you target the cells you want to treat? Try to start with a low dose and work up to the dose that is right for you and your individual profile. The entire team at CareOne will work with you to ensure that you are making the right decisions for your health and wellbeing. If you have questions about your care, our team is here to help you. Call 1-800-CAREONE (227-3663) to speak with our trained nurse today.
Hepatitis A in Florida: A Preventable Disease

By Dr. SUSAN CRUM PhD

SPECIAL TO HIGHLANDS NEWS-SUN

A group of symptoms is typically the first sign of hepatitis A. These include:
- Fatigue
- Loss of appetite
- Feeling tired
- Nausea
- Stomach discomfort
- Fever
- Dark or clay-colored stools
- Pale or yellow skin

These symptoms are caused by the hepatitis A virus, which is highly contagious and can be spread through contact with infected fecal matter.

The hepatitis A virus is transmitted through contact with the feces of an infected individual. It can be spread through contact with people who have the virus, direct contact with contaminated materials, or through the consumption of contaminated food or water.

The virus can cause a range of symptoms, from mild to severe, and can be difficult to diagnose. It is important to seek medical attention if you think you may have been exposed to the virus, as early treatment can help prevent complications.

To prevent the spread of hepatitis A, the Florida Department of Health is encouraging people to get vaccinated. The vaccine is highly effective, and the benefits of vaccination far outweigh the risks.

The department is also reminding people to wash their hands properly after using the bathroom and before eating or preparing food. This will help prevent the spread of the virus and keep people safe.

In conclusion, hepatitis A is a preventable disease. With awareness, education, and vaccination, we can work together to eliminate this disease and protect ourselves and our communities.

Dr. SUSAN CRUM PhD
How to combat background noise

Background interference gets you down?
To improve your ability to hear and understand in background noise, try using some basic communication strategies. For example, ask to be seated away from the kitchen if you are going to a noisy restaurant, or choose an eatery that has good acoustics. Carpet on the floor prevents sound from bouncing around.

Technology Tip: Advances in hearing devices have made clever use of microphones work better than one. Adaptive Dual Microphone technology recognizes the origin of background noise and automatically reduces it while focusing on sounds you want to hear.

If you are new to wearing hearing devices, your own voice may sound strange...like you are talking in a hollow barrel. Even your own chewing can sound loud! This effect is called occlusion and is caused by the ear mold completely filling the ear canal. Vibrations made by the sound waves of your voice are trapped, making it sound louder. In most cases, creating a vent through the hearing device to unblock the ear solves the problem by allowing the vibrations of your voice to escape. Some hearing devices come with a pressure relief vent to equalize the air pressure in the ear, but these are often too small to reduce the occlusion effect. Thus, it may be necessary to have your audiologist create a larger passage in the hearing device.

Technology Tip: Open Fit technology can effectively eliminate occlusion. This type of hearing device keeps the ear canal open by using a small tube with a speaker instead of a traditional ear mold. Does your hearing device squawk? Everyone has heard that. "Tingles" in your hearing device? The noise is a crack in the hearing aid, or the hearing aid. Everyone has heard that. "Tingles" in your hearing device? The noise is a crack in the hearing aid, or the hearing aid.

We recommend you ask your audiologist when you place it near a phone or take it out earwax in your ear canal.

Dr. Robert Hooper
Doctor of Audiology

LEASE YOUR HEARING AID! Here’s Why...

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• Convert your lease to purchase anytime
• Limited time offer
• Five-year warranty
• Free repairs, including parts and labor
• Free batteries for the duration of the lease
• Convert your lease to purchase anytime
• No large out of pocket expense

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FREE

• Bone Conduction Test
• Speech Test
• Tone Test
• Lifestyle assessment
• Hearing Health History
• Video Otoscope Exam

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• Speech Test
• Tone Test
• Lifestyle assessment
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HIGHLANDS HEALTH
Americans to begin saying their goodbyes to George H.W. Bush

His body arrives in Washington for public viewing in the Capitol Rotunda on Monday

By DARLENE SUPERVILLE and MAN MORENO

WASHINGTON — Americans will begin saying goodbye to former President George H.W. Bush on Monday when his body arrives in Washington for public viewing in the Capitol Rotunda — a rare honor that will be bestowed on a man who earned the respect and admiration of many with his leadership, bravery and grace.

The public viewing will kick off four days of events that will include a state funeral at Washington’s National Cathedral on Wednesday and a private service at Bush’s longtime church in Houston on Thursday. But tributes from leaders around the world have been pouring in since his death Friday night.

Former Secretary of State Colin Powell called him “a perfect American” for how he served the country in so many capacities.

“He never forgot who he was,” Powell, chairman of the Joint Chiefs of Staff during Bush’s presidency, told ABC’s “This Week” on Sunday. “He never let it all go to his head. He was a man of great humility.”

Bush, who died at his Houston home at age 94, will be buried Thursday on the grounds of his presidential library in Texas after services in Washington, D.C., and in his home state of Mississippi.

In Washington, D.C., he will lie in state in the Rotunda from 7:30 p.m. Friday to 8:45 a.m. Wednesday. President Donald Trump, who ordered federal offices closed for a national day of mourning on Wednesday, will attend a private service at Bush’s library at Texas A&M University.

In Houston, Bush on Monday when his casket arrives at the Houston home at age 94, will be served the country in so many capacities.

“Hey, he’s a one-term pres- ident … but he is going to be and was a very consequential one-term president. And I would argue far and away the best one-term president we’ve ever had,” Baker told ABC’s “This Week.”

In his July 15, 2013, file photo, U.S. President George H.W. Bush holds a camera at arm’s length during a visit to a U.S. Marine base in Afghanistan.

U.S. China trade tensions are easing as Trump and Xi reach a 90-day cease-fire in a trade dispute that has rattled financial markets and threatened world economic growth. The breakthrough came after a dinner meeting between President Donald Trump and Chinese leader Xi Jinping at the Group of 20 summit in Buenos Aires.

Trump agreed to hold off on plans to raise tariffs Jan. 1 on $200 billion in Chinese goods. The Chinese agreed to buy a “not yet agreed upon, but very substantial amount of agricultural, energy, industrial” and other products from the United States to reduce “America’s huge trade deficits with China,” the White House said.

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In this Jan. 1, 1993, file photo, U.S. President George H.W. Bush holds a camera at arm’s length during a visit to a U.S. Marine base in Afghanistan.

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US, China put brakes on trade dispute with cease-fire

Trump-Xi talks produce a 90-day hold for US tariffs on China

By PAUL WISEMAN, ZEKE MILLER and CATHERINE LUCY

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Newly-elected Nikki Fried promises audit of gun program

By SAM MEDNICK Tampa (AP) — A newly-elected Florida commissioner of Agriculture and Consumer Services on Sunday said she plans to order an audit of the gun program in the state following a recent federal investigation.

Newly-elected member of Congress admits he may have broken law

TAMPA (AP) — A newly-elected member of Congress was arrested on Sunday and ordered to appear in court on charges of violating the public trust.

TAMPA (AP) — Florida's newly- elected agricultural commissioner is acknowledging that he may have broken state and federal financial laws.

By ALYSU ODEHHEIMER Bloomington (AP) — Israeli police again say they can't say what caused a crater along a road in southern Israel.

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By GARY FINNIGAN Tampa (AP) — Florida's newly- elected agricultural commissioner is acknowledging that he may have broken state and federal financial laws.

By JUAN MUNOZ South Florida Sun-Sentinel (AP) — African women and girls have been raped or whipped in an attack on a peace deal humanitarians have been trying to reach aid.

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Some evacuation orders lifted for California wildfire area

PARADISE, Calif. (AP) - Officials have lifted evacuation orders for some Northern California areas as the state's deadliest wildfires but said no traffic will be allowed into Paradise, which was the most devastated community in last month's Camp Fire.

The Butte County Sheriff's Office said Sunday residents of the neighborhood in nearly Mapapa can return to the area on noon on Sunday and public access would remain limited. But the communities that were ordered to evacuate, services, and authorities urged residents to ensure they have food, water and fuel for their vehicles before returning. They also advised residents not to use electric generators because of potential of flooding of current and that fire and utility crews were still working in the area.

The office said late Saturday that the Butte County Sheriff's Office and made it clear that there's no fire evacuees rest in the makeshift encampment in Paradise. The Severe weather in the Midwest are April and June. A 75 mph wind gust at Springfield, Illinois, which included Tornadoes were also reported downed power lines and that ripped roofs off homes, holes in the roofs or with no roofs at all.

If you've been referred to surgery in your arms and legs, you must read below...

No More Numbness, Tingling or Sharp Pains

A common treatment for many nerve injuries is surgery, and while it may get you back on your feet, it can also leave you with uncontrollable pain and numbness. The Numbness, tingling, and pain are extreme annoying problems. We can treat your arms or legs feel weak at times. Maybe you've even been to other doctors and they all claim the tests indicate you should feel fine.

How can this be your solution? Available To the First 25 Callers, 941-629-7600

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Anchorage resident C.J. Johnson stocks up on water and bread at a local grocery, after the morning’s 7.0-magnitude earthquake in Anchorage, Alaska, Friday. (AP Photo/Mark Thiessen)
Flu shot's influence on possible dementia is a good thing

DEAR DR. ROACH: I have heard that people with a history of Alzheimer’s disease should not get their flu shot because of a possible increased risk of dementia. Is this true?

Answer: The data I’ve seen are mixed, with some studies showing an increased risk and others showing no increased risk. I would recommend the flu vaccine for most people, including those with Alzheimer’s disease. Most people will not develop dementia with the flu shot. However, if a person has a history of developing dementia with other infections, it could be a concern for them.

DEAR DR. ROACH: I am a Type 2 diabetic. Blood sugar levels do not go above 100 after eating or when hungry, and I almost always have a lower level near sleep. What should I do?

Answer: It’s possible that you are hyperinsulinemic and you have hyperinsulinemia. Hyperinsulinemia is a condition in which the pancreas produces too much insulin, leading to low blood sugar levels. It can cause symptoms such as fatigue, dizziness, and weakness. There are several ways to manage hyperinsulinemia, including diet, exercise, and medication. I recommend consulting with a healthcare provider to determine the best course of action for you.

DEAR DR. ROACH: I recently had a colonoscopy and a biopsy of my colon lining. My doctor said I have eosinophilic colitis. I didn’t realize there was such a thing. What is it and should I be concerned?

Answer: Eosinophilic colitis is a chronic inflammatory disorder of the colon characterized by an infiltration of eosinophils. Eosinophils are a type of white blood cell that plays a role in the immune response to parasitic infections and allergic reactions. In eosinophilic colitis, the eosinophils accumulate in the colon lining, causing inflammation and irritation.

DEAR DR. ROACH: What is eosinophilic colitis? I have this and want to know more.

Answer: Eosinophilic colitis is a chronic inflammatory disorder of the colon characterized by an infiltration of eosinophils. It is a rare condition that affects the lining of the colon and can cause symptoms such as diarrhea, abdominal pain, and rectal bleeding. Treatment involves addressing the underlying cause of the inflammation, which can include medications, dietary changes, and lifestyle modifications. In some cases, surgical intervention may be necessary. It’s important to consult with a healthcare provider to determine the best course of action for your specific situation.

DEAR DR. ROACH: I have been diagnosed with Strongyloides. I hear it is very rare. How does this happen and how do you get treatment for it?

Answer: Strongyloides is a parasitic infection caused by Strongyloides stercoralis, which is a small nematode. It is estimated that 100 million people worldwide are infected with Strongyloides. The infection is typically acquired by ingesting contaminated food or water, or by contact with soil or feces containing the infective stage of the parasite. Treatment of Strongyloides typically involves administering antiparasitic medications, such as albendazole or mebendazole, to eliminate the parasites. Prevention involves good hygiene and avoiding contact with contaminated soil or feces.
ARIES (March 21-April 19). Just as the bodybuilder grows muscles by alternately exhausting and resting them, you will become emotionally stronger through bearing and releasing emotional burdens.

TAURUS (April 20-May 20). In this astounding world, so much that seemed impossible has already become part of daily life. Getting focused amid all of these options will be both challenging and very worth the effort.

GEMINI (May 21-June 21). You’re not working for the feedback, but you do need it to better understand how others are impacted by what you do. You’re not in it for the praise, laughter or applause, but this will let you know when you’re on the right track.

CANCER (June 22-July 22). The potential to be hurt goes up exponentially in a boat or in a relationship. But what would life be like without a boat ride or another person to bounce around emotional waters with? Take the risk. At heart, you’re a sailor.

LEO (July 23-Aug. 22). Part of your job is to teach others, so it gets a little frustrating when they don’t seem to be learning. It might help you to think in terms of helping others find what’s inside them.

VIRGO (Aug. 23-Sept. 22). To breathe easy — that’s the goal in all areas today. Widen the margins. Give yourself a bigger berth. Be generous with the best things, such as compassion and kindness.

LIBRA (Sept. 23-Oct. 23). You’ve a large capacity for reason, but don’t forget to keep dreaming. Those who will tamp down ideas with too heavy a dose of logic and practicality are no more correct than imaginative fools.

SCORPIO (Oct. 24-Nov. 21). The pleasure of creating and playing is so often squashed by the pressure to do so. That’s why you can in any way keep money out of the equation and let your mind go wild.

SAGITTARIUS (Nov. 22-Dec. 21). The advances are exciting when they come, but do keep in mind that there’s inevitably more awkwardness in growth. One part gets bigger faster; the other has to catch up. Take heart in knowing that this is par for the course.

CAPRICORN (Dec. 22-Jan. 19). It’s hard to say why you feel the way you do, and if you can’t come up with a good enough answer, you might talk yourself out of the feeling. But just because you don’t know the origin of the feeling doesn’t make it incorrect.

AQUARIUS (Jan. 20-Feb. 18). How do you get there? One foot in front of the other. Inch by inch, bit by bit. The biggest challenge will be consistency. Break the activity down into small parts and the consistency will cease to be an issue.

PISCES (Feb. 19-March 20). When you can solve the problem in a few steps, you will. No complaint. The complaint only happens when you’re not sure how to solve the problem. Ideally, the complaint will inform you and not be a substitute for the solution.

TODAY’S BIRTHDAY (Dec. 3). The congruence of speech and action will be key to your success. It’s a simple chain. You’ll say what you’re going to do, do it and then say what you did. More highlights of the year include a responsibility that falls to you, a sharp increase in the reach and efficacy of your social network, and a sweet romantic connection. Libra and Leo adore you. Your lucky numbers are: 7, 21, 8, 40 and 11.
Voices by Josh Hutcherson, John Cleese, Martin Short and more. (NC-17) No one 17 and younger admitted.

guidance for attendance of children younger than 12. material possibly unsuitable for children; some scenes may be disturbing to children. he believes betrayed him. With Tremaine "Trey Manor, " Judah Lewis) to get videotape of Santa by a sister and brother (Darby Camp, Ximena Sariñana)."

The possibilities. Choir; and, for New York, Philharmonic-London Sinfonietta. The self-labeled holiday fanatic Brown confronting the materialism of "Black Friday." With Toddy Walters, Jude Moran. Written and directed by Jon Stonebraker. (1:26) NR.

"The Last Christmas" starring Emilia Clarke, Henry Golding and more with guests Angela Kinsey, Joel McHale, Jennifer & Justin Blum, "Christmas on the Home Front"

TV holiday joy means "Wonderful Life," romance, Santa...

"The Christmas Chronicles, " A 4-year-old boy travels in a sleigh full of new waning moviegoers. The film's depiction of extremely violent Chinese "Crazy Rich Asians" was a hit at the box office, but, like most comedies, it hasn't held as much of a season ahead as it was in the U.S., it's census-funded first-month revenue. The film's performance in China, however, is expected to be weak for Warner Bros. Its planned sequel, "Crazy Rich Asians 2," is expected to make more of a dent in the world market.


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Winston stays hot, sets franchise mark

By FRED GOODALL
AP Sports Writer

TAMPA — Jameis Winston threw for 249 yards and two touchdowns to lead the Tampa Bay Buccaneers to a 24-17 victory over the reeling Carolina Panthers on Sunday.

Winston threw TD passes of three yards to Adam Humphries and 13 yards to Chris Godwin in the first half, moving the No. 1 overall pick from the 2015 draft ahead of Josh Freeman as Tampa Bay's current touchdown pass leader with 81.

The Bucs (5-7) won for the second straight time since Winston regained his starting job with team amid a four-game losing streak.

"It was a production when we don't turn the ball over — when he doesn't turn the ball over — it's always going to be them," Koetter said. "Jameis is a fantastic player, and sometimes that gets negated by turnovers," Koetter added. "You could see the last two weeks where we don't turn the ball over we've got a lot harder to beat." Winston completed 20 of 30 passes, following up on a turnover-free outing during the previous week's 27-7 victory over the San Francisco 49ers. He also led the Bucs in rushing with 48 yards on five attempts.

"I thought Jameis hurt us big time with his mobility, tucking the ball

By JACOB HARR
Staff Writer

North Port goal-keeper Alvaro Amaya could be playing on the front side of the field and probably be toward the top of his team in scoring.

He has the speed, mobility, tucking the ball, doesn't turn the ball over — when he doesn't turn the ball over — when we don't turn the ball over, it's always going to be them," Koetter said. "Jameis is a fantastic player, and sometimes that gets negated by turnovers," Koetter added. "You could see the last two weeks where we don't turn the ball over we've got a lot harder to beat." Winston completed 20 of 30 passes, following up on a turnover-free outing during the previous week's 27-7 victory over the San Francisco 49ers. He also led the Bucs in rushing with 48 yards on five attempts.

"I thought Jameis hurt us big time with his mobility, tucking the ball

By STEVEN WINE
AP Soccer Writer

Miami gets last laugh on Phillips

By RALPH D. RUSSO
AP College Football Writer

Who’s in?

Miami gets last laugh on Phillips

The Dolphins (8-6) snapped a two-game losing streak and won for only the third time since Week 3, helping their slim playoff chances. The Bills (4-9) will play their customary role of spoilers in the final weeks, assured of finishing at 500 or worse for the 10th time in the past 19 years. Phillips had said he wanted to settle old scores after being released by the Dolphins in Week 5, but his eager- ness to get the last word backfired.

"I thought we had a team that was a team that can make a run," Sooners coach Lincoln Riley said on ESPN. "So we get a team that's a lot better than two. Winning a conference championship is better than not. Go with the team that didn't get shown out."

Miami was trying to end a three-game losing streak in a matchup of seven-time Super Bowl champs, but the Dolphins had been in a four-game losing streak. The Dolphins (8-6) snapped a two-game losing streak and won for only the third time since Week 3, helping their slim playoff chances. The Bills (4-9) will play their customary role of spoilers in the final weeks, assured of finishing at 500 or worse for the 10th time in the past 19 years. Phillips had said he wanted to settle old scores after being released by the Dolphins in Week 5, but his eagerness to get the last word backfired.

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Dolphins

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AP College Football Writer

Who’s in?

College Football Playoff

By RALPH D. RUSSO
AP College Football Writer

Heisman Trophy rival run- ner-up quarterbacks — Baker Mayfield of Oklahoma and the Tua Tagovailoa, who sprained his ankle in the Southeastern Conference championship game Saturday and is expected to miss at least two weeks. No. 2 Clemson (13-0) plays No. 3 Notre Dame (12-2) in the Cotton Bowl on the same day. The winners meet in the championship game on Jan. 7 in Santa Clara, California. The rest of the New Year’s Four?
Berhalter hired as US coach

By ROBERT BLUM
AP Sports Writer

Gregg Berhalter was hired Sunday to coach the U.S. men’s national team, making him the first picking of the new era after the playing for the Americans at the World Cup.

Berhalter, who spent the past five seasons as coach of Major League Soccer’s Columbus Crew, represents a generation younger than the last full-time coach for an American team steered by its Italian to reach this World Cup after seven straight appearances for the country’s senior team.

A native of Englewood, New Jersey, Berhalter grew up in a team of soccer players alongside his father, former Columbus Crew captain Christian Stolitzky at Saint Bernadine’s School. The 45-year-old was long viewed as the heir apparent to Bob Bradley, who stepped down for nearly 14 months.

“He is a coach who is learning at all times,” said U.S. general manager Dave Sarachan.

Berhalter is a godson of baseball Hall of Famer Cal Ripken Jr., 47-year-old brother, Jay, is a U.S. Soccer Federation’s commercial and strategy officer.

Berhalter started his coaching career at second-division Morgan State and was hired by Columbus in 2013, serving as technical director for Portland in the 2015 MLS final and the 2017 Eastern Conference final before the Columbus job.

Kissimmee in November 2016 after a 4-2 start in the final round of qualifying. The Americans fell one point short of the first seven points in the final group in 2017 to finish 2-3-1 in the final group in 2017 to finish 2-3-1 in the table after defeating Jamaica in the final game of the group.

The first two picks for the U.S. men’s team, Brad Davis and Bobby Wood, transfer to Germany. Berhalter’s system of collecting and evaluating a variety of prospects for each position will be consistent with the team’s formation.

Throughout the five years of play-off selection, there will be less than three in the final group in 2017 to finish 2-3-1 in the table after defeating Jamaica in the final game of the group.

The committee didn’t have the luxury of having one consistent data point throughout the five years of play-off selection. No team with more than one loss in the playoffs made the final cut. Of the 20 teams that have earned points in the playoffs, only one won a conference title.

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FROM PAGE 1
 fron the back. Even in games we've played against IQ.
 aggressive charges. tips and sometimes not just his reaction to
 come through," he said. It gets really intense." and once you get into it, where, it's easy to follow
 He's that player. He's that competitive depth for
 divisions, providing all levels of play, and featured a vendor
 ran through Dec. 2. 190 and 200 players played in 30 of 37 matches this past weekend.
 tournament co-director. Charlotte High School
 went up for 14 runs. Florida College guard Jake Noll hit .265 in 13 games for the St. Lucie Ports of the Arizona Fall League. The North Port Girls at
 North Port Boys vs. Riverdale, 7:30 p.m.
 Venice Boys at Braden River, 7 p.m.
 North Port Girls at Venice, 7 p.m.
 North Port Girls vs. Port Charlotte, 7 p.m.
 North Port Boys vs. Venice, 7 p.m. 

## NATIONAL TOURNEY INCREASES EXPANSION FOR SPORT

**By Ben Bauch**

Senior defensive specialist for the University of Tampa, Nicksen Blanc of Young Harris, Ga., is one of the top players in the nation. The 5-foot-9 Blanc is a four-year letter winner and has been named an All-American his last three years. He has won the National Indoor Tennis Championship three times and made it to nationals four other years.

**MID-SOUTHERN HOMES**

Two local athletes celebrate national championship

**By BARBARA BOXLEITNER**

North Port has strug
gled to find the past 17
years. In 17 games, the Bobcats have gone 4-13, 3 and allowed an average of 2.5 goals per game.

With Amaya now in net, he's allowed 1.7 goals per game in a relatively small sample size, but it's not just his reaction to attacking tacklers, keeping tips and sometimes aggressive changes.

A junior, he takes it upon himself to lead the team from behind, using his voice and soccer IQ.

"Some of these guys we’ve played against in club and we know their teams, so we know what we're coming to going forward," he said. "I just try to do anything I can to get back my feet when it happens."

When the ball goes over the back of the box when it becomes an even game. In some games, it seems like a lot, it's all about communication and timing between the two that becomes crucial.

"I'm just making sure they're sticky with it, especially runners coming deep as the midfield and just making sure they're keeping up, and not letting them get a good shot through," he said. "Everyone here that's played soccer for 13 years, but there's no coach that has always been a soccer player, there's no coach that has always been a soccer coach, so we do our best to set up the best team possible for the boys."

"It's a very important factor for our team," North Port Forward Camilo Arango said. "If you've seen the games that we've lost, we've lost it because we have a set back there that can play with his feet and his hands. Stepping up is the key to the occasion."

Amaya has become a strong asset, thwarting more offensive attacks for the Bobcats. But that's not because he made a goal or he handles a ball, it's because he's a player.

"He understands that player, that he works with who will show his emotion any time a goal gets through him, he constantly aspires to impress his team," he said. "They look to him, they listen to him and respect him because they see the work ethic that he does."

"He's the first one I'm walking out of the stadium throwing his bag over his shoulder. He's a guy that made a bag and threw it. He's a guy that never gives up," Amaya said.

"We just played brothers going at an early age."

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**Wade’s late free throws lift Heat past Jazz**

MIAMI — Dwyane Wade made a pair of free throws with 3.2 seconds left for the winning scores, and the Miami Heat rallied from a 17-point deficit into a one-point win over the Utah Jazz — and possibly a new lease on life.

Wade made a turnaround jumper for a 97-89 lead with 1:32 left in OT when the Jazz ran out to a 19-9 run in the middle of the fourth quarter, yet still made victory over UFCA

Geist scored a 3-point basket with 2.4 seconds left to take the lead into the halfcourt buzzer, but Collin Smith’s missed a chance to win it at the margin.

The Jazz were down 0-9 with 1:32 left in OT when the Jazz ran out to a 19-9 run in the middle of the fourth quarter, yet still made 19 of 29 shots.

Scott shot 13 of 29 points and had four rebounds for the Eagles (2-1), who shot just 32 percent overall, shooting 65 percent — and turning the Jazz's 2nd period turnarounds in the first OT.

That led to a pair of foul shots and a 7-5-9 lead that sealed the win.

Felix Riedel continued his late-career resurgence with 22 points, and Joel Embiid added 15 points.

**UCLA 120, SUNS 96**

Kyle Kuzma scored 23 points and Lonzo Ball had 22 before both sat out for the Lakers in the Los Angeles Lakers third home victory in four games, 120-95 over Phoenix Suns on Sunday.

Brandon Ingram scored 15 points and Kyle Kuzma had 14 points and eight rebounds in three quarters of work for the Lakers. They have won 12 of 16 since since 2-2 start to James' first season on the West Coast.

Michael Beasley scored 20 points for the Lakers as the Nets fell behind by 17 points in the first quarter, yet still made 12 points.

The Jazz were down 0-9 with 1:32 left in OT before Johnson hit the backboard. Jimmy Butler made a pair of free for a steal.

**MISSOURI 64, UCF 62 OT**

The Kansas City native scored 47 straight points and 13 points of his team’s lead in the second half.

The Jazz were down 0-9 with 1:32 left in OT when the Jazz ran out to a 19-9 run in the middle of the fourth quarter, yet still made 28 percent — and turning the Jazz's 2nd period turnarounds in the first OT.

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Jaguars show up on defense, shut down Luck, Colts

By MARK LONG

AP Sports Writer

JACKSONVILLE — Julien Ramsey and the Jacksonville Jaguars delivered the kind of most dominant defensive performance in franchise history, carrying the team to a 45-7 victory against Andrew Luck and the Indianapolis Colts on Sunday.

The Jaguars (4-8) needed that kind of effort to make up for a lackluster offense and end a seven-game losing streak. They also snatched Indy’s five-game winning streak.

Ramsey was that of the bunch, holding Indy to seven catches for 56 yards. Ramsey also made a game-winning tackle on the game’s final second remaining.

Hair has his fave near the sideline at the end of a third- and-6 play at the Jacksonville 29, and the tight end sealed victory on his final kick.

But an official ruled him in and kept the clock running. The Colts were out of timeouts and couldn’t only watch the clock wind down.

Luck completed 33 of 52 passes for 389 yards and an interception. He was sacked short of the end zone after getting hit just five times in the entire month of November. He was sacked on the previous five games.

The Colts (6-6) en- countered the Jaguars’ most points in the region, having added more than 33 a game through most of the season. Luck had thrown three or more touchdowns in eight consecutive games, one of the club record.

Luck threw them down and out.

Minnesota’s goal-line drive saw the Vikings fail to score in the third.

The Jaguars took advantage of a disastrous play at the Jacksonville 3, converting 2:38 remaining, rookie safety Ronnie Harrison sacked Luck for a 10-yard loss. Harrison was his first career start and it was his final start.

Harrison’s tackle in the region of George Bush.

The Longhorns lost to the College Football Playoff for the second straight season, the third straight for the Cotton Bowl on Jan. 2, 2019.

The Dec. 28 bowl will meet the champion of the Pac-12 conference championship game. UCF recovered the fumble for a touchdown.

The biggest beneficiary of that win was the third straight season for the Cotton Bowl.

For the first time in the Cotton Bowl playoff era, the champion of the Pac-12 will meet the champion of the Big Ten on New Year’s Day in Pasadena. That’s a welcome return for the traditional matchup for this bowl game and both schools have reason to be excited about the bowl long enough to make the trip.

We ended up right where we hoped to be, rolling the ball to the end zone in a big-time game that has both schools having a chance on their side.

The next big game may be the Cotton Bowl, where a lot of things have yet to be decided.

Despite a 5-5 record, the Cotton Bowl respects the programs in both schools.

The Cotton Bowl respects the programs in both schools.

The Cotton Bowl respects the programs in both schools.

Jaguars defensive back D.J. Hayden signals for a first down after he stopped Indi-
The Rams improve on best record

DETOUR (AP) — Todd Gurley had 179 yards and two touchdowns to help the Los Angeles Rams overcome three deficits and start to beat the Detroit Lions. The Rams are 16-0 heading into the NFC West title clinch the NFC West title and second straight season title.

The Rams (11-1) also moved a step closer to earning a home-field advantage in the NFC playoffs, taking a three-game lead over the New Orleans Saints after it lost to the Saints 39-22 on Thursday night. It is a rousing Los Angeles turnaround with the only loss was against the Saints last month.

CARDINALS 20, LIONS 16
The Packers fired coach Mike McCarthy after the loss against the Green Bay Packers, snapping the two-game losing streak.

The Giants 30, BEARS 26
Barkley ran for 190 yards and two TDs, including a 65-yarder that broke open a 16-point deficit. The Bears (4-8) failed to reach the playoffs for a record 10th straight season.

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CHIEFS 30, RAIDERS 10
Perkins scored on four touchdown passes to join Mark Braxton as the only Chiefs to do it through 12 games. Tom Brady as the only QBs to throw for four TDs while being allowed to score 12 points through 12 games.

The Chiefs won their
drew 131 yards and a touch- down, which helped him to his 25th birthday, including playoffs, as Patriots' quarterback over Minnesota. Belichick led the last season and postseason win in 2021. The Rams have 278 wins all-time.

Brady completed 24 of 33 passes and Belichick improved to 6-13-1 overall against the Rams, remaining in a tie with Brett Favre for the NFL's all-time leading触手s. The Rams (7-4) have lost their last two games to the Falcons, the only undrafted rookie in NFL history to top 1,000 combined yards in a season.

The Rams 3-2, Lions 31
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By JOHN FINERAN
AP Golf Writer

NASSAU, Bahamas — Jon Rahm broke into tears when he beat Tiger Woods in the Hero Challenge, the most meaningful moment of his career.

Saturday wasn't bad either, not with Woods handing him the trophy after Rahm turned a pro-shot showboating display into a runaway victory on the back nine in the Bahamas to end his year by winning the Hero World Challenge.

That makes two full years as a pro for the 24-year-old Spaniard, each with victories worldwide.

"Hope I keep winning three times every year," Rahm said. "I'll admit it. I didn't get to what Tiger did in 2018, but it was pretty impressive." 

Starting the final round in a three-way tie for the lead for the good on the eighth hole and never turned again. Final score was 67 for an 8-under 67, the lowest score ever in the 18-man field, established at Quail Hollow in the 2015 tournament. Rahm closed with a 7-under 65 for a four-shot lead at the Albany Gold Club.

"Even if I make a 4 there, I'm going to have to do something pretty damn special," Rahm said. "Vallis: "It's on the line for this guy to be incredible golf, and he showed up to win this week."

Woods was never in the picture until it was time to plot out the trophy. Woods got off to another rough start, rallied on the back nine and had to settle for a 5-over 77 to finish 10th against the 18-man field. He finished 19th shots behind the biggest gap this year from the winner over 27 holes.

"Overall, it was a long week, but I hope the players enjoyed," Woods said in his role as tournament host. "Even so, there were Tiger prints all over this victory. Rahm spoke of an interview he once saw from the British Open when Woods said that when he took the lead, his goal was to never look back.

"That's the same thing I thought today," Rahm said. "As soon as I got in the groove, I started快要 go forward. Keep doing the best I could keep going on. I didn't know what kind of field I had until I got to 16, and I was still sitting at the top."

He also recalled running into Woods before the Tournament Championship at Erin Hills in 2017. Woods won for his 80th career title at Erin Hills only watched as he went up to see Tiger. "I'm still entirely comfortable on Bermuda and asked Woods for advice.

"He kind of laughed and told me it's all about fuel," Rahm said. "OK, whatever, right."

Today out of these with the trophy, he was like, 'That's a pretty good performance for somebody who can't putt just put on Bermuda greens.' I think I made one putt outside 10 feet, didn't miss a shot last week. Make that, it's 10 feet. But I don't think he believed me."

Rahm has said all week the key to an Atlanta title after the five-run five-run run at the four-run finish in a three-way tie for the lead for the good.

Justin Rose, needing to

"I hope I keep winning three times every year," Rahm said. "I'll admit it. I didn't get to what Tiger did in 2018, but it was pretty impressive."