

HIGHLANDS NEWS-SUN

Monday, February 4, 2019

VOL. 100 | NO. 035 | \$1.00

YOUR HOMETOWN NEWSPAPER SINCE 1919



An Edition Of The Sun

Cornerstone offering help after shooting

By MELISSA MAIN
STAFF WRITER

SEBRING — A wave of sadness and grief plummeted the residents of Sebring on Jan. 23, especially the families of those who lost loved ones in the SunTrust shooting. How can people rise above the wave of sadness and not sink into the waters of depression? Community resources, such as Cornerstone Hospice & Palliative Care, exist to help people with the grieving process.

Sam Gray, a licensed mental health counselor with Cornerstone Hospice & Palliative Care, helps people with bereavement and depression. Cornerstone provides residents of the community with free counseling.

People can choose to attend group counseling or attend one-on-one sessions. Group counseling is often helpful, because it provides a supportive network for the grieving person, but some people prefer individual counseling.

To start either group or individual counseling, call 863-382-4563 and ask to speak to a bereavement counselor in Sebring. When people call for counseling, they will be given the dates and times of counseling available in the Highlands County area. People may also attend a counseling session without a reservation.

Gray offers group bereavement counseling twice per month at the following locations:

- AdventHealth Wauchula at 735 S. 5th Ave. in Wauchula on the second and fourth Thursdays of the month at 2:30 p.m.

- AdventHealth Sebring at the Creation Wellness Center at 4200 Sun 'n Lake Blvd. in Sebring every other Wednesday from 4:30-6:00 p.m. (next meeting is Feb. 6)

- AdventHealth Lake Placid chapel at 1210 U.S. 27 in Lake Placid on the second and fourth Wednesday of the month at 2:30 p.m.

- The Palms of Sebring at 725 S. Pine St. in Sebring on the first and third Thursdays of the month at 2:30 p.m.

Group counseling for depression is also available twice per month at AdventHealth Sebring. Sessions are held every other Thursday in the Creation Wellness Center from 6-7:30 p.m., and the next meeting is Feb. 7.

According to Cornerstone Hospice's website, the groups "provide a discreet and

HELP | 5A



FILE PHOTO

The Avon Park Red Devils play football, soccer, flag football and hold track and field events at Joe Franza Stadium. The school is asking the school board for AstroTurf. Here, Avon Park's Janasia Nelson (3) carries the ball against Sebring in a flag football game at Joe Franza Stadium.

School Board to discuss athletic needs today

By MARC VALERO
STAFF WRITER

SEBRING — The big picture for the middle and high school athletic facility projects the School Board of Highlands County will discuss today totals \$12.26 million.

That listing of projects includes maintenance and repair projects and athletic facilities requests.

Some are longtime projects on the athletic wish list such as replacing the gyms at Avon Park and Sebring middle schools, estimated at \$3 million per school, on the Board's workshop agenda for 5:30 p.m. today.

But, others require more immediate decisions such as installing AstroTurf on the football fields at Avon Park High and at Firemen's Field for Sebring High's use at a total cost for both locations of \$1.4 million.

With the 15-year agreement between The School Board of Highlands County and the Sebring Firemen, Inc. expiring July 31, the Sebring Firemen have proposed a 15-year agreement that includes the installation of AstroTurf on the football, which would add \$60,000 annually to the base lease the district is paying of \$35,000 per year. AstroTurf would reduce maintenance costs associated with natural grass fields and improve safety for the players according to the Firemen's presentation to the School Board in December from John Shoop.

AstroTurf would have a lifespan of 11-13 years with a 10-year warranty and annual maintenance would be about \$5,000 per year, he said. At



FILE PHOTO

Sebring's DJ Williams runs away from a Lake Gibson defender during a game played at Firemen's Field. Sebring High School is hoping to replace the grass field with AstroTurf.

the December Board meeting, Shoop's son, J.C., who played college football said the number of injuries went down on artificial turf, which provides a stable surface with no player worries about potholes or a muddy field when it rains.

Avon Park High School Athletic Director Mort Jackson noted the maintenance challenges with his school's football field and requested the board also

consider AstroTurf for Avon Park High.

A summary of the annual athletic field maintenance costs at the high schools shows a total of \$96,147 at Sebring High, \$91,972 at Avon Park High and \$73,216 at Lake Placid High.

Other high-dollar projects include replacing the gym bleachers at both Lake Placid High and Sebring High at a

BOARD | 5A

First responders see an outpouring of support



FACEBOOK

Pre-Kindergarteners from Mrs. Imerman's class sent a note and hand prints showing their appreciation for the Sebring Police Department.

By MELISSA MAIN
STAFF WRITER

SEBRING — First responders, especially Sebring Police Department and Highlands County Sheriff's Office, have received an outpouring of support since the SunTrust shooting that killed five people in the community.

Sebring Police Department has been documenting the community's support through a series of Facebook posts, including a post by Chief of Police Karl Hognlund. He said, "I would like to share my heartfelt gratitude and sincere appreciation for the outpouring of support that we have received in response to the tragedy at the SunTrust Bank last Wednesday," Hognlund said.

"Beyond the operational support that we received from our Local, State, and Federal partners, we have received incredible support from SunTrust Bank's leadership, and the community as a whole," Sebring PD stated in another Facebook post. "Put simply, we could not have handled this incident efficiently without each of you. On behalf of the entire Sebring Police Department... Thank you!"

Sebring PD Commander Curtis Hart told the Highlands News-Sun, "We cannot begin to convey our appreciation for the way our community has rallied around all of those affected by the senseless and horrific tragedy committed last week!

"The compassion, thoughtfulness, and giving spirit our community has displayed only reinforces the fact that we will never cower down to

SUPPORT | 8A

PACT Act to make animal cruelty federal offense

By KIM LEATHERMAN
STAFF WRITER

SEBRING — Look into the soulful eyes of a puppy or kitten and most people melt. They cannot imagine ever harming an animal. Unfortunately, some people can injure animals or cause harm through neglect. Two members of the House of Representatives, Congressmen Ted Deutch-D and Vern Buchanan-R, both of Florida, aim to curb animal cruelty by making the penalties federal felonies.

Some people profit from cruelty to animals such as dog and cock fighting. In 2010, a dog was passed

into law that bans "crushing" animals. Crushing is animal abuse that is caught on video and sold. The proposed bi-partisan "Preventing Animal Cruelty and Torture Act," or PACT will directly target the act of abuse itself rather than just the "crushing" aspect.

The federal bill would make it a federal crime for anyone to crush, drown, impale, or suffocate animals and even includes bestiality.

All states have animal cruelty laws, but PACT would allow animal control officers to cross state lines to make arrests. Federal felony charges could land a perpetrator a seven-year sentence and/or face

steep fines. Some states still charge animal cruelty with misdemeanors.

"Those who torture or abuse animals will face stiff punishment," Buchanan said in a press release.

According to Buchanan's website, the bill has gotten nearly 300 bi-partisan co-sponsors. The Senate passed the PACT Act two times previously. The bill was introduced to the House last year but was not brought to a vote. With a new judiciary chairperson, the Congressmen should get their bill to a vote.

The Humane Society of the



COURTESY PHOTO/HUMANE SOCIETY OF HIGHLANDS COUNTY

Cotton was emaciated. He was brought to the Winter Haven Emergency Clinic but they were unable to save him.

ACT | 5A



Classifieds.....B4-8
ComicsNEWS WIRE

Highlands Health..... B1
Local Sports..... A9-10
LotterySPORTS WIRE

Viewpoints..... A6
Weather.....SPORTS WIRE

Good morning To
Janet Cullen
Thanks for reading!



facebook.com/newssun

twitter.com/TheNewsSun

Sutherland seeks earlier AP Sunday alcohol sales

By **MARC VALERO**
STAFF WRITER

AVON PARK — Councilwoman Maria Sutherland suggested Avon Park follow suit with the county and other municipalities by allowing earlier alcohol sales on Sundays. At a recent council meeting, Sutherland requested that Avon Park consider what was passed at the county level because Avon Park will be, “the only city or area in the county without this benefit to our local businesses.” “I was hoping that the council would actually look at this and consider it favorably so that we can move forward with having the alcohol changed here in the city to mimic exactly what Sebring, the county and Lake Placid have.” Then they would all be competitive for the same types of business, she said, noting that local restaurants are behind the change. Mayor Garrett Anderson said the only difference would be the time for alcohol sales on Sunday. Currently alcohol sales are prohibited between 2 a.m. and 1 p.m. on Sundays in Avon Park. Following the municipalities and the county, would



BARNARD



SUTHERLAND



ANDERSON

allow Sunday alcohol sales to begin at 7 a.m. Deputy Mayor Jim Barnard said he read it when the county did it and he disagrees with it 100 percent. “I think it is ridiculous that we close the bars on a Sunday morning [2 a.m.] and then we open up at 7 a.m.,” he said. The only people who need to get their alcoholic beverages to take with them. Barnard said he lived in south Florida for almost 50 years with the standard that alcohol sales didn’t start until 1 p.m. on Sunday. It was called the football ordinance because those who liked to watch football would have to buy their alcohol

Saturday night or miss the beginning of the game on Sunday. To open alcohol sales to that early on Sunday morning, he is against it 100 percent, Barnard reiterated. Anderson commented, “If it ain’t broke, don’t fix it.” If there were businesses that were saying the current law is hurting them then he would “get it,” he said. Sutherland said, the city’s businesses would be competing with other businesses that have earlier alcohol sales. “If you want to have a beer with your pizza at noon, you can’t,” she said. Anderson said that would be a small amount of people who would want to do that. Sutherland said if the council didn’t approve it, Avon Park would be the only place in Highlands County without it. Anderson countered, “Or you could say that Avon Park is the most moral city in Highlands County.” He wants whatever the majority of the people want, Anderson said. Sutherland said she would like to revisit the issue.

POLICE BLOTTER

The following person was arrested on felony charges and booked into the Highlands County jail on Jan. 25: Talique Jadarius McKenzie, 20, Winter Haven, on charges of burglary, possession of burglary tools, possession of a weapon, reckless driving, grand theft auto, operating a motor vehicle without a license, resisting an officer, flee/elude police and two charges of larceny.
The following person was arrested on felony charges and booked into the Highlands County jail on Jan. 26: Andrew Corry McMahon, 26, Lake Placid, on charges of marijuana possession and drug possession.
The following person was arrested on felony charges and booked into the Highlands County jail on Jan. 27: Dori Anne Burke, 25, Sebring, on charges of marijuana possession and drug possession.
The following person was arrested on felony charges and booked into the Highlands County jail on Jan. 28: Angela Elaine Brewington, 23, Sebring, on a charge of aggravated battery.
Jose Antonio Caraballo, 52, Avon Park, on a charge of probation

violation. Joanna Lorena Cruz, 38, Sebring, on a charge of battery and three charges of resisting an officer. Rolando Delvalle, 34, Sebring, on two charges of failure to appear. Dustin Thomas Dwayne Lavender, 24, Sebring, on a charge of failure to appear. Jabier Salgado-Najera, 20, Lake Placid, on a charge of possession of drug equipment. Dederrian Leevan Williams, 41, Lake Placid, on charges of public order crimes, trafficking cocaine, flee/elude police, and aggravated battery. Kristina Anna Yanez, 10, Sebring, on a charge of probation violation.
The following people were arrested on felony charges and booked into the Highlands County jail on Jan. 29: Natasha Dawn Jernigan, 31, Ocala, on charges of smuggling contraband, drug equipment possession, marijuana possession and possession of a weapon by convicted felon. Paige Marie Oldfield, 51, Avon Park, charged with probation violation. Dustin Nevada Sills, 33, Avon Park, on charges of smuggling contraband, possession of a weapon by convicted felon, drug possession and two

charges of drug equipment possession. Joseph Glenn Stone, 37, Sebring, charged with probation violation. Julia Jazmine Velasco, 29, Sebring, on charges of cocaine possession, resisting an officer and drug equipment possession. Lewanda Antwenette Williams, 44, Sebring, charged with probation violation.
The following people were arrested on felony charges and booked into the Highlands County jail on Jan. 30: Brian Howard, 33, Sebring, charged with aggravated assault with deadly weapon. Willie Ray Revels, 44, Lake Placid, charged with probation violation. Anthony Tyrone Robinson, 52, Sebring, charged with probation violation.
The following people were arrested on felony charges and booked into the Highlands County jail on Jan. 31: Samuel Garcia, 28, Sebring, on charges of abandoning or discarding airtight appliances and violation of Florida litter law-felony dumping. Robert Harrison Morrison, 55, Avon Park, on charges of battery, burglary, simple assault and marijuana possession.

Sebring Council to discuss alcohol sales

Downtown revitalization also on the agenda

By **MELISSA MAIN**
STAFF WRITER

SEBRING — The Sebring City Council will be holding a public hearing and casting the final vote regarding a change in alcohol sales at its meeting on Tuesday at 6 p.m. In a 3-1 vote, the council passed the ordinance on the first reading on Jan. 15. Councilman Mark Stewart cast the only dissenting vote. Councilman Lenard Carlisle was absent. The final decision regarding a change in alcohol sales will be made at the next council meeting. The proposed ordinance would allow alcoholic beverages to be sold beginning at 6 a.m. on Sunday, the same time as the rest of the week. The public is welcome to attend the City Council meetings held at 368 S.

Commerce St. in Sebring at 6 p.m. This time frame for the sale of alcoholic beverages is one hour earlier than the county’s ordinance, which allows sales beginning at 7 a.m. on Sunday. Another important topic being discussed at the meeting is the sale of the old Wachovia or First National Bank building on North Ridgewood Drive. The Sebring Community Redevelopment Agency (CRA) is purchasing the building in an effort to stimulate development of the North Ridgewood part of town. The CRA entered into a contract to purchase the property for \$325,000. The City of Sebring had considered purchasing the building for \$525,000, but decided not to move forward with the transaction. Cool and Cobb

Engineering Company has submitted a quote to perform a feasibility study of the First National Bank building to “take a look at the feasibility of converting the old bank building into City Council chambers and city offices. The study will also look at other possible uses of the property, including demolition of the building and the development of a downtown park with parking,” the letter from the engineering company stated. David Leidel, chair of the CRA, will be present at the council meeting to discuss the sale of the property and to determine if the council is willing to accept title of the property.

Free tax service to resume

SEBRING — Tax-Aide, a free nation-wide tax preparation service, will continue its free tax service at three locations with Highlands County beginning in February. Appointments are not necessary as taxpayers are assisted on a first come, first served basis. Please do not call the locations listed below with tax questions, as the staffs at those sites are not trained in tax matters and they will not be able to assist you. If you have tax related questions, you should come into one of the below listed sites and speak directly to one of the IRS Certified Tax-Aide counselors or call the Local Coordinator for your location as listed below. Sponsored by AARP Foundation. AARP is not required to take advantage of this service and there are no age requirements or income limitations. The locations, days and times of operation are as follows:

- Avon Park**
Our Lady of Grace Catholic Church, 595 E. Main Street in Avon Park on Tuesday and Thursday, 9 a.m. to 1 p.m. Opens Feb. 5.
Local Coordinators are Linda Pomeroy at 607-434-8208 or Joe Casey at 585-356-2454.
- Lake Placid**
American Legion, Post 25, 1490 U.S. 27 in Lake Placid on Tuesday and Saturday, 9 a.m. to 1 p.m. Opens Feb. 5.
Local Coordinator is Marcia Kissane at 863-465-4966.
- Sebring**
Faith Lutheran Church, 2740 Lakeview Drive in Sebring on Monday and Wednesday, 9 a.m. to 3 p.m. Opens today, Feb. 4.
Local Coordinator is Bill Shelton at 863-385-3802.

When visiting one of the AARP tax preparation sites, please bring a photo ID, the Social Security cards for all persons listed on the return, a copy of your tax return from last year and all documents that you received that include income. This includes all 1099 R’s, W-2’s 1099-SSA’s, Railroad Retirement statements, interest and/or dividend income statements and reports of stock sales (these must include the price you originally paid for the stock as well as the price you sold it for). Also, due to the requirements of the Affordable Care Act you will need to bring any documents you may have that confirms that you and all of the individuals in your household have required medical insurance.

5 THINGS That Will Make You SMARTER

- 1. In 1775, the Second Continental Congress established the Constitutional Post, which was the first organized mail service in America.
- 2. Postage stamps were invented in 1847.
- 3. On April 3, 1860, the famous Pony Express officially took off.
- 4. The zip code was first used in 1963.
- 5. February 4 has been recognized as “Thank A Mail Carrier Day.”
Source: nationaldaycalendar.com

Lake Placid Ballroom Dancers Present

BIG BAND NIGHT !!

At the Lake Placid Elks
Feb 9th Sat 6:30-9pm
Come swing and sway to the music of the NEW Skylarks

\$/LPBD members \$8/non members
Call (863)659-4442

Griffin's
CARPET MART, INC.

PATIO FURNITURE / FIREPLACES

Family Owned & Operated Since 1978

**560 U.S. 27 North
Sebring, FL 33870
(863) 385-4796**
CarpetPatioBlinds.com

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 in 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@highlandsnewsun.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 \$53.30	Total \$57.30
26 weeks	Tax \$106.60	Total \$114.60
52 weeks	Tax \$213.20	Total \$229.19
	EZ Pay \$15.91	Total \$17.10

MAIL SUBSCRIPTION RATES

3 months	\$74.36
6 months	\$133.81
12 months	\$229.19

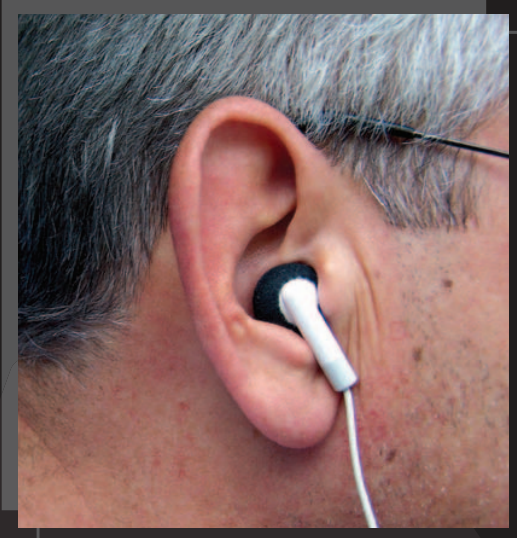
Your newspaper is delivered by an independent contractor. If you do not receive your home delivered newspaper by 6 a.m. on any daily publication date, or 7 a.m. Sunday, please phone the circulation department at 863-385-6155.

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

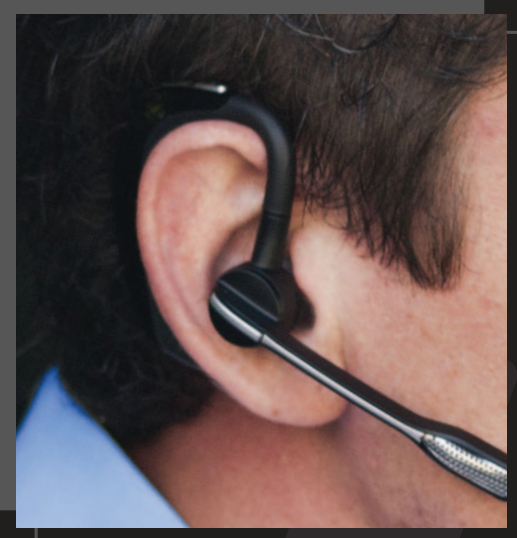
LEGAL ADVERTISING
Janet Emerson
863-386-5637
legals@highlandsnewssun.com

CUSTOMER SERVICE Mike Henry, Office Manager 863-385-6155 michael.henry@highlandsnewssun.com	EDITORIAL Karen Clogston, Managing Editor Special Sections Editor 863-386-5835 karen.clogston@highlandsnewssun.com
SUBMIT NEWS & OBITS Email all obituaries and death notices to obits@highlandsnewssun.com Email all other announcements to highlandsnewssun@highlandsnewssun.com	Allen Moody, Highlands Sun Editor Weekend Editor 863-386-5841 allen.moody@highlandsnewssun.com
PUBLISHER Tim Smolarick 863-386-5624 tim.smolarick@highlandsnewssun.com	CIRCULATION Rob Kearley, Circulation Director 863-385-6155 rob.kearley@highlandsnewssun.com
EXECUTIVE EDITOR Romona Washington 863-386-5634 romona.washington@highlandsnewssun.com	PRODUCTION Donna Scherlacher, MultiMedia/Production Director 863-386-5847 donna.scherlacher@highlandsnewssun.com
RETAIL ADVERTISING Cliff Yeazel, Advertising Director 863-386-5844 cliff.yeazel@highlandsnewssun.com	

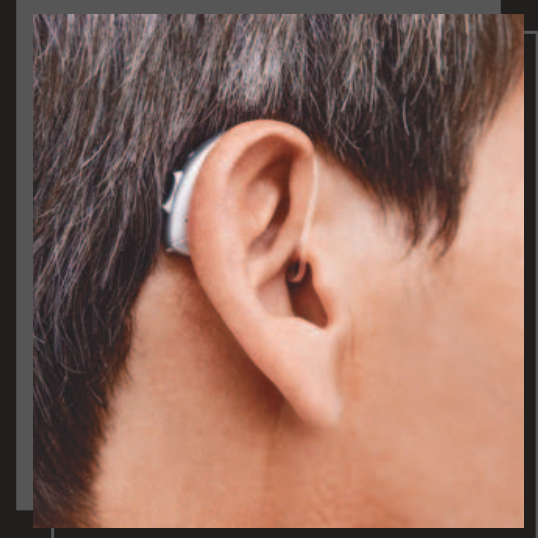
BREAKING NEWS!



Earbud Capability



Bluetooth Connectivity



Hearing Device Functionality

ONLY ONE DOES IT ALL.

Superior Hearing Performance • Connectivity • Own Voice Quality

Signia Nx

- Directly connects to smart devices
- Distinguishes your own voice from other sounds for personalized hearing
- Provides stereo quality sound
- Delivers the most natural hearing experience



Ask our hearing care professionals about Signia Nx products and the unique features they offer.

PRICE BUSTER
SIGNIA
\$795



*Signia Orion model up to a 40db loss.
*Limit one aid per patient at the promotional price during the Special Event dates only. Not valid with any other discount or offer. Up to a 40 db loss. Does not apply to prior purchases. Offer expires 2/15/19

\$1,000 OFF*



Signia Charge And Go
*Offer expires 2/15/19
Offer Cannot Be Combined & Does Not Apply To Prior Sales

2 for \$995*

Receive 2 Intuis Hearing Aids for just \$995 during this limited time event!

Offer cannot be combined and does not apply to prior sales. Offer valid on Intuis Hearing Instruments only. No other offer applies. Fits up to 40db. See store for details. *Offer expires 2/15/19

50¢

8 Pack Batteries
Limit 2 per household. Expires 2/15/19

FREE

IN OFFICE REPAIRS



SEBRING MEDICAL HEARING

863-451-5281
201 US Hwy 27 S. Sebring, FL
*In the Sebring Lakeview Plaza
(Just south of Pinch A Penny)*

Hours:
Monday - Friday
9:00 a.m. - 5:00 p.m.



Jamey Binneveld
Hearing Aid Specialist

 Like us on Facebook

Se habla español



LAKE PLACID MEDICAL HEARING

863-659-1907
251 E. Interlake Blvd.
Lake Placid, FL

Hours:
Tuesdays & Thursdays
9:00 a.m. - 5:00 p.m.

NOTICE OF PUBLIC HEARING NOTICE OF LAND USE CHANGE HEARING NO. CPA-18-555LS

The Board of County Commissioners of Highlands County, Florida, proposes to adopt the following by Ordinance:
ORDINANCE NO. 18-19-_____

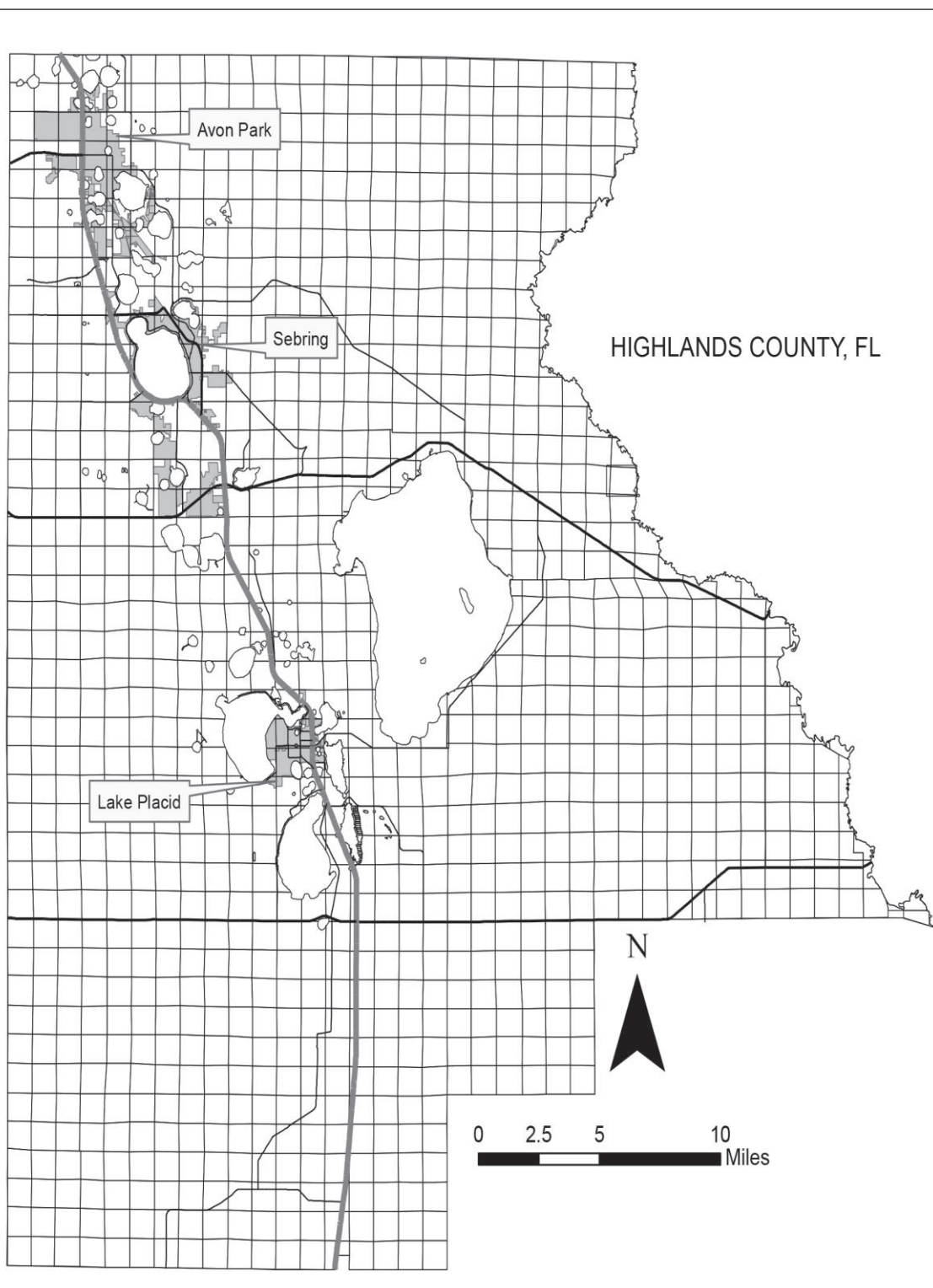
AN ORDINANCE OF THE BOARD OF COUNTY COMMISSIONERS OF HIGHLANDS COUNTY, FLORIDA, PROVIDING FOR AN AMENDMENT TO THE FUTURE LAND USE MAP OF THE HIGHLANDS COUNTY COMPREHENSIVE PLAN AND PROVIDING FOR SEVERABILITY; PROVIDING FOR CONFLICT; AND PROVIDING FOR AN EFFECTIVE DATE.

A **PUBLIC HEARING** will be held on Amendment No. CPA-18-555LS, Ordinance 18-19-_____ by the **Highlands County Board of County Commissioners** on the 19th day of February, 2019, beginning at 9:00 a.m., or as soon thereafter as possible, in the **County Commissioners' Board Room, Highlands County Government Center Building, 600 South Commerce Avenue, Sebring, Florida**. Consideration will be given to changing the Future Land Use Map within the area shown in the advertisement and transmittal to the Department of Economic Opportunity. The County of Highlands will consider a change to the designated land use within the shaded area shown on the map, from AG "Agriculture" to MU "Mixed Use", within the area described as follows: An approximate 200-acre parcel located on the north side of SR 70 W, west of Old SR 8, between Lake Placid and Lake Annie; the address being 25 Pump Road, Lake Placid, Florida; and legally described as follows:

A portion of Sections 31 & 32, Township 37 South, Range 30 East, Highlands County, Florida, lying North of the Northerly right of way line of State Road 70 and South of and adjacent to the shoreline of Lake Placid, being described as follows: Commence at the Intersection of the East line of said Section 31 (same as the West line of said Section 32) and the Northerly right of way line of State Road 70; thence North 00°39'45" West along the aforementioned Section line, a distance of 2,891.58 feet to the Point of Beginning; thence South 22°27'50" East a distance of 538.52 feet; thence South 00°39'45" East, parallel to the aforementioned Section line, a distance of 2,429.94 feet to a point on the Northerly right of way line of State Road 70, said point being a point on a curve to the left and concave to the South, said curve having for its elements a radius of 1,737.02 feet, a central angle of 33°19'10" and a chord bearing of South 86°53'50" West; thence along said curve to the left and the Northerly right of way of State Road 70 an arc distance of 1,010.14 feet to a point of tangency; thence South 70°14'15" West along said Northerly right of way line a distance of 1,284.74 feet; thence North 00°44'00" West a distance of 1,531.90 feet (1,534.39' calculated); thence South 89°56'00" West a distance of 660.00 feet (South 89°55'53" West 660.04' calculated) to a point on the West line of the East half of said Section 31; thence North 00°44'00" West along said West line a distance of 695.58 feet; thence North 70°14'06" East a distance of 386.30 feet; thence North 00°06'54" East a distance of 541.34 feet; thence North 45°17'05" East a distance of 614.04 feet; thence North 68°27'49" East a distance of 237.07 feet; thence North 00°41'53" West a distance of 878.08 feet to a point on the shoreline of Lake Placid; thence meander in a Northeasterly direction along said shoreline a distance of 514 feet more or less (survey tie line being North 35°01'41" East a distance of 513.77 feet [calculated] / North 35°02'17" East 513.66 feet [prior deed]); thence South 00°41'53" East a distance of 637.11 feet to the Northeast corner of the North half of the Northeast quarter of the Northeast quarter of said Section 31; thence South 89°56'16" East along the North line of the South half of the Northeast quarter of the Northeast quarter of said Section 31 a distance of 1,337.17 feet to the Northeast corner of the South half of the Northeast quarter of the Northeast quarter of said Section 31, said corner being a point on the West line of said Section 32; thence South 00°39'45" East along the common line between said Sections 31 and 32 a distance of 663.39 feet to the Point of Beginning.

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 Planning Department, 501 South Commerce Avenue, Suite 2, 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 Ms. Joedene Thayer, Planning Supervisor, at this address or by phone at (863) 402-6650. Photocopies may be obtained at this location for fifteen cents (\$0.15) per page. Please reference the Amendment Number when calling or writing.

Any person or persons interested or affected by this change are invited to attend this hearing. You may submit comments in writing to the attention of Ms. Joedene Thayer, Planning Supervisor, 501 South Commerce Avenue, Sebring, Florida 33870, or you may call **(863) 402-6650 for further information**. Please reference the above hearing number when calling or writing.



ALL INTERESTED PERSONS ARE INVITED TO ATTEND.

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 THIS COMMITTEE/GROUP, IN PUBLIC HEARING OR MEETING IS HEREBY ADVISED THAT HE OR SHE WILL NEED A RECORD OF THE PROCEEDINGS, AND THAT, FOR SUCH PURPOSE, HE OR SHE MAY NEED TO ENSURE THAT A VERBATIM RECORD OF THE PROCEEDINGS IS MADE, WHICH RECORD 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: PROGERS@HCBCC.ORG. REQUEST FOR CART OR INTERPRETER SERVICES SHOULD BE MADE AT LEAST 24 HOURS IN ADVANCE TO PERMIT COORDINATION OF THE SERVICE.

BOARD OF COUNTY COMMISSIONERS
OF HIGHLANDS COUNTY, FLORIDA

Hammock announces Blue Revolution water program

SPECIAL TO HIGHLANDS NEWS-SUN

SEBRING — Highlands Hammock State Park will host “Blue Revolution: A Water Ethic for Florida” at 7 p.m. on Tuesday, Feb. 5 in the park recreation hall. Florida author and journalist Cynthia Barnett will examine water abundance and scarcity on a global scale, focusing on challenges facing Florida.

“If we ponder water in Florida, we realize its value as an extraordinary natural resource and its vital importance to agriculture, cities, industry, and tourism,” stated Park Services Specialist Carla Sherwin. “Florida is truly amazing as a long peninsula bordered on all three sides by the waters of the Atlantic Ocean and the Gulf of Mexico,” she remarked.

Its world famous beaches run down a seemingly endless coastline. Rivers and streams flow for 10,000 miles through the peninsula. Nearly 8,000 lakes and a thousand more freshwater springs—the largest concentration of artesian springs in the world are found in the interior. “Although we take water

for granted,” Sherwin continued, “It is apparent that Florida’s economy and lifestyle are based on pure and plentiful water.”

Now for the first time in state history, the latest generation of Floridians will not inherit waters as clean and abundant as their parents. Cynthia Barnett has traveled across the country and around the globe researching how people, businesses and government have come together to reduce consumptive water use and reverse water crises. In her uplifting program, Barnett will reveal how Florida, one of the most water-rich states in the nation, could come to face water scarcity and water quality woes.

She will leave us with some sound solutions. Barnett is the author of “Mirage: Florida and the Vanishing Water of the Eastern U.S.,” “Blue Revolution: Unmaking America’s Water Crisis,” and “Rain: A Natural and Cultural History,” which was long-listed for the National Book Award and finalist for the 2016PEN/E.O. Wilson Award for Literary Science Writing.

Blue Revolution is the second in a series



COURTESY PHOTO

Cynthia Barnett

of Florida Humanities Council lectures which are free and open to the public. A “meet and greet” book sales and signings at 6 p.m. precedes the lecture. Visitors may park in the overflow field and walk or take a tram shuttle to the recreation hall. ADA handicap parking will be available at the

hall. Dr. Caren Neile, Professor of Storytelling Studies, Florida Atlantic University, will tell stories in the round in “Short Takes: A Grab Bag of Old Florida Stories” on March 7.

CCC Museum curator, David Schmidt, will close the series on March 19 with “The Civilian

Conservation Corps in Florida.” All programs are sponsored by the Florida Humanities Council with funds from the Florida Department of State, Division of Cultural Affairs and the Florida Council on Arts and Culture, Highlands Hammock State Park, and the Friends of Highlands Hammock State Park, Inc. Highlands Hammock is located at 5931 Hammock Road in Sebring. Park entry fees are waived after 6 p.m. For more information on this program and other park events, call 863-386-6094 and

visit FloridaStateParks.org/park/Highlands-Hammock.



DO YOU HAVE THE NEXT BIG STORY OR NEWS TIP TO SHARE?

Email Your News Tips To:

HIGHLANDS NEWS-SUN
YOUR HOMETOWN NEWSPAPER SINCE 1919
newstips@newssun.com

ACT

FROM PAGE 1A

United States has come out in support of this bill. Numerous law enforcement agencies have as well. Highlands County Sheriff’s Office Animal Services is no different.

Lt. Clay Kinslow is over the Animal Control services and says he also supports the bill.

“I see positive changes in the bill,” he said. “I think, in general, the tide is turning. It’s like the public is saying ‘animal cruelty will not be tolerated.’”

Deutch called animal cruelty and neglect “abhorrent” and should be punished “to the fullest extent of the law.”

“This is commonsense, bipartisan legislation to bring some compassion



COURTESY PHOTO/HUMANE SOCIETY OF HIGHLANDS COUNTY

Cotton was starved and had visible marks in his skin. Despite every effort, veterinarians could not save him.

to our animal laws,” Deutch said. “For many Americans, animal welfare is an important policy issue, and the idea of animal abuse is abhorrent. By building on state and local laws, Congress should act to guarantee

a level of protection for animals across the country by criminalizing these inhumane acts. We’ve acted in the past to stop the horrific trend of animal abuse videos; now it’s time to make the underlying acts of cruelty

a crime as well.”

Nancy Amundson is president of the Humane Society Legislative Fund who came out in favor of the bill. She pointed out the correlation between animal abuse and humans abusing humans in Deutch’s press release.

“Decades ago the Federal Bureau of Investigation recognized the seriousness of animal cruelty and its link to escalating violence toward humans,” she said. All 50 states have felony provisions for animal cruelty and so a parallel federal statute is long overdue to crack down and fill gaps in the law. Representatives Deutch and Buchanan are tremendous advocates for animal protection, and we are grateful to them for seeking to eradicate malicious cruelty.”

The Palms, Mercer said. “He’s there to help whoever it is that needs help,” she said.

HELP

FROM PAGE 1A

supportive environment to explore feelings and emotions related to the death of a loved one.”

“All counseling, group and individual, is available free of charge,” Gray said.

When the Highlands News-Sun asked Gray what symptoms indicate a need for help, he said, “People should seek help when they feel alone or isolated or feel that sadness is something that they can’t get away from.”

“The first thing in grieving is to talk to someone. People can come tell their story [in a group counseling setting] and receive support from people who have walked the journey [of grief] before,” Gray

said. “Everyone goes through the journey differently. The group counseling allows for a nonjudgmental forum for people to their their story.”

The sessions feature an atmosphere of support and comfort. People need to have permission to cry and grieve, Gray said. Instead of dealing with their grief, some people turn to being busy at work, or alcohol or drugs. Others become isolated.

“People need to grieve,

cry and talk to someone,” Gray said. “They need their hearts to heal and not accumulate grief.” People who accumulate grief will at some point be overcome by a cascade of emotion, he said. “They become overcome by accumulated grief. People need to deal with grief one loss at a time.”

Julia Mercer, marketing director for The Palms of Sebring, said, “Sam is so kind.” We’ve been hosting bereavement counseling for four or five years at

BOARD

FROM PAGE 1A

total cost of \$250,000; replace the home side football field bleachers at Firemen’s Field for \$200,000; complete locker room build at Lake Placid High for \$500,000 and build new metal build for weight room at Avon Park High.

Also, the School Board will discuss capital projects at a workshop at 3:30 p.m., Tuesday followed by a regular meeting of the board at 5:30 p.m.

HEALING TRACTION HAND DELIVERED...
Right Where You NEED It!

Axial Trac Traction at
AVON PARK CHIROPRACTIC CLINIC
1590 U.S. 27 North • Avon Park
863-453-5777
www.avonparkchiro.com
“HEALING THE HEARTLAND FOR OVER 30 YEARS!”

belk BELK.COM

SENIOR, TEACHER & SERVICE DAY

A shopping day to say Thank You!

Every **TUESDAY** • Feb 5, 12, 19 & 26

SENIORS 55 & OLDER, ACTIVE MILITARY, VETERANS & TEACHERS

take an extra **20% OFF**

sale purchases storewide
15% off home & shoes; 10% off coffee/electrics

with your Belk Rewards credit card or other form of payment

*Show valid ID to any sales associate. Belk Rewards credit card purchases are subject to credit approval. Some exclusions apply. See an associate for details.

The Belk Rewards Mastercard is issued by Synchrony Bank pursuant to a license by Mastercard International Incorporated. Mastercard is a registered trademark, and the circles design is a trademark of Mastercard International Incorporated.

17200001

VIEWPOINTS

HIGHLANDS NEWS-SUN

YOUR HOMETOWN NEWSPAPER SINCE 1919

Tim Smolarick
Publisher

tim.smolarick@highlandnewsun.com

Romona Washington
Executive Editor

romona.washington@highlandnewsun.com

Cliff Yeazel
Advertising Director

cliff.yeazel@highlandnewsun.com

Rob Kearley
Circulation Director

rob.kearley@highlandnewsun.com

Donna Scherlacher
Multi-Media/Production Director

donna.scherlacher@highlandnewsun.com

SUN

ANOTHER VIEW

Seniors can use help all hours of the day

Florida's senior citizens are our most precious commodity and when they need help, it is imperative they know where to find it.

The Older Americans Act was established to protect senior citizens — generally accepted as anyone over the age of 65, although in this day and age many consider that still middle-aged, or even young. The Department of Elder Affairs was established to, among other things, make sure the tenants of that act are followed.

One of the better ideas to come from all this was the Florida Elder Helpline, which is overseen by the Area Agency on Aging in Southwest Florida. The Helpline provides live response to seniors who have questions or need help with a number of issues.

For example, where can they sign up for Medicare. Can they qualify for Medicaid long-term care? How can they get meals delivered to their home? Can they get someone to come to their home and help them with chores or cooking?

"Getting home-based services is by far the biggest question we get on the Helpline," said Kirsten O'Donnell, director of communications for the Area Agency on Aging for Southwest Florida.

The Area Agency on Aging is charged with investigating the needs of senior citizens and determining their eligibility for services and programs.

"We get a lot of calls for assistance with Medicare and we try to help the callers evaluate various (advantage) plans," O'Donnell said. "We also get calls from people who can't pay their utility bills or they might need help signing up for SNAP (food stamps) or they may want to know where they can get a free meal."

The needs are numerous. Housing is another topic O'Donnell said comes up often as does the need for transportation to doctor's appointments, the grocery store and so on.

According to the agency, and described in a recent Sun story by Liz Hardaway, calls to the Helpline have increased significantly. Almost 74,000 calls were taken in 2018 — 10,000 or so more than in 2017. Of those calls, there were 8,688 made in Charlotte County — a 22 percent increase from 2017. There were 15,360 calls taken in Sarasota County — a 12 percent hike from 2017.

Those numbers aren't about to recede, not with the number of retirees moving to Florida each day.

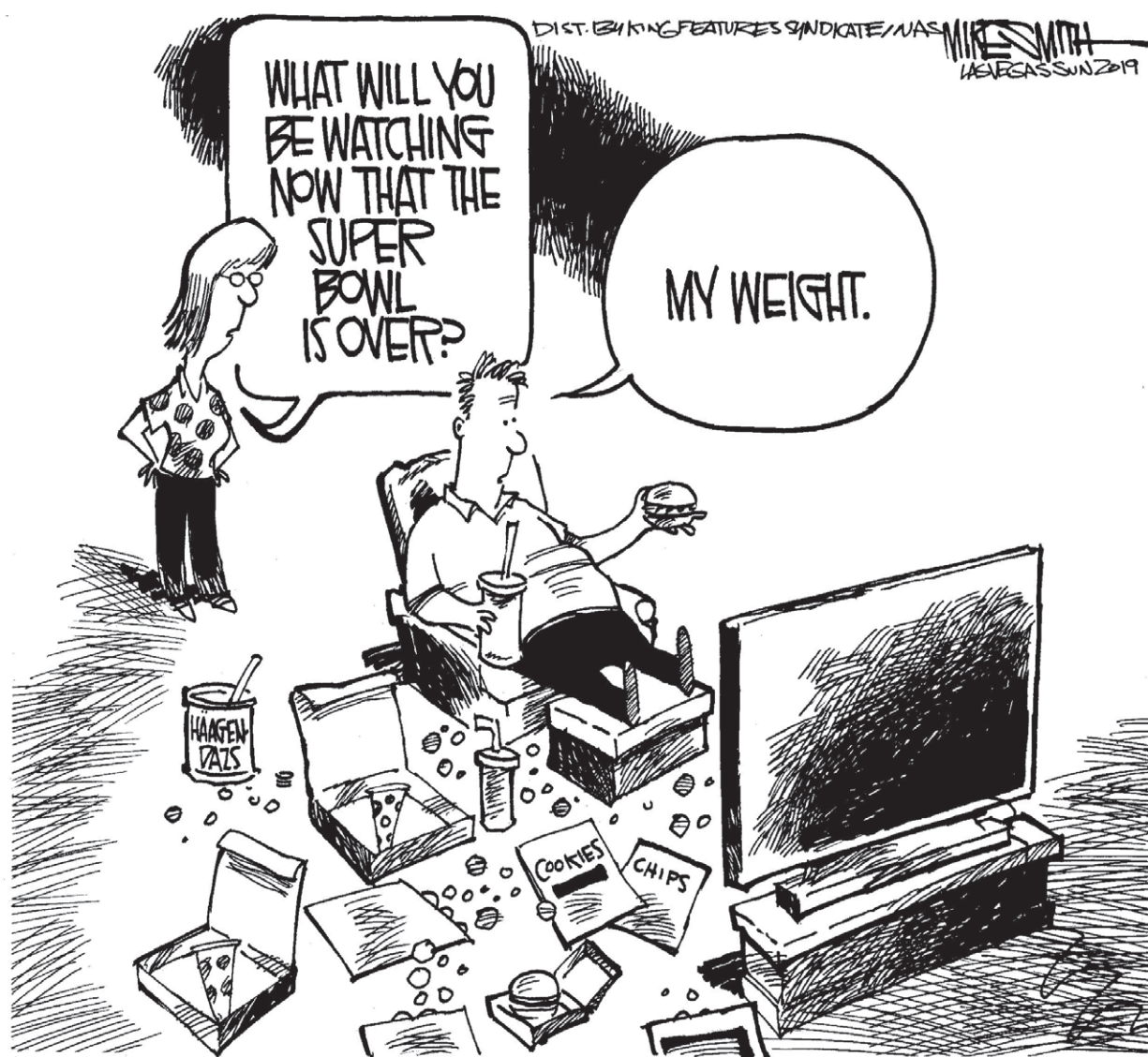
Right now, callers can dial up help between 8 a.m. and 5 p.m. Monday through Friday. The number is 866-413-5337.

We think the Helpline is a great idea and obviously much needed. So, why not extend the hours? Why can't the Helpline operate until 9 p.m.? How about weekends?

We were unable to track down the exact cost of extending the hours, but O'Donnell said the program is funded through a federal grant that would have to be expanded. Right now the hours of operation are consistent for Helplines anywhere in the nation.

It sounds like a potential mini-goal for our representatives in Washington, D.C. Nothing too small for the senior constituents we would hope. We think it is a worthy mission and one that could be easily achieved.

An editorial from the Charlotte Sun.



Only Democrats can save this president

Come I to speak in Caesar's funeral.

He was my friend, faithful and just to me:

But Brutus says he was ambitious;

And Brutus is an honorable man.

— Shakespeare, "Julius Caesar"

WASHINGTON — Hakeem Jeffries has, it is whispered, ambitions. The 48-year-old congressman now in his fourth term representing portions of Brooklyn and Queens, has been elected chairman of the House Democratic Caucus, the party's fifth-most important leadership position, and when, however many years hence, Nancy Pelosi steps down, if Democrats control the House, Jeffries might become the first African-American speaker.

Personal political ambitions are as ubiquitous as they are necessary to produce noble public careers. Long after the assassination of his former law partner, William Herndon wrote that Lincoln's "ambition was a little engine that knew no rest." Aren't we glad that was so. Jeffries, however, also has a rarer and more needed ambition. It is the Madisonian ambition for his institution's dignity, strength and pre-eminence.

For the separation of powers to function properly, producing constitutional equilibrium, there must be rivalry between the legislative and executive branches. As Madison said, "Ambition must be made to counteract ambition. The interest of the man must be connected

with the constitutional rights of the place." Or, today, the interest of the woman.

Greg Weiner, author of the best book about Madison's thought ("Madison's Metronome"), rightly celebrates the way the 35-day government shutdown ended: The House "stared down the presidency and won." In losing, Donald Trump behaved (reluctantly) as a president should, as "a constitutional actor subservient in policy-making matters to the will of Congress." Pelosi "acted like a speaker of the House laying a claim to primacy in policymaking." Says Weiner, "This was institutional hardball between branches not just with respect to policy but, more important, with respect to authority. Madisonians should rejoice."

In his 1962 State of the Union address, President John Kennedy told his congressional audience, "The Constitution makes us not rivals for power, but partners for progress." Such anesthetizing bromides serve the interests of presidents by diverting Congress from a truth expressed by the American Enterprise

Institute's Jay Cost: Congress is not, as its members too often and too plaintively insist, a "coequal branch." It is superior. It creates all executive-branch offices other than president and vice president, and all Article III courts other than the Supreme Court, and can deny appointments to the executive and judicial branches, whereas "the other branches are largely incapable of interfering with Congress." The executive power enforces the law, the judicial power resolves controversies under the law. The legislative power makes the law: "It comes first."

Jeffries understands intra-branch rivalry: Much that this Democratic-controlled House will send to the Republican-controlled Senate will be euthanized there. But the Democratic Party will thereby define itself and its opponent regarding such matters as curbing health care costs, particularly (this was the most surprisingly salient issue of the 2018 elections) the cost of prescription drugs, by using the government's bulk-purchasing power. Furthermore, having participated in last year's bipartisan criminal justice reform, Jeffries thinks a big bipartisan infrastructure measure is possible.

His district is five miles from that of Rep. Alexandria Ocasio-Cortez, the left's enfant terrible du jour who provides sophomores of all ages with daily frissons from socialist daring ("We [millennials] never experienced, really, a time of

true economic prosperity in the United States"; zero carbon emissions in 12 years). For her, politics is performance art; for him, it is a continuation of his life of adult seriousness.

After New York University Law School, Jeffries spent seven years at a premier law firm (Paul, Weiss), then was at Viacom and CBS, then spent six years in New York's Legislature. Last week, while he was enjoying an *almost* abstemious breakfast (yogurt and cereal with berries, but also bacon), the morning paper was reporting Sen. Kamala Harris' intriguing plan to win the presidency while promising to take away 177 million Americans' private health insurance. That morning's paper also reported that 56 percent of Americans — including majorities of women, Hispanics, blacks, urban residents, suburban residents, those under 65, college-educated whites — say they will "definitely not" vote to re-elect the incumbent president.

Only Democrats can save this president. They can do so by nominating someone loopy enough to panic voters who are asking only for someone cheerful, intelligent and tethered to reality. Trump's hope is that Jeffries-style Democrats — those with a Madisonian preference for a presidency proportional to its proper role, which is secondary to that of the First Branch — do not prevail within their party.

George Will's email address is georgewill@washpost.com.



GUEST COLUMN
George Will

YOUR VIEW

Why wasn't a permit needed?

We are a country of laws and regulations that are aimed to keep us safe. As Americans, we are accustomed to following the rules.

Permits are another form of control. Such as a permit to work, a permit to repair or maintenance activities. They are allowed to start after safety can be defined.

So I ask you, why no permit was needed for Sebring's gun show? Location being across

the street from our high school. Why?

Karen Emery
Sebring

Choosing where to do business

Your "news story (In harm's way: Mass shootings common in Florida, small town America, Jan. 28)" would be more appropriate as an opinion piece. Double check your facts and add what you seem to have deliberately omitted — the places that had mass shootings were "Gun Free Zones."

The latest, SunTrust Bank, was gun free. [Pulse] nightclub in Orlando — "gun free," Parkland School — "gun free," and even starting with Columbine School — "gun free."

I, for one, will not enter a place that has any kind of sign indicating it is "gun free." Those areas are targets for those with killing on their minds, or hasn't that occurred to you? Those killers don't want to die but they do want to kill as many as they can before they are captured. Remember, "When guns are outlawed,

only outlaws will have guns."

Chicago, arguably the murder capital of the country, has some of the strictest gun control laws in the country and yet, killers find the guns. Compare the demographics of Chicago and Houston, Texas. Then compare the murder by gun statistics. Oh, Houston allows "open carry." Their philosophy is, "the best defense against a bad guy with a gun is a good guy with a gun." Think about it.

Tom Walsh
Sebring

JOIN THE CONVERSATION

Letters are welcome on virtually any subject, but we do have some rules. We will not accept any Letters to the Editor that mention a business in a negative tone, as they have no means to defend themselves. Please keep Letters to the Editor to less than 250 words. Letters will be edited to length as well as for grammar and spelling. All letters must be signed with full name — not initials. An address and telephone number must be included. The phone number and address are not for publication, but must be provided. In the case of letters that are emailed, the same rules apply.

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

The Letters to the Editor section is designed as a public forum for community discourse, and the opinions and statements made in letters are solely those of the individual writers. The newspaper takes no responsibility for the content of these letters.

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

Subway parking could cost you dearly



KIM LEATHERMAN/STAFF

There is no more parking in front of Subway. The lines have been painted over and will soon be under new asphalt.

By KIM LEATHERMAN
STAFF WRITER

LAKE PLACID — Radical changes have been taking place at the South Highlands Shopping Center over the past couple of years. A new Publix has been built, Beall's Outlet has moved into the old Publix; the Publix liquor store moved into a portion of the old Beall's location. All the stores from the south side of the strip mall are moving to the east (front) of the strip mall where they will take up residence to the north of the new Beall's location.

Confused yet? Well, there's more. Lake Placid gained a Burger King and lost a SunTrust. The south side of the shopping center will eventually be demolished. This has caused some confusion in the parking lot. So much so, that Lake Placid Police Chief James Fansler took to social media to warn people about new parking patterns and said he and his officers would be issuing citations for those breaking the law.

"There is no longer any parking in front of Subway, he said. "We have people parking there even though the parking stripes have been blacked out and the area has cones on it. Basically people are parking in a lane of through traffic."

Fansler is urging



COURTESY PHOTO/LPPD

This picture shows the blacked out parking striping with people parking illegally.

everyone to park in a properly marked and designated parking lot. Those who fail to do so could end up with a ticket making that \$5 foot long a \$25 lunch.

"The ticket starts at \$20," he said. "If it isn't paid within 14 days, the fine doubles."

Fansler pointed out that the illegal parking is not isolated to Subway. He said it happens throughout the plaza and at the new Publix too.

"I had one person park in the middle of the crosswalk," he said. "It's also bad at Publix. When I tell someone they are in a fire lane, they tell me they are waiting for somebody."

All the rules apply to everyone."

Fansler often hears there is bigger crime in the town than the parking violation. His reply to them is all the crimes are important. They are working on the other crimes he said, but he and his officers were not going to turn a blind eye to the parking violations either.

"Let's face it, we all need to get more exercise," Fansler said. "Just park and walk a few feet farther."

For now, there is still front row parking on the south side of Subway where Domino's, D&D Nails and Hong Kong Chinese restaurant were.

SUPPORT FROM PAGE 1A

evilness and that we will all stand "STRONG" together to face it down!" Hart said. "From all of us at the Sebring Police Department, we say God bless and thank you. You will never know how much your support has meant to each and every one of us here at SPD!"

Another Facebook post from Sebring PD stated, "In a continued show of overwhelming community support, we were honored to have some lovely young ladies [local beauty pageant winners] . . . stop by this morning to bring us some cards that the great kids at Memorial Elementary School took time to create for us! They also brought coffee and donuts. . . . Thank you for showing your support and for taking time out of your day to make ours better!"

A card from Mrs. Imerman's pre-kindergarten class also brightened the day for Sebring PD. The card shows handprints of the students and displays the words "Thanks for lending a helping hand and keeping us safe."

Sebring PD also

expressed gratitude for The Manor at Lake Jackson providing them with lunch on Tuesday.

Highlands County Sheriff's Office's Public Information Officer Scott Dressel said, "The community has once again been wonderful to us. Just like in the wake of Deputy Gentry's death, people have brought food and drinks and sent many message of support through social media, email and the regular mail.

"There are also countless examples of people reaching out to our deputies when they encounter them on duty and just telling them they are sorry and thanking them for their service," Dressel said. "While most of the deputies would never say it out loud, that kind of gesture goes a long way during times like these."

Chief of Police for Lake Placid James Fansler said, "With so much support throughout the year, it is hard to say there is an increase. A few folks have mentioned the situation to us, but as a whole, the Lake Placid community seems to constantly show their appreciation for us. And for that we are very thankful."

When the Highlands

News-Sun asked Highlands County Public Safety Director Marc Bashoor if the public had shown extra support after the tragedy, he said, "Yes, most in kind words and their thoughts and prayers. I can't count the number of people in the community who have reached out to provide moral support if nothing else. Public safety professionals are a hardy bunch... while certainly not infallible, we're hardy."

"We have provided critical incident stress management opportunities across the public safety spectrum, widely through our emergency management," Bashoor said.

Sebring Fire Department Captain Austin Maddox said, "Over the last week the fire department has had many fellow fire fighters' families and friends reach out to check on them. We have also had CISM [Critical Incident Stress Management] team come to the county to offer support as well."

Facing a mass shooting can add extra stress to first responders, but the support of Highlands County residents seems to help them begin the healing process.

DRUG FREE! PAIN FREE! FREE CONSULTATIONS! SURGERY FREE!

DO YOU SUFFER FROM ANY OF THESE SYMPTOMS?

- ◆ ACUTE & CHRONIC PAIN ◆ ARTHRITIS
- ◆ NEUROPATHY ◆ SHINGLES
- ◆ SPRAINS & STRAINS
- ◆ INFLAMMATION ◆ HERNIATION
- ◆ KNEE PAIN ◆ BACK PAIN
- ◆ TENDON & LIGAMENT INJURIES

First 10 people to bring this ad in will receive a FREE Ionic Foot Detox (\$80 Value)

COLD WAVE MEETS SHOCK WAVE

CONTACT US NOW FOR YOUR FREE CONSULTATION
Ask Us How Laser Therapy Can Help!
LEADING EDGE ACOUSTICS AND NEW AGE LASER

863.585.6754
863.547.5406

10:00 AM - 5:00 PM • MONDAY THRU THURSDAY
3838 U.S. Hwy 27 South, Suite B • Sebring, FL

Randy Hise

The Man, The Music, The Legend...

Mickey Gilley

The Original Urban Cowboy

MARCH 22, 2019 AT 7:00PM
GENESIS CENTER • LAKE PLACID, FL

With **17 No. 1 hits** and soundtrack credits for the 1980 hit film 'Urban Cowboy' starring John Travolta, some country boy balladeers might see fit to hang up the saddle — so to speak — but Mickey Gilley keeps on riding. It's not about the money for Gilley; it's about the music and connecting with the fans, young and old.

TICKETS START AT ONLY \$35!

Order online, by phone or at the box office Mon, Wed & Fri 10:00am - Noon:
www.SunEvents.com • 863-494-9362
218 E. Belleview Street • Lake Placid, FL 33852



All sales final. Taxes and fees additional. Please notify us at time of purchase for any special needs seating requirements.

SUN EVENTS.COM PRESENTS THE GUTHRIE BROTHERS LIVE

ALL TICKETS FROM ONLY \$20

EVERYTHING EVERLY: AN EVERYLY BROTHERS EXPERIENCE

THURSDAY, FEBRUARY 21, 2019 AT 7:00PM

Enjoy songs such as: Bye Bye Love, Wake Up Little Susie, Cathy's Clown, When Will I Be Loved, and many more!

AND

SCARBOROUGH FAIR: A SIMON & GARFUNKEL EXPERIENCE

FRIDAY, FEBRUARY 22, 2019 AT 7:00PM

Enjoy songs such as: Sound of Silence, Homeward Bound, I Am a Rock, Mrs. Robinson, Bridge Over Troubled Water, Scarborough Fair, Hazy Shad of Winter, El Condor Pasa, Me And Julio and many more!

Lead singer of California Toe Jam, Harry Havery, to open!

GENESIS CENTER • LAKE PLACID, FL

Order online, by phone or at the box office Mon, Wed & Fri 10:00am - Noon:
www.SunEvents.com • 863-494-9362
218 E. Belleview Street • Lake Placid, FL 33852

All sales final. Additional taxes & fees may apply. Please call for special needs seating requirements.



Rolex 24 winners head to Sebring

Wayne Taylor Racing looks for sweep in 12 Hours

SPECIAL TO HIGHLANDS NEWS-SUN

Wayne Taylor Racing captured a rain-soaked victory at the Rolex 24 in Daytona last week, and now heads to the 67th Mobil 1 Twelve Hours of Sebring Presented by Advance Auto Parts on Saturday, March 16th. The 12-hour classic is round two of the prestigious International

Motor Sports Association (IMSA) WeatherTech SportsCar Championship.

Wayne Taylor is no stranger to victory lane at Sebring, having won the race as a driver in 1996, and then as a team owner in 2017. His lineup of winning drivers will be at Sebring, but this time Jordan Taylor and Renger van der Zande will have a new co-driver

since Daytona co-drivers Fernando Alonso and Kamui Kobayashi will be driving for Toyota in Friday's WEC event. French driver Matthieu Vaxiviere has been added as WTR's third driver for the 12-hour classic.

"I'm pretty excited about Sebring," stated team owner Wayne Taylor. "I love Sebring — I've had poles, I've won the race, I was inducted

into the Sebring Hall of Fame, and my kids won it in 2017. So, for me, it's a highlight event ... there's more competition this year than ever, but I think we have as good of a chance as anybody. We'll have Matthieu Vaxiviere in our car for the first time and he will be a very good fit with Jordan and Renger."



IMSA PHOTO

Wayne Taylor Racing drivers celebrate after winning the Rolex 24 At Daytona. The team heads to Sebring looking for a sweep of North America's two most prestigious endurance races.

ROLEX | 10A

Blue Streaks handle Wildcats

Sebring beats Hardee in district game

By JIM TAYLOR
CORRESPONDENT

SEBRING — The Sebring Blue Streaks pulled ahead of the Hardee Wildcats in the fourth quarter and held on for a spirited 79-73 win in a Class 6A-District 10 matchup on Friday night.

The win improved the Blue Streaks to 17-7 overall and 5-3 in the district.

"We are trying to work on some stuff and get prepared for districts," said Sebring Head Coach Princeton Harris. "We want to work on those things and try to execute them next week before we head into districts."

Despite being 12-10 on the season and 1-7 in the district, Hardee was not going to make this an easy game for Sebring as Cody Helms started the game with a baseline 3-pointer to put the Wildcats up early.

The lead switched back and forth a couple of times before Hardee built a five-point advantage at 14-9 with two minutes left in the first quarter.

Sebring cut that lead to two points by the end of the first as the Wildcats held on to a 17-15 lead.

The second quarter saw five lead changes as twice Hardee's Helms hit a 3-pointer and converted one into a four-point play that twice gave the Wildcats a momentary lead at 20-19 and 28-27.

Sebring outscored the Wildcats 5-2 to finish the quarter and take a 32-30 lead into the half.

In the third quarter, there were only two lead changes as the game was tied on four separate occasions.

Hardee pulled ahead early and kept the lead for most of the quarter, building a five-point lead at 48-43 with two minutes left in the third.

Baskets by Alvin Tumblin, Alkervion Hester, Will Desources and a 3-pointer by Jehovany Garcia put the Blue Streaks up 52-48.

A 3-pointer by Hardee's Jean Youte at the buzzer swished the net and cut Sebring's lead back

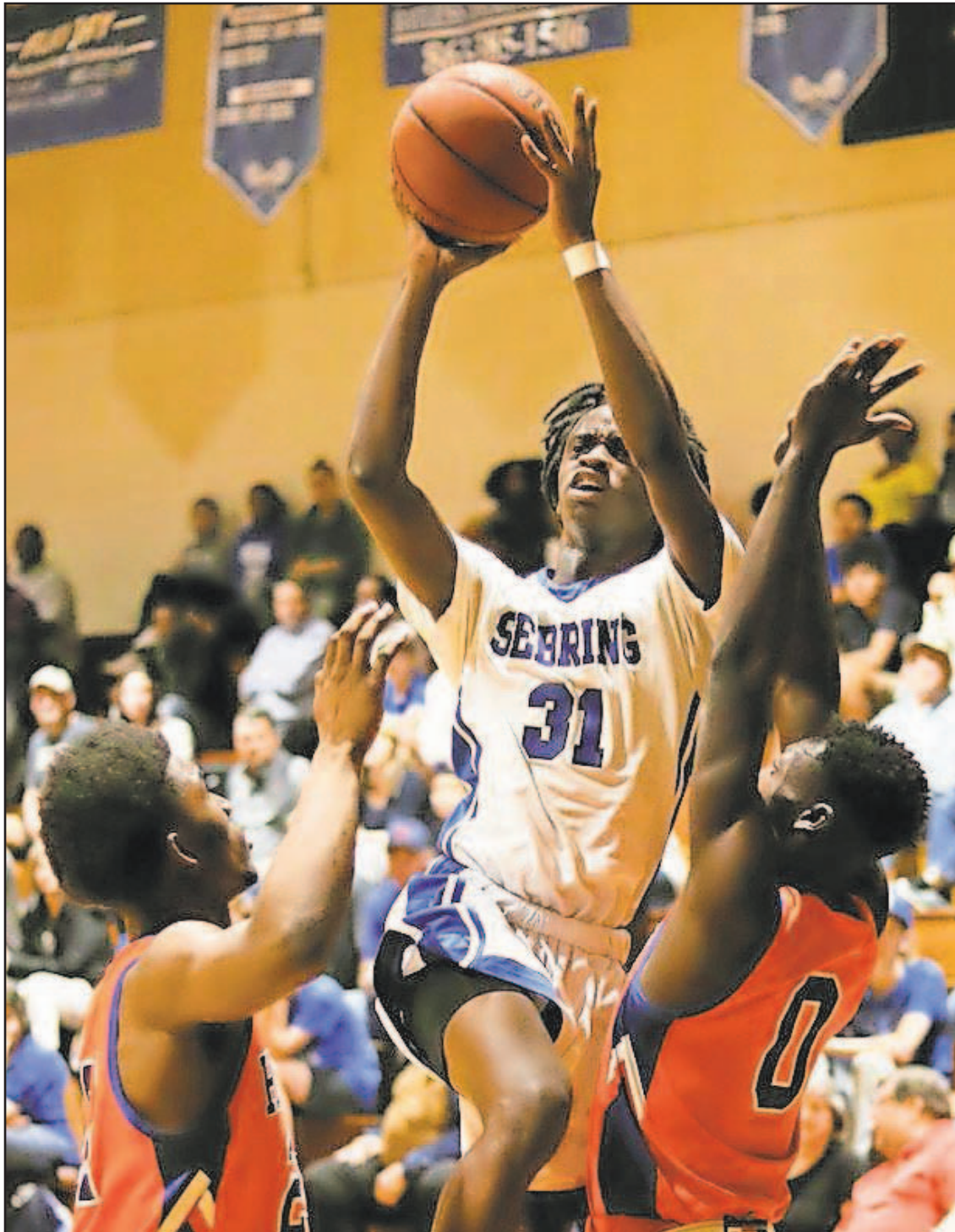


PHOTO BY JIM TAYLOR/CORRESPONDENT

Sebring's Will Desources splits a pair of Hardee defenders during Friday night's Class 6A-District 10 game. The Blue Streaks beat the Wildcats by a score of 79-73.

to one, 52-51, to end the third quarter.

With Eric Brown, who was honored before the game for reaching 1,000 career points at Sebring, and Tumblin on the court in the fourth, the Blue Streaks built their biggest lead of the game at ten points, 72-62 with a minute and a half left in

the game. Hardee began to quick foul the Blue Streaks as Sebring struggled on the foul line all game, making only 19 of 37 attempts.

Hardee took advantage and pulled to with four at 77-73 with seconds left in the game.

Sebring's Brown put the

exclamation point with a power slam for the game's final points as Sebring held on for the 79-73 victory.

"We need to get back to working on free throws," said Harris. "That is something that Hardee tried to exploit towards

STREAKS | 10A

Solid scores by Lake June West golfers

Highlands News-Sun
SPORTS STAFF

The golfers were in action at Lake June West on Wednesday, Jan. 30 in the Men's League: 1st Place team, 42, Tim Casquette, John Sonafank, Hank Husen, Harold Johansson. 2nd Place, 43, Sonny Shelton, George Hay, Kirtes Calvery, Tom Molloy; 3rd Place, 43, Mike Rogers, Pete Otway, Al Welch, Larry Heath; 4th Place, 44, Ron Cobert, Gene Ray, Denny Mathew, Bill Fowler. Closest to Pin, No. 2, Tim Coalmer, 6' 6", No. 4, Harold Johansson, 7' 0", No. 8, Sonny Shelton, 3' 6".

Thur., Jan. 31 Mixed Scramble: 1st Place Team, 54, Tony Notaro, JoAnn McGill, Lynn Husen, Sandy Page; 2nd Place, 58, Larry Heath, Panda Burton, Mike Rogers, Mary McNamee. Closest to Pin, No. 8, JoAnn McGill, 19' 9".

Wed., Jan. 23 — Men's League: 1st Place Team, 40, Claude Cash, George Hay, Bill Connolly, Al Welch; 2nd Place, 41, Mike Rogers, Pete Otway, Denny Mathew, Larry Heath; 3rd Place, 42, Tony Notaro, Hank Husen, John Sonafank, Harold Johansson; 4th Place, 43, Sonny Shelton, Gene Ray, Jack Lorenz, Bob Knishka, Jack Clegg. Closest to Pin, No. 2, George Hay, 4' 9", No. 4, Tim Cassanette, 6' 10", No. 8, Sonny Shelton, 8' 4".

Golf Hammock Ladies League
The Golf Hammock Ladies League played on Jan. 29. Game Played: LGA Individual Points.

Flight 1
1) Liliane Fargey, 2) Shelba Fortier, 3) Lorraine Friend.

Flight 2
1) Connie Snyder, 2) Sue Pratt, 3) Ida Warner.

Flight 3
1) Nancy Senior, 2) Carol Troup, 3) Hilda Waddell.

Most Fairways Hit: Lorraine Northrup. Closest to the Pin No. 3: Sherry Kantola.

Making last-minute preparations

Hartman set for Bassmaster Elite opener on St. Johns River

By JAMIE HARTMAN
SPECIAL TO HIGHLANDS NEWS-SUN

I've been busy getting all my last-minute preparations ready for the new Bassmaster Elite Series season. While I'm looking forward to kicking off the year at our first event on Florida's St. Johns River, I know this fishery will be challenging. To be honest, Florida fishing is almost

totally new to me. When the Elites were on Lake Okeechobee in 2017 was the first time I had even fished in the state. So my knowledge of Florida bass fishing is next to zero.

I'll go into this event with an open mind; I don't have a preset plan. I'm going to run one end of that river to the other and do my best to identify a handful of key

areas where I can settle in and go to work.

I visited the St. Johns before it went off limits and mostly just ran around and looked at the fishery. One thing that I quickly noticed was the lack of grass. I was looking for areas where grass might come up, but I think the fishery is still dealing with the affects of Hurricane Irma (2017).

When I get back there

for practice, my game plan will involve a wide range of baits to try to figure out what I can get bit on in the river and in a couple of the lakes. What the fish are doing — spawning or prepawn — is all going to depend on the weather, but I want to be ready to capitalize on whatever I encounter.

I'm sure water clarity



PHOTO BY B.A.S.S.

BASS | 10A

Angler Jamie Hartman is looking forward to the Bassmaster Elite Series season opener on the St. Johns River this week.



PHOTO BY JIM TAYLOR/CORRESPONDENT

Sebring's Jacob Pasley powers his way to the basket during Friday night's win over Hardee.

STREAKS
FROM PAGE 9A

the end of the game." Helms led the Wildcats with 21 points and five 3-pointers. Youte scored 19, going 8 for 11 at the foul line with one 3-pointer.

Brown led the Blue Streaks with a game-high 27 points while Tumblin added 24. Sebring will play its next game against Auburndale on Saturday in a tournament before beginning play in the district tournament the following week.



Sebring's Jehovany Garcia pulls down a rebound against Hardee on Friday night.

ROLEX
FROM PAGE 9A

Jordan Taylor, winner at Sebring in 2017, always looks forward to the 12-hour classic: "I love Sebring. We always talk about Daytona being our home race, but Sebring is also like a home race for our family. We only live two hours away and it's where I did my first racing school with Skip Barber, so it feels like I'm going home when I'm there. The atmosphere of this event is unlike any other. I think everyone feels the history when you go to Sebring. I love the character that the track still holds, with the old World War II runways. That's what makes Sebring so special, and you see the history driving down the front straight with the signboards over pit lane showing all of the past overall winners."

Van der Zande will not only drive in Saturday's IMSA 12-hour, but also the WEC 1,000-mile race on Friday. "This year will be very special, driving two cars, one on Friday and one on Saturday, in the two highest levels of endurance racing. It's just an honor to be driving in both series. I've been training hard



IMSA PHOTO

Two-time Formula One World Champion Fernando Alonso will drive for Toyota Gazoo Racing in the WEC race at Sebring International Raceway in March.

to be ready for Sebring, fitness-wise. I believe it's going to be a very challenging thing to combine. We are on the same tires - Michelin is the tire in both WEC and also in IMSA, which is a big advantage ... we'll see how the race develops on Friday, and use that information to help us in the IMSA race on Saturday. Altogether, a very exciting weekend and I am looking forward to wearing two hats."

The Daytona GTLM class winning BMW will also be on the grid at Sebring along with the Lamborghini that captured the GTD class. A field of 42 cars is expected to start the 67th

Mobil 1 Twelve Hours of Sebring Presented by Advance Auto Parts.

WEC Entries
A Formula One World Champion leads a stellar list of entries for the 1,000 Miles of Sebring FIA World Endurance Championship (WEC) race on Friday, March 15 at Sebring International Raceway.

Sebring's WEC race is the sixth round of the 2018-19 season, part of the "Super Sebring" doubleheader weekend that culminates with the 67th Annual Mobil 1 Twelve Hours of Sebring Presented by Advance Auto parts on Saturday, March 16.

Two-time Formula

One World Champion Fernando Alonso (2005-2006) will drive for Toyota Gazoo Racing, which captured the 24 Hours of Le Mans in June. Alonso recently won the Rolex 24 at Daytona driving for Wayne Taylor Racing in the opening round of the IMSA WeatherTech SportsCar Championship.

Several past winners of the famed 24 Hours of Le Mans are entered in the WEC race in addition to four drivers that are past Sebring champions.

The preliminary entry list includes a total of 35 entries in four classes. Fifteen cars are entered in the two prototype classes, while 20 cars in the two GT classes include manufacturers such as Porsche, Corvette, Ferrari, Aston Martin, BMW and Ford.

The 1,000-mile (or 8 hours) race will start at 4 p.m. on March 15. Sebring will be the only USA appearance of the WEC and its first at Sebring since its 2012 inaugural season.

Official entries for the IMSA 12-hour race will be announced at a later date, although a field of over 40 entries is anticipated with an equally impressive roster of cars and drivers.

BASS
FROM PAGE A9

will also play a role in this event. When I was there refishing, there were no really clear spots because there was no vegetation. I keep watching the weather in hopes that Northeast Florida will get some sustained warm weather, which will get the new grass growing. It's hard to say if the grass will have enough time to grow up before we get there, but those fish have to go somewhere. At this point, I'm just not sure where that will be. In these scenarios where I'm fishing unfamiliar waters, I try to find a confidence bait; something I can get bit on and then start running around and fishing multiple places with it.

Whether that's a jig or soft plastics, I want to be throwing something I'm comfortable with.

That's really important because I definitely do better when I have some knowledge of a place and some idea of how to catch them. That allows me to quickly eliminate certain patterns and figure out what's going to work. I won't have

this advantage on the St. Johns, so it's going to require a lot more looking.

When I fished on Okeechobee, I stayed away from the crowd and found my own stretch a couple hundred yards away from the main area. The difference was there was grass everywhere, but this won't be the case on the St. Johns.

For me, this first Elite

tournament is going to be more about covering water and realizing that when I come across fish that I should pay more attention to where, when and how I catch that fish and expand on it.

That's something I have learned about Florida: When you catch a fish, there are probably more there.

DAILEY & VINCENT
SUN EVENTS.COM "Fun In The Florida Sun Tour"
LIVE IN LAKE PLACID

3 GRAMMY NOMINATIONS
14 IBMA AWARDS
4 GMA DOVE AWARDS

"The best of Bluegrass, Country and Gospel this side of Heaven"
- Nancy Dunham, USA Today / Washington Post

SATURDAY FEBRUARY 16TH 7:00PM SHOW
GENESIS CENTER LAKE PLACID, FL
218 E. Bellevue Street • Lake Placid, FL 33852

RESERVED SEATS \$43 - \$53 • GENERAL ADMISSION \$29

Order online, by phone or at the venue Mon, Wed & Fri 10:00am - Noon:
www.SunEvents.com • 863-494-9362

All sales final. Taxes and fees additional. Please notify us at time of purchase for any special needs seating requirements.

In Honor of His Upcoming Birthday...
Here is another Stroll Down Memory Lane with Papa Kenny Long

INFINITY® SERIES AIR CONDITIONERS
If there's an air of superiority to these units, it's because they're the quietest, most efficient models we make. Built for total home comfort, our Infinity series central air conditioners offer an enviable SEER rating of up to 21. Combine it with our innovative Infinity® control for our highest degree of comfort management.

Carrier LONG'S AIR CONDITIONING, INC.
1-800-COOLING
800 U.S. Highway 27 N. • Avon Park - 453-7571 • Sebring - 385-1731 • Lake Placid - 465-7771

Factory Authorized Dealer
HALL OF FAME Carrier
State Certified Licenses:
A/C License #CAC023495
Electrical License #13002822
Gas License #21291

TURN TO THE EXPERTS
United States Air Conditioning
PRESIDENTS AWARD
Carrier Authorized Dealer Group



DEAR PHARMACIST
Suzy Cohen

Staying healthy in colder weather

The winter is lovely, the trees are all flocked and the air is so fresh. You can make snowballs and fire up the crock pot with soup. I SO love winter, and when the snow begins to fall, I stay in my PJs and crawl into my favorite recliner, with a big fuzzy blue throw and a hot pack.

When it's cold, many biochemical changes take place in the human body which lead to dryness of the skin and lips, suppressed immunity, reduced production of some neurotransmitters, the packing on of winter fat, higher risk of heart attacks and certainly more sniffles, coughing and general sickness from cold and flu. Sadness and depression are common.

Today my focus will be to help you stay as well and comfy as possible during the hibernation months. I have a more comprehensive version of this article available only to my newsletter subscribers. Join my online community at suzycohen.com and I will email it to you.

Here are some common winter problems:

Seasonal Affective Disorder (SAD) a.k.a. Depression

This is a seasonal type of depression and sadness that lifts in the springtime and summer. Researchers sometimes attribute the winter blues to reduced exposure to sunlight. Therefore, a natural mood booster might be a light device, or some vitamin D supplementation. Vitamin C could help because it helps contribute to production of happy brain chemicals.

Headaches

Cold climates cause blood vessels to tighten a little bit, and the narrowing reduces blood flow. When blood vessels are constricted, it can trigger headaches and migraines. The fix might be to maintain hydration and supplement with magnesium which keeps your blood vessels dilated. Vitamin C helps them maintain elasticity.

Dryness and Dehydration

Skin gets very dry, especially your heels. Look at them, I bet they're cracked and dry. Put some pure jojoba oil, coconut oil, olive or grape seed oil on your finger, or a cotton pad and apply it to your heels. Then put on your socks and shoes. Repeat this if you need after your evening shower. Drink plenty of water that has been infused with marshmallow root. I have a video on YouTube showing you how to make this. Also, add a pinch of sea salt or "Real Salt" to your water for electrolytes.

Cough, Cold and Flu

In order to reduce your risk for respiratory illness and cold or flu, you have to rev up your immune system. Start with probiotics and vitamin C for prevention. Eucalyptus essential oil (EO) is another natural fix for when you are actually sick. When I was down with the flu, I found that a steam inhalation using just two drops in a pot of hot water worked great to open up my sinuses, and stop the coughing. I also took drank *Melissa officinalis* as well as green tea. I'm not advising any of you, just sharing my personal experiences. Please ask a holistic practitioner or doctor if these are right for you.

Toughing it out

By **ROBERT MILLER**
NEWS CLERK

If week one kicked my butt, then week two was like being kicked while I was down. My knees and accompanying muscles felt better going into Monday but Tuesday completely changed that.

Tuesday's group workout found us spending about half the hour indoors doing pushups, sit-ups and stand ups. This last one requires you to get flat on your back and then stand up without using something for leverage. Needless to say, this

proved particularly difficult.

This was all too much time, and weight, on my knees that are now in a whole new kind of pain from before. This pain comes from the kneecap itself and not the muscle. It's like a stabbing pain when touched. This made it difficult to do anything requiring getting on the ground the second half of Tuesday and all of Thursday.

After all this fun indoors, we moved outside for a run (I walked) and more of the exercises from inside.

A big thanks to those



ROBERT MILLER/STAFF

An exhausted Robert Miller.

who helped me through the run course and got me to the end a lot

sooner than I expected to.

But aside from the

pain and being incredibly tired all week, I did lose another five pounds. That's 21 overall in just over two weeks!

As I struggle with the uncomfortable pain and exhaustion, I am still working on refining my meals. I've added eggs to my breakfast of fruits and orange juice. Laura advised adding some eggs for protein with the fruit to help with metabolism and the protein helps you feel full faster and for longer. So it's a win-win-win.

TOUGH | 6B

Researchers develop urine test for bladder cancer



MARK TUSCHMAN/STANFORD PHOTO

Stanford's Maximilian Diehn, left, and Ash Alizadeh.

Stanford team says this could lead to earlier detection

By **CHRISTOPHER VAUGHN**
STANFORD UNIVERSITY

Researchers at the Stanford School of Medicine have developed a highly sensitive urine test for diagnosing and monitoring bladder cancer.

The test involves looking for fragments of cancer DNA in urine samples. "This study describes a new diagnostic approach to bladder cancer focused on analysis of urine samples," said Maximilian Diehn, MD, PhD, associate professor of radiation oncology. "Urine is in direct contact with bladder tumors, which shed some of their DNA into it."

The findings were published online Dec. 21 in *Cancer Discovery*. Diehn shares senior authorship with Ash Alizadeh, MD, PhD, associate professor of medicine. Postdoctoral

scholars Jonathan Dudley, MD, and Joseph Schroers-Martin, MD, are the lead authors.

Sixth most common cancer

Bladder cancer is the sixth most common cancer. More than 80,000 people are diagnosed with it every year in the United States. Currently, the most accurate method of diagnosing bladder cancer is through cystoscopy, an invasive method to visualize the bladder and take tissue samples. Another method is to look for cancer cells in the urine via a cytology test. Although noninvasive, this approach has suboptimal sensitivity, Diehn said.

The research builds on earlier studies co-authored by Diehn and Alizadeh in which they showed that they could detect certain cancers by looking for DNA fragments

of tumors circulating in the bloodstream using a method called CAPP-Seq, an abbreviation for cancer personalized profiling by deep sequencing. In the new study, the researchers modified molecular and bioinformatics aspects of this technique to apply to bladder cancer DNA fragments found in urine. They analyzed a total of 67 healthy adults and 118 patients with early stage bladder cancer who either had urine collected prior to treatment or during surveillance.

The researchers found that by testing for bladder cancer in urine, they could detect cancer in the early stages of development, when it can be treated more easily. Their approach correctly identified the presence of bladder cancer in 83 percent of patients with early stage bladder cancer,

compared with only 14 percent for the clinically available urine cytology test.

One of the greatest benefits of the new approach may be its ability to detect the recurrence of bladder cancer after someone has been treated for the disease. "In our test samples, we were able to detect bladder cancer recurrence an average of 2.7 months earlier than could be done with cystoscopy," Alizadeh said. With the new approach, they detected almost all cases of recurrent bladder cancer, nearly double the sensitivity of cystoscopy and cytology.

The researchers believe that the method of looking for cancer DNA in body fluids other than blood could be more widely applied. "It may

URINE | 9B

Keeping furry family members with pet allergies

By **DR. AUNPAMA RAVI**
MAYO CLINIC

Dear Mayo Clinic: My 8-year-old recently was diagnosed with a pet allergy. But we have a cat that our daughter picked out when it was a kitten, and she's very attached to it. She's heartbroken that her allergy may mean she has to say goodbye to her furry friend. Can we keep the cat without endangering our child's health?

There are a number of steps you can take to ease the symptoms of her pet allergy and make it comfortable for the two of them to continue enjoying their friendship.

A pet allergy is an allergic reaction to proteins found in an animal's skin cells, saliva or urine. When they trigger an allergy, these substances are called "allergens." Any animal with fur can be the source of these allergens, but pet allergies most commonly are associated with cats and dogs.

Pet allergies often are triggered by exposure to pet saliva or the dead flakes of skin, called "dander," a pet sheds. Dander is a particular problem because it is very small and can remain airborne for long periods of time with the slightest bit of air circulation.



COURTESY PHOTO

In most cases, the physical and emotional benefits pets can offer children outweigh the problems allergies might cause.

PETS | 3B

'The Denise Pose'

By NANCY DALE
YOGA FOR LIFE

"The Denise Pose" is a most unique challenge in balance, stability and grace. Yoga practitioner, Denise Ravine learned this posture in a Ft. Lauderdale Yoga class which she has incorporated into her practice. This posture is one that focuses on establishing a sense of balance while standing in Tadasana, then smoothly coming straight down into a cross-legged sitting position before rising again into Tadasana. Colleen Plonsky began practicing the posture with Denise and has gracefully learned how to initiate the posture as well. When coming down from a standing pose, hold the upper body straight without learning forward or extending the arms long in front, cross the legs at the ankles and lift up on the edges of each foot. Do not use arms to give the body a boost upwards. The pose is smoothly and gracefully initiated by these two Yoginis as they descend



COURTESY PHOTO

Pictured from left to right: Colleen Plonsky and Denise Ravine demonstrate the "Denise Pose."

down into the seated position. Coming back up into a standing posture is very difficult and takes practice. Balance in this posture is maintained with a straight back and buttocks in line with the spine. The hands are held in Prayer Pose as the legs lift the core/body back into Tadasana. Yoga students in all the classes have been working on this posture to gain balance, confidence and learn the body's individual center of gravity. It is a posture that takes time, patience and practice with step-by-step

improvement. We have had some new students master the pose quickly. Rising smoothly and straight up from the seated posture is a challenge. Adding "grace" while initiating the pose is another step once balance and strength work together. This pose is also an example of "concentration" and "mental visualization." As we say in Yoga, visualize the posture first in the mind and then initiate it in the body. Denise has mastered this beautiful pose and Colleen who has just learned it, demonstrate

the beautiful flow of the pose. Every time the pose is initiated, the body makes further adjustments and improvements which is what makes Yoga an interesting and challenging practice. Even after practicing Yoga many years, each time you throw out the mat, poses present new challenges of execution and opportunity for improvement. Yoga has many benefits. Challenges of concentration is one of those great rewards as poses take life. The Yoga challenge is fun enjoy the changes!



MAYO CLINIC PHOTO

Curcumin is being studied for its potential cancer-fighting ability.

Curcumin: Can it slow cancer growth?

By DR. TIMOTHY MOYNIHAN
MAYO CLINIC

At this time, there isn't enough evidence to recommend curcumin for preventing or treating cancer, but research is ongoing.

Curcumin, a substance found in the spice turmeric, has long been used in Asian medicine to treat a variety of maladies. Now some research suggests that curcumin may help prevent or treat cancer.

Curcumin is thought to have antioxidant properties, which means it may decrease swelling and inflammation. It's being explored as a cancer treatment in part because inflammation appears to play a role in cancer.

Laboratory and animal research suggests that curcumin may prevent

cancer, slow the spread of cancer, make chemotherapy more effective and protect healthy cells from damage by radiation therapy. Curcumin is being studied for use in many types of cancer. Studies of curcumin in people are still in the early stages. Clinical trials are underway to investigate curcumin as a way to prevent cancer in people with precancerous conditions, as a cancer treatment, and as a remedy for signs and symptoms caused by cancer treatments. Research is ongoing, and there isn't enough evidence to recommend curcumin at this time. As always, talk with your doctor before using any herbal supplement. It's unclear how curcumin may interact with medications.

Invest in yourself

With everything in life there is consequences. Maybe that is a little firm. Let's say actions cause "re-actions." If we know something needs to get done and yet we procrastinate, well usually we just dread that task that much more. Think about that.

If you don't cut your toenails as they should be, you might end up with in-grown or curled painful toenails. This may hamper your health.

If you don't go to the dentist and have your teeth cleaned or repaired as you should, then you end up with bad breath and lose your teeth. Your health is once again compromised.

If you don't correct your vision with proper glasses or take drops that are needed for moisture or glaucoma you will endanger your eyesight ... maybe endanger others because you can't see to drive. The same is true with your hearing.

If you have a hearing loss and you don't correct that problem with hearing instruments, then you are affecting your health. Your mental health. You are also causing added stress to your relationships.

If you have a hearing loss and you wear hearing aids, but they are not providing the proper



HEARING MATTERS
Roseann Kiefer

Without causing distortion or whistling? This can be measured through Speech Mapping, with your hearing aids in. Are your hearing aids "maxed out"? They are turned up and adjusted to the maximum. Hearing aids are not designed to run at full capacity. Just like our cars are not supposed to be ran at 140 mph. The ride is noisy and uncomfortable. It's only a matter of time before the engine blows.

9. Is your spouse or family complaining more?

10. Get a current and complete hearing evaluation. There are tests to determine your speech understanding capabilities. Has this score gone down from the last time you were tested?

Let's say you got hearing aids five years ago and when you did the tests you could understand 96 percent of the words, but with a recent hearing test you can only understand 80 percent.

This means (whether your hearing has changed or not) that your ability to understand speech is diminishing. It means that you are not giving your brain adequate stimulation. If you don't use it, you will lose it. Just to be clear, your hearing thresholds (where you press the

button when you hear the tones) do not have to get worse for your ability to understand speech to diminish. If you wear hearing instruments that don't provide a broad enough bandwidth to stimulate the necessary frequencies then, over time, under stimulation can cause a decrease in the brain's ability to understand speech. Research shows that wearing properly prescribed hearing instruments helps to reduce cognitive decline.

You can help yourself protect your teeth. You can help yourself protect and prolong your eyesight. You can fight off infections with proper hygiene. You can diminish cognitive decline by wearing instruments that provide the proper prescriptive stimulation for your brain. Life is for the living. Invest in yourself. Do it for yourself and for people who love you. To Hear Better Is To Live Better!

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

prescription, then you will experience increased difficulty in hearing and understanding.

So how do you really know if what you have is providing your necessary prescription? How do you know if you are under fit? (Not getting the necessary stimulation of your auditory system). Here are some clues:

1. Do you feel like your ability to understand people is getting worse?
2. Does background noise seem to be getting louder to you?
3. Do you feel more tired throughout the day?
4. Do you just wish for peace and quiet? Avoiding noisy places?
5. Is your ability to hear on the phone getting worse?
6. Are you slurring your letters?
7. Do your hearing aids whistle?
8. Have you had your hearing tested recently? Has it changed? Can your hearing aids be adjusted to match your prescriptive need?

LOOKING FOR SOMETHING?
Find it in the CLASSIFIEDS!
SUN NEWSPAPERS

Complete Family Eye Care

- Detecting & Managing
- Diabetes
- Glaucoma
- Cataracts
- Dry Eye
- Macular Degeneration
- Eye Diseases

Jane Buccì O'Hara, O.D.
Board Certified Optometric Physician

- Glasses
- Contact Lenses

Buccì Eye Care, PLLC
4325 Sun N Lake Blvd, Suite 104
Sebring, FL 33872
863-385-3937 • www.buccieyedoctor.com

FREE CONSULTATION • AVAILABLE 24/7

Steve Brown

LILLY & BROWN LLP

2154 LAKEVIEW DRIVE • SEBRING, FL 33870
(863) 471-0003
LILLYBROWNLAW.COM

THE FLORIDA BAR BOARD CERTIFIED CIVIL TRIAL

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 13 YEARS OF PATIENT CARE

Fax: 863-658-6846 • 863-385-SKIN (7546)
HeartlandSkinCenter.com

PETS

FROM PAGE 1B

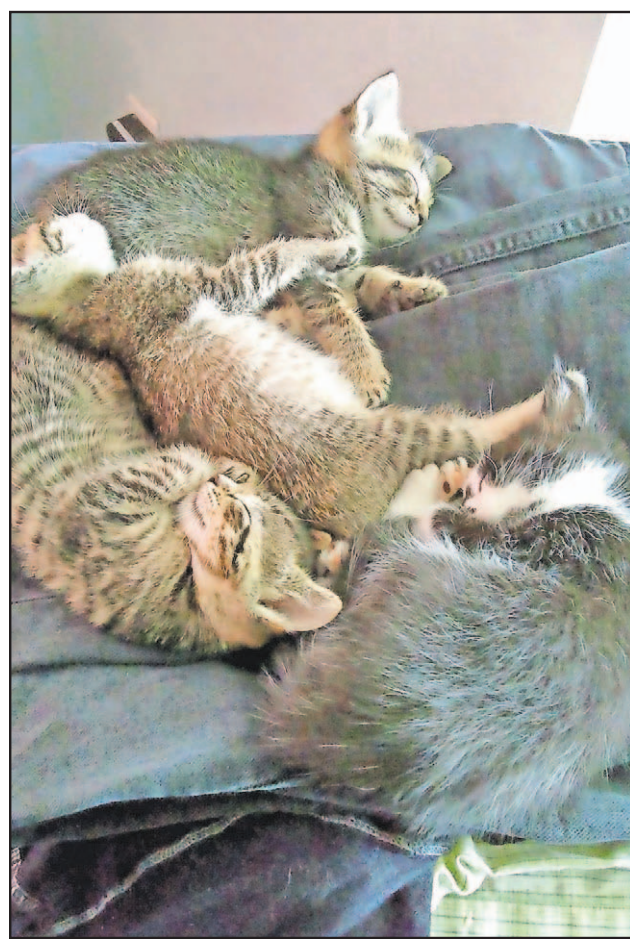
Dander collects easily in upholstered furniture, and it sticks to clothing.

For people with pet allergies, exposure to these allergens can lead to various symptoms. The most common include sneezing; a runny nose; itchy, red or watery eyes; nasal congestion; and postnasal drip.

To reduce the effects of a pet allergy, the first step is to try non-prescription remedies. Several over-the-counter medications can help relieve allergy symptoms. For example, antihistamines ease itching, sneezing and runny nose by reducing the production of an immune system chemical, called "histamine," that is active in an allergic reaction.

When symptoms are more severe, or if they continue despite regular use of over-the-counter allergy medication, then prescription medication may be necessary. Corticosteroids delivered as a nasal spray often can reduce inflammation and control symptoms. The medication montelukast (Singular) reduces production of another immune system chemical, which also can help.

Allergy shots may be appropriate for children who have persistent, severe allergy symptoms, despite using the maximum recommended amount of medication. Allergy shots are a form of immunotherapy that involves receiving allergens in small incremental doses. At first, the shots are given weekly,



COURTESY PHOTO

To reduce the effects of a pet allergy, the first step is to try nonprescription remedies.

and the amount of allergens in them gradually is increased with each shot. Ultimately, the goal is to receive only one shot monthly. To be most effective, most people get allergy shots regularly for several years. The shots stop or reduce allergy symptoms by desensitizing the body's immune system to the allergens.

In addition to medication, you can make some changes within your home to reduce your daughter's pet allergy symptoms. For example, use high-efficiency particulate air, or HEPA, filters to reduce airborne cat allergens. Also, consider making your daughter's bedroom

a pet-free zone, so she can sleep at night with decreased cat allergens that trigger her allergy symptoms.

A combination of allergy medication and environmental changes often can help control pet allergies, making it unnecessary to remove a family pet from the home. In almost all cases, the physical and emotional benefits pets can offer children far outweigh the problems allergies might cause.



Mental health shouldn't be ignored

By **SABRINA WHEATON**
HEAL BY TOUCH THERAPY

Consider this initial statement a trigger warning for those sensitive to discussing things regarding mental health, and incidents related to it.

Some of us can't stop talking about what happened to our city. Some of us ignore it entirely because it's all so painful to discuss. Unfortunately, whether we want to talk about it or not, something rather important has been brought to light. Many of us are quickly realizing how essential it is to discuss mental health. Mental illness is an issue rapidly gaining attention here in the states, and the fact that it's a topic that has been neglected for a long time.

We're looking at stats such as the fact that close to 1 in 5 adults report having a mental illness. Only half of those people seek treatment. This isn't including the millions of cases of people who go undiagnosed because education about various mental illnesses is sorely lacking, or because the stigma surrounding it is still so pervasive.

More so, we're looking at increases in things like suicidal ideation and major depressive episodes, which contribute to situations like what we saw.

There are some encouraging statistics, however. The percentage of adults who turn to substance abuse has gone down in recent years. Moreover there has been a huge surge in apps geared directly toward those struggling with depression and anxiety. Free resources can be seen even on social media such as Facebook and twitter, with therapists available to speak to 24/7. Nowadays symptoms of illnesses like depression and anxiety are becoming more clear, and we're getting a better understanding of when we or a loved one should seek help.

For example, if your illness is affecting your everyday life such as your job, your personal relationships, or your family, it's time to seek help. Sometimes symptoms aren't just "feeling sad" or "feeling anxious", often symptoms include (but aren't limited to) insomnia, extreme

decrease or increase in appetite, lack of motivation, and feeling trapped or overwhelmed by normal or small issues.

If you're missing work because you can't get out of bed, if you're binge eating or starving yourself, if you find yourself no longer enjoying your favorite Netflix shows or hobbies, it's time to consider seeking help. A primary care physician can help you decide what your next step should be. And though it's much easier said than done, incorporating a healthy diet and even a mild exercise program or some simple daily outdoor time can make a noticeable difference.

Exercising self care isn't just bubble baths and retail therapy. Self care is taking care of your mental health. Self care is making sure you're healthy and happy so that you in turn can provide for your family, or help a friend who may also be struggling.

If you or someone you know is struggling, suicidepreventionlifeline.org is an excellent resource. One phone call to 1-800-273-8255 could make a world of a difference.



Find The Perfect Companion

In the CLASSIFIEDS!



QUIT YOUR WAY

Quitting tobacco isn't easy. Finding help should be. Tobacco Free Florida offers free tools and services to help you get started.



CLASS SCHEDULE

Free 5-Week
Quit Smoking Now Program

Weekly Tuesdays
FEB. 12 - MAR. 12
5:00-6:00 pm

South Florida State College
600 West College Dr.
Avon Park, 33825
Building T-1,
Dental Education Rm.108

Weekly Tuesdays
FEB. 12 - MAR. 12
10:00-11:00 am

Florida Hospital Heartland
Medical Center
CREATION Health Wellness Center
4005 Sun N Lake Blvd.,
Sebring 33872

Weekly Wednesdays
FEB. 13 - MAR. 13
5:15-6:15 pm

Lake Placid Seventh-Day
Adventist Church
Better Living
Community Ctr.
24 E. Phoenix St.
Lake Placid, FL 33852

To Register or Learn More
Call 1-877-252-6094

FREE

Nicotine replacement patches, gum and lozenges.*

* While supplies last & if medically appropriate.

FREE

Community, worksite and clinic groups offered.

Programs cover all forms of tobacco.



GROUP QUIT

Is the in-person option of Tobacco Free Florida Quit Your Way services.

toll free 877-848-6696
tobaccofreeflorida.com/quityourway

Your New Neighborhood Physician is
Right Around the Corner



Alexandra Joseph, MD
Cardiology

Now Welcoming New Patients
Schedule your appointment today.

AdventHealthMedicalGroup.com/Sebring
(863) 386-0055

Advent Health
Medical Group
Cardiology at Sun 'N Lake

A hospital department of AdventHealth Sebring

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

IN THE NINTH JUDICIAL DISTRICT COURT OF THE STATE OF NEVADA IN AND FOR THE COUNTY OF DOUGLAS
CASE NO: 18-DI-0301
DEPT. NO: II
COMPLAINT FOR DIVORCE
MELINDA BALABABA,
Plaintiff
vs.
DEOGRACIAS MASIBAY JR.,
Defendant.
COMES NOW, Plaintiff, by and through counsel, TIMOTHY POST, and avers as follows:

I.
That Plaintiff is a resident of the State of Nevada, has been for a period of more than six weeks before commencement of this action, now resides in the State of Nevada, and has the intent to make the State of Nevada her home, residence and domicile for an indefinite period of time.

II.
Plaintiff resides at 2225 Jessie Ave. Sparks, Nevada 89431.

III.
That the parties were intermarried on or about the 19th day of June, 1981 in Pasig, Philippines and ever since said date have been and now are husband and wife.

IV.
that there are no minor child the issue of said marriage.

V.
That both parties are capable of supporting themselves, and neither is requesting an order of alimony or spousal support.

VI.
That there is no community property of this marriage to be divided.

VII.
That there are no community debts of this marriage to be divided.

VIII.
That the parties are incompatible in this marriage due to diverse differences and an inability to live happily and peacefully as husband and wife.

IX.
That Defendant does not request to be restored to the use of her maiden. WHEREOF, Plaintiff prays for Judgment as follows:

1. That the Parties be awarded a final decree of divorce, thereby dissolving the bonds of matrimony existing between the Plaintiff and Defendant and restoring each party to the status of single, unmarried persons.
2. For such other and further relief as to the Court deems just and proper under the circumstances.

DATED this 2nd day of October, 2018.

The undersigned does hereby affirm that the preceding document does not contain the social security number of any person.

/s/ Timothy Post
TIMOTHY POST, ESQ.
POB 12313
Reno, Nevada 89510
(775)322-7980

VERIFICATION
STATE OF NEVADA)
) ss.
COUNTY OF WASHOE)

MELINDA BALABABA, being first duly sworn, under penalty of perjury, deposes and says:

That she is the Plaintiff in the above-entitled action; that she has read the foregoing COMPLAINT FOR DIVORCE and knows the contents thereof, that she same is true of her own knowledge except as to those matters contained therein upon information and belief and as to those matters, she believes them to be true.

/s/ Melinda Balababa
MELINDA BALABABA
SUBSCRIBED AND SWORN to before me this 2nd day of October, 2018.
/s/ Timothy Post
NOTARY PUBLIC
Jan. 14,21,28; Feb. 4, 2019

Faith Child Development Center
During the first years of life, children learn a lot about themselves and the world around them. For healthy development, children need active stimulation and interaction with others. This is where early childhood education is the most beneficial. Early childhood education focuses on children's growth by providing a practical, interactive atmosphere where children can develop through learning with other children and teachers. These are the stepping stones to providing an insight into children's growth, giving you the tools to guide them in their development.
Director Ribed Calderon

IN THE CIRCUIT COURT OF THE TENTH JUDICIAL CIRCUIT IN AND FOR HIGHLANDS COUNTY, STATE OF FLORIDA
JUVENILE DIVISION
CASE NO. JP18-000059-XX
IN THE INTEREST OF:
H. aka H., I. 08/05/2017
Minor Child DOB

SUMMONS AND NOTICE OF ADVISORY HEARING FOR TERMINATION OF PARENTAL RIGHTS AND GUARDIANSHIP
THE STATE OF FLORIDA TO:
SHERMAN HAWTHORNE
DOB: 09/28/1971
Address unknown

YOU ARE HEREBY NOTIFIED that a Petition for Termination of Parental Rights under oath has been filed in the above-styled Court by the Department of Children & Families, seeking the termination of your parental rights to:

H. aka H., I. a female child born August 5, 2017

and you are hereby commanded to personally appear before the Honorable Sheryl D. Snodgrass, a Magistrate/hearing officer in the Juvenile Division of the Circuit Court in and for Highlands County, State of Florida, on the 6th day of March, 2019 at 10:00 A.M., at the Highlands County Courthouse, 430 South Commerce Avenue, Sebring, Florida, Courtroom 1A. **YOU MUST PERSONALLY APPEAR ON THE DAY AND TIME SPECIFIED OR YOU WILL LOSE ALL RIGHTS AS A PARENT TO THE CHILDREN NAMED IN THE PETITION. YOUR FAILURE TO PERSONALLY APPEAR WILL BE DEEMED TO BE YOUR CONSENT TO THE TERMINATION OF YOUR PARENTAL RIGHTS TO THE CHILDREN NAMED IN THE PETITION.**

LEGAL NOTICES

YOU HAVE THE RIGHT TO HAVE AN ATTORNEY REPRESENT YOU IN THIS MATTER. IF YOU CANNOT AFFORD AN ATTORNEY, YOU MUST BE PRESENT AND REQUEST THAT THE COURT APPOINT AN ATTORNEY FOR YOU IF YOU WANT ONE.

"If you are a person with a disability who needs any accommodation in order to participate in this proceeding, you are entitled, at no cost to you, to the provision of certain assistance. Please contact the Office of the Court Administrator, 590 South Commerce Ave., Sebring, FL 33870 (863) 402-6565 at least 7 days before your scheduled court appearance, or immediately upon receiving this notification if the time before the scheduled court appearance is less than 7 days; if you are hearing or voice impaired, call (TDD) (1-800-955-8771) or Voice (V) (1-800-955-8770)."
ROBERT W. GERMAINE, CLERK
By /s/ Sherlay Stinson
Deputy Clerk
DATED THIS 31ST DAY OF JANUARY, 2019.
[Clerk's Seal]
Feb. 4, 11, 18, 25, 2019

NOTICE TO CREDITORS 20

IN THE CIRCUIT COURT FOR HIGHLANDS COUNTY, FLORIDA PROBATE DIVISION
Case No.

282018CP000553PCAXMX

IN RE: ESTATE OF **PHILLIP WAYNE PRICE**
Deceased.

NOTICE TO CREDITORS

The administration of the estate of **PHILLIP WAYNE PRICE**, deceased, who date of death was **November 8, 2018**, and whose social security number was **XXX-XX-1936**, is pending in the Circuit Court for Highlands County, Florida, Probate Division, the address of which is 430 S. Commerce Ave., Sebring, FL 33870. The names and addresses of the personal representative and the personal representative's attorney are set forth below.

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

All claims NOT FILED WITHIN THE TIME PERIODS SET FORTH IN SECTION 733.702 OF THE FLORIDA PROBATE CODE WILL BE FOREVER BARRED.

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

The date of first publication of this notice is **January 28, 2019.**

/s/ **Donald Ray Price**
Donald Ray Price
Personal Representative

/s/ **John D. Kurtz**
John D. Kurtz
Attorney for Personal Representative
FBN 181989
John D. Kurtz
13919 Columbine Ave
West Palm Beach, FL 33414
561-684-0550
Jan. 28; Feb. 4, 2019

ARE YOU ONLINE? INCREASE YOUR EXPOSURE!
Add your internet address to your ad for a little extra!

IN THE CIRCUIT COURT FOR HIGHLANDS COUNTY, FLORIDA PROBATE DIVISION
FILE NO. **19-18**
Division Probate

IN RE: ESTATE OF **BARBARA FULTON McCARTA a/k/a BARBARA F. McCARTA a/k/a BARBARA A. McCARTA a/k/a BARBARA McCARTA**
Deceased.

NOTICE TO CREDITORS

The administration of the estate of **Barbara F. McCarta**, deceased, whose date of death was **January 3, 2019**, is pending in the Circuit Court for Highlands County, Florida, Probate Division, the address of which is 590 South Commerce Avenue, Sebring, FL 33870. The names and addresses of the personal representative and the personal representatives' attorney are set forth below.

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

All other creditors of the decedent and other persons having claims or demands against decedent's estate must file their claims with this court WITHIN 3 MONTHS AFTER THE DATE OF THE FIRST PUBLICATION OF THIS NOTICE. ALL CLAIMS NOT FILED WITHIN THE TIME PERIODS SET FORTH IN FLORIDA STATUTES SECTION 733.702 WILL BE FOREVER BARRED.

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

The date of first publication of this notice is **January 28, 2019.**
Personal Representative:
Sean Patrick McCarta
200 Yesteryear Lane

NOTICE TO CREDITORS 20

Lake Placid, FL 33852
Robert S. Swaine
SWAINE & HARRIS, P.A.
Attorneys for Personal Representative
425 South Commerce Avenue
Sebring, FL 33870
Telephone: (863)385-1549
Florida Bar No. 0514837
E-Mail Address: bob@heartlandlaw.com
Jan. 28; Feb. 4, 2019

Find it in the Classifieds!

NOTICE OF HEARING 24

NOTICE OF PUBLIC HEARING NOTICE OF ZONING CHANGE P&Z 2039

The Board of County Commissioners of Highlands County, Florida, proposes to adopt the following by Resolution:

RESOLUTION NO. 18-19-_____

A RESOLUTION OF THE BOARD OF COUNTY COMMISSIONERS OF HIGHLANDS COUNTY, FLORIDA, PROVIDING FOR AN AMENDMENT TO THE OFFICIAL ZONING ATLAS OF HIGHLANDS COUNTY, FLORIDA, PROVIDING FOR SEVERABILITY; PROVIDING FOR CONFLICT; AND PROVIDING FOR AN EFFECTIVE DATE.

A PUBLIC HEARING will be held on Amendment No. **P&Z 2039**. Resolution 18-19-_____, by the **Highlands County Board of County Commissioners** on the 19th day of **February, 2019**, beginning at **9:00 a.m.**, or as soon thereafter as possible, in the **County Commissioners' Board Room, Highlands County Government Center Building, 600 South Commerce Avenue, Sebring, Florida.** The County of Highlands will consider a change to the Official Zoning Atlas from B-3 (Business District) to AU (Agricultural District) within the area described as follows: An approximate 11.7-acre parcel located between N. Lake Drive and Bluff Hammock Road, on the north side of US 98; the address being 205 Bluff Hammock Road, Lorida, Florida; and legally described as follows:

That part of Section 16, Township 35 South, Range 31 East, Highlands County, Florida, lying north of the Railroad right-of-way and west of Monts-deoca Road n/k/a Bluff Hammock Road, LESS AND EXCEPT: A portion of Section 16, Township 35 South, Range 31 East, Highlands County, Florida, being more particularly described as follows: Commence at the NW corner of Section 16; thence South 88 degrees 31'43" East along the North line of Section 16 a distance of 33.00 feet to a point on the East right-of-way line of Lake Drive for a Point of Beginning; thence continue South 88 degrees 31'43" East along the North line of Section 16 a distance of 290.44 feet; thence South 02 degrees 23'20" West for a distance of 225.00 feet; thence North 88 degrees 31'43" West for a distance of 290.44 feet to a point on the East right-of-way of Lake Drive; thence North 02 degrees 23'20" East along the East right-of-way line of Lake Drive and parallel with the West line of Section 16 for a distance of 225.00 feet to the Point of Beginning.

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 Resolution may be inspected by the public at the Highlands County Zoning Department, 501 South Commerce Avenue, Suite 2, 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 Hearing Number when calling or writing.

ALL INTERESTED PERSONS ARE INVITED TO ATTEND.

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 THIS COMMITTEE/GROUP, IN PUBLIC HEARING OR MEETING IS HEREBY ADVISED THAT HE OR SHE WILL NEED A RECORD OF THE PROCEEDINGS, AND THAT, FOR SUCH PURPOSE, HE OR SHE MAY NEED TO ENSURE THAT A VERBATIM RECORD OF THE PROCEEDINGS IS MADE, WHICH RECORD 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: PROGERS@HCC.ORG. REQUEST FOR CART OR INTERPRETER SERVICES SHOULD BE MADE AT

NOTICE OF HEARING 24

LEAST 24 HOURS IN ADVANCE TO PERMIT COORDINATION OF THE SERVICE.

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

ATTEST:
Robert W. Germaine, Clerk
Feb. 4, 9, 2019

NOTICE OF PUBLIC HEARING NOTICE OF ZONING CHANGE P&Z 2041

The Board of County Commissioners of Highlands County, Florida, proposes to adopt the following by Resolution:

RESOLUTION NO. 18-19-_____

A RESOLUTION OF THE BOARD OF COUNTY COMMISSIONERS OF HIGHLANDS COUNTY, FLORIDA, PROVIDING FOR AN AMENDMENT TO THE OFFICIAL ZONING ATLAS OF HIGHLANDS COUNTY, FLORIDA, PROVIDING FOR SEVERABILITY; PROVIDING FOR CONFLICT; AND PROVIDING FOR AN EFFECTIVE DATE.

A PUBLIC HEARING will be held on Amendment No. **P&Z 2041**. Resolution 18-19-_____, by the **Highlands County Board of County Commissioners** on the 19th day of **February, 2019**, beginning at **9:00 a.m.**, or as soon thereafter as possible, in the **County Commissioners' Board Room, Highlands County Government Center Building, 600 South Commerce Avenue, Sebring, Florida.** The County of Highlands will consider a change to the Official Zoning Atlas from B-2 (Limited Business District) to B-3 (Business District) within the area described as follows: An approximate 0.74-acre parcel located on the east side of US 27 N, approximately 1,050 feet north of Vicki Drive; the address being 1010 US 27 N, Sebring, Florida; and legally described as follows: Lot 2, Block A, Lake View High Pines, according to the plat thereof as recorded in Plat Book 4, Page 82 of the Public Records of Highlands County, Florida.

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 Resolution 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 Hearing Number when calling or writing.

ALL INTERESTED PERSONS ARE INVITED TO ATTEND.

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 THIS COMMITTEE/GROUP, IN PUBLIC HEARING OR MEETING IS HEREBY ADVISED THAT HE OR SHE WILL NEED A RECORD OF THE PROCEEDINGS, AND THAT, FOR SUCH PURPOSE, HE OR SHE MAY NEED TO ENSURE THAT A VERBATIM RECORD OF THE PROCEEDINGS IS MADE, WHICH RECORD 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: PROGERS@HCC.ORG. REQUEST FOR CART OR INTERPRETER SERVICES SHOULD BE MADE AT LEAST 24 HOURS IN ADVANCE TO PERMIT COORDINATION OF THE SERVICE.

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

ATTEST:
Robert W. Germaine, Clerk
Feb. 4, 9, 2019

NOTICE OF PUBLIC HEARING NOTICE OF LAND USE CHANGE AND NOTICE OF ZONING CHANGE HEARING NO. CPA-19-557SS & P&Z 2040

The Board of County Commissioners of Highlands County, Florida, proposes to adopt the following by Ordinance and Resolution:

ORDINANCE NO. 18-19-_____

AN ORDINANCE OF THE BOARD OF COUNTY COMMISSIONERS OF HIGHLANDS COUNTY, FLORIDA, PROVIDING FOR AN AMENDMENT TO THE FUTURE LAND USE MAP OF THE HIGHLANDS COUNTY COMPREHENSIVE PLAN AND PROVIDING FOR SEVERABILITY; PROVIDING FOR CONFLICT; AND

NOTICE OF HEARING 24

PROVIDING FOR AN EFFECTIVE DATE.

RESOLUTION NO. 18-19-_____
A RESOLUTION OF THE BOARD OF COUNTY COMMISSIONERS OF HIGHLANDS COUNTY, FLORIDA, PROVIDING FOR AN AMENDMENT TO THE OFFICIAL ZONING ATLAS OF HIGHLANDS COUNTY, FLORIDA, PROVIDING FOR SEVERABILITY; PROVIDING FOR CONFLICT; AND PROVIDING FOR AN EFFECTIVE DATE.

A PUBLIC HEARING will be held on Amendment No. **CPA-19-557SS**. Ordinance 18-19-____ and Amendment No. **P&Z 2040** Resolution 18-19-____ by the **Highlands County Board of County Commissioners** on the 19th day of **February, 2019**, beginning at **9:00 a.m.**, or as soon thereafter as possible, in the **County Commissioners' Board Room, Highlands County Government Center Building, 600 South Commerce Avenue, Sebring, Florida.** Consideration will be given to changing the designated land use within the area described, from C "Commercial" to RM "Medium Density Residential", a change to the Official Zoning Atlas designation from B-2 (Business District) to R-1A (Residential District), and a release of the Perpetual Restricted Easement and Declaration of Covenants and Restrictions, within the area described as follows: An approximate 1.49-acre parcel located on the north side of the Sebring Parkway, east of US 27 N and west of Scenic Highway; the address being 3820 Sebring Parkway, Sebring, Florida; and legally described as follows:

A Portion of Section 14, Township 34 South, Range 28 East, Highlands County, Florida, being more particularly described as follows: Commence at the Southeast corner of Section 14; thence run West along the South line of said Section a distance of 1,640.00 feet; thence North 40.00 feet to a point on the North right-of-way of Fairmont Drive (as it existed on April 17, 2000) for the Point of Beginning; thence continue North a distance of 400.00 feet; thence East a distance of 10.00 feet; thence North a distance of 125.00 feet; thence West a distance of 110.00 feet; thence South a distance of 25.00 feet; thence West a distance of 175.00 feet; thence South a distance of 500.00 feet to a point on the North right-of-way line of Fairmont Drive; thence East and along said North right-of-way line a distance of 275.00 feet to the Point of Beginning. Less and Except the Southerly 14.00 feet of the above described property.

AND Less and Except that parcel described in O.R. Book 1760, Page 66, described as follows: A portion of Section 14, Township 34 South, Range 28 East, Highlands County, Florida, being more particularly described as follows: Commence at the Southeast corner of Section 14; thence run South 88 degrees 00'00" West along the South line of said Section a distance of 1,640.00 feet; thence North 02'00'00" West a distance of 290.00 feet; thence continue North 02 degrees 00'00" West a distance of 150.00 feet; thence North 88 degrees 00'00" East a distance of 10.00 feet; thence North 02 degrees 00'00" West a distance of 125.00 feet; thence South 87 degrees 51'50" West a distance of 110.00 feet; thence South 02 degrees 45'22" East a distance of 25.00 feet; thence South 88 degrees 03'55" West a distance of 175.00 feet; thence South 02 degrees 01'18" East a distance of 250.00 feet; thence North 88 degrees 00'00" East a distance of 275.00 feet to the Point of Beginning.

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 and Resolution may be inspected by the public at the Highlands County Zoning Department, 501 South Commerce Avenue, Suite 2, 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 Amendment Number when calling or writing.

ALL INTERESTED PERSONS ARE INVITED TO ATTEND.
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 THIS COMMITTEE/GROUP, IN PUBLIC HEARING OR MEETING IS HEREBY ADVISED THAT HE OR SHE WILL NEED A RECORD OF THE PROCEEDINGS, AND THAT, FOR SUCH PURPOSE, HE OR SHE MAY NEED TO ENSURE THAT A VERBATIM RECORD OF THE PROCEEDINGS IS MADE, WHICH RECORD 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

NOTICE OF HEARING 24

E-MAIL: PROGERS@HCC.ORG. REQUEST FOR CART OR INTERPRETER SERVICES SHOULD BE MADE AT LEAST 24 HOURS IN ADVANCE TO PERMIT COORDINATION OF THE SERVICE.

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

ATTEST:
Robert W. Germaine, Clerk
February 4, 9, 2019

NOTICE OF SALE 30

NOTICE OF PUBLIC SALE: Macklin Transport gives Notice of Foreclosure of Lien and intent to sell these vehicles on **2/15/2019** at 8:00 AM at 1002 W Cornell St, Avon Park, FL 33825 pursuant to subsection 713.78 of the Florida Statutes. Macklin Transport reserves the right to accept or reject any and/or all bids.

- 2B5WB35ZXNK140343
- 1992 DODGE RAM WAGON B350
- 19UUA56843A072084
- 2003 ACURA 3.2 TL TYPE-S
- 2G1WT58K081369308
- 2008 CHEVROLET IMPALA LT

Feb. 4, 2019

NOTICE OF SALE
The following vehicles will be sold at public sale or auction at satisfy lien pursuant to chapter 713.78 (2) of the Florida State statutes at 10AM At 1118 Weigle Ave. Sebring FL 33870
SALE DATE: 2/19/2019
2008 SUZU J1SG177A582104474
Feb. 4, 2019

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

Avon Park- Updated 4/2/1, 2 driveways, oversized lot, fenced yard in quiet area off US 27. \$90k. Must call **863-381-3828**

FSBO Immaculate Golf Course Home in Sun 'N Lakes, 5113 Belmar Dr., Sebring. Beautiful view of 17th fairway on championship Turtle Run Course. 2006 split plan Hornick home, 2,327 sqft under air; 3,464 sqft living. Light & airy 3/2 includes solid wood cabinets, solid surface countertops & center island. Breakfast nook features tall aquarium mitered windows. Luxurious master suite w/walk in closet, bath with dble vanities, walk in shower & relaxing garden tub. Office/den with French doors. Easy living w/a combo of tile & carpet. Large circular driveway, oversized garage w/golf cart door. New landscaping, gutters, downspouts. Freshly painted exterior. Priced right & move in ready! \$279,000. **Call 814-282-8903 for viewing.**

✓✓✓✓✓
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

AVON PARK LAKES- Beautiful 3/2/2 house on quiet st. \$154,900 **863-443-9280**

HOMES FOR SALE
1020



Placid Lakes, Lake June Access!
Lovely 3/2 home at 904 Catfish Creek Rd. Screen porch, w/outside deck & jacuzzi; reverse osmosis & rights to boat ramp & Lake June. \$179k 863-699-6772 Call for Appointment

HOMES FOR SALE
AVON PARK
1025

3/1 on Lake Olivia- New windows & AC, renovated, move-in ready! \$119,900. **863-594-9196**

CONDOS/VILLAS FOR SALE
1040

COVERED BRIDGE- 2b/1.5 CBS, garage, FL rm, W/D, new roof! 55+ park, pool, clubhouse across st. cable & lawn \$85/mo. \$110K. By Owner! **334-355-0332 OPEN HOUSE**

MOBILE HOMES FOR SALE
1090



2007 furn dblewide in gated 55+ park. Clubhouse w/heated pool, pet friendly, 3/2, Jacuzzi, walk in closet, lanai w/tinted windows & central AC, utility rm w/workshop area, irrigation & well, carport with 4/car parking. \$309/mo lot rent, asking \$55k. **207-576-9444**

35' 1/1 trailer with Florida room plus boat dock. Mallard Park, Hwy 98, Lot 310, Lorida, \$6000, 330-275-7894.

Dblwide Hammock Estates 2/2 All Remod. & Fully Furn! Includes lot! No Pets \$69,500. 260-402-1287

Mobile home & lot Fairmount Estates 3328 Illinois Ave., Sebring. No lot or HOA fees, 2/2, fully furn, \$67,000, 219-851-0116.

Sebring-1/1 in 55+ park. Updated kit, new windows, extremely clean & move in ready! Fully furnished. **260-417-6242**

WANTED TO BUY
1120

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

CASH
For Your Home ALL AREAS 863-414-3069 M Cheeley PA

Find your Best Friend in the Classifieds!

HOMES FOR RENT
1210

2/1 Downtown Sebring Close to library, good location. CHA. Call **863-214-6046.**

HOMES FOR RENT
1210

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

UNFURNISHED HOUSE FOR RENT
1214

3bd/2ba Remodeled, unfurn house w/large back yard, \$800/mo. 1yr lease, NO PETS. **863-382-2221**

CONDOS/VILLAS FOR RENT
1240

Condo on Lake Jackson 1bd/1ba in 55+ community. Newly Remodeled, no pets. \$675/mo. + 1st, last & sec. **Water & Cable Included!! 863-605-3134**

DUPLEXES FOR RENT
1300

Sebring 2/1 Tile, new paint, clean & nice! \$725/mo **903-456-2740**

Sebring Luxury Duplex 3/2, fridge w/ice & water disp on door, dishwasher, stove & microwave; inside pantry & laundry rm, nicely landscaped, sm. pets ok. \$975/mo incl. lawn care + \$975 sec dep. 31300 Fernway St. **863-446-7274**

You Save Big Bucks Shopping Classifieds!

Sebring-Sun n Lakes 2/2/1 Clean, inside laundry, low electric, lawn care incl. **Pets OK \$880/mo. Pics at MJAHoldings.com. 863-446-0461**

APARTMENTS FOR RENT
1320

1bd apt AVAIL FEB 1-incl water, sewer & garbage. No dogs. \$450/mo + 1st, last & sec. **800-743-2301**

Efficiency- includes electric, water, sewer & garbage. No dogs. \$500/mo + 1st, last & sec. **800-743-2301**

HERON'S LANDING 1 Heron's Landing Ln. Lake Placid, FL 33852

Accepting Applications 62 years of age or older, handicapped/disabled, regardless of age, with or without children.

1 Bedroom starts at \$436
2 Bedroom starts at \$515

Office Hours Monday-Friday, 8am-Noon
863-699-2899
TDD# 1-800-955-8771
This institution is an Equal Opportunity Provider and Employer



Sebring Lake Front Condos & Houses New kitchens; 1br starting at \$575; 2 br starting at \$700; 3bd/2ba Remodeled house w/lrg back yard, \$800/mo. 1yr lease, NO PETS. **863-382-2221**

Sebring- New Completely Remodeled lrg 1bd & 2bd: New kit cabinets, appliances, ceramic tile. Starting at \$600/mo Month to month or 1yr lease **863-588-0303**

UNFURNISHED APARTMENTS
1324

Placid Arms Apartments 108 Arron Drive, Lake Placid, FL 33852 **863-465-6676 TDD 711**
8 am - Noon, M - F
Now accepting applications for 1-2-3 BR Apartments. Central heat and air, appliances, on-site laundry, outside storage closet & playground.
Rents Start at:
1 BR - \$585
2 BR - \$639
3 BR - \$692

This institution is an Equal Opportunity Provider and Employer



UNFURNISHED APARTMENTS
1324

Lake Placid 1 & 2 BR Apts Rental Assistance Available Tues. & Wed. 8am - 4:30pm; Friday 8am - noon
THORNBURY APARTMENTS 863-465-4526
800-955-8771 TTY
This institution is an equal opportunity provider and employer



MOBILE HOMES FOR RENT
1340

Dblewide, Covered Bridge- 2/2, furn, new carpet, 55+ park w/clubhouse, pool & rec room. **863-699-0164**

Lake Istokpoga-2/1 in adult park, with boat dock slip! \$625. Large Lanai!! **863-214-7369**

Sebring-2/1 in 55+park, close to shopping & fully furn. \$750/mo incl. elec. & water. Nonsmoker/no pets, long term. References req **863-214-1324**

ROOMS FOR RENT
1360

Sebring Rooms for Rent: 1br w/private bath; 1 w/shared bath. Elect. & cable incl. **863-448-2947**

VACATION/SEASONAL RENTALS
1390

3/1 House for Rent- Furn.; W/D; cable/internet/Wifi incl. Nice & clean, close to shopping. No pets/smoking. 2 mo. min. \$1,600/mo. **863-381-3800 or 305-781-0007.**

COMMERCIAL RENTAL
1392

Liberty Star Plaza
Sebring *Liberty Star Plaza* 3000-18,000 sqft; Built out. US 27 Near SR 66. **Great Medical, School, Real Estate space! 863-471-0663**

WANTED TO RENT
1420

Wanting to Rent: House or Condo in Sun 'N Lakes, Sebring for Jan & Feb 2020. Pool preferred **434-907-1229**

LOTS & ACREAGE
1500



Lake Okeechobee Lot on Canal w/seawall & dock! 110x78, Zoned for permanent structure, No RV's. Existing slab, electric & water. 2827 SE 37th Ave., Okeechobee. **DRASTICALLY REDUCED! Only \$22k. 269-506-6510 or 269-476-2188**

2000
EMPLOYMENT

HELP WANTED
2001

Beekeeper- 2 temporary jobs available 03/15/19-05/15/19. Wild Mountain Aparies, 1479 John Holladay Rd., Summerton, SC 29148. Maintain bees (assemble, clean, and paint hives, feed bees, split hives, move bees, general hive inspections and manipulation, load trucks with bees or honey) and harvest (extract honey and process beeswax) and pack hone (bottle, label and pack in boxes.) Conditions: lift 70lbs, stoop, repetitive movement, extreme temperatures, driver's license, 6 months verifiable experience. \$11.13/hr. 3/4 guaranteed contract. Tools and supplies, housing, transportation expenses paid by employer. Transportation, subsistence paid to worker upon 50% completion of contract. Please contact 803-737-0242 to locate nearest State Workforce Agency office and apply using job order# 828632.

HELP WANTED
2001



ACCOUNTS RECEIVABLE SPECIALIST
Lykes Bros. Inc. is in need of a self-motivated and experienced Accounts Receivable Specialist. The successful candidate will perform clerical duties that ensure efficient, timely, and accurate payment of accounts, invoicing, journal entry creation, account reconciliation and other various responsibilities as needed.
Education/Experience Requirements:
Highschool Diploma with some college preferable. 2 years' experience in AR/AP. Microsoft GP.
★ Please apply online at www.lykesranch.com under the career tab.

*Drug-Smoke Free Workplace/Equal Employment Opportunity Employer

★ **Building Inspector** ★
Hardee County BOCC Building & Code Enforcement Department \$51,946.68 - \$71,609.08
Applicants should have considerable knowledge of building trade. Ability to detect & correct faulty construction. Ability to prepare & submit reports & maintain accurate records. Must have a HS Diploma or equivalent G.E.D. Must be eligible to apply for a provisional license with signed documentation per FL Statute 468. Must be able to pass & receive 1 & 2 Building Inspectors license within one year. A valid FL Driver's License with a good driving record.
Complete job description and Applications posted at www.hardeecounty.net
Submit apps. to HR Dept. at 205 Hanchey Rd., Wauchula, FL 33873. 863-773-2161. Position is open until filled



CPA Tax Accountant
For immediate hire. Wanted CPA or CPA candidate. Req'd 5 yr exp in income tax and QuickBooks, BA in acctg. If not CPA, must be eligible for cert. DFWP. Send res. & ref. to info@cronanpcpa.com or Fax 863-314-9906.

Wanted Part-Time CDL Class-A Driver- Sebring based trucking company is looking for Drivers. Home nightly. 3+ yrs experience preferred. Must be at least 25 yrs old & able to lift 60 lbs. Be able to pass a DOT physical & drug screen. **Apply in person 11a-3p M-F at 151 Deer Trail East, Sebring.**

Dry Cleaning Presser Needed; M-F 8a-4p. Apply in person (no calls) Griffin's Dry Cleaning, 212 S. Ridgewood Dr., Sebring

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@lpcpl.com

Experienced Lawn Care Worker Wanted
Call Tony: 863-446-0449

Sebring Hardware Associate 15hrs/wk; 9am-2pm Tues., Thurs. & Sat.; \$10/hr. Start Immediately! Retirees & Veterans Encouraged! Send resume or work exp to: pwiliams@emaildss.com

PT Housekeeper-For Condo Complex. Sat. +2 week days; 8a-4p; Apply at 124 Lake Drive Blvd., Sebring. DFWP

TWQ LLC Seeking Exp'd Landscape & Tree Trimming Professionals- Competitive pay. Driver license & bilingual pref. Email office@twqllc.com

Maintenance Manager ★Electrical, Plumbing & AC experience needed; ★ Clean, valid FL Driver's Lic required. Call **863-243-9046** or email manager@mypeacecland.com

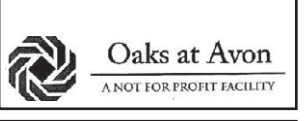
FT Truck Driver-Avon Park HS Diploma or GED; 1 yr verifiable experience & CDL "A" current DOT certificate required. \$18/hr Must pass background check. Call **800-929-2715** ask for Mike Solis or Rob Dague

Detail/Lot Person Wanted Exp. helpful, will train. Must work Saturdays, have clean driver's license & pass drug test. Excellent place to work! Apply in person: Warren's Auto Sales, 811 US Hwy 27 S., Avon Park. **No calls please.**

HELP WANTED
2001

Oaks at Avon Readers Choice Award Facility
NOW HIRING: Maintenance Director

The Maintenance Director is responsible for the overall maintenance of the facility. Ensures the facility, equipment and utilities are maintained in good working order and facility grounds are properly maintained in accordance with facility policies and State and Federal regulations
Apply at 1010 US Hwy 27 N., Avon Park or fax resume to Tammy Padilla at 863-453-5308



HARDEE CO. BOCC PUBLIC WORKS DIVISION

★ **Solid Waste/Heavy Equipment Operator** (FL A CDL Air Brake & Tanker endorsements) \$13.86-\$19.11/hr. + ben. pkg.
★ **Equipment Operator/Spotter** (FL A CDL Air Brake & Tanker endorsements) \$12.01-\$16.55/hr. + ben. pkg.
★ **Equipment Operator** (FL DL - preferred B CDL) \$11.41-\$15.73/hr. + ben. pkg.
★ **Bridge Worker I** (FL B CDL) \$11.41-\$15.73/hr. + ben. pkg.

Positions include 100% paid Health Insurance for Employee Coverage.
Job descriptions at www.hardeecounty.net w/application. Submit: HR, 205 Hanchey Rd., Wauchula, FL 33873. (863) 773-2161. Positions open until filled.

You Save Big Bucks Shopping Classifieds!

WORKERS NEEDED
70 workers needed for **TM Harvesting Inc.** for citrus, blueberry and watermelon harvesting from 03/15/19 to 06/02/19. Workers will be paid \$0.90+ per 90 lb field box but will be guaranteed \$11.24 per hour. Job location is in Central Florida. 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 10862091

Davis Citrus Management is seeking a reliable and dependable full time employee. **Tractor/hand labor, general grove work maintenance** help needed. MUST have a VALID driver's license and reliable transportation to work. Pay is based on experience. Please fill out application and you MUST list work references. If you have applied before, no need to re-apply. We have your application on file. **For further details, text or call 863-443-1365 (cell).**

2000

EMPLOYMENT

MEDICAL
2030

SUNCOAST MENTAL HEALTH CENTER
Mental Health Therapist

★ Okeechobee, full-time, Fee-for-Service.
★ Differential pay for bilingual applicants.
★ Education: Master's degree in Behavioral Science or related field. Preference given to LMHC, LMFT, or LCSW, licensed by State of Florida.

To Apply: Email ccordeiro@smhcinc.org or fax 772-466-5578

Dental Assistant Needed For busy office centered on patient care. Exp. a plus but good attitude & willingness to learn are paramount. Paid holidays, vacation, 401K & CE
Fax resumes: 863-465-1155 or email: jeodmd@htn.net

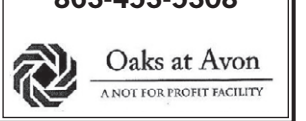
MEDICAL
2030

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 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



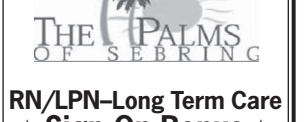
Oaks at Avon Readers Choice Award Facility

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



★ **Medical Payment Posting** Experience preferred. For busy specialty practice. Benefits available.
Email resume to: bedmonson@floridajointspine.com

Advertise Today!



RN/LPN-Long Term Care
★ **Sign On Bonus** ★

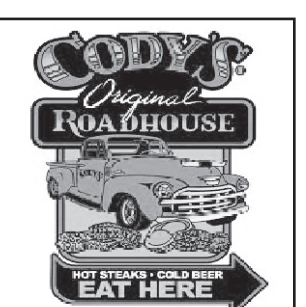
CNA-Long Term Care
★ **Sign On Bonus** ★

NA-Assisted Living

★ **Rewarding Work Environment**
★ **Competitive Compensation and Benefits!**

Join Our Team. Voted Best in Highlands County!
Apply: at www.palmsofsebring.com
Email resume to: mbruns@palmsofsebring.com or In Person at: 725 S. Pine St., Sebring, FL 33872.

RESTAURANT/HOTEL
2040



Cody's of Sebring Now Hiring Experienced People for ALL Positions
Busy, fun, casual restaurant.
Competitive Wages
Apply in person daily 2-4pm at 521 US Hwy 27 N.
Or email your resume to: sebringcodys@gmail.com

Sandwich Makers Wanted!!
Downtown Deli is Now Hiring. Wage based on exp. **Apply in person** Wed-Sat 9-11a or 2-4p. Call 863-471-3532 for directions only, 231 S. Ridgewood Dr., Sebring

SKILLED TRADES 2050

Auto Body Tech or Combo Tech needed~ Must be experienced. For appointment call 863-382-7551

Experienced Service Technician Wanted~Small engine repair; lawn & garden, full-time. LP 863-465-9641

PART TIME/ TEMPORARY 2110

Lakeshore Mall Hiring Security Officers Part-Time Security Officers with Security Class D License Apply at the Mall Office: 901 US Hwy 27 N., Suite 68, Sebring, FL

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

SEEKING EMPLOYMENT 2120

Bulldozer, Pay Loader & Tractor Operator looking for part-time employment. Fill in, seasonal or as needed. 941-716-3202



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

PERSONALS 3020

Retired wilderness guide seeks outdoor lady 50's-60 for friendship, not into social media. 863-633-0019.

THINGS TO DO 3030

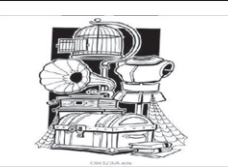
Sebring Hills Bingo Games-Thursdays 6-9pm Snack bar Opens: 4pm 200 Lark Ave. 863-382-1554

GET RESULTS USE CLASSIFIED!

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



GARAGE SALES 6014



Lake Placid Covered Bridge Annual Fair Sat. Feb. 16, 8-2pm

Bake Sale, Food, Clothes, Bikes, Tools, Plants, Linens, Jewelry, Furn., Small Appl., Books. Drawings for Cash, Gift Baskets & much more! Hwy 27 to Lake Francis Rd. Gate on Peachtree Rd. will be open.

Sebring Huge Sale- 8a-3p Feb. 8, 9 & 10 at 1012 Lake Sebring Dr. Antiques, 10k btu window ac new in box, microwave in box, books, CDs, cassettes, 26" girls bike, some furn reg & antique, edger etc.

Sebring- 9a-5p Mon thru Wed at 401 Holly Dr. 2,000 golf clubs, bags, electronics, furn, tons of stuff!

FURNITURE 6035



DOWNTOWN MALL & NEW "DELI" NOW OPEN WED-SAT 9-5

6 desks from \$29, 150 pics & posters from \$5, 8 sofas from \$85, Sofa Bed Only \$89, 231 S. Ridgewood, near the Circle, Sebring 863-471-3532



We Buy/Sell Clean Used Furniture. Best Prices in Town! Sebring Furniture 1542 Lakeview Dr. (next to Save-a-Lot) 863-386-1119

Secretarial Desk (1946) \$200.00 and Antique Buffet, \$150.00 - 863-344-0017

Solid oak oval dining room set, (2) captain (4) reg chairs, good cond, \$225, 863-273-6250.

Vanity/Dresser, white knee-hole w/mirror, exc. cond. \$95 Lamp Tables (2) antique walnut \$95 each (863) 273-0956

Classified = Sales

ANTIQUES COLLECTIBLES 6070



Antiques Wanted Upscale Decor Items, Art Glass, Sterling, etc. No Furn. 812-535-1400 (Local)

MUSICAL 6090

Crush complete drum set, 3 sets symbols, stool, sticks, like new, \$450 OBO, 863-273-9658

MEDICAL 6095

Nikken Ultra Kenko pad queen mattress topper \$100, 513-267-3027.

SPORTING GOODS 6130

Harvard Pool Table-with accessories. Excellent condition! \$250 obo. 863-699-2180

FIREARMS 6131

Henry 22 magnum, new in box, \$500 OBO. 239-910-0026 Sebring.

FIREARMS ACCESSORIES 6132

41 magnum reloading dies (3), 400 cast bullets, \$125. 706-888-0428

BICYCLES/ TRICYCLES 6135

Assorted Adult & Childrens Bicycles \$25 and up. 863-414-8088

Bikes - men's & woman's with holding rack, \$30 ea. or both for \$50 obo - 863-382-3141

Bikes-girls 24"; ladies' & men's 26". All \$25-\$40. 863-382-8852

(M) Schwinn Beach Cruiser- \$75 obo 989-233-6370

PHOTOGRAPHY/ VIDEO 6140

Camera-Panasonic Lumix Digital DMC-ZS1, 10.1MP w/12x wide angle mega opt image stabilized zoom & 2.7" LCD, tri-pod/manual incl., \$175.00 - 863-273-7625

POOL/SPA/ & SUPPLIES 6145

Hot Tub-in portable wood base. Seats 4-6. \$175 989-233-6370

BUILDING SUPPLIES 6170

Bassett granite top oak Island-w/2 oak capt. chairs & 2 stools. 3.2' tall x 2.8' W x 4.1'L Good cond \$500 863-449-1196

Porcelain Floor Tile. Monocibec Ethnos Color: Huron 20" x 40" 650 s/f, \$2 s/f 863-441-1619

TOOLS/ MACHINERY 6190

Black & Decker Wildcat Model 4075. Heavy Duty 15 AMP 7 7/8" Angle Sander/Grinder \$50, 863-441-1619

Metal Lathe and all accessories, \$450.00-863-344-0017 Shop Smith work center, lots of access.; 10" table saw & 7 1/4" circular saw. All for \$400. 863-260-0258 or 937-538-1558

RESTAURANT SUPPLIES 6225

For Sale: Restaurant Equip. Triple sink, fryer, tables, stove, chairs, walk-in cooler, coffee machine, etc. 52' Storage trailer: rent or buy. 2346 US 27 N. 863-385-4759/414-0609

CATS 6232

FREE Kittens-2(F), 1(M); fixed with first shots. Sweet kittens need a good home! 941-224-9342

APPLIANCES 6250

Dishwasher - Kitchenaid, stainless steel, brand new, still under warranty, \$345-863-273-9198 Kenmore Washing Machine-top loading; very good cond! White \$150. 863-699-6733

APPLIANCES 6250

ABC Appliance Sales & Service Used Appliances Up to 90 day warranty. Call 863-655-4995 Help Wanted

Whirlpool SS French Door Refrigerator-26cuft. Energy Star, water & ice in door. First \$200 takes it! 863-382-4375

MISCELLANEOUS 6260

Dinnerware Set, 48 pc. Taiher fine china, springtime pattern, service for 8 plus extra pieces, small chip on platter, can text picture, \$55 obo 863-273-7625 Goblets (2), made in Italy by Ravello, orange/gold design, \$20.00 for set, 863-273-7625

ADVERTISE In The Classifieds!



TROPICAL FRUIT TREES Available in: 3, 5, 7, 15, 20, 25 & 50 Gallon Pots

Avocados Bananas Citrus Mango Peach Longan & Figs Starfruit Soursop Lychee Mulberry Papaya Jackfruit Tamarind Olive Guava Cherry Coconut Moringa Jabatocaba Miracle Fruit Blueberries Mamey Sapote Sapodilla Sugar Apple Persimmon Loquat & MUCH MORE!!! Delivery Available BARRETT'S TREE NURSERY 91 Carefree Ct., or 744 US Hwy 27 N., Venus, FL 305-216-8452 or 352-843-7389

Vellux Throw Blankets (2) handmade, blue w/wolves & purple w/floral, Exc. cond., \$15.00 each - 863-273-7625

Wolf Musical Water Globes Tune is "Memory" for 1 & "You've got a friend" on the other, \$20 ea., 863-273-7625

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!



TOYOTA 7210

Toyota Tacoma extra cab 1999. 130,000 mi, A-1 cond, auto, cold A/C, cust. rims, topper. Make offer. 863-385-1574, 863-381-2597, 863-465-9100.

AUTOS WANTED 7260

Cars ★ Trucks ★ SUVs etc From \$1000-\$100k- NO JUNK! I come to you! Call Sam 239-595-4021

WANTED!! Older Dodge Pickup 269-491-0263

AUTO PARTS/ ACCESSORIES 7270

Cargo Carrier w/Brackets THULE Mountaineer 7 ft. \$175. (863) 273-0956

Thule cargo hitch carrier \$250. Call Rick 562-366-6906 Avon Park.

Truck Mats for 2017 4 x 4 Tundra, Weather Tech, \$100.00 863-344-0017

TRUCKS/ PICK-UPS 7300

2006 Ford F350 long bed truck, blue in color, fully loaded, x-condition 150+k mi. \$10,000. 863-443-9279

SPORT UTILITY/ VEHICLES 7305



2003 Ford Explorer-72k original miles. Leather, moon roof, like new Michelin tires. \$2,750. 863-464-0912

MISC. BOATS 7333

14' alum fishing boat/trailer (no motor) \$300. 863-655-6212. 6110 Lake Front Drive, Sebring

MARINE SUPPLY & EQUIP. 7338

Canoe Paddles (2), antique wooden, "Old Town", \$50 each 863-273-0956

TRAILER & ACCESSORIES 7341

24' x 8' enclosed Hallmark Trailer- w/rear ramp & side doors, new brakes & tires, \$4,500. 863-699-2268

CYCLES/MOPEDS/ SCOOTERS 7360



2003 Honda 250 Rebel 14,000 miles, \$2000 OBO. 1608 W. Holiday Drive, Florida. 517-230-0732

2013 Honda 1800 Goldwing Trike-Exc. cond 24k mi., \$26,000 obo. 651-207-3671

CAMPERS/ TRAVEL TRAILERS 7370

2016 Coleman Latern LT 17 BH (bunkhouse), \$9,000. Good condition! 863-835-1732 or 863-655-0494

2018 Monte Carlo 40' PM, 3 slides, 2 airs, window awnings, handicap door, fireplace, full bath/BR, elec awning, more! Will deliver, \$32,000, 863-242-1059

I Buy Travel Trailers, 5th Wheels, Motor Homes & Trucks. I Come to You! 813-713-3217

Flagstaff Pop Up Camper- 2011 228 Mac, Great shape. A/C, new tires, power lift, more. \$7,500 863-399-0506

Turn your trash into cash! Advertise your yard sale!

MOTOR HOMES/ RVs 7380

2018 Sandpiper 42' 5th wh 4 slide outs, 2bd, W/D, fully loaded! \$39,800. 630-809-5884

TOUGH FROM PAGE 1B

I've also discovered that adding some bacon to my eggs acceptable (and delicious) but that mixing in some ground beef and mushrooms to my zucchini pasta and sauce makes a good dinner and very filling.

I still miss some bread and I still miss my cheese, but I trying to be good when it comes to those two things. I try to tell myself that maybe at some point I can reintroduce those to my meals in moderation, but I haven't gotten there yet. I still feel as if it's only going to get harder from here, as far as the weight loss goes.

I just have to keep fine-tuning, looking for that perfect combination of foods that keep me full and taste great. It's proving to be a taller order than I thought it would be. But I've come to love some new snacks. My new favorite snacks are apple slices with cashews and the other is pickles (thanks Kim).

There is another thing that I've experienced this past week. Something that I'm sure goes hand in hand with anyone doing what I am trying to do. And that would be wanting to stop.

Many times over the past week, and even more so the past few days, my cravings for the food I once ate have reared their ugly head. But it's been easy for me to stick to this new meal plan compared to how hard it's been to go out there to the group workouts and take the beating that I know is coming.

With working out on my own I get to dictate the pace and the exercises. I push myself and try to do more each time, but it's still nothing like Tuesday and Thursday. Those group workouts are hard, they're nonstop and they hurt. They're also terrifying. But then you get in there and somehow it's different than imagine it before going in.

Everyone else in there is in the same boat. They're hurting just as much and they're just as tired. But they're also all willing to lend a hand. Admittedly I've struggled, but there has always been someone there who is willing to help and see my through it. That makes a big difference in moving forward with it. Without that support someone might easily want to give up and drop the program, or at least the group workouts. Even with my knees as they are now, I don't want to have to go through that pain and that suffering again. But I am also painfully aware that as the weight goes away, so will the struggles.

Don't get me wrong, it's still a fight and struggle every day, but I have found a way of thinking about it that right now is motivating me to stay in it. I also am finding my limits and know I can stop anytime I need to.

The other thing that has been helping me is the feedback from you all, dear readers. More and more I am getting stopped when I'm out and about by readers who have been following these columns and are cheering me on. That means a lot. Every "go get 'em" or "we're proud of you" and all those fist bumps and high fives are like fuel to make me want to keep going.

So, thank you for the support and I pray for these knees to heal quickly.

MISCELLANEOUS
5230

Raise & Level Building
Robert Pospisil Experience
Adjust Hurricane Straps
Specializing in Mobile Homes & Double Wide Manuf. Homes.
"If Your Not Happy...We're Not Finished."
561-248-4979

✓✓✓✓✓✓
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

FDA recalls warfarin test strips

SPECIAL TO THE HIGHLANDS NEWS SUN



The U.S. Food and Drug Administration is warning patients and doctors, who use at-home or in-the-office medical devices to monitor levels of the blood thinner warfarin, that certain test strips used with the devices may provide inaccurate results and should not be relied upon to adjust the drug dosage. Medical product distributor Terrific Care/Medex Supply LLC issued a voluntary recall of certain Roche Diagnostics test strip lots used with CoaguChek test meter devices last month.

The FDA classified this action as a Class I recall, the most serious type of recall, which means use of these devices may cause serious injuries or death. This recall is related to the November 2018 Roche Diagnostics Recall, the manufacturer of CoaguChek meters and test strips.

The previous recall conducted by Roche, which is still in effect,

involved more than 1.1 million packages of CoaguChek XS PT Test Strips that were distributed nationwide from Jan. 12, 2018 to Oct. 29, 2018. The CoaguChek XS PT Test Strips announced in the latest recall were manufactured by Roche, but distributed by Terrific Care/Medex Supply and include catalog numbers that were not included in the recent Roche recall because these strips were not labeled or authorized for sale in the U.S. and were only distributed by Roche Diagnostics outside the country. Terrific Care/Medex Supply purchased the Roche test strips from an unknown source and imported and sold

them in the U.S.

"Monitoring warfarin dosing is a critical part of using the drug properly to prevent and treat blood clots. Using faulty strips can lead to errors in medication dosage that could cause serious harm or death in some patients. That's why it's so concerning that this distributor continued to sell these test strips in the U.S. even though domestic sales had been stopped due to safety concerns. To reduce risks to patients, we're warning health care providers and the public about the dangers associated with this product," said FDA Commissioner Scott Gottlieb, M.D. "Distributing products that are not labeled or

authorized for sale in the United States raises significant concerns for us in view of the serious safety issues with these test strip devices, and our work on this matter is not finished. Our top priority is the immediate safety of patients, and we're taking steps to ensure the products that this company distributed are removed from the market."

As with the previous recall, the FDA is warning patients and health care professionals that they should not rely on these test meter devices to monitor warfarin levels if they're using test strips affected by the recall. Instead, they should have blood drawn from a vein and have their levels measured by a laboratory test or use an alternative meter device.

Millions of Americans take the blood thinner warfarin (also known by the brand names Coumadin and Jantoven) to prevent and treat blood clots. The drug may be prescribed for patients with certain types of irregular

heartbeats, blood clots in the legs or lungs, or certain medical device implants such as artificial heart valves. Achieving the correct warfarin dosage is crucial, and patients need regular monitoring to test how long it takes their blood to clot. The response is measured by a blood test to check the International Normalized Ratio, or INR. This test can be performed by an accredited laboratory on blood drawn from a vein or with a fingerstick blood draw using an INR test meter at home or in a doctor's office.

The test strips are used with the CoaguChek XS plus, CoaguChek XS Pro, CoaguChek XS professional, CoaguChek XS PST and CoaguChek Vantus test meter devices.

Patients and health care providers who are using CoaguChek meters should immediately stop using test strips purchased from Terrific Care/Medex Supply and use an alternative test method.

Turn your trash into cash! Advertise your yard sale!

PUT CLASSIFIEDS TO WORK FOR YOU!

FIND A JOB! BUY A HOME! BUY A CAR!

Helping survivors cope with grief

DR. SUSAN CRUM PHD

Helping a friend through a loss is not easy. You may feel overwhelmed or frightened, making it difficult for you to assist the bereaved person. If someone you care about is grieving, you can help by...

Give Your Ears — Listening to them. Talking about the loss is a key component of working through grief. Let the grieving person talk about their memories of the loved one and their own feelings, over and over again if



Dr. Susan Crum, PhD.

necessary. Remember that the mourner often doesn't want or need advice, just a sympathetic ear.

Give Help — Offering specific help. Mourners

are usually inundated with offers of "Call me if you need anything." However, they often find it difficult to reach out and ask for what they need. To help, volunteer to assist with specific tasks, such as "I'll care for your children during the funeral" or "I'll watch your house while you're gone."

Give Time — Allowing the mourner sufficient time to grieve. Too often, well-meaning friends worried about the bereaved person say things such as, "You need to get over it" or "It's time to get on

with your life." Rushing through grief can be very harmful. Grieving is an individualized process, and can take a long time for some people to complete.

Give Support — Keeping in touch. Immediately after the loss, the bereaved person is surrounded by a multitude of family and friends. However, this support often disappears after the funeral, even though the grieving person still needs it. Offer your support and friendship for an extended period of time; grief can easily last months

or even years after the loss.

Give Care — Carefully monitoring the bereaved person. Emotions of loss are intense and very painful, but if the grieving person is strongly denying the loss, is extremely unresponsive to or unaware of his surroundings, or has hinted at or talked about suicide, you need to seek professional assistance. Your doctor, clergyman, school counselor or local mental health association can help you locate a caring mental health professional.

Acoustic Wave Therapy meets Cold Wave Laser Therapy

RANDY HISE OF NEW AGE LASER AND TODD SANTORO OF LEADING EDGE ACOUSTICS

When you hear acoustic you may think of a guitar. Well now when you hear acoustic there is much more behind that than what meets the eye. Acoustic wave Therapy (AWT) has come together with New Age Laser to continue helping people that have been dealing with pain for years and years. Acoustic Wave Therapy (AWT) is also known as shock wave or pressure wave therapy.

That may sound scary to most but there is no need to fear, this practice is a non-invasive way to go about getting relief to pain that many doctors may say only surgery can fix. Ladies and Gentlemen, the new age of pain relief is here!

Acoustic Wave Therapy is a new, safe and highly advanced non-invasive way to avoid surgery and get rid of pain. AWT was originally designed for the disintegration of kidney stones but is now used to treat many forms of acute to chronic pain in areas including the knee, heel, foot,

ankle, hamstring, back, neck, shoulder, elbow, wrist and hand. It also is used to address sports injuries and many other conditions like cellulite, stretch marks and even bone spurs.

Now with combining the two modalities, that are both FDA approved, we are seeing better results with each patient. Using the Cold Wave Laser together with Acoustic Wave has expanded the potential to better ones health and wellness. Acoustic Wave therapy stimulates stem cells to activate the progenesis effect in the body to rejuvenate the damaged cells, allow for bone healing, decrease inflammation, help heal wounds and increase T-cell proliferation.

By doing this, this is helping the stem cells potential to rejuvenate,

enhancing blood circulation and regenerate damaged tissue. So any dormant cells no longer able to rejuvenate to new cells are now able to get the energy they need to heal from new or even long term injury.

After doing the Acoustic Wave Therapy to regenerate new cells, we now move to the Cold Wave Laser to continue energizing mitochondria cells and decrease any inflammation around the affected areas. Cold Wave Laser is also non-invasive and emits light energy into the new stem cells and mitochondria cells that AWT has created thus allowing for a quick recovery.

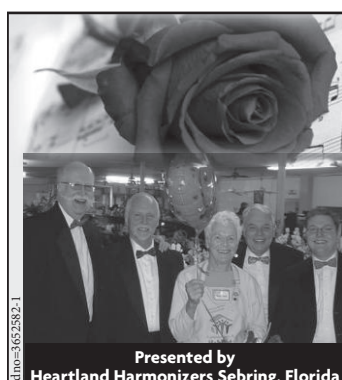
When combining the two modalities we are able to stop the pain the patient has and allow for the body to heal

better and faster than ever thought. It may sound too good to be true but we are now at this point in the medical field to be able to target the point of pain, stop the pain from occurring, and begin to repair what was thought was unrepairable.

We at New Age Laser

Inc. are the first people on the east coast to offer both types of laser and Acoustic wave Therapy to our patients. We have seen what potential each machine has separately, now combining the two, we are looking at something that many people didn't believe was possible.

Where you spend your money matters! Save a job in your community: Shop local!



Singing Valentines!!

Say "I Love You" with a song!
All for only \$45*

Deliveries will be on Thursday the 14th

*\$45 basic delivery, Add \$10 for a 1 hour window, time-specific. Includes a quartet singing 2 songs, a rose, a card, balloon, surprise and digital photo!

Call 863.471.0706 to order

ORDER YOURS TODAY!

HeartlandHarmonizersFL@gmail.com

HeartlandHarmonizersFL

Multiple Delivery Options Available For your boss, an employee, a shut-in....



AARP speaks out on high prescription costs

AARP

AARP National Volunteer President Dr. Catherine Alicia Georges, EdD, RN, testified on Capitol Hill at the U.S. House Committee on Oversight and Reform about the impact of high prescription drug prices on older adults last week.

Below are some excerpts of her prepared testimony: "Prescription drug prices are a high priority for AARP and its members. Older Americans struggle to afford needed and life-saving medications. Most Medicare beneficiaries live on modest incomes, with an annual median of just over \$26,000. One-quarter have incomes of just over \$15,000. One-quarter have less than \$15,000 in savings. This is not a population that has the resources to absorb rapidly escalating prescription drug prices, and many are facing the very real possibility of being unable to afford the medications they need.

"AARP has been tracking the prices of widely-used prescription drugs since 2004. Our most recent Prescription Drug Price Watch Report focused on brand-name drugs and found that their retail prices increased by an average of 8.4 percent in 2017 – four times the rate of inflation.

"Older adults are particularly vulnerable to these trends. Medicare Part D enrollees take an average of 4.5 prescriptions per month, and over two-thirds have two or more concurrent chronic illnesses.

"When AARP talks about the impact of high prescription drug prices, we're often talking about costs that patients will face every year for the rest of their lives. High and growing drug prices are affecting all Americans in some way. Their cost is passed along to everyone with health coverage through increased health care premiums, deductibles and other forms of cost sharing.

They're not your mother's hearing devices!



CENTRAL FLORIDA HEARING
Dr. Livingston

Many manufacturers have recent advances in hearing device technology. Some of the newest advances means those living with hearing loss can enjoy numerous benefits that were previously impossible. Some of these advances include:

Size: Today's hearing devices are extremely discrete, often smaller than a watch battery! Even behind-the-ear hearing devices are smaller than ever before while some in-the-canal style hearing devices are 100 percent invisible.

Digital technology: Advanced technology means a more accurate simulation of the way the ear works. That means sounds are more natural to the hearing device user. This does not mean that the user's "brain"

microphones that focus on the sound source while reducing or eliminating irritating and distracting background noise.

Open fit technology: That stuffed up or "talking in the barrel" feeling has been reduced by slim design hearing devices that leave your ear canal open as un-occluded as possible depending on the type and severity of hearing loss. Comfort and clarity of speech are the result.

Feedback management technology: That irritating whistle that let's everyone know you are wearing hearing devices is reduced! Feedback management technology allows the hearing device to recognize feedback and squelch it either once it occurs or before it ever occurs.

Cellphone and Bluetooth® compatibility: Changes by the FCC mean you can easily find out if a cellphone is hearing aid compatible (HAC). Just look for the HAC label. No label means the phone is not compatible. Cellphones that work well with hearing devices have a microphone (M) rating of M3 or M4.

Hearing devices are rated from M1 to M4. The higher rating means you experience less noise and have a better connection. The rating for the telecoil is from T1 to T4. A higher rating means you will be able to hear better in the telecoil mode. A combined rating of 6 is considered excellent, a combined rating of 5 is considered normal and a combined rating of 4 is considered usable.

will not have grown used to not hearing and feel it may not be "normal" to them.

Automatic adjustments: Hearing devices can automatically adjust to rapidly changing listening environments, reducing the need for manual operation by the hearing device user, depending on the type and severity of hearing loss.

Adaptive Dual Microphones: Communication clarity is made possible by

URINE

FROM PAGE 1B

eventually be useful for testing saliva for oral cancer, cerebrospinal fluid for neurological cancers or sputum for lung cancer," Diehn said.

Other Stanford co-authors are associate professor of urology Joseph Liao, MD; clinical assistant professor in pathology Henning Stehr, MD; pathology resident Simon Chen, MD; urology affiliate Dharati Trivedi, MD; pathology instructor Helio Costa, PhD; postdoctoral scholars Mohammad Esfahani,

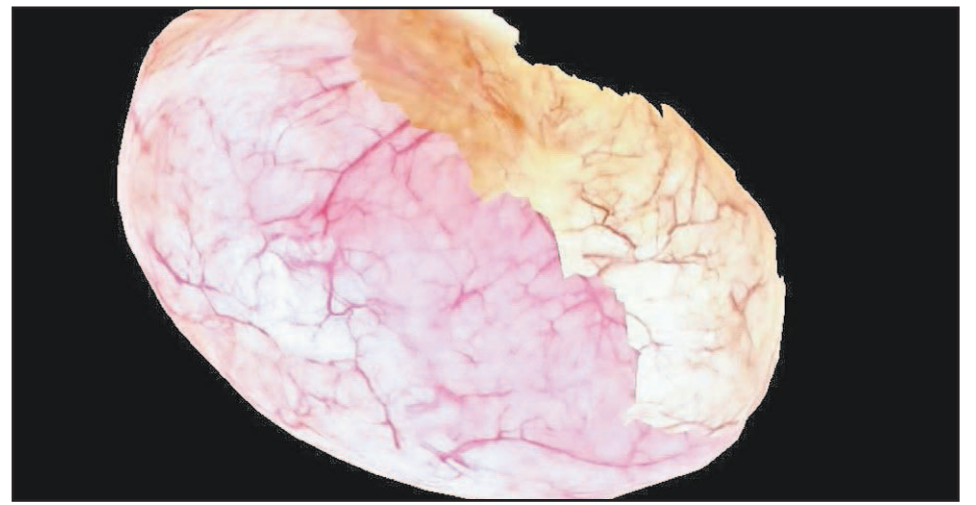
PhD, Mandy Sin, PhD, and Barzin Nabet, PhD; former postdoctoral scholar Adel Chaudhuri, MD, PhD; medical students William Shi and Daniel Lazzareschi; former graduate student Jacob Chabon, PhD; research associate Chih Long Liu, PhD; cytologist Harumi Lim; and cytopathology laboratory director Marumi Lim.

Alizadeh and Diehn are members of the Sthe Stanford Institute for Stem Cell Biology and Regenerative Medicine, the Stanford Cancer Institute and Stanford Bio-X.

This research was

supported by the Stanford-National Institute of Standards and Technology Joint Initiative for Metrology in Biology, the Stanford Cancer Institute, the Albert Institute for Bladder Cancer Care and Research, the National Cancer Institute, the National Institutes of Health, the Virginia and D.K. Ludwig Fund for Cancer Research and the CRK Faculty Scholar Fund.


Stanford's departments of Pathology, of Medicine and of Radiation Oncology also supported the work.



STANFORD MEDICAL PHOTO

A three-dimensional bladder reconstruction created by Stanford scientists.

3D Mammography Saves Lives!



Highlands Breast & Imaging Center
Introduces
Ryan J. Polselli, M. D.

- Most Affordable Diagnostic Imaging
- Freestanding Outpatient Imaging
- 2D & 3D Digital Mammography
- Bone Density Studies (DEXA)
- Ultrasounds

863-385-6655
115 Medical Ctr. • Sebring, FL
(Located behind Highlands Regional Medical Center)
Mon. - Thurs. 8 AM - 5 PM • Fri. 8 AM - 1 PM

Rent-a-Relative, Inc.

Everyone Needs a Little Help Now and Then



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.

Serving Highlands County for over 11 years

3 hours to 24 hours - 7 days a week

863- 471-6481

Licensed and Insured - HCS 229834

Free intake, no obligation. Call to schedule an appointment.
<http://www.rentarelativ.com>

ZUMBA with a Purpose

STRAIGHT 2 THE HEART OF THE MATTER

ZUMBATHON FUNDRAISER

Thursday, February 21st.

5:30pm-7:30pm



5005 Sun N Lake Blvd.



Special Guest
Survivor & Advocate



Renae Gunn Massey

Instructor



ZUMBA QUEEN
Keila Ortiz

HOSTED BY:

\$10 DONATION FOR THIS EVENT ALL PROCEEDS WILL GO TO AMERICAN HEART ASSOCIATION

Please RSVP to Angel Wiggins at 863-214-2164





THREE DAYS ONLY

WE PAY MORE!

\$10 MILLION DOLLARS

MON., FEB. 4TH THRU WED., FEB. 6TH • 10:00 A.M. - 5:00 P.M.
LA QUINTA INN & SUITES 415 US 27 SOUTH, SEBRING, FL 33870

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.

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!

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

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

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



"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."



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



"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.."



"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!



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.

THE NEWS WIRE

STATE • NATIONAL • WORLD • BUSINESS



Monday, February 4, 2019

'Glass' stays at No. 1, while 'Miss Bala' opens in third

See Page X



Come together: Super Bowl Sunday, the last stand of live TV



AP IMAGES

This screen grab from video provided by PepsiCo shows an image from the company's 2019 Super Bowl NFL football spot featuring Cardi B. Star power abounds in this year's Super Bowl ads.

Super Bowl stands strong in the age of streaming

By EDDIE PELLIS

AP NATIONAL WRITER

ATLANTA — Oh sure, there's plenty of evidence to support the soothsayers who are predicting the slow, inevitable death of live television.

And there's plenty of proof to bolster theories about the NFL's slipping popularity.

But when it comes to clicking away from Super Bowl Sunday — forget about it.

Whether streaming it digitally, firing up the cable box or heading to a friend's house for chips, dip and commercials, it's a good bet that cord cutters, antenna owners and everyone in between can be found right where they always are on this day — gathered in front of the TV set in massive numbers.

Exactly as they were 40 years ago. Exactly as they were

20 years ago.

Almost certainly as they'll be 10 years from now.

Fact is, despite today's rapidly fragmenting modern-day viewing audience, most people want to watch their sports live. The Super Bowl is the biggest event of the year. As such, it is, by almost any measure, the last bastion of nationwide communal TV-watching we partake in anymore.

Of the 10 highest-rated television programs in U.S. history, nine were Super Bowls and one was the finale of "M.A.S.H." "It's an outlier because, unlike pretty much everything else, it's not an event we think of as being disrupted by streaming," said Vince Gennaro, who studies America's viewing habits as a dean at the NYU Preston Robert Tisch Institute for Global Sport.

Or disrupted by anything else.

And so, just as the increased choice brought about by cable couldn't do anything to deter Super Bowl viewing, neither, it seems, will streaming, cord cutting or the Roku-ization of the American public — not even among the younger audience. A survey last week of 2,800 football fans by PCMag and Sports Illustrated found that 33 percent of respondents in the 18-to-24 age group said they would stream the Super Bowl this year. Most, however, planned to stream it straight to their television sets.

The survey found some concern among streamers who experience delays in their stream as compared to the live broadcast. But for the most part, their experience will be the same as watching it on cable — commercials and all.

That's not to say the digitized nature of the

21st century won't change some things.

"The idea of a Super Bowl party, with everyone sitting on their phone tweeting, is going to change the way we experience that Super Bowl party," said Robert Thompson, the Syracuse pop-culture professor who will watch the game with pen and paper in hand, ready to take notes. "But it certainly doesn't threaten it."

What could threaten it?

Well, only two years ago, many Super Bowl stories (including this one by The Associated Press) warned of the potential beginning of the end of the NFL. The league was besieged by a concussion crisis, its own mishandling of domestic abuse cases, the still-fresh controversy over Colin Kaepernick's kneeling during the national anthem, along with a steady stream of lackluster games that played as big a part as any in explaining the league's diminishing ratings.

All the off-field issues still exist, with the added specter of a potential labor dispute two years down the road.

But the games were better this season, the ratings were up, and the season's most high-profile mishap wasn't related to player health or politics. Rather, it came on the field: the terrible no-call in the NFC title game.

Former CBS Sports president Neal Pilson was among the few who predicted ratings would rebound.

Pentagon sending another 3,750 troops to Southwest border

Troops to put up another 150 miles of concertina wire

WASHINGTON (AP) — The Pentagon said Sunday it will send 3,750 more troops to the U.S.-Mexico border to put up another 150 miles of concertina wire and provide other support for Customs and Border Protection.

The additions will bring the total number of active-duty troops on the border to 4,350.

The announcement is in line with what Acting Defense Secretary Pat Shanahan had said on Tuesday when he provided estimates for the next phase of a military mission that has grown in size and length. Critics have derided it as a political

ploy by the White House as President Donald Trump seeks billions to build a border wall.

Shanahan said on Tuesday that several thousand more troops would be sent mainly to install additional wire barriers and provide a large new system of mobile surveillance and monitoring of the border area. Sunday's announcement said the mobile surveillance mission would last through Sept. 30.

Members of Congress have questioned whether the border mission is distracting troops from their main work of

BORDER | 4



AP FILE PHOTO

In this Nov. 16, 2018, file photo, members of the U.S. military install multiple tiers of concertina wire along the banks of the Rio Grande near the Juarez-Lincoln Bridge at the U.S.-Mexico border, in Laredo, Texas.

Trump: NFL people thankful he signed criminal justice bill

By DARLENE SUPERVILLE

ASSOCIATED PRESS

WEST PALM BEACH, Fla. — President Donald Trump claimed that "a lot of people" from the NFL have been calling and thanking him for signing legislation addressing concerns with the criminal justice system.

Trump also said during an interview broadcast Sunday that he and NFL Commissioner Roger Goodell have set aside their differences over players kneeling during the national anthem.

Trump relentlessly criticized the practice as being disrespectful to the American flag and he faulted Goodell for not doing enough

to stop it. Players saw kneeling during the "Star-Spangled Banner" as a prime opportunity to heighten public awareness of how minorities are treated by the criminal justice system.

The president pivoted to the new criminal justice law when he was asked if he thought the players who knelt had a point, and whether he was sensitive to their concerns that most victims of police violence are black. Trump said the legislation was the product of years of effort dating to before he took office.

"And I got it done and I've been, you know, really, a lot of people

JUSTICE | 4



This undated image provided by Avocados From Mexico shows a scene from the company's 2019 Super Bowl NFL football spot featuring Kristin Chenoweth, left. Star power abounds in this year's Super Bowl ads.

LIVE TV | 4

BEST HOME SERVICES

AIR CONDITIONING INSTALLATION & REPAIR
Done. Right. Guaranteed.
24/7 EMERGENCY SERVICE NO OVERTIME CHARGES!

CALL TODAY! **941-218-1886**

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

\$1,299 OFF A NEW A/C UNIT
UP TO \$1,299 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 2/28/19

\$19 SERVICE CALLS
\$19 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 AT THE POINT OF SALES TRANSACTION. ALL SALES ARE FINAL AND NO OTHER OFFERS CAN BE COMBINED. NEW CUSTOMERS ONLY PLEASE.
VALID THROUGH 2/28/19

\$47 AC Maintenance
A Carrier Authorized Dealer

NO PAYMENTS UNTIL 2021
Payments as low as \$50/month
NO CREDIT CHECK

NO DOWN \$0 **36 Month Financing!**

Factory Authorized Dealer
Carrier
Turn to the experts

*Financing with approved credit. Interest accrues at time of purchase unless paid in full during promotional period. For regular term purchases, APR is based on US prime rate and is subject to change. Monthly payments required.

Pope on historic trip after call for Yemen relief

First papal trip ever to the birthplace of Islam

By NICOLE WINFIELD
ASSOCIATED PRESS

ABU DHABI, United Arab Emirates — Pope Francis landed Sunday in Abu Dhabi on the first-ever papal trip to the Arabian Peninsula, where he is seeking to turn a page in Christian-Muslim relations while also ministering to a unique, thriving Catholic community.

Francis earlier Sunday called for the urgent observation of a limited cease-fire in Yemen reached in December and for food and medicine to get to its people, who are suffering the world's worst humanitarian crisis.

He made the appeal at the Vatican before boarding a plane to the United Arab Emirates, which has been Saudi Arabia's main ally in its war in Yemen — a way to avoid embarrassing his hosts with a public call while in the region. Abu Dhabi's powerful crown prince, Sheikh Mohammed bin Zayed Al Nahyan, greeted the pontiff with smiles along with Cabinet ministers and an honor guard when he landed in the Emirati capital.

"The people are exhausted by the long conflict and many children are hungry, but humanitarian aid isn't accessible," Francis said in his noon Sunday blessing. "The cries of these children and their parents rise up" to God.

Francis traveled to Abu Dhabi to participate in a conference on interreligious dialogue sponsored by the Emirates-based Muslim Council of Elders, an initiative that seeks to counter religious fanaticism by promoting a moderate brand of Islam. It's the brainchild of Sheikh Ahmed el-Tayeb, the grand imam of Egypt's Al-Azhar, the revered 1,000-year-old seat of Sunni Islam that trains clerics and scholars from around the world.

In a video message to the Emirates on the eve of his trip, Francis paid homage to his "friend and dear brother" el-Tayeb and praised his courage in calling the meeting to assert that "God unites and doesn't divide."

"I am pleased with this meeting offered by the Lord to write, on your dear land, a new page in the history of relations among religions and confirm that we are brothers despite our differences," Francis said.

In a statement Saturday, Al-Azhar described the upcoming meeting as "historic" and praised the "deeply fraternal relationship" between its imam and the pope, which it said even includes



AP POOL PHOTO

Pope Francis is welcomed by Abu Dhabi's Crown Prince Sheikh Mohammed bin Zayed Al Nahyan, upon his arrival at the Abu Dhabi airport, Sunday.

birthday greetings. El-Tayeb also met Francis at the airport.

Francis and el-Tayeb are to address the "Human Fraternity Meeting" Monday that has drawn not only Christian and Muslim representatives but hundreds of Jewish, Hindu, Buddhist and other Christian faith leaders. It's all part of the Emirates' "Year of Tolerance" and its effort to show its openness to other faiths in a region otherwise known for severe restrictions on religions outside of Islam.

Francis' other main initiative in Abu Dhabi is a giant Mass on Tuesday in the city's main sports arena that is expected to draw some 135,000 people in what some have called the largest show of public Christian worship on the Arabian Peninsula. There, Francis will see firsthand a Catholic community that is big, diverse and dynamic, at a time when the wider Mideast has seen an exodus of Christians fleeing persecution at the hands of the Islamic State group and others.

Of the over 9 million people now living in the UAE, around 1 million are Emirati while the rest are foreigners drawn to the oil-rich federation to work in everything from white-collar finance to construction.

The Catholic Church believes there are some 1 million Catholics in the UAE. Most are Filipino and Indian, many of whom have left behind families for work and can face precarious labor conditions, which human rights groups regularly denounce.

Brandon Vaidyanathan, chair of the sociology department at Catholic University in

Washington, converted from Hinduism to Catholicism while living in Dubai, said the Emirates' religious tolerance is commendable given the trends of the region. He noted the "unprecedented" nature of the government's invitation to Francis, its donation of lands for churches and even a recent decision to rename a mosque "Mother Mary of Jesus."

Yet he pointed to the difference between freedom to worship and true religious freedom. Crosses, for example, can only be displayed inside churches, proselytizing for faiths other than Islam is banned and Muslims are forbidden from converting.

Francis will likely focus on issues of religious freedom and fraternity in his public remarks. Unlike all his other foreign trips, he will not deliver a political speech.

Vatican spokesman Alessandro Gisotti said the reason was to give greater emphasis to his speech to the interfaith conference. He dodged a question about whether Francis would raise Yemen's yearslong war in his private talks with the Emirates' ruler. The UAE is deeply involved in the Saudi-led war in the Arab world's poorest country, where tens of thousands have been killed and millions face food and medical shortages.

"I don't know if the Holy Father will confront it publicly or privately, but certainly on many occasions, even recently, he has underlined the need to search for peace in particular to guarantee the humanitarian rights of the population, especially children," Gisotti said.

Venezuela crisis resonates loudly in battleground Florida

VP Pence traveled to Miami to speak about the issue with local Venezuelans

By GARY FINEOUT
ASSOCIATED PRESS

As Venezuelan President Nicolas Maduro clings to power, many of the loudest American voices urging on the Trump administration in its campaign to push Maduro out are concentrated in one place: Florida.

Florida has a large number of anti-Maduro Venezuelans and Cubans and is also likely to be a critical battleground state in the 2020 race for the White House. As a result, the crisis in the South American country is reverberating politically thousands of miles away in the U.S.

"Foreign policy is domestic policy in South Florida," said Democratic Rep. Debbie Wasserman Schultz, who lives in Weston, one of the Florida communities that have seen a Venezuelan influx.

Florida is home to an estimated 190,000 Venezuelans, many of whom arrived in the past decade as their homeland slid into economic and political crisis under Maduro and his predecessor, Hugo Chavez.

They have found common cause with Cuban-Americans, who see parallels between what has happened under the socialist government in Venezuela and what has gone on under communism in Cuba. Cuban-Americans — a potent voting bloc in Florida — are also angry about Venezuelan support for Cuba over the past two decades.

News about Venezuela is a near-constant in South Florida. Videos of Maduro feasting on a steak dinner prepared by a celebrity chef prompted a midday protest in September outside the chef's Miami restaurant. In 2017, a former member of Venezuela's government was loudly confronted by a group of exiles when he was spotted at a local restaurant.

Many Venezuelan exiles can be seen wearing baseball caps with the colors and stars of their homeland's flag. There are also many bumper stickers with messages such as "Pray for Venezuela." A lot of Uber

drivers will make small talk and tell you they were architects, pilots or even mayors back in Venezuela, blaming Maduro for the troubles that made them leave.

"If you live in Florida, you probably have met people or personally know people who have been impacted by it," said Republican Sen. Marco Rubio, who has played a leading role in urging President Donald Trump to clamp down on Maduro.

Rubio, the son of Cuban immigrants, contends that what's happening in Venezuela could destabilize the entire region, thereby affecting American interests.

Trump has not shied away from making friends with authoritarian leaders in other regions, but he has taken a hard-line stand against Maduro, calling him a dictator. The Trump administration has imposed sanctions against the regime and backed Venezuelan Congress leader Juan Guaido, who has proclaimed himself interim president.

What happens in Latin America looms large in Florida. Nearly 17 percent of its registered voters are Hispanic, a group that includes Puerto Ricans, Venezuelans, Cubans, Colombians and Nicaraguans. In a state that Trump won by 113,000 votes in 2016, the support of some of these voters can prove pivotal.

One administration official rejected any suggestion that politics is driving the president's stance, but acknowledged that Florida officials are powerful voices in Trump's ear on the subject and that those pushing on behalf of the Venezuelan opposition have highlighted to Trump the number of Venezuelan expatriates in the crucial state. The official spoke on the condition of anonymity to describe internal conversations.

Vice President Mike Pence traveled Friday to a Miami suburb where he met with Venezuelan exiles and community leaders and assured them Washington was working toward a "peaceful transition" so that Guaido rises to power.

HEADLINES AROUND THE STATE

Study: Puerto Ricans had tougher time in Florida after storm

ORLANDO (AP) — A new study says Puerto Ricans who moved to Florida instead of remaining on the island may have had a more difficult time adjusting to their post-Hurricane Maria world.

The study by researchers at the University of Miami and Boston University says the post-hurricane adjustment appears to have been more psychologically taxing for Puerto Ricans who moved to Florida instead of staying, and for people in rural and suburban areas compared to urban dwellers.

The study was published late last year.

Tens of thousands of Puerto Ricans moved to Florida after the Category 4 hurricane devastated the island in 2017, killing almost 3,000 people.

The researchers used an online survey to determine the effects of the storm on mental health using a sample of 213 Puerto Ricans.

UCF chair leaving post but will stay on board

ORLANDO (AP) — The chair of the board at the University

of Central Florida is stepping down from his post following criticism that funds designated for operations were used for construction.

Marcos Marchena, who was chair of UCF's board, said last week he is stepping down from his leadership post but would remain on the board.

The Orlando Sentinel reports that Marchena said at a meeting with the board that oversees the state university system that he wanted to show the seriousness with which he regarded criticism about the university's mispending.

The Board of Governors last week demanded that UCF extend an independent investigation into the university's decision to use \$38 million in leftover operating money on the construction of a new academic building.

Marchena says he knew nothing about the university's mispending.

Girl, 12, calls 911 to report finding mother's body

ORLANDO (AP) — A 911 call reveals how a 12-year-old girl reported finding her mother dead in their Florida home.

The Orlando Sentinel reports 29-year-old Brooke

Jenkins-Pugh was killed Dec. 19 in her Orlando home.

In a 911 call released this week, Jenkins-Pugh's daughter told a dispatcher she and her three siblings were wondering why they had not been woken up for school when they found their mother in a pool of blood surrounded by bullet casings.

The children are between the ages of 2 and 13. They went into another room for safety, and the 12-year-old told the dispatcher she did not want to check if her mother was breathing.

Police said Jenkins-Pugh's husband, 29-year-old Nelsonza Pugh, left the home after shooting her. He's being held without bond on a charge of second-degree murder.

Police: 2-year-old Miami boy shot in the abdomen at home

MIAMI (AP) — Police say a 2-year-old Miami boy is in stable condition after being shot in the abdomen.

According to a Miami-Dade Police news release, a suburban hospital alerted authorities Thursday evening about a toddler suffering from a gunshot wound. A neighbor also called 911 about a man putting a toddler into a car and yelling about a shooting.

Police said the child's father had driven him to the hospital.

According to the statement, the father initially told investigators that someone in a white vehicle driving by his Miami home had opened fire. However, investigators determined the shooting had taken place inside the home, and no drive-by shooting had occurred.

Police did not release the child's name. No charges had been filed Friday morning.

Newspaper asks governor for help

MELBOURNE (AP) — A Florida newspaper is putting a rare editorial on its front page, imploring Florida's new governor to make a priority of cleaning up the nation's most biodiverse waterway.

Florida Today put its editorial on the front page of Sunday's paper under the headline "Gov. DeSantis: Help the Indian River Lagoon."

Since taking office last month, Gov. Ron DeSantis has pushed to increase spending on Everglades restoration and fight the causes of red tide and slimy algae.

The editorial says the problems in the Indian River Lagoon are as urgent as any other water

problem Florida is facing.

The newspaper also asks the governor to eliminate conflicts of interest involving members of the state's water management boards.

Coast Guard suspends search for small plane

PALM BEACH (AP) — The U.S. Coast Guard says it has suspended a search for a downed small plane that disappeared with two people aboard about two dozen miles east of Florida.

The Coast Guard said Sunday that it had conducted aerial and maritime searches for 32 hours.

Other searches were being conducted by the Palm Beach County Sheriff's Office.

The single engine plane took off from Palm Beach County Park Airport on Friday.

The search for the Piper Saratoga aircraft began after the Federal Aviation Administration received notification that it had gone down 23 miles east of Palm Beach, Florida.

The aircraft is registered to Simmons Pet Properties. State business records show the company is managed by veterinarian Kenneth Simmons and his wife, Alice.

ANALYSIS

State of Union comes amid political peril

President pledges to use speech to call for unity

By JONATHAN LEMIRE
ASSOCIATED PRESS

WASHINGTON — Facing clear political peril, President Donald Trump will deliver his second State of the Union address at a moment when his bully pulpit is uncertain and his negotiating skills in question after a monthlong government shutdown that exposed fractures in his party and sent his poll numbers tumbling.

Trump hopes to use his Tuesday speech to reset his agenda and begin to gear up for his 2020 re-election campaign. But even as the president promises a theme of unity, his performance is likely to draw cheers from one side of the deeply divided Congress and stony silence from the other.

The split between Democrats and Republicans, each side dug in over Trump's long-sought border wall, reinforces questions about his ability to move both Congress and the electorate.

All this while Speaker Nancy Pelosi, D-Calif., sits just behind him on the top tier of the House dais during the address, a looming reminder of his shutdown defeat and his struggles to adapt to a new, divided Washington.

The speech itself, an annual set piece that gives the president a grand stage to speak directly to a national audience of millions, could prove bittersweet for Trump. While the president, ever the showman, will relish the theatrics of the moment, his prime-time address to the nation comes a week later than originally planned after Pelosi forced a postponement while the government was closed.

Trump made his dealmaking abilities central to his presidency but he has been unable to move emboldened Democrats, firm in their resistance to paying for a border wall with Mexico. Without it, Trump has threatened to declare a



AP PHOTO

In this Jan. 30, 2018 file photo, President Donald Trump delivers his State of the Union address to Congress. "Presidents have walked into that chamber in weakened positions before," said Jon Meacham, a presidential historian and author.

national emergency or shutter the government again. Both options are opposed by a growing number of Republicans, potentially leaving Trump weakened with his own party as several political dark clouds loom. Among them are the conclusion of the special counsel's Russia investigation and growing talk from the left about the possibility of impeachment.

"Presidents have walked into that chamber in weakened positions before," said Jon Meacham, a presidential historian and author, invoking Bill Clinton after Republicans swept the 1994 midterm elections. "But Trump does not have the usual base of support. Legislative Republicans fell in line with Trump because they were afraid of him and his supporters and if that support is eroding, the end will be quick."

Trump's allies, some of whom worry that his voice has been diminished, suggest he should use the speech to showcase his administration's record as well as repeat his call for the wall.

"He needs to highlight the successes he's had with the economy and trade and with conservative justices," said former House Speaker Newt Gingrich. "And I think he needs to stare Democrats down and challenge them to defy him on

the need for border security."

As the Feb. 15 deadline that could lead the government to close again nears, the State of the Union provides the president with his best chance yet to sell the public on the need for the wall. Previous efforts at harnessing at the power of the office to make that case have failed.

A trip to the border didn't move the needle after Trump himself voiced private skepticism that it would work. An Oval Office address was widely panned, with the president himself being his harshest critic, complaining to aides that he looked "flat" and "lifeless." Round after round of polling suggests that Americans do not believe a wall is needed and don't feel it is a fight worth shutting down the government over.

White House aides have kept details of the speech under wraps, though Trump is expected to paint a picture of a country on the comeback while pushing new trade deals as well as proposals about drug pricing, health care and public works.

But there will be stark reminders throughout the House chamber that Trump's political reality has changed, now 21 months before he faces voters again.

Pelosi will be visible in nearly

every camera shot beamed to a national broadcast audience. Her presence is evidence of the newly empowered House Democrats. And it makes clear how she can use her political clout and her party can wield the power of the subpoena to thwart Trump's agenda and open investigations into his government and business.

"It's a dynamic created in the television age but it's also a demonstration for the country that the executive and legislative branches are separate but equal powers," said Jennifer Palmieri, former communications director for President Barack Obama and a top aide on Hillary Clinton's 2016 campaign.

As for the president, he ignored the divisions in Washington as he pledged to use his speech to call for Americans to set aside their differences.

"I really think it's unification, I think it's industry, I think it's about the people you see here," Trump said Thursday while hosting a group of manufacturers at the White House. "I really think it's going to be a speech that is going to cover a lot of territory but part of it is going to be unity."

Jonathan Lemire has covered politics and the White House for The Associated Press since 2013.

Loss of newspapers contributes to political polarization

1,800 newspapers shut down since 2004

By DAVID BAUDER
AP MEDIA WRITER

NEW YORK — The steady loss of local newspapers and journalists across the country contributes to the nation's political polarization, a new study has found.

With fewer opportunities to find out about local politicians, citizens are more likely to turn to national sources like cable news and apply their feelings about national politics to people running for the town council or state legislature, according to research published in the Journal of Communication.

The result is much less "split ticket" voting, or people whose ballot includes votes for people of different parties. In 1992, 37 percent of states with Senate races elected a senator from a different party than the presidential candidate the state supported. In 2016, for the first time in a century, no state did that, the study found.

"The voting behavior was more polarized, less likely to include split ticket voting, if a newspaper had died in the community," said Johanna Dunaway, a communications professor at Texas A&M University, who conducted the research with colleagues from Colorado State and Louisiana State universities.

Researchers reached that conclusion by comparing voting data from 66 communities where newspapers have closed in the past two decades to 77 areas where local newspapers continue to operate, she said.

"We have this loss of engagement at the local level," she said.

The struggling news industry has seen some 1,800 newspapers shut down since 2004, the vast majority of them community weeklies, said Penelope Muse Abernathy, a University of North Carolina professor who studies the contraction. Many larger daily newspapers that have remained open have effectively become ghosts, with much smaller staffs that are unable to offer the breadth of coverage they once did. About 7,100 newspapers remain.

Researchers are only beginning to measure the public impact of such losses. Among the other findings is less voter participation among news-deprived citizens in "off-year" elections where local offices are decided, Abernathy said. Another study suggested a link to increased government spending in communities where "watchdog" journalists have disappeared, she said.

Dunaway said voters in communities without newspapers are more likely to be influenced by national labels — if they like Republicans like President Donald Trump, for example, that approval will probably extend to Republicans lower on the ballot.

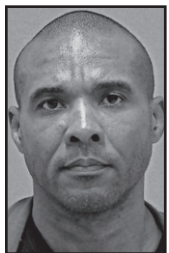
The diminished news sources also alter politicians' strategies, Dunaway said.

"They have to rely on party 'brand names' and are less about 'how I can do best for my district,'" she said.

MMA fighter wanted in killings captured after escaping van

CONROE, Texas (AP) — An MMA fighter suspected of killing two people, including an ex-girlfriend, was captured Sunday after escaping from a prisoner transport van in Texas, authorities said.

Cedric Marks was taken into custody after a nine-hour manhunt involving multiple law enforcement agencies, Conroe police Lt.



MARKS

Scott Spencer said in a tweet Sunday evening.

Marks escaped from the private prison transport van during a stop at a McDonald's in Conroe about 40 miles north of Houston, police Lt. Dorcy McGinnis said.

McGinnis said murder warrants were issued Sunday for Marks in last month's killings of an ex-girlfriend, Jenna Scott, and a friend of hers, Michael Swearingin, who disappeared Jan. 4 and were found buried in a shallow grave in Clearview, Oklahoma, on Jan. 15.

Marks was arrested in Michigan last month on a Bell County, Texas, charge alleging that on Aug. 21,

he broke into Scott's home in Temple. Authorities say he escaped while being transferred to Bell County to face that charge.

Scott requested a protective order against Marks last July, accusing him of choking her unconscious twice, Temple television station KCEN reported.

"Each time he allowed me to regain consciousness and then he choked me out again," Scott said in an affidavit.

The protective order request was denied. She also reported to police that Marks had broken into her home in August while her daughter, who was 9, was there. She said he took her cellphone to prevent her from calling 911.

The Montgomery County Sheriff's Office's initial tweet about Sunday's escape said Marks was facing three "pending murder charges," but it didn't immediately respond to requests for further information about those charges.

Police in Bloomington, Minnesota, say Marks remains a person of interest in the 2009 disappearance of April Pease, who was the mother of one of his children. The two were involved in a fierce custody

dispute in Washington state and Pease, who had a drug problem, went to live in a Bloomington women's shelter because she said she was afraid of Marks. Like Scott, Pease alleged that Marks had choked her unconscious on more than one occasion, according to a court custody investigator.

Pease went missing in March 2009 and Marks got custody of their son.

Two women were arrested in Michigan on charges related to Marks.

Maya Maxwell is charged with evidence tampering. According to an arrest affidavit, she told detectives that she drove Swearingin's vehicle to Austin in an attempt to hide it from investigators. It was found abandoned in the city Jan. 6.

Ginell McDonough, who is Marks' wife and the mother of two of his two children, is jailed on an obstruction of justice charge. She is accused of allowing Marks and Maxwell to stay in her home between Jan. 5 and Jan. 9.

Marks compiled a record of 31-28-0 during his professional MMA career, which began in 1999, according to mixedmartialarts.com. His last fight was in September.

Trump says release of Mueller report up to attorney general

WASHINGTON (AP) — President Donald Trump says it's "totally up to" his attorney general whether the public gets to read special counsel Robert Mueller's Russia report.

Trump was asked on CBS' "Face the Nation" whether he'd have a problem with a public release. He said: "I don't know. It depends. I have no idea what it's going to say."

Acting Attorney General Matthew Whitaker said last week the probe is "close to being completed."

Democrats have pressured attorney general nominee William Barr to commit to releasing the final report in full. Barr has said he doesn't know "what will be releasable" or what Mueller's writing.

Barr has cited Justice Department regulations that say Mueller's report should be confidential. They require only that the report explain decisions to pursue or decline prosecutions.

Trump also said he has "not thought about" a pardon for Roger Stone, a confidant who is the sixth Trump aide charged in Mueller's investigation into possible coordination between Russia and Trump's 2016 presidential campaign.

Stone has pleaded not guilty to felony charges of witness tampering, obstruction and false statements.

Trump said Stone "a character" and said "it looks like he's defending himself very well."



AP PHOTO
Former campaign adviser Robert Mueller, Roger Stone, leaves federal court in Washington, Friday.

Trump: Pompeo not leaving Cabinet for Senate

Top Republicans want him to run for the Senate in Kansas in 2020

WASHINGTON (AP) — President Donald Trump says Secretary of State Mike Pompeo is “absolutely not leaving” the Cabinet even as top Republicans make a pitch for him to run for the Senate in Kansas.

Pompeo, who served four terms in the House and was Trump's CIA director before moving to the State Department, avoided the subject altogether in a tweet he sent following Trump's comments.

The decision by long-time Republican Sen. Pat Roberts to retire has prompted an effort by other GOP senators to recruit Pompeo for 2020. He's said that push has included a call from Senate Majority Leader Mitch McConnell



POMPEO

of Kentucky.

Trump tells CBS' “Face the Nation” that McConnell may have spoken to Pompeo but “I asked him the question the other day. He says he's absolutely not leaving. I don't think he'd do that. And he doesn't want to be lame duck.”

Pompeo tweeted that it's true he loves serving as “America's most senior diplomat. I love it because I get to lead the great men and women of (the State Department) who bust their tails every day to proudly deliver American values and American diplomacy to every corner of the world. #Swagger.”

BORDER FROM PAGE 1

fighting extremists abroad and training for combat. The first active-duty troops were sent to the border on about Oct. 30 for a mission that was to end Dec. 15. It has since been extended twice.

“What impact does it have to readiness to send several thousand troops down to the Southern border? It interrupts their training. It interrupts their dwell time,” Rep. Adam Smith, D-Wash., chairman of the House Armed Services

Committee said at a hearing on Tuesday.

Vice Adm. Mike Gilday, the director of operations for the Joint Staff, told the panel that he does not believe military readiness has been significantly affected. He said some units have missed training opportunities because of the deployment and others have seen less time at home between deployments than the military likes to provide.

But he said there is an effort to rotate service members in and out of the mission every six to eight weeks in order to minimize any impact.

JUSTICE FROM PAGE 1

in the NFL have been calling and thanking me for it,” Trump said in the interview broadcast during CBS' Super Bowl pre-game show. “They have been calling and thanking, you know, that people have been trying to get that taken care of and it's now signed into law.”

The law gives judges more discretion when sentencing some drug offenders and will boost prisoner rehabilitation.

Trump then segued to his stance on kneeling during the anthem, without addressing the

original question.

“I think that when you want to protest I think that's great. But I don't think you do it at the sake of our flag, at the sake of our national anthem. Absolutely,” he said.

The White House did not respond to emailed requests for information on which NFL figures have reached out to the president.

Asked whether he and Goodell had set aside their differences over kneeling, Trump said: “I think so ... You have to respect our flag and our country. I want that as president. And I'd want that as a citizen and I have a very good relationship.”

Trump viewed Sunday's matchup between the New England Patriots and the Los Angeles Rams from the comfort of his private golf club in West Palm Beach. Upon arrival, he and his wife, Melania, were treated to a mini-concert by the Florida Atlantic University Marching Band.

Trump said in the interview that he expected the Patriots to win a sixth Lombardi Trophy and visit the White House. The team is owned and coached by his friends, Bob Kraft and Bill Belichick, respectively.

He credited “great chemistry” for the team's success.

Trump also complained in the interview about the New Orleans Saints' loss to the Rams in January's NFC title game.

Game officials failed to call interference or roughness penalties when a Rams player delivered a helmet-to-helmet hit on a Saints receiver in the game's crucial final minutes. The Rams won in overtime, advancing to meet the Patriots at the Super Bowl in Atlanta while the league acknowledged a blown “no-call.” A federal judge later rejected a legal challenge by two Saints ticketholders seeking a do-over playoff game.

Trump blamed the

outcome on a “bad call.”

“It's a shame that we couldn't have seen that game finished out, because that was a beautiful pass. And it was a perfect pass. And he was not just interfered with, he was, he was really hit hard,” the president said. “So it's a shame that that had to happen. Who really knows what would have happened in the end?”

He said the Saints would have been in a good position to have won the conference title.

“But it is what it is. It was a bad call. I don't think anybody denies it was a bad call,” Trump said. “Maybe it was a terrible call.”

LIVE TV FROM PAGE 1

“The NFL had dramatically improved the schedule for Thursday and Monday nights,” Pilon said. “Plus, I thought the issues about the players were not going to be as big this year, and that turned out to be the case.”

Which is how we ended up with 18 of the top 30 most watched programs in 2018 as NFL games — much the same as the year before, and the year before that.

Maybe more telling: Last year's Super Bowl between the Patriots and Eagles pulled in an average of more than 104 million viewers for a rating that was 250 percent higher than the No. 2 show on the list — the NFL title game from two weeks previous.

The Olympics bring people together, but they last more than two



ATLANTA JOURNAL-CONSTITUTION VIA AP

Jay Reid, left, takes a photo of Mercedes-Benz Stadium the evening before NFL football's Super Bowl, Saturday, Feb. 4, in Atlanta.

weeks and were held last year in a time zone half a world away. The opening ceremony was the 13th-most-watched program in 2018.

The Oscars used to command a massive audience, but last year, they tied for ninth and had their worst showing ever in the ratings.

“I've never received a call from someone wanting to talk to me about Oscar ads,” Thompson said.

The vast majority of

Trump says he'll reject intelligence assessments he disagrees with

By LAURA KING
LOS ANGELES TIMES

WASHINGTON — Despite growing foreign-policy misgivings about him even within the Republican Party, President Donald Trump insisted in an interview aired Sunday that he feels free to ignore the assessments of his intelligence chiefs and instead act on his own beliefs.

In the interview on CBS' “Face the Nation,” the president also appeared to soften his claim that the senior intelligence officials who testified before Congress last week subsequently told him that their views had been distorted in news reports.

Their televised testimony contradicted Trump's positions on a variety of subjects and was followed by scathing presidential Twitter attacks on those same officials.

“I have intel people, but that doesn't mean I have to agree,” he said in the interview. He cited past U.S. intelligence mistakes regarding Iraq's weapons of mass destruction and what he seemed to suggest was their underestimating now of the threat posed by Iran.

“So when my intelligence people tell me how wonderful Iran is, if you don't mind, I'm going to just go by my own counsel,” he said.

Although the White House has suggested that Tuesday's prime-time State of the Union speech — delayed for a week by the 35-day partial government shutdown — will be bipartisan in nature, Trump took a combative tone in the CBS interview.

He denounced House Speaker Nancy Pelosi, D-Calif., as a danger to the nation and said he doesn't rule out another shutdown or an emergency declaration to try to get his way on a border wall.

“I don't take anything off the table,” he said. He added that there have been “plenty of national emergencies called” in the past and suggested he might brush aside predictions that such a declaration would face a speedy court challenge.

Trump said Pelosi, who will sit behind him as he delivers his address to a joint session of Congress, is “doing a terrible disservice to our country” on border security.

“She can keep playing her games, but we will win,” he said.

The president has since spoken dismissively of bipartisan negotiations aimed at finding areas of agreement on border security and immigration policy.

Trump's public excoriation of his senior intelligence appointees last week — he called them “naive” and said they needed to “go back to school” — came as unease grows in Republican ranks over White House foreign policy decisions viewed by some as impetuous and poorly thought out.

In hours of testimony Tuesday, intelligence leaders including Director of National Intelligence Dan Coats and CIA Director Gina Haspel said North Korea was unlikely to give up its nuclear weapons, stated that Iran is for the most part in compliance with the nuclear accord that Trump spurned and

described the militants of Islamic State as a potent regional menace.

They also pointedly refrained from describing the situation on the southern border as a security threat, as the president has repeatedly characterized it.

In the intervening days, not only Democrats but also some senior Republicans have said that disregarding nonpartisan intelligence assessments is a perilous path for any president.

The latest such admonition came from Sen. Ron Johnson, R-Wis., who chairs the Senate Committee on Homeland Security. On “Fox News Sunday,” he urged Trump to pay close attention to the intelligence community's counsel.

“You have to rely on people who have been working these issues for decades,” Johnson said. He called it “just imperative that you actually listen to, for example, the CIA chief, the director of national intelligence.”

The Senate voted Thursday to rebuke Trump over his abrupt decision, absent any congressional hearings or consultation with allies, to pull U.S. military forces from Afghanistan and Syria. In the CBS interview, however, the president played down those concerns.

On Syria, he said, “you now have very little ISIS,” using an acronym for Islamic State. Regarding Afghanistan, he said, “I want to bring people home,” and questioned whether the U.S.-led invasion after the Sept. 11, 2001 terrorist attacks should have taken place.

ALMANAC

Today is **Monday, Feb. 4**, the 35th day of 2019. There are 330 days left in the year.

Today in history

On **Feb. 4, 1974**, newspaper heiress Patricia Hearst, 19, was kidnapped in Berkeley, California, by the radical Symbionese Liberation Army.

On this date

In **1783**, Britain's King George III proclaimed a formal cessation of hostilities in the American Revolutionary War.

In **1789**, electors chose George Washington to be the first president of the United States.

In **1861**, delegates from six southern states that had recently seceded from the Union met in Montgomery, Alabama, to form the Confederate States of America.

In **1913**, Rosa Parks, a black woman whose 1955 refusal to give up her seat on a Montgomery, Ala., city bus to a white man sparked a civil rights revolution, was born Rosa Louise McCauley in Tuskegee.

In **1938**, Walt Disney's animated feature “Snow White and the Seven Dwarfs” opened in general U.S. release.

In **1944**, the Bronze Star Medal, honoring “heroic or meritorious achievement or service,” was authorized by President Franklin D. Roosevelt.

In **1962**, a rare conjunction of the sun, the moon, Mercury, Venus, Earth, Mars, Jupiter and Saturn occurred.

In **1997**, a civil jury in Santa Monica, California, found O.J. Simpson liable for the deaths of his ex-wife, Nicole Brown Simpson, and her friend, Ronald Goldman.

In **1999**, Amadou Diallo, an unarmed West African immigrant, was shot and killed in front of his Bronx home by four plainclothes New York City police officers. (The officers were acquitted at trial.)

In **2004**, the Massachusetts high court declared that gay couples were entitled to nothing less than marriage, and that Vermont-style civil unions would not suffice. The social networking website Facebook had its beginnings as Harvard student Mark Zuckerberg launched “Thefacebook.”

Ten years ago: President Barack Obama imposed a \$500,000 cap on executive pay for companies receiving federal bailout money; the president also signed a bill extending health coverage to 4 million uninsured children.

One year ago: Colts line-backer Edwin Jackson and his Uber driver were struck and killed as they stood on the shoulder of an Indianapolis highway. (The driver of the truck that hit them, a man from Guatemala living illegally in the United States, was sentenced to 16 years in prison for the drunken-driving crash.)

Today's birthdays

Actor Jerry Adler is 90. Former Argentinian President Isabel Peron is 88. Actor Gary Conway is 83. Actor John Schuck is 79. Rock musician John Steel (The Animals) is 78. Singer Florence LaRue (The Fifth Dimension) is 77. Former Vice President Dan Quayle is 72. Rock singer Alice Cooper is 71. Actor Michael Beck is 70. Actress Lisa Eichhorn is 67. Football Hall of Famer Lawrence Taylor is 60. Actress Pamelyn Ferdin is 60. Rock singer Tim Booth is 59. Rock musician Henry Bogdan is 58. Country singer Clint Black is 57. Rock musician Noodles (The Offspring) is 56. Country musician Dave Buchanan (Yankee Grey) is 53. Actress Gabrielle Anwar is 49. Actor Rob Corddry is 48. Singer David Garza is 48. Actor Michael Goorjian is 48. TV personality Nicole Wallace is 47. Olympic gold medal boxer Oscar De La Hoya is 46. Rock musician Rick Burch (Jimmy Eat World) is 44. Singer Natalie Imbruglia is 44. Rapper Cam'ron is 43. Rock singer Gavin DeGraw is 42. Rock singer Zoe Naville is 35. Actor Charlie Barnett is 31. Olympic gold medal gymnast-turned-singer Carly Patterson is 31.

Bible verse

“And the publican, standing afar off, would not lift up so much as his eyes unto heaven, but smote upon his breast saying, God be merciful to me a sinner.” — **Luke 18:13.**

Here is the prayer that will put to rest the anxiety of your soul. “For whosoever shall call upon the name of the Lord shall be saved.”
“Believe in the Lord Jesus Christ and thou shall be saved.”

Slow-moving GI system might be associated with virus

DEAR DR. ROACH: My 30-year-old son recently was diagnosed with gastroparesis. This occurred a few months after having a norovirus infection. Is there a cure? Are there medications to help? What can be done to reduce the symptoms of nausea and belching? — C.R.

ANSWER: Gastroparesis (from the Greek roots for "stomach paralysis") is when the stomach, and often the rest of the intestines, is impaired in its ability to move food forward through the gastrointestinal tract. The hallmark symptoms are abdominal distention and bloating, and a sense of feeling full, even to the point of nausea. The diagnosis is most often confirmed by a gastric emptying study, which measures the amount of time it takes for a radioactive meal to move through the GI tract.

Gastroparesis might be associated with other neurological diseases, such as multiple sclerosis; might be related to (usually long-standing) diabetes; might occur



Dr. Roach

after a viral illness; or could have no known cause (which is most likely). In your son's case, the recent norovirus infection is suggestive, as norovirus is one of the infections most commonly associated with gastroparesis. If so, his prognosis is good: Most cases will get better by themselves within a year.

Gastroparesis often is initially treated with diet and medications. Dietary advice is to eat smaller meals with low fat and very little insoluble fiber; alcohol, tobacco and carbonated beverages all are recommended against. A dietitian

nutritionist can be a very helpful consultant.

If diet alone is inadequate, medications to help speed up the GI tract are necessary. Metoclopramide is an effective treatment, but it should not be used for more than 12 weeks without a careful understanding of the long-term risks of taking this drug, especially the risk of movement disorders. Other treatments, such as domperidone in Canada (not easily available in the U.S.) or erythromycin can be helpful but have their own risks. Cisapride is very effective, but since it can cause a fatal type of arrhythmia, it is available only as a last resort through a program with the drug manufacturer.

DEAR DR. ROACH: I am a 66-year-old woman in good physical condition. I take no medications. I was recently informed that I have a cataract, and that surgery would be a good improvement to my vision. I was told a physical and EKG would be necessary. My younger brother, who has high

blood pressure and stomach ulcers, was told neither a physical nor an EKG would be required. Why? — J.O.

ANSWER: Cataract surgery is a low-risk procedure, and does not require extensive preoperative evaluation.

An EKG is not necessary for most people. No blood testing is needed for most people. In fact, a study found that people undergoing cataract surgery who underwent routine testing had no benefit compared with those who received no preoperative testing.

However, it is appropriate to do a thorough history and physical examination prior to any surgery. High blood pressure should be under control. Someone with a respiratory infection with prominent cough should postpone: Coughing can complicate surgery and recovery. Some hospitals have regulations requiring preoperative testing. Although these are well-meaning, they make no sense, waste time and add expense.

Daughter of addict frowns on her husband's drinking

DEAR ABBY: My mother-in-law was a drug addict for most of my wife's life. Because of this, my wife refuses to use any addictive substances, including alcohol. I enjoy having a beer or three occasionally. I never get drunk, just pleasantly tipsy. This happens maybe once a month.



Dear Abby

Every time I drink, she gets very judgmental, as if I'm some sort of alcoholic. I have tried talking to her about it when I'm not drinking. She claims she doesn't care if I drink occasionally. Then as soon as I do, she rolls her eyes at me, sighs if I get a second one and asks me why I'm drinking. I'm puzzled about why she acts this way. Please help!

— Just A Drink In The East

DEAR JUST A DRINK: She acts this way because she is the child of an addict, and seeing someone imbibe one — or three — drinks at one time makes her remember how her parent behaved while under the influence, which makes her uncomfortable. And frankly, I can't blame her. There are support groups for adult children of addicts that can be extremely helpful. I hope your wife looks into them for her

benefit and for the benefit of your marriage.

DEAR ABBY: I recently received a cash gift from my mother. We are not close and rarely communicate. Being her daughter, I assume she loves, and likes, me. I cannot claim to share those feelings.

I am not in need of money. She likely needs the cash more than I do. Is there a way I can give it back to her without hurting her feelings? — Guilty New Yorker

DEAR GUILTY: Because you are afraid you will make an already fragile relationship even more delicate if you return the money, the prudent thing to do would be to thank her for it — perhaps in a note. Because accepting her gift makes you feel guilty, consider putting the money aside just in case at some point she may need it in the future.

Working more for less pay

Dear Readers: Today's SOUND OFF is about an unethical practice by employers:

"Dear Heloise: In 1995, I went to work as a desk clerk at a motel. Over the next five years, management kept adding more and more chores, until I was folding laundry, checking the pool chemicals, picking up the Christmas tree for the lobby, cleaning up the breakfast area, cleaning rooms the maids forgot to clean and even taking a co-worker to the emergency room at 2:00 a.m. All this with no increase in pay! It was blatantly unfair." — Ann W., Fort Wayne, Ind.

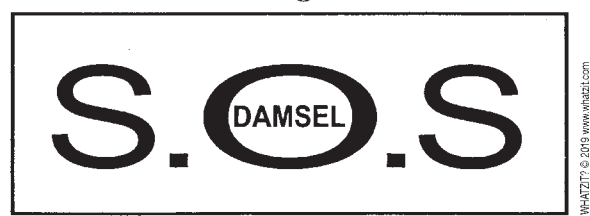


Hints from Heloise

Employers depend on loyal employees to fill gaps where additional help is needed. Unfortunately, they sometimes neglect to increase that employee's paycheck or offer some kind of reward for these additional tasks. That's how they lose a valued member of their staff. — Heloise

WHATZIT?

Find the familiar phrase, saying or name in this arrangement of letters.



SOLUTION: Damsel in distress

JUMBLE

Unscramble these Jumbles, one letter to each square, to form four ordinary words.

SUYBH

POGUR

RUYTTS

GRIEHH

“ ”

“ ”

“ ”

“ ”

“ ”

“ ”

“ ”

“ ”

“ ”

“ ”

“ ”

“ ”

“ ”

“ ”

“ ”

“ ”

“ ”

“ ”

“ ”

“ ”

“ ”

“ ”

“ ”

“ ”

“ ”

“ ”

“ ”

“ ”

“ ”

“ ”

“ ”

THAT SCRAMBLED WORD GAME

By David L. Hoyt and Jeff Knurek



Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

(Answers tomorrow)

Saturday's Jumbles: FAVOR TRUNK MISUSE WEALTH
Answer: The deer gave birth and knew what to do thanks to her — MOTHER NATURE

KENKEN

THE LOGIC PUZZLE THAT MAKES YOU SMARTER.

EASY

2÷		12X	3
12X	2		3+
	3-		
2-		2÷	

©2019 KenKen Puzzle, LLC www.kenken.com

CHALLENGING

2	5-		2÷	1-
5-	8+			40X
		4-	3-	3÷
1-	13+			3
		4	10+	9+
				6

©2019 KenKen Puzzle, LLC www.kenken.com

RULES

- Each row and each column must contain the numbers 1 through 4 (easy) or 1 through 6 (challenging) without repeating.
- The numbers within the heavily outlined boxes, called cages, must combine using the given operation (in any order) to produce the target numbers in the top-left corners.
- Freebies: Fill in single-box cages with the number in the top-left corner.

PREVIOUS ANSWERS

12X	2÷		4
3	1	2	4
4	3	1	2
1	2	4	3
2	4	3	1

©2019 KenKen Puzzle, LLC www.kenken.com

7 LITTLE WORDS

Find the 7 words to match the 7 clues. The numbers in parentheses represent the number of letters in each solution. Each letter combination can be used only once, but all letter combinations will be necessary to complete the puzzle.

CLUES	SOLUTIONS
1 Dr. who talked to animals (8)	_____
2 functions (8)	_____
3 bangles and cuffs (9)	_____
4 frosty tempests (10)	_____
5 arranging food on the dish (7)	_____
6 center of a plant stem (4)	_____
7 place to display valuables (8)	_____

IT	DOL	OP	CEL	TES
ERA	ETS	ING	TH	RMS
OWC	SH	TLE	SNO	PL
ASE	AT	PI	WSTO	BRA

Saturday's Answers: 1. KIMBERLEY 2. FALCON 3. GANING 4. TORPEDO 5. WARTS 6. SOWN 7. STOOGES

Challenger

DIRECTIONS: Fill each square with a number, one through nine. Horizontal squares should add to the totals on right. Vertical squares should add to the totals on bottom. Diagonal squares through center should add to total in upper and lower right.

					2-4
		4			22
	6				24
			5		20
	7				20
					22
					22
					27
					27
					11
					25
					27
					21

© 2019 by King Features Syndicate, Inc. World rights reserved.

Saturday's Challenger Answers

MARMADUKE By Brad Anderson



"Because you'd eat it, that's why."

Cryptoquip

2-4

F P I H W L P Z S U M X O U P I F
D W X S L Z F B F W B S I T X W B X
V W L T M M C P X O S F K O M
C W K U H L R V S L D : T P X O
F M X X M L R .

Saturday's Cryptoquip: WHAT SHOULD THEY NAME A CASUAL MEXICAN RESTAURANT IN AN EAST-CENTRAL TEXAS CITY? "WACO TACO."
Today's Cryptoquip Clue: F equals H

WORD SLEUTH • LAST WORDS

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

Saturday's unlisted clue: POCKET

Find the listed words in the diagram. They run in all directions - forward, backward, up, down and diagonally.

Monday's unlisted clue hint: Heavy Material Stabilizing a Ship

Blasted	Duroplast	Lastly	Plastic
Blastoff	Elastic	Oblast	Sandblast
Blastoma	Lastex	Outlast	Scholastic
Clast	Lasting	Plaster	

HOROSCOPE

ARIES (March 21-April 19). The calls to action coming from the commercial sector will be nonstop — a nuisance, really. You'll tune most of them out, but then one thing grabs your attention, and for good reason. This is a fit. Yes, this one will benefit you greatly.

TAURUS (April 20-May 20). You take criticism without getting offended and apply it well. Do you have any idea how rare a quality this is? And it will get you noticed by people you can learn from.

GEMINI (May 21-June 21). Because you have a realistic self-perception, you will be able to determine which of your talents and skills to lean on now and also what you need to acquire to move to the next level.

CANCER (June 22-July 22). You're ready to take a project to the next level, but you have to get more people on board to make this happen. Jump into the social swirl and charm them. If you don't, someone else will.

LEO (July 23-Aug. 22). If you could wake up tomorrow having gained any one quality or ability, which would you

choose? The answer relates to something that, were you to give it focus and priority, would bring you joy.

VIRGO (Aug. 23-Sept. 22). Even though your instinct is to put in more effort, becoming a more effective person today has more to do with being lighter, not taking things too personally, and just being generally cool about it all. You can relax.

LIBRA (Sept. 23-Oct. 23). In the past, you've consulted others because you needed to hear that you'd succeed and things would go well. Today there's a voice inside, growing stronger and better at telling you such things on the regular.

SCORPIO (Oct. 24-Nov. 21). The Greeks worshipped the Charities, three goddesses known for charm, beauty, kindness and creativity. Consider invoking these lovely energies by banding with two other people to pursue such values.

SAGITTARIUS (Nov. 22-Dec. 21). You don't always want to be around people, though it doesn't mean you think ill of them. To choose your own company can be a preference of the moment, not necessarily a rejection.

CAPRICORN (Dec. 22-Jan. 19). Though you are very disciplined in some regards,

the quality cannot extend to all parts of your life at once because discipline doesn't work that way. You'll choose where to exert yourself, and then you'll relax and restore your energy.

AQUARIUS (Jan. 20-Feb. 18). You put up with behavior from others that is less than desirable for a few different reasons, which may include the status dynamics of the relationships and your fear of being unkind. But are you really enabling the other people?

PISCES (Feb. 19-March 20). When you really need to get down to work, even the slightest distraction is a terrible waste because it pulls you out of the moment, wasting time on both sides of said moment. Ward against distraction!

TODAY'S BIRTHDAY (Feb. 4). You're a bright spirit shining into the heart of things, finding the threads to tie them together. You'll find nuggets of wisdom and beauty everywhere — in silliness, heaviness, low humor, high art, deeply intellectual subjects, clouds and marshmallow fluff. You'll attract all you need and more this year; believe it. Leo and Libra adore you. Your lucky numbers are: 9, 20, 2, 22 and 17.

Monday, February 4, 2019

GOREN BRIDGE

WITH BOB JONES
©2019 Tribune Content Agency, LLC

WEEKLY BRIDGE QUIZ ANSWERS

Q 1 - Neither vulnerable, as South, you hold

♠ K 10 6 5 ♥ K Q 8 6 4 2 ♦ Q 4 ♣ 3

Partner opens 1D and right-hand opponent overcalls 2C. What call would you make?

A - Should you make a negative double and then bid hearts later, it will sound like you are too weak to bid 2H now. You aren't. Bid 2H.

Q 2 - North-South vulnerable, as South, you hold:

♠ 10 7 3 ♥ 5 3 ♦ J 10 7 5 4 ♣ K 10 2

Partner opens 1D and right-hand opponent overcalls 1H. What call would you make?

A - Bid 3D, pre-emptive. You would cue bid 2H with a good hand.

Q 3 - East-West vulnerable, as South, you hold:

♠ K ♥ J 7 6 4 3 ♦ A 9 ♣ K 9 8 5 3

As dealer, what call would you make?

A - We like to be aggressive with 5-5 hands, but this hand is flawed with most of the values in the short suits. Pass.

Q 4 - Both vulnerable, as South, you hold:

♠ A K 7 ♥ Q 10 8 5 ♦ A J 6 4 2 ♣ 2

SOUTH 1♦
WEST 2♣
NORTH Dbl*
EAST 3♣

*Negative
What call would you make?

A - If we were certain that partner held four hearts, we would jump to game. We're not, so bid only 3H.

Q 5 - North-South vulnerable, as South, you hold:

♠ 8 7 4 2 ♥ Q 10 ♦ A 7 ♣ A 10 9 3 2

Partner opens 2H, weak, and right-hand opponent overcalls 3D. What call would you make?

A - When partner pre-empts in your shortest suit, stay out of the auction unless you hold a strong no trump or the equivalent. Pass.

Q 6 - East-West vulnerable, as South, you hold:

♠ 10 9 8 5 ♥ K 5 2 ♦ J 8 4 ♣ J 7 6

NORTH 2♥
EAST ?
SOUTH ?
WEST ?
What call would you make?

A - You have about half the deck, but there is no safe bid. On the plus side, you can contribute to the defense. Pass. It should be a good battle.

(Bob Jones welcomes readers' responses sent in care of this paper. Please send your e-mail responses to tcaeditors@tribpub.com)

BORN LOSER By Art and Chip Sansom



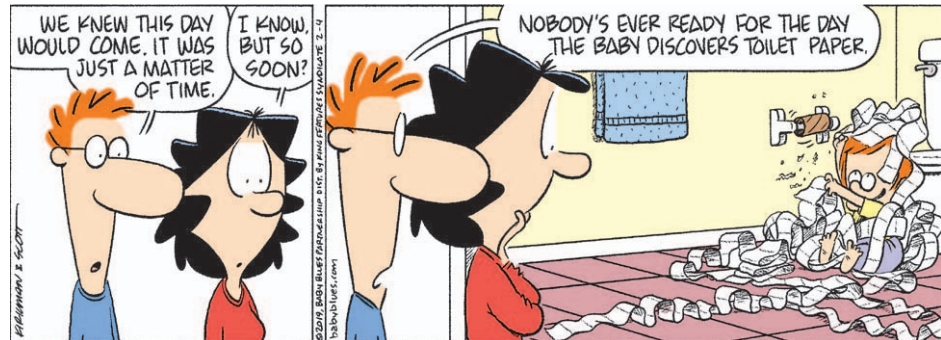
BLONDIE By Dean Young and John Marshall



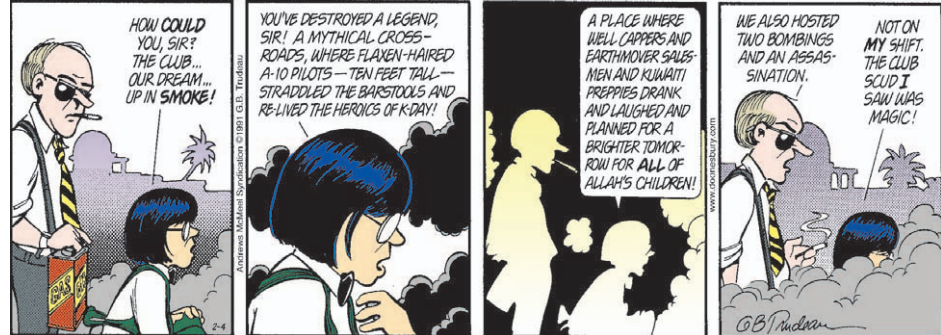
MUTTS By Patrick McDonnell



BABY BLUES By Rick Kirkman and Jerry Scott



DOONSBURY By Garry Trudeau



TODAY'S CROSSWORD PUZZLE

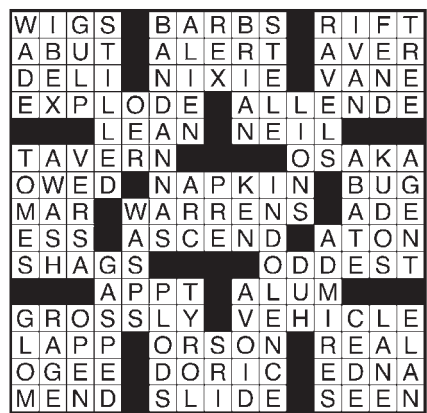
ACROSS

- 1 Political campaign
- 5 Mend socks
- 9 Water, in Baja
- 13 Important decades
- 14 Type of arch
- 15 Splashes out
- 16 Free pass
- 17 Mongolian desert
- 18 Honks
- 19 Changes a bill
- 21 Had the same opinion (2 wds.)
- 23 Sidekick
- 24 Ancient
- 26 Make tracks
- 27 Plain as day
- 29 Planet courses
- 34 Method
- 38 Fish dish
- 39 Owl's comment
- 40 Petite
- 42 Trotsky's first name
- 43 Catnaps
- 45 "Jurassic Park" director
- 47 Drawing
- 49 Hangs around
- 50 Successful at-bat
- 52 Be mistaken
- 53 Lynx or panther

DOWN

- 1 Remote
- 61 Close at hand
- 63 Park features
- 64 Muslim mystic
- 66 Terror
- 67 Foretellings
- 68 Gull's cousin
- 69 Lhasa —
- 70 El —, Texas
- 71 Dross
- 72 Tackle-box item
- 1 Summary
- 2 Pleasant odor
- 3 Desert mount
- 4 Sports cable channel
- 5 Musers' vehicles
- 6 Past
- 7 Melodious — McEntire
- 8 Horse sound
- 9 Burn soother
- 10 Honorable
- 11 It's — you!
- 12 Part of NBA
- 15 Ranch animals
- 20 Went headlong
- 22 "Road movie" locale
- 25 Storage containers
- 27 Sonnet stanza
- 28 Stratagems

PREVIOUS PUZZLE SOLVED



2-4-19 © 2019 UFS, Dist. by Andrews McMeel for UFS

- 30 Tulips or daffodils
- 31 Palm reader's opener (2 wds.)
- 32 Odin's son
- 33 Tell all
- 34 Advanced degs.
- 35 Chess piece
- 36 Exude moisture
- 37 Ruling class
- 41 Scholar's possession
- 44 Downhiller's run
- 46 Orpheus' harp
- 48 Put out of sight
- 51 Pop quizzes
- 53 Crinkled fabric
- 54 Humiliate
- 55 Innsbruck locale
- 56 Organ valve
- 57 "Cope Book" aunt
- 58 Average grades
- 59 Late-night host
- 60 Pistol face-off
- 62 Remote
- 65 Monastic title

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).

Rating: BRONZE

Solution to 2/2/19

9	3	5						
8			9		3	6	4	
	2		8				5	
7	4		5	9				2
9			2					8
3			6	7		4		5
	3			2			8	
5	4	8		3				9
			9	1		4		

© 2019 Janric Enterprises Dist. by creators.com

WORDY GURDY®

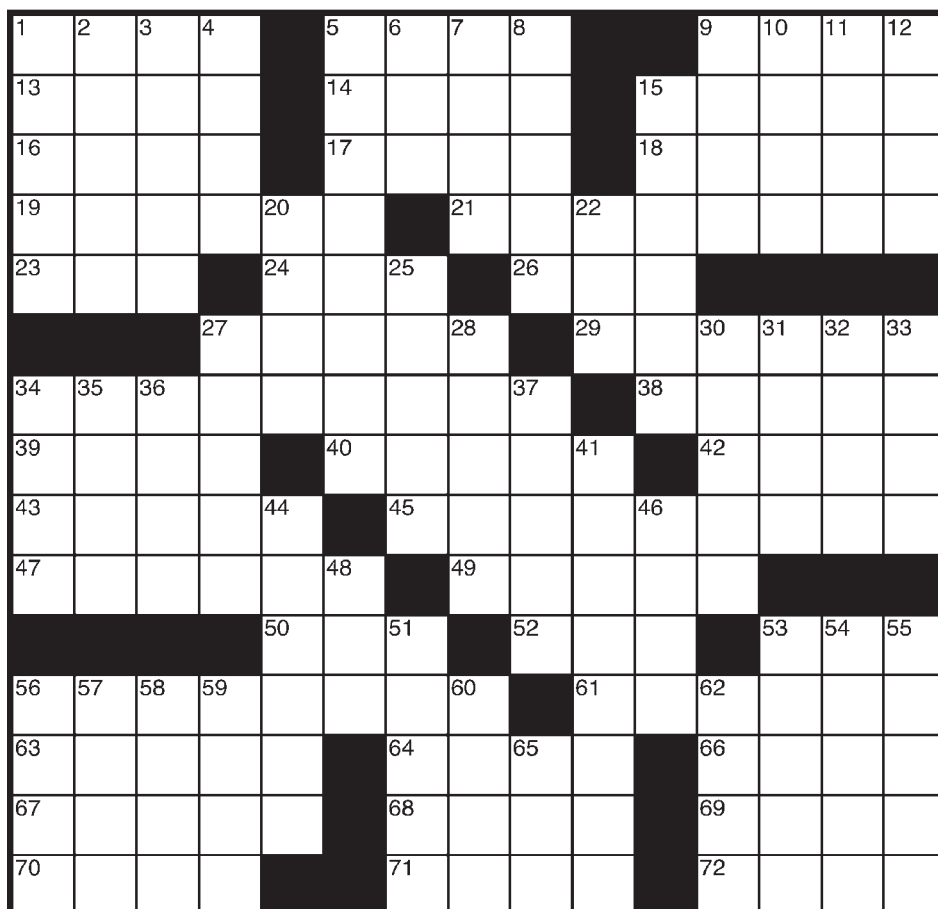
BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

© 2019 UFS, Dist. by Andrews McMeel for UFS

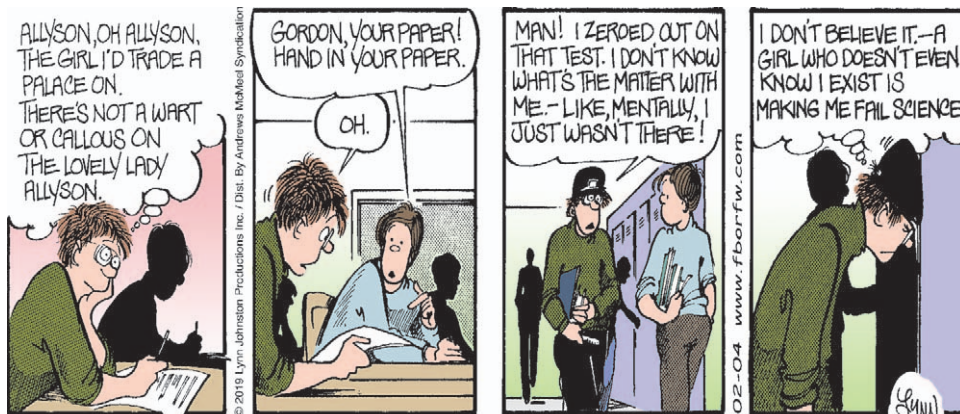
1. Apple tablet pop-up commercial (1)
2. Court Sitting Bull's people (1)
3. Steamed up Minnesota's NHL team (1)
4. At no time ingenious (2)
5. Wool alternative acquired (2)
6. Schoolyard meanie's wheel-rope devices (2)
7. Strongly advocating spending lavishly (2)

ANSWERS
1. PAD AD 2. WOO STOUX 3. RILED WILD 4. NEVER CLEAR
5. COTTON GOTTEN 6. BULLYS PULLERS 7. URGING SPURGING

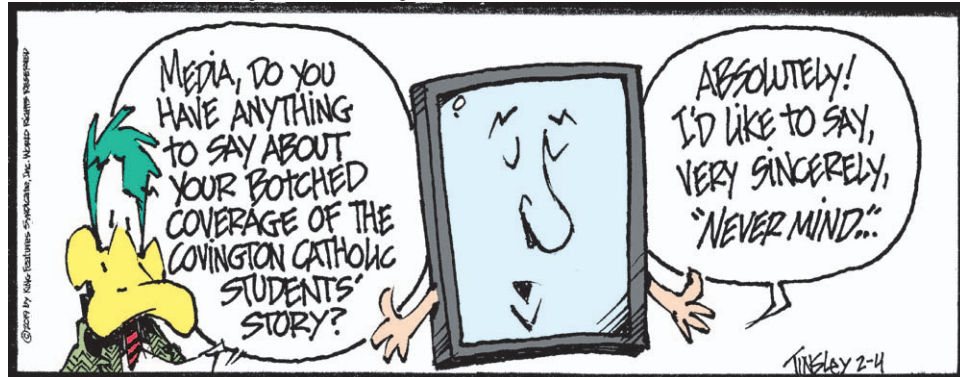


Want more puzzles?
Check out the "Just Right Crossword Puzzles" books at QuillDriverBooks.com

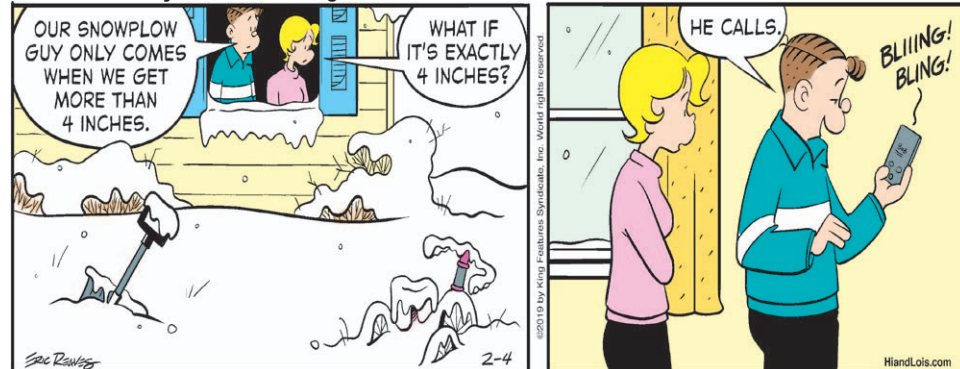
FOR BETTER OR FOR WORSE By Lynn Johnston



MALLARD FILLMORE By Bruce Tinsley



HI AND LOIS By Brian and Greg Walker



BETLE BAILEY By Mort Walker



HAGAR THE HORRIBLE By Chris Browne



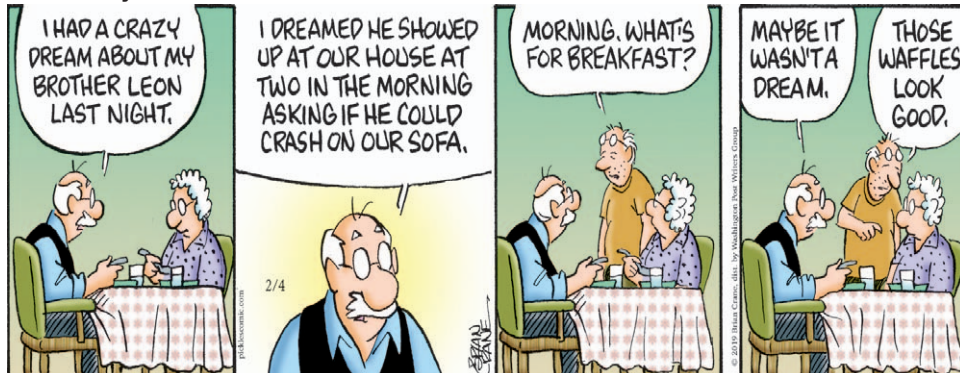
THE WIZARD OF ID By Brant Parker and Johnny Hart



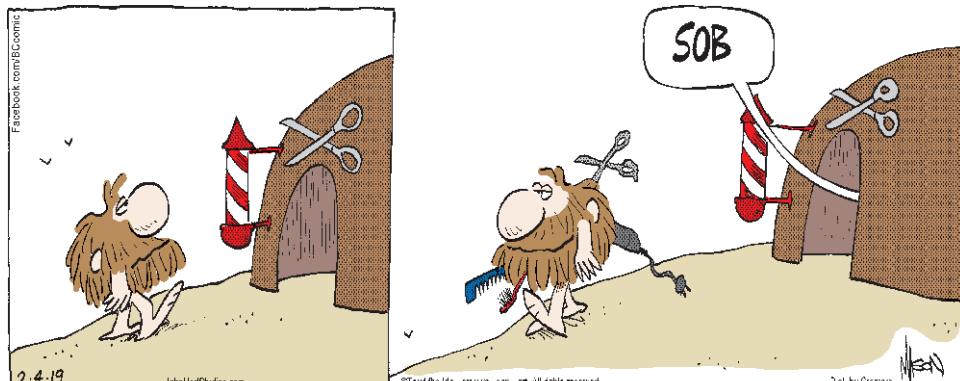
MOTHER GOOSE AND GRIMM By Mike Peters



PICKLES By Brian Crane



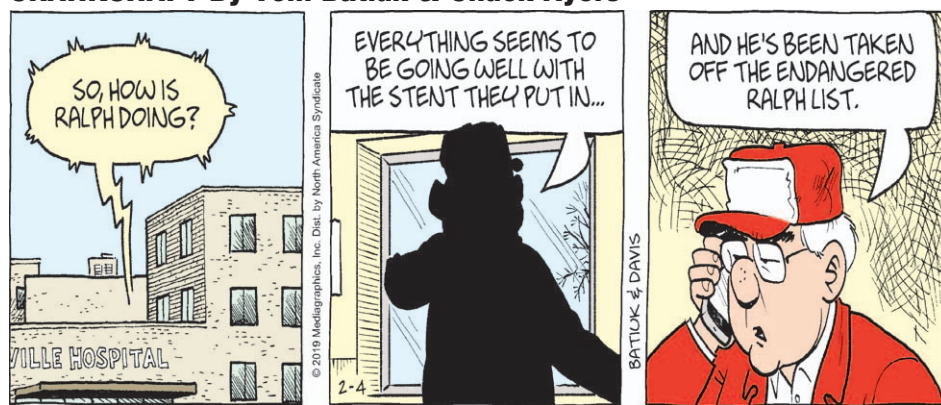
B.C. By Mastroianni & Hart



PEANUTS By Charles Schulz



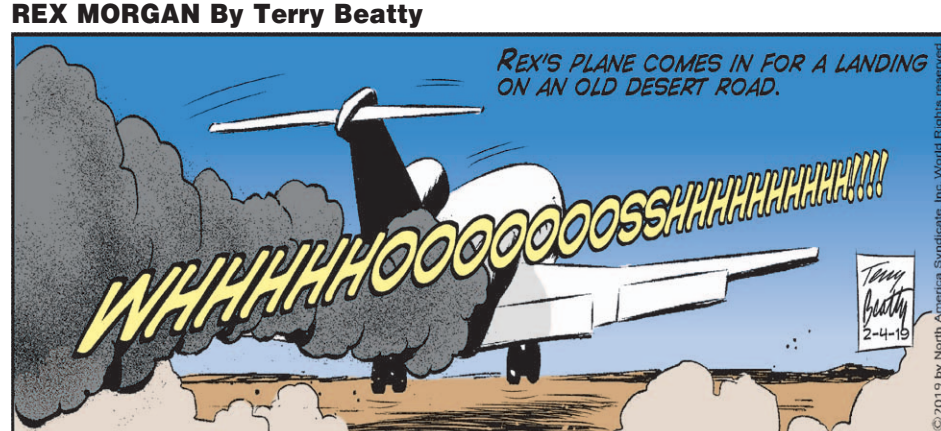
CRANKSHAFT By Tom Batiuk & Chuck Ayers



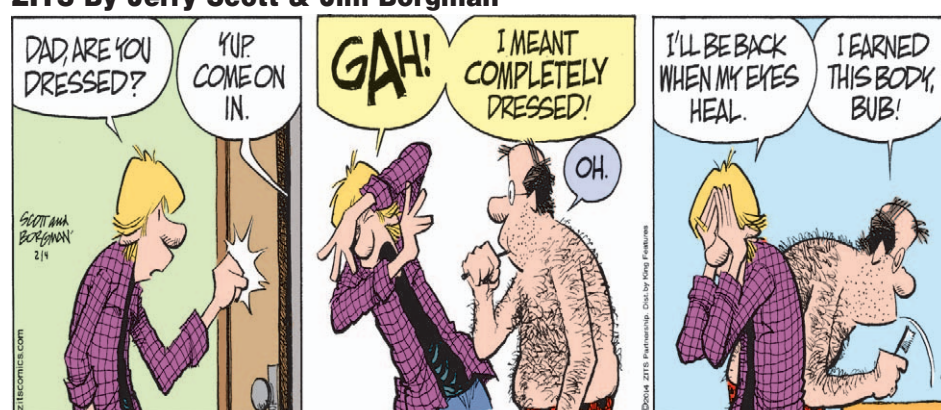
SHOE By Gary Brookins & Susie MacNelly



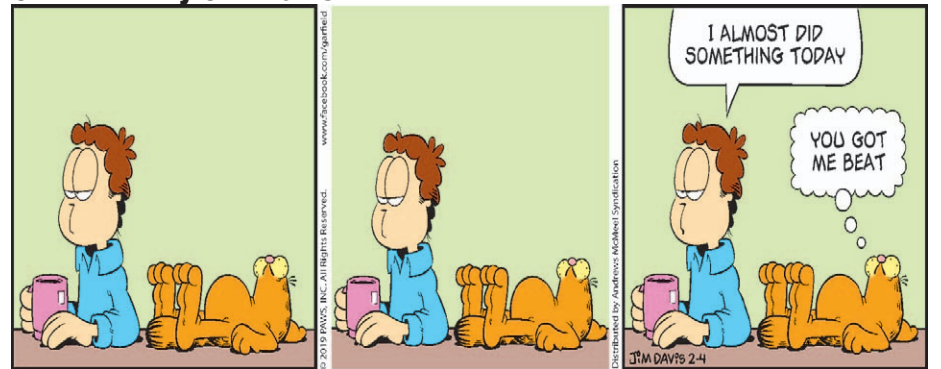
REX MORGAN By Terry Beatty



ZITS By Jerry Scott & Jim Borgman



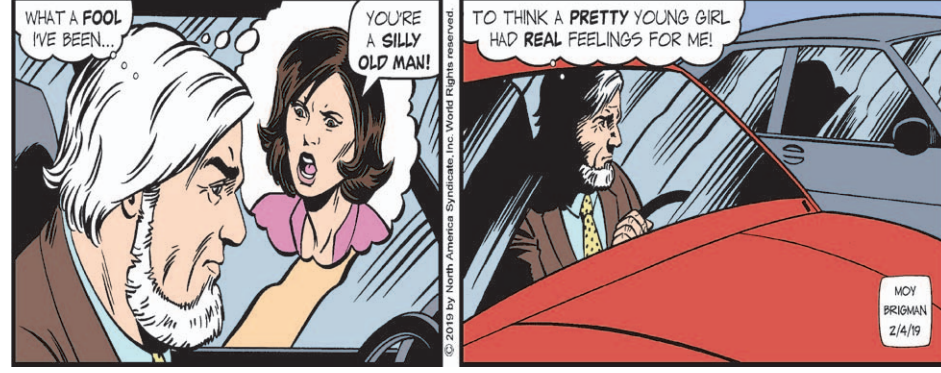
GARFIELD By Jim Davis



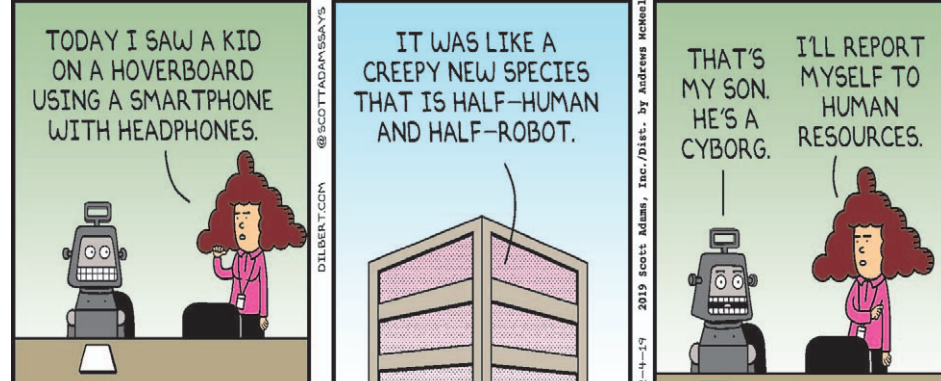
NON SEQUITUR By Wiley



MARY WORTH By Karen Moy and June Brigman



DILBERT By Scott Adams



ENTERTAINMENT NEWS

'Glass' stays No. 1; 'Miss Bala' opens in third

By **LINDSEY BAHR**
AP FILM WRITER

LOS ANGELES — With the distraction of the Super Bowl, freezing temperatures affecting large portions of North America and only one big new release in theaters in "Miss Bala," movie going audiences largely took the weekend off from the theaters in what is estimated to be the lowest-earning Super Bowl weekend in nearly two decades.

M. Night Shyamalan's "Glass" kept a fragile hold on the No. 1 spot for the third time while "The Upside" stayed in a close second on this sleepy box office weekend. Studios on Sunday estimate that "Glass" has earned an additional \$9.5 million in ticket sales, bringing its total earnings to \$88.7 million.

STX's "The Upside" added \$8.9 million. The Kevin Hart and Bryan Cranston film has held very well in its four weeks in theaters, never dropping more than 30 percent week to week. Its domestic grosses are already up to \$75.6 million.

The weekend's only big newcomer, "Miss Bala," landed in third place with \$6.7 million. Gina Rodriguez stars in the Catherine Hardwicke-directed actioner, which is a remake of a 2011 Mexican film. While on the lower end of projections for the Sony film, "Miss Bala" was also made for a



PHOTO PROVIDED BY SONY PICTURES VIA AP

This image shows Ismael Cruz, left, and Gina Rodríguez in a scene from "Miss Bala."

modest \$15 million. Still, with a dismal 27 percent on Rotten Tomatoes, it will have its work cut out for itself to break even.

"The box office in 2019 hasn't gotten its groove back yet," said Comscore senior media analyst Paul Dergarabedian. "Januaries by and large are not known as blockbuster months and that certainly has held true this year with the month being down 16 percent." "Aquaman" slid into fourth place with \$4.8 million and "Spider-Man: Into the Spider-Verse" clung to fifth with \$4.4 million.

Peter Jackson's World War I documentary "They Shall Not Grow Old" opened on 735 screens after a few single day showings to

a robust \$2.4 million, which was enough for it to crack the top 10. The Mads Mikkelsen survival thriller "Arctic" also opened in limited release to \$56,463 from four locations.

The overall industry grosses from the weekend is estimated to be around \$71 million. There hasn't been a worse-performing Super Bowl box office weekend since 2000.

"We've had certain movies hit it big on Super Bowl weekend," said Dergarabedian. "But it's all about momentum and we don't have it right now."

Some high earning Super Bowl weekend anomalies have included "Taken" and the "Hannah Montana and

Miley Cyrus: Best of Both Worlds Concert."

It's an undeniable cooling off period from the record 2018 year at the box office, but Dergarabedian said that, "The Calvary is on the way."

Next weekend, the sequel to "The LEGO Movie" opens nationwide.

Estimated ticket sales for Friday through Sunday at U.S. and Canadian theaters, according to Comscore. Where available, the latest international numbers for Friday through Sunday are also included. Final domestic figures will be released Monday.

1. "Glass," \$9.5 million (\$12.2 million international).

2. "The Upside," \$8.9 million (\$873,000 international).

3. "Miss Bala," \$6.7 million.

4. "Aquaman," \$4.8 million (\$4.6 million international).

5. "Spider-Man: Into the Spider-Verse," \$4.4 million (\$1.6 million international).

6. "Green Book," \$4.3 million (\$11.9 million international).

7. "The Kid Who Would Be King," \$4.2 million (\$1.2 million international).

8. "A Dog's Way Home," \$3.5 million (\$3.1 million international).

9. "Escape Room," \$2.9 million (\$8.8 million international).

10. "They Shall Not Grow Old," \$2.4 million.

ENTERTAINMENT NEWS BRIEFS

Grammy-nominated rapper 21 Savage in US immigration custody

ATLANTA (AP) — Grammy-nominated rapper 21 Savage was taken into federal immigration custody early Sunday, authorities said.

The artist, whose given name is Sha Yaa Bin Abraham-Joseph, was arrested in a targeted operation in the Atlanta area involving local and federal law enforcement officers, U.S. Immigration and Customs Enforcement spokesman Bryan Cox said in an



ABRAHAM-JOSEPH

emailed statement. Abraham-Joseph is a British citizen who overstayed his visa and is also has a felony conviction, Cox said.

"We are working diligently to get Mr. Abraham-Joseph out of detention while we work with the authorities to clear up any misunderstandings,"

lawyer Dina LaPolt said without elaborating.

Abraham-Joseph is nominated for two awards at next week's Grammys, including record of the year for "Rockstar" alongside Post Malone. His second solo album "I Am I Was," released in December, debuted at No. 1 on the Billboard 200 albums chart.

Abraham-Joseph entered the U.S. legally in July 2005, but has been present in the country illegally since his visa expired in July 2006, Cox said. He was convicted on felony drug charges in October 2014 in Fulton County, Cox said.

He has been placed in deportation proceedings in federal immigration court, Cox said.

'Fuller House' to end on Netflix after its fifth season

When it comes to "Fuller House," Netflix has decided to Cut-It-Out — or rather, Cut-It-Off.

In the same announcement

that the streaming giant revealed the sequel to "Full House" would be renewed for a fifth season, it also announced that it will be the sitcom's last.

Netflix made the announcement Thursday with a video featuring highlights from previous seasons, punctuated by cast members promising they have "saved the best for last."

A continuation of the ABC family sitcom, which had an eight-season run from 1987 to 1995, "Fuller House" premiered in February 2016 as another example of TV's growing nostalgia bender.

The updated series caught up viewers with an adult D.J. Tanner-Fuller (Candace Cameron Bure), her sister Stephanie "How Rude" Tanner (Jodie Sweetin) and their friend Kimmy Gibbler (Andrea Barber). Along the way, original cast members John Stamos, Bob Saget, Dave Coulier and Lori Loughlin made appearances.

The final season of "Fuller House" is slated to launch in the fall.

Stephen King's 'The Stand' series adaptation picked up

LOS ANGELES — Stephen King's "The Stand" is returning to TV, courtesy of the CBS All Access streaming service.

The network confirmed the series order at the Winter Television Critics Assn. presentation in Pasadena, where CBS and its streaming counterpart are previewing some of its upcoming offerings for 2019. The limited series will be written and executive produced by Josh Boone ("The Fault in Our Stars") and Ben Cavell ("SEAL Team") with Boone also set to direct.

"I'm excited and so very pleased that 'The Stand' is going to have a new life on this exciting new platform," said Stephen King in a statement released by the streaming platform.

First published by Stephen King in 1978, "The Stand" is a post-apocalyptic story about a battle between good and evil. It was previously adapted by King himself as a four-part miniseries that aired in 1994 on ABC.

LOS ANGELES TIMES

Ratings by the Motion Picture Association of America are: (G) for general audiences; (PG) parental guidance urged because of material possibly unsuitable for children; (PG-13) parents are strongly cautioned to give guidance for attendance of children younger than 13; (R) restricted, younger than 17 admitted only with parent or adult guardian; (NC-17) no one 17 and younger admitted.

OPENING THIS WEEK

"Arctic" — Two plane-crash survivors are stranded in a frozen wasteland. With Mads Mikkelsen, Maria Thelma Smaradottir. Written by Joe Penna, Ryan Morrison. Directed by Penna. (1:37) PG-13.

"Braid" — Two women play a twisted game from their childhood as part of a scheme to rob a mentally disturbed friend. With Madeline Brewer, Sarah Hay, Imogen Waterhouse. Written and directed by Mitzi Peirone. (1:22) R.

"A Breath Away" — Parents try to save their infirm daughter as a mysterious dust cloud engulfs Paris. With Romain Duris, Olga Kurylenko. Written by Guillaume Lemans, Jimmy Bemon, Mathieu Delozier. Directed by Daniel Roby. In French and English with

English subtitles. (1:29) NR.

"Cafe Con Leche" — A human-trafficking case reveals a surprising connection between an ATF agent and a Mexico City defense attorney. With Martin Santander, Gerardo Taracena. Written by Santander, Wesley Adkins, Ray Gallardo. Directed by Gallardo. NR.

"Daughter of Mine" — A young girl is torn between her biological mother and the woman who raised her. With Valeria Golino, Udo Kier. Written by Laura Bispori, Francesca Manieri; based on a memoir by A.M. Homes. Directed by Bispori. In Italian with English subtitles. (1:40) NR.

"For Now" — Four young friends take a road trip around California. Written by and starring Hannah Barlow, Kane Senes, Katherine Du Bois; story by Barlow. Directed by Barlow, Senes. (1:20) NR.

"The Gandhi Murder" — Police uncover a conspiracy to assassinate the Indian leader. With Stephen Lang, Winnie Jones, Om Puri. Directed by Karim Traidia, Pankaj Sehgal. (2:18) NR.

"The Golem" — A Jewish woman

conjures a mystical creature to protect her village from invaders. With Hani Furstenberg, Ishai Golen. Written by Ariel Cohen. Directed by Doron Paz, Yoav Paz. (1:35) NR.

"Great, Great, Great" — A young couple's engagement threatens to split them apart. With Sarah Kolasky, Daniel Beirne. Written by Kolasky and Adam Garnet Jones. Directed by Jones. (1:20) R.

"Hunter X Hunter: The Last Mission" — Warriors channel a cosmic force in this anime tale. Written by Nobuaki Kishima, Yoshihiro Togashi. Directed by Keiichiro Kawaguchi. In Japanese with English subtitles. (1:37) NR.

"Jihadists" — Documentary about Islamic extremism in North Africa. Written and directed by Francois Margolin, Lemine Ould Salem. In French with English subtitles. (1:15) NR.

"Miss Bala" — A young woman is caught between a Mexican criminal gang and U.S. law enforcement. With Gina Rodriguez, Anthony Mackie, Thomas Dekker. Written by Gareth Dunnet-Alcocer. Directed by Catherine Hardwicke. (1:44) PG-13.

"Outlaws" — Rival biker gangs in Australia head for a showdown. With Ryan Corr, Abbey Lee. Written by Matt Nable. Directed by Stephen McCallum. (1:32) R.

"Piercing" — A married father has murderous plans for a young prostitute. With Mia Wasikowska, Christopher Abbott. Written and directed by Nicolas Pesce; based on a novel by Ryu Murakami. (1:21) R.

"Sharkwater Extinction" — Documentary about illegal shark fishing. Written and directed by Rob Stewart. (1:28) NR.

"St. Bernard Syndicate" — Two Danish men try to launch a business selling St. Bernard dogs in China. With Frederik Cilius Jorgensen, Rasmus Bruun. Written by Laerke Sanderhoff. Directed by Mads Brügger. In Danish and English with English subtitles. (1:40) NR.

"Then Came You" — A young hypochondriac is befriended by a terminally ill British teen. With Asa Butterfield, Maisie Williams, Nina Dobrev, Peyton List, Tyler Hoechlin, Sonya Walger, Ken Jeong, David Koechner, Tituss Burgess, Margot Bingham. Written by Fergal Rock. Directed by Peter

Hutchings. (1:37) NR.

"Tito and the Birds" — A young boy seeks avian assistance to help stop a pandemic in this animated tale. Written by Eduardo Benaim, Gustavo Steinberg. Directed by Steinberg, Gabriel Bitar, Andre Catoto. In Portuguese with English subtitles. (1:13) NR.

"The Unicorn" — A long-engaged couple decide to try something sexually adventurous. With Lauren Lapkus, Nick Rutherford, Lucy Hale, Beck Bennett, Beverly D'Angelo, Kyle Mooney. Written by Will Elliott, Kirk C. Johnson, Nicholas Rutherford; story by Robert Schwartzman. Directed by Schwartzman. (1:28) NR.

"Velvet Buzzsaw" — Various art-world types meet grisly ends thanks to a deceased artist's haunted paintings. With Jake Gyllenhaal, John Malkovich, Toni Collette, Rene Russo. Written and directed by Dan Gilroy. (1:49) R.

"Who Will Write Our History" — Documentary uses dramatic re-creations to tell the true story of Polish Jews who catalogued Nazi atrocities in the Warsaw Ghetto during WWII. With Piotr Glowacki. Written by Roberta Grossman; based on a novel by Samuel Kassow. Directed by Grossman. In English, Polish and Yiddish with English subtitles. (1:35) NR.

PUBLISHERS WEEKLY BEST-SELLERS

Here are the best-sellers for the week that ended Saturday, Jan. 26:

HARDCOVER FICTION

- "Where the Crawdads Sing" Delia Owens, Putnam
- "Liar Liar" Patterson/Fox, Little, Brown
- "Crucible" James Rollins, Morrow
- "Turning Point" Danielle Steel, Delacorte
- "The Reckoning" John Grisham, Doubleday
- "The Golden Tresses of the Dead" Alan Bradley, Delacorte
- "Fire & Blood" George R.R. Martin, Bantam
- "Every Breath" Nicholas Sparks, Grand Central
- "Long Road to Mercy" David Baldacci, Grand Central
- "An Anonymous Girl" Hendricks/Pekkanen, St. Martin's

HARDCOVER NONFICTION

- "Becoming" Michelle Obama, Crown
- "Girl, Wash Your Face" Rachel Hollis, Nelson
- "It's Not Supposed to Be This Way" Lysa TerKeurst, Nelson
- "Educated" Tara Westover, Random House
- "The First Conspiracy" Meltzer/Mensch, Flatiron
- "Homebody" Joanna Gaines, Harper Design
- "The Truths We Hold" Kamala Harris, Penguin Press
- "Everyday Millionaires" Chris Hogan, Ramsey
- "12 Rules for Life" Jordan B. Peterson, Random House Canada
- "The Point of It All" Charles Krauthammer, Crown Forum

MASS MARKET

- "Any Man of Mine" Diana Palmer, HQN
- "Leverage in Death" J.D. Robb, St. Martin's
- "A Soldier's Return" RaeAnne Thayne, St. Martin's
- "Lilac Lane" Sherryl Woods, Mira
- "Accidental Heroes" Danielle Steel, Dell
- "Playing for Keeps" Jill Shalvis, Avon
- "Strawberry Hill" Catherine Anderson, Berkley
- "The Bishop's Pawn" Steve Berry, St. Martin's
- "A Dog's Way Home (movie tie-in)" W. Bruce Cameron, Forge
- "Safe and Sound" Fern Michaels, Zebra

TRADE PAPERBACK

- "The Tattooist of Auschwitz" Heather Morris, Harper
- "The House Next Door" James Patterson, Grand Central
- "Eleanor Oliphant Is Completely Fine" Gail Honeyman, Penguin Books
- "A Dog's Way Home (movie tie-in)" W. Bruce Cameron, Forge
- "Sapiens" Yuval Noah Harari, Harper Perennial
- "Less" Andrew Sean Greer, Back Bay
- "The Wife Between Us" Hendricks/Pekkanen, Griffin
- "Sold on a Monday" Kristina McMorris, Sourcebooks Landmark
- "The Power" Naomi Alderman, Back Bay
- "Then She Was Gone" Lisa Jewell, Atria

Recent trade of Porzingis symbolizes problem for Knicks.
See the full story on page 4.

Regatta concludes with final results

By Staff reports

PUNTA GORDA--The 10th Annual Charlotte Harbor Regatta concluded Sunday, at the Charlotte Harbor Yacht Club.

A total of 37 races for five boat classes were contested over the past three days.

In the Weta class, there were a field of 12 entries, and Bob Hodges claimed the top spot sailing for Pontchartrain, with the

results being compiled by scoring eight races.

The F18 class featured the weekend's shortest field with only three boats taking part in the 10 races. Clay Selsmeyer, sailing out of CRAW, Catamaran Racing Association of Wisconsin, took the honors.

In the Hobie 16 class, eight races were scored to determine the winner, and it would be Borios Racing with Tom

Korzeniewski at the helm, placing first in the field of 11.

In the 2.4mR class, Storm Trysail Club's 2 for 1 earned the honors, with Dee Helm serving as the skipper. A field of eight boats composed the entries, who competed in the seven races that were scored.

In the Harbor 20 class, it was Yellow Jacket who



SUN PHOTO BY CHRISTOPHER G BLAKE

REGATTA | 3 The start of the first Hobie 16 class race during Sunday's 10th Annual Charlotte Harbor Regatta.

■ **SUPER BOWL LIII: Patriots 13, Rams 3**

Patriots, Brady win sixth title

Running attack, blistering defense leads New England in throwback title match



AP PHOTO

New England Patriots' David Andrews picks up Tom Brady after the Patriots scored the decisive go-ahead touchdown against the Los Angeles Rams in the second half, Sunday, in Atlanta.

By **EDDIE PELLIS**
AP NATIONAL WRITER

ATLANTA — Defenses dominated what was supposed to be a super shootout until Tom Brady led one classic drive to win the New England Patriots their record-tying sixth Super Bowl.

Brady threw two perfect passes to Rob Gronkowski to set up rookie Sony Michel's 2-yard score — the only touchdown in the lowest-scoring Super Bowl ever. That put New England up 10-3. A late field goal clinched the win over the Rams 13-3.

In a season in which all sorts of offensive records were set, this Super Bowl rewrote the defensive record book.

"Finally got a touchdown and the defense played the best game of the year," Brady said.

No Super Bowl had gone into the fourth quarter without a touchdown. This one did, tied 3-3 — even though these teams

■ **COLLEGE FOOTBALL**

FSU dismisses Francois after domestic abuse allegations

TALLAHASSEE, Fla. (AP) — Florida State's head football coach announced Sunday that quarterback Deondre Francois had been dismissed from the team after allegations of domestic abuse surfaced.

FSU head coach Willie Taggart said in a statement Sunday that he had notified Francois of his decision the night before. Taggart's decision to drop Francois came the same day the quarterback's girlfriend posted a video to Instagram alleging abuse by Francois.

"As we build a new culture and foundation for FSU football, we have high expectations for all of our student-athletes and we will not shy away from those high standards of conduct," Taggart said. "We are moving forward as a program."

The Tallahassee Democrat reports that

the video shows neither Francois nor the girlfriend, but a woman can be heard begging a man to stop hitting her.

Francois hasn't been charged with a crime. He couldn't be reached and Francois' uncle, Pat Julmiste, didn't respond to a phone call seeking comment.

Only last month, Francois announced he would return to Florida State for his senior season in 2019.

The redshirt junior started 11 games for the Seminoles, who went 5-7 in 2018 but did not make a bowl game for the first time since 1982.

Francois completed 57.1 percent of his passes for 2,731 yards, 15 touchdowns and 12 interceptions. But in each of his last four starts, he completed fewer than 50 percent of his passes and had just two touchdowns along with six interceptions.

■ **RAYS**

MLB Network ranked top 10 starters right now and Rays' Cy Young winner Blake Snell was 10th

By **MARC TOPKIN**
TAMPA BAY TIMES

Rays LHP Blake Snell posted dazzling and historic numbers in going 21-5, 1.89 to win the 2018 Cy Young award as the American League's best pitcher.

But when MLB Network on Saturday revealed its list of the Top 10 Starting Pitchers Right Now!, Snell was

ranked only 10th.

The rankings, per MLB Network PR, "considers player performance over the last two seasons, offensive and defensive metrics, both advanced Statcast data and traditional numbers, and expert analysis by the MLB Network research team."

The two-year window is a key factor, as Snell wasn't very good in 2017,

struggling early and was twice being demoted to the minors before a strong finish, posting a 5-7, 4.04 record overall. Still, for the two seasons he was 26-12, 2.79.

From what MLB Network analyst Ron Darling said, Snell's 2018 work was so impressive he made up for 2017 just to make the list.

"Well, we try to look at a longer period of

time, but sometimes you have such a breakout season, it doesn't matter," Darling said during the show. "If you said before the season that a Tampa Bay Rays pitcher was going to win the Cy Young, everyone would have said, 'Chris Archer,' and not Blake Snell. But he came and he came fast, and the irony of it of course, the Rays are famous for the

opener, yet won the Cy Young with a traditional starter."

The full top 10:

1. Max Scherzer, Nationals
2. Chris Sale, Red Sox
3. Jacob deGrom, Mets
4. Corey Kluber, Indians
5. Justin Verlander, Astros
6. Aaron Nola, Phillies
7. Clayton Kershaw, Dodgers

8. Luis Severino, Yankees

9. Carlos Carrasco, Indians

10. Blake Snell, Rays
In previous episodes, Tampa Bay's Tommy Pham ranked fourth among leftfielders, Joey Wendle seventh among second basemen, Mike Zunino ninth among catchers, Kevin Kiermaier 10th among outfielders.

TUNE UP YOUR A/C NOW AND BE READY FOR SUMMER!

ONLY \$39.00

Includes Full System Tune Up and 44 point Inspection
We Service ALL Makes & Models

Your Local Family Owned & Operated Comfort Specialists since 1974....



DALE'S
AIR CONDITIONING & HEATING

license # CAC1817312



(941) 629-1712 • DALESAC.COM

Advertisement

Advertisement

Advertisement

A New Sex Pill Takes the Spotlight as the Viagra Patent is About to Expire

A patented pill costing less than \$1 a dose stands to help millions of men with failing sex lives; no prescription will be required

By Ray Wilson
Associated Health Press

AHP — A new sex pill is set to take the spotlight with the Viagra patent about to expire. But unlike the former, it won't require a prescription and is priced just under a \$1 a dose.

The new pill called *Vesele* is part of a new class of performance enhancers for men, which work instantaneously on the body and mind triggering arousal and firmer, harder erections.

Formulated with a special compound known as an "accelerator", *Vesele* can transport its active ingredients faster and more efficiently into the blood stream, where it begins to work its magic.

The patented ingredient blend initiates a process known as vasodilation, which causes arteries and vessels throughout the body to expand. This allows blood to flow directly to penis and genitals, resulting in harder erections which last longer. *Cialis* and *Viagra* are based around a similar concept.

But what makes *Vesele* so remarkable, and what these other sex pills can't do, is that also directs a small portion of this blood flow to the brain, which creates feelings of intense arousal. In laymen's terms, users become incredibly excited and turned on.

This is why the makers of *Vesele* say their pill has worked so effectively in clinical trials. It stimulates the two most important organs for great sex, the penis and the brain.

The Brain Erection Connection

Until now, medical researchers did not fully understand the brain-erection connection. It has now been made clear with *Vesele*. When both are supplied with a constant blood flow, men are harder and firmer for longer... and have unbelievable sex drives.

"Most of the research and treatment methods for men's sexual failures have focused on physiological factors and have neglected the emotional ones. For the leading sex drugs to work, like *Cialis* and *Viagra*, you need visual stimulation" explains Dr. Henry Esber, the creator of *Vesele*.

"And although they work for some men, the majority experience absolutely no fulfillment during sex.

According to research published by the National Institute of Health, 50% of men taking these drugs stop responding or can't tolerate their side effects... and on top of that they spend \$50 per pill and it doesn't even work half the time.

This is what makes *Vesele* so different and effective. It floods the blood stream with key ingredients which cause arteries all over the body to expand. The patented accelerator speeds up this process even more.

The result is a rush of blood flow to the penis and brain, helping to create an impressive erection and a surging desire for sex. Often, this is all men need to get going. And when



Expiring Patent Opens the Door to a New Sex Pill: *Vesele* is a new pill that cost just \$1 a dose does not require a prescription. It works on both body and mind to increase arousal and erection hardness.

taken regularly, many men say they are energized and aroused all day."

Great Sex At Any Age

With the conclusion of their latest human clinical use survey trial, Dr. Esber and his team are now offering *Vesele* in the US. And regardless of the market, its sales are exploding.

Men across the country are eager to get their hands on the new pill and according to the research, they should be.

In the trial above, as compared to baseline, men taking *Vesele* saw a staggering 85% improvement in erection hardness over a four-month period. Their erections also lasted twice as long.

These same men also experienced an astounding 82% increase in the desire for sex (libido/sex drive) and an even greater improvement in overall satisfaction and ability to satisfy their partners.

Many men taking *Vesele* described feeling horny and aroused through the day. The anticipation before sex was amazing. They were also easily turned on. Their moods were more upbeat and positive, too.

Faster Absorption into the Blood Stream

Vesele is made up of three specialized ingredients: two clinical strength vasodilators and a patented absorption enhancer often called an accelerator. According to an enormous amount of clinical data, each is very safe.

Research shows that with age, many men lose their desire and interest in sex. They also struggle to produce an erection firm enough for penetration.

And although there are many theories as to why this happens (including a loss in testosterone) one thing is certain, inadequate blood flow is virtually always to blame. That's why sex drug manufacturers focus on blood flow, it makes your erection hard.

But what's more surprising, and what these manufacturers have failed to consider, is that lack of blood flow can also kill your sex drive. That's because blood supplies energy for the brain. This energy is required for creating brainwaves that cause excitability and arousal.

Studies show the *Vesele* stimulates the entire cardiovascular system, including the arteries that lead to both the brain

and penis. The extreme concentration of the ingredients combined with the accelerator ensures that this process starts quickly.

The sexual benefits of *Vesele* are also multiplied as its ingredients build up in the system over time. This is why many men take it every single day.

Recent Studies Show Positive Effects on Women

In the same study referenced throughout, *Vesele* was also shown to have an amazing (and somewhat surprising) effect on women too. That's because the same arteries and vessels that carry blood and oxygen to the brain and genitals are the same in men and women.

"In our most recent study, women taking *Vesele* saw a stunning 52% improvement in arousal and sex drive. Perhaps more impressive, they also experienced a 57% improvement in lubrication.

You can imagine why some couples are taking *Vesele* together. Everything feels better. Everything works better. Everyone performs better. It's truly amazing."

A New Frontier of Non-Prescription Sex Pills

With daily use, *Vesele* is helping men (and women) restore failing sex lives and overcome sexual lets downs without side effect or expense.

Through a patented absorption enhancer, the *Vesele* formula hits the bloodstream quickly, resulting in phenomenal improvements in erection firmness and hardness. By boosting blood flow to the brain, users also experience sexual urges and arousal they often haven't felt in years.

Where to Find Vesele

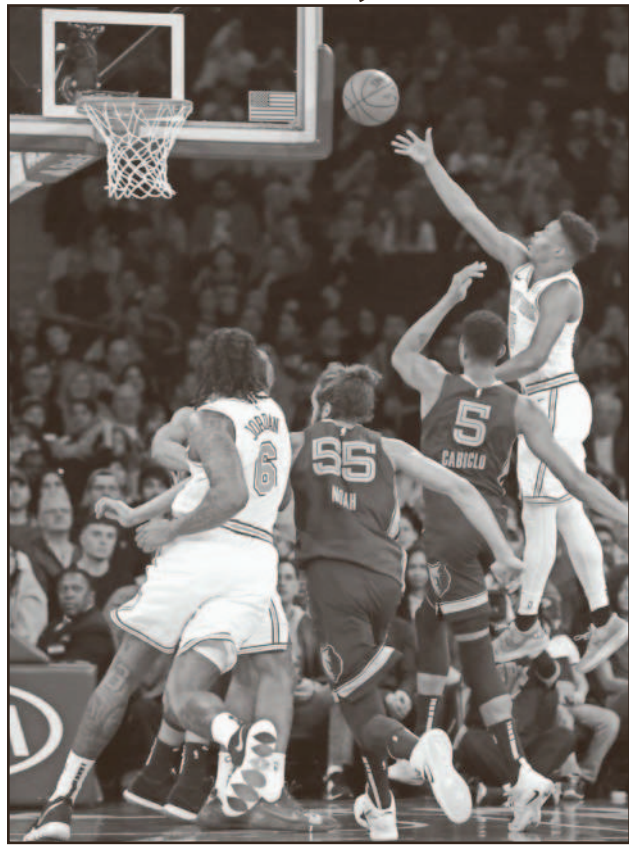
This is the official release of *Vesele* in Florida. As such, the company is offering a special discounted supply to any reader who calls within the next 48 hours.

A special hotline number and discounted pricing has been created for all Florida residents. Discounts will be available starting today at 6:00AM and will automatically be applied to all callers.

Your Toll-Free Hotline number is 1-800-588-9011 and will only be open for the next 48 hours. Only a limited discounted supply of *Vesele* is currently available in your region.

NBA: Roundup

Conley, Gasol lift Grizzlies by Knicks



AP PHOTO

New York Knicks' Dennis Smith Jr. lays in a basket over Memphis Grizzlies defenders on Sunday in New York.

NEW YORK (AP) — Mike Conley scored 25 points, Marc Gasol had 24 and the Memphis Grizzlies snapped a nine-game road losing streak with a 96-84 victory over the New York Knicks on Sunday.

Conley added eight rebounds and seven assists in a strong return to the lineup after missing a game with left knee soreness. Gasol chipped in nine rebounds in what could have been the longtime teammates' final road game with the Grizzlies.

The team has fallen from playoff contention after a strong start and told the players it will listen to offers for both ahead of Thursday's NBA trade deadline. Conley and Gasol both acknowledged it's been hard not to think about their futures in recent days.

The Grizzlies have one more game before the deadline, at home Tuesday against Minnesota.

Justin Holiday added 19 points and Jaren Jackson Jr. had 16 in the Grizzlies' first road victory since Dec. 23 at the Lakers. Memphis had lost three in a row and 17 of its last 19 overall.

Kevin Knox scored 17 points and DeAndre Jordan had 12 points and 12 rebounds for the Knicks, who lost their 13th straight overall and 14th in a row at Madison Square Garden.

The Knicks started Dennis Smith Jr. and Jordan in their first game in uniform since coming to New York from Dallas along with Wesley Matthews on Thursday in the Kristaps Porzingis trade. Smith made the first basket of the game, but the Knicks shot just 38 percent against one of the league's best defensive teams.

Smith finished with eight points and six assists.

Raptors 121, Clippers 103

Kawhi Leonard scored 18 points, Serge Ibaka had 16 points and 12 rebounds and the Toronto Raptors beat the Los Angeles Clippers 121-103 on Sunday for their 10th victory in their last 11 home games.

Ibaka has a career-best six straight double-doubles, Toronto's longest streak since Chris Bosh had eight in November 2009.

Pascal Siakam and C.J. Miles each had 15 points, and Delon Wright added

14. All-Star guard Kyle Lowry sat out because of a sore back. Shai Gilgeous-Alexander, the guard born in nearby Hamilton, had 19 points to lead Los Angeles. Lou Williams had 18. The Clippers have lost three of four.

Before the game, Los Angeles coach Doc Rivers bemoaned the tight turnaround his team faced from a 5 p.m. start Saturday in Detroit, in which the Clippers erased a 25-point deficit to beat the Pistons 111-101.

"This is a ridiculous back-to-back," Rivers said.

Celtics 134, Thunder 129

Kyrie Irving had 30 points and 11 assists, Marcus Morris scored 19 points and the Boston Celtics beat Oklahoma City 134-129 on Sunday to snap the Thunder's NBA-best seven-game winning streak.

Marcus Smart added 18 points and seven assists, Al Horford scored 17 points, and Daniel Theis had 14.

Boston has won four straight and nine of 10.

Paul George scored 37 points for Oklahoma City, and Russell Westbrook had 22 points, 16 assists and 12 rebounds for his 19th triple-double of the season.

MEN'S COLLEGE BASKETBALL

7 p.m.
CBSN — Colgate at Lehigh
ESPN — Louisville at Virginia Tech
ESPNU — North Carolina Central at Florida A&M

8 p.m.
FS1 — Penn State at Northwestern

9 p.m.
ESPN — West Virginia at Texas Tech
ESPN2 — Iowa State at Oklahoma
ESPNU — Mississippi Valley State at Grambling State

WOMEN'S COLLEGE BASKETBALL

7 p.m.
ESPN2 — Baylor at Texas
SEC — Missouri at LSU

7:30 p.m.
BTN — Maryland at Illinois

NBA

7:30 p.m.
NBA — Milwaukee at Brooklyn

10 p.m.
NBA — San Antonio at Sacramento

NHL

7 p.m.
NHL — Los Angeles at NY Rangers

SNOWBOARDING

7:30 p.m.
NBCSN — FIS World Freestyle Championships: parallel giant slalom, Utah (taped)

SOCCER

2:55 p.m.
NBCSN — Premier League: West Ham vs. Liverpool --

Florida Lottery

www.flalottery.com

PICK 2

Feb. 3N	7-0
Feb. 3D	2-3
Feb. 2N	2-0
Feb. 2D	4-7
Feb. 1N	9-1
Feb. 1D	4-6
D-Day, N-Night	

PICK 3

Feb. 3N	3-7-8
Feb. 3D	3-4-1
Feb. 2N	6-6-7
Feb. 2D	7-8-6
Feb. 1N	5-3-4
Feb. 1D	6-8-4
D-Day, N-Night	

PICK 4

Feb. 3N	6-9-4-7
Feb. 3D	6-0-5-7
Feb. 2N	3-5-5-9
Feb. 2D	4-1-9-1
Feb. 1N	4-1-9-8
Feb. 1D	3-2-5-4
D-Day, N-Night	

PICK 5

Feb. 3N	9-7-4-7-9
Feb. 3D	5-0-3-0-0
Feb. 2N	8-9-5-6-5
Feb. 2D	1-6-0-1-9
Feb. 1N	3-9-8-8-5
Feb. 1D	2-0-2-0-4
D-Day, N-Night	

FANTASY 5

Feb. 3	x-x-x-x-x
Feb. 2	4-14-27-31-35
Feb. 1	2-10-12-26-35
PAYOFF FOR FEB. 2	
1 5-digit winners	\$233,523.31
303 4-digit winners	\$124.00
9,394 3-digit winners	\$11

CASH FOR LIFE

Jan. 31	14-16-26-39-56
Cash Ball	4

Jan. 28	22-24-26-42-51
Cash Ball	3
PAYOFF FOR JAN. 31	
0 5-5 CB	\$1,000/Day
0 5-5	\$1,000/Week
6 4-5 CB	\$2,500
6 4-5	\$500

LUCKY MONEY

Jan. 29	7-11-31-35
Lucky Ball	3

Jan. 25	4-22-35-41
Lucky Ball	16
PAYOFF FOR JAN. 29	
2 4-of-4 LB	\$1,800,000
3 4-of-4	\$2,167.50
57 3-of-4 LB	\$250
861 3-of-4	\$48.50

LOTTO

Feb. 2	2-6-15-20-24-47
Jan. 30	4-16-35-37-43-53
Jan. 26	2-14-26-29-36-51
PAYOFF FOR FEB. 2	
0 6-digit winners	\$14 million
23 5-digit winners	\$4,015
1,340 4-digit winners	\$62.00
ESTIMATED JACKPOT	
	\$15.5 million

POWERBALL

Feb. 2	10-17-18-43-65
Powerball	13

Jan. 30	2-12-16-29-54
Powerball	6
PAYOFF FOR FEB. 2	
0 5-5 + PB	\$191 million
0 5-5	\$1 million
1 4-5 + PB	\$50,000
28 4-5	\$100
ESTIMATED JACKPOT	
	\$204 million

MEGA MILLIONS

Feb. 1	2-37-48-66-68
Mega Ball	11

Jan. 29	10-33-53-54-62
Mega Ball	22
PAYOFF FOR FEB. 1	
0 5 of 5 + MB	\$96 million
0 5 of 5	\$1 million
0 4 of 5 + MB	\$10,000
9 4 of 5	\$500
ESTIMATED JACKPOT	
	\$139 million

HOW TO ...

- **Submit a story idea:** Email sports@sun-herald.com or call 941-206-1175. Must contain name, address and number.
- **Report a high school result:** Call 877-818-6204 or 941-206-1175.
- **To report an error:** Call the sports department at 941-206-1175 or email sports@sun-herald.com.

CONTACT US

Benjamin Baugh • Editor
benjamin.baugh@yoursun.com or 941-206-1175

Jacob Hoag • Staff writer
jacob.hoag@yoursun.com or 941-206-1122

Email: sports@sun-herald.com
Fax: 941-629-2085

SunCoast Sports Now

When news breaks, you can find it at www.yoursun.com. Like us and share our photos on Facebook: [facebook.com/SunPreps](https://www.facebook.com/SunPreps) Follow us on Twitter for live updates and breaking news: @Sun_Preps



THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE U.S. FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE. RESULTS NOT TYPICAL.

■ HOMETOWN HEROES

Hardison, Former Tarpon, joins new league

Defensive tackle, ex-Bengals player and NFL journeyman, on roster for Arizona

By **BARBARA BOXLEITNER**
SUN CORRESPONDENT

Marcus Hardison isn't giving up on football. The Charlotte High School graduate is on the roster for the Arizona Hotshots of the Alliance of American Football, which is scheduled to begin its inaugural season this month.

The defensive tackle, who turns 27 soon, has been an unsigned National Football League free agent. He most recently was with the Los Angeles Chargers, who claimed him off waivers from the Houston Texans in August but waived him Sept. 1.

Out of college, Hardison spent two years with the Cincinnati Bengals. He was inactive his first season and missed the second because of injury. He was on the practice squads for the Jacksonville Jaguars, New England Patriots and Texans before joining the Chargers.

Softball

Previously at DeSoto County High, freshman Dekoda Johnson hit .500 in three games. The Miami Dade College third baseman had two hits, including a solo home run, in four at-bats against

State College of Florida, Manatee-Sarasota.

Florida SouthWestern State College sophomore Elsie Rivera batted .182 in seven games. The Venice High graduate drove in five runs.

Women's indoor track and field

University of Miami's Michelle Atherley was named Wednesday as the Atlantic Coast Conference field performer of the week. The Port Charlotte High alumna was recognized for winning the pentathlon at the Texas Tech Classic.

University of Mississippi junior Kendall Chavarria finished 17th in the weight throw at the Indiana Relays. The past Tarpon's toss traveled 51 feet, 10 inches.

Southeastern University freshman Maddison Welch placed second in the mile at the Warrior Invitational. She is from Lemon Bay High.

Women's swimming University of Louisville's Sophie Cattermole finished second in the 1,000-yard freestyle against Kentucky. The former Manta Ray was fourth in the 500 freestyle.

Send updates about area athletes to Barbara Boxleitner at jdanddoc@gmail.com.



PHOTO PROVIDED

Marcus Hardison, a defensive tackle who graduated from Charlotte High School and played two seasons for the Cincinnati Bengals, is on the roster for the Arizona Hotshots of the newly created Alliance of American Football. Hardison has also been on the practice squads of the Los Angeles Chargers, Houston Texans, Jacksonville Jaguars and New England Patriots.



SUN PHOTOS BY CHRISTOPHER G BLAKE

Two F18 class boats square off at the starting line of Sunday's 10th Annual Charlotte Harbor Regatta. Skipper Clay Selsmeyer and crew (1978) took the lead at the start and finished first in the race.



Skipper Tom Korzeniewski and Karen Grisko are all smiles after winning a Hobie 16 class race during Sunday's 10th Annual Charlotte Harbor Regatta.

REGATTA

FROM PAGE 1

was much the best in the field of nine boats, who competed in a class where four races were scored. Jeffrey Scholz served as the skipper.

Weta Class top three finishers

1. Bob Hodges, sailing for the Pontchartrain Yacht Club.
2. It's Now or Never !!, Knox Rodgers, Lake Lanier Sailing Club.
3. Rick Sylvester, Gulfport Yacht Club.

F18 Class top three finishers

1. Clay Selsmeyer, CRAW.
2. Turtle Mo, Dick Macdonald, no affiliation.

3. Dan Maxwell, Sarasota Sailing Squadron.

Hobie 16 Class top three finishers

1. Borios Racing, Tom Korzeniewski, OYC.
2. Jason Sanchez, Gulfport Yacht Club.
3. Ken Hilk, Tropical Yachts.

2.4mR Class top three finishers

1. 2 for 1, Dee Smith, STC.
2. Peter Eagar, National Yacht Club.
3. Edge, Tony Pocklington, CHYC.

Harbor 20 Class top three finishers

1. Yellow Jacket, Jeffrey Scholz, CHYC.
2. H20, James Nuzzo, Isles Yacht Club.
3. Jay Nadelson, Chester Yacht Club, Storm Trysail Club, PGSC.

■ HOMETOWN HEROES

Former Bobcat Kirzen wins first collegiate start

By **BARBARA BOXLEITNER**
SUN CORRESPONDENT

Freshman pitcher Ben Krizen won his first start for Ave Maria University.

The North Port High School graduate allowed four hits and two earned runs in three and one-third innings against William Carey. He struck out four and walked three.

Through eight games, the right-hander led the team with a 2-0 record and had a 3.86 earned run average.

More baseball

Warner University sophomore pitcher Jaryd Clary earned his first victory. The Lemon Bay High product allowed four hits and three earned runs in four innings in his start against Florida National. He fanned five.

Out of Venice High, Colin Costello did not earn a decision in his

start against North Georgia. The Florida Tech senior allowed six hits and two earned runs in five and two-third innings. He struck out five.

Another from the Indians, Langston Provitt has transferred from Warner to St. Johns River State College. Through four games, the sophomore outfielder hit a team-high .417 with one run batted in.

Men's basketball

Young Harris College starter Nickens Blanc had 16 points against University of South Carolina Aiken. The Port Charlotte High graduate tied with a team-high eight rebounds.

Malek Barber of Palm Beach Atlantic University had seven points and six rebounds against Lynn. He played for the Bobcats.

Charlotte High

alumnus Brandon Gonzalez had eight points for Southeastern Louisiana University against Nicholls. The sophomore had three rebounds, two assists and one steal.

Men's indoor track and field

Former Pirate Chale McLeod placed third in the 400-meters run at the Akron Invitational. The Indiana Tech junior ran the first leg of the 4-by-400 meter relay that placed second.

Women's basketball Florida College's Sarah Lutz had 13 points against Blue Mountain. Previously at Lemon Bay, she had one rebound and one steal.

Mykelli Taylor of LaGrange College blocked two shots against Berea. The past Tarpon had one rebound, one steal and one assist.

PREP SPORTS CALENDAR

BASKETBALL

Venice Girls in District Quarterfinals at Lakewood Ranch, 7 p.m.
Venice Boys Senior Night vs

Sarasota Military at 7 p.m.
Lemon Bay Girls District Quarters home vs. North Fort Myers, 7 p.m.
Port Charlotte Girls vs. Island Coast, 7 p.m.

LOCAL PREP BRIEFS

SAILING

Earn the Florida Safe Boaters' Certificate in One Day America's Boating Course is being offered by the Venice Sail and Power Squadron on Saturday Feb. 23, from 8:30 a.m. to 5 p.m.

The fee for the course is \$50 per student. Family discounts are available. The class will be held at the Waymire Training Center in Wellfield Park, 1450 Lucaya Ave. Venice.

The subjects that will be covered include docking and undocking maneuvers, required and

suggested equipment, rules of the road, Florida regulations, use of a trailer including backing, PWC operation and the handling of emergency situations. Those interested in taking the course must register by Feb. 18. A boating safety ID card is required by the State of Florida for anyone born after Jan 1, 1988. The certificate will be issued at the successful completion of the course. All students are requested to bring a lunch for themselves. Beverages are provided by the Squadron.

For more information

call 941-244-8331.

SOCCER

Charlotte High School will be conducting a soccer clinic, for middle school boys and girls, grades 6-8, Feb. 4, 11, 18 and 25 and March 4, from 6 p.m. to 7:30 p.m. at the Charlotte High School soccer fields.

Those wishing to participate should bring shin guards and shoes.

The cost is \$10 per player and should be sent to the Charlotte Boys Soccer, 1250 Cooper Street, Punta Gorda, 33950.

■ NHL: Roundup

Bruins shut out Capitals, Rask sets team record

WASHINGTON (AP) — Boston Bruins players could feel themselves making progress in recent games against the Washington Capitals even as the losses piled up.

All it took was finishing one play, a commitment to team defense and a handful of timely saves by Tuukka Rask for the Bruins to end their 14-game skid against the defending Stanley Cup champions with a 1-0 victory Sunday. Boston beat Washington for the first time since March 29, 2014, and its 14 consecutive victories against Arizona are now the longest active winning streak against one opponent in the NHL.

Rask earned "TUUK!" chants from Bruins fans in attendance, no louder than when he flashed the glove to snare a shot from Travis Boyd in the slot in the third period. The Finnish goalie picked up his 253rd career victory to take over first place on the Bruins' all-time list.

"We've had some tight games," said Rask, who made 24 saves for just his second career victory in 19 appearances against Washington. "It's one of those things that just happens in sports where you get into these streaks of either winning or losing and at some point they're going to snap."

Thanks to David Krejci's goal, the Bruins snapped their three-game skid and handed the Capitals their eighth loss in nine games.

Outscored 45-21 during their 14-game run of futility, the Bruins dominated the Capitals in almost all facets of the game and would have blown them out if not for the play of goaltender Braden Holtby, who made 37 saves. Holtby was helpless to stop Krejci's shot on a one-timer after a tic-tac-toe puck movement and a cross-ice pass from Torey Krug midway through the second.

"He was in control all night,"

coach Bruce Cassidy said. "We were pretty clean in front of him there till the end, and when we weren't, he was there for us. Happy for him, I think the guys in the room are as well and hopefully he keeps building on it."

Boston defenseman Brandon Carlo didn't believe there was necessarily a theme or specific problem that led to such a lopsided stretch against Washington and thought his team was getting closer to breaking through. Afterward, captain Zdeno Chara said the Bruins "finally" got the win against Washington.

In many ways, the Capitals had themselves to blame.

Fed up by mental mistakes, Capitals coach Todd Reirden used ice time as a weapon to punish players. He benched Evgeny Kuznetsov and Dmitrij Jaskin for much of the first period after each took a penalty and Andre Burakovsky for the first few minutes of the second for a defensive-zone turnover that almost led to a goal.

Washington leads the league with 191 minor penalties.

Alex Ovechkin returned to the lineup after being forced to sit out Friday against Calgary for skipping All-Star Weekend. Ovechkin powered around Chara for a scoring chance in the first period but couldn't crack Rask. He will need to wait at least one more game to pass Sergei Fedorov for the most points by a Russian player.

"I'm so happy he didn't get it on me," Rask said. "I didn't know that. That would've been in my head if I knew that. That's good. I'm not facing them again, so that's good."

Flames 4, Hurricanes 3

Derek Ryan, Elias Lindholm and Noah Hanifin all scored in their first game back in Carolina, and the Calgary Flames beat the Hurricanes 4-3



AP PHOTO

Bruins goaltender Tuukka Rask stops the puck while Bruins defenseman Zdeno Chara (right) steps in against Capitals left wing Alex Ovechkin (center) and right wing T.J. Oshie (left) during the third period on Sunday in Washington. Rask had 24 saves in the 1-0 shutout. Rask passed Tiny Thompson for most wins by a Bruins goalie.

on Sunday in coach Bill Peters' return to Raleigh.

Peters resigned as Carolina's coach last offseason and took over in Calgary. Shortly after, the Flames acquired Lindholm and Hanifin in a trade with the Hurricanes, and Ryan signed with Calgary after three seasons in Carolina.

They ex-Hurricanes had a hand in all four Flames goals. Lindholm pulled Calgary into a tie late in the first, Ryan scored the go-ahead goal in the second and assisted on Garnet Hathaway's goal later in the period, and Hanifin finished the scoring with a slap shot in the third.

David Rittich made 33 saves as Calgary improved to 9-1-1 in its last 11 games.

Sebastian Aho, Teuvo Teravainen and Dougie Hamilton each had a goal and an assist for the Hurricanes.

Petr Mrazek made 28 saves.

A pregame video welcoming Peters, Ryan, Lindholm and Hanifin back to Carolina was met with boos by the crowd, but it was the quartet of ex-Hurricanes who walked away smiling.

The Flames scored three consecutive goals after Carolina took an early lead, and Rittich made it stand up with a string of highlight-reel saves.

Rittich stopped Justin Williams' chance at an open net off a deflection and Micheal Ferland's point-blank slap shot in the first period. He made a terrific pad save on Lucas Wallmark's one-timer in the second as well as stopping Ferland's late deflection in front of the net, and he robbed Williams again with a pad save on a one-timer in the third to preserve Calgary's one-goal lead.

Canadiens 4, Oilers 3

Jonathan Drouin scored at 58 seconds of overtime to give the Montreal Canadiens a 4-3 victory over the Edmonton Oilers on Sunday.

Drouin scored seconds after Canadiens goalie Carey Price made back-to-back saves on Leon Draisaitl and Darnell Nurse.

Jesper Kotkaniemi pulled Montreal even with 6:25 left in regulation, roofing the puck over Mikko Koskinen from a tight angle after Max Domi battled for the puck behind the net.

Domi and Shea Weber also scored for the Canadiens, and Price made 21 saves for his fifth straight victory.

Draisaitl scored twice for Edmonton, Connor McDavid added a goal and Koskinen stopped 23 shots.

■ GOLF

Johnson captures Saudi International

KING ABDULLAH ECONOMIC CITY, Saudi Arabia (AP) — Joint overnight leader Dustin Johnson shot a final-round 3-under 67 to win the Saudi International tournament by two strokes on Sunday.

The American's overall total of 19-under 261 was enough to hold off Li Haotong of China who came into the final round with a share of the lead after a third round that included four eagles.

The Chinese golfer shot a 1-under 69 Sunday, finishing a shot ahead of England's Tom Lewis whose spirited last-round challenge was good enough to secure third another stroke back after

a 5-under 65.

World No. 3 Johnson recorded five birdies in his final round, including the last two holes.

"Any time you can win a professional golf tournament, no matter where it is in the world, it's a big win. I'm honored to be the champion," said Johnson. "Haotong was one ahead on the back nine but I knew I was playing well enough to make up some strokes and I didn't let it bother me. I just played my game and kept on trying to make birdies."

American Bryson Dechambeau, who won in Dubai last week, was joint sixth, eight shots behind Johnson after a

5-under 65.

A birdie on the final hole helped Li seal second place. Li had gone into the final 18 holes on a high after firing a record-breaking three eagle-twos in his third-round 62.

But he fell away over the second half on Sunday, with three bogeys hampering his hopes of an impressive win.

Lewis finished three shots off the lead after a blazing start to his final round, recording five consecutive birdies over the first five holes. On his second-ever professional start, Australia's Min Woo Lee finished a stroke further back after a second consecutive 7-under 63.

■ GOLF: Phoenix Open

Fowler overcomes bizarre triple bogey

SCOTTSDALE, Ariz. (AP) — Standing above a greenside bunker at TPC Scottsdale's difficult par-4 11th hole, Rickie Fowler turned just in time to see his ball, one he had just placed after penalty, trickle into the water.

Fowler had already seen his share of bad luck at the Phoenix Open. Now balls were rolling into hazards on their own.

Fowler shook off a bizarre triple bogey on No. 11 with clutch shots down the stretch, finally winning the tournament Sunday that had twice eluded him.

"I didn't think it would be easy, but the way I

was playing this week, I thought it would have been easier," Fowler said. "It was kind of grind it out. I had a couple of tough breaks and had to deal with the punches — a couple big ones — but it feels good now."

After a pair of 64s and a 65, Fowler shot 3-over 74 in the final round on a soggy Sunday at TPC Scottsdale, highest by a winner in tournament history. He finished at 17-under 267 to beat Branden Grace by two shots for his fifth PGA Tour title.

"He really dug down and pulled it off," Grace said.

Fowler had another over-par round with a

54-hole lead but birdied two of his final four holes.

Fowler also had a double bogey on the par-4 fifth hole, becoming the first PGA Tour player to win with a double bogey and triple bogey or worse since 1983.

Fowler has experienced his share of heartbreak at the Phoenix Open. He had the 54-hole lead last year and shot a 2-over 73 to finish six shots behind Gary Woodland. In 2016, Fowler blew a two-shot lead with two holes to go before losing in a playoff to Hideki Matsuyama, twice hitting it into the water on the drivable par-4 17th.

■ NBA

Uncertainty, leverage led Knicks to trade Porzingis

By STEFAN BONDY

NEW YORK DAILY NEWS

Kristaps Porzingis sent a warning to Knicks fans about their basketball team, posting early Sunday morning on Instagram that, "The city deserves better than that."

"My suggestion for Knicks fans is to STAY WOKE!! Peace," Porzingis continued.

Exactly what or who Porzingis was addressing is unknown, but perhaps some clarity will surface Monday when he holds his introductory press conference in Dallas. The Knicks have repeated

they were forced into a trade because Porzingis was unwilling to acquiesce to the team's direction. With a deal in place with the Mavericks, they leaked that Porzingis requested a trade and quickly pulled the trigger.

During Sunday's broadcast of the Knicks' 96-84 loss Grizzlies, — which extended consecutive home losing streak to a franchise-record 14 games — the Knicks in-house TV network aired a graphic of Porzingis' highlights in the 3 1/2 seasons with the Knicks. Three of the four highlights listed included "Skipped exit meeting,"

"Tore ACL" and "Played 186 of his possible 296 career games with New York."

Just a few minutes prior on the same in-house network, team president Steve Mills said they were compelled to make a deal before the deadline because they feared Porzingis would eventually bolt. Porzingis will be a restricted free agent but, according to sources, was dismayed with the direction of the team.

"We felt the (trade deadline on Feb. 7) was really important because if we let this go beyond the 7th, the leverage

completely shifted," Mills said. "We would not have control of the situation. We weren't sure what Kristaps was gonna come in and tell us (in the meeting). We didn't know if he'd come in and tell us he wanted to be traded or he may have come in and said he wanted to do a one-year contract with a player option, which would then have made him untradeable and he would have had all the leverage. We just felt that we needed to have some certainty by the 7th."

Porzingis will now be half of the European connection with Luka Doncic in Dallas. The greatest

European player of all-time — Dirk Nowitzki — is expected to retire from the Mavericks after this season. Along with the cryptic messages, Porzingis has shared photostopped images to his Instagram story featuring him in a Mavericks jersey alongside those two.

"(KP and Doncic), that's two outstanding young players that play really well," said Grizzlies center Marc Gasol, who is a Spaniard. "And I'm sure he'll be back healthy and better than ever before, and I'm sure he's hungry and can't wait to get back on the court. Because being off the court for

that long is not fun for a 23-year-old kid.

"They both had an immediate impact in their careers. They both landed and the franchises put it in their hands — not only New York but Dallas kind of the same thing. They were brave enough to give the ball to Luka and build around Kristaps here. It wasn't like that at least for me or (brother Pau Gasol) before that. We had to work our way and kind of progressively become good players. They were ready to go and they're super talented. Different tools. They're going to be excellent players."

SCOREBOARD

PRO FOOTBALL

NFL PLAYOFFS

All times Eastern
WILD-CARD ROUND
Jan. 5
Indianapolis 21, Houston 7
Dallas 24, Seattle 22
Jan. 6
Los Angeles Chargers 23, Baltimore 17
Philadelphia 16, Chicago 15

DIVISIONAL PLAYOFFS

Jan. 12
Kansas City 31, Indianapolis 13
Los Angeles Rams 30, Dallas 22
Jan. 13
New England 41, Los Angeles Chargers 28
New Orleans 20, Philadelphia 14

CONFERENCE CHAMPIONSHIPS

Jan. 20
NFC
Los Angeles Rams 26, New Orleans 23, OT
AFC
New England 37, Kansas City 31, OT

PRO BOWL

Jan. 27
At Orlando, Fla.
AFC 26, NFC 7

SUPER BOWL LIII (53)

Sunday's Game
At Mercedes-Benz Stadium, Atlanta
New England vs. Los Angeles Rams, late

NFL AWARDS

Comeback Player of the Year - Andrew Luck, QB, Indianapolis
Defensive Player of the Year - Aaron Donald, Los Angeles Rams, DT
Most Valuable Player - Patrick Mahomes, QB, Kansas City
Offensive Player of the Year - Patrick Mahomes, QB, Kansas City
Defensive Rookie of the Year - Darius Leonard, LB, Indianapolis
Coach of the Year - Matt Nagy, Chicago
Assistant Coach of the Year - Vic Fangio, Chicago DC
Offensive Rookie of the Year - Saquon Barkley, New York Giants, RB

2019 HALL OF FAME FINALISTS

Modern-era finalists for the Pro Football Hall of Fame's Class of 2019:

Steve Atwater, S - 1989-1998 Denver Broncos, 1999 New York Jets
Champ Bailey, CB - 1999-2003 Washington Redskins, 2004-2013 Denver Broncos
Tony Boselli, T - 1995-2001 Jacksonville Jaguars, 2002 Houston Texans (injured reserve)
Isaac Bruce, WR - 1994-2007 Los Angeles/St. Louis Rams, 2008-09 San Francisco 49ers
Don Coryell, Coach - 1973-77 St. Louis Cardinals, 1978-1986 San Diego Chargers
Alan Faneca, G - 1998-2007 Pittsburgh Steelers, 2008-09 New York Jets, 2010 Arizona Cardinals
Tom Flores, Coach - 1979-1987 Oakland/Los Angeles Raiders, 1992-94 Seattle Seahawks
Tony Gonzalez, TE - 1997-2008 Kansas City Chiefs, 2009-2013 Atlanta Falcons
Steve Hutchinson, G - 2001-05 Seattle Seahawks, 2006-2011 Minnesota Vikings, 2012 Tennessee Titans
Edgerrin James, RB - 1999-2005 Indianapolis Colts, 2006-08 Arizona Cardinals, 2009 Seattle Seahawks
Ty Law, CB - 1995-2004 New England Patriots, 2005, 2008 New York Jets, 2006-07 Kansas City Chiefs, 2009 Denver Broncos
John Lynch, FS - 1993-2003 Tampa Bay Buccaneers, 2004-07 Denver Broncos
Kevin Mawae, C/G - 1994-97 Seattle Seahawks, 1998-2005 New York Jets, 2006-09 Tennessee Titans
Ed Reed, FS - 2002-2012 Baltimore Ravens, 2013 New York Jets, 2013 Houston Texans
Richard Seymour, DE/DT - 2001-08 New England Patriots, 2009-2012 Oakland Raiders

Contributor Finalists
Pat Bowen, Owner - 1984-Present Denver Broncos
Gil Brandt, Vice President of Player Personnel, 1960-1988 Dallas Cowboys; Contributor, 1995-present at NFL.com.

Senior Finalist
Johnny Robinson, S - 1960-1971 Dallas Texans/Kansas City Chiefs.

ODDS

PREGAME.COM LINE

NATIONAL BASKETBALL ASSOCIATION
Today
FAVORITE LINE O/U UNDERDOG
Denver 4 209 at Detroit
at Washington 6 232½ Atlanta
Milwaukee 7 227½ at Brooklyn
Indiana 1 218 at New Orleans
Houston 8 229½ at Phoenix
San Antonio 1½ 227½ at Sacra.

COLLEGE BASKETBALL

Today
FAVORITE LINE UNDERDOG
at Virginia Tech 4 Louisville
at Northwestern 4 Penn State
Iowa State 2 at Oklahoma
at Texas Tech 12½ West Virginia

NATIONAL HOCKEY LEAGUE

Today
FAVORITE LINE UNDERDOG LINE
at Philadelphia Off Vancouver Off
at N.Y. Rangers -130 Los Angeles +120
at Toronto -245 Anaheim +225
at Dallas -175 Arizona +163
Updated odds available at Premege.com

TRANSACTIONS

BASKETBALL

National Basketball Association
ATLANTA HAWKS - Transferred G Jaylen Adams and F Alex Poythress from Erie (NBADL).

FOOTBALL

Canadian Football League
WINNIPEG BLUE BOMBERS - Re-signed DB Jeff Hecht to a one-year contract.

HOCKEY

National Hockey League
NEW JERSEY DEVILS - Terminated the conditioning loan of G Cory Schneider to Binghamton (AHL). Assigned G Mackenzie Blackwood to Binghamton.
WASHINGTON CAPITALS - Assigned D Christian Djoo to Hershey (AHL) for long-term injury conditioning.

American Hockey League

BELLEVILLE SENATORS - Recalled F Daniel Ciampini from Brampton (ECHL).
TEXAS STARS - Recalled F Brad McClure from Idaho (ECHL).

ECHL

BRAMPTON BEAST - Claimed F Bo Pieper off waivers from Reading.
WICHITA THUNDER - Released G Ted Florence as emergency backup.

PRO BASKETBALL

NBA

All times Eastern
EASTERN CONFERENCE
ATLANTIC DIVISION
Toronto 38 16 .704
Boston 34 19 .642 3½
Philadelphia 34 19 .642 3½
Brooklyn 28 26 .519 10
New York 10 42 .192
SOUTHWEST DIVISION
Charlotte 26 26 .500
Miami 24 27 .471 1½
Washington 22 30 .423
Orlando 22 31 .415 4½
Atlanta 17 35 .327
CENTRAL DIVISION
Milwaukee 38 13 .745

Table with columns: Team, W, L, PCT, GB, and game log entries for Eastern Conference teams.

Table with columns: Team, W, L, PCT, GB, and game log entries for Western Conference teams.

Table with columns: Team, W, L, PCT, GB, and game log entries for Saturday's Games.

Table with columns: Team, W, L, PCT, GB, and game log entries for Grizzlies 96, Knicks 84.

Table with columns: Team, W, L, PCT, GB, and game log entries for Memphis 19, 23, 22, 22 - 96.

Table with columns: Team, W, L, PCT, GB, and game log entries for New York 29, 29, 35, 35 - 134.

Table with columns: Team, W, L, PCT, GB, and game log entries for Oklahoma City 29, 29, 35, 35 - 134.

Table with columns: Team, W, L, PCT, GB, and game log entries for Oklahoma City 29, 29, 35, 35 - 134.

Table with columns: Team, W, L, PCT, GB, and game log entries for Raptors 121, Clippers 103.

Table with columns: Team, W, L, PCT, GB, and game log entries for Raptors 121, Clippers 103.

Table with columns: Team, W, L, PCT, GB, and game log entries for Raptors 121, Clippers 103.

Table with columns: Team, W, L, PCT, GB, and game log entries for Raptors 121, Clippers 103.

Table with columns: Team, W, L, PCT, GB, and game log entries for Raptors 121, Clippers 103.

Table with columns: Team, W, L, PCT, GB, and game log entries for Raptors 121, Clippers 103.

Table with columns: Team, W, L, PCT, GB, and game log entries for Raptors 121, Clippers 103.

Table with columns: Team, W, L, PCT, GB, and game log entries for Raptors 121, Clippers 103.

Table with columns: Team, W, L, PCT, GB, and game log entries for Raptors 121, Clippers 103.

Table with columns: Team, W, L, PCT, GB, and game log entries for Raptors 121, Clippers 103.

No. 8 Stanford 75, California 50
No. 12 Texas 76, Oklahoma 67
No. 15 Gonzaga 66, Saint Mary's 52
No. 23 Iowa State 81, Kansas State 52
Pepperdine 79, No. 25 BYU 65

Sunday's Games
No. 4 Oregon 102, Colorado 43
No. 5 Notre Dame 90, Georgia Tech 50
No. 6 Mississippi State 65, Alabama 49
North Carolina 64, No. 7 N.C. State 51
No. 9 Oregon State 72, No. 14 Utah 63
No. 10 Marquette 93, DePaul 87
No. 13 Iowa 81, Penn State 61
No. 16 South Carolina 87, Arkansas 79
Minnesota 60, No. 17 Rutgers 46
No. 19 Kentucky 62, Florida 51
No. 20 Texas A&M 72, Mississippi 60
No. 22 Michigan State 74, Purdue 66
No. 24 Florida State 85, Wake Forest 61

Table with columns: Team, GP, W, L, OL, SOL, PTS, GF, GA and game log entries for AHL.

PRO HOCKEY

NHL
All times Eastern
EASTERN CONFERENCE
ATLANTIC DIVISION
Tampa Bay 52 39 11 2 80 205 146
Toronto 51 31 17 3 65 179 145
Montreal 53 19 18 6 64 160 155
Boston 52 28 17 7 63 149 135
Chicago 51 25 20 6 56 148 156
Florida 50 21 21 8 50 156 175
Detroit 53 21 25 7 49 150 174
Ottawa 52 19 28 5 43 159 194

Table with columns: Team, GP, W, L, OL, SOL, PTS, GF, GA and game log entries for AHL.

Table with columns: Team, GP, W, L, OL, SOL, PTS, GF, GA and game log entries for AHL.

WESTERN CONFERENCE
CENTRAL DIVISION
Winnipeg 52 34 16 2 70 185 146
Nashville 54 31 19 4 66 166 139
Dallas 52 27 21 4 58 133 130
Minnesota 52 26 22 4 56 146 149
Colorado 51 22 21 8 52 170 167
St. Louis 50 23 22 5 51 143 151
Chicago 53 20 24 9 49 167 196

Table with columns: Team, GP, W, L, OL, SOL, PTS, GF, GA and game log entries for AHL.

Table with columns: Team, GP, W, L, OL, SOL, PTS, GF, GA and game log entries for AHL.

Table with columns: Team, GP, W, L, OL, SOL, PTS, GF, GA and game log entries for AHL.

Table with columns: Team, GP, W, L, OL, SOL, PTS, GF, GA and game log entries for AHL.

Table with columns: Team, GP, W, L, OL, SOL, PTS, GF, GA and game log entries for AHL.

Table with columns: Team, GP, W, L, OL, SOL, PTS, GF, GA and game log entries for AHL.

Table with columns: Team, GP, W, L, OL, SOL, PTS, GF, GA and game log entries for AHL.

Table with columns: Team, GP, W, L, OL, SOL, PTS, GF, GA and game log entries for AHL.

Table with columns: Team, GP, W, L, OL, SOL, PTS, GF, GA and game log entries for AHL.

Table with columns: Team, GP, W, L, OL, SOL, PTS, GF, GA and game log entries for AHL.

Table with columns: Team, GP, W, L, OL, SOL, PTS, GF, GA and game log entries for AHL.

Table with columns: Team, GP, W, L, OL, SOL, PTS, GF, GA and game log entries for AHL.

Table with columns: Team, GP, W, L, OL, SOL, PTS, GF, GA and game log entries for AHL.

Table with columns: Team, GP, W, L, OL, SOL, PTS, GF, GA and game log entries for AHL.

Table with columns: Team, GP, W, L, OL, SOL, PTS, GF, GA and game log entries for AHL.

Table with columns: Team, GP, W, L, OL, SOL, PTS, GF, GA and game log entries for AHL.

Referees - Francis Charron, Chris Schlenker.
Linesmen - Shandor Alphonso, Brad Kovachik.

AHL
All times Eastern
EASTERN CONFERENCE
ATLANTIC DIVISION
Charlotte 48 31 11 6 0 68 158 135
Bridgeport 48 25 17 4 2 56 147 151
Lehigh Valley 47 25 17 3 2 55 158 147
Providence 47 24 16 6 1 55 150 132
Springfield 48 21 17 6 4 52 165 156
WB/Scranton 47 23 19 4 1 51 153 140
Hershey 46 23 20 0 3 49 121 141
Hartford 47 19 23 3 2 43 138 165

Table with columns: Team, GP, W, L, OL, SOL, PTS, GF, GA and game log entries for AHL.

Table with columns: Team, GP, W, L, OL, SOL, PTS, GF, GA and game log entries for AHL.

Table with columns: Team, GP, W, L, OL, SOL, PTS, GF, GA and game log entries for AHL.

Table with columns: Team, GP, W, L, OL, SOL, PTS, GF, GA and game log entries for AHL.

Table with columns: Team, GP, W, L, OL, SOL, PTS, GF, GA and game log entries for AHL.

Table with columns: Team, GP, W, L, OL, SOL, PTS, GF, GA and game log entries for AHL.

Table with columns: Team, GP, W, L, OL, SOL, PTS, GF, GA and game log entries for AHL.

Table with columns: Team, GP, W, L, OL, SOL, PTS, GF, GA and game log entries for AHL.

Table with columns: Team, GP, W, L, OL, SOL, PTS, GF, GA and game log entries for AHL.

Table with columns: Team, GP, W, L, OL, SOL, PTS, GF, GA and game log entries for AHL.

Table with columns: Team, GP, W, L, OL, SOL, PTS, GF, GA and game log entries for AHL.

Table with columns: Team, GP, W, L, OL, SOL, PTS, GF, GA and game log entries for AHL.

Table with columns: Team, GP, W, L, OL, SOL, PTS, GF, GA and game log entries for AHL.

Table with columns: Team, GP, W, L, OL, SOL, PTS, GF, GA and game log entries for AHL.

Table with columns: Team, GP, W, L, OL, SOL, PTS, GF, GA and game log entries for AHL.

Table with columns: Team, GP, W, L, OL, SOL, PTS, GF, GA and game log entries for AHL.

Table with columns: Team, GP, W, L, OL, SOL, PTS, GF, GA and game log entries for AHL.

Table with columns: Team, GP, W, L, OL, SOL, PTS, GF, GA and game log entries for AHL.

Table with columns: Team, GP, W, L, OL, SOL, PTS, GF, GA and game log entries for AHL.

Table with columns: Team, GP, W, L, OL, SOL, PTS, GF, GA and game log entries for AHL.

Table with columns: Team, GP, W, L, OL, SOL, PTS, GF, GA and game log entries for AHL.

SUPER BOWL

FROM PAGE 1

combined to average over 60 points a game.

When the Patriots needed a score, Brady, the oldest winning quarterback in a Super Bowl at 41, completed four straight passes, including a pair covering 47 yards to Gronkowski. The second, on which the star tight end beat two defenders, ended at the Los Angeles 2, the only time either team was inside the 20-yard line. Michel ran off left tackle for his sixth postseason touchdown.

"He knows to trust in me and throw that ball," Gronkowski said, "and I'm going to grab it."

Julian Edelman, the outstanding receiver who missed the 2017 season with a knee injury, was the game's MVP with 10 receptions for 141 yards.

With 4:17 left, All-Pro Stephon Gilmore picked off an ill-advised pass by Rams quarterback Jared Goff, who seemed overwhelmed by the big stage all night, at the New England 2.

Stephen Gostkowski made a 41-yard field goal with 1:12 remaining, completing a 72-yard march that took more than three minutes off the clock and included 26-yard runs by Michel and Rex Burkhead.

It was a workmanlike conclusion for the Patriots (14-5), whose losses all came away from New England. They beat the top two offenses in the Chiefs and Rams (15-4) in the postseason, and tied Pittsburgh for most Super Bowl titles.

The Patriots were terrific all game on defense, allowing the fewest points in a Super Bowl (tied with Dallas in 1972 against Miami).

"We're a relentless team," linebacker Dont'a Hightower said. "We didn't give up. A lot was thrown at us. When we play like we did tonight, we can't be beat."

The Rams, who reached the NFL championship game with the aid of a major officiating error in the conference title victory at New Orleans, never really threatened to reach the end zone.

"Last time I checked, defense wins championships," Rams running back C.J. Anderson said.

At 66, Bill Belichick became the oldest winning Super Bowl coach. The Patriots beat the Rams, then representing St. Louis, to begin their dynastic run in the 2002 game. They also have beaten Carolina and Philadelphia (2004 and '05, the last repeater); the Seahawks in 2015; and the Falcons in 2017 in the only overtime in Super Bowl history.

They have lost three times, including to Philadelphia a year ago. New England is the first team since the 1972 Dolphins to win a Super Bowl the year after losing one.

How the Patriots accomplished it was atypical. The 10-point margin was their biggest in winning a championship.

Brady, who has won four Super Bowl MVP trophies, wasn't particularly sharp — except when throwing to Edelman. He was the steadiest offensive player on the field, finishing with 10 catches for 141 yards.

"It just matters that we won," Edelman said. "It was a crazy year. We had a resilient bunch of guys."

Brady passed Charles Haley to become the only player with six Super Bowl titles.

All those suspicions about the Patriots declining this season became moot as the defense made the 24-year-old Goff look awful and turned All-Pro running back Todd Gurley into a nonfactor.

While it was anything but odd to see New England celebrate a championship, the manner it earned this one was startling. The 2 1/2-point favorite Patriots moved the ball well, ran down the clock, but made uncharacteristic gaffes on offense. Goff and the Rams made more.

LA's second-ranked offense managed just 57 total yards for the half. The Rams were completely overmatched on the line and were particularly unable to handle the elusive Edelman,



AP PHOTO

New England Patriots' Sony Michel dives over the goal line for a touchdown in front of Los Angeles Rams' Cory Littleton during the second half of the Super Bowl in Atlanta. It was the lone touchdown scored in a game won by the Patriots 13-3. Michel ran for 94 yards on 18 carries.



AP PHOTO

New England Patriots tight end Rob Gronkowski catches a pass in front of Los Angeles Rams' Cory Littleton in the fourth quarter of the Super Bowl, as part of the Patriots' touchdown drive. Gronkowski had six catches for 87 yards, including two big catches on the touchdown drive.

who had seven receptions for 93 yards.

Coach Sean McVay, whose Rams never had been blanked in a first half, let out a long, deep sigh just before halftime, recognizing how badly his team was manhandled, even though it trailed just 3-0.

It was the lowest score at halftime since Super Bowl 9, which Pittsburgh led 2-0 over Minnesota.

McVay, the youngest Super Bowl head coach at 34, admitted he was outcoached. He had no answers as Gurley, coming off knee issues, managed 35 yards rushing, Goff went 19 for 38 for 229 yards and was sacked four times. Brandin Cooks, a Patriots receiver last

season, did have eight receptions for 120 yards.

KICKING GAME

Gostkowski's 46-yard miss wide left in the first quarter was the first unsuccessful field goal in the Mercedes-Benz Stadium, home of the Falcons, by an NFL player all season. The 13-year veteran also missed a field goal and extra point in the 2018 Super Bowl loss to Philadelphia.

But he gave the Patriots a 3-0 lead with a 42-yarder in the second quarter.

The Rams' Johnny Hekker had a 65-yard punt in the third quarter, the longest in a Super Bowl. It was his eighth punt of

the game — with 1 1-2 periods remaining — the most for LA in McVay's two seasons in charge.

Greg Zuerlein tied it with 2:11 left in the third quarter on the first drive on which Los Angeles gained more than one first down. His 53-yarder was the second-longest field goal in a Super Bowl.

COIN TOSS

McVay deferred after winning the coin toss. In their previous two playoff games, the Patriots marched right downfield to a touchdown with the opening kickoff, setting an immediate tone. This time, after Cordarrelle Patterson's

38-yard kickoff return and four successful runs, Brady's first pass was tipped by receiver Chris Hogan and cornerback Nickell Robey-Coleman. Linebacker Cory Littleton made a diving interception; it was the first time Brady was picked on his initial throw in a postseason game.

INJURIES

New England lost safety Patrick Chung on the third play of the second half when his right forearm was caught between Gurley's shoulder pad and the helmet of teammate Jonathan Jones. Chung writhed in pain before walking off with an air cast on.

■ MEN'S BASKETBALL: Roundup

Booth spurs Villanova run past Georgetown

PHILADELPHIA (AP) — Phil Booth was having one of his poorest shooting games of the season Sunday when 14th-ranked Villanova was struggling with Georgetown, but he found his stroke just in the nick of time.

Booth, who made two of his first 12 shots and did not have one 3-point basket, broke through for eight points in a late 15-2 run that carried the Wildcats to a 77-65 victory over the Hoyas at Wells Fargo Center, their 10th consecutive win.

The two teams were tied at 53 when Georgetown's James Akinjo drained a three-pointer with 7 minutes, 23 seconds to play. Booth followed with a layup and knocked down his first three of the game on the very next possession.

Booth later hit another 3-point basket at the 3:52 mark to give Villanova its largest lead to that point, 66-55, and the Wildcats (18-4, 9-0 Big East) maintained at

least an eight-point margin the rest of the way.

The Hoyas (14-8, 4-5) went 5:45 without a field goal. For the game, they shot 33.8 percent.

Collin Gillespie had six of Villanova's nine three-point baskets and established a career high with 30 points while Eric Paschall added 24. Booth finished with 14.

A most unusual statistic for the Wildcats came from sophomore forward Jermaine Samuels, who had 15 of his career-high 16 rebounds before he took his first shot of the game — a successful dunk — with 1:02 to play.

Akinjo led Georgetown with 19 points. Senior center Jesse Govan, the team's leading scorer with a 19.4-point average, did not score in 13 minutes, missing all nine of his attempts from the field, and fouled out with 4:53 remaining.

Paschall scored 10 of the Wildcats' first 13 points in the second half for a 46-43 advantage but Georgetown pulled into a tie 4 1/2

minutes later when Josh LeBlanc hit a basket and a free throw for a 50-50 tie at the 8:14 mark.

Gillespie and Akinjo exchanged 3-point baskets for a 53-53 before the Wildcats took control.

No. 17 Purdue 73, Minnesota 63

Carsen Edwards scored 15 of his 17 points in the second half to lead the No. 17 Boilermakers to a 73-63 victory over Minnesota.

Trevion Williams added 16 points and Matt Haarms had 15 points, eight rebounds and five blocked shots for the Boilermakers (16-6, 9-2 Big Ten), who moved into a three-way tie with Michigan and Michigan State for the Big Ten lead.

Amir Coffey scored 22 points, Daniel Oturu had 19 points and nine rebounds off the bench, and Jordan Murphy contributed 10 points and 10 rebounds for the Golden Gophers (16-6, 6-5).



AP PHOTO

Villanova's Phil Booth scored 14 points including eight points in a 15-2 run to defeat Georgetown, Sunday, in Philadelphia.

■ WOMEN'S BASKETBALL: Roundup

North Carolina hands NC State its first defeat

RALEIGH, N.C. (AP) — Stephanie Watts scored 20 points to help North Carolina upset No. 7 North Carolina State 64-51 on Sunday, handing the first loss to the nation's last unbeaten team.

Janelle Bailey added 16 points and 13 rebounds for the Tar Heels (14-9, 5-4 Atlantic Coast Conference), who knocked off top-ranked Notre Dame last week.

This time, they went on the road against a longtime rival in front of a sellout crowd and took over in the third quarter to earn a fourth straight win.

N.C. State (21-1, 8-1) came in leading the ACC and as the only unbeaten team in Division I on the men's or women's side.

No. 4 Oregon 102, Colorado 43

Ruthy Hebard made all 10 of her shots and scored 24 points as Oregon routed Colorado.

The Ducks (21-1, 10-0 Pac-12) won their 14th in a row. They scored the first 16 points of the game and led 27-2 after the first quarter.

Hebard had her second perfect shooting game this season, and also had 12 rebounds. Maite Cazorla added 16 points, all in the first half, and Satou Sabally had 15.

Oregon shot 40 of 69 (58 percent).

Mya Hollingshed had 17 points and 10 rebounds for Colorado (10-11, 0-10), which lost its 10th in a row.

No. 5 Notre Dame 90, Georgia Tech 50

Marina Mabrey scored 20 points to lead four teammates in double figures as Notre Dame had four big runs in a rout of cold-shooting Georgia Tech.

Mabrey hit seven of 10 shots, including 6 of 7 from beyond the arc, and had a team-high five assists. Jackie Young had 18 points on 8-of-11 shooting, Jessica Shepard scored 13 points and Arike Ogunbowale added 12 for the Fighting Irish (21-2, 8-1 Atlantic Coast Conference).

The Irish had runs of 8-0, 10-0 and 24-0 over two quarters to take a 54-13 halftime lead and a 9-0 run on three of Mabrey's 3-pointers to lead 74-30 heading into the fourth quarter.

Elizabeth Dixon had 12 points for Georgia Tech (13-9, 3-6).

No. 6 MISSISSIPPI ST 65, ALABAMA 49

Anriel Howard scored 24 points, Teaira McCowan added 12 points and 12 rebounds, and Mississippi State beat Alabama.

Howard made 9 of 12 shots and also had seven rebounds. McCowan posted her 17th double-double of the season.

Mississippi State (21-1, 9-0 Southeastern Conference) controlled the paint, outscoring Alabama by 18 points inside.

The Bulldogs led almost the entire way, shooting 55 percent in the first half while taking a 12-point lead.

Cierra Johnson scored 15 for Alabama (11-11, 3-6).

No. 9 OREGON ST 71, No. 14 UTAH 63

Destiny Slocum scored 20 points and Oregon State used a strong fourth quarter to beat Utah.

Mikayla Pivec and Aleah Goodman each scored 12 points for the Beavers



AP PHOTO

North Carolina's Janelle Bailey (left) and North Carolina State's Erika Cassell fight for a rebound in Raleigh, N.C., Sunday. Bailey scored 16 points and had 13 rebounds to hand NC State its first loss.

(19-3, 9-1 Pac-12).

Megan Huff had 17 points and 12 rebounds and Sarah Porter added 11 points with three 3-pointers for the Utes (18-3, 7-3), who lost their second straight game to a top 10 team.

No. 10 MARQUETTE 93, DEPAUL 87

Allazia Blockton scored 25 points and added a crucial three-point play as Marquette held off DePaul for its 10th straight win.

The Golden Eagles (19-3, 10-0 Big East) led by 13 in the third quarter, but DePaul (15-7, 6-4) chipped away at the deficit and tied the game with 3:42 left in the fourth on a layup by Kelly Campbell. Blockton, the reigning Big East Player of the Year, gave Marquette a three-point lead with her basket and the foul with 2:01 left, and the hosts couldn't answer.

Marquette used a 10-0 run late in the first quarter to take control, with Amani Wilborn capping the burst by powering in a put-back layup plus the foul. DePaul made only one basket in the final six minutes of the first half and trailed 39-27 at the break.

No. 13 IOWA 81, PENN STATE 61

Megan Gustafson had 30 points, 11 rebounds and five assists for her 20th double-double this season, and 75th of career, and Iowa beat Penn State.

Gustafson was named the Big Ten player of the week on Monday for the ninth time this season, tying the conference record for weekly awards in a career with 19. She was 13 of 18 from the field against Penn State.

Makenzie Meyer added 18 points for Iowa (17-5, 8-3 Big Ten), which is off to its best start in conference play since the 2014-15 team made a trip to the NCAA Sweet Sixteen.

Teniya Page scored 17 points and became the sixth player in program history to reach the 2,000-point plateau for Penn State (10-11, 3-7).

No. 16 SOUTH CAROLINA 87, ARKANSAS 79

Freshmen reserves Destanni Henderson and Victoria Saxton had career days, scoring 19 points apiece, and South Carolina took over in the fourth quarter to defeat Arkansas.

Saxton was perfect, going 7 for 7 from the field and 5 for 5 from the foul line, and grabbed nine rebounds. Henderson was 7 of 11 with two 3-pointers, both in the fourth quarter when she also had a critical 3-point play and scored 12 points.

Saxton had 10 points in the fourth quarter when the Gamecocks had their biggest quarter of the season, outscoring Arkansas 35-23.

South Carolina (16-5, 8-1 Southeastern Conference), which has won 12 of 13 overall and 10 straight in the series, was 12 of 21 from the field and 8 of 12 from the foul line in the fourth quarter.

Chelsea Dungee had a career-high 32 points, her third straight game with at least 25 points, for the Razorbacks (16-7, 5-4) and Malica Monk had 25, just six in the second half.

MINNESOTA 50, No. 17 RUTGERS 46

Kenisha Bell and Destiny Pitts both scored nine fourth-quarter points and Minnesota held off Rutgers, the Big Ten leader.

Bell finished with 19 points, nine at the free-throw line, Pitts had 14, Brunson 13 and Taiye Bello had 11 points with a career-high 21 rebounds for her ninth double-double this season for the Gophers (15-7, 4-7).

The Scarlet Knights (17-5, 9-2) saw

their conference lead cut to a half-game over No. 11 Maryland (8-2), which plays last-place Illinois Monday.

No. 19 KENTUCKY 62, FLORIDA 51

Rhyne Howard scored 16 points and Kentucky took advantage of 24 Florida turnovers.

Taylor Murray scored 13 points, 11 on free throws, and Maci Morris added 10 points and seven assists for the Wildcats, (18-5, 5-4 SEC), who were coming off back-to-back losses to ranked teams.

The Wildcats scored 31 points off turnovers and had 16 second-chance points with a 16-7 edge on the offensive glass.

The Gators (5-17, 1-8) got 20 points from Danielle Rainey and 10 points and 14 rebounds from Delicia Washington but lost their fifth straight.

No. 20 TEXAS A&M 72, MISSISSIPPI 60

Chennedy Carter scored 28 points and Texas A&M turned up the defensive pressure in the second half to defeat Mississippi for its seventh-straight win.

Shandricka Sessom scored 14 points and Jhileiya Dunlap had 10, on 5-for-5 shooting, as Ole Miss took a 37-30 lead at the half.

The Aggies opened the second half with a 13-2 run to take the lead for good. They outscored the Rebels 18-6 with Kayla Wells, who finished with 17 points, scoring 12.

Ciera Johnson added 13 points for the Aggies (18-4, 7-2 Southeastern Conference).

Ole Miss (8-15, 2-7) has lost four straight.

No. 22 MICHIGAN ST 74, PURDUE 66

idney Cooks and Shay Colley scored 20 points apiece and Michigan State scored the last eight points to defeat Purdue after blowing a 15-point, second-half lead.

After Tamara Farquhar's putback with 57.3 seconds left tied the game at 66, Colley drove down the lane for a difficult layup.

The Boilermakers missed three shots and had a critical five-second turnover after that. Cook and Colley both made a pair of free throws.

Jenna Allen became the fifth player in double figures with two late free throws for the Spartans (16-5, 6-5 Big Ten Conference), who have won three straight and are 12-0 at home.

Ae'rianna Harris had 20 points and 13 rebounds for Purdue (15-9, 6-5), which lost its fourth straight. Karissa McLaughlin added 16 points.

No. 24 FLORIDA STATE 85, WAKE FOREST 61

Kiah Gillespie scored 12 of her 22 points in the first half when Florida State took control and the Seminoles rolled to a win over Wake Forest.

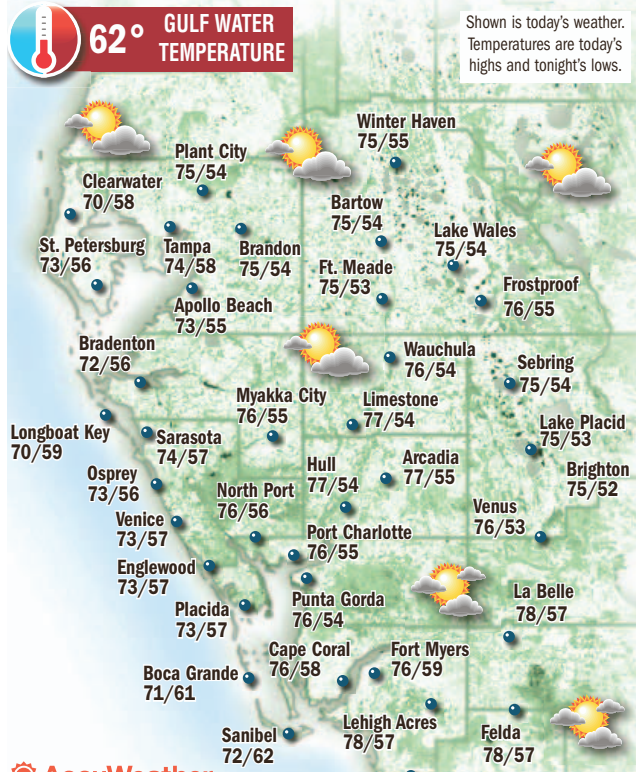
Nicki Ekhomu added 17 points and Nausia Woolfolk had 14 as the Seminoles (19-3, 6-2 Atlantic Coast Conference) put five players in double figures.

Gina Conti tied her career high with 19 points for the Demon Deacons (10-12, 1-8), who had 12 of their 18 turnovers in the first half when they fell behind 44-25.

You don't use these anymore. Protect your home and enjoy the outdoor lifestyle with today's technology.

LIVE IN THE NOW!
STORM SMART
 888-962-7283
 StormSmart.com

TODAY / TONIGHT	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Areas of morning fog. A star-studded sky. HIGH 76° LOW 55° 10% chance of rain	Mostly sunny and delightful. 77° / 54° 15% chance of rain	Partly sunny. 81° / 58° 0% chance of rain	Mostly sunny. 83° / 60° 0% chance of rain	Partly sunny. 82° / 60° 5% chance of rain	Intervals of clouds and sunshine. 82° / 60° 10% chance of rain



FLORIDA CITIES

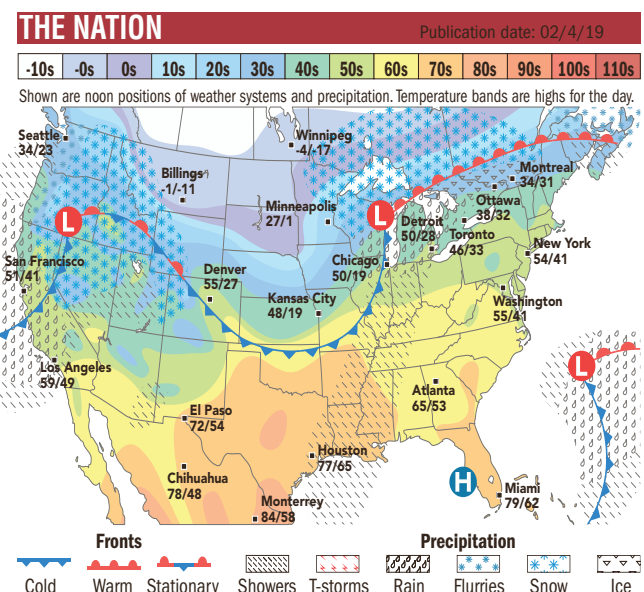
City	Today	Tue.
Apalachicola	64 56 s	66 57 sh
Bradenton	72 56 pc	73 56 s
Clearwater	70 58 pc	71 60 s
Coral Springs	78 60 pc	77 61 s
Daytona Beach	68 51 pc	72 54 s
Fort Lauderdale	77 63 pc	77 65 s
Fort Myers	76 59 pc	78 59 s
Gainesville	74 52 s	78 56 pc
Jacksonville	70 49 s	75 55 pc
Key Largo	77 67 pc	76 68 s
Key West	75 69 pc	76 69 s
Lakeland	75 54 pc	77 54 s
Melbourne	72 52 pc	73 56 s
Miami	79 62 pc	78 64 s
Naples	75 61 pc	76 60 s
Ocala	73 49 pc	76 52 s
Okeechobee	76 53 pc	76 53 s
Orlando	74 52 s	76 55 s
Panama City	66 59 pc	68 59 sh
Pensacola	67 62 c	70 62 sh
Pompano Beach	78 63 pc	77 66 s
St. Augustine	65 50 s	70 54 pc
St. Petersburg	73 56 pc	73 57 s
Sarasota	74 57 pc	75 57 s
Tallahassee	71 52 c	74 55 sh
Tampa	74 58 pc	76 59 s
Vero Beach	73 53 pc	73 56 s
West Palm Beach	77 58 pc	76 61 s

TIDES

Location	High	Low	High	Low
Punta Gorda	Today 1:49a	9:51a	4:29p	8:41p
	Tue. 2:26a	10:19a	4:40p	9:20p
Englewood	Today 12:26a	8:07a	3:06p	6:57p
	Tue. 1:03a	8:35a	3:17p	7:36p
Boca Grande	Today 1:49p	6:54a	---	5:23p
	Tue. 12:04a	7:26a	2:19p	6:06p
El Jobean	Today 2:21a	10:20a	5:01p	9:10p
	Tue. 2:58a	10:48a	5:12p	9:49p
Venice	Today 1:21p	6:46a	11:18p	5:36p
	Tue. 1:32p	7:14a	11:55p	6:15p

MARINE

Location	Wind	Speed	Seas	Bay/Inland
Cape Sable to Tarpon Springs	NW	6-12	0-1	Light
Tarpon Springs to Apalachicola	E	4-8	1-2	Light



AccuWeather DOWNLOAD THE FREE APP

Forecasts and graphics provided by AccuWeather, Inc. ©2019

PORT CHARLOTTE

Punta Gorda through 2 p.m. Sunday

Temperatures

High/Low	77°/59°
Normal High/Low	76°/53°
Record High	88° (1990)
Record Low	40° (1994)

Precipitation (in inches)

24 hours through 2 p.m. Sun.	Trace
Month to date	Trace
Normal month to date	0.24"
Year to date	3.77"
Normal year to date	2.04"
Record	1.06" (1998)

CONDITIONS TODAY

UV Index and RealFeel Temperature® Today

Index	0	1	5	3	1	0
UV Index	0	1	5	3	1	0
RealFeel	62	67	79	80	75	70

POLLEN INDEX

Pollen Index readings as of Sunday

Category	Level
Trees	absent
Grass	absent
Weeds	absent
Molds	absent

AIR QUALITY INDEX

Air Quality Index readings as of Sunday

Index	28
AQI	28

WORLD CITIES

City	Today	Tue.
Amsterdam	39 37 r	44 39 c
Baghdad	66 40 s	68 41 s
Beijing	43 19 s	47 23 s
Berlin	38 30 pc	39 30 c
Buenos Aires	81 61 s	82 64 s
Cairo	81 62 s	87 57 pc
Calgary	-16 -24 c	-3 -13 s
Cancun	83 73 s	83 71 s
Dublin	47 35 pc	54 38 r
Edmonton	-11 -31 c	-8 -18 pc
Halifax	38 32 r	42 30 r
Kiev	42 30 c	34 29 c
London	49 33 r	49 46 r
Madrid	52 29 pc	59 33 s
Mexico City	79 49 s	80 50 pc
Montreal	34 31 i	41 7 c
Ottawa	38 32 i	36 3 c
Paris	38 35 r	46 43 c
Regina	-14 -21 c	-15 -34 sn
Rio de Janeiro	83 75 t	81 74 sh
Rome	59 41 c	58 40 pc
St. John's	26 20 pc	33 29 c
San Juan	85 70 pc	83 71 pc
Sydney	87 74 s	83 72 s
Tokyo	63 41 s	49 44 pc
Toronto	46 33 c	34 16 c
Vancouver	32 20 s	34 22 s
Winnipeg	-4 -17 sn	-6 -17 c

MONTHLY RAINFALL

Month	2019	2018	Avg. Record/Year
Jan.	3.77	1.98	1.80 9.93/2016
Feb.	Trace	0.66	2.43 11.05/1983
Mar.	0.53	3.28	9.26/1970
Apr.	1.15	2.03	5.80/1994
May	15.98	2.50	15.98/2018
Jun.	6.23	8.92	23.99/1974
Jul.	9.80	8.22	14.22/1995
Aug.	12.37	8.01	15.60/1995
Sep.	7.58	6.84	14.03/1979
Oct.	2.60	2.93	10.88/1995
Nov.	1.91	1.91	5.53/2002
Dec.	2.47	1.78	6.83/2002
Year	3.77	63.26	50.65 (since 1931)

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

WEATHER HISTORY

Pacific winds usually regulate San Francisco's climate. On Feb. 4, 1887, however, 4 inches of snow accumulated.

WEATHER TRIVIA™

Q: In the Lower 48 states, what was the record low temperature for February?

A: -66°F at West Yellowstone, Mont., on Feb. 9, 1933.

Retiring, Vonn and Svindal to say goodbye

By **ANDREW DAMPF**
 AP SPORTS WRITER

For Lindsey Vonn and Aksel Lund Svindal, the world championships beginning this week in Are, Sweden, will mark the end of an era.

The event will also bring Vonn and Svindal full circle — back to the site of their first major championship successes more than a decade ago.

Vonn claimed the first medals of her career, two silvers, at the frigid 2007 worlds in Are, while Svindal claimed his first golds a dozen years ago by winning the downhill and giant slalom.

Both went on to become overall World Cup and Olympic champions

and two of skiing's most well-spoken ambassadors.

"It's always been a good place for me. I've always felt comfortable there," said Vonn, who has also won seven World Cup races in Are.

"It's a good place to have my last world championships. I'm really excited to go back up there."

The 34-year-old Vonn announced on Friday that due to her battered knees, she will retire after competing in the super-G and downhill in Are.

And while she will end up four wins short of the all-time World Cup record of 86 held by Ingemar Stenmark, Vonn still plans a tribute to the Swedish standout.

"I have a cool

suit that I kind of designed in honor of Stenmark," Vonn said.

The 36-year-old Svindal, also slowed by persistent knee injuries, recently announced that he, too, will retire after worlds, and there are sure to be plenty of his Norwegian fans who hop across the border to see him race for the last time.

"Did you book your tickets to the world championships in Are?? If not, get on it!!" Svindal wrote on Instagram.

"One of the absolutely greatest of all times Lindsey Vonn, she's doing her last races here next week. And when we're both done, I'm pretty sure there will be a hell of a party to celebrate."



Lindsey Vonn, of the United States (left), and Norway's Aksel Lund Svindal, show their Alpine ski World Cup trophies in 2009. Both announced they will retire after the world championships, which begins this week.

SEASONS Delivering EXCELLENCE since 1985

24/7/365 EMERGENCY SERVICE Free Estimates on New Systems 2-Hour Appointment Windows

Winter Tune-Up \$10 off **Duct Sanitizing \$10 off** **Save up to \$500**

Call this number for details on all specials! **941-405-0128**

WOMEN'S TENNIS

Bertens beats Vekic to take St. Petersburg Ladies Trophy

ST. PETERSBURG, Russia (AP) — Kiki Bertens won her third title in six months on Sunday, beating Donna Vekic 7-6 (2), 6-4 in the final of the St. Petersburg Ladies Trophy.

Second-seeded Bertens came back from 5-2 down in the first set to win four straight games and force a tiebreaker.

Eighth-seeded Vekic saved three match points in the second set before Bertens closed out the match for her eighth career title.

The win continued Bertens' emergence as a more versatile player. Until she beat Simona Halep to win the Cincinnati Open in August, Bertens had never reached a WTA final on any surface other than clay, but she has now won three straight hard-court finals.

Bertens' current ranking of eighth is the best for a Dutch woman since Betty Stove, who reached No. 5 in 1977.