

# HIGHLANDS NEWS-SUN

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YOUR HOMETOWN NEWSPAPER SINCE 1919

An Edition Of The Sun

## Shooter arraigned Monday

Pretrial conference set for March 28

By **KIM LEATHERMAN**  
STAFF WRITER

SEBRING — Zephen Xaver, the 21-year-old man from Sebring accused of shooting five women in the SunTrust Bank on Jan. 23, was not present for his arraignment Monday morning at the Highlands County Courthouse. He was not expected to be either. Xaver is being charged

with five counts of premeditated, first-degree murder of the five women in the SunTrust Bank at 1901 U.S. 27 South. Four women were employees and one woman was a customer;



**HOUCHIN**

all of them had families and friends in the community. Xaver was not expected to be at the arraignment. His attorney, Public Defender Blair Allen, filed a not guilty plea on behalf of Xaver on Wednesday, Feb. 20. Also entered into the court documents by Allen was a waiver to appear at his arraignment. Xaver's attorney



KIM LEATHERMAN/STAFF

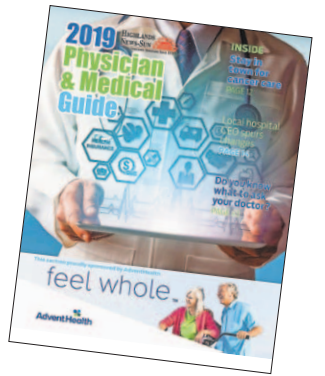
**10th Judicial Circuit Court Judge Peter Estrada heard many cases Monday morning, including the case against SunTrust bank shooting suspect Zephen Xaver.**

also reserved the right to "file defensive motion challenging the legality of sufficiency" of the grand jury's indictment earlier this month.

Assistant State Attorney Steve Houchin said this is a common practice when the defendant is

**HEARING | 6A**

## 2019 Physician & Medical Guide



Don't miss this magazine full of valuable medical information. **DETAILS, Inside**

## Gaines cannot practice law in state

By **KIM LEATHERMAN**  
STAFF WRITER

SEBRING — Defense attorney Justin Scott Gaines, 43, is no longer eligible to practice law in Florida. Gaines, a defense attorney out of Lakeland who also had clients in the 10th Circuit Court in Highlands County, lost his eligibility following non compliance of a public reprimand by The Florida Bar.



**GAINES**

Gaines' profile on The Florida Bar website states his practice areas are criminal, family and trial. According to The Florida Bar, Gaines has been a member since April 24, 2001. A complaint was filed by The Florida Bar with the Florida Supreme Court in April 2018 after a case being heard in Sebring in 2017 by 10th Judicial Circuit Court Judge Peter Estrada, the State v. Harmon, was bungled.

According to the complaint The Florida Bar put forth, after agreeing to represent the defendant (Harmon), Gaines filed a motion in 2017 to withdraw as the defense attorney the day before the trial. The motion was denied.

Estrada scheduled for a jury to be chosen in advance of an October 2017 trial, the complaint states. When Gaines failed to appear for jury selection, Estrada sent the jury pool home and told Harmon he did not know where his lawyer was.

The complaint shows that Gaines called the judge's assistant and told them he would be there in an hour.

Just two days later, Gaines appeared before Estrada, appearing to be "under the influence of drugs or alcohol because respondent looked gaunt, nervous and his eyes were dilated," according to the complaint.

The Florida Bar was notified; Gaines said Lakeland, where he lives, and Sebring were far enough apart to make him late for an 8:30 a.m. court appearance. Gaines said he had to drop his four kids off at school at 8 a.m. and he lives nearly two hours from Sebring. He claimed other judges allowed him to be late, according to The Florida Bar report.

**ATTORNEY | 6A**



MELISSA MAIN/STAFF

**Dr. T. Hunter Newsom and Dr. Jessica Forde recently traveled to the Dominican Republic to fit needy people with eye glasses.**

## Helping hands

Two local doctors provide eye care in Dominican Republic

By **MELISSA MAIN**  
STAFF WRITER

SEBRING — Two local doctors from Newsom Eye in Sebring traveled to the Dominican Republic to provide life-changing eye care to residents in the impoverished country.

"Being able to give back to patients that have nothing and can then see for the first time is an amazing feeling," Dr. T. Hunter Newsom said. "Giving a young child glasses and an ability to see will positively impact the rest of their lives."

Newsom and Dr. Jessica Forde traveled to the Dominican Republic on Saturday, Feb. 16 and stayed until Tuesday, Feb. 19 to provide eye care for needy individuals.

A group of 22 people and eight translators were involved in the medical trip, which was sponsored by the Cigar Family Foundation. This is the fourth year that Newsom has traveled to the Dominican Republic and the first year for Forde.

"I'll definitely be going back," Forde said. Forde's husband, Dr. Keion Mark, also attended the trip and helped people be fitted for glasses. Newsom's daughter, Madison Newsom, 16, served as an assistant for the group.

"I enjoyed working with the community and helping as much as I could," Forde said. "Seeing the patients light up with their new glasses was a life-changing moment."

Dr. Newsom and the Cigar Family Foundation collect glasses all year long for the trip, and they organize the glasses by the power in the lenses. These glasses are taken to the Dominican Republic, and doctors fit the residents with the glasses that are the best suited to their prescriptions.

On the first day, the team fitted approximately 800 people with glasses, and the next day about 700 people were given glasses to meet their needs. The eye exams were conducted in Bonao at Liceo Pedro Antonio Frias School for the first two days. Residents began lining up at 8 a.m. to be examined by the team.

"Many of them don't have access to clean running water," Newsom said. Eye care is a luxury that many can't afford.

On the third day, the team conducted eye exams at the Cigar Family Complex. This complex is a private school for children whose parents work on the cigar plantations. The children at this school were given eye exams, and their prescriptions will be sent to the U.S.



COURTESY PHOTO

**Dr. T. Hunter Newsom and Dr. Jessica Forde provided eye glass exams at the Liceo Pedro Antonio Frias School in the Dominican Republic on Feb. 17-18.**



COURTESY PHOTO

**Madison Newsom, left, helps the eye care team with vision eye exams during a recent mission trip to the Dominican Republic. The patient in the middle was asked questions while the translator on the right assisted.**

**MISSION | 6A**

## Proposal seeks to limit school board terms

By **MARC VALERO**  
STAFF WRITER

SEBRING — Local school board members cite long acclimation period in questioning school board term limits proposal.

The House Oversight, Transparency & Public Management Subcommittee on Wednesday approved by a 11-4 vote a proposed constitutional amendment (HJR 229) that would ask voters in 2020 whether they want to impose eight-year term limits on school board members, similar to term limits in place for the Legislature.

The proposal is now in the House Education Committee.

While the annual legislative session will not start until March 5, the proposal has easily cleared two House subcommittees.

Sponsor Anthony Sabatini, R-Howey-in-the-Hills, said term limits could bring "new voices" onto school boards.

School Board of Highlands County Chairman William "Bill" Brantley, who is now in his third term, said he sees both sides of the issue, but he believes the first three or four years is a period of acclimation to understand what is going on with the role a board member plays and how the member makes an impact.

"I would think 12 years would be a better term limit, but the first four years you are just trying to get your feet on the ground," he said. "Most people think they can jump right into it and I did, too."

His predecessor on the board, Richard Norris, said it would take him three or four years to get acclimated in the position, Brantley said, but he thought it would be six months, but that wasn't true.

The Senate version of the bill has yet to receive a committee hearing. It would require approval by 60 percent of both chambers to make the 2020 ballot, then 60 percent of Florida voters would need to approve of the ballot measure for it to be added to the Constitution.

Two other Highlands School Board members commented on the term-limits issue in



**BRANTLEY**



**HOWERTON**

**PROPOSAL | 6A**



Classifieds.....**B3-7**  
Comics.....**News Wire**  
Local Sports.....**A7-8**

Lottery.....**Sports Wire**  
Obituaries.....**A4**  
Today's Woman.....**B1**

Viewpoints.....**A5**  
Weather.....**Sports Wire**

Good morning To  
Michael Borders  
Thanks for reading!





COURTESY PHOTO

The Jaycees of Highlands County walked away with many awards at the JCI banquet on Feb. 16.

# County's Jaycees are outstanding

By **KIM LEATHERMAN**  
STAFF WRITER

SEBRING — Many members of Highlands County Jaycees Clubs were attendees Saturday, Feb. 16, at the Outstanding Young Floridians awards ceremony hosted by the International Palms Resort in Cocoa Beach. The competition was steep for these coveted awards sponsored by the Junior Chamber International.

The annual banquet was the perfect place for clubs to interact, network and cheer each other on as the Outstanding Floridians and Pioneer awards were given out. By the looks of the pictures, sparkles and bow ties were the dress code for this group of outstanding people.

Jaycees from as far away as Jacksonville and Hollywood, as well as Highlands County, participated.

William "Billy" Kingston, battalion chief with Highlands County Fire Rescue, won the Robert "Bob" Aspinall Memorial Award. This award honors someone whose career choice is for the betterment of man.

Mike Souther, owner of Souther Signs, won the Cactus Jack Sewell Memorial Award. The award is to honor someone who has used their talent, time and treasure to make important contributions to the community they live in and beyond.

Souther took several



COURTESY PHOTO

Brittney Fann with Beauty Fit for a Queen won a coveted award at the JCI annual awards ceremony Feb. 16.

loads of desperately needed items up to the Florida Panhandle after Hurricane Michael hit and devastated the area.

Brittney Fann with Beauty Fit for a Queen received the Outstanding Young Religious Leader Award. This award may have been created for Fann. She is always giving of herself with Beauty Fit for a Queen and teaching local church Bible studies.

Her ministry will be giving away free gently used prom gowns to young ladies going to formals. Volunteers will do hair and makeup for

the big night out. Fann is always heard giving credit to God for her many blessings.

"What an honor to have been nominated for such an award," Fann said. "I credit God for the opportunity as well as the team of board members, volunteers, supporters, and sponsors who have made this vision come to life in Highlands County.

"We are enthusiastic and excited to continue our mission of 'changing the culture of beauty' by teaching worth and value in young ladies through the beauty of Jesus Christ," she said.

# County road work advisories issued

By **Special to Highlands News-Sun**

**Highlands County road projects for which the Florida Department of Transportation has issued a road advisory:**

**US 98 at Garden Terrace in Spring Lake:** Maintenance permit project: Crews are constructing a new treatment plant including a new driveway connection to US 98. Watch for workers close to the roadway with shoulder closures. Watch for trucks and equipment entering and leaving the roadway.

**US 98 from Associates Drive to Lorida:**

Maintenance contracts project: Crews will be removing and repairing drainage culverts along the corridor. Motorists should expect intermittent east and westbound shoulder closures on US 98 Monday through Thursday from 7:30 a.m. to 5 p.m. Please use caution and watch for crews working close to the roadway.

**US 98 from Garden Terrace to Madrid in Spring Lake:** Utility permit project: Crews are constructing a new treatment plant including a new force main parallel to US 98. Watch for workers close to the roadway with shoulder closures. Watch for trucks and equipment entering and leaving the roadway.

**US 27 from West Townsend Street to Batts Street and on SR 64 from US 27 to Self Avenue:**

Construction project: Crews are replacing existing roadway with concrete pavement on US 27 southbound from West Pleasant Street to Paulk Street, US 27 northbound from Dyal Street to West Hill Street, and on SR 64 from Self Avenue to US 27. The contractor is also milling and resurfacing the existing roadway on US 27 from West Townsend Street to Batts Street and on SR 64 from Collier Avenue to Self Avenue, installing curb and gutter, installing traffic separators, sidewalks, traffic signals, street lights, and signing and pavement markers.

A single continuous lane closure on US 27 will be in place during intersection construction.

On SR 64 both east bound and west bound, traffic has been switched to the north side of the road onto the newly constructed travel lane. On US 27 south bound, traffic has been switched to the right onto the newly constructed concrete travel lanes. US 27 north bound traffic should follow detour signage to access businesses on the west side of US 27.

Motorists should expect US 27 southbound and northbound lane closures from 9 p.m. to 6 a.m. Motorists should expect east bound and west bound intermittent lane closures on SR 64 from 9 p.m. to 6 a.m. Please follow flagger directions and use caution in this area.

**TRAFFIC SWITCH:** the south bound US 27 left turn lane onto Main Street will be shifted to the north. Please use caution in this area and watch for workers in the construction zone.

Additional lane closures, single-lane flagging operations, and temporary lane shifts will occur during nighttime/overnight hours on US 27 and SR 64. The contractor is Concrete Services, LLC. Estimated project completion date is early 2020.

**US 17 (Lakeview Drive) between Mellow Lane and Kenilworth Boulevard:**

Maintenance permit project: Watch for southbound lane closures with traffic using the center turn lane as crews relocate existing cables and remove old power poles. Watch for trucks entering and exiting the site. Use caution and watch for crews working close to the roadway.

**SR 70 from US 27 to CR 721:** Maintenance project: Crews will perform weed control and tree trimming along the guardrail in this area. Motorists should use caution and expect intermittent lane closures eastbound and westbound from 8 a.m. to 5 p.m. Monday through

Thursday.

**SR 70 at Bony Lane:** Maintenance permit project: Crews are constructing a new driveway connection to SR 70. Watch for workers close to the roadway with shoulder closures. Watch for trucks and equipment entering and leaving the roadway.

**SR 70 near the DeSoto County line:** Maintenance permit project: Crews will be installing utility poles at the back of the right-of-way. Motorists should use caution and watch for crews working on SR 70 from the DeSoto County line to US 27.

**SR 66 from US 27 to CR 635:** Maintenance project: Crews will be cleaning ditches along SR 66 from US 27 to CR 635. Motorists should expect intermittent east and westbound lane closures on SR 66 Monday through Thursday from 7:30 a.m. to 5 p.m. Please use caution and watch for crews working close to the roadway.

**SR 66 at Orange Blossom Boulevard & SR 66 at Payne Road:** Construction Project: Watch for daytime lane closures as crews widen for turn lanes. This project consists of widening, base work, milling and resurfacing, drainage, and signing and pavement markings. The contractor is Lynch Paving and Construction Co. Inc. Expected completion is spring 2019.

**SR 17 from North of Arbuckle Creek Road to north of Rialto Avenue:** Construction project: Watch for daytime lane closures as crews continue laying sod and striping. This project includes widening to add a southbound left turn lane from SR 17 to Arbuckle Creek Road, milling and resurfacing from Arbuckle Creek Road to Rialto Avenue and 300 feet of Arbuckle Creek Road, shoulder work, curb and gutter and signing and pavement markings. The contractor is Lynch Paving and Construction Co. Expected completion is spring 2019.

## 5 THINGS

### That Will Make You

### SMARTER



- Mangos are one of the most popular fruits in the world. They were first grown in India over 5,000 years ago.
- Mango seeds traveled with humans from Asia to the Middle East, East Africa and South America beginning around 300 or 400 A.D.
- The paisley pattern, developed in India, is based on the shape of a mango.
- A basket of mangos is considered a gesture of friendship in India.
- Mangos are related to cashews and pistachios.

Source: mango.org

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# School district seeks HR manager

By **MARC VALERO**  
STAFF WRITER

SEBRING — The School Board of Highlands County is currently advertising to fill two district office positions — one heading the Human Resources Department and the other overseeing the district's secondary education programs.

The district's website shows an "anticipated" opening for manager of human resources. The position has a closing date of March 20.

Deputy Superintendent Andrew Lethbridge said the district has some time to fill the position



LEE

with current Human Resources Manager Jodi Lee expected to leave in July to relocate out of state where she has family.

"She will be a huge loss for our district," he said. "She has served very well and has a wealth of knowledge so the district is currently looking for an HR manager."

Lee started working with the district in March 1994 as a paraprofessional at Lake Country Elementary School and

became the school's secretary in the 1995-1996 school year. In 2007-08 she moved to the district office as the Human Resources certification specialist and became the Human Resources manager in 2013-14.

Lee said her husband, Mike, who is a teacher at Sebring High School, plans to continue teaching when they relocate.

She thoroughly enjoyed her tenure with the School Board after starting out as a classroom volunteer, Lee said. "This is where I am ending my career and there has been a lot of growth and family and friends and a lot of

support. We both thoroughly enjoyed it."

With Jessica Thayer leaving to work for AVID, the district is advertising for an assistant superintendent of secondary programs.

Lethbridge said the district has some applicants as the advertising period continues. The closing date for Thayer's position is March 8.

Also, the district is starting to prepare for its summer programs advertising openings for teachers for the summer voluntary prekindergarten program, migrant summer school, kindergarten through

second-grade summer school and third-grade reading camp teachers.

The district is preparing to hire for the summer and then will be focusing on hiring for the 2019-20 school year,

Lethbridge said. Some teachers who have been on temporary assignments with the district have completed their certification tests and are being hired as fully certified educators.



# AP man faces multiple burglary charges

By **MELISSA MAIN**  
STAFF WRITER

AVON PARK — Authorities say an Avon Park man allegedly broke into houses to steal items while the owners were present on two separate occasions — Dec. 14, 2018 and Feb. 17. He also reportedly burglarized an unoccupied home on Dec. 17, 2018.

Gerardo Madrigal, 27, of Avon Park, was arrested by the Highlands County Sheriff's Office on Feb. 17 and Feb. 21.

He was arrested on Feb. 21 for the incidents that happened on Dec. 14 and Dec. 17 of 2018.

He was arrested on Feb. 17 for the incident that happened on that same day.

His charges for the Feb. 17 incident include burglary of an occupied dwelling while unarmed and petit theft, second degree.

His charges for the Dec. 17, 2018 incident include burglary of an unoccupied dwelling while unarmed, property damage over \$200 but under \$1,000, and grand theft of more than \$300 but under \$5,000.

His charges for the Dec.



MADRIGAL

14, 2018 incident are burglary of an occupied dwelling while unarmed and property damage over \$200 but under \$1,000.

On Feb. 17, Madrigal reportedly entered a residence through an unlocked back sliding glass door. He allegedly walked into the living room and removed the victim's purse from the house.

When the victim walked into the living room and discovered her purse was missing, she walked out her door and approached the subject to ask him why he was on her property, the report states.

Madrigal reportedly told her that he was looking for his dog. When the victim asked about her purse, Madrigal allegedly pointed to her purse on the back porch.

The victim told Madrigal that she was reporting the incident to the Sheriff's Office, and the defendant reportedly ran away.

According to the arrest

report, the victim lost her change purse and money that was in it for a total loss of \$80.

On Dec. 17, 2018 Madrigal reportedly caused several pry marks on the back door and the door to the victim's bedroom. He allegedly removed several items from the residence valued at \$800.

A neighbor saw Madrigal leaving the residence, the arrest report states. He reportedly walked to another residence and knocked on the front door, where he was caught on video surveillance.

On Dec. 14, 2018 Madrigal allegedly damaged a lock on a residence to gain entrance. However, the victim reportedly accosted Madrigal while he was inside her residence, so he left without taking any property. The victim took his photograph and recorded him, which helped with the arrest, the report states.



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**NEWS BRIEFS**

**Sew, share and carry on**

SEBRING — Join the Humane Society of Highlands County from 11 a.m. to 4 p.m. every Wednesday and Thursday, 7421 Haywood Taylor Blvd. in Sebring. Help make fun stuff for the animals to benefit Humane Society including doggie bags, kennel blankets and more. For information, call 863-655-1522.

**Peanut Butter and Jelly dance**

LAKE PLACID — The Pine Ridge Promenaders

will have a Peanut Butter and Jelly Dance on Thursday at the Sunshine RV Park on State Road 70 east of U.S. 27 in Lake Placid. Chuck Ryall will cue rounds at 7 p.m. and Mike Doughty will call MS/PLUS from 7:30-9:30 p.m. Square dance or casual attire is accepted. Visitors are always welcome. For information, call 828-290-2147.

**Cookie Night dance**

SEBRING — The Buttonwood Squares will host a Cookie Night Dance on Friday in the

Rec Hall of Buttonwood Bay, 10001 U.S. 27 South. Chuck Ryall will cue round dances from 7-7:30 p.m. Dave Muller will call squares from 7:30-9:30 p.m. All dancers are welcome and square dance attire is optional. For information, contact Dick Avery at rdavery@juno.com.

**Humane Society annual auction**

SEBRING — The Humane Society of Highlands County will hold its annual auction Saturday at the Humane Society. Tickets \$30 includes food, beer, wine

and 20 bidding chips. There will be a silent auction, live auction and chip auction. For information, call Judy at 863-214-6508 or Kellee at 863-243-3649.

**China Painters show scheduled**

LAKE PLACID — The local chapter of the Florida World Organization of China Painters will have its annual show, "Our Favorite Things," from noon-3 p.m. Saturday at the Caladium Co-Op, 132 E. Interlake Blvd., in Lake Placid. There will be hand-painted items for

sale, door prizes, drawings and snacks. Live demonstrations will also be available. All proceeds go to the youth scholarship fund. The event is open to the public and is free admission for everyone. For information, contact Willie Fox at 863-465-0854.

**Annual plant sale**

LAKE PLACID — The Lake Placid Garden Club will have its annual Plant Sale from 8:30 a.m. to 1:30 p.m. Saturday at the Lake Placid Journal Plaza, 231 N. Main St., in Lake Placid. Profits benefit the Avon Park

Correctional Institution's "Therapy Through Plants" program, the only program of its kind still in existence.

**Western dinner night**

AVON PARK — The Ladies Auxiliary of American Legion Post 69 will hold a Western Dinner from 5-8 p.m. Saturday at Post 69, 1301 W. Bell St. in Avon Park. Cost is \$8 and includes pulled pork, beans, coleslaw, Texas toast and dessert. Karaoke with Jodie. The public is welcome. For information, call 863-453-4553.

**OBITUARIES**

**Dwight Bowerman**

Dwight Bowerman passed away Feb. 21, 2019 in St. Petersburg, Florida. He fought a brave fight against cancer with the help of his wife and lifelong love, Majel Bowerman.



attended Central Michigan University from 1968-1973. He was a member of Lamda Chi

Dwight was born on July 20, 1950 to Steve and Rosemary Bowerman in Deckerville, Michigan. He and his four brothers and one sister were raised on a dairy farm. While growing up, he milked cows, mucked stalls and participated in 4-H showing horses. He and his horses won consistently. He attended Deckerville High School where he was a drum major and played trumpet for the marching band.

Dwight attended McGregor Methodist Church. He was president of the Methodist Youth Fellowship (MYF) and was a member of Youth for Christ. Dwight

Fraternity. He earned a Bachelor in Science degree in Speech Therapy, Elementary Education, with a minor in History. While at Central Michigan, Dwight met his wife of 44 years, Majel.

Majel's mother fell in love with Dwight right along with Majel. During their college years, Dwight and Majel worked at Central Michigan as residence counselors and as therapists for special needs children (ages 5-18). Dwight loved working with children and adults in Speech Pathology. He was a caring, professional therapist who went beyond expectations in every

capacity.

His students, patients, families and colleagues loved and admired him. When he had time away from work, he could be found in his large yard which served as his "farm." He and his right-hand man, Mario, created a paradise, especially after the hurricanes that frequented their property. His other passion was working for 10 years with the Miracle League and special needs athletes. It was said that he was the "best umpire they ever had."

He had a great sense of humor and he was well-known for his puns. He also loved all kinds of hats, many of which displayed his dry wit and dramatic flair.

Dwight is survived by his wife, Majel, and five siblings, Jim (Judy) of Deckerville, Michigan, Doug (Cynthia) of Nine Mile Falls, Washington, John (Connie) of

Deckerville, Michigan, Nancy (Thomas) Cosenza of Ludington, Michigan and Paul (Lisa) of Gilbert, Arizona; one brother-in-law, Blair (Stephanie) Davis of Manistee, Michigan and also survived by his chosen family, Annamarie Grimes of Lake Placid, Florida and Marc, Crystal, Chloe and Chelsea Baugh of Lake Placid, Florida.

He is survived by 15 nieces and nephews, 26 great-nieces and nephews and 13 great-great-nieces and nephews.

Dwight lived his life surrounded by many, many friends and colleagues who loved his positive attitude and purposeful attention to their relationships. He will be remembered and celebrated at First Presbyterian Church, Lake Placid at 4 p.m. Tuesday, Feb. 26, 2019 with Reverend Ray Cameron leading the service.

Visitation will take place before the service from 3-4 p.m. He will be laid to rest in Deckerville, Michigan on March 4, 2019 with a visitation at 10 a.m. and service at 11 a.m. at McGregor Methodist Church for his extensive family and Michigan friends.

In lieu of flowers,

consider donating to the Miracle League for Highlands County, ml4hc.com, P.O. Box 671, Lake Placid, FL 33862.

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

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# VIEWPOINTS

## HIGHLANDS NEWS-SUN

YOUR HOMETOWN NEWSPAPER SINCE 1919

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### ANOTHER VIEW

## Opposition to vaccines remains fierce

Measles outbreaks continue to lacerate communities from coast to coast, and there's absolutely no reason for it. The latest involve dozens of new cases in New York and in Clark County, Washington, across the Columbia River from Portland.

These shouldn't be happening. The highly contagious disease — which can lead to pneumonia and, in uncommon cases, to encephalitis or even death — was all but eradicated in 2000.

But many parents, embracing scientifically debunked fears about vaccination health risks, have declined the inoculation of their children with the doses for measles, mumps and rubella (MMR).

It surely doesn't help when public figures who should know better spread uninformed views. Darla Shine, wife of White House Communications Director Bill Shine, tweeted last week that childhood diseases "keep you healthy & fight cancer" and that "sadly," her children had received the MMR.

Actually, her kids are safer because they've had the vaccine.

The core issue is that too many states make it too easy for parents to avoid having their children immunized. While all 50 require vaccinations, 17 states allow parents to opt out for personal reasons.

Even if their offspring get and survive the illness, they selfishly place at serious risk other children who can't be vaccinated because of legitimate medical concerns such as a compromised immune system. Those children are protected only when virtually everyone else in the community is immunized, breaking the chain of infection.

Even worse, in 2016 scientists found that a deadly measles neurological complication, which lies dormant in children for years, is more common than previously thought, arising in 1 out of 609 cases where unvaccinated babies contract the disease.

Recent outbreaks underscore the risks of allowing non-medical exemptions.

Forty-seven states let parents opt out for religious reasons. Among them is New York, where there have been more than 70 cases of measles in New York City since October, including cases among unvaccinated children within an Orthodox Jewish community in Brooklyn. In Rockland County, there have been 135 cases since September.

The state of Washington allows both religious and personal exemptions. The result is that only 78 percent of children ages 6 to 18 in Clark County have received the necessary two doses of MMR. Almost all of the 62 confirmed cases of measles in that county this year involved no prior immunization.

Three states — California, Mississippi and West Virginia — allow vaccination exemptions strictly for medical reasons. Not coincidentally, their two-dose MMR rates for kindergartners are 96.9 percent, 99.4 percent and 98.4 percent, respectively.

The outbreak in Washington has prompted legislators to consider a measure sponsored by a Clark County Republican state representative that would deny MMR exemptions based on personal beliefs.

For all the sense this makes, hard-core opposition remains fierce. Even as children fell ill, hundreds of naysayers arrived at the Washington statehouse to voice opposition. When California passed an even stricter law in 2015, the sponsor — state Sen. Richard Pan — received death threats.

Despite the blowback, government requirements are the right things to do, along with public education campaigns. Exemptions to state-mandated vaccinations should be granted only for narrowly prescribed medical or religious reasons. The health of children is too important to put at risk.

*An editorial from USA Today.*

STAR TRIBUNE  
SACK



## MUELLER REPORT WATCH PARTY

## Time management ... whatever that means

Somehow or another, I ended up on a mailing list. I'm sure that's happened to you. Anyway, as I was checking my email, I stumbled onto this article about using time more effectively and who couldn't use some tips on that. After all, we only get 24 hours each day and, on average, about 27,500 of those days.

The article is from Jim Rohn and success.com. In case you don't know Jim Rohn, he was an American entrepreneur, author and motivational speaker. Now, in the spirit of full disclosure, I have a confession to make. I am awful at time management. So, stick with me, this should be fun.

Let's start from the top. Tip No. 1 is Run the day or it will run you. You know, I'm 57 years old and I've been reading these kinds of things for the better part of 35 years and none of them have ever taken. Well, they've taken temporarily but they've never stuck. If



NEVER A DULL MOMENT  
Mike Lee

truth be told, I think the day and I have come to a happy medium. Some days it runs me, some days I run it. But most days we kind of share custody. However, in the interest of fidelity to the stated purpose of the column, let me share some of Mr. Rohn's insight.

He says, "Part of the key to time management is just staying in charge. What is the key to staying in charge? You must have your written set of goals with you at all times. Prioritize your goals and decide which are important. Constantly review your goals, then make them a part of a good written game plan." It sounds

so simple, doesn't it. Many, many times I have done just that — written my goals down so I can have them with me at all times. Somewhere around here there must be dozens of pieces of paper with my written goals on them. If only I could find them.

Mr. Rohn's next tip sounds a bit like heresy to me. Tip No. 2 is Don't mistake movement for achievement. Everyone knows that it's all about staying busy and if you're busy you can't help but get things down, right? Right? C'mon, people don't leave me here all by myself. Mr. Rohn says, "Don't mistake movement for achievement. Evaluate the hours in your days, and see if there's a lot of wasted time that you could manage better." I'll get on it, as soon as I have time.

Tip No. 3: Concentrate on where you are. Now, this one I think I might agree with. Well, at least

some of it. Nah, come to think of it, I don't like it at all. It's common knowledge that you can't control what you think, right? Listen to this crazy advice. "So here's what you've got to do. On the way to work, concentrate on your driving. At the breakfast table, concentrate on the family. Wherever you are, be there. Give whatever you're doing the gift of attention. Give people the gift of attention." Now, doesn't that sound easy? Wait, what were we talking about?

As I close for today, let's summarize today's lessons. We must concentrate on where we're running, so our day doesn't run us and all achievement requires us to be there. Did I get it right? (We'll continue this discussion next week if I can find the planner in which I write it down.)

*Mike Lee is a teacher and life coach. Find more information at [www.simplelifecoach.com](http://www.simplelifecoach.com)*

## Young musicians get a treat

Readers should know that students in the Sebring High School Jazz Ensemble and the Sebring Middle School Pep Band had an awesome experience recently.

Their appearance was arranged by the Flying Musicians Association (FMA) at the U.S. Sport Aviation Expo, which is held annually at the Sebring Regional Airport. These two student organizations, along with the FMA Brass, a brass quintet from the Tampa area, all appeared on the same afternoon so that each group could watch and enjoy the others. Following their musical performances, the students then received lunch and were able to tour the grounds while observing the various aircraft. Who knows? Among that group of students we may now have some young people

### GUEST COLUMN

John Zapp Jr. and Judy Barnhart

who have felt the excitement and discovered the possibility of aviation in their future!

We send huge thanks to Tony Juliano of SHS and to Chris McCammon of SMS for the effort they put into giving their students this opportunity. Hopefully, parents and administrators of Highlands County Schools are aware of the gift they have in these two young men and the enthusiasm and support they give to their students!

This year was the fourth year that the Sebring High School Jazz ensemble performed. According to Mr. Juliano, "the music students were asking him if they were performing this year." This was also

Scott Berden's fourth time attending; playing guitar in the jazz ensemble. Scott heard the message that FMA has a scholarship intended for high school junior and senior music students wanting to learn to fly — FMA Solo program. Scott is now Highland County's first FMA Solo nominee.

We also thank Lynn Postel for his efforts in bringing the FMA Brass to Sebring, and we sincerely appreciate and thank Moriah Ruth, Miles Reese, and "The Poor Boys of Paris" who added their talents to the musical enjoyment during Expo. We also thank Cassandra McGlenn of Sun 'n' Lake Elementary School who had her chorus ready to sing for us but, sadly, had to cancel because of the weather on the day they were to appear. Thanks too to the Expo personnel

for providing lunches for all performers.

The Flying Musicians Association, a 501(C)3 nonprofit association of over 600 pilot/musicians, are extremely pleased with the growth each year in the efforts of local musicians and the community towards helping us. Music needs to be heard and musicians need to perform. You give students not only the opportunity to perform before members of the community, but also to introduce them to some of the excitement of aviation. Reach out to FMA if you would like to participate in 2020.

*John Zapp Sr. is FMA president and CEO. Judy Barnhart is a local FMA member. Guest columns are the opinion of the writer, not necessarily that of the Highlands News-Sun.*

### JOIN THE CONVERSATION

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

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

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

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



COURTESY PHOTO

Dr. Jessica Forde points to the eye chart as patients from the Dominican Republic were fitted with eye glasses during a recent mission trip.

## MISSION FROM PAGE 1A

to be filled. When Newsom or Forde perform Lasik or cataract surgery on patients, many

of the patients will donate their old glasses, because those prescriptions don't work for them anymore. These glasses will then be taken to the Dominican Republic to help people in need.

Newsom and Forde encourage members of the community to drop off their old eye glasses in the lobby of Newsom Eye at 4211 U.S. 27 in Sebring. For more information, call 863-385-1544.

## HEARING FROM PAGE 1A

pleading not guilty. State Attorney Brian Haas has promised to seek the death penalty in Xaver's case. An arraignment is the formal reading of the charges against a party and his or her guilty or

innocent plea is documented. It is legal to enter the plea ahead of the actual court day. Court documents also show Xaver wants a jury trial. Xaver's next court date will be at 1:15 p.m., Thursday, March 28. This court date will be a pretrial conference. Pretrial conferences are what really slows a case's

momentum through the court system. According to Assistant State Attorney Jake Orr, this is the aspect of criminal cases that take the longest and can stretch a case out from months to years. As of press time Monday, Allen was not available for comment regarding the case.

## PROPOSAL FROM PAGE 1A

September 2017 when then Senate Judiciary Chairman Greg Steube, R-Sarasota, filed a proposed constitutional amendment (SJR 194) to limit school board members to two four-year terms. Donna Howerton, who

is now serving in her sixth term, said when she was first elected to the board in 1996 there were others who were serving in their first term. Former superintendent Wally Cox was elected to his first term when she started her second term. Board members and faculty encouraged Robert Fitzgerald to run for another term so the

school board would have a senior member. She found it helpful with Fitzgerald continuing on the board with his knowledge of local and state education issues, Howerton said. Jan Shoop, now in her second term on the board, said it takes at least two to three years to really hit the ground running.

## ATTORNEY FROM PAGE 1A

Emails were sent to Gaines as reminders of the next court date set for November 2017. Gaines was late again for Harmon's case. Gaines called and asked the case to be moved to the afternoon and he was still late to appear.

"Those present in court indicated that due to the respondent's tremors, dilated pupils and sweaty disheveled appearance, respondent looked as if he was under the influence of an unknown substance," the report states.

On Nov. 30, 2017, Gaines gave a sworn statement before the 10th Circuit that he did not do drugs nor did his wife, who is also an attorney. He also said he has been living at the same address in Lakeland for 12 years. Later that day, Gaines

admitted that his answers from that morning had been false earlier and he admitted to smoking marijuana three times in November 2017. The Supreme Court of Florida handed down a decision to put Gaines on probation for six months and to register with Florida Lawyers Assistance.

He has since been deemed ineligible to practice law in Florida because of non payment of costs to The Florida Bar in the amount of \$5,336.58. Following a Dec. 20, 2018, court order, Gaines received a public reprimand by publication in the Southern Reporter.

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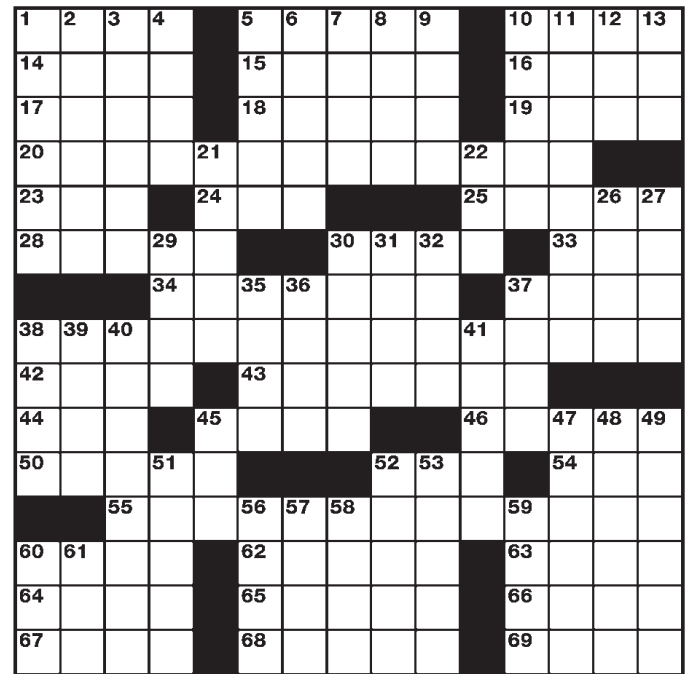


## CROSSWORD PUZZLES

### Newsday Crossword

AT THE CIRCUS by Billie Truitt  
Edited by Stanley Newman  
www.stanxwords.com

- ACROSS**
- 1 Tip of a comet
  - 5 Fashion rival of Gucci
  - 10 Burger meat
  - 14 Suffix for kitchen
  - 15 Entices
  - 16 Auto's wheel bar
  - 17 Cape Canaveral org.
  - 18 Assumed name
  - 19 Green citrus fruit
  - 20 Up-high circus performer
  - 23 Warm embrace
  - 24 Small cylindrical batteries
  - 25 Ranted and \_\_\_
  - 28 Nose, informally
  - 30 Hockey disk
  - 33 "Now \_\_\_ seen everything!"
  - 34 True-to-life art style
  - 37 India's continent
  - 38 "Shot out" circus performer
  - 42 Whitish gemstone
  - 43 Immense
  - 44 Took first place
  - 45 Round Table titles
  - 46 Congressional session broadcaster
  - 50 Move furtively
  - 52 "My lips \_\_\_ sealed!"
  - 54 Fuss
  - 55 One-wheeled circus performer
  - 60 Strauss of jeans
  - 62 Moses' brother
  - 63 Neither good nor bad
  - 64 Matures
  - 65 Foundation's donation
- DOWN**
- 1 Odometer's small increments
  - 2 Galloping
  - 3 "The project is on!"
  - 4 Jump
  - 5 City square
  - 6 Regulations
  - 7 Operatic solo
  - 8 Hang on for \_\_\_ life
  - 9 Aide: Abbr.
  - 10 Lightweight model wood
  - 11 Permit to leave a country
  - 12 Shade tree
  - 13 Service charge
  - 21 Gobbled up
  - 22 Rub the wrong way
  - 26 Wicked
  - 27 Distribute the cards
  - 29 By mouth, as a vaccine
  - 30 Quart fractions
  - 31 Annapolis sch.
  - 32 "Let's go!"
  - 35 First part of a play
  - 36 Wild animal's home
  - 37 Basics
  - 38 "\_\_\_ it going?"
  - 39 Fairy tale's second word
  - 40 Strategic tactic
  - 41 More pleasant
  - 45 Glide down snow
  - 47 Make more lengthy than necessary
  - 48 "\_\_\_ Fideles" (Christmas song)
  - 49 "Sorry, we're full!"
  - 51 Licorice-flavored herb
  - 52 Without any help
  - 53 Takes out a lease
  - 56 Hamster's home
  - 57 Three-foot measure
  - 58 Rugged rock
  - 59 "A miss \_\_\_ good..."
  - 60 Scientist's testing room
  - 61 Swelled head



CREATORS SYNDICATE © 2019 STANLEY NEWMAN STANXWORDS@AOL.COM 2/26/19

### Answer to previous puzzle

ODDS ALPS FLAT  
OPRAH WEEP LATE  
PROMO ANTI OBOE  
TYPEWRITER PENN  
MET APPLES  
SHAPED ALLOY  
WISH SOSO EDGED  
ADIOS USA TIARA  
MEANT CENT SLIM  
OATHS UPKEEP  
SINGTO ONE  
ODOR PHONEBOOTH  
NANA OURS BRIER  
IHOP FLEE LANES  
NOSH FAST ELKS

2/26/19

### Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

- ACROSS**
- 1 Brewery in Golden, Colorado
  - 6 Fast-food package deal
  - 11 Color variant
  - 14 Gelatin garnish
  - 15 French word of farewell
  - 16 24-hr. cash source
  - 17 \*Wonderland feline known for disappearing
  - 19 Nonstick spray brand
  - 20 "Hints from" columnist
  - 21 Weaken from disuse
  - 23 Manhattan area to the right of Central Park, on maps
  - 25 \_\_\_ a soul
  - 26 Corp. symbols
  - 27 Stoppag remedy
  - 31 Small jazz groups
  - 34 "Designing Women" actress Delta
  - 35 Senate approval
  - 36 One of a bath towel pair
  - 37 Rocky outcroppings
  - 38 Capone facial mark
  - 39 Prefix with dermis
  - 40 Laundry slide
  - 41 7-Down and such
  - 42 Virus-transmitting insect
  - 44 \_\_\_ Francisco
  - 45 Sting or smart
  - 46 Musical wrap-ups
  - 51 Free sample restriction
  - 54 Title savant in a 1988 Oscar-winning film
  - 55 Invest in
  - 56 "Da Vinci's "La Gioconda," to some English speakers
  - 58 Scratch (out)
  - 59 Dog-\_\_\_: folded at the corner
  - 60 In finer fettle
  - 61 "Absolutely"
  - 62 Swiped
  - 63 Gothenburg native
- DOWN**
- 1 Secret stash
  - 2 "Straight Outta Compton" actor \_\_\_ Jackson Jr.
  - 3 Some German cars
  - 4 Italian rice dishes
  - 5 Religious rifts
  - 6 Gave a darn
  - 7 Neruda wrote one to common things
  - 8 Layered mineral
  - 9 '50s-'60s nonconformists
  - 10 Run faster than
  - 11 "Have a nice day" graphic
  - 12 Great Salt Lake state
  - 13 TV award
  - 18 Egyptian fertility goddess
  - 22 "Mork & Mindy" planet
  - 24 Largest ring of latitude
  - 28 Hard-to-ignore impulse
  - 29 Start of Popeye's existential maxim
  - 30 Gen-\_\_\_: post-boomers
  - 31 The bad guys
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By Peter Koetters 2/26/19

### Monday's Puzzle Solved

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

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- DOWN**
- 1 Secret stash
  - 2 "Straight Outta Compton" actor \_\_\_ Jackson Jr.
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  - 28 Hard-to-ignore impulse
  - 29 Start of Popeye's existential maxim
  - 30 Gen-\_\_\_: post-boomers
  - 31 The bad guys

- 47 Slowly wear down
- 48 Expression shared by the answers to starred clues
- 49 Relaxed, as rules
- 50 Hunter's trap
- 51 Do as you're told
- 52 Zap for dinner
- 53 Courageous one
- 57 Country singer Tillis



# SPORTS

• LOCAL • STATE • NATIONAL

Tuesday, February 26, 2019

SECTION A

## Seniors burn up the track

### Heartland Senior Games holds track and field competition in Avon Park

By NEIL SIMPSON

SPECIAL TO HIGHLANDS NEWS-SUN

Each year, the Heartland Senior Games attracts a larger group of competitors from across the state. 2019 was no exception with people coming from Arcadia, Deland, Kissimmee, Miami, Okeechobee, Orlando, Osprey, Seffner, The Villages and even flying in from Wisconsin to challenge locals from Lake Placid and Sebring.

Saturday's track and field competition was efficiently run by Chet Brojek and Lee Pearson with help from Ross Richards, Terry Engle and Emily Vargas. Competitors from far afield had nothing but praise for the organization of the meet and look forward to returning next year.

Saturday started out with the 5k run which consisted of three laps around the roads that form the perimeter of the Avon Park H.S. campus. Humidity was very high but the cloud cover assisted the runners who were led by Lake Placid's Tim Nicholls who covered the course in a blistering 19:21 followed by his wife Mary

who clocked in at 24:17.

The next events on the agenda were shot put and discus. While the ladies were throwing the discus, the men were heaving the shot put then they reversed.

Avis Vaught of the Villages, competing in the 70-74 age group, had obviously been training hard for the meet as she had the best distance in both the discus, 55' 5.5" inches and in shot at 24' 9". Roland Jones from Seffner (65-69 bracket), accomplished the same double with an amazing throw of 142' 0" in discus and a heave of 39' 0" in the shot put. Earl Bosley of Sebring (70-74), led the local men with distances of 74' 6" in discus and 27' 5" in shot.

Action returned to the track where Jim Ricker (55-59) ran away from the field in the 1500 meter race with a time of 5:24. Ricker flew in from Wisconsin for the weekend to compete alongside his 87 year old father, Ralph, of Arcadia. Jim Gibbs (60-64) of Sebring, clocked the next fastest time, crossing the finish line in 6:02. In the 800 meters, it was Ricker again in a time of 2:45 with Sebring's Chuck Imboden (75-79) recording the



PHOTO BY NEIL SIMPSON

Sebring's Earl Bosley sails through the air in the long jump event during Saturday's Heartland Senior Games track and field competition.

second fastest time at 3:39.

The long jump saw Brenda Scott (55-59) of Okeechobee with the women's best jump at 10' 5". Grant McLaughlin

GAMES | 8A

## Panthers split with Pioneers

### South Florida wins second game against Indian River

By JIM TAYLOR  
CORRESPONDENT

AVON PARK – The South Florida State College Panthers softball team continues to roll, splitting a doubleheader against the Indian River State College Pioneers on Saturday.

The Panthers rebounded from a game one 6-2 loss to beat the Pioneers in the second game 7-1 to improve their season record to 14-6.

With a stiff breeze blowing from right to left field, the Pioneers found a vortex in the wind just right of centerfield for the long ball as the Pioneers hit two home runs in that area and one hit the right part of the raised fence in centerfield that helped to power the Pioneers to a first-game win.

The Pioneers capitalized on an error by the Panthers in the first inning that scored when Juliana Speranza doubled into left field to put the Pioneers up 1-0.

Speranza struck again for the Pioneers in the third inning with a home run just right of centerfield to put the Pioneers up 2-0.

Indian River added four more runs in the top half of the fifth, highlighted by a two-run homer by Juhle Prange and a solo shot by Brittini Norwood as the Pioneers built a 6-0 lead.

South Florida State College



PHOTO BY JIM TAYLOR/CORRESPONDENT

South Florida State College catcher Hannah Eden makes the tag at the plate during Saturday's doubleheader against Indian River State College. The Panthers won the second game by a score of 7-1 to earn a split with the Pioneers.

avoided the shutout with two runs in the bottom of the fifth.

Kaylee Frascatore led off the inning with a double down

the left-field line and later scored on a single by Sunni Beardon. The Panthers posted their second run as Hannah

Eden raced across the plate while Beardon was caught in

PANTHERS | 8A

## SPORTS CALENDAR

### TODAY

Okeechobee baseball at Avon Park, 7:30 p.m.

Riverdale softball at Lake Placid, 7 p.m.

Hardee girls tennis at Lake Placid, 4:30 p.m.

Avon Park hosts track meet, 5 p.m.

### THURSDAY

ASA College softball at South Florida, 4 p.m.

Fort Meade softball at Avon Park, 6 p.m.

Glades Day softball at Lake Placid, 6 p.m.

Sebring hosts track meet, 5 p.m.

Avon Park hosts boys weightlifting, 5 p.m.

Sebring boys tennis at Hardee, 4 p.m.

Hardee girls tennis at Sebring, 4 p.m.

### FRIDAY

Lake Region baseball at Avon Park, 7:30 p.m.

Lake Wales baseball at Sebring, 7 p.m.

### SATURDAY

Kalamazoo baseball at South Florida, 1 p.m.

Lincoln Land softball at South Florida, 1 p.m.

### SUNDAY

Lincoln Land baseball at South Florida, 1 p.m.

## Low scores on the links

Highlands News-Sun  
SPORTS STAFF

The golfers were busy at Lake June West. In the Feb. 18 — Ladies League: 1st Place Team, 35, Lynn Husen, Annie Hall, Debbie Craig; 2nd Place, 37, Kim Fiers, JoAnn McGill, Panda Burton, Elaine Orr; 3rd Place, 39, Barb Kannheiser, Helene Mellon, Joyce Swartz, Doris Weeks.

Closest to Pin, # 2, Barb Sydenstricker, 2' 9", # 4, Panda Burton, 3' 4", # 8, Baarb Kannheiser, 16' 5".

In the Feb. 21 — Mixed Scramble: 1st Place Team, 53, Tony Notaro, JoAnn McGill, Lynn Husen, Sandy Page; 2nd Place, 53, Bob & Verna Knishka, Panda Burton, Kim Fiers; 3rd Place, 56, Mike Rogers, Mary McNamee, Dick Adams,

Margaret Schultz. Closest to Pin, # 4, Dick Adams, 18' 2", # 8, JoAnn McGill, 5' 3".

In the Feb., 11 — Ladies League: 1st Place Team, 32, Kim Fiers, Joyce Swartz, Margaret Schultz, Debra Craig; 2nd Place, 33, Barb Sydenstricker, JoAnn McGill, Verna Knishka, Carol Gobel; 3rd Place, 35, Helene Mellon, Lynn Mahurda, Sandy Page; 4th Place, 39, Lynn Husen, Annie Hall, Vickie Mechllng, Doris Weeks. Closest to Pin, # 2, Joyce Swartz, 5' 4", # 4, Sandy Page, 15' 9", # 8, Joyce Swartz, 2' 0".

In the Feb., 14 — Mixed Scramble: 1st Place, 54, Tony Notaro, JoAnn McGill, Sandy Page; 2nd Place, 56, Mike Rogers, Bob & Verna Knishka. Closest to Pin, # 2, Sandy Page, 24' 0".

### Golf Hammock Ladies

The GHLGA celebrated Valentine's Day with a tournament and luncheon at the Golf Hammock Restaurant and Grill on Feb. 20. Although delayed due to the rain a week before, the ladies came to play a game for LGA Team Points.

First Place Winning Team: Jeanie Fivecoat, Betsy Wells, Hilda Waddell. Second Place Winning Team: Lorraine Friend, Shelba Fortier, Sharon Reinhold. Third Place Winning Team: Helene Tremblay, Barbara Walczak, Rosie Foote, Christiane Paradis. Fourth Place Winning Team: Sherry Kantola, Tami Dunlap, Laura Kebberly, Pat Lowe.

Most Fairways Hit: Helene Tremblay. Closest to the Pin: Shelba Fortier.

## McFarling Golf tournament on tap

Highlands News-Sun  
SPORTS STAFF

The 13th annual J.W. McFarling Foundation golf tournament is set for Saturday at Spring Lake Golf Resort.

The 18-hole tournament is a four-person scramble format and tees off at 9 a.m. Saturday with a luncheon to follow. The cost is \$55 per person.

The J.W. McFarling Golf Foundation was set up in 2007 in honor of James McFarling. Mr. McFarling was the founder of McFarling Foods Inc., in 1946. He was a member of Spring Lake Golf Resort and The Country Club

of Indianapolis. His passion for the game of golf began at the age of 40. He managed to lower his handicap to 7 at the prime of his golfing career. He taught his grandsons, letting them use his clubs. Mr. McFarling's family formed a foundation in his name to honor him, his love of the game and to support today's youth who share his passion for golf.

The foundation offers scholarships every year to help support high school graduates who participated in golf during their high school years and plan on furthering their

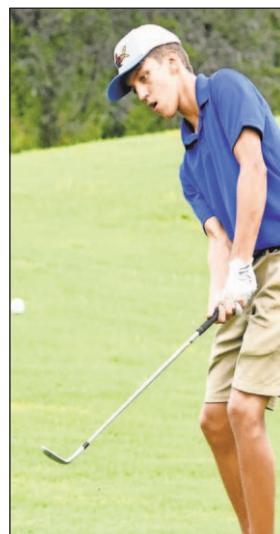
education.

The J.W. McFarling Foundation has also funded golf shirts for high school girls and boys golf teams and scholarships for students studying the golf related courses in college. The Sertoma of Sebring and McFarling Foundation have offered a golf clinic or golf outing during the summers from 2011 through 2017 at Spring Lake Golf Resort that has been very popular.

The J.W. McFarling Foundation has given out more than \$30,000 in scholarships over the years. There are several ways YOU can help: • Equipment

donations • Restaurant gift cards • Donations of tee time, golf privileges, golf carts • Donations to continue the golf clinics at Sebring and Spring Lake • Sponsoring the luncheon at Sebring • Sponsoring a player or team • Sponsoring a hole. All donations are tax deductible.

The McFarling Foundation supports our future golfers. Please let us know how you can help and thank you for helping James McFarling's dream! Please contact Bob Rider for further information or to pick up your donation at 317-370-7916.



FILE PHOTO

The 13th annual J.W. McFarling Foundation golf tournament is set for Saturday at Spring Lake Golf Resort.

# GAMES

FROM PAGE 7A

(65-69) joined the long jump competition at the last minute and recorded the day's best jump of 10' 9" edging out fellow Tanglewooder, Don Lariviere (70-74), who had a best jump of 10' 8.5"

There were very few who tried the high jump. Avis Vaught, the lone woman competing, had a best jump of 3' 2". Roland Jones recorded a jump of 4' 0" followed closely by local Don Lariviere and Duncan Beck from Wisconsin, who both topped out at 3' 8". Beck, a regular at the Heartland Senior Games is a Senior Games junkie. He is competing in three other senior meets across the state this winter and reports that through the years, he has entered Senior Games in 42 states.

Back on the track, Brojek kept things

hopping, ensuring that runners had time to rest up between events as needed, but never wasting any time. Sebring's Audrey Smith (80-84) had times of 1:03 in the 200 and 27.0 in the 100, best among local women. Okeechobee's Brenda Scott (55-59) blew away the ladies in the 200, 100 and 50 posting times of 40.1, 17.35 and 9.02 respectively.

In the 400, Richard Henneforth of Miami led the field with a timing of 1:28.80. Among locals, Tim Hudy (60-64) from Whisper Lake in Sebring posted a time of 1:36.1, just edging out Chuck Imboden (75-79) who crossed the finish line in 1:36.3.

Frank Irizzary (55-59), who came in from Deland for the day, had the best times in the 200 (29.5), 100 (14.0) and 50 (7.6). Locals posting great times were Tim Hudy (60-64) in the 200 with a clocking of



PHOTO BY NEIL SIMPSON

**Eighty-year-old Audrey Smith of Sebring crosses the finish line in the 200 meter race in Saturday's Heartland Senior Games track and field competition.**

36.02 and Tanglewood's Grant McLaughlin (65-69) who gave Irizzary a real run for his money in both the 100 and 50 metre races with times of 14.55 and 7.88 respectively.

Local medal winners were plentiful: Audrey

Smith (80-84) won gold medals in the 50, 100 and 200. Bob Stanionis (65-69) was the gold medal winner in 5k. Chuck Imboden (75-79) led his age group in the 400, 800, 1500 and 5k.

Don Lariviere (70-74)

had first place finishes in the 50, long jump and high jump, second in the 100 and third in both the shot put and discus. Earl Bosley earned three silver medals for shot put, discus and long jump. Gene Josey (80-84) was golden in both shot put and discus.

Grant McLaughlin (65-69) took home gold medals in the 50, 100 and long jump. Harold Smith (80-84) won gold in the 800 and 1500. Jim Gibbs (60-64) captured a gold medal in the 1500. Joe Oblon (60-64) had gold in the 50m and silver in the 100, 200, 400, 800 and 1500 races.

John Holm (75-79) walked away with a silver in the 1500. Kathi Flyte (60-64) took gold in the 5k. Ken Cowie got a silver for his efforts in the 5k. Larry Boldt (75-79) came first in his age group in the 50, 100, 200, long jump and high jump and placed second in shot put.

Mary Nicholls (55-59) placed first in her age group in the 5k. Murray

Hale (70-74) placed first in the 5k. Tim Hudy (60-64) placed first in the 100, 200, 400 and 800 and second in the 50, where he pulled a hamstring.

South Florida State College is thrilled that Brojek and his team have agreed to host the 2020 meet at Avon Park High School.

Any locals concerned about the challenge of entering events they may not have tried since high school have a full year to practice. The great thing about the Heartland Senior Games Meet is the camaraderie among the athletes.

Many times during the morning, the more skilled discus throwers and shot putters were seen offering tips to those with less experience during warm up time and Coach Pearson was busy helping long jumpers during their warm ups.

The 2019 Heartland Senior Games wrap up this week with tennis at the Thakkar Tennis Center today, Wednesday and Thursday.

# PANTHERS

FROM PAGE 7A

a rundown between first and second.

Neither team scored in the final two innings as the Pioneers held on to the game one 6-2 win over the Panthers.

The Panthers rebounded from the first game loss with a 7-1 win in the second game.

As in the first game, the Pioneers took a 1-0 lead in the top of the first, manufacturing a run on no hits to take the early lead.

Unlike the first game, South Florida quickly answered as they posted three runs in the bottom of the first on zero hits as the Pioneer pitcher



PHOTO BY JIM TAYLOR/CORRESPONDENT

**South Florida State College's left fielder Sunni Bearden throws the ball back into the infield during Saturday's doubleheader.**

struggled to find the strike zone, hitting the leadoff batter and walking

five more plus an error led to the Panthers taking a 3-1 lead.

The Panthers plated three more runs in the second inning. After Payton Pilon reached on a one-out single into left field, followed by another walk and a hit batter to load the bases, Pilon scored on a single by Hannah Perez into centerfield to put the Panthers up 4-1.

A wild pitch plated a fifth run for the Panthers and Amanda Cristafulli capped off the scoring with a single into right field that drove in Janaea Mobley, who reached base earlier when she was hit by a pitch, to give the Panthers a 6-1 lead after two innings. The Panthers added

their final run of the game in the third inning as Raylee Coleman led off with a double into left field and scored on a double by Pilon into left-centerfield to put the Panthers up by six, 7-1.

Both Coleman and Pilon had two hits apiece in the second game and Perez drove in two runs, while Panther starting pitcher Baylee Haggard held the Pioneers hitless the final four innings, giving up just one run and one hit for the game and the 7-1 win.

South Florida State College will have a series of home games, starting on Thursday against ASA College, then Saturday against Lincoln Land Community College.

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**GUEST COLUMN**

Annsley Bohlman

## Good intentions not always recognized

This week my poor pup Chien got a thorn stuck in his paw. He is especially protective of his paws, and really hates to have them touched or grabbed. As you can imagine, this made the task of removing the thorn quite difficult.

I tried for a while to remain calm and let him come to me in a relaxed manner. However, after a few hours I realized that he probably wouldn't ever come up to me begging to have his paws inspected. At this point I had to move on to Plan B which mostly revolved around pulling him over to me and forcing him to let me look.

He was cowering in his kennel and reluctantly let himself be pulled out. After looking at all four paws I figured that there were no more thorns and he was fine. But, after that Chien started acting weird.

He didn't want to play or lay with me on the couch. He wouldn't come over to me when I called him, and instead anytime I would say "come here Chien" he would go and sit in his kennel.

I figured the best thing to do would be to ignore him. After all, he has always been obsessed with me, following me from room to room even. I figured he would get over it quickly.

However, that night Chien chose to sleep in his kennel. He would only come out for walks or to eat and drink. I started to feel really bad, like I had traumatized my dog. Or at the very least broken his trust.

As the days continued I got more and more worried about Chien. He was really not acting like himself. He wasn't being rambunctious or hyper or relatively in my face at all. But, he was eating and still responding for the most part so I just figured waiting it out couldn't hurt.

And I am happy to say that it didn't hurt anything to wait. Or, at least not anything I have noticed this far. Though, he is still not being himself entirely. As time has gone on he has gotten less and less timid.

He doesn't spend long amounts of time in his kennel anymore, he is excited when I come home from being gone or when I ask him "Do you want to go on a walk?" It's nice to see him feeling better, but I still feel bad about making him nervous around me. Especially because I was only trying to help him. Was I just supposed to leave the thorn in there?

This experience has taught me to be more aware of the way my actions affect others, including my dog. I never think of myself as a scary person, however I scared my dog when I was trying to help him, and it caused him to act really differently. I'm hoping to see Chien get back to his only self entirely in the next week or so.

## Betty Ford-Smith gains national, international prominence for quilting

By **MELISSA MAIN**  
STAFF WRITER

SEBRING — Betty Ford-Smith's pine cone quilts are gaining national and international attention. Ford-Smith has traveled to France to share her quilting technique, and six of her quilts are currently hanging in a special exhibit at the National Quilt Museum in Paducah, Kentucky.

The pine cone quilts are in an exhibit entitled "Keeping Tradition Alive." Betty Ford-Smith hopes to help people learn to make pine cone quilts, a skill she learned from a 92-year-old woman named Arlene Dennis,



COURTESY PHOTO

**Betty Ford-Smith is exhibiting six of her handmade pine cone quilts at the National Quilt Museum until April 16.**

but who she affectionately refers to as "Miss Sue." Ford-Smith spent six years in an apprenticeship to Miss Sue and completed two quilts

under her supervision. Now the skill is being taught to people around the world through detailed instructions on the National Quilt Museum's website.

"When the curator [of the National Quilt Museum], Rachael Baar, saw my pine cone quilts on my website, she told me she had never seen anything quite like them and asked me if I would like to exhibit," Ford-Smith said.

Ford-Smith's quilts are unique because they have three dimensional and look like the bottom of a pine cone. In addition, instead of the pattern being in separate blocks, the whole quilt is

one continuous pattern.

Each quilt can weigh from 18 to 30 pounds depending on its size, and she spends between \$600 to \$800 for fabric on each one. "The fabrics I use typically cost between \$3.99 to \$11.99 a yard," she said.

"The curator asked how many quilts I had made and how many I could exhibit," Ford-Smith said.

Ford-Smith received a warm welcome at the National Quilt Museum, one of the world's top quilt museums. "When I arrived for the first time, Rachael Baar, the curator, Laura Hendrickson, the

QUILT | 8B

## Creating a life of learning

### Lang shapes young lives at Busy Kids Creative Learning Center

By **DOROTHY HARRIS**  
CORRESPONDENT

SEBRING — Seeing her work as a mission she has been called to, Anne Lang, owner of Busy Kids Creative Learning Center, believes childcare is God's plan for her life. "Everyone has something they are meant to do. I believe helping children explore and grow to love learning is my role."

Lang is the owner/operator of a childcare business currently serving 151 of our area's 2 to 5 year olds. Offering year-round child care and summer VPK (Voluntary Prekindergarten), the center's degreed and credentialed teachers provide a Montessori philosophy and well-rounded curriculum on a low staff-to-child ratio. "Our



DOROTHY HARRIS/CORRESPONDENT

**Long serving educator Sandra Hawkins, left, has been with Anne Lang for 12 years and serves as the art teacher of Busy Kids.**

goal is to develop literacy and kindergarten-readiness," explained Lang.

The academic success of children attending a VPK program led to the State of Florida offering free prekindergarten for all 4 year olds regardless of family income. Children must be 4 years old on or before Sept. 1 of the school year to meet eligibility guidelines. In 2016 however, a new law passed for children born between Feb. 2 and Sept. 1, allowing

them to postpone enrollment until they turn 5 the following year.

When VPK debuted, it spurred Lang to purchase Busy Kids in 2004 and get involved. With a long-storied background and a degree in early childhood education, she credits divine intervention for finding her way into childcare. Growing up locally, she felt driven to get out into the world. "I always wanted to dance on Broadway and thought a degree in accounting would get me out of Highlands County," she laughed.

Attending the University of Florida, she took a part time job teaching 3 year olds during college and found her passion. In the field since 1987, she has

driven a bus, monitored school nutrition for the U.S.D.A and worked in nearly every early childhood position possible. Living in Orlando after getting married, it wasn't until she returned to care for her ailing father that she fell back in love with Highlands County

"We have been so blessed to have our own children grow up in this supportive community," Lang credits a genuine concern for the area's youth and an overall desire for children to succeed. "The people here really care about each other's families. You don't find that same connection in large cities."

Lang's husband teaches at

LANG | 5B



DOROTHY HARRIS/CORRESPONDENT

**Instilling a joy of reading is part of the VPK Montessori focus of the Busy Kids Creative Learning Center, as owner Anne Lang reads to one of her students.**

## Symptoms and risk factors of heart disease in women

By **MAYO CLINIC**

Although heart disease may often be thought of as a problem for men, heart disease is the most common cause of death for both women and men in the United States. One challenge is that some heart disease symptoms in women may be different from those in men. Fortunately, women can take steps to understand their unique symptoms of heart disease and to begin to reduce their risk of heart disease.

**Heart attack symptoms for women**

The most common heart attack symptom in women is some type of pain, pressure or



MAYO CLINIC PHOTO

**A female cardiologist talking with a woman patient in an exam room about heart disease using a model.**

discomfort in the chest. But it is not always severe or even the most prominent symptom, particularly in women.

And, sometimes, women may have a heart attack without chest pain. Women are more likely than men to have heart

attack symptoms unrelated to chest pain, such as:

- Neck, jaw, shoulder, upper back or abdominal discomfort
- Shortness of breath
- Pain in one or both arms
- Nausea or vomiting
- Sweating
- Lightheadedness or dizziness
- Unusual fatigue

These symptoms can be more subtle than the obvious crushing chest pain often associated with heart attacks. Women may describe chest pain as pressure or a tightness. This may be because women tend to have blockages not only in their main arteries

but also in the smaller arteries that supply blood to the heart — a condition called small vessel heart disease or coronary microvascular disease.

Women's symptoms may occur more often when women are resting, or even when they're asleep. Mental stress also may trigger heart attack symptoms in women.

Women tend to show up in emergency rooms after heart damage has already occurred because their symptoms are not those usually associated with a heart attack, and because women may downplay their

HEART | 7B

# Younger women having more acute heart attacks in U.S

By **AMERICAN HEART ASSOCIATION**

Women who spent less of their day in sedentary behaviors — sitting or reclining while awake—had a significantly decreased risk of heart disease, but there has been an increase in the incidence of younger women having acute heart attacks in the U.S., according to two studies in a special Go Red for Women issue of the American Heart Association's journal Circulation, published in February, American Heart Month.

This is the third annual issue of the journal dedicated to research about women and cardiovascular health. It includes research articles and studies on topics such as how complicated pregnancies may be associated with a higher risk of death from heart disease and why bystanders may be less likely to perform CPR on women in cardiac arrest and others.

"Women who have had heart attacks, strokes and other cardiovascular diseases continue to experience disproportionately higher death rates than men. In addition, sex disparities in cardiovascular care show women may be less likely to receive evidence-based treatments than men," said Joseph A. Hill, M.D., Ph.D., the editor-in-chief of Circulation and professor of medicine and molecular biology at UT Southwestern Medical Center in Dallas, Texas.

"We hope that by highlighting some of the best research on cardiovascular disease in women, this issue of Circulation devoted to women's heart health will ignite more interest in and greater commitment to conducting research in this area and propel relevant stakeholders to team up in the fight against cardiovascular disease in

women," said Hill.

## Sedentary behavior and cardiovascular disease in older women: The Objective Physical Activity and Cardiovascular Health (OPACH) study

In a large prospective study of sedentary time and cardiovascular disease in women, each additional hour/day spent not sitting was associated with a 12 percent lower risk of any cardiovascular disease and a 26 percent lower risk of heart disease in women who were 63-97 years of age. A key finding was that reductions in sedentary time that were spread throughout the day (instead of occurring all at one time) were also associated with lower risk of cardiovascular diseases including heart attacks and strokes.

Researchers studied over 5,000 women in the OPACH Study who had not had a heart attack or stroke before the start of the study. The participants wore accelerometers, devices that measure physical activity, for 4-7 days to objectively evaluate their sedentary time, and their cardiovascular health was tracked for up to 4.9 years.

The results showed a dose-response association between total daily sedentary time and cardiovascular disease and a dose-response association between the average duration of individual bouts of sedentary time and cardiovascular disease. The results were independent of health status, physical function and CVD risk factors including blood pressure, lipid levels and moderate-to-vigorous intensity physical activity.

## Twenty Year Trends and Sex Differences in Young Adults Hospitalized with Acute Myocardial Infarction:

## The ARIC Community Surveillance Study

Younger patients, ranging in age from 35 to 54 years of age, accounted for 27 percent of all people hospitalized with heart attacks in the U.S. between 1995-1999, and increased to 32 percent between 2010-2014, with a greater increase among women compared to men. During the study period, heart attack incidence for women rose from 21 percent to 31 percent; for men the incidence increased from 30 percent to 33 percent.

Compared to young men, young women admitted to hospitals for heart attacks were more likely to be black, have high blood pressure, chronic kidney disease, diabetes and other medical conditions that raise the risk of having a heart attack. They were also less likely to receive invasive treatments to open clogged arteries or receive guideline recommended medications such as non-aspirin blood thinners, beta-blockers, cholesterol lowering drugs and therapies to reduce the risk of another heart attack.



AMERICAN HEART ASSOCIATION PHOTO

Younger women are having more acute heart attacks in the United States.

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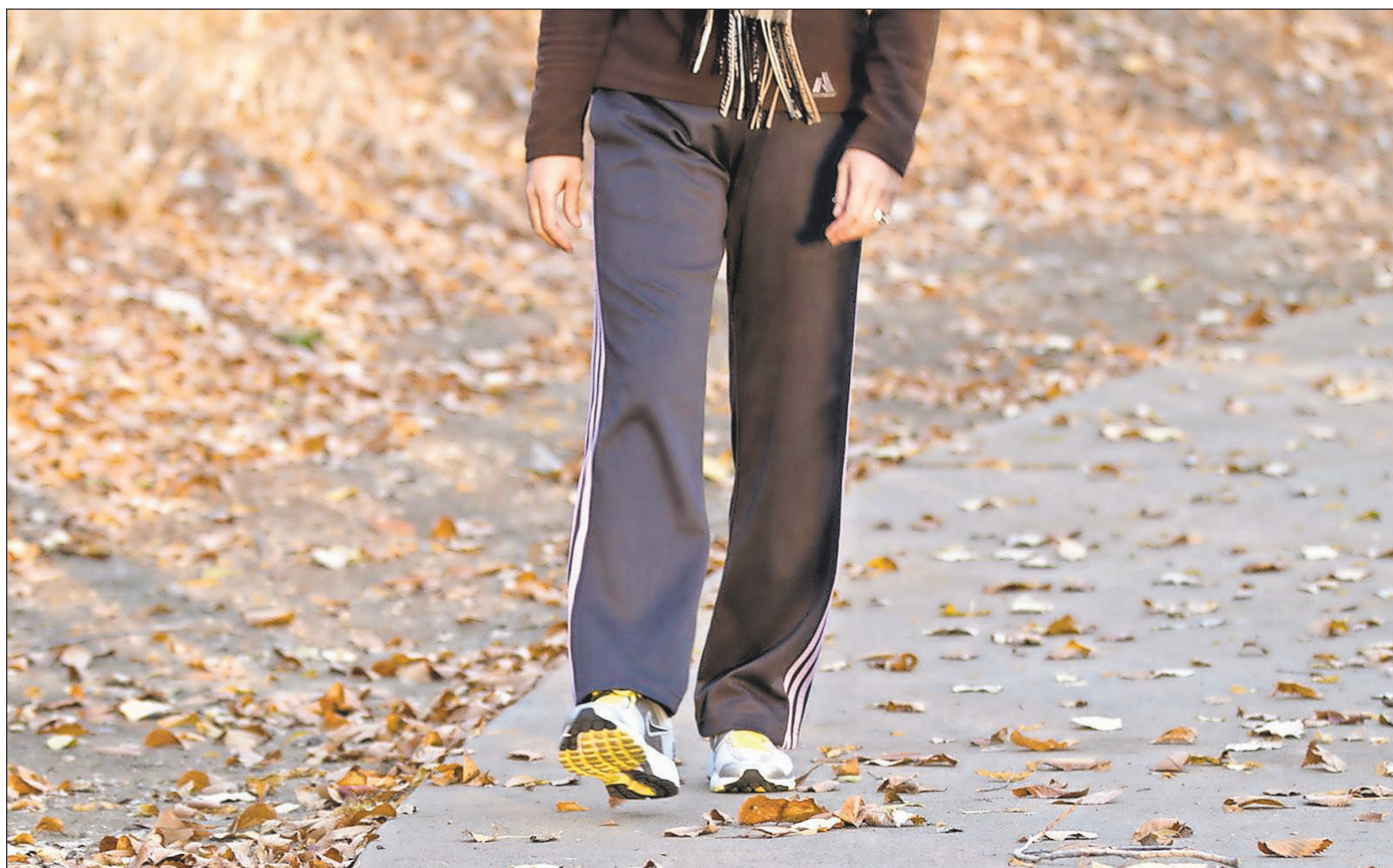
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# Women benefit more from morning exercise



AMERICAN HEART ASSOCIATION PHOTO

Women see blood pressure benefits from morning exercise and breaks from sitting during the day.

## Frequent breaks from sitting also helps blood pressure

**By AMERICAN HEART ASSOCIATION**  
DALLAS — Thirty minutes of morning exercise lowers blood pressure for the rest of the day among older men and women who are overweight or obese. And women who take brief, frequent breaks from sitting throughout the day can enhance the blood pressure benefits of morning exercise even more, according to new research published in the American Heart Association's journal Hypertension.

In a study of men and women, age 55 to 80, all of whom were overweight or obese, researchers wanted to find out whether the beneficial effect of morning exercise on blood pressure was negated by long periods of sitting throughout the rest of the day. They also wanted to learn whether the benefit of morning exercise would be enhanced by taking frequent, short breaks from sitting.

"Traditionally, the health effects of exercise and sedentary behavior have been studied separately. We conducted this study because we wanted to know whether there is a combined effect of these behaviors on blood pressure," said Michael Wheeler, B.Sc., lead author of the study who is a Ph.D. candidate at the University of Western Australia in Perth and works at the Baker Heart and Diabetes Institute in Melbourne, Australia.

To conduct the study, the researchers had 67 participants (35 of whom were women) take part in three different scenarios,

in a random order, separated by at least 6 days:

- Uninterrupted sitting for 8 hours.
- One hour of sitting prior to 30 minutes of exercise, followed by 6.5 hours of prolonged sitting (exercise consisted of walking on a treadmill at moderate intensity).
- One hour of sitting prior to 30 minutes of exercise, followed by sitting which was interrupted every 30 minutes with 3 minutes of light intensity walking for 6.5 hours.

The study was conducted in a controlled laboratory environment, and the participants ate the same standardized meals the night before and during the study. Blood pressure and adrenaline levels were measured repeatedly during each 8-hour condition.

The researchers found that average blood pressure, especially systolic blood pressure, was reduced among both men and women who took part in morning exercise, compared to when they did not exercise. There was further benefit — a significant reduction in average systolic blood pressure — for women when they combined morning exercise with frequent breaks from sitting throughout the day. For men, there was no additional blood pressure benefit to taking frequent breaks from sitting.

Systolic blood pressure is the first of two numbers when blood pressure is taken. It measures pressure in blood

vessels when your heart beats. Diastolic blood pressure is the second number, which measures pressure between beats. Wheeler says that over age 50, higher systolic blood pressure is more predictive of cardiovascular events than diastolic blood pressure.

The American Heart Association and American College of Cardiology hypertension guidelines define high blood pressure as 130/80 and above.

"For both men and women, the magnitude of reduction in average systolic blood pressure following exercise and breaks in sitting, approached what might be expected from antihypertensive medication in this population to reduce the risk of death from heart disease and stroke. However, this reduction was greater for women," said Wheeler.

The researchers do not know why there was a gender difference, but think it may be a combination of factors, including varying adrenaline responses to exercise and the fact that all women in the study were post-menopausal — a time when women are at increased risk for cardiovascular disease. Breaks in sitting have been shown in other studies to have a greater beneficial effect on blood pressure among groups with higher risk of cardiovascular disease, according to Wheeler.

The researchers conclude that the benefits of exercise

on lowering blood pressure can be enhanced by avoiding prolonged periods of sitting and add that future studies should specifically test for gender differences in blood pressure with breaks in sitting alone.

"Having the study participants begin with exercise was intentional," according to Dr. Wheeler, "because we wanted to focus on the novel aspect of combining exercise with breaks in sitting. However, it means that we cannot say for sure that breaks in sitting alone had no blood pressure lowering effect in men, as any effect could have been masked by the preceding effect of exercise."

Future studies would be needed to see if the same benefits would apply to younger people and those who are not overweight. But, according to Wheeler, "As the proportion of those who are overweight with higher blood pressure increases with age, adopting a strategy of combining exercise with breaks in sitting may be important to control and prevent the development of high blood pressure."

Co-authors are David Dunstan, Ph.D.; Kathryn Ellis, Ph.D.; Ester Cerin, Ph.D.; Sarah Phillips, B.Sc.; Gavin Lambert, Ph.D.; Louise Naylor, Ph.D.; Paddy Dempsey, Ph.D.; Bronwyn Kingwell, Ph.D.; and Daniel Green, Ph.D. Author disclosures are on the manuscript.

The study was funded by a project grant from the National Health and Medical Research Council of Australia.

### LANG FROM PAGE 1B

Sebring High School and the couple delights in seeing the next generation of students entering their classrooms. "One of my current preschool students is the child of a former student," marveled Lang. "She came in for a tour and initially I thought she was referring to being in my class when I taught college level." The young mom clarified she had been in Lang's VPK class and wanted her own child to have the same experience. At that moment, Lang realized she had begun serving a second generation.

With a goal of providing the same education she would want her own children to experience, Lang has stayed true to her mission even as childcare evolved. "Years ago there was minimal monitoring, but we have seen more rigorous requirements and additional focus on academic growth."

She and her team of teachers utilize intentional planning throughout the day. "We see ourselves as a private school preparing students for school enrollment." The Busy Kids school day starts as early as 7 a.m. and can last until 5:30 p.m. "Our VPK is three hours of our day. Some students come daily; others join us a few days a week." Lang's

staff includes seven degreed teachers and others with educational certificates.

While stressing the importance of quality early education, she urged parents to be choosy. "There are many good places in the community so select according to the goals you have for your child. Find a compatible environment where they feel comfortable."

Lang suggested parents look for quality interaction between providers and children with limits on screen time. "VPK will help your child learn socialization, how to stay on a routine and all the kindergarten readiness skills needed to ensure a lifelong love of learning."



DOROTHY HARRIS/CORRESPONDENT

Anne Lang, left, seen here with Alana Keith, who teaches 3 year olds, believes in investing in her staff and students.

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**HEART**  
FROM PAGE 1B

symptoms. If you experience these symptoms or think you're having a heart attack, call for emergency medical help immediately. Don't drive yourself to the emergency room unless you have no other options.

**Heart disease risk factors for women**

Although several traditional risk factors for coronary artery disease — such as high cholesterol, high blood pressure and obesity — affect women and men, other factors may play a bigger role in the development of heart disease in women. For example, risk factors may include:

- Diabetes — Women with diabetes are at greater risk of heart disease than are men with diabetes.
- Mental stress and depression — Women's hearts are affected by stress and depression more than men's. Depression makes it difficult to maintain a healthy lifestyle and follow recommended treatment, so talk to your doctor if you're having symptoms of depression.
- Smoking — In women, smoking is a greater risk factor for heart disease in women than it is in men.
- Inactivity — A lack of physical activity is a major risk factor for heart disease, and some research has found women to be more inactive than men.
- Menopause — Low levels of estrogen after menopause pose a significant risk factor for developing cardiovascular disease in the smaller blood vessels (coronary microvascular disease).
- Broken heart syndrome — This condition, often brought on by stressful situations that can cause severe, but usually temporary, heart muscle failure, occurs more commonly in women after menopause. This condition may also be called takotsubo cardiomyopathy, apical ballooning syndrome or stress cardiomyopathy.
- Certain chemotherapy drugs and radiation therapy for cancer — Some chemotherapy drugs and radiation therapies, such as those used to treat breast cancer, may increase the risk of cardiovascular disease.
- Pregnancy complications — High blood pressure or diabetes during pregnancy can increase women's long-term risk of high blood pressure and diabetes and increase the risk of development of heart disease in the mothers.

Some research has found that if you had pregnancy complications such as high blood pressure or diabetes your children may also have an increased risk of heart disease in the future.

Women with inflammatory diseases, such as rheumatoid arthritis or lupus, may also have a higher risk of heart disease. Research is ongoing in other heart disease risk factors in women.

**Is heart disease something only older women should worry about?**

No. Women of all ages should take heart disease seriously. Women under the age of 65, and especially those with a family history of heart disease, need to pay close attention to heart disease risk factors.

**What can women do to reduce their risk of heart disease?**

- Women can make several lifestyle changes to reduce the risk of heart disease, including:
- Quit or don't start smoking
- Exercise regularly
- Maintain a healthy weight
- Eat a healthy diet that includes whole grains, a variety of fruits and vegetables, low-fat or fat-free dairy products, and lean meats. Avoid saturated or trans fat, added sugars, and high amounts of salt.
- Women also need to take prescribed medications appropriately, such as blood pressure medications, blood thinners and aspirin. And they'll need to better manage other conditions that are risk factors for heart disease, such as high blood pressure, high cholesterol and diabetes.

**Exercise to reduce the risk of heart disease in women**

In general, everybody should do moderate exercise, such as walking at a brisk pace, on most days of the week. The Department of Health and Human Services recommends 150 minutes a week of moderate aerobic activity, 75 minutes of vigorous aerobic activity a week, or a combination of moderate and vigorous activity. That's about 30 minutes a day, five days a week.

For even more health benefits, aim for 300 minutes of moderate aerobic activity or 150 minutes of vigorous aerobic activity a week. That's about 60 minutes a day, five days a week. In addition, aim to do strength training exercises two or more days a week.



MAYO CLINIC PHOTO

While often thought of as a men's health issue, heart disease affects both men and women.

Waist circumference also is a useful tool to measure whether or not you're overweight. Women are generally considered overweight if their waist measurement is greater than 35 inches (89 centimeters).

Losing even a small amount of weight can help by lowering your blood pressure and reducing your risk of diabetes — both of which increase your risk of heart disease.

**Is the treatment for heart disease in women different than in men?**

Generally, heart disease treatment in women and in men is similar. Treatment may include medications, angioplasty and stenting, or coronary bypass surgery. Angioplasty and stenting,

commonly used treatments for heart attack, are effective for both men and women. However, women who don't have typical chest pain are less likely to be offered these potentially lifesaving options.

And, in women, if heart symptoms are mainly caused by coronary microvascular disease, treatment generally includes healthy lifestyle changes and medications.

Doctors may recommend cardiac rehabilitation to improve health and recover from heart disease.

**Taking aspirin to prevent heart disease in women**

Guidelines from the American Heart Association (AHA) urge women to be more aggressive about cutting their cardiovascular disease risk. For some women, this includes a daily aspirin. But, the routine use of daily

aspirin therapy to prevent heart disease in low-risk women younger than 65 years old isn't recommended.

Doctors may recommend that women older than 65 years take a daily 81-milligram aspirin to help prevent heart disease if their blood pressure is controlled and the risk of digestive bleeding is low. Aspirin might also be considered for at-risk women younger than 65 years for stroke prevention.

But, don't start taking aspirin for heart disease prevention on your own. Talk with your doctor about the risks and benefits of taking aspirin based on your individual risk factor.

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Kendra Allen is a Licensed Hearing Aid Specialist. She received her Bachelors of Arts degree in Hearing and Speech Sciences from the University of Maryland in 2012. She has over 6 years of experience working in the audiology field in hospital and private practice settings. She joined Lampe and Kiefer in 2017, relocating from Washington DC.

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Betty Ford-Smith's pine cone quilts are currently being displayed at the Corner Gallery at the National Quilt Museum until April 16.

Betty Ford-Smith's quilts are hanging in the Corner Gallery at the prestigious National Quilt Museum in Panducah, Kentucky.

**QUILT**  
FROM PAGE 1B

registrar, Becky Glasby, the educational specialist, and Victoria Caldwell, the photographer, all hugged me and told me how happy they were that I was there for the opening," she said.

"Even the CEO Frank Bennett came out to greet me and tell me how delighted they were to be

exhibiting my pine cone quilts," Ford-Smith said. The museum was so impressed with her work that it chose her quilting technique as the featured block of the month for February. Each month people around the world learn a new quilting technique and make a sample block. The blocks are then sewn together into a 12-block sampler. "Each month, participants will gain access to an exclusive pattern that represents an exhibit currently on display at The National Quilt Museum or a similar theme, challenging quilters of all levels to experiment with new techniques and expand their horizons as a modern quilter," the

National Quilt Museum (NQM) stated. "Each block is designed by a unique artist, adding their own personal style to each pattern while still encompassing the theme of the exhibit which it represents," the NQM stated. My three minute instructional video on making pine cone quilts received 15,000 views in the first eight hours, Ford-Smith said. People will be able to view Ford-Smith's pine cone quilt collection at the National Quilt Museum until April 16. To learn how to make Ford-Smith's pine cone quilt, visit <https://www.facebook.com/groups/NQMBlockoftheMonth/>



COURTESY PHOTO

The National Quilt Museum asked Betty Ford-Smith to display her pine cone quilts in the museum.

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For many, 'Green Book' win was a confounding Oscar climax

See page 2



## Trump downplays summit expectations

President on his way to meeting with Kim Jong Un in Vietnam

By JONATHAN LEMIRE  
ASSOCIATED PRESS

WASHINGTON — Redefining success, President Donald Trump headed to his second meeting with North Korea's Kim Jong Un on Monday, determined to tamp down expectations that he'll achieve big strides toward

denuclearization. Yet he was still eager to claim an attention-grabbing victory to offset the political turmoil he faces at home.

Trump is set to land in Vietnam late Tuesday and will have meetings with the host country's president and prime minister the next day before the president and Kim greet

one another and sit down Wednesday for a private dinner.

Trump will be joined at the dinner by Secretary of State Mike Pompeo and White House chief of staff Mick Mulvaney, the White House said Monday. Kim also will have two aides with him, and there will be translators for both sides. Trump and Kim, who

is traveling to the summit by train and car, will have a series of official meetings Thursday.

Trump laid out ultimate goals for both the U.S. and Kim in an appearance before the nation's governors Monday before boarding Air Force One to fly to Vietnam: "We want denuclearization, and I think he'll have a country that will set a lot of records for speed in terms of an economy."

Worries abound across world capitals about what Trump might be willing to give up in the name of a win, but there seems less mystery about his North Korean counterpart. Survival of the Kim regime is always the primary concern.

Trump was the driving force behind this week's summit, aiming to re-create the global

SUMMIT | 3

## Would you eat synthetic steak?



AP PHOTO

This Wednesday photo, shows a first lab-grown steak during a presentation by the Israeli company Aleph Farms. Several Israeli start-ups have joined a handful of companies around the globe trying to develop lab-grown meat.

## Israeli startups join firms making lab-grown 'clean meat'

By ILAN BEN ZION  
ASSOCIATED PRESS

NES ZIONA, Israel — Several Israeli start-ups have joined a handful of companies around the globe trying to develop lab-grown meat, something they see as a solution to the needs of the world's ever-growing population and burgeoning demand for food.

The product has been known under different names, including cultured meat, in-vitro or artificial and "clean meat" — a term advocates say underscores its environment-friendly nature. It's basically made

of animal muscle cells grown in a culture in a lab, a technology similar to stem cells.

And while "synthetic steaks" are perhaps not a candidate for everyone's favorite dish, they could someday compete with conventional chicken or beef, an affordable price tag permitting.

"Producing meat is very inefficient," said Yaakov Nahmias, a bioengineering professor at Hebrew University and founder of Future Meat Technologies. Cultured meat, by comparison, consumes "10 times less water, less land, less

energy than the current meat production."

Advocates say lab-grown meat is flavorful and better for the environment than conventional meat. They say it consumes less water, energy and land, produces less greenhouse gases and reduces animal suffering.

Agriculture is estimated to generate around 13 percent of global greenhouse gas emissions, with livestock alone responsible for two-thirds of those emissions, according to the United Nations' Food and Agriculture Organization.

For Israel, the advances are a far cry from the

country's early decades, when meat was rationed.

In fact, Israel is quickly becoming "the leader in the space, or (is) side-by-side with Silicon Valley" in cultured meat technologies, said Alex Shirazi, co-founder of the Cultured Meat and Future Food podcast and a founder of the Cultured Meat Symposium, an industry gathering in San Francisco in November.

Israel has a thriving high-tech scene, so the pursuit of lab-grown meat was a natural avenue for its entrepreneurs, experts

MEAT | 3

## Ex-campaign worker for Trump sues over unwanted kiss claim

By CURT ANDERSON  
AP LEGAL AFFAIRS WRITER

MIAMI — A former worker on President Donald Trump's 2016 campaign claims in a lawsuit filed Monday that he abruptly grabbed her by the hand and planted an unwanted kiss on her face during a Florida meeting with staff and volunteers.

Alva Johnson, who lives in the Huntsville, Alabama area, contends in the federal lawsuit that Trump made the nonconsensual advance in August 2016 in Tampa, Florida. She says he "grasped her hand and did not let go" and kissed her on the corner of her mouth as she turned slightly away.

"The forced and unwanted kiss was deeply offensive to Ms. Johnson," the lawsuit says, adding that she suffered "emotional distress, psychological trauma, humiliation, embarrassment, loss of dignity, invasion of privacy and other damages."

The lawsuit, also reported earlier Monday by The Washington Post and The New Yorker, seeks unspecified money damages and an order preventing the president from "grabbing, kissing or otherwise assaulting or harassing women without prior express consent."

White House Press Secretary Sarah Sanders called Johnson's allegations fabricated and said other people who were there say it did not take place.

"This accusation is absurd on its face. This never happened and is directly contradicted by multiple highly credible eye witness accounts," Sanders said.

At the time, Johnson's main job with the Trump campaign was to manage a fleet of recreational vehicles that served as traveling offices throughout Florida. According to the lawsuit, Trump visited one of these RVs in Tampa before a rally there when the unwanted kiss took place.

Among those who allegedly witnessed the incident was Pam Bondi, at the time Florida's attorney general and a Trump supporter. The lawsuit contends that Bondi "glanced at Ms. Johnson and smiled" after the alleged unwanted kiss.

Bondi did not immediately respond Monday to an email seeking comment.

Johnson's lawsuit also recounts at least a dozen similar allegations made by women against Trump and notes that she realized

TRUMP | 3

## US stocks close higher after tariff increase postponed

Trump willing to meet with Chinese for negotiations

By DAMIAN J. TROISE and ALEX VEIGA  
AP BUSINESS WRITERS

Stocks closed modestly higher Monday after shedding most of the gains from an early rally spurred by the Trump administration's decision to hold off on increasing tariffs on imported Chinese goods.

Investors welcomed the move, which averted an escalation

in the damaging trade war between the world's two largest economies. The fight is over U.S. complaints that Beijing steals technology or pressures companies to hand it over.

Traders have been growing increasingly optimistic over the last two weeks that the U.S. and China are moving closer to a resolution of their dispute. That's helped lift stocks in

recent weeks, gains which some analysts say suggest the market is already viewing an agreement as a done deal.

"You can attribute much of today's gains to trade," said Lindsey Bell, investment strategist at CFRA.

Technology companies and banks accounted for much of the market's gains, outweighing losses in consumer goods

stocks and other sectors. Oil prices fell sharply after President Donald Trump said they were getting too high. On Friday, oil closed at the highest level since mid-November.

The S&P 500 index added 3.44 points, or 0.1 percent, to 2,796.11. The benchmark index has finished higher the past four weeks in a row.

The Dow Jones Industrial average gained 60.14 points, or 0.2 percent, to 26,091.95. Earlier in the day it was up more than

209 points.

The Nasdaq composite rose 26.92 points, or 0.4 percent, to 7,554.46. The Russell 2000 index of smaller companies dropped 1.26 points, or 0.1 percent, to 1,588.81.

Progress in the U.S.-China trade talks also helped lift markets broadly in Europe and Asia, where China's main index, the Shanghai Composite, jumped to an eight-month high.

STOCKS | 3



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## Pence announces new sanctions on Maduro

US planning new ways to pressure him to give up power

By **BEN FOX**  
and **JOSHUA GOODMAN**  
ASSOCIATED PRESS

BOGOTA, Colombia — The Trump administration announced new sanctions Monday on allies of Venezuela's Nicolas Maduro as it struggles to find new ways to boost his opponent after an effort to deliver humanitarian aid to the economically devastated nation faltered amid strong resistance from security forces loyal to the socialist leader.

Vice President Mike Pence arrived in the Colombian capital for an emergency summit of regional leaders to discuss the deepening crisis and immediately met with Juan Guaido, the opposition leader the U.S. and 50 other nations recognize as Venezuela's rightful president.

In a speech, Pence urged regional partners to freeze oil assets controlled by Maduro, transfer the proceeds to Guaido and restrict visas for Maduro's inner circle. He said the U.S. was imposing more sanctions on four pro-government governors, including a close Maduro ally who negotiated the release of an American jailed for more than two years.

Pence's appearance before the Lima Group comes at an important crossroads for the coalition of mostly conservative Latin American nations and Canada that has joined forces to pressure Maduro. A month after Guaido declared himself interim president at an outdoor rally, hopes that support for Maduro inside the military would quickly crumble have faded.

Over the weekend, security forces on the borders with Colombia and Brazil fired tear gas

and buckshot on activists waving Venezuelan flags while escorting trucks with emergency medical and food kits. Four people were killed and at least 300 wounded, although only a few were hospitalized.

While Colombian authorities said more than 160 soldiers deserted their posts and sought refuge across the border over the weekend, the highest-ranking among them was a National Guard major. No battalion or division commanders have come forward to challenge Maduro despite almost-daily calls by Guaido and the U.S. to do so.

The Lima Group, in an 18-point declaration signed by 10 nations and Guaido, reiterated their call on the Venezuelan military to recognize the opposition leader as their commander in chief, urged the International Criminal Court to declare Maduro's aid blockade a crime against humanity and pressed the United Nations to play a bigger role in resolving the crisis.

For now, the U.S. is showing no signs it is considering a military intervention to remove Maduro.

During his visit, Pence repeated President Donald Trump's threat that "all options are on the table" but gingerly avoided talking about the potential for military action.

Instead, he stuck to traditional policy tools that so far have only hardened Maduro's resolve. Foremost among them was the addition of four governors to a growing list of more than 50 Venezuelan officials under sanctions and blocked from doing business or having accounts in the U.S.

## For many, 'Green Book' win was a confounding Oscar climax



AP PHOTO

Peter Farrelly, center, and the cast and crew of "Green Book" accept the award for best picture at the Oscars on Sunday.

### Awards sparkled with more women and African-American winners than ever before came

By **JAKE COYLE**  
AP FILM WRITER

LOS ANGELES — An Academy Awards that sparkled with more women and African-American winners than ever before came to a screeching halt with the night's final honor. Some would even call it a "Crash."

In a twist ending that shocked many of the Dolby Theatre attendees and those watching at home, Peter Farrelly's hotly debated buddy road-trip dramedy "Green Book" triumphed at the 91st Oscars, complicating the story line on a night that had, until that moment, belonged to cultural milestones like Ryan Coogler's "Black Panther" and Alfonso Cuarón's border-breaking Netflix release, "Roma."

It's not unusual for the announcement of an Oscar winner to provoke a grimace or two. It's less ordinary to see members of the crowd leap to their feet, wave their arms in disgust and nearly stomp out of the theater.

The cameras missed it, but that was how Spike Lee responded in the Dolby Theatre. After all, Lee has seen it before. Almost exactly 30 years ago, "Driving Miss Daisy" — a movie with a similarly simplistic view of race that is often compared to "Green Book" — won best picture in the same year Lee's incendiary

"Do the Right Thing" came out. Backstage, Lee joked on the win for "Green Book" that "the ref made a bad call."

Lee, who won his first competitive Oscar for the script to "BlackKkklansm." is the most divisive, and by some measure, most critically derided best-picture winner in more than a decade. Its win was greeted by many as a sign that Hollywood may have changed enough to honor the second and third black female non-acting Oscar winners (as it did Sunday with costume designer Ruth E. Carter and production designer Hannah Beachler for "Black Panther"), but it hadn't progressed so far that it didn't hand the industry's top award to a movie criticized for portraying a retrograde view of race as seen through a white protagonist's eyes.

Los Angeles Times film critic Justin Chang called it "the worst best picture winner since 'Crash.'" According to the review-aggregation website Metacritic, not since 2004's "Crash" — another movie about race relations made primarily by white men — has there been a winner with worse reviews.

But the backlash to "Green Book" — a film about the erudite jazz pianist Don Shirley (Mahershala Ali, who won best supporting actor) and the Bronx-native bouncer-turned-chauffer Tony "Lip" Vallelonga (Viggo Mortensen) — goes much deeper than that. Though the film's fans see in Farrelly's film an often funny, feel-good odd-couple tale, critics of "Green Book" see a movie that trades on racial stereotypes and crassly capitalizes on the Green Book — a segregation-era travel guide for African Americans in the Deep South — with little interest in dramatizing its important history.

"Green Book" was also fiercely criticized for not consulting with Shirley's family: his last living brother Maurice Shirley and niece Carol Shirley Kimble. Kimble. "It's once again a depiction of a white man's version of a black man's life," Kimble told Shadow and Act.

It was noted, too, that in neither acceptance speech did the film's makers — Farrelly, Nick Vallelonga and Brian Currie, who together also won best screenplay — thank Shirley. Asked about that backstage at the Oscars, Vallelonga, the son of Tony Vallelonga, added his thanks to the pianist and addressed Kimble's point. "I wish I could have reached out to Don Shirley's family," said Vallelonga. "I didn't even

know they really existed until after we were making the film, and we contacted his estate for music; and then the filmmakers, we invited them all to screenings and discussions. But I personally was not allowed to speak to his family, per Don Shirley's wishes." Later, at the Governor's Ball, Vallelonga defended his film.

And "Green Book" had its boosters. Kareem Abdul-Jabbar praised it in a column for The Hollywood Reporter, arguing that discrepancies that irk family members didn't matter, and that "filmmakers are history's interpreters, not its chroniclers." Ali, who became the second black actor to win two Oscars after Denzel Washington, called the film "a legitimate offering" in a November interview with The Associated Press, saying: "I'm getting some crap from people saying it's a rosy picture of race, but, you know, it's just a rosy picture of that relationship, not all race relationships."

The movie's win also wasn't a complete shock. "Green Book" triumphed at the highly predictive Producers Guild Awards, which, like the Oscars, uses a preferential ballot. And it won one of awards season's first telling trophies: the Toronto International Film Festival's audience award, besting "A Star Is Born" and "Roma."

## Okinawa referendum rejects relocation for US military base

By **YURI KAGEYAMA**  
ASSOCIATED PRESS

TOKYO — The residents of Japan's southwestern island region of Okinawa rejected a relocation plan for a U.S. military base in a referendum, increasing pressure on the national government to change its stance that the facility will be built no matter what.

The results of Sunday's vote showed 72 percent opposed the plan for the Marines air base being built on a landfill in coastal Henoko. Support for the relocation plan totaled 19 percent.

The referendum is not legally binding but underlines Okinawans' sentiment on the relocation plan.

Henoko is to replace another base on the island in Futenma that is in a more residential area and has long been criticized as noisy and dangerous. The U.S. military, while declining comment on the referendum, has said the Henoko agreement is needed for regional security.

Critics of Henoko say sealife such as the manatee-relative dugong and coral reefs will be hurt. Many people in Okinawa

want Futenma closed but think the rest of Japan should help by sharing in the burden of hosting U.S. troops.

Okinawa Gov. Denny Tamaki, who spearheaded the referendum, said the results must be respected.

Prime Minister Shinzo Abe told reporters early Monday that the government accepted the feelings of Okinawa's people but stressed the Henoko plan won't get changed. The government has repeatedly said the relocation plan will move ahead, regardless of the referendum. Nevertheless, the

referendum will add momentum to Tamaki's renewed efforts against the U.S. bases. The sentiments have resonated not only with the residents of the subtropical islands of Okinawa but also the rest of Japan and internationally.

Tamaki has said he hopes to deliver the results of the referendum to President Donald Trump.

Government spokesman Yoshihide Suga reiterated Abe's view, telling reporters that Futenma remains dangerous and the relocation is needed to close Futenma. He said

he hoped to discuss with Tamaki what he might have in mind for Futenma.

Suga also said the government will step up efforts to win understanding from Okinawa residents.

The relocation plan has its beginnings in 1995, when outrage erupted against U.S. service members over the rape of a 12-year-old girl. Washington also agreed to transfer some personnel to the U.S. territory of Guam.

Nearly 1.16 million residents were eligible to vote in Sunday's referendum. Although Okinawa

makes up less than 1 percent of Japan's land space, it has about half of the 54,000 American troops stationed in Japan, and is home to 64 percent of the land used by the U.S. bases in the country under a bilateral security treaty.

Complicating matters is the historical suffering of Okinawa, where huge civilian casualties were recorded in the closing days of World War II. The bloodiest battles were fought on Okinawa. Okinawa also remained under U.S. occupation until 1972, much longer than the rest of Japan.

### HEADLINES AROUND THE STATE

#### Driver killed when speeding Tesla crashes into tree, burns

DAVIE (AP) — The driver of a Tesla Model S was killed when his car crashed near Fort Lauderdale, Florida, and erupted in flames.

Witnesses tell police in Davie, Florida, that the car was traveling 75-to-90 miles per hour (120-to-145 kilometers per hour) Sunday afternoon when it left the road for an unknown reason. The driver over-corrected and the car slid across three lanes and into some trees in the median.

A police officer arrived almost immediately after the crash but wasn't able to rescue the driver before the car was

engulfed in flames. Officers identified the driver as Omar Awan. The crash remains under investigation.

Police say the car battery reignited early Monday after being towed from the scene.

#### 2 stabbed at gay pride festival

FORT LAUDERDALE (AP) — Police say two people were stabbed at a gay pride festival in Florida.

Fort Lauderdale Police did not say what caused the altercation at Sunday's beach bash, but said the two victims are expected to survive.

Two people are in custody but neither the suspects nor victims have been identified.

The beach bash is part of the city's annual gay pride festivities which includes a Carnival-style parade featuring marching bands and floats and a block party and live music.

The Sun Sentinel reports the stabbings took place near the event's main stage on Fort Lauderdale's beach.

#### Off-duty sheriff's deputy injured in attack at home

LAUDERDALE LAKES (AP) — Authorities say an off-duty Florida sheriff's deputy was injured in an apparent domestic violence incident.

Broward Sheriff's officials said in a news release that

the ex-boyfriend of a woman attacked the off-duty deputy at a home in Lauderdale Lakes early Monday.

The news release says deputies went to the scene around 3:30 a.m. and found the off-duty deputy with serious injuries. He was taken to a hospital where he is listed in stable condition.

The names of the deputy, the woman and the suspect have not been released.

#### Snake in dryer gives woman 'near death experience'

SAFETY HARBOR (AP) — A Florida woman says she "about had a near death experience"

when she opened her dryer and saw a snake curled up in her laundry.

Tampa's Fox 13 News reports Amanda Wise was almost finished unloading the dryer in her garage on Sunday when she saw what appeared to be a corn snake.

She described the startling discovery in a Facebook post. She says her husband used a broom to coax the snake out of the dryer and outside.

Wise told the TV station the dryer vent cover on the side of the house has fallen off and they believe that's how it got inside the dryer.

Corn snakes eat rodents and are generally considered harmless. They are sometimes mistaken for copperheads.

# TRUMP

FROM PAGE 1

she was not alone after the infamous "Access Hollywood" tape emerged in October 2016 in which Trump brags about groping and kissing women without asking permission. Trump has denied any wrongdoing.

A Florida lawyer who she contacted not long after the incident, Adam Horowitz, said Monday that "she was definitely in distress and not just about her job." She also told Horowitz she was seeing a therapist.

Horowitz said what they didn't know at the time was that October 2016 was also the month Stormy Daniels and Karen McDougal were being paid off through then-Trump lawyer Michael Cohen, according to Cohen's sworn statements. Horowitz ultimately did not take the Johnson case.

Johnson, who is African-American, also claims in the lawsuit that she was paid less than her Trump campaign counterparts because of her race and gender.

"The campaign knew that it was underpaying Ms. Johnson relative to her white counterparts," the lawsuit claims.

Trump campaign spokeswoman Kayleigh McEnany denied that claim.

# SUMMIT

FROM PAGE 1

spectacle of his first meeting with Kim last year. But that initial summit in Singapore yielded few concrete results, and the months that followed have produced little optimism about what will be achieved in the sequel.

# MEAT

FROM PAGE 1

say. The government's Innovation Authority has also sought to stimulate food-technology companies through grants and the financing of a \$25 million food-tech incubator.

Israel currently imports much of its meat and the government is invested in creating food security.

For observant Jews, several prominent Orthodox rabbis have already expressed approval for lab-grown meat being kosher. Because it doesn't come from a slaughtered animal, some rabbis have even said cultured meat could be consumed as a cheeseburger — a combination of meat and milk otherwise forbidden in Jewish tradition.

# STOCKS

FROM PAGE 1

China faced a March 2 deadline when the U.S. would have increased punitive duties on \$200 billion worth of Chinese imports.

Trump, who did not set a new deadline Monday, said there had been "productive talks" on some of the more difficult issues and added he's willing to meet with Chinese President Xi Jinping if negotiations progress.

The trade war and its hefty tariffs have already raised costs for businesses

He once warned that North Korea's arsenal posed such a threat to humanity that he might have no choice but to rain "fire and fury" on the nation. However, in the leadup to the new summit, he's proclaimed himself in no hurry for Pyongyang to prove it is abandoning its weapons.

"I'm not in a rush. I don't

In February, the Good Food Institute, a Washington-based non-profit promoting the development of meat alternatives, announced a series of research grants "for the benefit of the entire scientific community and good food industry."

One of the six \$250,000 grants for "clean meat" researchers went to Israel, and a second Israeli researcher received funds for "plant-based" meat alternatives.

The industry still faces some significant hurdles, including astronomical cost, developmental challenges, regulatory issues and questions about whether people are ready to eat lab-grown meat.

Until now, most companies involved in the effort have only managed to

and consumers. Any additional escalation could shake investor confidence as an economic slowdown looms over China and Europe.

The U.S. election cycle is just around the corner, giving the president an incentive to pursue deals and keep the economy and markets stable, he said. Even so, markets may be too optimistic about what's possible in any China deal, as negotiations over intellectual property concerns will likely take more time.

Beyond trade, investors had their eye on the latest corporate news and

want to rush anybody, I just don't want testing. As long as there's no testing, we're happy," Trump told the governors on Sunday.

In fact, he is ready to write himself into the history books before he and Kim even shake hands in Hanoi.

"If I were not elected president, you would have been

produce fleshy granules.

Future Meat Technologies, a company based out of Jerusalem's Hebrew University, and SuperMeat are among those combining animal cells and plant proteins as a potential alternative to processed meats.

Aleph Farms, an Israeli start-up launched in 2017, announced in December it succeeded in producing a lab-grown "minute steak" made from bovine cells that closely resembles the texture and flavor of its cow-borne counterpart.

For now, the tiny steaks are just 3 millimeters (a tenth of an inch) wide — roughly the size of a very thin strip of roast beef.

Each Israeli player has raised several million dollars in early investment, including from major food

earnings reports.

General Electric rose 6.4 percent after the industrial giant announced plans to sell a biotech unit to Danaher for \$21.4 billion. The sale is yet another step down in size for GE, which has been divesting businesses since getting hurt in the financial crisis a decade ago.

U.S. crude lost 3.1 percent to settle at \$55.48 a barrel in New York after Trump criticized rising oil prices in an early morning tweet.

Prices are up about 20 percent so far this year. On Friday, oil ended at \$57.26 a barrel, the highest

in a war with North Korea," Trump said last week.

While Trump was airborne, Kim's armored train was on the move in China, bound toward Vietnam's capital. Vietnamese officials promised security at "the maximum level." Reporters from 40 nations were expected to transmit the story to the world.

manufactures such as U.S. giant Tyson Foods.

Before it can hit the shelves, lab-grown meat will face regulatory obstacles. The U.S. government's FDA and USDA announced in November they would "jointly oversee the production of cell-cultured food products derived from livestock and poultry."

Even if the industry can overcome obstacles, the technology necessary to make these synthetic sirloins commercially viable remains years away.

The biggest challenge may be convincing consumers to eat a steak essentially grown in a petri dish.

Nonetheless, researchers and environmentalists agree the need for sustainable, lab-grown alternatives to industrial farming is essential.

level since Nov. 12, when it closed at \$59.93.

Bond prices fell. The yield on the 10-year Treasury note rose to 2.67 percent from 2.65 percent late Friday.

Gold fell 0.2 percent to \$1,329.50 an ounce. Silver lost 0.5 percent to \$15.83 an ounce. Copper dropped 0.2 percent to \$2.95 a pound.

In other energy futures trading, wholesale gasoline slid 4.1 percent to \$1.55 a gallon. Heating oil declined 2.8 percent to \$1.97 a gallon. Natural gas climbed 4.4 percent to \$2.84 per 1,000 cubic feet.

# ALMANAC

Today is **Tuesday, Feb. 26**, the 57th day of 2019. There are 308 days left in the year.

## Today in history

On **Feb. 26, 1904**, the United States and Panama proclaimed a treaty under which the U.S. agreed to undertake efforts to build a ship canal across the Panama isthmus.

## On this date

In **1616**, astronomer Galileo Galilei met with a Roman Inquisition official, Cardinal Robert Bellarmine, who ordered him to abandon the "heretical" concept of heliocentrism, which held that the earth revolved around the sun, instead of the other way around.

In **1987**, the Tower Commission, which probed the Iran-Contra affair, issued a report rebuking President Ronald Reagan for failing to control his national security staff.

In **1993**, a truck bomb built by Islamic extremists exploded in the parking garage of the North Tower of New York's World Trade Center, killing six people and injuring more than 1,000 others. (The bomb failed to topple the towers; both structures were destroyed in the 9/11 attack eight years later.)

## Today's birthdays

Game show host Tom Kennedy is 92. ctor-director Bill Duke is 76. Singer Mitch Ryder is 74. Actress Marta Kristen (TV: "Lost in Space") is 74. Rock musician Jonathan Cain (Journey) is 69. Singer Michael Bolton is 66. Actor Greg Germann is 61. John McDaniel is 58. Actor-martial artist Mark Dacascos is 55. Actress Jennifer Grant is 53. Rhythm-and-blues singer Rico Wade (Society of Soul) is 47. Olympic gold medal swimmer Jenny Thompson is 46. Rhythm-and-blues singer Kyle Norman (Jagged Edge) is 44. Actor Greg Kinnear is 42.

## Bible verse

"For I am the Lord: I will speak, and the word that I shall speak shall come to pass." — **Ezekiel 12:25**.  
It is a refreshing thing to know that in a world of broken promises, there is the sure word of God remaining faithful forever. "Thou remainest."

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STOCKS LISTING CHANGE - REQUESTS WELCOME! Mutual funds listings will run on Saturdays.

The Sun Newspaper is tweaking the way stocks are listed in the daily paper. We will continue to run a wide range of stocks, but we're trying to eliminate stocks

our readers don't want. If you do not see your stock in the paper, please let us know and we will put it in the listings. Email the name of the company and the symbol to nlane@sun-herald.com, or call 941-206-1138. You can leave the stock name and symbol on voice mail. If you reach voice mail, please leave your contact information so your call can be returned.

Market indicators: DOW 26,091.95 +60.14, NASDAQ 7,554.46 +26.92, S&P 500 2,796.11 +3.44, 10-YR T-NOTE 2.67% +0.02, 30-YR T-BOND 3.03% +0.01, CRUDE OIL \$55.48 -1.78, GOLD \$1,325.90 -3.30, EURO \$1.1364 +0.027

Money & Markets

Combined Stocks From the New York Stock Exchange and the Nasdaq.

Table of stock listings with columns: Div, Name, Last, Chg, and various stock symbols like A-B-C, BkMont, BkNov, etc.



Stocks Recap table with columns: HIGH, LOW, CLOSE, CHG, %CHG, WK, MO, QTR, YTD. Includes entries for DOW Trans, DOW Util, NYSE Comp, etc.

Table of stock listings with columns: S-T-U, 21stCf, Twilio, etc.

Table of stock listings with columns: DOW Trans, DOW Util, NYSE Comp, NASDAQ, S&P 500, S&P 400, Russell 2000, Toronto TSX.

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Table of stock listings with columns: S-T-U, 21stCf, Twilio, etc.

Stock Footnotes: a - Extra dividends were paid, but are not included...

Table of stock listings with columns: S-T-U, 21stCf, Twilio, etc.

Interest rates table with columns: TREASURIES, LAST, PVS, CHG, 1YR AGO. Includes 3-month T-bill, 6-month T-bill, etc.

Foreign Exchange table with columns: MAJORS, CLOSE, CHG, %CHG, 1YR AGO. Includes USD per British Pound, Canadian Dollar, etc.

Commodities table with columns: FUELS, CLOSE, PVS, %CHG, %YTD. Includes Crude Oil (bbl), Ethanol (gal), etc.

Table of stock listings with columns: S-T-U, 21stCf, Twilio, etc.

# The facts regarding identical twins and sexual identity

**DEAR DR. ROACH:** I read your recent column regarding identical twins where one of the two was balding while his twin was not. Within my extended family, there are identical twin brothers, who also were almost impossible for family members to differentiate. If their DNA genes are "identical," now that they are adults, how can one be homosexual, while his twin is married with children? — Anon.

**ANSWER:** Sexual identity defies a simple, single explanation and even categorization. As time goes on, scientists have recognized that not everybody fits into the clear-cut categories of "straight" and "gay." Some people are attracted to both sexes; some to neither; some feel that traditional gender roles don't really fit them. As such, trying to identify a single cause of sexual identity, genetic or environmental, is not going to be successful. With increasing recognition that people do not fall into binary categories, we can see the limitations of studies that



Dr. Roach

have attempted to answer your question. Nonetheless, the data is useful to look at.

Studies have shown that in identical twins, if one twin is gay, then 30 percent to 66 percent of the identical twins also will be gay. As this is much higher than the overall rate in the population, this suggests some, but not absolute, genetic influence.

However, an adopted sibling of a gay person is also more likely to be gay (11 percent in one study), suggesting that the familial environment also plays a significant

role. My opinion is that there are both genetic and environmental predisposing factors that help determine sexual orientation.

As for the case you are describing, there are many things to consider. Some people who are attracted to the same gender can be so afraid of, or put off by, the social stigma against same-sex couples that they marry and have children with a person of the opposite sex despite being primarily or uniquely attracted to those of the same gender. Some people have found that they may be attracted to a person of either gender; their choice of life partner depends more on the partner's personality and their unique situation than on his or her biological sex. Sexual identity is not a choice. We cannot choose to whom we will be attracted.

Human beings are wonderfully complex, and I hope you look at the twins in your family not merely with acceptance for who they have chosen to spend their life with, but with appreciation for the diversity that can enrich our lives.

**DEAR DR. ROACH:** Why does drinking one small glass of wine make me spacey and sleepy now that I'm over 55? What physical change has occurred in my body, and should I be concerned about that as regards other functional changes that might not be as obvious? — C.C.

**ANSWER:** Your ability to metabolize alcohol generally decreases as you get older. This means the same amount of alcohol will have a greater effect, assuming you are the same size you used to be. The liver is also responsible for getting rid of medications and their metabolic byproducts, so sometimes doses of medicines need to be adjusted for people as they get older. This effect becomes more prominent in a person's 70s and 80s. A wise person will adjust their dose of alcohol accordingly.

It is possible, but unlikely, that there has been a change in your liver not due to age, so mentioning it to your doctor will allow him or her to consider whether any testing may be necessary.

# 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

- 1 tiny branches (5)
- 2 macaroni noodles (6)
- 3 money tucked away (7)
- 4 in excellent fashion (8)
- 5 "First Man" actress Foy (6)
- 6 slender, graceful quality (10)
- 7 adding new layer of asphalt (11)

## SOLUTIONS

SS	SA	TWI	SU	ELB
OWS	LT	VIN	BLY	SVE
GS	RE	CLA	GS	FAC
SUR	ING	ENE	IRE	PER

Monday's Answers: 1. GEICO 2. OBSERVER 3. KEYNOTE 4. HOUSETOP 5. BANKRUPTED 6. JEANS 7. STAGNATING 2/26

# Dad with baby daughter is questioned by security

**DEAR ABBY:** I am a working stay-at-home mom with a successful career. I am also the primary breadwinner. My husband doesn't work so he can take care of our baby girl full time.

To give me quiet time, my husband often takes her to the mall or someplace fun so I can concentrate. A problem has arisen, though. Since he's alone with our daughter, he's run into problems with security guards who think he's kidnapping her or doing something suspicious. We're not sure what to do about this.

I obviously don't want there to be problems for him, especially since I am not physically able to drive and come to meet him if there's a misunderstanding. Can you tell me the most reliable way to prove that he's our daughter's father and holds no nefarious intent? — Concerned Wife And Mama

**DEAR CONCERNED W&M:** While this scenario seems incredible to me, if he isn't already doing so, your husband should start carrying family pictures of the two of you and your daughter when he takes her out. That way, if there is any question that



Dear Abby

your husband is her father, it can be quickly resolved.

**DEAR ABBY:** I'm a 23-year-old senior in college. I came out as gay at 21, but still haven't found a boyfriend. I had a crush on one guy and thought he liked me back, but a few weeks ago he told me he has a boyfriend. I was heartbroken.

People have always told me it's great to be single, but the truth is I'm just not happy. I'm lonely and I want a boyfriend. I'm having no luck, and I don't know what to do. Help, please. — So Ready In Texas

**DEAR SO READY:** Look around and scope out what opportunities there are for an LGBTQ person in your college town. Get out and be sociable. Join an activity group if you have the time. If nothing suits you, go online and research dating sites and apps.

# Take heed of road speed

**Dear Readers:** SPEEDING is a big factor in automobile accidents. According to the National Highway Traffic Safety Administration (www.nhtsa.gov), excessive speed was a factor in 1 out of 4 fatal accidents in 2017. The problem? Speeding reduces reaction time, making a collision more likely.

Wet or icy roads, glancing at a cellphone, not wearing a seat belt and alcohol and/or drug use also contribute to dangerous driving.

Driving within speed limits is safer — a good habit to practice. — Heloise

P.S. The posted speed limit is for ideal road conditions.



Hints from Heloise

Bad weather? Slow down more, and drive in the right-hand lane of the highway.

**Dear Heloise:** After brushing and flossing, a solution of salt and water can be as effective as alcohol-based mouthwashes. It's almost free, and not harmful for the environment. — Sam S., via email

# WHATZIT?

Find the familiar phrase, saying or name in this arrangement of letters.

stand

crowd

SOLUTION:

Stand out in a crowd

# JUMBLE

Unscramble these Jumbles, one letter to each square, to form four ordinary words.

NUDHO

BBIER

OIDING

RGYGOG

Answer here:

Answers tomorrow

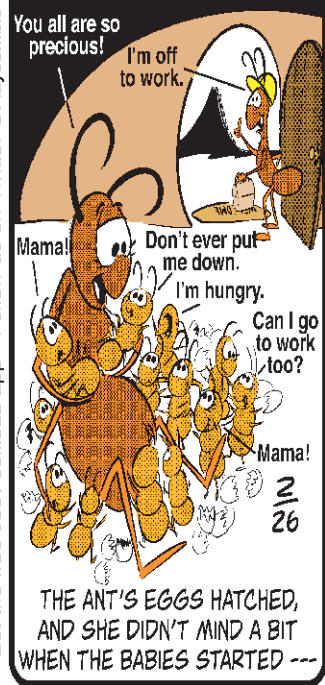
Yesterday's Jumbles: ANNUL ENSUE GRITTY DEVOUR

Answer: When their brand-new heating/cooling system broke again, he — VENTED HIS ANGER

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# 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.

# KEN KEN

THE LOGIC PUZZLE THAT MAKES YOU SMARTER.

EASY

2÷	2÷	2-	
		3-	3
12X	3		2÷
	3+		

CHALLENGING

1-		3÷		3	3-
3	3÷		20X		
5-	8+	3-			6
		2-	2÷		10+
2÷	5-		3÷	1-	
		4			

## RULES

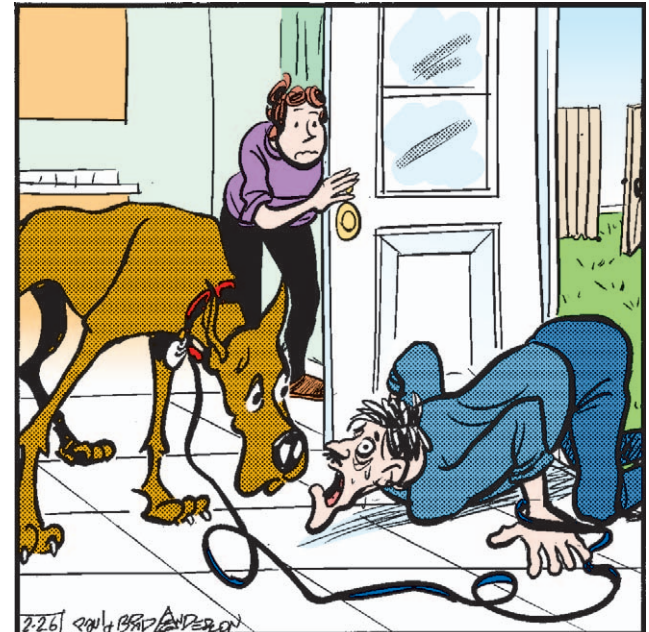
- Each row and each column must contain the numbers 1 through 4 (easy) or 1 through 6 (challenging) without repeating.
- The numbers within the heavily outlined boxes, called cages, must combine using the given operation (in any order) to produce the target numbers in the top-left corners.
- Freebies: Fill in single-box cages with the number in the top-left corner.

PREVIOUS ANSWERS

24X	3	4	2÷	1	2
	2	3	1-	8+	1
2÷	1	2	3	4	4
4	4	1	2	3	3

60X	2	5	4	3	6	1
3÷	3	6	1	2	5	4
2÷	1	3	6	4	2	5
4	4	2	5	1	3	6
120X	6	4	3	5	1	2
5	1	2	6	4	3	

# MARMADUKE By Brad Anderson



"We took ... every road ... not taken ..."

# Cryptoquip

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2-26

K X W T C V O F W T J I F G F D I F X I  
 I Q T S F B Y X G H B K H B Y F  
 K P I Q T D T J F B D T S F B  
 C H G G H F B G : P B H B I T O  
 V D F S T G G F D.

Yesterday's Cryptoquip: WHAT MIGHT YOU NICKNAME THE SMALLEST WORKER AT A STEELMAKING FACILITY? "RUNT OF THE MILL."  
 Today's Cryptoquip Clue: K equals G

# WORD SLEUTH — TRACK

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

Monday's unlisted clue: DAVY  
 Find the listed words in the diagram. They run in all directions - forward, backward, up, down and diagonally.  
 Tuesday's unlisted clue hint: RETRACE ONE'S COURSE  
 Caterpillar Horse Muddy Sound  
 Cinder Inside Race Voice  
 Dirt Jogging Railroad Warning  
 Fast Laughter Running

### HOROSCOPE

**ARIES** (March 21-April 19). In the morning, you'll have the courage to blast past what held you back yesterday. Do it like the ram that is the symbol for your sign. Put your head down and run.
**TAURUS** (April 20-May 20). This is not about talent. Rather, it's a matter of gaining skills. The universe seems to be pushing you toward the skill you need most. Hone in on this; it's worth your focused time.
**GEMINI** (May 21-June 21). There's a juicy challenge coming your way, like an assignment you've been waiting for or one you've feared but are completely ready for. The endeavor will grow you in the perfect direction.
**CANCER** (June 22-July 22). Family will support you, though you may have to be explicit in your directions about how best to do this, otherwise, you get what you get. It may be obvious to you but other people just won't see it unless you lead them there.
**LEO** (July 23-Aug. 22). You know where you're going, and that gives you a distinct advantage. The confidence and natural-

ness that goes along with this knowledge is something people sense and yield to.
**VIRGO** (Aug. 23-Sept. 22). One way you show your love is to kid around a bit, bring a little levity to the picture and relate to people in a way that lets them know they are on the inside, close enough to you that the relationship can bear a little good-natured ribbing.
**LIBRA** (Sept. 23-Oct. 23). It's easy enough now, but this is only the beginning. At some point, you'll need to apply the sort of gritty stamina and white-knuckled form of courage that the Finnish call "sisu." Don't worry; it will be there when you need it.
**SCORPIO** (Oct. 24-Nov. 21). Go ahead and air your feelings, but do it the way you'd air a slightly shaken bottle of club soda, half a cap twist at a time. Otherwise, an unpleasant surprise will be had by all.
**SAGITTARIUS** (Nov. 22-Dec. 21). You wisely realize that standing on the precipice of something dangerously grand doesn't make you the master of all that's below. Do not let your position mesmerize you from your firm footing.
**CAPRICORN** (Dec. 22-Jan. 19). You'd gladly let go of what was holding you

back, if only you knew what it was. Don't ask your friends. Their answers come with baggage. An admired mentor has your answer.
**AQUARIUS** (Jan. 20-Feb. 18). Even when you're mad at someone, you find it much easier to be nice, which usually leads to eventually forgetting all about why you're mad at someone. However, some slights are better to remember, just to avoid a repeat.
**PISCES** (Feb. 19-March 20). Is fickleness a mood, or is it a sign that it's time for you to move on? Both. The mood is inspired by a sneaking suspicion that you've opened all the doors that can be opened in this endeavor and new challenges await elsewhere.
**TODAY'S BIRTHDAY** (Feb. 26). This solar return sees you ambitious, powerful and ready to take on the world. What's even better is that you're thoughtful about your challenges and choose to step back to understand them better. You'll gain comprehensive knowledge, formulate a vision, bring together a team and be truly unstoppable. Aries and Gemini adore you. Your lucky numbers are: 6, 20, 4, 44 and 19.

Tuesday, February 26, 2019

## GOREN BRIDGE

WITH BOB JONES  
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### GOOD DECISION?

North-South vulnerable, North deals

<b>NORTH</b>			
♠ 7 4 3			
♥ A 5 3			
♦ K Q 7 6			
♣ K J 10			
<b>WEST</b>		<b>EAST</b>	
♠ K		♠ A J 10 9 8 5 2	
♥ 10 9		♥ Q 7 6	
♦ A J 8 4 3 2		♦ 10	
♣ 9 6 5 2		♣ 8 7	
<b>SOUTH</b>			
♠ Q 6			
♥ K J 8 4 2			
♦ 9 5			
♣ A Q 4 3			

The bidding:  
**NORTH** 1♦  
**EAST** 3♠  
**SOUTH** Dbl\*  
**WEST** Pass  
\*Negative

Opening lead: Ace of ♦

Today's deal is from a match between world-class experts representing England and Poland. What would you have bid as North over partner's negative double? There is no comfortable bid, so an expert will choose the bid that is least uncomfortable.

My grandmother, sitting West, would have defeated four hearts by

leading the king of spades — her singleton in partner's suit. She would surely have shifted to the ace of diamonds and led another diamond, giving her partner a ruff and an entry to cash the ace of spades. But these were world-class experts, remember. West led the ace of diamonds and continued with the eight of diamonds as a suit-preference signal for spades. East was no guppy, reading the situation perfectly. East ruffed the diamond and under-led his ace of spades to West's king. West, on lead with the king of spades, could no longer defeat the contract. This would have been a great defense had West started with a doubleton king of spades and only five diamonds, but it wasn't the right defense here.

What happened at the other table? North decided to pass his partner's negative double and the defense prevailed by one trick. This was a good decision, in theory, as four hearts can be beaten, but it didn't work out that way. North had bragging rights in the postmortem, but his team lost a game swing despite his "good" decision.

(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



### 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).

Sudoku puzzle grid with rating SILVER and solution grid. Solution to 2/25/19: 5 8 4 7 3 1 2 6 9, 9 2 3 5 8 6 7 4 1, 6 7 1 9 4 2 5 3 8, 8 4 5 1 6 3 9 2 7, 2 6 9 8 5 7 3 1 4, 3 1 7 4 2 9 6 8 5, 7 3 8 6 9 4 1 5 2, 4 9 2 3 1 5 8 7 6, 1 5 6 2 7 8 4 9 3.

## 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.

- 1. Sandwich pickle invoice (1)
2. More conniving fibber (2)
3. Tension-free singer Springsteen (1)
4. Discover already autographed (1)
5. Lithe twosome (2)
6. Disturb dad (2)
7. Fox News star Sean's dressing tables (3)

ANSWERS: 1. DILL BILT, 2. SLIER LIAR, 3. LOOSE BRUCE, 4. FIND SIGNED, 5. SUPPLE COUPLE, 6. BOTHER FATHER, 7. HANNITYS VANITIES

## TODAY'S CROSSWORD PUZZLE

- ACROSS
1 Altar end
5 Uproar
8 Princes of India
14 Rangy
15 Flight dir.
16 Large glacier
17 Likelihood
18 Montgomery sch.
19 Golfer — Ochoa
20 Hot dogs
23 Find the sum
24 Swab target
25 Bookish types
29 Apply salve
31 Ms. Taylor, briefly
33 Yesteryear
34 Coax
38 Friend or —?
40 Slicker
41 Estuary
42 — — few rounds
43 Badminton stroke
44 Tiny tunneler
45 Neighbor of CTRL
46 Aurora, to Socrates
47 Protects from floods
49 Defendant's answer
51 Wire measure
53 Galahad's title

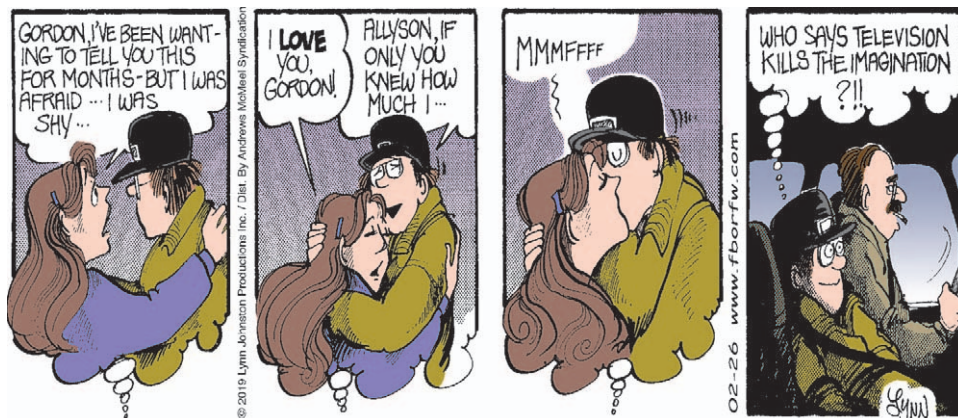
- DOWN
1 Far above the ground
2 Peter, in Panama
3 Anwar of Egypt
4 Trap
5 Like Beethoven
6 Hand out
7 Kind of network
8 Get under one's skin
9 Kind of squash
10 Pullover
11 Do extremely well
12 Leia's rescuer
13 Hot spring
21 Inelegant solution

PREVIOUS PUZZLE SOLVED grid with answers: CITE MAJOR TADA, ADAM IMAGE ERIC, ROBE SABLE HUSH, PLURAL SEQUENCE, LYRES RULE, DNA TAKES IN CHE, OUTS DIG PAIRED, FLIER SRA STUNG, FLOWED EPA ANNE, SSN NEATENS CAD, SEAM STASH, CALLED UP WOOLING, OGE E LATE FEAR, EAVE NEVER ASTI, DRIP STEEP STOP. Includes date 2-26-19 and copyright info.

Large crossword puzzle grid with numbers 1 through 75 indicating starting points for clues.

Want more puzzles? Check out the "Just Right Crossword Puzzles" books at QuillDriverBooks.com

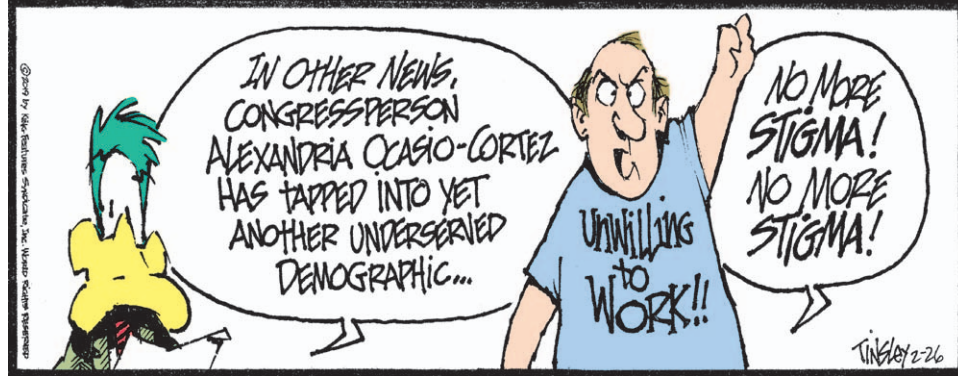
FOR BETTER OR FOR WORSE By Lynn Johnston



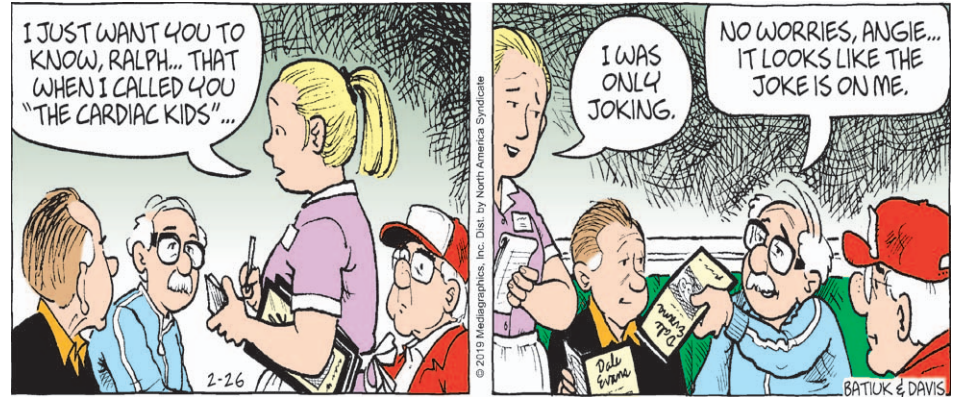
PEANUTS By Charles Schulz



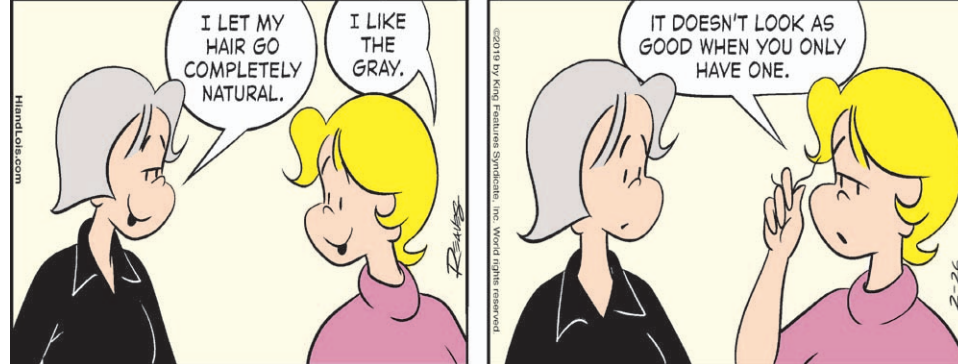
MALLARD FILLMORE By Bruce Tinsley



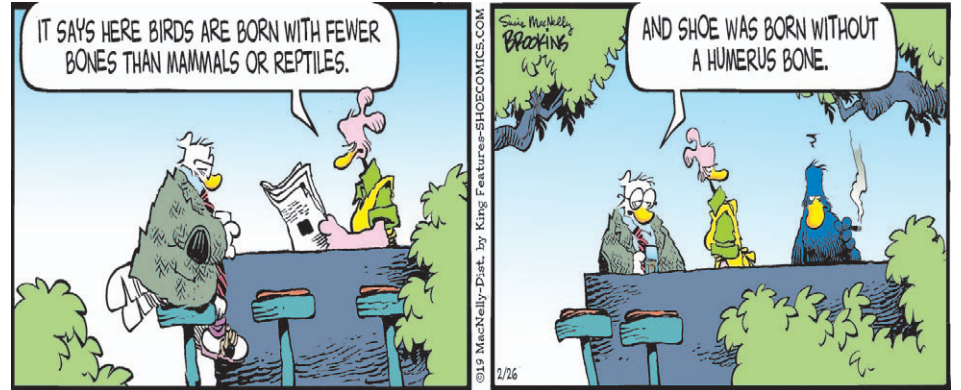
CRANKSHAFT By Tom Batiuk & Chuck Ayers



HI AND LOIS By Brian and Greg Walker



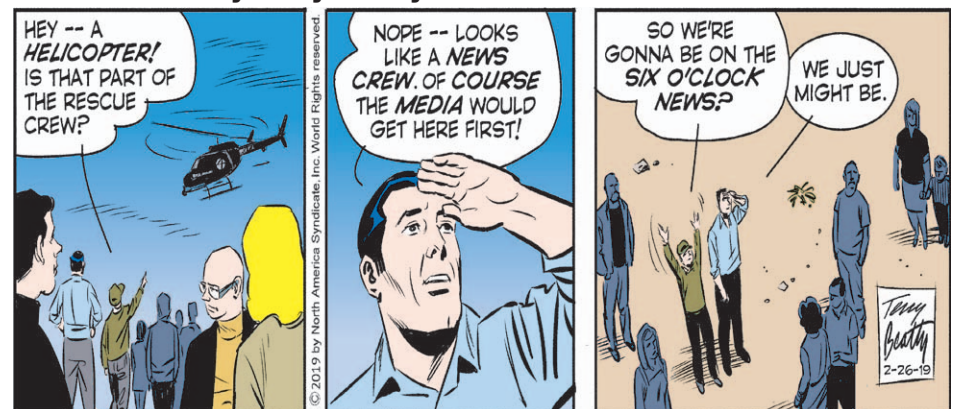
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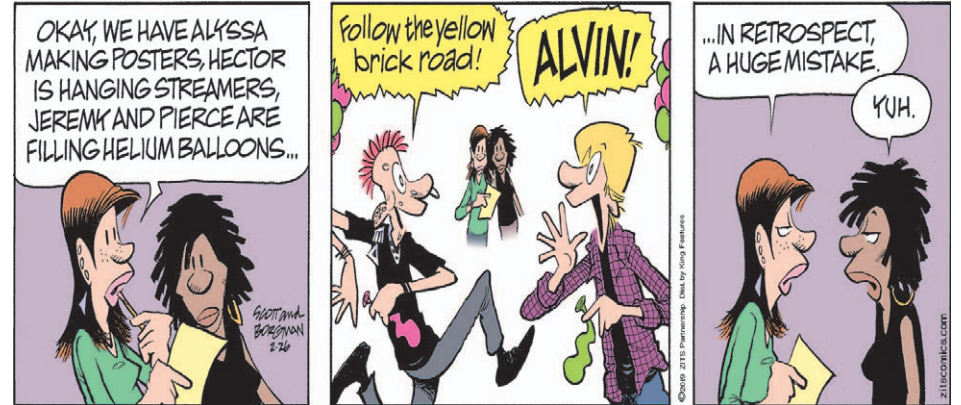
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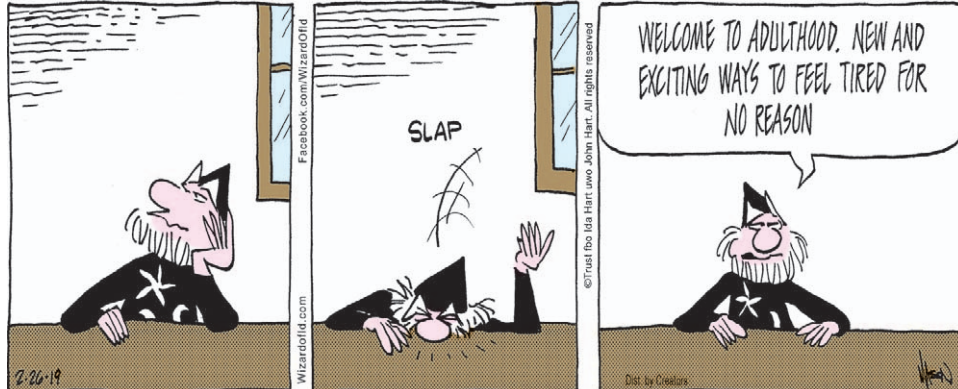
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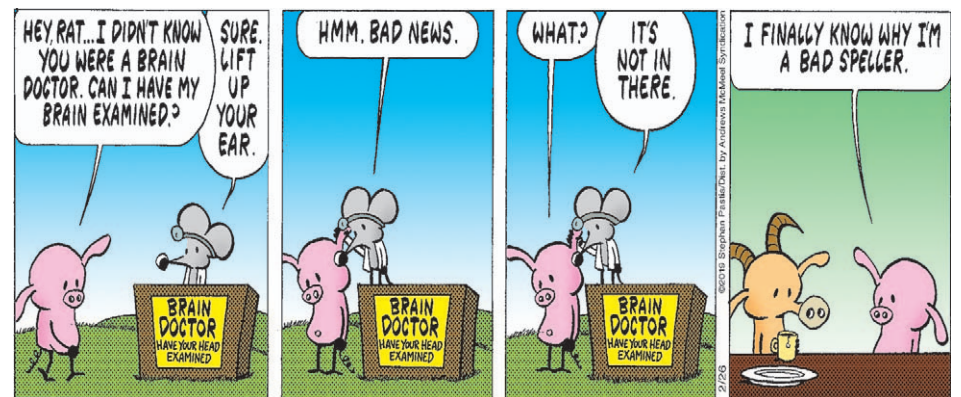
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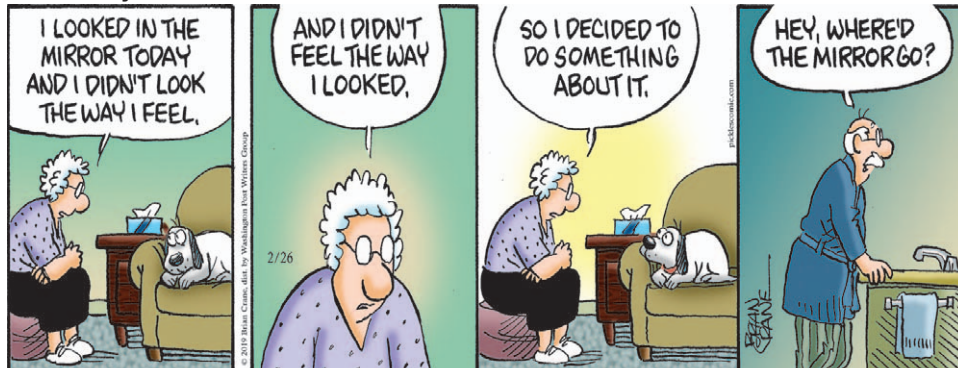
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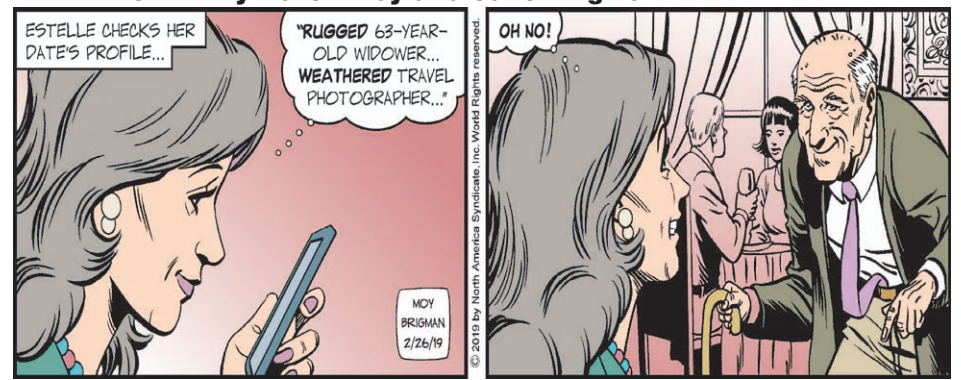
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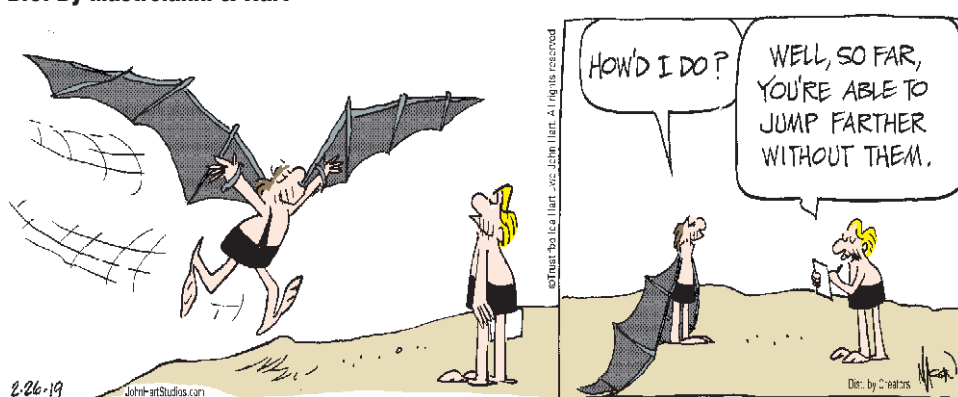
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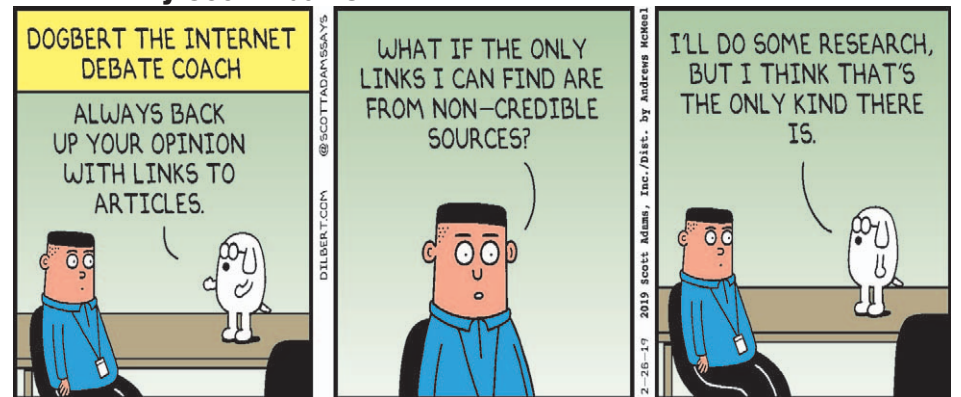
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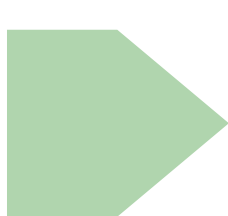
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■ **MLB: Tampa Bay Rays**



TAMPA BAY TIMES

Rays outfielder Austin Meadows is all grins in the dugout during Monday's game against the Marlins in Port Charlotte.

### Meadows can hit, but improving defense key to meeting five-tool tag

Team hopes allowing the 23-year-old to establish himself defensively in rightfield will pay dividends

By **EDUARDO ENCINA**  
TAMPA BAY TIMES

PORT CHARLOTTE — The stage is set this spring for Austin Meadows to graduate from heralded prospect to full-time big-leaguer.

The path for Meadows, the 23-year-old former first-rounder acquired from the Pirates as part of the Chris Archer trade at last year's trade deadline, to make the Rays' opening day roster has been cleared. He even received a late-season callup to help acclimate him to his new surroundings.

And while you don't have to watch Meadows too closely to see why he's been so highly regarded, it's clear he can hit, he has rare speed and the ability to play all over the outfield.

"That kid is unbelievable," said Rays right-hander Tyler Glasnow, who came over from Pittsburgh with Meadows. "I know he's going to contribute a lot to this team this year and I'm just pulling for him."

The left-handed hitting Meadows holds the inside track to play rightfield on most days, with free-agent signing Avisail Garcia also seeing time there against left-handed pitching.

"It's a good feeling to have walking into the clubhouse and knowing you are going to have the opportunity to be an everyday player for a big-league ball club," Meadows said.

Meadows appears to have shaken a history of hamstring and oblique injuries that have slowed his progress. His 128 games played last season — including 59 at the major-league level between Tampa Bay and Pittsburgh — marked his most in a season since 2015.

He is also no stranger to spring competition. This is his fourth year seeing Grapefruit League at-bats, and he has been a spring training wonder at the plate. He's already off to a hot start

RAYS | 6

■ **NHL: Tampa Bay Lightning**

## Lightning remain quiet at trade deadline

By **DIANA NEARHOS**  
TAMPA BAY TIMES

The 3 p.m. trade deadline came and went without any noise from the Lightning.

Trades have a way of coming out of the woodwork late as details are approved and announced, but that doesn't appear to be the case for Tampa Bay.

General manager Julien BriseBois will speak at 5:30 p.m., before the Lightning's 7:30 p.m. puck

drop against the Kings.

"I'm sure whatever happens, it will be a good thing for us," coach Jon Cooper said before the deadline, "and that could be nothing."

Steven Stamkos expressed faith in the Lightning's management to do what was best for the team. He said everyone would like to add a piece, but that this team had been assembled over the past few years to be what it is now.



TAMPA BAY TIMES PHOTO

The Lightning team that has skated to the league's best record appears to be staying in tact with no word of a trade. Team GM Julien BriseBois will meet with the media at 5:30 p.m.

■ **MLB: Tampa Bay Rays**

## Brandon Lowe impresses, Poche makes adjustments in Rays loss

By **JACOB HOAG**  
SPORTS WRITER

The comfort level is rising with Rays infielder Brandon Lowe, but there is still a few intricacies of playing first base that he needs to get down.

Though Tampa Bay lost 5-1 to the Miami Marlins on Monday, Lowe played seven innings, impressing both at the plate and in the field.

"I feel good out there," Lowe said. "Hopefully I get put in as many different situations as possible just to get them under my belt and get some experience of what I'm supposed to do. It's coming along pretty well."

Lowe played second base and outfield last year, but has been working his way around the infield to become more versatile.

Though it's a different position on the field, it carries the same general concept, "make the play and don't drop the ball," Lowe said.

Some plays were good, fielding a few pop flies out in foul territory and a couple of hard ground balls. Some were not, like a missed connection between himself and shortstop Daniel Robertson, which allowed Miami's Austin Dean to score from the third.

"I have to sprint over to first base and turn around in time to get the fast guys that make the plays close," said Lowe, who also went 2 for 4 at the plate. "That was my first experience with that. That made me realize how far away I really am in that shift."

Lowe said he's been working on positioning and footwork around the base. He enjoys as many reps as he can steal and Rays manager Kevin Cash agrees.

"He looked good, another good day," Cash said. "Not reading into too much, but day by day he's getting more and more comfortable. Today it worked out that we could get him another inning. We'd like him to get



SUN PHOTO TOM O'NEILL

Tampa Bay Rays starting pitcher Colin Poche (37) faces the Miami Marlins Monday, February 25, 2019 at Charlotte Sports Park.

as many reps as possible over there."

The Marlins plated five runs in the win, but none came off starter Colin Poche, who got an early try at the "opener" spot.

Poche pitched a 1-2-3 inning and said he took a couple notes from Friday's appearance and tweaked them coming into Monday.

"Last time I was missing a lot of fastballs and missing them to my glove side," Poche said. "The result of that is not getting that drive line straight to home plate. Just a big focus on getting the ball to the other side of the plate. I worked on that in

LOSS | 3

■ **NASCAR**

## New NASCAR rules package gets early passing grade

By **JENNA FRYER**

AP AUTO RACING WRITER

HAMPTON, Ga. — The verdict is still out on NASCAR's new competition package following its innocuous debut at Atlanta Motor Speedway.

The race was not the best in NASCAR history, nor was it unwatchable.

It was, if nothing else, better than last year's race at Atlanta and that is a win for NASCAR right now. Series officials finally conceded last season that the on-track product was failing to attract new fans and needed an overhaul.

The result was a package that reduced horsepower and increased downforce, efforts to bring the cars closer together and present more passing opportunities. What that actually meant on the track was a mystery before Sunday's race at Atlanta, won by Brad Keselowski following his brief bout with a stomach virus.

The trouble with the debut is that Atlanta is unlike any other intermediate track in NASCAR and the asphalt on the 1.54-mile quad-oval is the oldest in the series. The track is rough and

bumpy, passing is always difficult and the racing is not likely to be replicated again this season.

So Atlanta was really just a sneak peek of what NASCAR hopes will dramatically improve over its upcoming three-week West Coast swing.

"I'd have to say a solid B. No one gets an A on their first exam, I don't think," winning team owner Roger Penske said.

From his vantage point high above the track on the spotter stand, Penske said, he twice watched Joey Logano pick his way



AP PHOTO

Brad Keselowski leads a row of cars as they come through the front stretch during a Monster Energy NASCAR Cup Series auto race at Atlanta Motor Speedway, Sunday, in Hampton, Ga.

NASCAR | 6

Florida Lottery

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NHL: Trades

West goes wild at NHL trade deadline; Columbus keeps adding

The NHL's Western Conference teams go wild in making series of moves at trade deadline, while the Columbus Blue Jackets kept adding to keep pace in the East

By JOHN WAWROW AP HOCKEY WRITER

The West just got wilder and the Columbus Blue Jackets are going all in on their late-season NHL playoff push.

The Blue Jackets followed up last week's addition of Ottawa forwards Matt Duchene and Ryan Dzingel by acquiring New York Rangers defenseman Adam McQuaid and New Jersey goalie Keith Kinkaid as Monday's NHL trade deadline arrived — moves overshadowed by a series of trades made by some of the top contenders in the Western Conference.

A year after reaching the Stanley Cup Final, the Vegas Golden Knights not only acquired Ottawa forward Mark Stone but also reached an agreement to sign the pending unrestricted free agent to a contract extension.

The Central Division-leading Winnipeg Jets completed six trades, most notably acquiring center Kevin Hayes by sending forward Brendan Lemieux and a first-round pick to the retooling Rangers. Hayes has topped 40 points in four of his five NHL seasons, and is initially projected to take over the second-line center spot alongside Patrik Laine.

"It's obviously tough to leave New York, but I'm excited to join the Jets," Hayes said. "I mean, everybody knows how good they are and the

type of players they have on their team."

And the Nashville Predators, one point behind Winnipeg, refused to stand by and watch. Nashville acquired forward Mikael Granlund in a trade that sent Kevin Fiala to Minnesota, and then added power forward Wayne Simmonds in a deal with Philadelphia.

"It's really competitive," San Jose Sharks general manager Doug Wilson said, assessing the transformed landscape. "You look at the top of the food chain in the West, each team added some players. It will be a challenge going forward."

Wilson improved his lineup a day earlier by acquiring Gustav Nyquist in a deal with Detroit. And then there were the blockbuster moves he made last summer by acquiring Ottawa defenseman Erik Karlsson and re-signing forward Evander Kane.

The Colorado Avalanche, who began the day ninth in the West and a point out of contention, attempted to fortify their playoff chances by acquiring forward Derick Brassard from Florida. Brassard is a 12-year-veteran who is switching teams for the second time in three weeks after being dealt to Florida by Pittsburgh.

Aside from Columbus, the most notable move in the East involved the Boston Bruins. They acquired forward Marcus

Johansson from the New Jersey Devils.

Blue Jackets GM Jarmo Kekalainen was initially considered a seller leading up to the deadline. He instead continued a buying spree by shoring up Columbus' blue line and goaltending depth.

"I think Jarmo — and that's what I love about him — I think he's got some jam. He wants to win," coach John Tortorella said. "He's letting the team know, and the team has heard it loud and clear, that he's worked hard to upgrade our roster."

Just as notable, the Blue Jackets didn't trade forward Artemi Panarin and goalie Sergei Bobrovsky, two players eligible to become unrestricted free agents this summer.

The additions come at a time the Blue Jackets have won seven of 10 and jumped into third place of the Metropolitan Division standings, a point ahead of Pittsburgh, which is currently ninth and out of the playoff picture.

Washington Capitals GM Brian MacLellan was intrigued by how Kekalainen approached the deadline.

"He got put in a difficult situation with two of his real high-end players that weren't willing to commit to re-sign," MacLellan said. "I think you've got to give him credit for going all in on it and seeing what happens."

The defending Stanley Cup champion Capitals



AP PHOTO Philadelphia Flyers right wing Wayne Simmonds (17) moves the puck ahead of Nashville Predators left wing Kevin Fiala (22), of Switzerland, during the first period of an NHL hockey game in Nashville, Tenn.

didn't make any moves Monday, after upgrading their roster last week by acquiring forward Carl Hagelin from Los Angeles and defenseman Nick Jensen from Detroit.

The Penguins made two moves in shoring up an injury-depleted defense. They acquired Chris Wideman in a trade with Florida, and Erik Gudbranson in a deal that sent Tanner Pearson to Vancouver.

The league-leading Tampa Bay Lightning were among the teams standing pat. Others included the Metropolitan Division-leading New York Islanders and the Carolina Hurricanes, who are attempting to snap a nine-year playoff drought — the NHL's longest active streak. Carolina currently holds the conference's second and final wild-card berth.

The rebuilding Senators added to their haul of prospects and draft picks by acquiring defenseman Erik Brannstrom, center Oscar Lindberg and a 2020 second-round selection in trading Stone to Vegas.

The 19-year-old Brannstrom was the key to the deal. He was selected with the 15th pick in the 2017 draft and currently has seven goals and 21 assists as a rookie with the AHL Chicago Wolves.

"Erik Brannstrom is the top defense prospect in the game; simply a dynamic talent who will be a major component of our future," Senators GM Pierre Dorion said. "He was undoubtedly the best prospect available at the trade deadline and in addition to his talent, he is a natural born leader."

Maple Leafs' 4-goal 2nd period sinks Sabres 5-3

TORONTO (AP) — John Tavares, Auston Matthews and Frederik Gauthier scored three quick goals in the second period and the Toronto Maple Leafs held

off the Buffalo Sabres for a 5-3 win on Monday night.

Tyler Ennis had the eventual winner in Toronto's four-goal second period and Kasperii Kapanen added some insurance with a short-handed goal in the third period.

Matthews is the first player in Maple Leafs history to score 30-plus goals in the first three seasons of his NHL career.

Frederik Andersen made 31 saves for his 100th win for Toronto.

Jack Eichel scored twice for Buffalo, while Sam Reinhart added a goal as the Sabres' playoff hopes took another hit.

Carter Hutton started in net for Buffalo, stopping 9 of 12 shots in 25:52 of work. Linus Ullmark replaced Hutton in net, turning aside 19 of 21 shots.

Maple Leafs general manager Kyle Dubas was fairly quiet on the NHL's trade deadline, only sending Par Lindholm to the Winnipeg Jets for Nic Petan in a swap of forwards. Toronto's big move came on Jan. 29 when the Leafs acquired veteran defenseman Jake Muzzin in a trade with the Los Angeles Kings.

Buffalo also swung a deal with Winnipeg on Monday, sending defenseman Nathan Beaulieu to the Jets for a sixth-round pick in the 2019 draft.

The Sabres had acquired veteran defenseman Brandon Montour from the Anaheim Ducks on Sunday for defenseman Brendan Guhle and a first-round selection in this summer's draft. Montour had not joined the team in time for Monday's game in Toronto.

Eichel buried a wrist shot from the slot past Andersen with 53 seconds left in the first period for his 20th goal of the season.

The goal came just 7 seconds into a penalty for too many men on the ice that Tavares served for the Leafs.

The Maple Leafs were lucky to escape the first period down just 1-0. Buffalo outshot the hosts 16-6 as Toronto's defense looked disorganized and sluggish for most of the period.

That changed in the second period when Toronto reeled off three quick goals in just over two minutes.

Tavares redirected a slap shot from Muzzin past Hutton to tie the game 1-1 at the 3:48 mark of the period, 9 seconds after a Sabres' penalty expired.

Matthews then gave Toronto its first lead of the game while the announcer was still giving details on Tavares's goal. Matthews' shot from behind the net had rebounded off Hutton and deflected off the skates of a Sabres defenseman right back to the Maple Leafs forward. He made no mistake, swatting it into the net for a 2-1 lead.

Gauthier piled on just 28 seconds later, taking a pass from Jake Gardiner and, with his back to the net, slipping a backhand past Hutton. That ended the Sabres' goalie's night, with Ullmark coming on in relief.

It was Gardiner's 200th assist.

Ennis made it 4-1 a little over seven minutes later when Gauthier threaded a pass between two Buffalo defensemen, giving Ennis a breakthrough from the blue line. He made the most of the opportunity, putting

the puck over Ullmark's shoulder.

The Sabres answered with 2:35 left in the second when Reinhart completed a tic-tac-toe passing play while Buffalo held the man advantage.

Eichel scored 9 seconds into the third period, cutting Toronto's lead to 4-3.

Andersen kept the Leafs in the game during a late power play, sliding across his crease to stop Rasmus Dahlin's attempt at a tap-in and then smothering the rebound with his glove.

Kapanen got a breakaway for his 19th goal of the season and some insurance for Toronto with 2:18 left in the game.

Devils 2, Canadiens 1

NEWARK, N.J. (AP) — Nathan Bastian scored his first NHL goal, Kurtis Gabriel got his second and the last-place New Jersey Devils continued to be a thorn in Montreal's playoff hopes, beating the Canadiens 2-1 on Monday night.

Recently acquired defenseman Connor Carrick set up both goals and Cory Schneider made 34 saves as the Devils swept their three-game season series with the Canadiens.

Montreal had a lot more at stake. It came into the night with a one-point lead over Carolina and Pittsburgh for the top wild card in the Eastern Conference. The Hurricanes and Penguins now each have a game in hand.

Not only did the Devils win, they did it with a lineup that included seven players who spent the

majority of the season with New Jersey's AHL affiliate in Binghamton. They also did it with forwards Miles Wood and John Quenneville missing most of the final two periods after being hurt. Earlier in the day, the Devils traded goaltender Keith Kinkaid to Columbus and forward Marcus Johansson to Boston.

Paul Byron scored a short-handed goal for Montreal, and Carey Price made 20 saves.

Trailing 2-0 and with the Devils on a power play, the Canadiens got back into the game on a great individual effort by Byron, who recently returned to the lineup after missing six games with an arm injury.

Byron picked up a loose puck near his own blue line, outskated defenseman Damon Severson into the Devils zone and beat Schneider with a shot to the top corner at 6:30 of the third period.

Montreal threatened in the final 13 minutes but Schneider made excellent saves on Max Domi and Brendan Gallagher on a power play in the last 10 minutes. Schneider's best save might have been a stop on a short-handed breakaway by Artturi Lehkonen in the first period.

Bastian, recalled from the minors Sunday, tipped Carrick's shot under Price's pads at 12:35 of the first period. He made his NHL debut on Jan. 19 and this was his second game.

Gabriel, who scored his first NHL goal against Ottawa last week, got his second with a backhand off a shot from the point by Carrick at 3:06 of the second period.

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Rockies, manager Bud Black agree to 3-year extension. By PAT GRAHAM AP SPORTS WRITER

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The Colorado Rockies have agreed to a three-year contract extension with manager Bud Black after he guided the team to back-to-back playoff appearances. The 61-year-old Black has posted a 178-147 record since being named Colorado's manager on Nov. 7, 2016.

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Colorado is coming off a 91-72 season in which the team beat the Chicago Cubs in the NL wild-card game before losing to Milwaukee during the NL Division Series. Black has been an NL manager of the year finalist in each of his two seasons with the Rockies.

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starts feeling better." Kershaw was not scheduled for an MRI when Roberts spoke to reporters, but the manager said he would be in touch with the medical staff to determine a course of action Monday evening. The 30-year-old Kershaw signed a \$93 million, three-year extension on Nov. 3.

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In this Oct. 28, 2018, file photo, Los Angeles Dodgers pitcher Clayton Kershaw winds up during the first inning in Game 5 of the World Series baseball game against the Boston Red Sox in Los Angeles.

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AP FILE PHOTO

Advertisement for 'Looking for something?' featuring a man with a magnifying glass and the Sun Newspapers logo.



## ■ NFL

# Robert Kraft was at spa hours before AFC title game

By PETE GRATHOFF and BROOKE PRYOR  
THE KANSAS CITY STAR

When the news came Friday that New England Patriots owner Robert Kraft had been charged with soliciting sex at a spa in Jupiter, Fla., police said he made two visits to the Orchids of Asia Day Spa.

On Monday, court documents say Kraft was at the spa fewer than eight hours before the AFC Championship Game between the Patriots and Chiefs on Jan. 20 at Arrowhead Stadium.

New England won 37-31 in overtime and advanced to Super Bowl LIII, which it also won.

A Palm Beach State Attorney's office probable cause affidavit ends with this sentence: "Based on the aforementioned investigation, I have probable cause to believe Robert K. Kraft did solicit, induce, entice, or procure another to commit prostitution, lewdness, or assignation, contrary to Florida Statute 796.07(5) (a)1."

Palm Beach County state attorney Dave



AP FILE PHOTO

In this Jan. 20, file photo, New England Patriots owner Robert Kraft, right, arrives on the field before the AFC Championship NFL football game. Patriots owner Robert Kraft visited a Florida massage parlor for sex acts on the morning of the AFC Championship Game.

Aronberg has charged Kraft and the 24 other men in the case with a first-degree misdemeanor or for soliciting prostitution, which is punishable up to a year in jail. Ben Volin of the Boston Globe reported that it was believed that the men would be charged with second-degree

misdemeanors.

The NFL released this statement on Monday about Kraft: "Our Personal Conduct Policy applies equally to everyone in the NFL. We will handle this allegation in the same way we would handle any issue under the Policy. We are seeking a full understanding of

the facts, while ensuring that we do not interfere with an ongoing law enforcement investigation. We will take appropriate action as warranted based on the facts."

After his alleged visit to the spa, Kraft was at Arrowhead at least an hour before kickoff, walking down the sidelines.

## ■ MLB: New York Yankees

# Aaron Hicks, Yankees agree to \$70M, 7-year deal

By MARK DIDLTER  
AP SPORTS WRITER

NEW YORK — Making another move to keep their core of players together, the New York Yankees agreed to a \$70 million, seven-year contract with outfielder Aaron Hicks.

Hicks' agreement adds \$64 million in guaranteed money over six seasons and club option for 2026 that could make it worth \$81.5 million over eight seasons.

"This is the organization I want to stay with," Hicks said during a news conference Monday. "The team here is a team that I want to be with. I think it has a bright future."

A 29-year-old switch-hitter, Hicks took over as the Yankees primary center fielder last year and set career highs with 137 games, 27 homers and 79 RBIs. He agreed on Jan. 11 to a \$6 million, one-year contract and would have been eligible for free agency after this season.

"I'm thrilled," Yankees manager Aaron Boone said. "He's just really an elite level player."

His new, superseding deal calls for a \$2 million signing bonus and keeps the \$6 million salary this year. He gets \$10.5 million annually from 2020-23 and \$9.5 million in each of the following two seasons. The Yankees have a \$12.5 million option for 2026 with a \$1 million buyout.

Hicks would get a \$1 million assignment bonus the first time he is traded. He receives a hotel suite on road trips.

"There was a lot of people questioning if he'd ever cross into being the player that his draft card said he was capable of being," Yankees general manager Brian Cashman said. "He was hungry to prove otherwise and we were hungry to work with him on it."

Acquired from Minnesota in November 2015, Hicks has been on the disabled list in all six of his big league seasons, nine trips in all for hamstring strains (three times), oblique strains (twice), shoulder, forearm and intercostal strains, and a concussion.

With a \$4 million increase in Hicks' average annual value this year, New York's raised its projected luxury tax payroll to about \$229 million, well above the \$206 million threshold and past the first surtax level. The Yankees would pay a 20 percent tax on the first \$20 million above the threshold and at a 32 percent rate on the next \$20 million.

"Those are real dollars that have taxable consequences because we're already in a tax threshold, but it's an example of an owner trying to walk that line of the present and the future," Cashman said. "We're lucky that ownership is directing their blessings on a lot of things."

New York didn't pay luxury tax in 2018, the first time the Yankees were under the threshold since the tax started in 2003. By falling under, the Yankees reset their tax rates, which had been 50 percent on the first \$20 million over and 62 percent on the next \$20 million.

"The last few years because of our efforts to get under the luxury tax and reset that clock prevented us from having any conversions like this with anybody because it was prohibitive," Cashman said. "Since we reset the clock, now we're in a position to be opened minded and try to work through opportunities that may exist."

New York has not given many multiyear contracts to players under its control in recent



AP PHOTO

New York Yankees' Aaron Hicks smiles during a news conference before a spring training baseball game against the Toronto Blue Jays, Monday, Feb. 25, 2019, in Tampa, Fla. The Yankees announced that Hicks signed a seven-year contract Monday.

years, but the Yankees gave right-hander Luis Severino a \$40 million, four-year deal on Feb. 15.

Shortstop Didi Gregorius and reliever Dellin Betances remain eligible for free agency after this season. In addition, right fielder Aaron Judge and catcher Gary Sanchez become eligible for salary arbitration next winter.

Hicks received just the fourth multiyear contract this offseason among more than 175 players eligible for arbitration after Severino, Philadelphia pitcher Aaron Nola (\$45 million for four years) and Minnesota right fielder Max Kepler (\$35 million for five years).

## MENTORING

Hicks acknowledged the role his former teammate with the Minnesota Twins, Torii Hunter, played in his career. "One of my mentors for believing in me and getting me started on the right track to becoming a better player," Hicks said. "I owe a lot to him."

## STAYING PUT

Former Yankees pitcher Andy Pettitte has been hired as a special adviser to Cashman. Pettitte, 46, said he did talk recently with former teammate and Miami CEO Derek Jeter about a similar role with Marlins. Pettitte was a five-time World Series champion and three-time All-Star with New York. He pitched for the Yankees from 1995-03, spent three years with his home-state Houston Astros, then pitched for the Yankees from 2007-13. Former Yankees' catcher Jorge Posada is at spring training as a special adviser to Jeter.

## MORE MOUND

Pettitte watched reliever Adam Ottavino sailed through his second simulated game by getting a strikeout and three grounders. The right-hander has struck out five of eight batters over two sim games. Closer Aroldis Chapman, slowed by knee problems last season, threw 20 pitches during his first batting practice session.

## RAYS

FROM PAGE 1

offensively this spring as the Rays experiment with him in the leadoff spot.

But in order to break through in the Rays outfield, you have to be sound defensively, and showing the club he can hold his own in rightfield will determine how ready for a regular role Meadows is.

"We know he can hit," Rays manager Kevin Cash said. "We put a premium on defense and with Austin, it's been made very clear to him that he has all the factors to be a good defensive player. We've got to see him go out there and do it."

Over the past two years, the Rays have had the best defensive outfield in terms of defensive runs saved, according to FanGraphs. Their 105 defensive runs saved over the 2017 and 2018 seasons topped the majors by 21 runs over the No. 2 team.

While the Rays value defensive flexibility, they believe putting Meadows in rightfield and allowing him to exclusively work there will help his defensive acumen. He's played all over the outfield, but most of his time in the minors was in centerfield.

"Maybe it will help Austin a little bit — I think he's played everywhere in the outfield the last couple years — if he's just in rightfield where he can focus on one spot," Cash said.

The Rays had 36 defensive runs saved from the rightfield position last season, and the players who mostly accounted for that are now gone. Mallex Smith (42 starts in right) was traded to the Mariners, and Carlos Gomez (88 starts) is a free agent who remains unsigned.

By comparison, Meadows posted minus-9 defensive runs saved in 39 big-league outfield starts with the Rays and Pirates last season. That included a minus-4 mark in 15 starts in right. That number is mostly attributed to converting batting balls into outs compared to average fielders at those positions.

Meadows clearly has the speed to be a plus outfielder, but needs better jumps to take advantage of his speed, Cash said.

"I think the biggest key for me is (making) those first two or three steps hard, whether it's a ball behind you or a ball that's decently far away," Meadows said. "I think it's a matter of just putting your head down and going to get it and having the confidence that you're going to be able to go get that ball instead of being hesitant and kind of starting off slow and then trying to speed up."

Cash said Meadows playing more next to an elite defender like Kiermaier should help him gain more confidence and anticipation.

"He's a really good runner from home to first," Cash said of Meadows. "I know he's aware of it and he's going to work on it. We're working on his first step breaks, running to the ball, not looking at the ball, basically get a read on it. You look at K.K., K.K. turns and he goes and then he finds the ball again. That's just different comfort for different outfielders."

Have a sports event planned? Send us the info at [sports@sun-herald.com](mailto:sports@sun-herald.com) and we'll list it in our community calendar.

## NASCAR

FROM PAGE 1

through traffic to the front of the pack. He saw drivers using the preferred top lane slip to the bottom going into Turn 2 and stay there down the straightaway, and the cars generally just seemed under control.

"You didn't see any accidents, which maybe the fans like that, but I thought overall the package showed well," Penske said. "It wasn't a crash-fest, which everybody said it was going to be potentially. It looks like there's a lot of equal cars running out there. It's going to come up to the drivers and the strategy, which is what we want."

The Atlanta race was better than it had been the last several years because the leader did not pull out to an enormous and uncatchable gap.

The 25 lead changes were more than the last three Atlanta races and Martin Truex Jr. was in a legitimate chase for the lead in the closing laps. Truex lost to Keselowski by 0.21 of a second, but even Keselowski admitted he wouldn't have been able to hold off Truex if the race had been any longer.

Restarts bunched the field and led to drivers fanning out three- and four-wide as they jockeyed for position. Eventually they ended up in a single-file line, as is the norm at Atlanta and many other intermediate tracks, but Kyle Larson and Kevin Harvick managed to trade the lead several times in a spirited battle at the midway point of the race.

NASCAR was pleased with Sunday's show. Chief racing development offer Steve O'Donnell declared it a "fairly entertaining race."

But everyone understood that this weekend's race at Las Vegas will be a closer indicator of how the racing will be this year.

"When you looked at this race going in, I think for us, this was the biggest question mark as to how it would play out," O'Donnell said. "Ultimately, we wanted cars to run closer together, we wanted a battle to play out for the lead at times, which we saw during the race. Some things certainly to work on, but ultimately I think it was the direction where we wanted to go."

NASCAR will use a complete version of the rules package in Las Vegas, where featured aero ducts will likely encourage drafting. It could make Las Vegas look a bit like the crash-filled Daytona 500, where pack racing leads to spectacular multi-car accidents that always change the dynamic of a race.

Teams won't have a clear idea for weeks on how to attack this rules package because the next three races are at wildly different venues that present their own challenges. Drivers are adapting to different handling and lower horsepower while crew chiefs are tinkering with setups.

NASCAR remains optimistic the fans will be the ultimate winners.

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■ **NBA: Roundup**

# Nets shut down struggling Spurs in 101-85 victory

Brooklyn Nets forced the San Antonio Spurs into perhaps their worst offensive performance of the season

NEW YORK — D'Angelo Russell had 23 points, eight assists and seven rebounds, and the Brooklyn Nets forced the San Antonio Spurs into perhaps their worst offensive performance of the season in a 101-85 victory Monday night.

A night after their defense was absent in a loss to the Knicks, the Spurs went across town and couldn't get their offense going. San Antonio was held to its lowest point total of the season, and the NBA's leading 3-point shooting team was a season-worst 16.7 percent behind the arc.

San Antonio came in shooting a little better than 40 percent behind the arc.

That sent the Spurs to a third straight loss and a 1-7 finish on their annual road trip when the San Antonio Stock Show and Rodeo takes over their arena.

Joe Harris and Caris LeVert each added 15 points for the Nets, who made 19 3-pointers.

LaMarcus Aldridge had 26 points and 10 rebounds, and DeMar DeRozan added 23 points for the Spurs.

The Spurs have made

21 consecutive playoff appearances, tied for the second-longest streak in NBA history. But they entered tied with the Clippers for the final two playoff spots in the Western Conference, just ahead of ninth-place Sacramento, heading into their final 20 games.

The Spurs had turned to a zone in the second half against the Knicks, and coach Gregg Popovich said it was an effective defense because teams often stopped moving when faced with one. San Antonio went to it in the first quarter Monday, but the Nets move the ball well, with nine assists on their 11 baskets in the period.

San Antonio gave up at least 30 in every quarter Sunday in its 130-118 loss as New York snapped its franchise-worst home losing streak at 18 games. San Antonio then surrendered 28 in the first quarter in Brooklyn, falling behind by eight.

The Spurs tightened up in the second but this time couldn't get their own offense going, missing all six 3-point attempts in the period and getting outscored 15-4 to end the half as Brooklyn opened a 52-38 advantage.

It grew to 72-51 when Russell hit a deep 3-point-er from just in front of the Spurs bench and the Spurs couldn't mount a serious comeback and finished the night at 36.5 percent shooting.

## Trail Blazers 123, Cavaliers 110

CLEVELAND (AP) — CJ McCollum scored 35 points and the Portland Trail Blazers hung on after nearly squandering a 23-point halftime lead to defeat the Cleveland Cavaliers 123-110 on Monday night.

The Blazers needed a 14-0 run late in the fourth quarter to finally put away a game that looked like a rout in the first half.

Cleveland cut the lead to 88-84 going into the fourth and was behind 105-102 with 4:42 left, but Portland's backcourt duo of McCollum and Damian Lillard took over from there.

McCollum scored 11 points in the fourth quarter and finished the night hitting 12 of 18 shots, including 7 of 8 3-pointers. Lillard scored eight of his 21 points in the final period.

Cedi Osman scored



AP PHOTO

Brooklyn Nets guard D'Angelo Russell (1) drives around San Antonio Spurs guard Bryn Forbes (11) during the first half of an NBA basketball game, Monday, in New York.

27 points for the Cavaliers, who were attempting to win three straight for the first time this season. Kevin Love, playing his fifth game since returning from foot surgery, had 18 points and 12 rebounds in 28 minutes.

The Blazers, coming off road wins over playoff contenders Brooklyn and Philadelphia, seemed to be on their way to a

comfortable win against the Cavaliers, who have the league's third-worst record.

Portland scored the game's first 14 points and continued to pour it on in the second quarter, taking a 71-48 lead into halftime.

Cleveland rallied in the third quarter, and Matthew Dellavedova's 3-pointer with a second left cut the lead to 88-84.

Cleveland appeared to tie the game early in the fourth, but Larry Nance Jr.'s 3-pointer was waved off after the Blazers were charged with a common foul on a screen set by Dellavedova.

Seth Curry hit all five 3-point attempts and finished with 15 points for Portland, which is in fourth place in the Western Conference.

■ **MEN'S COLLEGE BASKETBALL: Polls**

# Gonzaga reclaims No. 1 in AP Top 25; Wofford debuts at 24th

By **AARON BEARD**

AP BASKETBALL WRITER

RALEIGH, N.C. (AP) — Gonzaga's first stay atop the AP Top 25 this season ended following a pair of losses to highly ranked nonconference opponents. Now back at No. 1, the Zags look like they could stay there through the rest of the season.

Gonzaga moved up a spot Monday to begin a second stint at No. 1, both times replacing Duke at the top.

It spent two weeks at No. 1 after beating the Blue Devils to win the Maui Invitational in November, but Mark Few's team fell out after a December loss to Tennessee. Then came a loss at North Carolina, marking the first time the Bulldogs had lost back-to-back games since February 2014.

But Gonzaga (27-2, 14-0 West Coast Conference) hasn't lost since. And the Zags are a national powerhouse rolling through

a league ranked as the eighth best in the country by KenPom.

The Zags have won 18 straight games with no opponent coming closer than a dozen points, the last game being Saturday's 102-68 victory over BYU. They play their final two regular-season games on the road at Pacific on Thursday and Saint Mary's on Saturday in rematches of games Gonzaga won by a combined 79 points.

For the record, the final AP poll of the season runs March 18, the day after Selection Sunday.

## ACC'S TOP TIER

The Atlantic Coast Conference is hoarding spots in the top five.

Virginia (24-2) moved up one slot to No. 2 and had 15 first-place votes, while the Blue Devils (24-3) slid from No. 1 to third. That came after Duke lost at home to rival North Carolina in a game that saw freshman star Zion

Williamson go down with an injury to his right knee in the opening minute — complete with the image of his left foot tearing through his shoe as he fell to the floor.

Duke, which earned a bounceback win at Syracuse without Williamson, still earned three first-place votes.

Virginia and Duke are in a three-way tie atop the ACC with UNC (22-5), which jumped three spots to a season-high fifth behind Kentucky after the victory over Duke followed by a home win against No. 18 Florida State.

The Tar Heels have won 10 of 11, with the loss coming to the Cavaliers — whose only two losses have come to Duke.

## THE TOP 10

Michigan State jumped four spots to No. 6 after winning at rival Michigan. Next came Tennessee, which spent four weeks at No. 1, followed by

Houston — which at No. 8 has the program's highest ranking since Hakeem Olajuwon was starring for the Cougars in 1984.

Michigan and Marquette rounded out the top 10.

## KANSAS' SLIDE

Kansas started the year at No. 1. Now the Jayhawks have their lowest ranking in more than five years.

Kansas fell to No. 15 for the program's lowest ranking since January 2014. That followed a blowout loss to No. 11 Texas Tech, which was the program's most lopsided loss in any game since November 2014.

The Jayhawks' run of 14 straight years with at least a share of the Big 12 regular-season championship is in serious jeopardy.

## RISING

No. 16 Kansas State and No. 17 Maryland had the biggest jumps of the

week, each vaulting seven spots. No. 21 Buffalo joined Michigan State in rising four spots, while UNC, Texas Tech and No. 19 Wisconsin each climbed three.

In all, 12 teams moved up in the new poll.

## SLIDING

Nevada (25-2) had the biggest tumble, sliding six spots to No. 12 after losing at San Diego State. Kansas slid three spots, while five other teams fell one or two spots.

## PROGRAM DEBUT

Wofford checked in at No. 24 for the first AP poll appearance in program history. The Terriers (24-4) are 16-0 in the Southern Conference and their only losses have come against power-conference teams UNC, Oklahoma, Kansas and Mississippi State.

## HELLO AGAIN

While Wofford was a first-timer, the other two

new additions to this week's poll are familiar faces.

Cincinnati returned at No. 23 after spending a week at No. 25 earlier this month. And Washington claimed the final spot at No. 25, the same ranking the Huskies had in the preseason poll before falling out.

Still, that was significantly more change than last week, when no new teams joined the Top 25 for the first time all season.

## FALLING OUT

Reigning national champion Villanova (No. 17), Louisville (No. 18) and Iowa State (No. 19) fell out of the poll.

This marks the third time this season the Wildcats have fallen out of the poll. They were No. 9 in the preseason before falling out for a week in November. They returned for three weeks, fell out for four, then returned for a six-week run.

■ **WOMEN'S COLLEGE BASKETBALL: Roundup**

# UCLA enters Top 25; Baylor unanimous No. 1

By **DOUG FEINBERG**

AP BASKETBALL WRITER

NEW YORK — A win over the No. 2 team in the country earned UCLA its first ranking of the season.

The Bruins entered The Associated Press women's basketball poll on Monday at No. 25 after rallying from 22 points down to upset Oregon on Friday night. UCLA lost a close contest against Oregon State on Sunday.

The Ducks lost to the rival Beavers on Monday and fell to No. 6 in the poll. Oregon State moved up to ninth.

Baylor garnered all 28 first-place votes to remain No. 1 in the Top 25. The Lady Bears clinched their ninth consecutive Big 12 championship this past

week. They host No. 18 Texas on Monday night.

UConn, Louisville, Notre Dame and Mississippi State round out the first five teams in the AP Top 25. Stanford, Maryland and N.C. State are the other three teams in the first 10.

South Dakota fell out of the rankings after losing to rival Summit League rival South Dakota State over the weekend. The Coyotes spent two weeks in the poll after getting ranked for the first time in school history earlier this month.

UCLA had a nice run in the Top 25 over the past few years reaching as high as fifth last season. The Bruins lost stars Monique Billings and Jordyn Canada to graduation and the WNBA.



AP PHOTO

Baylor head coach Kim Mulkey reacts to a call against her team during the second half of an NCAA college basketball game against Iowa State, Saturday, in Ames, Iowa.

■ **MEN'S COLLEGE BASKETBALL: Roundup**

# Vassell leads No. 18 Florida St.'s late run past Notre Dame

By **BOB FERRANTE**

ASSOCIATED PRESS

TALLAHASSEE, Fla. — Freshman Devin Vassell scored 13 points, sparking Florida State's second-half charge with a dunk and a 3-pointer on consecutive possessions, and the 18th-ranked Seminoles held off Notre Dame 68-61 on Monday night.

Trent Forrest made 4 of 6 six free-throw attempts in the final minute to help the Seminoles (22-6, 10-5 Atlantic Coast Conference) hang on.

D.J. Harvey scored 18 points and Prentiss Hubb had 17 for Notre Dame (13-15, 3-12), which has dropped four straight games.

The Fighting Irish went scoreless for nearly five

minutes late in the game and made just one of their final 10 field-goal attempts.

Vassell shot 5 of 6 from the floor, draining all three 3-point attempts, and had seven rebounds. He scored more points than he had in 14 prior ACC games.

Christ Koumadje added 12 points, the fourth time in the last five games he has scored in double figures.

John Mooney added 14 points and eight rebounds for Notre Dame, which had won three straight in the series — none of which were played in Tallahassee. The Seminoles are 44-3 at home in the last three seasons.

Florida State had the rebounding edge, 40-26.



AP PHOTO

Florida State center Christ Koumadje (21) gets his hand caught in the net as his layup is blocked by Notre Dame forward Juwan Durham (11) in the first half of an NCAA college basketball game in Tallahassee, Florida, on Monday.

Advertisement for StormSmart featuring a woman looking out a window. Text: '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'

Weather forecast for Today/Tonight, Wednesday, Thursday, Friday, Saturday, and Sunday. Includes icons for clouds, sun, and rain, along with high/low temperatures and chances of rain.

AccuWeather Gulf Water Temperature map showing temperatures across Florida. Includes a '68° GULF WATER TEMPERATURE' callout and a 'VENICE' forecast for Monday.

Florida Cities and Tides sections. Florida Cities table lists temperatures for various cities. Tides section lists high and low tide times for Punta Gorda, Englewood, Boca Grande, and El Jobean.

Conditions Today section showing UV Index and RealFeel Temperature. Includes a color-coded scale for UV index and RealFeel temperature.

Pollen Index and Air Quality Index sections. Pollen Index shows levels for trees, grass, weeds, and molds. Air Quality Index shows a reading of 37.

Port Charlotte forecast for Monday, including temperatures, precipitation, and monthly rainfall data.

Monthly Rainfall table showing rainfall data for 2019 and 2018 across various months.

GOLF

Tokyo and Japan offer tradition, expectation to Olympic golf

By STEPHEN WADE AP SPORTS WRITER

TOKYO — Golf returned to the Olympics three years ago in Rio de Janeiro after a 112-year absence. But few play golf in Brazil, which kicked up problems from the start when a top-notch course had to be built amid protests from environmentalists and ensuing court cases and charges of corruption. Unlike Rio, Tokyo and Japan offer golfing tradition. Golf is popular in the country and the Olympic venue northwest of Tokyo — the Kasumigaseki Country Club in Kawagoe City — has been around for 90 years. Hiromi Kobayashi was the LPGA's rookie of the year in 1990 and she knows Japan faces high expectations. "As a player I was representing myself," she said Monday, guiding reporters around a few holes with two other senior Japanese players — Tsuneyuki Nakajima and Masahiro Kuramoto. "But this is a different kind of pressure. It's on our shoulders." Kasumigaseki is one of Japan's most exclusive clubs. Opened in 1929, it was briefly taken over after World War II by American forces. It held the Canada Cup in 1957 with Sam Snead and Jimmy Demaret playing for the United States in an event that became the World Cup a decade later.

The Olympics will be played on the East Course, which has been stretched out to 7,466 yards — including the 640-yard fifth hole. Part of the West Course will be turned into a practice ground for the Olympics. "I'm frustrated because now that I come to think of it, I wanted to participate in the Olympic Games when I was younger," said Nakajima, who won 48 times on the Japan Tour and had top-10 finishes in all four majors in the 1980s, including third place in 1988 at the PGA Championship. "Golf returned as an Olympics event, but I personally think that it didn't heat up much in Rio," Nakajima added. "I believe that the true value of golf as an Olympic event will be judged after Tokyo." The only drawback could be the location, although Japanese Prime Minister Shinzo Abe and U.S. President Donald Trump found their way there to play a round together in 2017. The course in Kawagoe City is 65 kilometers (40 miles) from Tokyo, almost hidden away in a partly rural area of Saitama prefecture. It's commutable, but travel by train or car will take at least an hour, putting a dent into organizers' wishes that golfers stay in the athletes village in central Tokyo. There have also been a



Japanese golfer Hiromi Kobayashi reacts after her shot during a media tour of Kasumigaseki Country Club golf course, one of the venues of the Tokyo 2020 Olympics, in Kawagoe, near Tokyo, Monday. Kobayashi was the LPGA's rookie of the year in 1990 and she says Japan faces high expectations. She says "as a player I was representing myself. But this is a different kind of pressure" for the country and its golfing community.

few hiccups. Under pressure from the International Olympic Committee, the club has allowed women to upgrade to full membership status. It has also removed some weekend restrictions that did not apply to men. "I believe there is no problem with this any longer," Kobayashi said. "I'm happy that we will have a chance to promote Japan through hosting Olympics golf and show how great this golf club is to the world."



Journalists walk on the golf course during a media tour of Kasumigaseki Country Club golf course, one the venues of the Tokyo 2020 Olympics, in Kawagoe near Tokyo, Monday.

THE NATION weather map showing fronts, precipitation, and temperatures across the United States.

U.S. Extremes table showing high and low temperatures for various cities across the United States.

SUN AND MOON and SOLUNAR TABLE sections. Sun and Moon section shows rise and set times. Solunar Table shows minor and major periods for fishing.

WEATHER HISTORY and WEATHER TRIVIA sections. Weather History mentions a dam in Buffalo Creek, W.Va., and Weather Trivia asks 'What is tapioca snow?'.

WORLD CITIES table showing weather forecasts for various international cities.





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NYSE

Table with columns: Name, Ticker Symbol, Div, Yield, PE, 52-week High, Low, Vol, Last, YTD %Chg. Includes entries like BIP Cocoa, BarCk prD, BiPopCru, etc.

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Table with columns: Name, Ticker Symbol, Div, Yield, PE, 52-week High, Low, Vol, Last, YTD %Chg. Includes entries like CitiStratDv, Citigp pfm, CapVellCrd, etc.

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NYSE

Main table containing NYSE stock listings with columns for Name, Ticker, Symbol, Div, Yield, PE, 52-week High/Low, Vol, YTD %Chg, and YTD %Chg.

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NYSE

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Table with columns: Ticker, Symbol, Div, Yield, PE, High, Low, 52-week, Vol, YTD, %Chg. Lists various stocks including GugIndls, GugHlthC, GugFncI, etc.

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NYSE

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Table with columns: Name, Ticker, Symbol, Div, Yield, PE, 52-week High, Low, 1000s, Last, YTD %Chg. Includes tickers like iShCHSwitz, iShLgdtly bt, iShCHUpjn, etc.

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NYSE

Table with columns: Name, Ticker, Div, Yield, PE, 52-week High, Low, Vol, 1000s, Last, YTD %Chg. Includes entries like LazWidDiv, LearCorp, Lee Ent, etc.

Table with columns: Name, Ticker, Div, Yield, PE, 52-week High, Low, Vol, 1000s, Last, YTD %Chg. Includes entries like MonRE, MonRE pB, MonRE pC, etc.

Table with columns: Name, Ticker, Div, Yield, PE, 52-week High, Low, Vol, 1000s, Last, YTD %Chg. Includes entries like NuvHi2000, NuvEnhMu, NNYAmfF, etc.

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NYSE

Table with columns: Name, Ticker, Symbol, Div, Yield, PE, High, Low, 1000s, Last, %Chg, YTD. Contains multiple columns of stock data including PennyMac, Pfizer, Procter & Gamble, etc.

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NYSE

Table with columns: Name, Ticker, Symbol, Div, Yield, PE, High, Low, 1000s, Last, %Chg, YTD. Lists various stocks including SRC Eng, SteelPr pFA, and TransMon.

Table with columns: Name, Ticker, Symbol, Div, Yield, PE, High, Low, 1000s, Last, %Chg, YTD. Lists various stocks including SteelPr pFA, SteelSec, and TransMon.

Table with columns: Name, Ticker, Symbol, Div, Yield, PE, High, Low, 1000s, Last, %Chg, YTD. Lists various stocks including TransMon, TransSec, and TransCap2.

- U -

- T -

- V -



Continued from previous page

NYSE

Table with columns: Name, Ticker, Symbol, Div, Yield, PE, 52-week High, Low, 1000s, Vol, YTD %Chg. Includes sub-sections for X-Y-Z and -W-

Table with columns: Name, Ticker, Symbol, Div, Yield, PE, 52-week High, Low, 1000s, Vol, YTD %Chg. Continuation of NYSE data.

Nasdaq

Table with columns: Name, Ticker, Symbol, Div, Yield, PE, 52-week High, Low, 1000s, Vol, YTD %Chg. Includes sub-sections for -A- and -B-

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Nasdaq

Main table containing stock market data for Nasdaq, including columns for Name, Ticker, Symbol, Div, Yield, PE, High, Low, 1000s, Last, %Chg, and YTD. Includes sub-sections for -B- and -D-.

Continued on next page

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Nasdaq

Table with columns: Ticker, Symbol, Div, Yield, PE, High, Low, 52-week, Vol, YTD, %Chg. Includes entries like DLTH, DNKN, DRRX, DYSL, DYNT, DVAX, etc.

E

Table with columns: Ticker, Symbol, Div, Yield, PE, High, Low, 52-week, Vol, YTD, %Chg. Includes entries like E-Trade, eBay, EBYL, EDAP, EHealth, etc.

F

Table with columns: Ticker, Symbol, Div, Yield, PE, High, Low, 52-week, Vol, YTD, %Chg. Includes entries like FAT Br n, FFBW, FLIR, FNCS, FRP, etc.

Table with columns: Ticker, Symbol, Div, Yield, PE, High, Low, 52-week, Vol, YTD, %Chg. Includes entries like FTRMun n, FTROpp n, FTRnsdGr, etc.

G

Table with columns: Ticker, Symbol, Div, Yield, PE, High, Low, 52-week, Vol, YTD, %Chg. Includes entries like G1Thera n, GLIBA, GLIBP, etc.

Table with columns: Ticker, Symbol, Div, Yield, PE, High, Low, 52-week, Vol, YTD, %Chg. Includes entries like GRSocB, GRBrk, GRPlns, etc.

H

Table with columns: Ticker, Symbol, Div, Yield, PE, High, Low, 52-week, Vol, YTD, %Chg. Includes entries like H&E Equip, HD Supply, HF Foods, etc.

I

Table with columns: Ticker, Symbol, Div, Yield, PE, High, Low, 52-week, Vol, YTD, %Chg. Includes entries like i3 Vert n, IAC Inter, IBEX HI n, etc.

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Nasdaq

Table with columns: Name, Ticker, Div, Yield, PE, 52-week High, Low, 1000s, Vol, Last, YTD %Chg. Includes tickers like INFN, INFI, IFRX, etc.

Table with columns: Name, Ticker, Div, Yield, PE, 52-week High, Low, 1000s, Vol, Last, YTD %Chg. Includes tickers like LRAD, LSI, LQPC, etc.

Table with columns: Name, Ticker, Div, Yield, PE, 52-week High, Low, 1000s, Vol, Last, YTD %Chg. Includes tickers like MobileMini, MobileIron, ModMed n, etc.

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Nasdaq

Table with columns: Name, Ticker, Div, Yield, PE, 52-week High/Low, Vol, YTD %Chg. Includes stocks like OTEQ, OPRA, OPES, etc.

Table with columns: Name, Ticker, Div, Yield, PE, 52-week High/Low, Vol, YTD %Chg. Includes stocks like QIWI, QORVO, QUILCO, etc.

Table with columns: Name, Ticker, Div, Yield, PE, 52-week High/Low, Vol, YTD %Chg. Includes stocks like SierraBc, SierOnc, SierraW, etc.

- R -

Table with columns: Name, Ticker, Div, Yield, PE, 52-week High/Low, Vol, YTD %Chg. Includes stocks like P&F Inds, PAM, PBI, etc.

Table with columns: Name, Ticker, Div, Yield, PE, 52-week High/Low, Vol, YTD %Chg. Includes stocks like RCM, RBB, RBC, etc.

Table with columns: Name, Ticker, Div, Yield, PE, 52-week High/Low, Vol, YTD %Chg. Includes stocks like SierraBc, SierOnc, SierraW, etc.

P-Q

Table with columns: Name, Ticker, Div, Yield, PE, 52-week High/Low, Vol, YTD %Chg. Includes stocks like P&F Inds, PAM, PBI, etc.

Table with columns: Name, Ticker, Div, Yield, PE, 52-week High/Low, Vol, YTD %Chg. Includes stocks like RCM, RBB, RBC, etc.

Table with columns: Name, Ticker, Div, Yield, PE, 52-week High/Low, Vol, YTD %Chg. Includes stocks like SierraBc, SierOnc, SierraW, etc.

- S -

Table with columns: Name, Ticker, Div, Yield, PE, 52-week High/Low, Vol, YTD %Chg. Includes stocks like S&T Bep, S&WSeed, SB Fin, etc.

Table with columns: Name, Ticker, Div, Yield, PE, 52-week High/Low, Vol, YTD %Chg. Includes stocks like S&T Bep, S&WSeed, SB Fin, etc.

Table with columns: Name, Ticker, Div, Yield, PE, 52-week High/Low, Vol, YTD %Chg. Includes stocks like SierraBc, SierOnc, SierraW, etc.

- T -

Table with columns: Name, Ticker, Div, Yield, PE, 52-week High/Low, Vol, YTD %Chg. Includes stocks like T-MobileUS, TAT Tdch, TCG BDC, etc.

Table with columns: Name, Ticker, Div, Yield, PE, 52-week High/Low, Vol, YTD %Chg. Includes stocks like T-MobileUS, TAT Tdch, TCG BDC, etc.

Table with columns: Name, Ticker, Div, Yield, PE, 52-week High/Low, Vol, YTD %Chg. Includes stocks like SierraBc, SierOnc, SierraW, etc.



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Money Market Funds

Table of Money Market Funds with columns: Fund, Avg Maturity, Avg Yield, Fund, Avg Maturity, Avg Yield, Fund, Avg Maturity, Avg Yield, Fund, Avg Maturity, Avg Yield, Fund, Avg Maturity, Avg Yield, Fund, Avg Maturity, Avg Yield. Includes funds like NatwndMMInst, New York Tax-Free Mo, etc.

Tax Exempt

Table of Tax Exempt Funds with columns: Fund, Avg Maturity, Avg Yield, Fund, Avg Maturity, Avg Yield, Fund, Avg Maturity, Avg Yield. Includes funds like AIMTX, Amc CATF, etc.

Toronto stocks

Table of Toronto Stocks with columns: Name, Vol, High, Low, Last, Chg, Name, Vol, High, Low, Last, Chg, Name, Vol, High, Low, Last, Chg, Name, Vol, High, Low, Last, Chg. Lists various companies and their stock prices.

Treasury bonds

Table of Treasury Bonds with columns: Rate, Date, Bid, Ask, Chg, Yld, Rate, Date, Bid, Ask, Chg, Yld, Rate, Date, Bid, Ask, Chg, Yld, Rate, Date, Bid, Ask, Chg, Yld. Lists various Treasury bonds and their yields.

FOOTNOTE: Rate- The annual interest rate the Treasury bond provides to investors. Date- The month and year the bond will expire. Bid- The price investors will pay for the bond. Ask- The price at which investors will sell. A bond price is expressed as a percentage of its original purchase cost of \$1,000. The whole numbers and the decimals which represent 32nds of a point-must be converted to dollars and cents; for example, 103.18 equals \$1,035.63. Chg- The change between the preceding day's final bid price and the final bid price from the day before. Yld- The annual percentage return to the investor, based on the bond's current price, if the bond is held until it matures. K- Taxes on interest will not be withheld from non-U.S. citizens. n-Treasury note. p-Treasury note; taxes on interest will not be withheld from non-U.S. citizens.

Mutual Funds

Mutual Funds section including a table of fund performance (AAM, AB, AAMkTRet1 b, etc.), a 'How to Read the Mutual Fund Tables' guide with explanations for symbols and abbreviations, and a detailed list of mutual funds with columns: Name, Obj, NAV, 4-wk Rtn, YTD Rtn, 3-yr Rtn/Rk.

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Mutual Funds

Table of mutual fund performance data including columns for Name, Obj, NAV, 4-wk Rtn, YTD Rtn, 3-yr Rtn/Rk, and various fund names like IntlGrInSt, MktNtrInflC, etc.

Table of mutual fund performance data including columns for Name, Obj, NAV, 4-wk Rtn, YTD Rtn, 3-yr Rtn/Rk, and various fund names like SelM/CValA, MktNetrInflC, etc.

Table of mutual fund performance data including columns for Name, Obj, NAV, 4-wk Rtn, YTD Rtn, 3-yr Rtn/Rk, and various fund names like SP500IdxS, SciandTechA, etc.

Table of mutual fund performance data including columns for Name, Obj, NAV, 4-wk Rtn, YTD Rtn, 3-yr Rtn/Rk, and various fund names like IntDivInvcA, IntValA m, etc.

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Mutual Funds

Table with 20 columns: Name, Obj, NAV, 4-wk Rtn, YTD Rtn, 3-yr Rtn/Rrk, Name, Obj, NAV, 4-wk Rtn, YTD Rtn, 3-yr Rtn/Rrk, Name, Obj, NAV, 4-wk Rtn, YTD Rtn, 3-yr Rtn/Rrk, Name, Obj, NAV, 4-wk Rtn, YTD Rtn, 3-yr Rtn/Rrk. Contains various mutual fund entries like GrDiscvK, HealthCareM, GrdTxFrncAdv, etc.

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Mutual Funds

Table with columns: Name, Obj, NAV, 4-wk Rtn, YTD Rtn, 3-yr Rtrn/Rk, Name, Obj, NAV, 4-wk Rtn, YTD Rtn, 3-yr Rtrn/Rk, Name, Obj, NAV, 4-wk Rtn, YTD Rtn, 3-yr Rtrn/Rk, Name, Obj, NAV, 4-wk Rtn, YTD Rtn, 3-yr Rtrn/Rk. Lists various mutual funds and their performance metrics.

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Table of Mutual Funds with columns for Name, Obj, NAV, 4-wk Rtn, YTD Rtn, 3-yr Rtn/Rk, and a detailed list of fund names and their performance metrics.



