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## Sun 'n Fun added a year of memories for some

By **KATHY LEIGH BERKOWITZ**

KLBERKOWITZ@HEARTLANDNEWSPAPERS.COM

He looked at the bird and the memories came flying back, quickly.

Eugene Werczynski, a New Jersey native who served as a U.S. Army crew chief stationed in Germany after being drafted, was visiting the annual Sun 'N Fun event and on his list of things to do, stop in to see the Vietnam War Bird display.

Tenderly touching the helicopter before him, while leaning with his other hand on his cane, he explained to a young lady how the helicopter worked.

A crew chief is an aircraft mechanic who flies with the pilot to tend to the aircraft. Helicopters became very popular in the Vietnam War for their ability to hover over dense vegetation and part the vegetation with the downdraft from the propellers.

Sun 'N Fun characteristically makes honoring veterans and military aviation a centerpiece of their annual program.

"Brings back memories," Werczynski says.

"I was stationed in Germany and the helicopter was a bit older than this ... we used to patrol the borders, watch the Russians take pictures of us and all that."

One thing he learned is that propellers then were made out of balsa wood, in blocks, and covered with fiberglass.

"It is strong," he adds.

Helicopters were fun to work on, he says, but adds they take more work than a fixed wing aircraft because they are "real hairy."

"You have got to check all the nuts and bolts."

### Young and invincible

War pilot Tom Tomlinson, a Huey pilot for



PHOTO BY CHARLES A. BAKER III

**Stuart Milson, chief pilot with Cavanaugh Flight Museum of Addison, TX works on a World War II-era Corsair as two Army Golden Knights parachute to the ground.**

The Florida State Chapter of the Vietnam Helicopter Pilots Association, was nearby the display at the Sun 'N Fun Expo, and elaborates on the helicopters.

Each war helicopter had a crew chief, a door gunner and a pilot.

Although there were very few helicopters in World War II, he notes, there were some Serkorskis, R4s and the Army used them to haul maintenance parts back and forth from the islands to the ship.

"We met a guy one day in Sarasota, and he had his yearbook, and I said 'There were

helicopters in WWII?' and he said, 'Yes they flew off the ships to the islands. And that is how the Army did their maintenance. The maintenance was done on the ships.

And they would fly parts back and forth with a helicopter, if they were small enough, and all the big parts were taken on a boat."

Helicopter mechanics worked at a machine shop, all in shorts, no shirts and no shoes because they were so hot.

Tomlinson was in college and sort of got

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### A Night out

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### Keepin' it smooth

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## All paws in for the future

By **CATHY PALMER**

NEWS CORRESPONDENT

Saturday was a sad, sad day for Tanya Tucker of Bartow. She had to say goodbye to her dog Collier, a 14-month-old Lab puppy. But despite the traumatic farewell trip to Palmetto, and the tearful goodbyes, she knew it was the right thing to do.

She wasn't having Collier put down, she was raising him up. Up to a better education, up to a better purpose. She was going to send her off to finishing school.

You see, Collier's going to be a guide dog. Or a service dog for a traumatized soldier. "I want her," Tanya says, "but someone out there needs her."

Collier came into Tanya's life about a year ago, when the

Bartow resident went to Palmetto to pick out her puppy, knowing full well she'd only have her big black and tan canine cuddler for about a year. That's all the time she had to get her groomed for her real purpose in life—as a full time companion and help mate for either a blind person or a soldier.

Known as a guide dog puppyraiser, Tanya learned about Southeastern Guide Dogs from a friend and since she already had two dogs, figured another one wouldn't be any big deal. Then she got the dog and she came with a manual. Tanya learned about Southeastern at a walk-athon and through the Bartow Crickette Club.

"I thought this was something I could do to give back to the

community and learn at the same time," she said. "I felt this was a good opportunity to be a part of changing someone's life," she said.

She also had to clear it with her 16-year-old daughter Kaitlyn and significant other, Veryl White.

"My family knew I really wanted to do this, but they were concerned about having to give the dog back," she said. The family already had two dogs, both Yorkshire terriers, and Tanya said she thought having those two would ease the pain when the day came to deliver Collier back to the school. "I knew I still had two dogs at home, so that should make it a little easier," she said.

Having the other dogs at home also helped

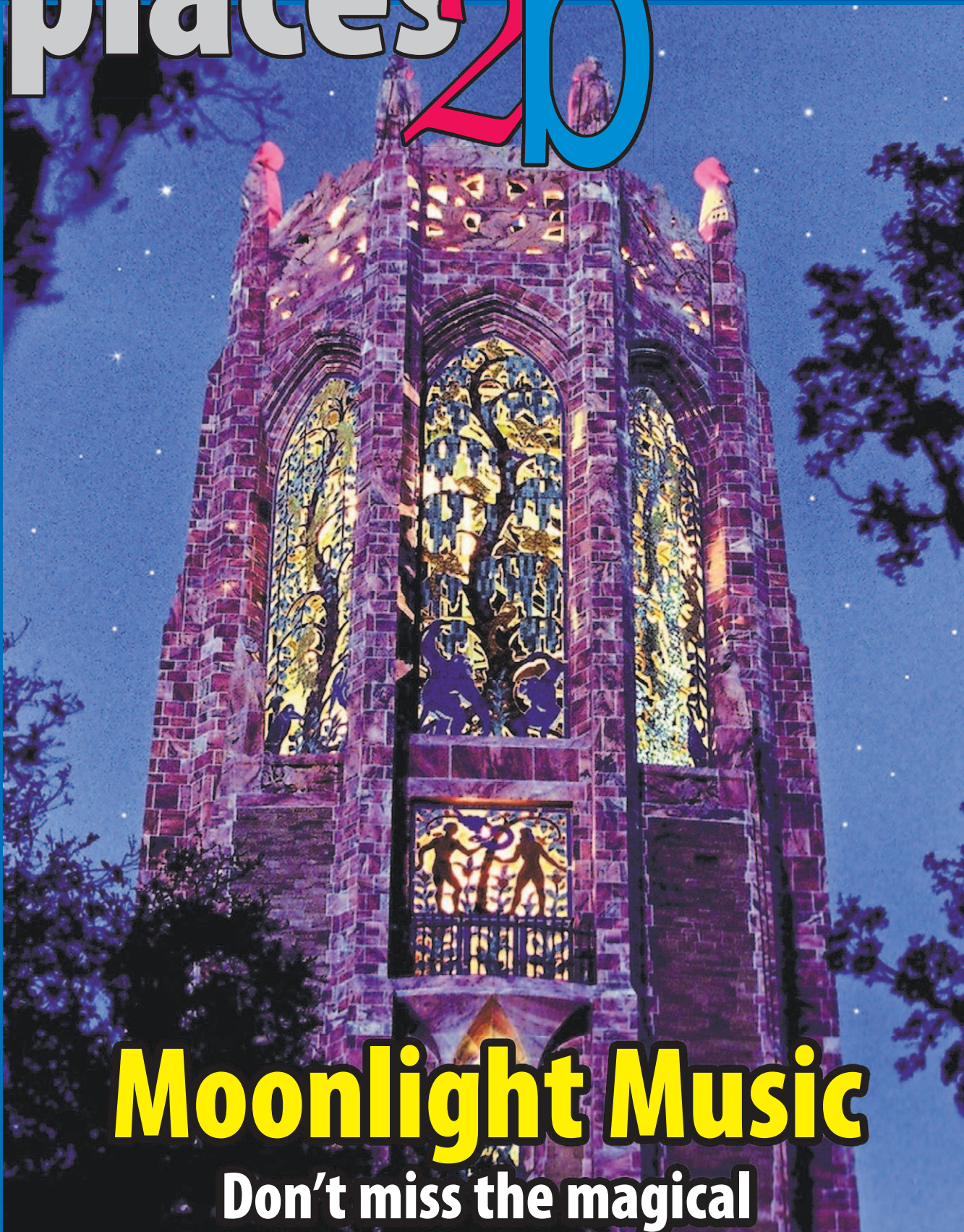


PHOTO BY KATHY LEIGH BERKOWITZ

**She's getting Collier ready for the future. Tanya Tucker is a service dog trainer who lives in Bartow. Service dogs are great companions for soldiers who return from war with PTSD and for people who are sight impaired.**



# places 2b



## Moonlight Music

Don't miss the magical

**Moonlight Carillon Concert at Bok Tower on April 19 at 8:30 p.m.**

## Bark Bark



The annual Bark in the Park event will be held in Winter Haven Central Park on Saturday, April 22.

### COMING THIS WEEK

**LAKELAND**

Beethoven's Symphony No. 9 by The Imperial Symphony Orchestra, 7:30 p.m. The Lakeland Center Youkey Theatre, 863-834-8111 for tickets.

**WINTER HAVEN**

Bark in the Park, Winter Haven Central Park, Saturday, April 22, 5:30 - 8 p.m. Call 295-9422 to register.

Disney's The Jungle Book (animated) at Winter Haven Library, April 23, 2 p.m. Free.

**LAKE WALES**

Night Hike at Bok Tower Gardens, April 22, 8 p.m.

Moonlight Carillon Concert, Bok Tower Gardens, April 19, 8:30 p.m.

**BARTOW**

Community Wide Yard Sale, Saturday, April 16, 8 a.m. - 2 p.m. Downtown. Wilson and Main.



Come see Disney's The Jungle Book (animated) at the Winter Haven Library on April 23 at 2 p.m. Food and drinks are welcome. Free!

Beethoven's Symphony No. 9 will be playing at the Imperial Symphony Orchestra on April 19.



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# Anybody seen a whale around here?

It seems like an unusual question, but it was asked at the annual luncheon of the Friends of the Bartow Public Library organization on Saturday.

Maria Trippe, curator of collections at the Polk County History Center, presented a program featuring old photos of Bartow, from its dirt road days of the 1880s to its more advanced character of the 1960s.

It was one of those rare occasions when a substantial number of attendees were my age (75) or older, and there was a little good-natured grumbling over photos taken as recently as 1965 being referred to as "historic." (I was three years out of college in 1965, but



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who's counting?)

While nobody in attendance would admit to remembering Bartow at a time before the first streetlights were installed on Main Street, there were quite a number of us who owned up to remembering the city trailer park that was removed to make way for Golden Gate Shopping Center in the 1950s; the Yellow Jacket Soda Shop; the Ritz Theater; and other prominent features of

yester-decade.

Maria invited audience participation, and occasionally someone would call out the correct pronunciation of a name, the location of a pictured home, or even a declaration that "I used to live there!"

I learned, for example, that when the Crickete Club Halloween Carnival was held in the old ball park on North Broadway, members of the club made it a point to check the train schedule to ensure that access would not be blocked by a passing train.

Perhaps the most interesting inquiry from the audience came from Marcie Miller: Did anyone remember when

a malodorous dead whale was brought to Bartow on a rail car as a tourist attraction?

It had a vaguely familiar ring to it.

Myrtice Young, Polk County's historic preservation manager, quickly texted a message to the History Center staff, asking if they could turn up any information on a very large, very smelly, dead whale paying a visit to Bartow, probably sometime prior to 1940.

I have no idea how you research visits by dead whales, but somebody at the History Center found an old article quoting one S. L. Frisbie as recalling he had been told by his family about the visit of the aforesaid deceased

mammal.

Further research turned up an ad published in The Polk County Democrat on Friday, March 3, 1933, announcing that the whale, touring the country in a glass case inside a specially-built 100-foot rail car, would indeed be making a stop in Bartow on Saturday and Sunday, March 11 and 12. Admission would be 15 cents for adults and 10 cents for children. The car would be parked on the ACL railroad siding at Main Street.

The ad even contained a drawing of a smiling whale.

An article published in The Democrat on March 10 provided more details. The whale was

described as "72 tons of bone and blubber," 55 feet long, preserved with 38 gallons of embalming fluid. It was caught "near San Clemente Island, off the southern coast of California."

Of its capture, The Democrat reported, "The whale gave his captors a thrilling battle before he finally succumbed to the explosion of a bomb in the head of a harpoon."

That gave me cause to wonder about the winsome smile on the face of the whale in the ad.

(S. L. Frisbie is retired. He has never seen, or smelled, a 72-ton dead whale touring the country on a rail car. For this, he has no regrets.)

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# Register now for PSC TALON

Registration is now open for Polk State College's TALON Robotics summer program.

Since 2012, TALON has offered middle- and high-school students the chance delve into the world of robotics, building and programming their own machines and visiting businesses for a real-world look at robotics in industry.

TALON's middle-school program, Eaglebots, is open to students entering the sixth, seventh or eighth grades. Students at this level use LEGO Robotics kits for in-class projects and competitions, all while using autonomous programming to solve math and science problems. Field trips to area employers help students in this

group make connections between their own experiences with robotics and industry applications.

TALON's high-school program, Technobots, is open to students entering grades nine through 12. Using more advanced VEX robots, students learn to program in Easy C, a design system that accomplishes a task, test and redesign based upon findings, and use engineering principals to respond to a challenge.

Technobots also includes a digital media program. Students in this program will develop a comprehensive marketing strategy for TALON Robotics, including designing T-shirts, brochures, signs, logos and other materials, and creating video products.

Students must have previous digital media experience and must receive instructor recommendation to participate.

Students entering grades 11 and 12 may also earn community service hours by being TALON mentors.

TALON will take place June 15-29 at both Polk State Lakeland and Winter Haven. Programs take place from 9 a.m. to 4 p.m. daily; students may arrive as early as 8 a.m. and must be picked up by 5 p.m.

The cost is \$395. Scholarships are available.

Visit [polk.edu/talon](http://polk.edu/talon) to register. For more information, visit the website, or email [ccanady@polk.edu](mailto:ccanady@polk.edu) or call 863-298-6859.

# Image Awards planned at FPRA meeting

The Dick Pope/Polk County chapter of the Florida Public Relations Association plans an in-depth presentation on branding by Brandt Merritt of Southeastern University and recognize winners of its 2016 Image Awards for excellence in public relations at its professional development meeting on Wednesday, April 20 at SEU in Lakeland.



**Brandt Merritt**

the new SEU Fire football team that was compatible with the university's overall identity.

The meeting, which begins at 8 a.m. in the Tuscana Ristorante, Salon A on the SEU campus at 1000 Longfellow Boulevard in Lakeland, is open to the public. FPRA extends a special invitation to non-profits and small businesses with an interest in learning the finer points of establishing an effective brand identity.

In his "Scoring a Branding Touchdown: Creating and Sustaining a Vibrant Brand Identity" themed talk, Merritt, who serves as SEU's director of marketing, will reveal secrets to establishing a memorable brand. As part of his presentation, Merritt will explain the process SEU followed in establishing a brand for

head up its marketing department.

Merritt serves on the boards of directors of Explorations V Children's Museum and the 4-Ball Invitational golf tournament, as well as the advisory board of the Imperial Symphony Orchestra. He is an elder at the First Presbyterian Church in Lakeland, which he attends along with his wife and their two daughters.

The FPRA Image Awards recognize the best in research, strategy, implementation and execution in the public relations profession. Image Awards competitions are conducted in the spring at the chapter level and recognize the area's best work. Local winners can advance to FPRA's state-wide Golden Image Awards competition.

To make a reservation or to get information about FPRA's April professional development meeting, contact Brad Ruhmann at [bruhmann@crewsbankcorp.com](mailto:bruhmann@crewsbankcorp.com) or 863-662-0699 or visit <http://www.fprapolk.org/calendar/april-professional-development-meeting/>.

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# Ladies Night Out in Winter Haven



PHOTOS BY KATHY LEIGH BERKOWITZ

It is Ladies Night Out in downtown Winter Haven. Sponsored by area businesses and other large local entities, the event was a real hit, judging by the crowds downtown Thursday night. Here, having fun with the girls, are Cindy Loput, Lisa Hartsfield, Lori Chalker, Brittney Eubanks, Mindy Keen and Jackie Harrison, at the Ave. Bar.



Faye Smith Foster and Janet Doane are having some fun on this Ladies Night at Paint Along Studios in downtown Winter Haven.



Donna Hicks and Carolyn Steeves smile for a quick pic before they get back to their evening of shopping and having fun together.



Some ladies drank coffee and just enjoyed each other's company. Here are Katrina Hall, Dawn Van Meter, Terree Meyers, Bet Tucker and Beth Merritt at Just Desserts.



Lots of items up for sale, and lots of chances to mingle with friends and neighbors who turned out to attend the Ladies Night in downtown Winter Haven. "The Shop" was full of lovely customers.



Anita Strang of Main Street Winter Haven hands out maps to all the thousands of women who attended the Ladies Night Out in the downtown area. Stores were surely grateful for the customers, too, as most attendees were carrying bags or drinks from their haul for the evening.





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# DOG

FROM PAGE 1

Collier hone her socialization skills from the getgo.

"There wasn't a day that they didn't all get along," Tanya said.

The housing rehabilitation and demolition expert also had to get her bosses' okay so she could bring Collier to work. "I had to get them to sign off on it and also get risk management to give us the okay," She said. "But there were no problems there, as you can see."

The novice puppy raiser wasn't quite sure exactly what she'd have to do until she got the dog, and the manual.

"The manual is filled with all the dos and don'ts that go with raising a dog with a purpose beyond being a family pet," says the 34-year-old housing specialist.

Collier, according to her foster mama, was a typical puppy that started out as a bundle of black and tan fur that

turned into a 60-pound lap dog. At a recent county meeting Tanya attended, she was seen sitting with Collier at her feet, one paw hanging around her ankle. "She's very affectionate and docile," she said. "She had some digestive issues at first, and that was a bit traumatic, but once we got that stabilized, it was all okay."

When Tanya signed up with Southeastern, she knew it was only for a while. According to the manual, Tanya had to socialize Collier, house break her, and teach her basic obedience commands.

One way she socialized Collier was by taking her to work on most days when she knew she'd be in her office. On a recent visit to Tanya's Bartow office, Collier simply lolled quietly beside Tanya's desk, looking up only when she heard her name. "That's pretty much how she is most of the time," Tanya says.

But that didn't just happen, according to the puppy raiser (so they are



PHOTO BY AL PALMER

**Collier, a guide dog in training, is a black and tan Labrador about 14 months old.**

called in the manual). She was bred to be that way. Tanya says that Southeastern carefully breeds its dogs to have the genetic traits that will make them good service animals.

"They are extremely careful about how they breed the dogs, and which dogs they breed," she says.

"And only those who have the best traits are selected for that purpose and the females only have three litters."

It protects the breed, mostly Labradors, she adds. Once the females are past their breeding time, they are spayed and offered for adoption.

"They aren't cheap," Tanya says, "these dogs cost about \$6,000 each and there's a waiting list for them." The dogs up for adoption may also be those who were found unsuitable for guide dogs for the blind or as service dogs. "That doesn't mean there's anything wrong with them, they just aren't a good fit in those categories but will still make amazing pets," Tanya adds.

Once Collier arrived back at the Southeastern campus, she will really start to learn. She'll spend six more months in training before being paired with her forever partner for another month's training and then, she'll head for her 'forever' home.

During her puppy mama days, Tanya was responsible for all but Collier's veterinary care.

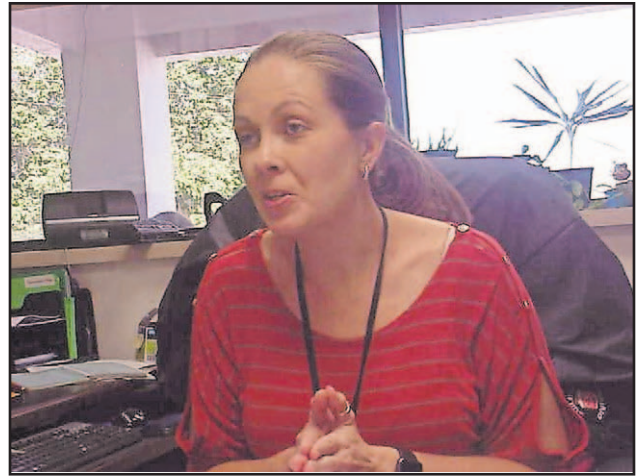


PHOTO BY AL PALMER

**Tanya Tucker of Bartow talks about what it is like to raise a pup to be a service dog.**

a mom's group," Tanya says.

The Bartowan says she's going to do it again, but maybe with a few months off. "I have some traveling to do in my job and don't want to get a puppy and then take off. That wouldn't be fair, so I'm going to wait, probably until about August before I get another one."

When Collier's completed her training, whether it be for a blind owner or a soldier with PTSD, she'll have her forever home, but will only be a working dog for six to eight years. The dog and partner training are free to those who need them, according to Southeastern. The organization exists solely on donations.

Southeastern Guide Dogs has been providing service animals for more than 30 years and presently has more than 400 of its service dogs helping their owners live independent and happy lives.

When her career is over, her partner can keep her if they want and can afford to, but should she wind up on the adoption list, Tanya would have first dibs. "I'll take her in a second," she says. "Maybe in half and second!"

For more information about Southeastern or the programs for the blind or for servicemen or women in need of a canine companion, visit [www.GuideDogs.org](http://www.GuideDogs.org) or call 941-729-5665.



PHOTO BY AL PALMER

Tanya Tucker of Bartow gives Collier instruction for the camera.

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# A&G Restaurant



By **JAMES COULTER**  
NEWS CORRESPONDENT

Stepping into A&G Restaurant in Winter



PHOTO BY DEBRA GOUVELLIS

Any omelet you crave can be made at A&G Restaurant, serving up three egg omelets filled to the brim with your choice of filling.

Haven, customers will notice one of two things: first, they will notice the white walls and tiles accentuated with hanging green plants and Greek artwork, providing an almost Mediterranean setting.

Second, in one corner, they will see the American red, white, and blue hanging alongside the Greek white and blue flag, along with other patriotic memorabilia displayed within the eatery next to Greek model ships, highlighting the cuisine of the two countries served there.

A&G Restaurant, as its name implies, serves

both American and Greek food prepared home cooked from fresh ingredients for both breakfast and lunch.

Only here can you enjoy an All-American breakfast with bacon, sausage, and flapjacks and then enjoy Greek cooking with a gyro for lunch and baklava for dessert.

Whether you want to indulge yourself in All-American food, or try a sample of Greek or Mediterranean cuisine, A&G Restaurant is the place to go for breakfast

and lunch.

Their famous breakfast is served morning and noon, allowing late risers to enjoy bacon, eggs, sausage, grits, pancakes, and other morning time favorites without having to wake with the early birds.

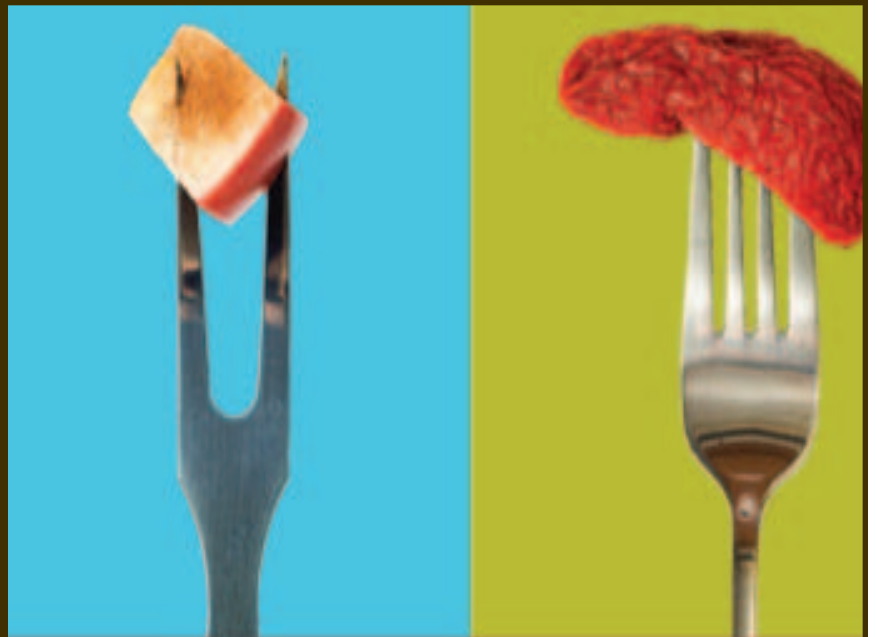
Especially popular for breakfast are their omelets, prepared with three eggs and stuffed with your choice of filling, whether vegetable greens such as peppers and onions, or meat lover favorites such as Canadian bacon or ham.

“Our breakfast is a main seller,” said Tammy Brown, manager for the past six years. “We serve breakfast all day, and people like that because some of them wake up late in the morning and they can come in and have breakfast.”

Lunch provides a variety of specials offered on a daily basis. Breakfast specials range from \$3.99 to \$9.49, and their lunch specials ranges from \$4.99 to their captain's platter at \$9.49.

A&G | 9

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# A&G

FROM PAGE 8

Every day offers something different. For example, one day, their lunch special menu could serve up unique platters such as spinach cheese pie, shepherd's pie, lamb shank, stuffed peppers, shiskababs, ribeye, grouper fingers, and catfish.

The owner, George Paragios, has been running this eatery for the past 12 years. Of course, he's only been able to run his restaurant for that long because of his many years of prior experience.

Paragios had been working in the restaurant industry as far back as 1964. During and before that time, he had been working on the ships in Greece.

He owned one restaurant in Greece before moving to America and opening a restaurant in Chicago. He had since moved to Florida where he opened his restaurant 12 years ago as a way to work alongside his son, who had by then finished his service in the U.S. Army.

Working alongside his son, George works in the kitchen as the owner and as a chef, while his son also occasionally cooks.

As someone who is proud of both his Greek heritage and his new American life, he combines his love of the two countries in his restaurant, serving both authentic American and Greek food.

Aside from this paper, his restaurant had been covered and reviewed by other local publications.

Once he was featured twice in the same paper, first receiving a four star rating, and the second time, a five star rating.

Part of what has allowed him to remain for as long as he has and be as successful has been his customers. George is quite the people person who always set his customers as top priority.

While he loves the food of his homeland, he knows that many customers are not as familiar with the cuisine; and so he does his best to convince them to try it, or otherwise, he simply serves them what they are most familiar with.

"I like the people here," George said. "They are good people, and I like all of them and the area."

Most of his other workers are equally people persons, with many of his servers having worked at the eatery serving many of the same customers for years.

So attentive to the customers they have become that most do not have to wait any longer



PHOTO BY DEBRA GOUVELLIS

For more than a decade, this little eatery has been serving authentic Greek and American food for both breakfast.

than five minutes for their meals, with maybe ten minutes top.

Many of the customers come around so many times that they almost become family. Sometimes, if one regular doesn't drop by for a long time, the staff will start to worry and call them up to check and see if they are doing okay, Brown said.

"So we get attached to our customers," she

explained. "Meeting new people all the time is the best part."

Such friendly and hospitable service, alongside great food, has allowed the eatery to remain for as long as it has for more than a decade, and they are most certain that they can last for another 12 years or so.

Recently, the restaurant has released coupons and other specials in The Coupon Book,

and they are advertising in International Diner's Club, allowing them to gain more publicity.

"If we keep doing what we are doing, I don't see why we can't be around for another 12," Tammy said.

A&G Restaurant is located at 1174 Havendale Boulevard NW in Winter Haven. For more information, visit their Facebook page, or call 863-292-8646.



PHOTO BY DEBRA GOUVELLIS

Both the Greek food and the atmosphere is sure to even have the proudest American exclaiming "Oopah!"



PHOTO BY JAMES COULTER

What better way to finish off a Greek meal than with the Greek dessert of Baklava, a sweet pastry made of layers of sweet syrup and chopped nuts filling.



PHOTO BY DEBRA GOUVELLIS

For breakfast or lunch, the dining room always tend to be packed with hungry customers starving for authentic home cooked American or Greek food.



# This is the iconic chicken recipe that you need in your life

By **KATIE WORKMAN**

THE ASSOCIATED PRESS

When this recipe was first created by The Silver Palate catering and take out shop on the Upper East Side of Manhattan, it earned an immediate following. When the recipe was later published in "The Silver Palate Cookbook" by Sheila Lukins and Julee Rosso, it was a revelation, mostly thanks to its eccentric ingredient list: Vinegar? Olives? Prunes? Capers? Garlic? Brown sugar? White wine? All in one dish?

Yes! To taste it was to be converted.

And so for a nice chunk of time during the '80s this dish made appearances on tables all over the country, sometimes for family dinners, but more often for entertaining. I grew up on this dish (my mother was an early adopter of it). It was one of the first "grown up" meals I served to family and friends as a budding cook, and not too long ago I even made it to bring to a kindergarten potluck for one of my kids.

Of course, I also had a deeper connection to this recipe. My father, Peter Workman, was the publisher of the "Silver Palate Cookbook," so I really felt like the recipe was part of my family's culinary history.

And for a long time it was the first dish on my Passover menu every year. Thankfully, this is not a dish to forget, or imagine to be dated in any way. The faultless and brilliant combination of flavours is timeless, the recipe is pretty foolproof, the chicken is unfailingly moist, and it can be made ahead. Make it again, if you have forgotten it for a while. Or make it for the first time, and tell me that you're not a card-carrying lifetime chicken marbella fan.

## CHICKEN MARBELLA

Start to finish: 1 1/2 hours, plus marinating (30 minutes active)

Servings: 10

1/2 cup olive oil  
1/2 cup red wine vinegar

1 cup (about 8 ounces) pitted prunes

1/2 cup (about 3 ounces) pitted Spanish



AP PHOTO/MATTHEW MEAD

**Chicken marbella is garnished nicely with crisp, green snap peas and field potatoes.**

green olives

1/2 cup capers, with a bit of juice

6 bay leaves

1 head of garlic, minced

1/4 cup dried oregano

Kosher salt and ground black pepper

10 pounds quartered chickens pieces

1 cup packed brown sugar

1 cup dry white wine

1/4 cup flat-leaf parsley or fresh cilantro, finely chopped

In a large bowl, combine the olive oil, vinegar, prunes, olives, capers and a splash of the juice, the bay leaves, garlic, oregano and a hefty pinch each of salt and pepper. Add the chicken and stir to coat. Cover the bowl and refrigerate overnight.

When ready to cook, heat the oven to 350 F.

Arrange the chicken in a single layer in 1 or 2 large, shallow baking pans. Spoon the marinade evenly over the chicken. Sprinkle the chicken pieces with the brown sugar and pour the white wine around them. Bake, basting frequently with the pan juices, until the thigh pieces reach 170 F and the breasts reach 160 F, 50 minutes to 1 hour.

With a slotted spoon,

transfer the chicken, prunes, olives and capers to a serving platter.

Moisten with a few spoons of the pan juices and sprinkle generously with the parsley or cilantro. Serve the remaining pan juices on the side.

Note: To serve chicken marbella cold, cool to room temperature in the cooking juices before transferring the pieces to a serving platter. If the chicken has been covered and refrigerated, reheat it in the juices, then allow it to come to room temperature before serving. Spoon some of the reserved juices over the chicken.

Nutrition information per serving: 780 calories; 370 calories from fat (47 per cent of total calories); 42 g fat (10 g saturated; 0 g trans fats); 190 mg cholesterol; 630 mg sodium; 37 g carbohydrate; 2 g fiber; 28 g sugar; 60 g protein.

(Recipe adapted from Julee Rosso and Sheila Lukins' "The Silver Palate Cookbook," Workman, 1979)

Katie Workman has written two cookbooks focused on easy, family-friendly



AP PHOTO/MATTHEW MEAD

**This classic chicken marbella recipe from Sheila Lukins and Julee Rosso's "The Silver Palate Cookbook" is foolproof and produces chicken that is unfailingly moist and can be made ahead.**



# Legoland goes bright blue for autism

By **CATHY PALMER**  
NEWS CORRESPONDENT

If you happened by Legoland in Winter Haven in early April, you may have noticed the entrance sign wasn't just lit up as usual—it was lit up in bright blue.

That was the first step the Winter Haven children's theme park's partnership with Autism Speaks to make the park, known for its iconic bricks, autism friendly, according to Legoland Public Relations Manager David Brady.

"We're expanding our efforts to make the park more accessible for guests with special needs," Brady said following a recent ceremony celebrating the addition of the park to local bus stops.

"We've been working closely with Autism Speaks to come up with ways to make the park amenable to children or adults with autism in any of its forms."

The vacation resort, located on Cypress Gardens Boulevard, has installed a large panel of hands-on,

sensory-stimulating activities in a quiet space in the building just inside the gates that once held the season pass purchase facilities.

"Many autistic children have special sensory processing needs," Brady explained, "and we've been working with Autism Speaks to develop ways to work with those needs and create an atmosphere enjoyable for everyone."

"We reached out to Autism Speaks on what we needed to do and that led to a partnership," he added. "The building is just the first of several more projects designed to make Legoland Florida Resort a more autism friendly destination for children and families."

"Autism Speaks applauds the efforts of Legoland to provide special accommodations so that guests on the autism spectrum can maximize their park experience," said Karen Bacharach, a senior director for Autism Speaks.

"When asked, our Central Florida volunteers were eager to offer some design

considerations to help the resort become autism friendly."

Brady said the park was going to add other facilities scattered throughout the theme park where families with autistic members could find respite and give their autistic children or adults a calming space.

"That first project bloomed into multiple ideas involving several departments to make the park and resort a more welcoming place for kids of all ages and abilities," Brady said.

Under the partnership, Autism Speaks staff members and volunteers will consult on the development and installation of "quiet rooms" and other facilities designed to meet the needs of guests with autism.

The organization also will help Legoland create on line "social stories" that will provide illustrated walk-throughs of the attractions, shows and other guest amenities and activities and will consult on other autism-friendly initiatives such as a park map designed for guests with special



PHOTO PROVIDED TO THE POLK SUN

Legoland's main entrance was lit up bright blue on April 2 for Autism Speaks and is making accommodations for those on the autism spectrum to more fully enjoy the kidfriendly theme park located on Cypress Gardens Boulevard in Winter Haven.

needs and possible revisions to its guide for guests with disabilities.

Also part of the plan is for Autism Speaks to conduct biannual training sessions for park employees, called model citizens, about the unique needs for guests on the autism spectrum as well as supplying educational materials to be provided to all new employees.

"We're proud to say we're built for kids," Brady said. "By partnering with Autism Speaks and making these smart changes that will benefit so many families, we're helping to ensure that our resort is truly built for all kids."

In addition to the "Light it up Blue" event that turned the entry sign bright blue, Legoland is also sponsoring the

kids' zone at the Autism Speaks walk on April 23 at Tropicana Field in St. Petersburg and in the fall will do the same at a walk in Altamonte Springs.

"These family friendly walks are an inspirational and impactful opportunity to raise money and awareness to help change the future for those who struggle with autism," spokesmen said.

# Air fryers grow on promise to deliver flavor with less fat

By **KEVIN BEGOS**  
THE ASSOCIATED PRESS

Todd English has a new — and unlikely — love: the air fryer.

"I was amazed at the quality of the way things came out," English, a prolific and award-winning restaurateur and television chef, said in a recent interview. "And the versatility of it was something I also loved."

Air fryers aren't new, but the high-profile attention they have been getting is. Which is all a bit surprising, given their as-seen-on-TV appeal. Unlike classic deep-fry devices, air fryers don't use kettles of oil to cook. Instead, they are essentially small, countertop versions of a convection oven. They use a fan that constantly pushes super hot air around the food. This means they cook faster, deeper and — with almost no oil — crunchier than traditional appliances.

English has become so smitten with air fryers, he's just released a cookbook dedicated to them, "The Air Fryer Cookbook." The book

features recipes for everything from stuffed portobello mushroom and spinach pizzas to sesame-ginger fried pork, as well as the more classic (and expected) french fries and chips.

He argues that air

fryers are a natural for home cooks, who generally love fried food but don't know how to properly cook it using traditional oil methods. "Most people don't know when to change the oil on a tabletop" deep fryer,

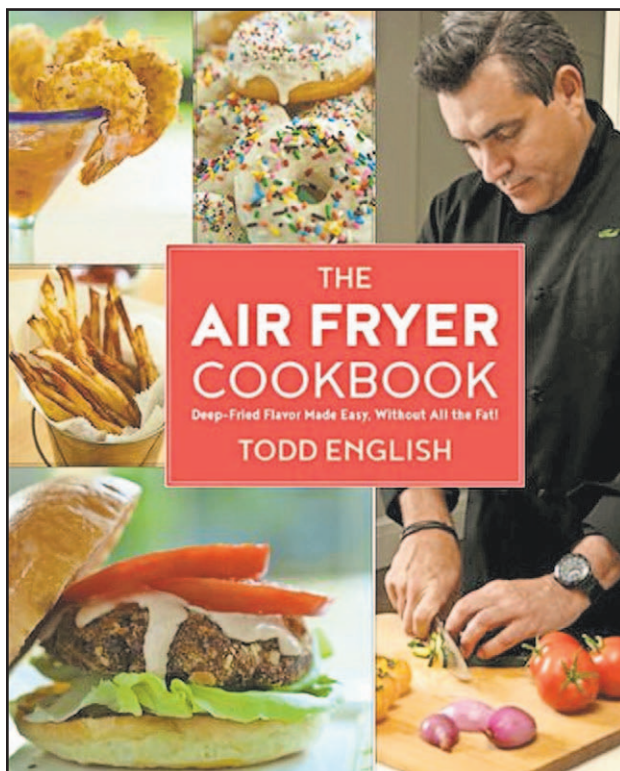
nor do they know how to properly manage the temperature, he said.

Air fryers, English explains, correct for all of that. Many of his recipes use only cooking spray or breadcrumbs, while others typically call for just a tablespoon of oil. He

said an air fryer can cook a dish in about 10 to 15 minutes, compared to 25 to 30 minutes in a regular oven. "Simple, and the results are very close, if not an exact replica of fried food," English said. But with far less fat.

Guy Crosby, a professor

in the department of nutrition at Harvard's School of Public Health, agreed that air fryers can help cut back on the amount of fat used in cooking, but obviously are only as healthy as the foods that go in them.



ST. MARTIN'S CASTLE POINT VIA AP

"The Air Fryer Cookbook: Deep-Fried Flavor Made Easy, Without All the Fat!" features a variety of recipes to fry foods in a more healthy manner.

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POLK COUNTY SUN

CHECK IT OUT



# How to manage your wedding seating chart

By **CHERYL STRITZEL McCARTHY**  
CHICAGO TRIBUNE (TNS)

When the wedding guest list is done, venue chosen and ceremony planned, one touchy task remains: assigning seats for the reception meal.

Don't wait until crunch time to begin, wedding planners say. And don't throw up your hands and not do it at all.

"Walking into a sea of tables without a seat assignment can feel like walking into the cafeteria on the first day of school," says Susan Graham of Signature Events in Atlanta.

"It's very important to the flow of the event," agrees Gina Cramer of Make It Happen Events in Des Moines, Iowa.

So unless your reception is lounge-style grazing with food stations and no dining tables, buckle down and figure out who's going to sit where.

"Assigned seating makes for less chaos," says Maria Lindsay of Maria Lindsay Weddings and Events in Orange County, Calif. "A lot of thought goes into it. It can be challenging."

Both bride's and groom's sides work together on seating. Where a guest's table is in the room is important. Center your VIP tables (parents, grandparents, close family) in front of the head table, giving them the best view of bride, groom and wedding party. Don't place older guests in front of the band or DJ. Consider single guests: Would he or she like to sit with relatives or other singles the same age? College buddies might appreciate being close to the bar. Seat co-workers on the outskirts of the room, but together.

"Place your guests where they're most comfortable," Cramer says. "You never want to put grandma in front of an amplifier, and I've seen it done."

Any strained relationships? If Uncle Dave doesn't get along with Uncle Mike, separate them by a few tables. Ditto for divorced parents, while keeping them equally centered on the head table. "Usually guests put differences aside for that day," Cramer says. "But small things can be done to help."

Have a few extra chairs on hand. It's typical for guest lists to change

the night before and the day of the wedding, with a few positive RSVPs dropping out or other guests suddenly able to attend. Or someone shows up with an unexpected date.

## A FEW TIPS

Know the maximum and minimum number of guests you can have at each table, given style and size of chairs.

Start with a stack of blank paper; each sheet represents one table. Write each guest's name on a single Post-it note. Start grouping the guests, moving Post-its as needed, to create harmonious tablemates.

Your guest list is likely already in a spreadsheet, with columns for title and first name, last name, number of guests in party and special needs (such as highchair, wheelchair, vegan, food allergy). Add a column for table number.

Work on seat assignments as RSVPs come in. Your plan should be nearly complete a week before the wedding.

"There are countless creative ways to communicate seating assignments to guests as they enter the reception," Graham says. Consider a traditional escort card, with guest's name, table number, and indication of special meal if necessary, in elegant calligraphy laid on a linen-covered table with floral arrangement. For one seaside wedding, instead of escort cards Graham used white capiz shells displayed on sand, with guests' names and table numbers stenciled on the shells. "Look to Pinterest and your imagination to make this a show-stopping element," Graham says.

Don't need place cards? Use a board on an easel. Either way, arrange alphabetically by guest's last name, followed by his or her table number. "Do not list Table 1, 2 and so on, followed by names of guests at that table," Cramer says. "That will take guests a very long time to find their name."

Remember to relax. It's meant to be fun.

"I tell my brides, this is your first wedding," Cramer says. "But I'm lucky enough to do this almost every weekend."



AMY MARTIN PHOTOGRAPHY/MANDEE MORGAN VIA AP

This Sept. 2015 photo provided by Mande Morgan shows guests of Mande and Thor Morgan waiting their turn on a zip line platform during the wedding reception at Camp Highlander in Horse Shoe, N.C. Hiking boots, bug spray, long underwear - not your typical packing list for a wedding. Unless it's a summer-camp wedding, a hot new twist on the destination wedding.

# Legal Matters

with Kent Lilly



## THE FIRST THING WE DO, LET'S KILL ALL THE LAWYERS

So said Shakespeare in *Henry VI*. Dick the Butcher spoke those words, but for a very different reason than most folks assume – he was a follower of the rebel Jack Cade, who thought that if he disturbed law and order, he could become king. In other words, Shakespeare meant it as the ultimate compliment to attorneys and judges who instill justice in society.

Fast forward through the centuries to find much of the population which agrees with Dick the Butcher, in large part because corporate America (especially the insurance industry) has won its propaganda war intended to paint trial lawyers as the root of all evil. Probably the largest blemish on the reputation of trial lawyers is the McDonald's hot coffee case. In 1992, 79-year-old Stella Liebeck became the poster child for frivolous litigation after filing a lawsuit against McDonald's for serving coffee that was too hot. The public generally ridiculed Liebeck – the media hook was the story of an Albuquerque woman who cleaned up with \$2.7 million for spilling coffee on herself. News stations took her to task, late night comedians had a field day. But did any of us really know the details of the story? With the opening of Ralph Nader's new American Museum of Tort Law in Winsted, Connecticut, the truth behind some of the more enduring cases of corporate shenanigans are explored. Among histories of exploding Ford Pintos and Joe Camel, the facts behind Liebeck's case come to light.

At home, most coffee makers brew coffee at about 135 degrees, but McDonalds (in order to increase profits) served its coffee at 190 degrees – hot enough to cause 3rd-degree burns in 3 seconds, even through clothes. Liebeck endured 3rd-degree burns over 16% of her body – the skin was burned away to the layers of muscle and fatty tissue. She was hospitalized for 8 days, and then required multiple skin grafts and other prolonged treatment over two years. She offered to settle for \$20,000 – McDonald's refused. The jury learned that 700 other victims, including many children, were burned from McDonald's scalding coffee before Mrs. Liebeck. They knew their coffee was causing serious burns, but refused to alter their company policy in the name of greater continued profits. Although he reduced the award to \$480,000, the trial judge called McDonald's behavior "willful, wanton, and reckless."

Painting McDonald's as the victim was a way for business interests and some lawmakers to create a narrative about frivolous lawsuits in an effort to advance a tort reform agenda that would hamper consumer rights and strengthen a lack of corporate accountability. Truly frivolous lawsuits make sensible people want to bang their heads against the wall, but the importance of holding corporations responsible for wrongdoing shouldn't be diminished. According to Nader, "Tort law is being run into the ground, maligned, caricatured and slandered because it's effective". Nader describes the conservative agenda of tort reform, which seeks limits on lawsuits and financial awards, as "the cruelest movement I've ever encountered" – that's why you can now go to a museum in Connecticut and see exhibits starring Erin Brockovich and Big Tobacco – and a senior citizen named Mrs. Liebeck, who was concerned about kids being burned by scalding hot coffee.

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# Kids and cellphones: 8 rules to live by

By **DAVID HOPKINS**

CHICAGO TRIBUNE (TNS)

Once my daughter Kennedy was old enough

to stay home alone, the question of getting her a cellphone also came up. Suddenly, I was thrown into unfamiliar territory. Parenting is a challenge when the problem takes on weighty, almost absurd levels of symbolic meaning. And in today's world, few things carry more power than the glowing screen of a phone — destroyer of innocence, bane of ambition and the ruin of many a teenager.

Despite the available parental control apps (we use ParentKit) and some common sense (she doesn't have access to any passwords), there is no question she has greater access to the world than I ever did at her age. As a kid, I remember walking across town just to flip through a Playboy magazine the neighborhood boys kept hidden under a rock in a grassy field.



By comparison, her phone offers a lot more terrain with untold surprises lurking underneath the rocks. It's incredibly nerve-wracking. So I did what any naive parent would do. I created a list of guidelines for responsible phone use, hoping that words alone could inspire good behavior.

1. Do not lose the \$600

supertoy.

This rule has not been a problem. Why did I even think this needed to be a rule? She knows where her phone is at all times, as it is always within arm's reach. Now, if she could only be as diligent about her retainer.

2. Do not pull an all-nighter on YouTube.

Kennedy's bedtime is 9 p.m., and we don't want her up at all hours of the night watching Internet videos on her phone. Here's where the ParentKit app is handy. On ParentKit, I can set a schedule that shuts every app down. As a bonus, from anywhere in the house, I can tell when it's 8:30 p.m. because I hear Kennedy shout in frustration when her phone locks up in the middle of a video. I take joy in the small things.

3. Do not use your phone to tune us out during dinner. That's what TV is for.

Kennedy is good about leaving her phone alone when we eat together. From what I've observed, it's the parents who have the problem. I remember taking my daughter out to lunch one afternoon. At the restaurant, I saw parent after parent buried in their phones, while their kids ate in silence. We need to show our kids that they are the priority, not BuzzFeed.

4. Do not dare kids to steal your phone.

We don't want Kennedy flaunting the phone to her classmates. Not only could it make her friends feel bad — and, in turn, they'll torment their parents about getting a phone — it also increases the risk of someone stealing it. Theft committed by kids always seems to begin with the phrase: "Check out this cool thing I have."

5. Do not be a troll.

My daughter is a sweet kid. That doesn't mean she's a saint. Parents, don't be fooled. Any child is capable of being a bully to somebody. We don't want Kennedy sending mean texts to other people. We also don't want her posting photos of anyone without their permission. The Internet is filled with people who find humor in embarrassing others. That's not us.

6. Do not be one of those kids.

A child should not ignore the person in front of her in order to respond to a text message. We've all been there. We're talking with a friend, and his phone buzzes. He looks at it and makes a snap decision as to who is more interesting, the person in front of him or the person on the phone. He holds up an index figure to indicate this will only take a second. You've been denied. You should have been more interesting. I think, even if it's a parent texting, the child should wait until an appropriate time to respond.

7. Do not end up in the news because you booked a flight to South Carolina to meet your creepy Internet boyfriend who is actually in his 40s.

I buried this rule near the bottom, but it's the one that worries us the most, isn't it? Predatory men and women looking for kids they can manipulate. Do not assume your child is "street smart" enough to know the difference between the good people and the bad people. I'm almost 40, and even I am just figuring this one out. If Kennedy gets a text from someone she doesn't know, she takes it directly to one of her parents.

8. Do not trust a phone to keep your secrets.

A child's phone is personal, but it's

never private. It would probably be good for parents to adopt a similar mindset. Is anything we do online truly private? Has it ever been? Her phone is not the equivalent of a locked, closed bedroom door. No, it's more like hanging out on the couch while mom and dad are in the next room — private enough to complain about the lack of privacy. Kennedy knows that when it comes to her phone, I'm the NSA.

I'd like to say these guidelines were so perfectly crafted that we've never had a problem with Kennedy and her phone. But the fact is she is her father's daughter. She is just as obsessed with her phone as I am with mine. If anything, Kennedy's phone habits have placed a mirror up to my own tendency to grasp at my phone every other second. I have to consider my own guidelines for how I use my phone. It's pushing me to become a better parent, to put aside the distractions and find ways to engage with my family and not the glowing screen.

ABOUT THE WRITER

David Hopkins is a writer who was born in Chicago and lives in Arlington, Texas, with his wife and two daughters. He wrote this for the Chicago Tribune.



## MLB to incorporate special jerseys, hats for Special Days

The Associated Press

NEW YORK, N.Y. - Major League Baseball teams will wear specially designed jerseys for Mother's Day and Father's Day this season.

Team scripts and logos will incorporate pink for Mother's Day on May 8 and light blue for Father's Day on June 19. The commissioner's office said Wednesday that there also will

be special caps, with grey crowns and brims.

Clubs also will wear camouflage design scripts for Memorial Day on May 30 and caps with red, white and blue on the Fourth of July, along with special jerseys. For Toronto, Memorial Day jerseys will feature a Canadian Forces colour scheme and July 4 caps will have a Maple Leaf design.

MLB will donate its licensed uniform royalties to Susan G.

Komen (Mother's Day), the Prostate Cancer Foundation (Father's Day), Stand Up to Cancer (Mother's Day and Father's Day), Welcome Back Veterans (Memorial Day and Independence Day) and the Canadian Forces Morale and Welfare Services' "Support Our Troops Fund" (Memorial Day).

Players in the All-Star Game at San Diego on July 12 will wear caps containing logos outlined in gold.

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# How will your teen get to prom?

By **LEANNE ITALIE**

THE ASSOCIATED PRESS

NEW YORK, N.Y. — Prom is as much about the journey as it is the dance, so how will all those teens heading into the annual rite of spring handle their wheels?

Limos and charter party buses may still be kings for prom, at least in some areas, but they don't have a stranglehold on transport considering the rise of Uber and similar hail services. Other high schoolers looking to save money plan to ditch rentals and drive themselves.

Prom has morphed into multiple activities at multiple locations, complicating logistics in getting around, a particularly thorny issue for teens who will drink and drug. According to research, more than 90 per cent of teens believe their fellow classmates will likely drink and drive on prom night and only 29 per cent believe that driving on prom night comes with a high degree of danger.

Nearly 1 out of 10 teens in one survey reported being a passenger of someone under the influence on prom night.

Jillian Frisch, an 18-year-old in Voorhees, N.J., has no intention of being one of them when she and her friends drive themselves — two or

three to a car — to their May 13 prom, along with a trip to the shore for an overnight after-party in a rented house.

"Drinking and driving is stupid. Most kids wait until they safely get to the shore house or wherever they go after prom to celebrate," she said.

Jillian's dad, Gary Frisch, is fine with the transportation arrangements but fully acknowledged that some kids will drink once they get to the "prom house" despite a legal drinking age of 21.

"I'm actually trusting that there will be no illicit alcohol during the prom itself, and do trust that my daughter won't get in a vehicle with an impaired driver," he said.

Some towns have gotten around that risk entirely by taking the issue of transportation into their own hands.

In Glen Rock, New Jersey, along with many others, teens must take chaperoned charter buses to and from prom. The cost is often built into the price of prom tickets.

"They can drive themselves to school and then the bus takes them to the prom location," said mom Angela Crawford, whose 18-year-old son will attend senior prom in Glen Rock on June 3. "All school activities the day of the prom end in time so that the children



AP PHOTO/ROBERT F. BUKATY/FILE

**Students stand near a 34-foot Hummer limo on prom night in the Old Port section of Portland, Maine. Limos and charter buses may still reign as kings for prom transportation but they have competition from Uber and other hail services, along with teens who plan to rent their own wheels or borrow from mom and dad.**

have enough time to go home and change and meet the bus."

It works about the same at Anna Schiferl's large suburban Chicago high school which not only requires teens to take the sanctioned luxury charter buses to prom but also to approved post-prom events.

Her prom is May 31 on Navy Pier, an attraction in Chicago about 20 miles from the school in La Grange.

"I haven't personally experienced the bus ride to prom yet since my school has only a senior prom, but I haven't heard any complaints," said 17-year-old Anna. "Although it isn't exceptionally far away, I

believe the buses will make it a faster and easier trip than driving, Ubering, taking a limo."

After the dance, there's a post-prom cruise, she said.

"I'm glad my friends and myself won't have to worry about organizing rides home in the late night-early morning hours," she said. "It's one less thing we'll have to co-ordinate."

Sam Levy, owner of US Bargain Limo, which operates rental fleets in parts of New Jersey,

along with New York City and Philadelphia, said prom business is still going strong.

"It's one of our busiest times of the year," he said, estimating prom transport amounts to about 30 to 35 per cent of his rentals. "The party buses are the most popular."

Such vehicles can hold about 15 to 55 people, depending on the size needed, Levy said. Usually, he sees prom groups of 20 kids or more on rentals of 10 to 12 hours at a stretch covering prom and post-prom stops.

Absolutely no alcohol is allowed, Levy said, noting that parents or guardians must sign contracts and put a credit card on file. That said, he tries not to turn his drivers into the prom police, choosing to let them concentrate on the road.

"But we're not playing games. We'll take them back home if they're drinking," Levy said.

William Horrey, a senior researcher at the Liberty Mutual Research Institute for Safety in Hopkinton, Massachusetts, urges

parents to make sure prom couples travel alone if they skip limos.

Why? Because a quarter of teen drivers in a survey done for the Liberty Mutual and SADD, the non-profit Students Against Destructive Decisions, said having three or more teen passengers in the car is distracting while driving, Horrey said.

Colleen Sheehy-Church in Madison, New Jersey, is the national president of MADD, for Mothers Against Drunk Driving. She lost her 18-year-old son, Dustin, in 2004 when he got in a car with an impaired, underage friend behind the wheel after they decided to go on a late-night pizza run.

While tragedy struck in July and was not prom-related, she said MADD has a zero tolerance for drinking of any kind by underage teens — all year round.

"We know our Dustin was sober. We know that by an autopsy," she said. "And he was seat belted, and we really had great conversations with him, but unfortunately he made a mistake."

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# Washington's journal, Bunker Hill Bible up for auction

By **CHRIS CAROLA**  
ASSOCIATED PRESS

ALBANY, N.Y. (AP) — A rare newspaper printing of a journal kept by a young George Washington and a small inscribed Bible carried by an American soldier during the Battle of Bunker Hill are among hundreds of historic documents being sold at a New York City auction.



AP PHOTO/KIRSTY WIGGLESWORTH

**A Christie's member of staff displays an unrecorded copy of the First Folio, the first collected edition of Shakespeare's plays, widely considered the most important literary publication in the English language. The book contains 36 plays, 18 of which appear here for the first time in print, and is estimated at 800,000-1.2 million UK pounds (1,127,760- 1.69 million US dollars).**

Monday's 300-lot auction at Bonhams in Manhattan features items from a massive trove of historical papers collected by Eric Caren of Woodstock, New York.

The Washington document is a March 1754 Maryland Gazette publication of the

then-22-year-old Virginia surveyor's journal detailing his failed effort to convince the French to

withdraw from the Ohio River Valley. The auction house said it's the earliest procurable edition of the journal. It has a presale price of \$60,000 to \$90,000.

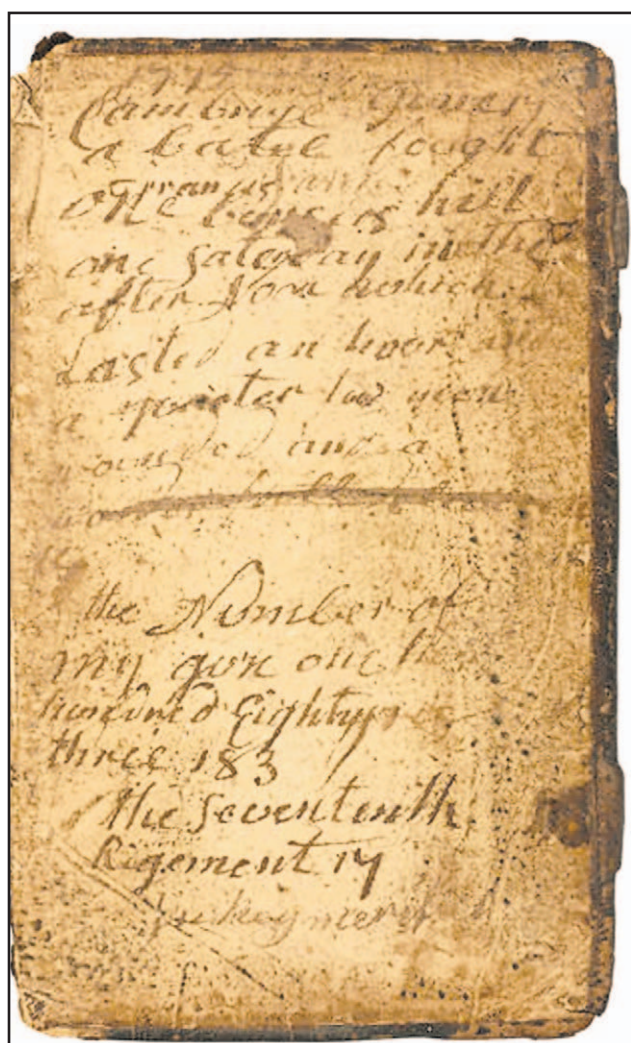
In the winter of 1753-54, the British governor of Virginia sent Washington into the wilderness along what is now the Ohio-Pennsylvania line to negotiate a withdrawal of French forces from disputed borderlands.

Rebuffed in his efforts, Washington returned a few months later with his own force of militiamen and Indians, who killed members of a French patrol, including a nobleman. The incident essentially touched off the French and Indian War, the North American theater of the larger conflict known in Europe as the Seven Years' War.

Washington's journal "is of profound historical significance" and offers a glimpse into an adventurous period in his life, said Edward Lengel, director of the Washington Papers at the University of Virginia, home to 135,000 documents pertaining to the nation's first president.

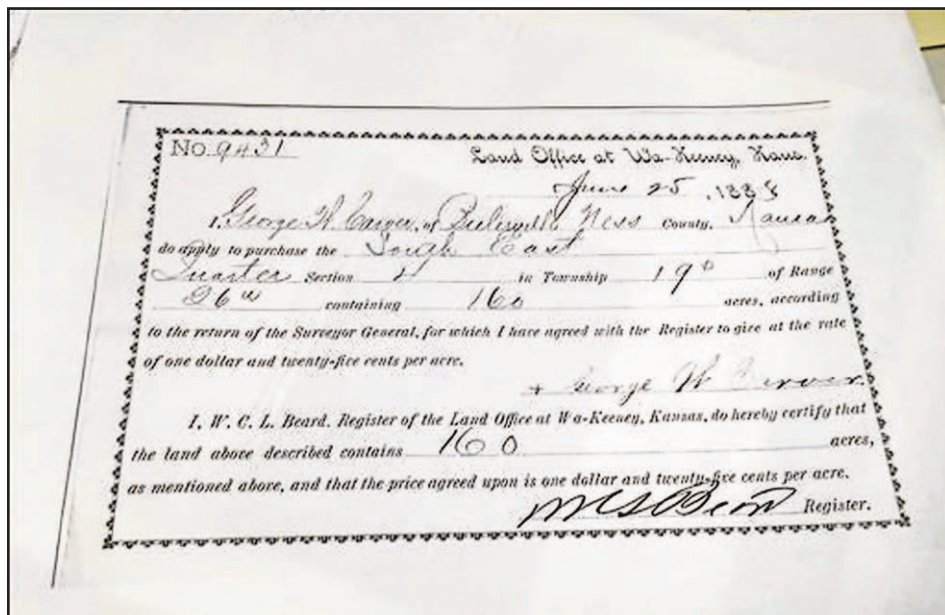
"Put simply, it's not only important but a fun read," Lengel said.

Also for sale is a pocket King James Bible carried



COURTESY OF BONHAMS VIA AP

This photo provided Bonhams shows an inscribed pocket Bible carried by a Massachusetts soldier during the Battle of Bunker Hill on June 17, 1775 that will be auctioned next week in New York. A rare newspaper printing of a journal kept by a young George Washington and the bible are among hundreds of historic documents being sold at a New York City auction.



COURTESY OF BONHAMS VIA AP

**A copy of George Washington Carver's original homestead application is seen photographed at the Ness County Historical Museum in Ness City, Kan.. The record was found this fall by the Ness County Register of Deeds in a box of documents they received from the Trego County Courthouse. Wakeeney was the site of a government land office. The date on the document is June 25, 1888.**

by Francis Merrifield, a sergeant from Ipswich, Massachusetts, who survived Boston's Bunker Hill battle on June 17, 1775. It has a presale price of \$50,000-\$80,000.

After the battle, on the New Testament's title page, he wrote: "I desire to bless God for his Kind aparence in delivering me and sparing my life in the late battle fought on Bunker's Hill." In an apparent salute to his

weapon and comrades, Merrifield also noted the manufacturer's number on his musket — 183 — and his unit, the 17th Regiment.

Other artifacts for sale include two involving "firsts":

—the 1845 document authorizing the first formal treaty between China and the United States (\$20,000-\$30,000).

—the first printing of the iconic baseball poem

"Casey at the Bat," published on June 3, 1888, in The Daily Examiner of San Francisco (\$7,000-\$9,000).

A Bonhams auction of Caren documents held two years ago this week fetched more than \$1.3 million, including the \$257,000 sale of one of the earliest Boston newspaper printings of the Declaration of Independence.

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# Garden-care giant to drop chemicals linked to bee declines

By DAN ELLIOTT  
THE ASSOCIATED PRESS

DENVER - Garden-care giant Ortho said Tuesday that it will stop using a class of chemicals widely believed to harm bees as concerns rise about the health of the insects that pollinate a big portion of plants that people eat.

The company plans to phase out neonicotinoids by 2021 in eight products used to control garden pests and diseases. It will change three products for roses, flowers, trees and shrubs by 2017 and other products later, said Tim Martin, vice-president and general manager of Ortho, a division of Marysville, Ohio-based Scotts Miracle-Gro Co.

The chemicals, called neonics for short, attack the central nervous systems of insects. Some advocates say neonics are one of several reasons behind declining populations of bees, which are major pollinators of food crops.

About one-third of the human diet comes from insect-pollinated plants, and honeybees are responsible for 80 per cent of that pollination. Neonics are used in a number of chemicals applied to food and textile crops such as corn and cotton as well as home gardens.

Ortho's move emerges from concern for possible threats to honeybees and other pollinators, Martin said. The change might require gardeners to apply the reformulated products more frequently, but it will be easier to target pests while reducing the chances of hurting bees, he said.

The severity of neonics' effects on bees appears to vary depending



AP PHOTO/CAROLYN KASTER

**Honey bees work during the Pennsylvania Farm Show in Harrisburg, Pa. Garden-care giant Ortho said it will stop using a class of chemicals widely believed to harm bees.**

on the type of crops they are used on, according to a study by the U.S. Environmental Protection Agency and California's environmental agency released in January. Another study published last year says neonics might hit wild bumblebees harder than domestically raised honeybees.

Bayer CropScience and Syngenta, the top manufacturers of neonics, have said the research has exaggerated the risks and understated the benefits.

Concern about bee health is growing. The Maryland General Assembly passed a bill last week that would allow only certified applicators, farmers and veterinarians to apply pesticides containing neonics.

In March, the U.S. Fish and Wildlife Service said it would consider whether to protect two species of wild bumblebees under the Endangered Species Act amid declines in their numbers.

The environmental group Defenders of Wildlife, which asked federal officials

## Beekeeping Seminar

UF/IFAS Extension Polk County, in partnership with the Ridge Beekeepers Association, will host a Saturday program for new beekeepers and those considering starting a hive. Seminar topics will introduce everything a new beekeeper needs to know including: hive construction, starting a hive, honey extraction, bee transport, queen bees, nectar sources, wax rendering, tools, and more. Door prizes will be offered and beekeeping vendors will

be present.

The class takes place Saturday, April 30 from 9 a.m. to 3:30 p.m. Registration begins at 8 a.m. The event is held at the UF/IFAS Extension Polk County at 1702 Hwy. 17 S. in Bartow.

Cost is \$20 online or before April 29 via mail registration. On-site registration is \$25. Children eleven through eighteen are \$10 and ten and under are free when accompanied by a registered adult. Registration includes seminar and lunch.

Note that a liability waiver must be signed by each attendee at registration.

Register online with a credit card on the calendar page of <http://polksmallfarms.com> or mail your contact information and number of registrants (please note children separately) to Ridge Beekeepers Association, James Crauswell, 4515 Rushing Rd, Lakeland, FL 33810. For more information, call Mary Beth Henry at 863-519-1049 or [mbhenry@ufl.edu](mailto:mbhenry@ufl.edu).

to consider protecting the bees, said neonics were a factor in the bees' decline.

It wasn't immediately clear what effect Ortho's decision would have on the health of the overall bee population.

But May Berenbaum, a bee expert and professor of entomology at the University of Illinois, said homeowners use a significant amount of pesticides, and introducing alternatives to neonics is important.

"There are still profound problems

(for bees), but this is a step toward removing one contributor to some of the problems," she said.

Berenbaum cautioned that the replacement pesticides could have their own problems.

"This is not the end. This is no time for complacency," she said.

Follow Dan Elliott at <http://twitter.com/DanElliottAP>. His work can be found at <http://bigstory.ap.org/content/dan-elliott>.

## National Prescription Drug Take Back Day

StandUP Polk, local law enforcement agencies, and event partner GiveWell Community Foundation will be joining The Drug Enforcement Administration and its national and community partners for National Prescription Drug Take-Back Day on Saturday, April 30, from 10 a.m. to 2 p.m., for citizens to dispose of all unwanted, unneeded, and expired medications in a safe manner.

National Prescription Drug Take Back Day aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medication. Many Americans may not be aware that medicines in home cabinets are highly susceptible to misuse and abuse.

Studies show that many are obtained from the home medicine cabinet of family and friends. In addition, many people do not know how to properly dispose of unused medicine, often flushing them down the toilet or

throwing them away – both potential safety and health hazards.

The community's Prescription Drug Take-Back Day will include the following locations in Polk County for citizens to turn in unused, expired, or unwanted Human and Pet Medications, including over the counter medications, vitamins, and other medication in liquid and solid form, for safe and proper disposal. Medications should be placed in a clear, air-tight plastic bag. Drop-off locations from 10 a.m. to 2 p.m. are:

- Auburndale Police Department – 2 Bobby Green Plaza, Auburndale, FL

- Davenport Police Department- 16 Bay Street West, Davenport, FL

- Haines City Police Department – 35400 Highway 27, Haines City, FL

- Lakeland Police Department – 219 N. Massachusetts Avenue, Lakeland, FL

- Lake Alfred Police Department – 190 N. Seminole Avenue, Lake Alfred, FL

- Lake Hamilton Police Department – 100 Smith Avenue, Lake Hamilton, FL

- Lake Wales Police Department - 133 E. Tillman Avenue, Lake Wales, FL

- Winter Haven Police Department – 125 N. Lake Silver Drive NW, Winter Haven, FL

Unwanted medications, excluding those in liquid form, may also be taken to the county's permanent drop site locations at the Police Department locations in Auburndale, Haines City, Lake Alfred, Lakeland and Winter Haven.

Medications may be safely disposed of at home by dissolving them in water, mixing with coffee grounds or cat litter, pouring into a zip lock bag, and disposing in the trash. To avoid harming lakes and ground water, please do not dump medications into the toilet.

Previous medication collections held in Polk County since 2010 have resulted in over 6,500 pounds of recovered pharmaceuticals safely disposed of via incineration. For more information on the

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**GARAGE SALE**



# County gives thumbs-up to \$50K for air show

By **GARY ROBERTS**  
STAFF WRITER,  
CHARLOTTE SUN

**MURDOCK** — County officials are giving a thumbs-up to a funding request from organizers of the Florida International Air Show, which after one year's hiatus is preparing for another takeoff.

The air show, which for 34 consecutive years was a major Charlotte attraction, was grounded last year when adequate revenues could not be found.

This year, the air show is moving from its traditional March weekend to Oct. 22-23 to take advantage of the county's willingness to financially assist off-season tourism events, drawing visitors when they are needed most. At Tuesday's County Commission meeting, commissioners pledged their support to this newest chapter of air show history and its request for \$50,000.

"There's no question that the International Air Show has been one of the most premier events we have in Charlotte

County," Commissioner Stephen R. Deutsch said.

The commission then approved a motion directing the county attorney to put together a funding agreement.

Dana Carr, the air show's sponsor chairman, said the county's contribution was not only appreciated, but critical.

"This is exactly what we need," he said.

The relaunched air show, however, still faces some turbulence ahead.

In hosting the event in the off-season, organizers anticipate less of a crowd, maybe 30,000 instead of twice that number. But this loss will be somewhat offset by lower off-season costs in hotel and travel arrangements for the invited performers.

In addition, the air show will not have a top-notch jet demonstration team, such as the Air Force Thunderbirds or the Navy Blue Angels, which will also limit attendance.

"However, if we don't continue to have air shows, we will never get a jet team," Carr said.

As a consequence,

this year's show will be a scaled-down version, with expenses projected to total \$246,116, or less than half of the 2014 aviation exhibition.

Organizers estimate that the event could become self-sustaining within a couple of years.

Carr, who has been involved in every air show to date, explained that several factors worked against the festival in recent years, including poor weather conditions and the federal budget sequestration in 2013, when the event also failed to land a featured performer.

After last year's show was canceled, organizers cited the lack of financial support from the county and the tourism bureau as another drawback.

To attract more visitors to the 2016 air show, marketing efforts will be expanded for the first time beyond Southwest Florida to include Miami, the Interstate 4 corridor, Jacksonville and Pensacola, Carr said.

Organizers said this year's event will present up to 60 aircraft, highlighting vintage planes and civilian flight



SUN PHOTO BY TAMI GARCIA

Acrobatic aerial stunts during a previous Charlotte County air show.

demonstrations, along with family entertainment and educational displays on aviation and space.

"The whole industry is shifting from a heavy military presence at the air show to a more activity-centered event that's not necessarily aviation-related," said Tyler Ezzi, air show board chair. "That's the new model."

As always, the non-profit group staging the

air show will depend on volunteers, from the dozens of local charities that share in the proceeds, to help run the event. Air show officials estimate that nearly \$3 million has been distributed to service organizations since the event's inception.

"It takes 800 people to put on the air show," Carr said. "So this is truly a community event."

Commissioner Trisha Duffy said the county may be able to offer

additional assistance in the future by including such extra costs as police and fire in the county budget, thereby not requiring event organizers to cover this expense.

The County Commission will meet in two weeks to formally consider the \$50,000 contribution to air show organizers, who said the money is urgently needed to secure this year's performances.

## Harry Potter author's chair sells for \$394,000 at auction

By **ULA ILNYTZKY**  
THE ASSOCIATED PRESS

NEW YORK, N.Y. - A 1930s-era oak chair that J.K. Rowling used while writing the first two books of the Harry Potter series has sold for \$394,000.

Heritage Auctions held the sale Wednesday in New York.

The chair was one of four mismatched chairs given to the then little-known writer for her flat in Edinburgh, Scotland. Seated in it, she wrote "Harry Potter and the Sorcerer's

Stone" and "Harry Potter and the Chamber of Secrets."

The chair was auctioned twice before — once by Rowling to benefit charity.

Before she donated the chair, she painted on it: "You may not find me pretty/but don't judge/on what you see."

She also wrote: "I wrote/Harry Potter/while sitting/on this chair."

The seller is donating 10 per cent of the purchase from the anonymous private buyer to Rowling's children's charity.



JOSEPH SCHROEDER/HERITAGE AUCTIONS VIA AP/FILE

This undated file photo provided by Heritage Auctions shows details of the chair that J.K. Rowling sat on while writing the first two books of the Harry Potter series. The chair was purchased Wednesday, April 6, 2016, at a Heritage Auctions sale in New York City.

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# How families can manage cramped quarters

MCT

Young parents living in cities face difficult decisions regarding their living arrangements. The suburbs versus city debate is one many young married couples have had, and that discussion is often prompted by the arrival of children.

Data from the U.S. Census Bureau suggests that more people are choosing cities over the suburbs in the 21st century. While that data indicates 53 of the 81 cities in the United States with populations exceeding a quarter million people experienced reduced growth

in 2013-2014, the most recent year for which statistics are available, during that time such cities still exhibited growth well above their averages from 2000 to 2010.

There are many reasons why city life might make more sense than living in the suburbs for young married couples. Living in the city may lead to far shorter commutes for working parents, and the availability of public transportation in cities may save parents the costly expense of purchasing their own vehicles.

But city life may force families to cope with cramped quarters. Even the most spacious

apartments may not provide the same square footage as single-family suburban homes. Parents who are committed to city living may need to get creative in order to live comfortably in apartments.

- Actively police clutter. Few things can make apartments seem more cramped than clutter. Unsolicited mailings, old magazines and unused kitchenware are just a few of the items that can make small apartments seem even smaller. Discard junk mail the moment you walk through the door, making a daily effort to keep kitchen counters and tables, coffee tables

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Real Estate  
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and other areas that tend to accumulate clutter clear of clutter. Reducing clutter also makes homes safer for young children, making it easier for them to navigate a home while reducing choking hazards.

- Keep hosting duties to a minimum. Many men and women love to host friends and family,

and that desire to host won't subside simply because you live in a city. But even if you love to host, host more intimate gatherings so you are not forced to use your already limited storage space to store items, such as extra plates, utensils and drinking glasses, that you will only use every so often. Fewer

guests means fewer items you need to store year-round.

- Go easy on the tots' toys. Parents of young children know that kids' toys take up a lot of space, and that's space that many city dwellers simply don't have. Rather than adding

CRAMPED | 19



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While paints are much safer now than in years past, they still need to be handled with caution and disposed of with care after the job is done. Painting can be a tricky project because the fumes and chemicals found in many paints make these products more difficult to dispose of.

The Environmental Protection Agency says homeowners in the United State throw out 64 million gallons of paint per year. While latex

paints are not considered hazardous waste, they should be recycled. Oil-based paints, however, are considered hazardous household waste (HHW) and must be disposed of properly.

All homeowners should

check with their trash and recycling collection centers regarding the proper way to dispose of paints, stains and varnishes. It's also possible to visit Earth911.com and find a disposal facility online.



## CRAMPED

FROM PAGE 18

to youngsters' toy stash each month, explain to them that space is limited and that some older toys will have to go before new ones can be purchased. Donate old toys and let kids know their items will be given to less fortunate youngsters, as that may make kids feel better about parting ways with their toys. Set a good example by showing kids when you discard or donate older items before replacing them with new

ones.

• Think vertically. Single-family home owners may not need to make much use of the vertical space in their homes, but such is not often the case with apartment dwellers. Utilizing vertical space in an apartment can be as simple as buying some shelving units or bookcases. To be safe, keep items the kids will use on lower shelves so they are not tempted to do some climbing to reach their toys or books.

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# Balancing Act: The new direction of corporate wellness

By **CINDY KRISCHER GOODMAN**

MIAMI HERALD (TNS)

Corporate wellness programs began as a way for employers to cut rising health care costs and many introduced weight loss, fitness and smoking cessation programs to make their workers healthier. But now, employers are realizing wellness has a purpose way beyond medical savings and are focusing on creating a culture where workers are mentally, socially and physically healthy.

At Bankers Healthcare Group in Davie, Fla., the new holistic approach has caught on. Throughout the day, some employees retreat to a chill-out room where they do nothing but breathe deeply or sit in silence. Others hit the gym for a fitness bootcamp or visit with a dietician to gather healthy recipes.

"It's all about getting into the minds of employees and having them focused on good health," says Chrisie Allemand, wellness manager at Bankers Healthcare Group. "It's no longer

about health screenings and assessments. It's about seeing our employees moving more, eating better and feeling good."

With the evolution of corporate wellness, measuring the amount spent to get workers healthy against the savings on medical costs, also known as return on investment, became less important. "That approach didn't gain traction because (return on investment) is too difficult to measure," says LuAnn Heinen, vice president at the National Business Group on Health, an employer advocacy group based in Washington, D.C. "Now it is about the bigger picture — having happy, flourishing, engaged employees who have a sense of well-being."

The new direction of corporate wellness, touted as Wellness 2.0, includes programs that address emotional needs such as stress management, sleep management, financial health, work-life balance, and social and community connections. "Employees who are more connected interpersonally at work

are happier, healthier, less likely to call in sick and more likely to be there for their teammates," Heinen says.

The number of employers buying into a broader focus on the value of wellness is growing rapidly. A 2015 Willis Health and Productivity survey shows nearly two-thirds or 64 percent of the 703 respondents with wellness programs in place described themselves as more focused "on value of investment" including building a culture of health, teamwork and morale, and improving productivity. That compares with 28 percent who said they are more focused on return on investment, the survey found.

"More organization are realizing that the expectation of an immediate return on investment for their wellness programs through medical cost reduction is unlikely," said Dr. Ronald Leopold, Willis practice leader in health outcomes.

At NextEra Energy, which launched its wellness program in 1991, health education and biometric screenings have become a

small component of its comprehensive effort to encourage employee well-being. The Juno Beach, Fla., utility, formerly FPL Energy, has always had an onsite gym and fitness classes, but now it also provides employees onsite doctors, nurses and dietitians. It offers workshops on stress management, resiliency, nutrition, meditation and weight management, and an on-site Employee Assistance Program specialist.

"We think (that) through these programs, we have the ability to attract, retain and engage people," says Andrew Scibelli, manager of employee health and well-being.

Rather than tracking cost savings, NextEra measures success through employee surveys.

"Employees have told us it is one reason why they come here to work, and why they stay here," he says. "They talk about how engaged they feel when the company cares enough to provide services to improve their health and they tell us it's a good investment for the company's money."

With this new approach, employers are forsaking the old way of paying or punishing workers through insurance premium discounts to coax them to participate in wellness offerings to encourage employees to get healthy and balanced by making wellness social and fun. For example, more companies now encourage team participation in corporate or charity runs to encourage wellness, collaboration and community involvement.

The payoff value of these more comprehensive programs includes better morale and loyalty and a reduction in turnover. That can be particularly crucial for an organization that wants to engage millennials.

With workplace stress rising, Berkowitz Pollack Brant Advisors and Accountants in Miami, looks at its wellness program as a way to keep young workers motivated and help its accounting professionals weather its busy seasons. The firm provides its staff with Fitbit wearable fitness trackers and sponsors friendly competitions such as who can walk the

most steps as individuals or groups. It offers employees healthy meal delivery and healthy recipe exchanges.

To help with mental health, the firm hosts 3 p.m. stress-relief breaks, lunch and learn workshops on work-life balance and mindfulness. For physical health, it offers Zumba classes, weight-loss competitions and team participation in corporate runs.

"Our goal is to create a culture of firm members who choose to have a healthy lifestyle and are happy in the environment they are working in," says Celia Cue, human resources director for the firm. "In the long run, that's what will affect our costs."

## ABOUT THE WRITER

*Cindy Krischer Goodman is CEO of BalanceGal LLC, a provider of news and advice on how to balance work and life. She can be reached at [balancegal@gmail.com](mailto:balancegal@gmail.com). Read her columns and blog at <http://worklifebalancingact.com/>.*

# Mickey Mouse-shaped solar facility unveiled at Disney World

LAKE BUENA VISTA, Fla. (AP) — It's only fitting that solar panels that will help with the power needs of Walt Disney World are shaped like the famous ears of the mouse that started the Disney enterprise.

Officials with Disney World, Duke Energy and Disney's private government on Tuesday flipped on the switch to a Mickey Mouse-shaped solar facility located on

22 acres near the Epcot theme park.

The facility is made up of 48,000 solar panels and is operated by Duke Energy.

Duke Energy will sell the energy to Disney's private government, Reedy Creek Improvement District.

In addition to helping power parts of Walt Disney World, the energy will be used to power hotels along Hotel Plaza

Boulevard, as well as the Four Seasons Resort.

WALT DISNEY WORLD PHOTO VIA AP

**This photo shows Disney's Mickey Mouse-shaped solar facility in Lake Buena Vista, Fla. Officials with Disney World, Duke Energy and Disney's private government, flipped on the switch to the Mickey Mouse-shaped solar facility on Tuesday, April 12.**



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# Spotify's Top 10 most streamed tracks

## The Associated Press

The following list represents the most streamed tracks on Spotify, based on the number of people who shared it divided by the number who listened to it, from Friday April 1, to Thursday, April 7, via Facebook, Tumblr, Twitter and Spotify.

### UNITED STATES

1. Rihanna, "Work" (Def Jam Recordings)
2. Lukas Graham, "7 Years" (Warner Bros. Records Inc.)
3. Fifth Harmony, "Work from Home" (Epic Records)

4. Kanye West, "Famous" (Def Jam Recordings)
5. ZAYN, "PILLOWTALK" (RCA Records)
6. Mike Posner, "I Took A Pill In Ibiza - Seeb Remix" (Island Records)
7. Designer, "Panda" (Def Jam Recordings)
8. Kanye West, "Father Stretch My Hands Pt. 1" (Def Jam Recordings)

9. G-Eazy, Bebe Rexha, "Me, Myself & I" (RCA Records)
10. The Chainsmokers, "Roses" (Columbia Records)

### UNITED KINGDOM

1. Mike Posner, "I Took



A Pill In Ibiza - Seeb Remix" (Island Records)

2. Fifth Harmony, "Work from Home" (Epic Records)
3. Lukas Graham, "7 Years" (Warner Bros. Records Inc.)

4. Zara Larsson, "Lush Life" (Sony Music Entertainment Sweden AB)

5. Rihanna, "Work" (Roc Nation Records)

6. Jonas Blue, "Fast Car - Radio Edit" (Virgin EMI Records)

7. Major Lazer, "Light It Up (feat. Nyla & Fuse ODG) - Remix" (Mad Decent)

8. Tinie Tempah, "Girls Like (feat. Zara Larsson)" (Parlophone Records Limited)

9. Twenty One Pilots, "Stressed Out" (Fueled By Ramen LLC)

10. Alan Walker, "Faded" (Sony Music Entertainment Sweden AB)

### GLOBAL

1. Rihanna, "Work" (Roc Nation Records)

2. Mike Posner, "I Took A Pill In Ibiza - Seeb Remix" (Island Records)

3. Lukas Graham, "7 Years" (Warner Bros. Records Inc.)

4. Fifth Harmony, "Work from Home" (Epic Records)

5. Sia, "Cheap Thrills" (RCA Records)

6. ZAYN, "PILLOWTALK" (RCA Records)

7. Twenty One Pilots, "Stressed Out" (Fueled By Ramen LLC)

8. Justin Bieber, "Love Yourself" (Def Jam Recordings)

9. Alan Walker, "Faded" (Sony Music Entertainment Sweden AB)

10. G-Eazy, Bebe Rexha, "Me, Myself & I" (RCA Records)

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## Attitudes changing about rehiring workers who left

By TERESA F. LINDEMAN  
PITTSBURGH POST-GAZETTE

PITTSBURGH — They're called boomerang employees — workers who left for another opportunity, only to return later and retake their place in the line at the coffee machine.

Nearly half of human resources professionals polled last year for a study by WorkplaceTrends.com and the Workforce Institute at Kronos told researchers that their organizations once had policies against re-hiring such people.

But that attitude seems to be changing.

Both that study and a new survey from staffing firm Accountemps show more acceptance of boomerangs. The Workplace Trends research found 76 percent of 1,800-plus human resources professionals surveyed were willing to consider taking workers back, while the Accountemps survey found 98 percent of 300

human resources managers polled open to such a move.

"It is becoming more common," said Carrie Haglund, division director of Accountemps in Pittsburgh. The company, a division of Robert Half International that has three offices in the Pittsburgh region, places temporary staff in the finance, accounting and bookkeeping fields. Haglund said employers are struggling to make good hires. "We hear that again and again — how hard it is to find the right person for your team."

In addition to the hard skills needed to do a job, employees must have the right soft skills, such as a good work ethic, an understanding of the importance of being punctual and generally fitting into the company culture.

When an employee left for a solid reason — such as moving to another city, a chance to learn new skills or being offered a

higher level position — bringing that person back in a new role can seem less risky than starting over with an unknown individual, Haglund said.

Yet there are risks. Sometimes the memories of that individual's accomplishments make employers forget the issues that might have also been there. Haglund said employers should take a look at why that person left in the first place to make sure any problems are not going to recur.

"This shouldn't be a quick, 'Oh, so-and-so wants to come back. Let's do it,'" she said. "Hit the pause button."

If the decision is made to re-hire, she also advises making sure the rest of the staff understands why that person left and is being welcomed back.

The growing willingness of employers to embrace boomerangs may not mean much if their former employees don't actually want to return.

In addition to talking with human resources professionals, the Accountemps survey polled more than 1,000 U.S. office workers 18 years or older. More than half said it was unlikely they would apply for a job with a previous employer.

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# More women seek culinary careers, but gender gap remains for executive chefs

By SARAH MEEHAN  
THE BALTIMORE SUN (TNS)

BALTIMORE — When Chef Nancy Longo was beginning her culinary career, it was normal for her to be the only woman in a restaurant kitchen. Working for owners who would hurl plates one minute and pinch her behind the next, she, like other female chefs of her generation, withstood verbal and physical harassment as she worked her way up the ranks.

Longo could handle the heat, but it was enough to cause some of her peers to jump to other professions.

“If I told you the horror stories about what it was like to be the only woman in the kitchen you would just be shocked,” said Longo, the owner of Pierpoint Restaurant for 26 years. “People would say things to you like, ‘Who in the hell are you screwing to get a job in this kitchen?’”

“My line always to these guys was, ‘Who cooked your dinner when you were a kid?’” she said.

It seems a woman’s place is not in the kitchen — not professionally, anyway. While more women are pursuing culinary degrees and kitchens have become more welcoming to both sexes, it’s rare in Baltimore and nationwide for women to reach the level of executive chef. For many women who enter the culinary industry with that goal in mind, the question of advancement often comes down to a choice between prioritizing their personal or professional life.

Work-life balance is a challenge all professionals face, but it is especially pronounced in chef

life, where late hours dominate schedules and free weekends are rare or nonexistent.

“As an executive chef, you have to be available seven days a week,” said chef Cindy Wolf of the Foreman Wolf Restaurant Group.

Balancing work with family drove Takeema Johnson, 35, to launch a personal chef service rather than immediately pursue restaurant employment after she graduated from L’Academie de Cuisine in Gaithersburg last June. Johnson completed her culinary school externship under Wolf, who is executive chef and owner of Charleston. Johnson would drop her three kids at school at 8 a.m. and prepare dinner for her family before heading to work around 2 p.m. She’d be at the restaurant until about 11:30 p.m. — later on Fridays and Saturdays — while her husband cared for the children at night.

“The hours were really rough,” she said.

With kids ages 11, 9 and 6, maintaining that schedule wasn’t feasible, so she started Keep it Tasteful, a personal chef business that allows for more flexible hours. But her dream of getting back in the restaurant industry still simmers.

The number of women going into culinary programs is growing. At Stratford University in Baltimore, 53 percent of the student body is female, according to campus director Darryl Campbell. The school offers degrees in culinary arts and baking and pastry arts — programs that account for 90 percent of students.

The rise of women in culinary fields is evident nationally, too.

At the Culinary Institute of America, which has campuses in New York, California, Texas and Singapore, 49.9 percent of students were female as of October 2015, the most recent month for which enrollment figures were available, according to Jeff Levine, a spokesman for the school. That’s up from a female population of 37.6 percent in October 2005.

Of the women enrolled, 46 percent are studying culinary arts and 37 percent are studying baking and pastry, with the remainder majoring in management, culinary science or applied food studies. That breakdown has remained consistent with the ratio from a decade ago.

For aspiring chefs like Johnson, a Navy veteran, there are options to remain in the culinary field without running the kitchen of a restaurant. Others become food stylists, pastry chefs — who typically work daytime hours — and event planners.

“More women at this point work in environments that they are not the only women,” said Women Chefs and Restaurateurs President Ruth Gresser, “whereas that wasn’t the case when I came into the industry in the late ’70s, early ’80s.”

Gresser owns Pizzeria Paradiso and Veloce in Washington, D.C. Her organization has national mentorship and scholarship opportunities for female chefs, and annual conferences focused on the education, networking and promotion of women in the industry.

Locally, there’s not much formal support for women in the culinary

industry.

“I don’t think that there’s any outlet for them,” Longo said.

Most opportunities for growth for young cooks hinge on personal interactions rather than formal professional development. Longo, for example, mentors high school girls interested in culinary professions through the Baltimore mayor’s office.

Although more women are cooking professionally now, Gresser thinks women still have to prove themselves in the kitchen more than men, a mentality Kiarra Jerry, 26, said she has encountered in her time cooking in Baltimore. Jerry, a former cook at Cinghiale, works for Fowl Play food truck. She said she was frustrated watching male counterparts she saw as less qualified being promoted ahead of her, and added that she wishes she was challenged as much as the men were.

“I feel like they don’t want to overload you because they don’t want you to quit,” Jerry said.

When asked about Jerry’s comments, Tony Foreman, partner in the Foreman Wolf Restaurant Group, which owns Cinghiale, said the kitchen there is strictly a meritocracy, where employees are promoted based on skill level and where many women hold high-ranking positions.

“For us there’s never a moment that made a difference,” he said.

Wolf, the only woman nominated for a James Beard Award for Best Chef Mid-Atlantic this year, has seen plenty of women drop out of the industry, even in her own kitchen. At Charleston she’s lost nearly every one of her female pastry

chefs when they’ve decided to start a family. While kitchens have warmed up to women, Longo said she thinks Baltimore’s population of female executive chefs has dwindled since the early 1990s.

Wolf understands why the chef life hasn’t traditionally been attractive to women, but she’s never looked at the gender divide as a barrier. The obstacles confronting her are factors for everyone in the industry.

“If you put your head down, you work hard, you’re good at what you do, you always try to be the best you can be and you work for a period of years, there should

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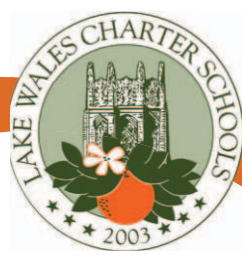







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# SUNFUN

FROM PAGE 1

drafted. "I was in college, dropped out, my car broke down, I had no money. The draft was on and I knew about the Warrant Officer program, so I enlisted for that. I went through basic training, AIT, officer candidate school and then flight school.

"I always wanted to fly, since I was a kid," he says.

Growing up in Orlando, two Air Force bases were nearby, he says, and his father, though he did not fly, was in the Navy.

"So I was always in the planes and that is what I wanted to do," he adds.

On active duty for seven and a half years, then spending 14 years in the reserves, he notes, he only flew on active duty.

"Only one out of 10 of you will ever fly when you get out," is what he was told in flight school.

"Because it is different. When you fly in the military, it is constant emergencies, all of us got sent to combat. And you come back to the States and you fly, it is boring. You have to follow rules, flight plans," he says as he laughs.

He says he believes America is more supportive of veterans and the military now than they were in Vietnam.

"Everybody back home was confused (about the war). I got back home, and they were like, 'What was it like?' I go, 'You watch it on the news every night.' It was mostly the middle class and the poor kids that went, but a great bunch of guys," he says.

"On Feb. 6 every year, I have lunch with a guy, we enlisted together in basic training from Sanford. So we call each other, OK, where are we going to lunch today?" he says.

Staying in touch with comrades is important, he notes.

"If you have been overseas, and you have been in combat, something like that is with you the rest of your lives. And we all love coming out here, because we are like, hey do you remember this, or that, and we talk about flight school. Other people wouldn't understand, it is the camaraderie. The friends you made and the experiences you went through. There were days when you didn't think you would come out of it. You were young and you were invincible. You would make it. Aww, we've got a bad mission, got to go. I'll be back, save my beer," he says.

### Flying ahead

Jim Adams, a former U.S. Army Cobra Pilot, served two tours in Vietnam. Watching the crowds go by at Sun 'N Fun, he notices several who gather around a nearby helicopter in the Vietnam display. He went to Cobra school in Savannah, Ga., in May 1968.

He graduated in July, and by fall of that year, he was in combat, in the air. (A Cobra helicopter is an Army helicopter that is a loaded gunship with the gun barrels located on the sides of it. They are warbirds.)

"I typically flew — two types of missions. The Huey Troop ship, which today is the Black Hawk, would primarily take troops in and out of combat zones. We also had dust pilots."

His job was to protect anyone going into the landing zone, put down suppressive fire, especially for medivac helicopters picking up and dropping off wounded, as they were unarmed.

He says he especially enjoyed the CAV missions.

This involved light observation helicopters and two Cobras.

The light observation birds would hover at tree top level.

"His rotor wash would spread the trees, so he could look for footprints, animals, food supply. If there were animals for food supply, we knew the enemy was in the area," he says.

Then the Cobras would provide fire cover for the mission.

"Before they could even tell you they were taking fire, you could see the vapor trail coming out of the M60 where the door gunner was," he says. Also the sharp movement of the bird they were following was a sign.

The Cobra would get behind and help defend the troops.

Adams says he was at a party in 1965 and one of the guys he went to high school with said he had just joined the Army to become a helicopter pilot.

"So I, at that age, thought that was cool. So he said let's go in the buddy

system and stay together. I would say 90 percent of us went to Vietnam after graduation from flight school," he adds.

Adams enjoys the Sun 'N Fun Expo. He has been a member of the Florida chapter of Vietnam Helicopter Pilots a



PHOTO BY CHARLES A. BAKER III

**USAF Flight Instructor CPT Dan "Jinks" Haley answers questions about the F-35, America's newest \$100 million stealth fighter at the 42nd Annual Sun n Fun International Fly In and Expo in Lakeland Saturday.**



PHOTO BY CHARLES A. BAKER III

This is a reflection from a chrome propeller cap.



PHOTO BY CHARLES A. BAKER III

**Army Golden Knights SPC Ethan Tamez demonstrates how to store a parachute after dropping out of a Blackhawk helicopter from 12,000 feet in the air.**

# SUNFUN

FROM PAGE 24

number of years. He does not fly any more. "When I am around it, I miss it," he says, wistfully looking at the bird in front of him.

He then adds, "Three years, nine months and 16 days. I enjoyed it when I was there and I was fine in getting back. You had an empty feeling when you left, but it was time to move on."

He went from gunships, became a certified public accountant, then got into real estate and development.

### Vendors make the event interesting

"She was born the day before Sun 'N Fun, and I was coming over here to do the show, so I stuck the little chick in my pocket, because there was nobody else there to feed it," says a man wearing a ball cap, standing near an American Aircraft plane. The duck he brought with him, a runner duck, sits atop the cage as folks stop by and ask why she does not wander off, and make comments about what a pretty egg she just laid. What is her name? "Dinner," he says, "You got it. I have no intention of cooking her, it just keeps her in line."

She has become his mascot, says Larry Tague of Orlando Sanford Aircraft. "She doubles as our complaint department," he jokes.

Orlando Sanford is the southeast distributor for American Aircraft.

As birds of all sizes take flight over the air strip, dinner flaps her wings, but remains atop the cage, working on producing yet another egg. She is a regular at Sun 'N Fun. And all the children who pass by cannot resist the urge to come talk to her.

### Patrons enjoyed it

Kristy Brotheim and her husband, Josh, joined by their 7-year-old son, Adam and nephew Aaron, 10,

were enjoying their second year at Sun 'N Fun. Brotheim's father helped run the air safety (he is the director of the ERT), says the Brotheims.

"He talked us into coming out and seeing it," says Josh.

"I like the Bruetlings," Kristy adds. "You walk around, seeing new stuff," he says.

Meanwhile, James Michael Zambik, a soon to be retired police officer from New York, gives a thumbs up sign. He says he is a Cessna pilot and also a flight instructor. Zambik notes that Florida is really hurting for flight instructors, so he believes he will do that when he retires — of course — somewhere in sunny Florida.

Melissa Mayer of Lake Wales says she enjoyed the Sun 'N Fun Expo as well. "It was an amazing day! Planes, jets, helicopters — all at once! So much to take in." Hearing the booms from the war planes which put off blanks for the show, she notes she was "torn between thinking how cool it all is and remembering that these were war planes that have been through things we are blessed to have never seen first hand.

The helicopter our son and his fiancé had the opportunity to fly in had been shot down in Viet Nam three times," she says. "The pilots didn't survive (the war crashes), but they brought the helicopter back to the U.S., repaired it and sent it back. The jets that went straight up and then went free falling fascinated me. Some were so magnificent looking that it was emotional just viewing them."

### Volunteers make it happen

After the four days long event, a small crew retires to a round table in the media building. Leaning back in their chairs, they all smile.

Here are three of the more than 2,500 volunteers that helped orchestrate Sun 'N Fun.

"It's a lot of work," says Katy Clements, who has been volunteering since 1990 with James Caulder. The two have been coming every year, she says. "The place wouldn't run without the volunteers," says Caulder.

But not meaning to steal any glory, the two hide their friend, Carol Shoaf, who they say is considered "a pioneer."

Shoaf has spent the last 36 years helping put on Sun 'N Fun. She has used vacation time and arranged her schedule around it to make sure it happen. She has a close connection. Her father-in-law, Merle Shoaf, was one of the event's founders. He passed away. She keeps coming.

"It's part of my life," she says, "To see people you haven't seen all year. It's a family reunion."

The group they call "the old timers" look forward to catching up, and perhaps, getting some wind beneath their wings.

MORE PHOTOS | 26



PHOTO BY CHARLES A. BAKER III

This is the first year that air races were part of Sun n Fun.



PHOTO BY CHARLES A. BAKER III

A pilot in a World War II era plane prepares to take off.



PHOTO BY CHARLES A. BAKER III

Wei Chen and Chris Vasquez with Redline Aviation Filming pose after landing a 1984-era L39 that flew during the air show.

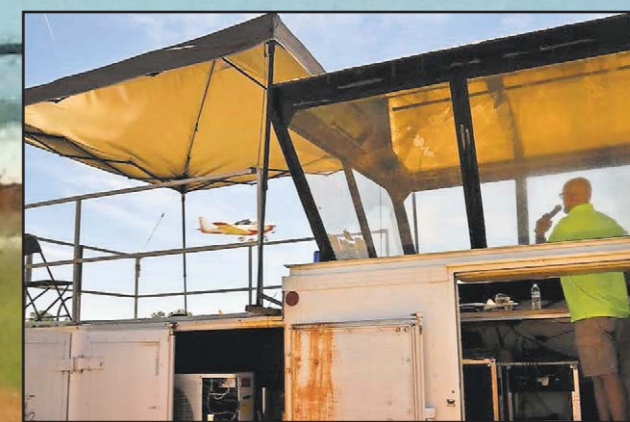


PHOTO BY CHARLES A. BAKER III

Pilots in the fancy jets are stars of the show but in the very back of the airport, with the weeds and booth in need of Windex are pilots in ultra lights, helicopters and small planes who put on shows of their own. Michael McClellan drove a motor home from out of state to volunteer his time as commentator.

Background photo by John McMullen





PHOTO BY CHARLES A. BAKER III

Thousands of people enjoy Sun n Fun every year.



PHOTO BY CHARLES A. BAKER III

Temperatures were great Saturday, but it still gets hot toward the end of the day.



PHOTO BY KATHY LEIGH BERKOWITZ

Katy Clements, James Caulder, and Carol Shoaf, Sun n Fun volunteers, take a break at the close of the event. The three are part of a 2500 member volunteer crew that helps put on the annual event. Shoaf's father-in-law, Merle, was one of the event's founders.



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# All aboard the Wanda Gail

*Visitors can enjoy Punta Gorda yachting experience*

By **MICHELE BELLUE**  
PG HERALD EDITOR

Drivers crossing the U.S. 41 bridges into or out of Punta Gorda only have to make a quick glance into Charlotte Harbor to see sailboats and yachts making their way into the Gulf of Mexico. Getting a chance to enjoy the yachting experience might feel out of reach for some people.

That's where Diamond Charter Cruise comes in, a not too-long-a-drive for Polk County residents heading south on U.S. 17 (about 65 miles south of Fort Meade, the last "major outpost" in Polk on that road).

An afternoon with Capt. George Balis and First Mate Ardis, who happens to be his wife, provides a relaxing yachting experience to anyone who wants to cruise.

The two have recently moved to Punta Gorda and have set up cruises through King Fisher Fleet out of Fishermen's Village. Coming from the "rough seas" of Glen Cove, N.Y., where yachts share the water with oil tankers in Long Island Sound, the Balises were looking for a place to call home with calmer waters.

"We wanted to start our business and set some roots," George said.

Ardis visited here last summer in August and was surprised how hot it was, but she and George took a chance on Punta Gorda.

"We researched this place for three years," Ardis said. "It has been one of the safest places in years so we can't go wrong."

Less than six months later, the duo is doing what it takes to provide cruises for the public. They are subcontractors through King Fisher Fleet but must be vetted through them and follow the fleet's strict guidelines for safety. The

## CRUISES

Besides dockside parties, Diamond Charter Cruise offers the following trips (six people maximum). Remember to take your cameras/cell-phones to capture the time aboard the yacht:

• **HARBOR CRUISE INTRODUCTORY CRUISE:** Try a 90-minute private afternoon cruise on Punta Gorda's Charlotte Harbor. Cost: \$149 plus tax.

• **SUNSET CRUISE:** An evening cruise on Charlotte Harbor. Arrive 30 minutes before departure and begin to unwind. After two hours on the water, your party may continue into the evening at dockside. Cost: \$295 plus tax.

• **HARBOR/LUNCH BOCA GRANDE:** Depart the dock at 11 a.m. and cruise Charlotte Harbor to one of the many restaurants on Boca Grande Island, or bring lunch and tour the island. Cruise returns at 5:30 p.m. Cost: \$599 (lunch not included).

• **HARBOR/LUNCH BURNT STORE:** Depart the dock at 11 a.m. and cruise Charlotte Harbor to the Cass Cay Restaurant at Burnt Store Marina. Cruise returns at about 4:30 p.m. Cost: \$499 (lunch not included).

• **CABBAGE KEY:** Enjoy a day trip to this barrier island noted in Jimmy Buffet's song "Cheeseburger in Paradise." Try a cheeseburger at the Cabbage Key Inn and then walk the island's nature trail and see the famous watertower look-out. Cost: \$689 (lunch not included).

• **PINE ISLAND:** Go back in time and cruise from the Peace River, through Charlotte Harbor and into the Pine Island Sound, a 17-mile long, secondary barrier island. Dock at the Four Winds Marina for lunch at the Lazy Flamingo Waterfront Restaurant. Cost: \$639 (lunch not included).

• **CUSTOMIZE YOUR TRIP:** From a one-hour trip to a weeklong excursion, customize your destinations to places such as Sanibel, Captiva and Pine islands; visit ports of the Florida Keys, Largo, West and Marathon; or plan a trip to the Bahamas. Prices determined based on cruise.

Wanda Gail is the only luxury yacht charter provided through King Fisher Fleet.

Those wishing to book a cruise on the 56-foot yacht, Wanda Gail, might have their afternoon go like this:

After parking at Fishermen's Village and walking to the end of the marina, you'll see the Wanda Gail docked at the right.

You are greeted with a smile by Capt. George, who sports his captain's uniform. Looking very nautical with her blue-and-white striped shirt, white capri pants, visor and sunglasses, First Mate Ardis makes sure the passengers safely enter the boat via the gangway. She shares a quick story about how she built the gangway herself. She researched how to build it, bought the supplies and completed the project in three days. Ardis says products for yachts can be very expensive and she built the gangway for much less than what it would have cost to purchase.

Once on board, passengers get a quick tour by Ardis. She takes them to the lower deck where there are three staterooms — which includes a master suite and a bunkhouse with two bunkbeds — and two heads. Landlubbers would call those

bathrooms.

The main deck features the lower helm, a bar with gallery and dining area and patio deck. The yacht has a modern, contemporary design.

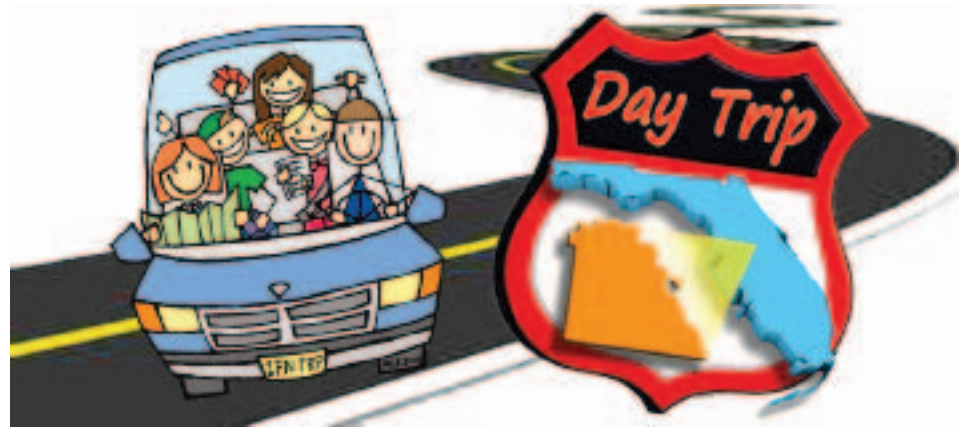
"You get the boat, but she gets to decorate it," George said.

The upper deck features a helm and additional seating. Capt. George says passengers like to check out the equipment he uses to maneuver the yacht. He is happy to share the details of being captain with his passengers.



HERALD PHOTO BY MICHELE BELLUE

**Capt. George Balis and First Mate Ardis, who is also his wife, own the Wanda Gail and provide luxury yacht cruises out of Fishermen's Village.**



## WHAT'S IN A NAME?

George and Ardis Balis bought the Wanda Gail from its previous owners who named the boat after their wives; one had a wife named Wanda and the other had a wife named Gail. "It is bad luck to change the name of the boat," George said. "So the name stays."



PHOTO PROVIDED

**The Wanda Gail, a 56-foot yacht available for private luxury cruises, departs from Fishermen's Village in Punta Gorda.**

Now it is time to leave for your yachting adventure, the captain goes to the helm. He prefers the upper deck on calm days.

"I like the freedom, the fresh air blowing in my face," he said.

Ardis makes sure the passengers are comfortable and safe, and then she attends to her duties of checking the lines and preparing for departure.

On this day, Ardis is especially attentive to her duties, as this is the first time she and the captain have departed the dock with new pilings in place. They want to be sure the yacht doesn't hit the new pilings.

The Wanda Gail pulls away from the dock and it's smooth sailing.

Only 10 minutes into the cruise, Capt. George points starboard, or right, to a group of dolphins swimming nearby. He doesn't guarantee

that you'll see dolphins on every trip, but Ardis is quick to point out that if they are around, the captain is usually the first to spot them.

Although adults love the sights and relaxation the trip provides, the Balises are aware that the younger crowd might enjoy a little entertainment. "For those who can't leave technology behind, there is a Wii, TV and music throughout the yacht," George said.

Passengers are free to roam about the boat. If they choose to bring their own food and cook, there are three cooking stations. On longer excursions, you might even want to take a nap in one of the staterooms. The Balises want passengers to feel at home.

The passengers' safety is always a top concern. Both have completed U.S. Coast Guard courses to be classified as captain and first mate. Both must pass drug tests as required by the Coast Guard. To obtain a captain's license, George had to complete 60-70 hours in class, several hours of exams and time on the water. He has also completed his master's license, which allows him to pilot a vessel with hire up to 100 tons with more than six passengers, according to Coast Guard rules.

In the course, Ardis says she learned things like you have to ring the bell every 10-15 seconds when there is fog. She also has to know how to tie up the boat, know fire hazards and make sure there are enough life jackets for those onboard and where they are located.

## INFORMATION

For more information about Diamond Charter Cruise private charters on the Wanda Gail, contact King Fisher Fleet at 941-639-0969 or visit [www.diamondchartercruise.com](http://www.diamondchartercruise.com).

The Balises are serious about safety, but they want passengers to have fun too.

"For private events, I will let the passengers ring the bell if they need me," she said.

Now, it is time to return to the dock. The passengers are seated and George and Ardis get to work. The yacht has to be backed into its spot without hitting those new pilings.

You might be amazed how Capt. George, with Ardis' help, backs a yacht into a tight spot much like a seasoned driver would parallel park.

"We're still working on teamwork," he says with a smile. "Today was a new set of circumstances (with the pilings). We planned yesterday how to get out with the pilings.

"It was a pretty good inaugural backup — and with the wind blowing," George said. "My wife is awesome."

A yacht cruise might sound like fun for tourists and snowbirds looking for adventure, but the Balises would love to have residents experience their community on the water. They suggest cruises are great for anniversaries, birthdays, weddings, graduations, island discoveries and more.

"This is a perfect spot for what we do," George said.



# Parent/Teen Summit



Sherry Miller-Clarke and Kia Turner both jam to "You Dropped a Bomb on Me," as Dr. Fairest Hill started talking at Saturday's Parent/Teen Summit. Hill was the keynote speaker at the event and he may be best known as the former drummer for the The Gap Band, which was second on the Billboard chart for this song.



The Bartow Police Department performed a couple of skits on how to handle and how not to handle yourself if confronted by a police officer. It was narrated by Officer Randy Taglarini. Here Officer Fee confronts explorer Mark Anthony (left) and Officer Deaonte Broome (wearing hat) in the skit.



Dennison High's Isaiah Castillo takes his turn riding a horse, Rican, at Saturday's Parent/Teen Summit at the Carver Recreation Center. Taking him on his rounds is Mattie Ryan from the Kickin' Spurs Rodeos.



Eight-year-old Leah Flynn entertained the crowd twice during Saturday's Parent/Teen Summit at the Carver Recreation Center.



Damien Moses told attendees at the Parent/Teen Summit Saturday that those who don't surround themselves with greatness while growing up and surround themselves with garbage they will start acting like garbage.



Though Flash probably knows Officer Deaonte Broome from the Bartow Police Department, he probably isn't friendly with the arm guard he is wearing. The audience got a look at what a police K9 can do at Saturday's Parent/Teen Summit at the Carver Recreation Center.



Dr. Fairest Hill speaks at Saturday's Sixth Annual Parent/Teen Summit at the Carver Recreation Center in Bartow.

PHOTO BY JEFF ROSLOW

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# An active weekend in Lake Wales

From the Jewel of the Ridge JazzFest to the Farmers Market and the Ironman 70.3 event, Lake Wales was buzzing with activity last weekend, and we thought you would like a few of those photos.



Sandy Strait has turned her hobby into a source of income. "I started making my necklaces as a hobby and people really liked them and suggested I sell them at the Lake Wales Farmer's Market. I also do ornate mirrors and grow stuff," said Strait. The Lake Wales Farmers Market is held every second and fourth Saturday of each month.



PHOTO BY DEBRA GOUELLIS

This little bear was helping out at the Lake Wales Farmers Market this past weekend to help customers find their way to the marketplace.



The Polk State College Jazz Festival included "Gospel Sounds By 3AM" on Sunday afternoon for those wanting to get their praise on. The outdoor concert was free of charge and ran from April 6-10.



The Ironman 70.3 Florida had their bike course running through Lake Wales on Scenic 17. These athletes are headed back to the starting point in Haines City at Lake Eva Park.



The headliner for the Polk State College "Jewel Of The Ridge Jazz Festival" on Sunday was none other than one of the great pioneers of Jazz-rock, Larry Coryell. And also jamming with Coryell was Marty Morell on drums and Richard Drexler on bass.



Scout, the smooth St. Bernard/Lab mixed puppy had these girl scouts from Winter Haven scratching his belly while listening to the gentle sounds of the Polk State College Jazz Festival.



These bicyclists had to share the road with vehicles on their bike journey during the Ironman 70.3 Florida event, which was presented by UCF. The other events included swimming and running.



These young ladies from Troop 5120 in Winter Haven: Laryssa Rollen, Grace Engle, Troup Leader Jennifer Faber, Sydney Faber, Jazlynn Robbins, Mia Engle, and Madison Falgien were handing out Jazz Festival fliers with the weekends events and times of performances as well as enjoying the music.



Jillian and Claudia Gempel-Cross brought the newest edition to their family, Copper, to soak up some sun and enjoy the Jazz Festival on the scenic shores of Lake Wales.

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# Spring fling: 10 fun ways to get some spring in your step

By CHICAGO TRIBUNE STAFF  
CHICAGO TRIBUNE (TNS)

The 10 best home and fashion accessories for spring.

1. Wake up to your morning coffee in this cheerful mug. Its bright floral print is sure to put a spring in your step. Marimekko Unikko mug, \$22, marimekko.com.

2. Floral prints are in the fashion forecast. Pair

this rose blouse with white jeans for a perfect spring look. Kate Spade mini-rose ruffle shirt, \$278, katespade.com

3. Vivienne Westwood has taken her signature bag and reworked it for spring with a quirky bunny motif. Vivienne Westwood yellow bunny bag, \$310, viviennewestwood.com.

4. After last year's explosion of white

sneakers, we're ready for some color. Try a pair in pastel for a playful look. Sophia Webster Riko laser-cut leather and suede sneakers, \$350, net-a-porter.com.

5. Kitchen appliances shouldn't just be functional; they can also have style. The award-winning Italian brand Smeg merges innovative technology with a '50s-style toaster. \$149.95, westelm.com.

6. Reese Witherspoon's lifestyle line Draper James offers fashion, accessories and home decor, including these lemon print tumblers. \$28 for a set of four, draperjames.com.

7. Which came first — the chicken or the egg? Or was it the bunny? These fun and charming spatulas ensure that you will have a good time while you bake. Crate

& Barrel Large bunny silicone spatula, \$5.97, and set of 2, chick and egg mini silicone spatulas, \$5.97, crateandbarrel.com.

8. It smells like spring with this set of retro-print Cath Kidston candles. The candles come in three scents: lavender, peony and fresh linen. Cath Kidston set of 3 fragranced candles, \$29, cathkidston.com.

9. This vibrantly colored teapot is a mashup of Victorian style and modern technology. The unusual design consists of a silicone layer over the porcelain sculptural shape creating a touchy-feely texture. CB2 teapot, \$14.95, CB2.com.

10. Be the life of the party with this whimsical bee bag. Wicker bee bag, \$398, katespade.com for stores.

# Spring cleaning: your makeup bag

From Mayo Clinic News Network (TNS)

There's something lurking at the bottom of your makeup bag, and it's not pretty.

According to Mayo Clinic Health System Dermatology physician assistant Mary Duh, old and expired cosmetics harbor dangerous amounts of bacteria. This not only directly affects the individual wearing the makeup, but it also

can affect anyone they come in contact with.

"Makeup can be infected with bacteria after only one use. The bacterium builds up over time and can cause harm to a person's skin, eyes, lips and overall health," says Duh. "When makeup gets old, it starts to break down, and this can cause issues from irritation and inflammation to rashes, blisters, eye infections and pink eye."

In rare cases, women

have even been temporarily or permanently blinded by an eye cosmetic, according to the Food and Drug Administration.

Duh offers these rules for healthy cosmetic use:

- Look through your old makeup for chemical changes, including: a rancid odor, color change, changes in texture or consistency, and makeup becoming crusty/clumpy.
- Protect your skin

from the sun. Most foundations have some level of SPF. Expired makeup is less effective when protecting against the sun, which can cause painful and dangerous skin burns.

- Never share cosmetics. Cross contamination occurs when two or more people use the same application tools and makeup. The main danger with sharing makeup is passing an infection or virus.

— Wash your hands and cosmetic tools before applying eye cosmetics. The bacteria on your hands and brushes increase the chance for an eye infection or allergic reaction.

— Don't store cosmetics at temperatures above 85 degrees Fahrenheit. Cosmetics held for long periods in hot cars, for example, are more at risk of preservatives in the makeup weakening.

— When applying or removing eye cosmetics, be careful not to scratch the eyeball or some other sensitive area of the eye. Scratches can cause infections and sight complications.

— Date makeup when you buy it. Write the month and year on the package with a permanent marker. If you're not sure when to toss old makeup, six months is a good rule of thumb.

# 'Socks: The Rule Book' illustrates the history, proper wearing and appreciation of men's hosiery

By ADAM TSCHORN  
LOS ANGELES TIMES (TNS)

Guys, although you've been wearing socks longer than you've been able to walk, there's a pretty good chance you're doing it wrong — all wrong. That's the conceit of "Socks: The Rule Book" (its subtitle, "10 essential rules for the wearing and appreciation of men's hosiery") by Sock Club of London (Mitchell Beazley, \$12.99).

The first rule of sock club, as you might suspect coming from a club built around the joy of socks, is that they should always be worn. "Socks must be worn for all occasions where clothing is appropriate," reads Rule No.1, "and in some instances even when it is not." (In other words, during your naked

times, you might want to consider socks.)

Notwithstanding, that is, Rule No. 7, which answers the big "Should I wear socks with sandals?" question with an unequivocal answer: "No."

The other eight rules tackle topics such as care and storage (Rule No. 2, in which it is suggested you arrange your sock drawer by color and fold them instead of rolling them up into a ball); the use of patterns and prints (Rule No. 5, which includes the observation, "The general rule of sock here is that the narrower the stripe, the more formal the look ... "); and on-the-road hosiery management (Rule No. 9 lobbies for a dedicated, hard-sided sock case for trips longer than a week, with a sock pouch sufficient for shorter jaunts).

While these rules easily could have been shared via a listicle or a blog post or maybe a humorous poster that riffs on the Ten Commandments ("Thou shalt not wear socks with sandals" — that sort of thing), what makes the topic worthy of a full-blown book is the collection of factoids socked away on the richly illustrated pages.

There are excursions into hosiery history (Who knew that in AD 1000 wearing socks was a way of showing off wealth? Or that an English chap named William Lee invented the stocking frame-knitting machine in 1589?); sock anatomy (where you'll learn the difference between a heel flap and a heel turn, for example); and a handful of life hacks (among them, mending

a toe hole is more easily accomplished by turning the sock inside out and pulling it over a light bulb before sewing).

Sure, you'd probably be able to make it through life without learning how to hand-wash your hosiery or pull off a pair of seasonal socks. But what "Socks: The Rule Book" helps do is give men a chance to get a well-dressed leg up on the competition and potentially put their best feet forward every single day.

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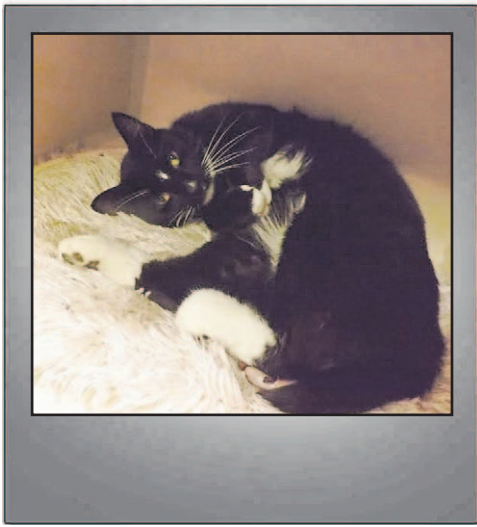
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Gizmo is a senior male cat looking for that perfect home. He is a great cat that loves to take naps and hang out with his family. Gizmo is a great house cat looking to live out his senior years with someone special. Stop by SPCA Florida and say hi to Gizmo. At 11 years old, he weighs 11 pounds, he is a Domestic Short Hair/Mix - Orange/White - Tabby. Orphaned since March, his adoption fee is \$30. Call 863-646-7722.



Breezy is a senior Catahoula. She has only three legs, so she is not as active as her sister, Nellie. Breezy loves to just lie around and relax. She is pretty mellow but has her playful moments and would love someone to just hang around with, maybe watch some TV and take a few walks before relaxing on a comfy couch. She did come in with my sister Nellie, so a family that could take both would be awesome. Come on by and meet Breezy! At eight years old, she weighs 62 pounds, a Catahoula Leopard dog/Mix - Blue - Merle. Orphaned since March, her adoption fee is \$60. Call 863-646-7722.



Nellie is a moderately active senior (Black mouth Cur/Mix) who has been waiting for her perfect home for a while now. She loves to walk, will play a little and then love to just get comfy on a big blanket and relax. Nellie is looking for someone to hang around with. Nellie came in with her sister Breezy and if possible, should be adopted together. Stop by SPCA Florida and meet Nellie. At eight years old, she weighs 71 pounds, a Black mouth Cur/Mix - Brown/White. Orphaned since March, her adoption fee is \$60. Call 863-646-7722.



AP PHOTO

Medical assistant Eloise Olmos pets Dallis the Westie at Rush University Medical Center in Chicago. The medical center has offered monthly sessions animal therapy for over a year as an employee health and satisfaction program, using dogs from a local shelter and an animal therapy group.

## 4-legged healers soothe hospital's stressed-out docs, nurses

By LINDSEY TANNER  
AP MEDICAL WRITER

CHICAGO — Patients who delay getting treatment and insurers who balk at paying for it are among job stresses that Chicago nurse Ben Gerling faces on a semi-regular basis. So there was no tail-dragging when his employer offered a few four-legged workplace remedies.

Gerling and dozens of other nurses, doctors, students and staffers flocked to a spacious entrance hall at Rush University Medical Center after learning about special animal therapy sessions the hospital has organized.

Three huggable pups named Rocco, Minnie and Dallis greeted almost 100 white-coat and scrubs-clad visitors at a recent session, happily accepting cuddles, ear rubs and treats. Big grins on the human faces suggested the feelings were mutual.

Minnie, a fluffy white and gray Labradoodle mix, had "the softest fur I'd ever felt, like a little cloud," Gerling said dreamily as he headed back to work.

Many hospitals use animal therapy for patients — Rush has even brought in miniature horses. And many workplaces allow pets on site to boost employee satisfaction, but healers for healers offers a different twist.

The medical center has held the monthly Pet Pause sessions for over a year, using dogs from a local shelter and an animal therapy group. Recently, Rush nurses launched a study to see if the program has tangible

effects on employee stress.

Research in other settings has shown benefits from interacting with animals, including lowering stress hormone levels, blood pressure and heart rate. Early indications are that it may have similar benefits for hospital workers.

In the study, the human visitors get blood pressure measurements and fill out questionnaires rating their stress levels before and after the canine cuddle sessions.

Gerling's results were promising.

"My blood pressure was kind of high when I came in, and it was lower when I left by about 10 points, so that was good," he said.

Melissa Browning, a Rush nursing director involved in the study, rattles off a long list when asked about what makes hospital work particularly stressful: constant beeping from medical device alarms, dealing with gravely ill patients and worried families, triple checking the accuracy of patients' medicines and doses — it can all add up, Browning said.

For Benjamin Gonzales, a graduate student in health systems management at Rush, the heavy course workload can be taxing and he called the dog session a welcome break — even if his blood pressure was a little higher afterward.

"I could feel the big sighs coming out of me when I was with the dogs, so I know that just coming to this has made my day less stressful," Gonzales said. "This is amazing. I wish it could be every day."



AP PHOTO

Medical assistant Loren White pets Minnie, a Labradoodle mix at Rush University Medical Center in Chicago.

A management professor emeritus at Virginia Commonwealth University is among researchers who have found improvements in employee stress, satisfaction and productivity when dogs are allowed in the workplace. His name is Randolph Barker and he laughs that maybe he was destined to study the topic.

His research was at a dinnerware company but Barker said there's no reason to think hospital workers wouldn't gain similar benefits.

Dogs can potentially serve as a "low-cost wellness intervention," Barker said.

The "pet a pooch" program for staffers at University of Pennsylvania's hospital inspired the Chicago program. Emergency room nurse Heather Matthew started the Penn program three years ago, bringing in dogs from local animal shelters. Besides boosting morale, Matthew said there's an added bonus — Penn hospital workers have adopted more than a dozen shelter dogs involved in the program.



## Shade plants: Gardening in the dark

By **BARBARA BALLINGER**  
CHICAGO TRIBUNE

Sunlight is overrated. Sure, lilacs and lavender need hours of sunlight to thrive. But give us shade plants such as hostas, ferns, tree peonies and lacecap hydrangeas luxuriating in a dappled shade, and we're over the moon. It's shade gardens - not sun-loving cottage and Mediterranean gardens - that conjure mystery. First kisses and love affairs don't begin in broad sunlight. They take place strolling down a shaded path or sitting by a gurgling pond in a secret woodland layered with trillium, wild violets and rhododendrons.

The best shade gardens overflow with masses of shrubs, flowers, and statuesque trees, not the stuff of timid borders.

So, why have shade gardens been given such a bum rap? Somehow, a perception emerged, probably among amateur gardeners, that it was hard to grow visually interesting and colorful plants beneath a dark cover and in often very wet or impossibly dry, hard soil. Shade became equated with lackluster displays.

Here's a secret: Shade gardens can be among the most captivating outdoor spaces, a gift from Mother Nature. "It's such fun to see how they change as a season progresses - leaves and colors emerge, shade increases, and at the peak of summer, they become a cool, restful retreat," says Chicago landscape architect Robert Hursthouse.

He and other landscape professionals stress the importance

of understanding what makes these idiosyncratic gardens successful.

Chicago landscape architect Doug Hoerr of HoerrSchaudt Landscape Architects adds an important, yet very basic caveat: "Accept the reality of the site, and you'll make smart choices." Before you know it, feathery tall astilbes, colorful limelight hydrangeas, and vinca minor or liriope ground covers will thrive under your favorite hackberry, Eastern redbud or ginkgo tree. Here are eight tips from some of our favorite garden pros:

**Layering the garden**  
A shade garden lends itself to layering: In gardens designed by Ryan and Claire Kettelkamp, ground covers create a base, shrubs are planted midlevel and mature trees arch above. (Kettelkamp & Kettelkamp Landscape)

**Go matchy:** Match a garden's three main components - trees, shrubs and flowers - to your topography, soil, climate and the amount of light that may peek through. To secure the best results, take snapshots of your site, study the amount of light at different times of day, take soil samples, measure the size of areas to landscape and share this information with an expert at a favorite garden center or nursery. That person will suggest possibilities.

**Study the soil:** Understand that soil can be the single biggest challenge, even more than the amount of light. The earth where the shade garden is planted may lack sufficient organic matter that helps reduce water and

nutrient loss. Your garden center pro can advise how to amend it with additional materials.

**Dig, plant, repeat:** Go bold in an area or two with repetitive massings of the same plants that work well on your site to achieve dramatic effect. "Think of the massings as big brushstrokes that are memorable, especially in a larger garden. You'll find yourself thinking, 'I can't wait for May when my rhododendrons bloom,'" says Chicago landscape architect Ryan Kettelkamp. One favorite that he and his wife and partner, Claire, favor is Rhododendron 'Calsap,' which survives well in the Midwestern climate.

**Contain it:** Remember to include container gardens, those portable wonders that should vary by the amount of shade: light, medium or heavy. They can introduce punctuation marks of color and height, won't compete with invasive tree roots, can be drip irrigated and can move indoors when weather changes. Some of the Kettelkamps' favorites: Dragon Wing begonia, Gartenmeister fuchsia, Angelonia, maidenhair fern and Oxalis 'Charmed Velvet.'

**Plant a surprise:** Use color, texture, size and form to punch up your design. Choices that work range from astilbes with purple flowers to yellow ligularia, grape hyacinths and other bulbs that thrive in shade, and big hostas with colorful leaf variations, says landscape architect Steve Gierke of HoerrSchaudt. Varying texture, size and form will pack a strong graphic wallop, even when colors



TNS PHOTO

**A shade garden lends itself to layering: In gardens designed by Ryan and Claire Kettelkamp, groundcovers create a base, shrubs act as a mid-level and mature trees arch above.**

aren't in bloom, says Hoerr, adding that this is no time to be meek: "Think in extremes."

**Increase your range:** Mix together different heights, which will add rhythm as people move through the landscape and will change during the growing season, says Hursthouse. At the lowest level, ground covers unify a garden. Study a forest floor for ideas such as vinca, liriope, pachysandra and sedges, he says. At mid-height, plant materials such as bottlebrush buckeye, and for greater height, think about trees such as shade-loving redbuds and dogwoods.

**Add water:** Don't forget the pleasant sound of water, an integral part of many shade gardens. It can fall over large rocks in a pond or trickle gently in a recirculating fountain. If that's not a possibility, consider a dry-bed stream that suggests water and requires minimal maintenance.

**Have a seat:** Remember to include one spot to sit - whether a large boulder, a group of big rocks, a bench or a pair of chairs where you can

rest and savor views of the shade garden and cool off from the heat in the sunny parts of your yard.



TNS PHOTO

**Containers add flexibility, as they can be moved to suit their light requirements, or the gardener's whim.**

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HOME & GARDEN

# Painting over wallpaper? It's possible

By **OSEYE BOYD**  
ANGIE'S LIST

While painting over wallpaper isn't the best option, sometimes it's the only option.

Forget what you've heard: It's possible to paint over all wallpaper - and not just the paintable type.

While it's always preferable to remove wallpaper before painting, it's not always possible. Sometimes, you'll find layer upon layer of wallpaper, or removal will cause significant wall damage, says Jeff Sellers, owner of Merrifield Paint and Design of Arlington, Virginia.

"In some of these older homes, when you

start pulling paper off you really don't know what you're getting into," Sellers says. "You can get the paper off and find the wall is damaged, and that's why they put the wallpaper up. You never know why people put up wallpaper."

Sellers says the type of wallpaper is a good indicator of whether it will come off easily. Paper-backed wallpaper is more difficult to remove than vinyl. You'll likely need to use a scoring device and adhesive remover, which may prove laborious and result in possible wall damage.

How to paint over wallpaper

You may be tempted to slap some paint on the

wall, but there's more to it. Without proper preparation, the wallpaper will eventually lift and begin to show through the paint - and look like painted over wallpaper.

According to experts, the wall should be clean and dust free. Remove all loose ends. If unable to remove, glue or cut away, spot prime and fill holes with spackle. Prime the wallpaper with an oil-based primer and skim the wallpaper with drywall mud to cover seams from the wallpaper and create a smooth wall. After skimming, sand the wall and prime again. Be sure the wall is dust free before applying paint.

"What matters is that

you use an oil-based primer to seal the wallpaper," says Carlos Mendoza of Carlos Mendoza Painting, in Spring, Texas. "That's what's going to seal the wallpaper."

Once you've prepped the wall, Mendoza recommends using satin finish paint instead of flat, which is porous. If you prefer, you can use flat paint. However, because it's porous, flat paint holds dirt and is difficult to clean.

"The satin finish does show imperfections, but as long as you keep the texture consistent, you should be OK," Mendoza says.

Test before you paint wallpaper



TNS PHOTO

Painting over wallpaper is acceptable if removal will damage the wall or the wall is already damaged.

Avoid bubbling, lifting or other issues with the wallpaper by testing a couple of spots and allowing to dry completely

before painting the entire wall, Octave Villar, manager of Behr application laboratory in Santa Ana, California.



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HOME & GARDEN

# Ragwort's tiny yellow flower adds color in shady, swampy areas

By **KATHY VAN MULLEKOM**  
DAILY PRESS

Along with daffodils, golden ragwort welcomes spring with bright yellow flowers covering swampy areas now until early summer, according to native plant expert Helen Hamilton.

Known scientifically as *Packera aurea*, the native perennial grows one to three feet tall, with only a few deeply-cut leaves on the stems. Leaves at the base of the plant are heart-shaped, and form a large rosette.

"After the flowers fade, the leaves spread to form a nice groundcover that persists over most of winter," says Hamilton, past president of the John Clayton Chapter, Virginia Native Plant Society, and retired biology teacher living in Williamsburg, Va. Learn more about the native

plant society at [www.vnps.org](http://www.vnps.org).

Ragwort grows naturally in bogs, wet woods, floodplains and meadows in eastern North America, Hamilton continues. The plant thrives in full shade with acid, rich soil, in zones 3-9. It spreads easily by seed and underground roots, forming large attractive colonies.

"Ragwort grows under trees where nothing else will thrive," she says.

"In a home-based woodland garden or a perennial border in the shade the masses of golden yellow look wonderful with bluestar (*Amsonia tabernaemontana*) and red columbine (*Aquilegia canadensis*). Deer also avoid golden ragwort because the leaves contain toxic chemicals."

Hungry small bees and flies emerging from

winter frequently feed on ragwort, and carry its pollen to nearby flowers. Those feeding insects include green metallic sweat bees.

### Beneficial sweat bees

Some bees in the Halictid group are attracted to the water and salt in human perspiration - thus their nickname, "sweat bees."

"They usually do not sting, unless disturbed, and the sting is minor, like a tiny pinprick," says Hamilton.

These are very small bees, less than half-inch long, and are usually overlooked because most have drab brown or gray bodies, she adds. Some species, however, have vivid, shiny green bodies that are easy to spot.

"These metallic green bees are most visible collecting pollen and feeding on nectar in the disk flowers of the Aster family, which includes golden ragwort, and on goldenrods."

Sweat bees are found worldwide, and are particularly abundant in North America, with 45 species in Virginia, ranging from brilliant green to dull brown in body color, continues Hamilton.

"They are everywhere - in backyard gardens, open fields and parks," she says.

"It's impossible to over-estimate the importance of these very small bees - they are responsible for most of our familiar summer flowering plants. Without their activity, feeding on nectar and collecting pollen, most flowers would never set seed for the next generation. These bees are



TNS PHOTO

### Sweat bee.

generalists, visiting a variety of flowering species, and collecting pollen in baskets or in bristles all over their bodies."

The metallic green bees are in the genus *Agapostemon*, represented by 14 species in the eastern United States, according to Hamilton.

"Like bumblebees, sweat bees do 'buzz' pollination," says Hamilton.

"By rapidly moving flight muscles,

disconnected from their wings, they generate sonic vibrations that cause pollen to be released from some plants, like tomatoes and blueberries."

Sweat bees are more numerous than most bees, except for the non-native honeybee, and although they do not produce honey, their services as pollinators of garden flowers, fruits and vegetables are

immeasurable, Hamilton adds.

To encourage populations of sweat bees, leave patches of bare soil for nesting habitat, and plant lots of different wildflowers, especially those with long blooming periods, from early spring through fall such as wild petunia, blue vervain, Maryland golden aster, summer phlox and Joe pye-weed.



TNS PHOTO

Golden ragwort.

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23 at Ave Maria University 11 a.m., 2 p.m.	23 2:00 PM Georgia	22 Notre Dame 6:00 p.m.
29 South Carolina	29 7:00 PM at South Carolina	23 Notre Dame 6:00 p.m.
	30 4:00 PM at South Carolina	24 Notre Dame 1:00 p.m.
	<b>MAY 2016</b>	30 at Clemson 6:30 p.m.
	01 1:30 PM at South Carolina	<b>MAY 2016</b>
	03 7:00 PM	01 at Clemson 4:00 p.m.
		02 at Clemson 7:00 p.m.
		04 at Stetson 6:30 p.m.
		06 Bowling Green State 6:00 p.m.



TAMPA BAY RAYS	07 Los Angeles Angels	19 Washington Nationals
<b>APRIL 2016</b>	15 Baltimore Orioles	20 Washington Nationals
15 Chicago White Sox	16 Baltimore Orioles	21 Washington Nationals
16 Chicago White Sox	17 Baltimore Orioles	<b>MAY 2016</b>
17 Chicago White Sox	29 New York Yankees	03 Arizona Diamondbacks
25 Baltimore Orioles	30 New York Yankees	04 Arizona Diamondbacks
26 Baltimore Orioles	31 New York Yankees	05 Arizona Diamondbacks
27 Baltimore Orioles	<b>AUGUST 2016</b>	06 Philadelphia Phillies
29 Toronto Blue Jays	01 Kansas City Royals	07 Philadelphia Phillies
30 Toronto Blue Jays	02 Kansas City Royals	08 Philadelphia Phillies
<b>MAY 2016</b>	03 Kansas City Royals	09 Milwaukee Brewers
01 Toronto Blue Jays	04 Kansas City Royals	10 Milwaukee Brewers
03 Los Angeles Dodgers	05 Minnesota Twins	11 Milwaukee Brewers
04 Los Angeles Dodgers	06 Minnesota Twins	20 Washington Nationals
13 Oakland Athletics	07 Minnesota Twins	21 Washington Nationals
14 Oakland Athletics	15 San Diego Padres	22 Washington Nationals
15 Oakland Athletics	16 San Diego Padres	23 Tampa Bay Rays
25 Miami Marlins	17 San Diego Padres	24 Tampa Bay Rays
26 Miami Marlins	19 Texas Rangers	30 Pittsburgh Pirates at Miami Marlins
27 New York Yankees	21 Texas Rangers	Estadio Hiram Bithorn - San Juan, PR, PR
28 New York Yankees	22 Boston Red Sox	31 Pittsburgh Pirates at Miami Marlins
29 New York Yankees	23 Boston Red Sox	Estadio Hiram Bithorn - San Juan, PR, PR
<b>JUNE 2016</b>	24 Boston Red Sox	<b>JUNE 2016</b>
10 Houston Astros	25 Boston Red Sox	01 Pittsburgh Pirates
11 Houston Astros	<b>SEPTEMBER 2016</b>	02 Pittsburgh Pirates
12 Houston Astros	02 Toronto Blue Jays	03 New York Mets
14 Seattle Mariners	03 Toronto Blue Jays	04 New York Mets
15 Seattle Mariners	04 Toronto Blue Jays	05 New York Mets
16 Seattle Mariners	05 Baltimore Orioles	17 Colorado Rockies
17 San Francisco Giants	06 Baltimore Orioles	18 Colorado Rockies
18 San Francisco Giants	07 Baltimore Orioles	19 Colorado Rockies
19 San Francisco Giants	20 New York Yankees	20 Colorado Rockies
27 Boston Red Sox	21 New York Yankees	21 Atlanta Braves
28 Boston Red Sox	22 New York Yankees	22 Atlanta Braves
29 Boston Red Sox	23 Boston Red Sox	23 Chicago Cubs
30 Detroit Tigers	24 Boston Red Sox	24 Chicago Cubs
<b>JULY 2016</b>	25 Boston Red Sox	25 Chicago Cubs
01 Detroit Tigers	<b>MIAMI MARLINS REGULAR SEASON HOME</b>	26 Chicago Cubs
02 Detroit Tigers	<b>APRIL 2016</b>	26 Chicago Cubs
03 Detroit Tigers	15 Atlanta Braves	<b>JULY 2016</b>
04 Los Angeles Angels	16 Atlanta Braves	08 Cincinnati Reds
05 Los Angeles Angels	17 Atlanta Braves	09 Cincinnati Reds
06 Los Angeles Angels	18 Washington Nationals	



10 Cincinnati Reds	<b>SEPTEMBER 2016</b>	23 Dunedin
22 New York Mets	05 Philadelphia Phillies	24 Dunedin
23 New York Mets	06 Philadelphia Phillies	<b>MAY 2016</b>
24 New York Mets	07 Philadelphia Phillies	02 Daytona
25 Philadelphia Phillies	09 Los Angeles Dodgers	03 Daytona
26 Philadelphia Phillies	10 Los Angeles Dodgers	04 Daytona
27 Philadelphia Phillies	11 Los Angeles Dodgers	11 Tampa
28 St. Louis Cardinals	19 Washington Nationals	12 Tampa
29 St. Louis Cardinals	20 Washington Nationals	20 Charlotte
30 St. Louis Cardinals	21 Washington Nationals	21 Charlotte
31 St. Louis Cardinals	22 Atlanta Braves	22 Charlotte
<b>AUGUST 2016</b>	23 Atlanta Braves	23 Charlotte
08 San Francisco Giants	24 Atlanta Braves	27 Clearwater
09 San Francisco Giants	25 Atlanta Braves	28 Clearwater
10 San Francisco Giants	26 New York Mets	29 Clearwater
12 Chicago White Sox	27 New York Mets	31 Brevard
13 Chicago White Sox	28 New York Mets	<b>JUNE 2016</b>
14 Chicago White Sox	<b>LAKELAND FLYING TIGERS</b>	01 Brevard
23 Kansas City Royals	<b>JOKER MARCHANT STADIUM</b>	02 Brevard
24 Kansas City Royals	<b>APRIL 2016</b>	03 Bradenton
25 Kansas City Royals	19 Brevard	04 Bradenton
26 San Diego Padres	20 Brevard	05 Bradenton
27 San Diego Padres	21 Brevard	06 Bradenton
28 San Diego Padres	22 Dunedin	12 Fort Myers
		13 Fort Myers



WIRE PHOTO

Chris Archer and the Tampa Bay Rays take on the Chicago white Sox this week at Tropicana Field in St. Petersburg.

14 Fort Myers	01 Daytona	22 St. Lucie
15 Fort Myers	02 Daytona	23 St. Lucie
16 Tampa	04 Clearwater	24 St. Lucie
23 Daytona	06 Clearwater	<b>AUGUST 2016</b>
26 Dunedin	08 Palm Beach	03 Tampa
27 Dunedin	09 Palm Beach	04 Tampa
28 Dunedin	10 Palm Beach	07 Clearwater
<b>JULY 2016</b>	11 Palm Beach	08 Brevard
	21 St. Lucie	



Amber Nixon, owner and chef of the "Caribbean Jerk Stop" and helper Brooklyn Gibbs served many of the musicians and audience at the Polk State College Jazz Festival, jewel of the Ridge."



Maria Cancel is stocking the newest store in the Eagle Ridge mall "Rain" with heels, flats, and sandals as well as handbags. The store officially opened April 8, 2016. The store has a variety of shoes for women and kids and will eventually have mens and boys shoes.



Rachel Bradley and Spencer Curles are two of the employees of Shane's Air Conditioning & Heating store which is currently located in the Eagle Ridge Mall. "We have the best people and we don't over charge. We are a business with integrity," said Curles.



09 Brevard	<b>SEPTEMBER 2016</b>	25 vs. Toronto FC	7:00 PM	23 Los Angeles Kiss 7:30pm	<b>AL LANG STADIUM, TAMPA</b>
10 Brevard	05 Florida State vs. Ole Miss 2016 Orlando Kickoff Game	26 vs. Chicago Red Stars	13 AT Orlando Predators 7:30 PM	29 AT Cleveland Gladiators 7:00pm	<b>APRIL 2016</b>
11 Clearwater		31 vs. New England Revolution	23 VS Cleveland Gladiators 7:30 PM		16 FC Edmonton
12 Clearwater	<b>SEPTEMBER 2018</b>		29 VS Arizona Rattlers 2:00 PM	<b>MAY 2016</b>	23 Carolina Railhawks
13 Clearwater	01 Crimson Tide vs. Cardinals 2018 Orlando Kickoff Game	<b>AUGUST 2016</b>		07 Arizona Rattlers 7:30pm	MAY 2016
19 Dunedin		07 vs. Seattle Sounders FC		13 Tampa Bay Storm 7:30pm	14 Rayo OKC
20 Dunedin	<b>ORLANDO CITY SOCCER</b>	24 vs. Toronto FC	<b>JUNE 2016</b>	21 AT Philadelphia Soul 7:30pm	<b>JUNE 2016</b>
21 Dunedin		26 vs. Washington Spirit	06 AT Portland Thunder 10:00 PM	27 Jacksonville Sharks 7:30pm	04 Ottawa Fury FC
29 Daytona	<b>APRIL 2016</b>	28 vs. New York City FC	11 VS Jacksonville Sharks 5:00 PM		<b>JULY 2016</b>
30 Daytona	17 vs. New England Revolution	<b>SEPTEMBER 2016</b>	18 VS Los Angeles KISS 7:30 PM	<b>JUNE 2016</b>	02 Jacksonville Armada FC
31 Daytona	23 vs. Houston Dash	vs. Sky Blue FC	24 AT Orlando Predators 7:30 PM	05 AT Los Angeles Kiss 10:00pm	16 Puerto Rico FC
<b>SEPTEMBER 2016</b>	<b>MAY 2016</b>	17 vs. Columbus Crew	Bye Week	13 Cleveland Gladiators 7:30pm	23 New York Cosmos
02 Tampa	06 vs. New York Red Bulls	24 vs. Kansas City FC	<b>JULY 2016</b>	18 AT Jacksonville Sharks 7:00pm	<b>AUGUST 2016</b>
03 Tampa	08 vs. Seattle Sounders FC	<b>OCTOBER 2016</b>	11 AT Los Angeles KISS 10:00 PM	24 Tampa Bay Storm 7:30pm	06 Fort Lauderdale Strikers
<b>CENTRAL FLORIDA JAGUARS INDOOR FOOTBALL LAKELAND CENTER</b>	14 vs. New York Flash	02 vs. Montreal Impact	16 VS Philadelphia Soul 4:00 PM		20 FC Edmonton
<b>APRIL 2016</b>	21 vs. Montreal Impact	23 vs. D.C. United	23 VS Portland Thunder 5:00 PM	<b>JULY 2016</b>	27 Rayo OKC
15 Charleston Ravens	25 vs. Philadelphia Union	<b>TAMPA BAY STORM AMALIE ARENA</b>	31 AT Jacksonville Sharks 5:00 PM	09 AT Portland Thunder 10:00pm	<b>SEPTEMBER 2016</b>
30 Florida Tarpons	<b>JUNE 2016</b>	<b>APRIL 2016</b>	<b>ORLANDO PREDATORS AMWAY AREANA</b>	18 AT Arizona Rattlers 9:30pm	17 Carolina Railhawks
<b>MAY 2016</b>	04-08 <i>Copa America Centenario</i>	16 AT Arizona Rattlers 9:00 PM	<b>APRIL 2016</b>	30 Philadelphia Soul 7:30pm	<b>OCTOBER 2016</b>
28 Charleston Ravens	04 - Costa Rica vs Paraguay	Bye Week	18 AT Jacksonville Sharks 7:00pm		01 Miami FC
<b>ORLANDO CITRUS BOWL ONE CITRUS BOWL PLACE</b>	06 - Bolivia vs Panama	<b>MAY 2016</b>	<b>TAMPA BAY ROWDIES SOCCER</b>		05 Minnesota United FC
	08 - Brazil vs Haiti	01 VS Jacksonville Sharks 2:00 PM			19 Indy Eleven
	18 vs. San Jose Earthquakes	09 AT Philadelphia Soul			22 Ottawa Fury FC
	23 vs. Houston Dash				

# It's a great time to work at the Polk County Sheriff's Office. We are hiring!

One of the best parts of my job as Sheriff is to lead a work family of dedicated Sheriff's Office members who work hard to fight crime, protect our citizens and deliver the highest quality public safety services. And now is a great time to come to work for us.

Cash bonuses: We value the service of current Florida certified law enforcement and corrections offices and we will pay them a \$2,000 bonus and provide a fast-track hiring process, competitive compensation, and great benefits. All city, county, and state law enforcement and/or corrections officers are eligible. Starting pay for both PCSO law enforcement and detention (corrections) deputies is \$41,551.13 and the pay range goes up to \$58,611.97.

Depending on how much experience a law enforcement or corrections officer has, he or she can start higher in the pay range (above



starting pay)—contact our Human Resources professionals to learn more. For law enforcement and corrections officers just starting out (coming out of a state certified academy), we pay a \$1,000 bonus. What if you don't have experience and you can't afford to put yourself through a public safety academy? No problem! If you have a good background, you will probably qualify for our Dual Academy Integrity Scholarship program. We are seeking quality candidates who will embody the values and diversity of the community as a dual-certified member of the agency.

If you are selected, you will receive a scholarship for tuition, books,

uniforms and exam cost. Plus, we will even pay you while you attend the Dual Academy (approximately eight months)!

The Sheriff's Office will provide a monthly stipend of \$2,000 dollars per candidate (first and last month pro-rated). That's right, we will pay you to attend the dual academy and then, upon graduating from both academies in good standing and successfully passing both state exams, you may be offered employment with the Polk County Sheriff's Office! This is a great program and I highly encourage anyone interested in a career in law enforcement to apply.

We value higher education! All full-time members are eligible for a college tuition reimbursement scholarship of up to \$2,970 per year for undergraduate tuition (up to 15 credit hours paid at the current state rate of \$198.00 per credit hour) and up to \$6,540 per year for master's



degree tuition (up to 15 credit hours paid at the current state rate of \$436.00 per credit hour). All members who have degrees from accredited colleges and universities also receive educational incentive pay at the following rates: \$360 per year for 2-year degrees, \$960 per year for 4-year degrees, and \$1,560 per year for master's degrees.

We are hiring Telecommunicators! (Emergency Communications

Center call takers/9-1-1 operators). We provide all training and certification for FREE. Starting pay is \$14.62 per hour (\$30,415.02 annual salary) plus health, retirement, and other benefits.

What other positions are we hiring for? Intake Records Specialist (\$13.61 per hour), Food Service Specialist (\$13.61 per hour), Animal Control Officer (\$12.98 per hour), and Detention Support Specialist

(\$12.35 per hour). We also have part time positions between \$8.24 per hour and \$13.21 per hour.

So, if you are interested in a career at our highly accredited law enforcement agency, please contact us directly at 863-298-6440, toll free 1-877-477-7276, or email hr@polksheriff.org or go to polksheriff.org and click the "careers" tab. We look forward to hearing from you!

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# 18 charged in “Operation April’s Fools”

Compiled by Kathy Leigh Berkowitz

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According to the Polk County Sheriff’s Office, undercover detectives charged 18 suspects during “Operation April’s Fools,” a week-long investigation targeting online child predator suspects.

The sting started on Tuesday, March 19 and ran through Monday, April 4 and involved detectives and investigators from other agencies: Florida Department of Law Enforcement, Osceola County Sheriff’s Office, Seminole County Sheriff’s Office, Pinellas County Sheriff’s Office, Manatee County Sheriff’s Office, Orange County Sheriff’s Office, Lee County Sheriff’s Office, Lakeland Police Department, Sanford Police Department, Bradenton Police Department, Sarasota Police Department and Orlando Police Department, working in conjunction with members of the State Attorney’s Office along with Attorney General Pam Bondi.

According to reports, during the operation, undercover detectives posted fictitious ads or profiles on various social media platforms, web sites, and mobile phone applications, posing as children, or as custodians of children. Despite the repeated warnings and media coverage of past operations, numerous men responded to the ads and then proceeded to chat online, email, text and talk on the phone with the undercover detectives who posed as children or custodians of children online. Some detectives responded to profiles and online ads. According to the Polk County Sheriff’s Office, the suspects allegedly solicited who they thought were children as young as 13 years old for sex acts; two suspects allegedly solicited who they thought was the father of a 10-year-old girl to have sex with her.

Detectives say some suspects sent pornographic pictures of themselves and some asked for nude photos of the children to be sent to them. Several of the men allegedly drove to the house to follow through with the promises reportedly made online to engage in sexual activity with the juveniles.

According to reports, the 18 suspects face a total of 103 charges (97 felonies, six misdemeanors) which range from: attempted lewd battery, use of computer to seduce a child, transmission of harmful material to minor, use of a two-way communication device to commit a felony, traveling to meet minor, possession of firearm during commission of felony, drug possession, and possession of drug paraphernalia. The Polk County Sheriff’s Office says more charges are pending further investigation of these suspects’ phones and computers.

Most of the suspects allegedly traveled to the undercover location or to another meeting place. Six suspects were from Polk County (Auburndale, Davenport, Haines City, Lake Alfred and Lakeland). Other locations the suspects traveled from were:

- one traveled from Collier County (Naples);
- one traveled from Lake County (Clermont);
- one traveled from Osceola County (Celebration);
- four traveled from Orange County (Orlando, Winter Garden, Ocoee, Apopka);
- one traveled from St. Johns County (Ponte Vedra);
- one traveled from Seminole County (Lake Mary);
- two traveled from Volusia County (Deltona, Daytona Beach);
- one lives in Alaska (he was visiting Polk).

According to reports, nine suspects brought condoms, some brought candy, and some brought illegal narcotics to the undercover location. Five told detectives they were married. The youngest

suspect arrested was 19 years old, and the oldest suspect arrested was 60 years old; the average age of the suspects is 28 years old.

According to reports, those arrested were:

- Christopher John Smith, 22, of Deltona; on March 29, he arrived at the undercover location to have sexual intercourse with who he believed to be a 13-year-old girl in the eighth grade. While chatting online, Smith told the undercover detective he would show or teach her sex acts during each visit with her. He purchased condoms on the way to the undercover location.

- Arthur Joseph Nelson, 19, of Orlando; on March 30, he arrived at the undercover location to have sexual intercourse with who he believed to be a 14-year-old girl. He sent her pictures of his genitals, and he bought condoms on the way to the undercover location.

- Jeffrey Erich Binder, 26, of Winter Garden; on March 30, he arrived at the undercover location to have sexual intercourse with who he believed to be a 14-year-old girl. While chatting online and texting, Binder told the undercover detective he wanted to do “everything” sexual with her. He purchased and brought condoms to the undercover location.

- Michael Fernandez, 21, of Ocoee; on March 30, he arrived at the undercover location to have sexual intercourse with who he believed to be a 10-year-old girl. He communicated with an undercover detective who was posing as a 10-year-old girl’s father and said, “I like em young” and “I have a sis, she 8, but haven’t done nothing yet.”

- Michael Dean Thompson, 20, of Ponte Vedra; on March 30, he arrived at the undercover location to have sexual intercourse with who he believed to be a 14-year-old girl. He told the girl he was 18 years old, and he would make sure her first time was the best.



- Jerin Jolly James, 18, of Celebration; on March 30, he arrived at the undercover location to have sexual intercourse with who he believed to be a 14-year-old girl. James brought condoms to the undercover location.

- Alejandro Pineda, of Haines City; 26, on March 30, he arrived at the undercover location to have sexual intercourse with who he believed to be a 14-year-old girl. Pineda sent the girl a photo of male genitalia, and brought condoms to the undercover location.

- Howard Bishop III, 60 of Lake Alfred; on March 31, he arranged to meet with who he thought was the father of a 10-year-old girl. Bishop chatted online with the undercover detective posing as the girl’s father, and told the detective he was “very much into nudism and quality family fun; I am very open minded and up for anything.” He went into detail about the sexual activities in which he wanted to participate with the 10-year-old, and implied he had done sexual things with a 10-year-old girl prior to these conversations.

- Robert Michael Gordon, 20, of Clermont; on April 1, he arrived at the undercover location to have sexual intercourse with who he believed to be a 14-year-old girl. Gordon brought two condoms to the undercover location.

- Mahesh Radhakrishnan, 32, of Lake Mary; on April 1, he arrived at the undercover location to have sexual intercourse with who he believed to be a 14-year-old girl. During conversations with the undercover detective, Radhakrishnan asked the “girl” to take a shower and have her hair wet before he arrived. He also told her that because she was 14 years old and too young to drive, he would come pick her up

and take her to a hotel or to his house. More than once, he told her to delete the text messages between them. He had a bag containing condoms and sex toys in his vehicle.

- Preston Lee Bousquet, 28 of Daytona Beach; on April 1, he arrived at the undercover location to have sexual intercourse with who he believed to be a 14-year-old girl. During conversations with the undercover detective, Bousquet told the “girl” about the different sexual positions he wanted to teach her. He purchased condoms on the way to the undercover location.

- Tyler James Knight, 26, of Davenport; on April 2, he arrived at the undercover location to have sexual intercourse with who he believed to be a 14-year-old boy. During conversations with the undercover detective, Knight asked the “boy” if he could sneak out and meet him after his parents go to bed.

- Pedro Emilio Portillo, 24 of Apopka; on April 2, he arrived at the undercover location to have sexual intercourse with who he believed to be a 13-year-old girl. During conversations with the undercover detective, Portillo asked the “girl” if he could sneak into her room, and said he would bring condoms. On the way to the undercover location, Portillo stopped at the store and bought condoms and Skittles for the “girl.”

- Samuel Orlin Hightower, 22 of Anchorage, Alaska; on April 3, he arrived at the undercover location to have sexual intercourse with who he believed to be a 13-year-old boy. During conversations with the undercover detective, in addition to discussing sex, Hightower asked the “boy” if he smoked cigarettes or did “coke” and

asked if he wanted to try it. He sent three photos of his genitalia to the “boy.” Hightower walked to Cracker Barrel near his hotel in Davenport to meet with the “boy.” Detectives found cocaine and a hallucinogen in his wallet.

- Joshua Dean Southerland, 19 of Davenport; on April 3, he arrived at the undercover location to have sexual intercourse with who he believed to be a 12-year-old girl. Southerland told the “girl” what he wanted to do to her and what he wanted her to do to him. He told detectives he is single.

- Larry Alfred Treharn, Jr., 33, of Naples; on April 3, he arrived near the undercover location to meet with who he believed to be a 14-year-old girl. Treharn chatted with several other undercover person as during the operation. Detectives found a loaded handgun in his car.

- Keith Hartford Ingles, 59 of Lakeland; on April 4, detectives issued a warrant for his arrest. He has been chatting online since January with an undercover detective who he believed to be a 14-year-old girl. Ingles instructed the “girl” on how to commit lewd acts and solicited her several times. He told her nearly every day to delete their text messages so she wouldn’t get caught by her mother. He was taken into custody without incident.

- Brantley Ashton Thompson, 24, of Auburndale; on April 4, detectives issued a warrant for his arrest. During the operation, he chatted with two different undercover detectives, both of whom he believed to be 14-year-old girls. Thompson sent both “girls” photos of his genitalia.

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**Wednesday, April 13**

Professional Development, 9 a.m.-noon, free. Human resources experts from Regions Bank to coach and teach people how to look for jobs, do resumes, how to dress and conduct yourself in an interview. Church Service Center, 495 E. Summerlin St., Bartow. 863-533-5822.

Growing and Cooking with Common Herbs Workshop, 10 a.m.-noon. Circle B Bar Reserve, 4399 Winter Lake Road, Lakeland. Register here: <http://polkgardening.eventbrite.com>

Story Times 3-5 year old, 10 a.m. Bartow Public Library, 2150 S. Broadway Ave., Bartow. 863-534-0131

Italian Buffet, 5-7 p.m. \$9 per person. American Legion Post 71, 1230 Scenic Highway, Lake Wales. 863-589-5689

Farmers Market, 10 a.m.-2 p.m. Fort Blount Park, Bartow. 863-519-0508, or email [lsimpson@mainstreetbartowfl.com](mailto:lsimpson@mainstreetbartowfl.com)

**Thursday, April 14**

Polk Transit Authority meeting, 9 a.m. in the County Commission Boardroom, 330 W. Church Street in Bartow.

Book Babies, 10 a.m. Bartow Public Library, 2150 S. Broadway Ave., Bartow. 863-534-0131

Polk State College Open House, 5-7 p.m. Attendees can complete an application; learn about the college's academic programs and meet with faculty members; meet with representatives from Student Financial Services and receive help in completing the Free Application for Federal Student Aid. Polk State Lakeland, Technology Building, LTB 1100, 3425 Winter Lake Road, Lakeland. 863-297-1000.

Polk State College Jazz Exhibit Reception, 5-7 p.m. Polk State Lake Wales Arts Center, 1099 State Road 60 E., Lake Wales. 863-676-8426

Service Dog Training, 9-11 a.m., 1-3 p.m. Call Marvin Desselle at 863-214-0601 for details.

American Legion Post 71, 1230 Scenic Highway, Lake Wales. 863-589-5689

Bartow Chamber of Commerce Panel Discussion, 7:30-8:30 a.m. Hampton Inn, 205 Old Bartow Eagle Lake Road, Bartow. 863-533-7125 or [barbara@bartowchamber.com](mailto:barbara@bartowchamber.com)

**Friday, April 15**

Friday Fest, 6-9 p.m. Live country music by Eli Mosley and activities for the children. Food and drink will be available for purchase from vendors on the street and from the downtown restaurants. There will also be an open car cruise-in. Sponsored by Clear Springs. East Main Street and Central Avenue, Bartow.

Fish Fry, 5-7 p.m. Dinners start at \$9 per person. American Legion Post 71, 1230 Scenic Highway, Lake Wales. 863-589-5689 Friday, April 15

Chair Yoga, 9:30 a.m. Bartow Public Library, 2150 S. Broadway Ave., Bartow. 863-534-0131

STEAM for Home School, 10 a.m. Bartow Public Library, 2150 S. Broadway Ave., Bartow. 863-534-0131

**Saturday, April 16**

Architectural Tour, 11 a.m. Learn more about neoclassical architecture, the construction of the building and the stories behind the iconic Old Polk County Courthouse. Polk County History Center, 100 E. Main St., Bartow, [www.polkhistorycenter.org](http://www.polkhistorycenter.org) or 863-534-4386

Uptown Yard Sale & Flea Market, 8 a.m.-1 p.m., set up begins at 7 a.m. Along the 300 block of East Main Street in downtown Bartow. 863-646-0644 or 863-519-0508.

Flea Market, 8 a.m.-1 p.m. Light breakfast and lunch to be sold. Fort Meade Lodge, 19 6th St., NW.

Sporting Clays Fun Shoot, 8 a.m., registration at 8:30 a.m., shooting begins at 9 a.m., \$125 per shooter or \$500 per team. Raises money to help pay for scholarships for the children of law

enforcement personnel. Catfish Creek Sporting Clays, Firetower Road, Haines City. 863-837-5153 or 863-678-4271.

Big Hat and Fashion Event, 6 p.m. \$10 ticket donation. Light refreshments will be served. Sponsored by the Bartow Deacons and Stewards Alliance to raise money for scholarships. Carver Recreation Center, 520 Idlewood Ave., Bartow. 863-440-1595 or 863-370-3283.

Fort Meade High School class reunion for classes of 1974, 1975 and 1976. 6 p.m. \$25 per person. Food, drink, entertainment. All payments must be made by March 31. 3370 Mount Pisgah road, Fort Meade. 863-698-4651.

Dixieland Art Festival, 10 a.m.-5 p.m. Art Pop public art dedication and reception from 3-5 p.m. Dixieland Village, 1037 S. Florida Ave., Lakeland. 863-327-2247.

Mensa, 6 p.m. Harborside, 2435 7th St. SW, Winter Haven. 863-967-7680.

Lake Wales Chorale Spring Concert "Jewels of Choral Beauty, 7 p.m. \$15 adults, \$5 students. [www.lakewalesartsCouncil.org](http://www.lakewalesartsCouncil.org) or 863-676-8426.

Racing Game, 4 p.m. \$1 per race. American Legion Post 71, 1230 Scenic Highway, Lake Wales. 863-589-5689

**Sunday, April 17**

Sunday Afternoon Pinewood Chamber Music Series, 5 p.m. Presented by Lake Wales Arts Council and Bok Tower Gardens featuring students of the Harrison School of the Arts in a classical program of vocal and instrumental music. \$25, season and member discounts available. Pinewood Estate, Bok Tower Gardens. Polk State Lake Wales Arts Center, 1099 State Road 60 E., Lake Wales. 863-676-8426

Bingo, 1 p.m. \$10/10 games. American Legion Post 71, 1230 Scenic Highway, Lake Wales. 863-589-5689

**Monday, April 18**

Information session on

nursing bachelor's program, 6 p.m. Classes start Aug. 22. Haines City High School, 2800 Hornet Drive in the auditorium. [polk.edu/education](http://polk.edu/education).

Learn Spanish, noon-1 p.m., free. Instructor Randy LoPatin has taught middle and senior high Spanish in the public school system for 32 years, instruction in the alphabet, greetings, days and months, numbers, dates, descriptive adjectives, expressing feelings, verb actions, clothing and using the verb, "ser." \$5 fee for supplies. Lake Wales Public Library, 290 Cypress Garden Lane, Lake Wales, 863-678-4004, email [library@cityoflakewales.com](mailto:library@cityoflakewales.com).

Spanish Story Times, 2 p.m. Bartow Public Library, 2150 S. Broadway Ave., Bartow. 863-534-0131

Computer Class Class E-Publishing, 3 p.m. Bartow Public Library, 2150 S. Broadway Ave., Bartow. 863-534-0131

Bartow City Commission, 5:30 work session, 6:30 p.m. meeting. Bartow City Hall, 450 N. Wilson Ave., Bartow.

Top Chef of Polk County. Cocktail hour 5:30 p.m. first course at 6:30 p.m. Call for ticket prices. Achievement Academy's sponsored event to raise money for the school. Up to 15 chefs create and prepare, tableside, their own menu with accompanying wine or libation that complement the flavors of each course. An all-star panel of judges will rate each chef on their culinary creations based on presentation, choice and taste of food to award the title of "Top Chef of Polk County 2016" Lakeland Center, 711 Lime St., Lakeland. 863-683-6504.

**Tuesday, April 19**

Lunch N Learn, 12:15-1 p.m. Marketing Florida Citrus: Yesterday, Today and Tomorrow. Shannon Shepp, executive director of the Florida Citrus Commission, will explore the marketing eras that defined the citrus industry. Polk County History Center, 100 E. Main St., Bartow, [www.polkhistorycenter.org](http://www.polkhistorycenter.org) or 863-534-4386

Achievement Academy's Board of Directors, 6 p.m. Achievement Academy, 716 E. Bella Vista St., Bartow.

Information session on nursing bachelor's program, 6 p.m. Classes start Aug. 22. Polk State Lake Wales Arts Center, 1099 State Road 60 E., in the auditorium. [polk.edu/education](http://polk.edu/education).

Fine Art Night, 5:30 p.m. Choral recital followed by a bluegrass musical show. Bartow Public Library, 2150 S. Broadway, Bartow.

Beethoven's Symphony No. 9 by The Imperial Symphony Orchestra, 7:30 p.m. \$35, \$25 and \$15. Students are free. The Lakeland Center Youkey Theatre, 711 Lime St., Lakeland. 863-834-8111 for tickets.

Lunch and Learn, Avon Park Army Airfield: Florida during World War II, 12:15 p.m.-1 p.m., Polk County History Center, 100 E. Main St., Bartow, [www.polkhistorycenter.org](http://www.polkhistorycenter.org) or 863-534-4386

Chair Yoga, 9:30 a.m. Bartow Public Library, 2150 S. Broadway Ave., Bartow. 863-534-0131

Golden Age Club, noon-1 p.m. For people 55 years and older. Dues 50 cents per month, which pays for coffee and tea, that goes with our covered dish luncheon (members may pay \$5 per person toward the meat in lieu of a covered dish). Bartow Civic Center, 2250 S. Floral Ave. in Bartow. 863-646-2812, 863-533-1091, 863-412-1006.

**Wednesday, April 20**

Image Awards, 8 a.m. Recognize the best in research, strategy, implementation and execution in the public relations profession. Brandt Merritt speaks on branding. Tuscana Restaurant, Salon A, 1000 Longfellow Blvd., Lakeland. 863-662-0699

Professional Development Academy: 7 Paths to Success, 7:30 a.m., \$29 for Chamber members.

Contemporary Leadership with J. Lenora Bresler. Program provides skills for business, organization, and personal growth and improvement through a variety of educational and training opportunities. Collaboration between Bartow Chamber of Commerce and Polk State College. Polk State College Corporate College, 310 Technology Drive, Bartow. 863-533-7125

Story Times, 10 a.m. Bartow Public Library, 2150 S. Broadway Ave., Bartow. 863-534-0131

Sen. Denise Grimsley office hours. Staff there to help constituents. 9-10 a.m., Mulberry Library, 1st Floor, Civic Center, 905 NE 5th St., Mulberry; 1:15-2:15 p.m., Fort Meade Community Center, 10 SW 3rd St., Fort Meade; 3 p.m.-4 p.m., Latt Maxcy Memorial Library,

15 N. Magnolia Ave., Frostproof

Farmers Market, 10 a.m.-2 p.m. Fort Blount Park, Bartow. 863-519-0508, or email [lsimpson@mainstreetbartowfl.com](mailto:lsimpson@mainstreetbartowfl.com)

Italian Buffet, 5-7 p.m. \$9 per person. American Legion Post 71, 1230 Scenic Highway, Lake Wales. 863-589-5689

**Thursday, April 21**

Information session on nursing bachelor's program, 6 p.m. Classes start Aug. 22. Polk State Lakeland, 3425 Winter Lake Road LTB 1100. [polk.edu/education](http://polk.edu/education).

Polk County Tiger Bay, 11:30 a.m. \$15 for members, \$25 for nonmembers. Trying to Make Sense of Politics with Susan McManus. Political analyst from the University of South Florida and TV personality. Bartow Civic Center, 2250 S. Floral, Bartow. 863-640-5357 to RSVP by April 15

2016 Fur Ball: Wags to Wishes, 5:30-11 p.m. Presented by Bright House Networks and benefiting the Humane Society of Polk County - Polk's No Kill Shelter. Black Tie event to raise funds for the Humane Society of Polk County. Cocktail Hour, Gourmet food stations and open bar, live music with dancing, raffles, silent and live auctions. Lake Eva Banquet Hall, 799 Johns Ave., Haines City. [FurBallPolk@gmail.com](mailto:FurBallPolk@gmail.com) or 863-221-8505.

Covered Dish Dinner, 6:30 p.m., \$4 for nonmembers. Polk State College Art Center's interim director Lucile Hadley speaks on the spring and summer programs. Lake of the Hills Community Club, 47 E. Starr Ave. 863-676-4752

Family Book Discussion, 3:30 p.m. Bartow Public Library, 2150 S. Broadway Ave., Bartow. 863-534-0131

Service Dog Training, 9-11 a.m., 1-3 p.m. Call Marvin Desselle at 863-214-0601 for details. American Legion Post 71, 1230 Scenic Highway, Lake Wales. 863-589-5689

**Friday, April 22-Saturday, April 23**

Summerlin Institute reunion, Class of 1966. 863-533-1467 for details

**Friday, April 22**

Lake Wales-Bartow Relay For Life, 7 p.m. Bartow High School Memorial Stadium, 1270 S. Broadway Ave.





**EVENTS IN OUR AREA**

**WINTER HAVEN DOWNTOWN**  
www.mywinterhaven.com

Pickin' in the Park  
Every First Friday of  
Month 6:00pm

Praise in the Park  
Every Second Friday of  
Month 6:30pm

Dulcimers in the Park  
Every Third Friday of  
Month 5:30pm

Strings at Scores  
Every Fourth Friday of  
Month 6:00pm -  
Score's Restaurant (58 4th  
Street, NW)

Winter Haven Main  
Street Special Events  
Every First Thursday  
5:30pm

Cruisin' Winter Haven  
First Saturday every  
Month 4:00-9:00pm

Cypress Gardens Ski  
Show  
Every Third Saturday on  
Lake Silver 4:30pm

Downtown Market Day  
Every Fourth Saturday  
- Central Park  
9:00am-2:00pm

Farmers Market  
Every Thursday by City  
Hall 8:00am-3:00pm

WORK OUT WITH US  
Fitness at the Fountain  
First Saturday every  
Month at Central Park  
9:00am-10:00am

**POLK MUSEUM OF ART**  
863-688-7743

Art Plus  
April 15

MIDFLORIDA Mayfaire  
by-the-lake  
May 7 - 8, 2016

Art Crawl  
November 12, 2016

The Gala  
March 4, 2017

**LAKE WALES LITTLE THEATRE**  
863-676-1266

The Big Five-Oh  
April 1-17, 2016

Rehearsal for Murder  
(Teen Theatre)  
June 10-19, 2016

**POLK THEATRE**  
863-682-7553

**APRIL 2016**

16 Play it Forward Polk

23 Tommy James and the Shondells

**RAMON THEATRE**  
863-635-7222

**JULY 2016**

23 "Evil on the Beach"  
Mystery Dinner Theater

**OCTOBER 2016**

29 Mystery Dinner  
Theater - "Save The  
Date"

**DECEMBER 2016**

31 New Year's Eve at the  
Ramon - Mystery Dinner  
Theater

**RITZ THEATRE WINTER HAVEN**  
863-295-9900

Ritz Murder Mystery  
Dinner Series

May 7, 2016

**THEATRE WINTER HAVEN**  
863-294-7469

Driving Miss Daisy  
April 7 - 24, 2016

Green Day's American  
Idiot  
April 12 - 13, 2016

Shrek Jr.  
May 11 - 13, 2016 (School  
Performance)  
May 13 - 15, 2016  
(Public)

Saturday Night Fever  
July 22 - August 7, 2016

**2016 - 2017 SEASON**

Disney's BEAUTY AND  
THE BEAST  
September 15 - October  
16, 2016

ALMOST, MAINE  
December 1 - 18, 2016

ONE MAN, TWO  
GUVNORS  
January 12 - 29, 2017

MILLION DOLLAR  
QUARTET  
February 16 - March 12,  
2017

PETER AND THE  
STARCATCHER  
April 6 - 23, 2017

**MUSIC FESTIVALS**

**BUSCH GARDENS FOOD & WINE FESTIVEL**  
MARCH 5-APRIL 24

**APRIL 2016**

16: Meat Loaf

17: Lynyrd Skynyrd

23: Gente de Zona

24: Jordin Sparks

**WANEE MUSIC FESTIVAL (LIVE OAK)**

**APRIL 14-15-16**

Widespread Panic, Gregg Allman, Gov't Mule, Les Brers, Jaimoe's Jasssz Band, Warren Hayes and the Ashes & Dust Band, Billy & The Kids, Umphrey's McGee, Hot Tuna Electric with Steve Kimock, Bruce Hornsby and the Noisemakers, N.M.O., Conspirator, Soulive, The Wood Brothers, The Stanley Clarke Band, Oteil and Friends, Tribal Seeds, Dumpstaphunk's Earth, Wat & Power, Madisen Ward and the Mama Bear, Bobby Lee Rodgers Trio, Kung Fu, Nigel Hall, Devon Allman Band and Big Something

**TORTUGA MUSIC FESTIVAL**  
Fort Lauderdale

**APRIL 15-17, 2016**

A THOUSAND HORSES, BILLY CURRINGTON, Blake Shelton, BOBBY BONES & THE RAGING IDIOTS, CAM, CHASE BRYANT, CHRIS JANSON, COURTNEY COLE, Dierks Bentley, DJ Rock, DREW BALDRIDGE, ELLE KING, JJ GREY & MOFRO, JOE NICHOLS, JON PARDI, KELSEA BALLERINI, KIP MOORE, KRISTIAN BUSH, LANCO, LYNYRD SKYNYRD, MICHAEL FRANTI & SPEARHEAD, MUDDY MAGNOLIAS, NATIVE RUN, OLD DOMINION, OLD SOUTHERN MOONSHINE REVIVAL, RANDY HOUSER, RYAN HURD, SAM HUNT, ST PAUL AND THE BROKEN BONES, THOMAS RHETT, Tim McGraw, TUCKER BEATHARD, WALKER COUNTY, WATERLOO REVIVAL

**SUNFEST**  
West Palm Beach

**APRIL 27-MAY 1, 2016**

Duran Duran, Train, ZZ Top, Meghan Trainor, Jason Derulo, the Roots, Slightly Stoopid, Evanescence, Rick Springfield, Alabama Shakes, Death Cab for Cutie, Steve Aoki, G-Easy, Bastille, Walk the Moon, Fitz and the Tantrums, Capital Cities, Flogging Molly,

Joy Formidable, Saly N Pepa, Scott Bradlee's Postmodern Jukebox, Shovels and Rope, Lukas Graham, Goldfinger, Andy Grammer, Butch Trucks and the Freight Train Band, Coleman Hell, Judah and the Lion, the Babys, LunchMoney Lewis, Watch the Duck, Saint Asonia, Drew Holcomb, the Bright Light Social Hour, Devon Baldwin, Jesse Royal Dylan LeBlanc, Bobby Lee Rodgers, Secret Weapons, Ria Mae, Cade, Casveda, Ethan Parker Band, Fireside Prophets, Half Deezzy, Matt Calderin Trio, Mike Mineo, No Traffik, Professor & the Jet Sets, Sons of Mystro, Tori Lynn, Trey Libra Fka Jacob Izrael and WD-Han

**WELCOME TO ROCKVILLE FESTIVAL**  
Jacksonville, Florida

**APRIL 30-May 1, 2016**

April 30 Guests: Disturbed, Shinedown, 3Doors Down, Bring Me the Horizon, Sixxam, Collective Soul, Pennywise, Pop Evil, Bullet for my Valentine, Hellyeah, Asking Alexandria, Trivium, Filter, Candlebox, Escape the Fate, Parkway Drive, Enter Shikari, MissMay, Wilson, Red Sun Rising, Lacey Sturm, Monster Truck and Cane Hill  
May 1 Guests: Rob Zombie, ZZ Top, Five Finger Death Punch, A Day to Remember, Megadeath, lamb of god, Cypress Hill, Anthrax, Ghost, Sevendust, Clutch, Yelawolf, P.O.D., We Came As Romans, Memphis May Fire, ISSUES, Crown the Empire, Sick Puppies, Beartooth, Texas Hippie Coalition, Avatar, From Ashes to New, The Glorious Sons and Wild Throne

**FORT ROCK**  
Fort Myers

**APRIL 30-MAY 16, 2016**

3 Doors Down, A Day to Remember, Anthrax, Asking Alexandria, Avatar, Bring Me The Horizon, Bullet For My Valentine, Disturbed, Five Finger Death Punch, Ghost, Lamb of God, Megadeth, Pennywise, Pop Evil, Red Sun Rising, Rob Zombie, Saint Asonia, Sevendust, Shinedown, Sixx:AM, The Glorious Sons, Trivium

**MOONSTONE MUSIC FESTIVAL**  
Central Florida  
Fairgrounds, Orlando

**APRIL 30-MAY 1, 2016**

KISS, Def Leppard, Flaming Lips, Evanescence, Awolnation, Best Coast, Buckcherry, Wold Alice, Kansas, Queensryche, Scott Stapp, Stone Foxes, Sebastian Bach,

White Buffalo, Steel Panther, Vintage Trouble, Raveneye, Live, Elliot Root, Girlpool, John & Jacob, Eternal Summers, Civil Twilight, Creem Circus, The Coathangers, John Moreland, Surfer Blood, Baskery, Tyler Bryant & The Shakedown, Beebs & Her Money Makers, Hollis Brown, All Them Witches, Andrew Watt, AMFMS, Jane Lee Hooker, Shotgun Betty, The Mud Flappers, Beartoe, Kaleigh Baker, Daniel Heitz Band, Afrowhitey, Airtsickness, Sunghosts, Bloody Jug Band, The Groove Orient, Josh Hastick, Big Jesus, The Hitchhiker, Room Full of Strangers, Mike Dunn, January May, Conrad Oberg, Gritt, Janani, Ashland, Best Behavior, Jacie & The Knick Knacks  
COMEDY: Jim Florentine, Jim Norton, Judah Friedlander, Tom Segura, Nate Bargazte, Brent Morin  
SPECIAL GUEST HOST: "Stump The Trunk" with Eddie Trunk

**ORANGE BLOSSOM JAMBOREE**  
Brooksville

**MAY 19-22, 2016**

Ajeva, Amber Lynn Nicol, American Song Box, Beartoe, Beeb\$ and her Money Maker\$, Ben Prestage, Bengali 600, Bobby Lee Rodgers Trio, Boxcar Hollow, Brown Bag Brass Band, Brown Note, Come Back Alice, Crazy Fingers, Dean Johannesen, Displace, Dunedin Brewery House Band, Electric Kif, Endless Flow, Este Loves, Flat Land, Free the People, funkUS, Fuzzy Britches, Green Sunshine, Grumpy Ole Trolls, Guavatron, Harmonica Man and the Sawgrass Band, Heather Gillis Band, Herd of Watts, Holey Miss Moley, Hymn for Her, ISM, Jeff White and Soul Taxi, Juanjamon Band, Juke, Justino and the Difference, Kaleigh Baker, Last Electric Rodeo, Laura Shepherd, Legacy, On The Avenue, Oranga Tanga, Phunk It, Redfeather, Row Jomah, S.P.O.R.E., Sarasota Steel Pan Band, Savi Fernandez Band, Serotonic, Shak Nasti, Shoeless Soul, SOSOS, Suévalo, The Applebutter Express, The Bath Salt Zombies x3,, The Corbitt-Clampitt Experience, The Groove Orient, The Psychedelic Monks, The Stereo Type, Theoretic, Trigger City Trio, Troy Youngblood and the Soulfish, Uncle John's Band

**COUNTRY 500**  
Daytona

**MAY 27-29, 2016**

Brandy Clark, Brooke Eden, Brothers Osborne, Cassadee

Pope, Charlie Worsham, Chris Stapleton, Clare Dunn, Colt Ford, Craig Campbell, Dustin Lynch, Dwight Yoakam, Eli Young Band, Eric Paslay, Florida Georgia Line, Frank Foster, Frankie Ballard, Jamestown Revival, Jamey Johnson, Jason Aldean, Jennifer Nettles, Jerrod Niemann, Joe Diffie, Josh Thompson, Kid Rock, Kristian Bush, Lady Antebellum, Lee Brice, Little Big Town, Luke Bryan, Mac Powell, Marty Stuart, Mo Pitney, Montgomery Gentry, RaeLynn, Sara Evans, The Cadillac Three, Trace Adkins, Tyler Farr, Willie Nelson

**SUNSET MUSIC FESTIVAL**  
Tampa

**MAY 28-29, 2016**

3LAU, Andrew Bayer, Anna Lunoe, Aryay, Audien, Borgeous, Borgore, Bro Safari, Cash Cash, CID, Claptone, Claude VonStroke, Dirty Chocolate, DJ Amstadamn, Ferry Corsten, FuntCase, Galantis, Hardwell, ilan Bluestone, J.Phlip, Jack U, Jai Wolf, Jason Ross, Jauz, Justin Martin, Lane 8, Liquid Todd, Lost Kings, Louis The Child, Marshmello, Matoma, Mija, NGHTMRE, Party Favor, Pierce Fulton, Rezz, Robokid, Sam Feldt, Seven Lions, Shaun Frank, Snails, Team Ezy, The Chainsmokers, Thomas Jack, Tritonal, Vanic, Yung Wall Street, Zaxx, Zomboy

**PURPLE HATTERS BALL**  
Live Oak

**JUNE 17-19, 2016**

Papadosio, The Floozies, The Polish Ambassador, DubConscious, The Mantras, Roosevelt Collier Band, The Malah, The Hip Abduction, Sophistafunk, Voodoo Visionary, Catfish Alliance, Trial By Stone, Scott Campbell band with Avis Berry, Funk You, MZG, Leisure Chief, Herd Of Watts, Kaleigh Baker with The Groove Orient, The Corbitt-Clampitt Experience, Post Pluto, Squeedlepuss, SPORE with Zahira

**AMALIE ARENA**  
813-301-6500

**APRIL 2016**

29 98ROCKFEST: Disturbed, Shinedown, Chevelle, Ghost, Sick puppies, Pop Evil, Red Sun Rising and more...

**MAY 2016**

12-15 Disney on Ice

27 R. Kelly

**JUNE 2016**

02 Ellie Goulding



27 WWE Raw  
**OCTOBER 2016**  
 30 Kellogg's Tour of Gymnastics Champions  
**NOVEMBER 2016**  
 16 Carrie Underwood  
**AMWAY CENTER, ORLANDO 407-440-7000**  
**APRIL 2016**  
 15 Joel and Victoria Osteen  
**MAY 2016**  
 14 Florence + The Machine  
 20 Def Leppard (Rescheduled Show)  
**JUNE 2016**  
 10 Selena Gomez  
 25 Demi Lovato & Nick Jonas  
 30 Justin Bieber  
**JULY 2016**  
 01 Twenty One Pilots  
**SEPTEMBER 2016**  
 Maroon 5  
 21-25 Cirque Du Soleil  
**CFE ARENA ORLANDO 407-823-6006**  
**MAY 2016**  
 16 Amy Schumer  
**JUNE 2016**  
 04 Delirium World Tour featuring Ellie Goulding  
**JULY 2016**  
 06 Halsey  
**HARD ROCK LIVE ORLANDO 407-351-5483**  
**APRIL 2016**  
 14 David Cross  
 15 Arsenio Hall with Joe Piscopo  
 16 Tori Kelly  
 21 Generation Axe Featuring: Vai, Wyldé, Malmsteen, Bettencourt, Abasi  
 24 Underoath  
 26 Chris Isaak  
 28 Death Cab for Cutie  
 29 Bon Qui Qui w/ Group 1 Crew  
**MAY 2016**  
 06 Classic Albums: David Bowie-The Rise and Fall of Ziggy Stardust  
 07 Bill Burr Live  
**JUNE 2016**  
 01 Hard Rock Rising featuring Eve 6

06 Jason Bonham's Led Zeppelin Experience  
 09 Freedy Johnson  
 18 Classic Albums: Jimi Hendrix-Are You Experienced  
**JULY 2016**  
 16 Classic Albums: The Doors-L.A. Woman  
 27 Bring It! Live  
**AUGUST 2016**  
 26 Classic Albums: Bruce Springsteen\_Born in the USA  
 30 Goo Goo Dolls with Collective Soul  
**SEPTEMBER 2016**  
 16 Classic Albums: Led Zeppelin-Houses of the Holy  
**OCTOBER 2016**  
 14 Celtic Thunder  
 15 Tour De Compadres featuring NEEDTOBREATHE, Mat Kearney, Parachute and Welshly Arms  
 21 Classic Albums: The Beatles-Revolver  
**HOUSE of BLUES ORLANDO**  
**APRIL 2016**  
 19 The Used - 15th Anniversary Tour  
 20 The Used - 15th Anniversary Tour  
 22 Iration  
 23 Sister Hazel  
 24 Grace Potter  
 29 Flogging Molly  
 30 Evanescence  
**MAY 2016**  
 02 Sebastian Bach  
 05 Boyce Avenue  
 06 Blue October  
 08 FLOETRY  
 11 Trampled by Turtles  
 13 PVRIS  
 14 Deftones  
 15 FONSECA  
 20 Cultura Profetica  
**JUNE 2016**  
 03 Emblem3  
 04 Ednita Nazario  
 08 XAmbassadors  
 11 THRICE  
**JULY 2016**  
 07 Chino Y Nascho Guaco

**SEPTEMBER 2016**  
 23b Boyce Avenue  
**NOVEMBER 2016**  
 12 Streetlight Manifesto  
**DECEMBER 2016**  
 Sonata Arctica  
**THE LAKELAND CENTER 863-834-8100**  
**APRIL 2016**  
 15-17 Just Between Friends Sale 9:00AM  
 19 Imperial Symphony Orchestra: Masterworks Concert - Ode to Joy 7:30PM - 9:15PM  
 21 One Night of Queen 8:00PM - 10:00PM  
**MAY 2016**  
 06 truTV Impractical Jokers "Where's Larry?" Tour Starring The Tenderloins 7:00PM - 9:00PM  
 10 AAF Polk County Advertising Federation Lunch 10:30AM - 1:00PM  
 15 PC Bridal presents Spring 2016 1:00PM - 5:00PM  
 21 4Life Promotions All Black Wear Affair 10:00PM  
 22 Goodie Treats Annual Youth Fashion Show 5:00PM - 8:00PM  
**JUNE 2016**  
 09 "Weird Al" Yankovic The Mandatory World Tour 8:00PM - 10:00PM  
 11 Florida Festival of Flavor and Fire 10:00AM  
 16 Classic Albums: The Beatles - Revolver  
 25-July 02 Miss Florida Pagaent 8:00AM  
**MIDFLORIDA Credit Union Amphitheatre 813-740-2446**  
**MAY 2016**  
 21 Daryl Hall and John Oates  
 28 Bad Company with Joe Walsh  
**JUNE 2016**  
 03 Darius Rucker  
 10 Journey and The Doobie Brothers with Dave Mason  
 15 Weezer and Panic at the Disco  
 17 Keith Urban  
 25 Taste of Chaos  
 30 Steely Dan and Steve Winwood  
**RUTH ECKERD HALL/ CAPITOL THEATRE 727-791-7400**

**APRIL 2016**  
 14 Amy Helm 8:00pm Murray Theatre  
 15 Steve Hackett 8:00pm Capitol Theatre  
 16 ABBA the Concert-Tribute 8:00pm Ruth Eckerd Hall  
 16 Bob Saget 8:00pm Capitol Theatre  
 17 Air Supply 7:00pm Capitol Theatre  
 17 TFO: The Firebird Suite 7:30pm Ruth Eckerd Hall  
 19 Tori Kelly 8:00pm Ritz Ybor  
 22 Jeff Foxworthy & Larry the Cable Guy 7:00pm Ruth Eckerd Hall  
 22 Jeff Foxworthy & Larry the Cable Guy 9:30pm Ruth Eckerd Hall  
 22 Jesse Cook 8:00pm Capitol Theatre  
 23 Esperanza Spalding 8:00pm Capitol Theatre  
 23 Emily's D+Evolution 8:00pm Capitol Theatre  
 24 Corey Taylor 8:00pm Capitol Theatre  
 25 PYS: Strings Recital 7:00pm Murray Theatre  
 29 Greg Billings/Black Honkeys 5:30pm Cleveland Street District  
 29 ZZ Top 8:00pm Ruth Eckerd Hall

30 Frank Caliendo 8:00pm Capitol Theatre  
 30 Boston 8:00pm Ruth Eckerd Hall  
**MAY 2016**  
 01 Chris Isaak 8:00pm Capitol Theatre  
 TFO: Beethoven Eroica Symphony 7:30pm Ruth Eckerd Hall  
 02 Evanescence 8:00pm Ruth Eckerd Hall  
 05 Amy Grant with Nichole Nordeman and Ellie Holcomb 8:00pm Ruth Eckerd Hall  
 06 Mike Love 8:00pm Murray Theatre  
 11 George Benson 8:00pm Capitol Theatre  
 12 Glitch 7:30pm Murray Theatre  
 13 Styx with .38 Special 8:00pm Ruth Eckerd Hall  
 13 Glitch 7:30pm Murray Theatre  
 14 Michael Carbonaro 7:30pm Ruth Eckerd Hall  
 14 Glitch 7:30pm Murray Theatre  
 15 TFO: Tango Caliente 7:30pm Ruth Eckerd Hall  
 19 Laughing Stock 7:30pm Murray Theatre  
 20 Laughing Stock 7:30pm Murray Theatre  
 20 The Monkees 8:00pm

Ruth Eckerd Hall  
 21 Marlon Wayans 8:00pm Tampa Theatre  
 21 Laughing Stock 7:30pm Murray Theatre  
 22 Laughing Stock 7:30pm Murray Theatre  
 22 TFO: Rachmaninoff's Symp No 3 7:30pm Ruth Eckerd Hall  
 26 Laughing Stock 7:30pm Murray Theatre  
 27 Blast Friday: Here Come the Mummies 5:30pm Cleveland Street District  
 27 Laughing Stock 7:30pm Murray Theatre  
 28 Laughing Stock 7:30pm Murray Theatre  
 29 Laughing Stock 7:30pm Murray Theatre  
**UNIVERSAL STUDIOS MARDI GRAS**  
**APRIL 2016**  
 16 Yandel  
**LOCAL CONVENTIONS**  
**APRIL 2016**  
 16-17 Anime convention. Hatsume Fair Delray Beach, FL  
 22-24 Anime convention. Florida Anime Experience Orlando, FL  
 28-MAY 01 Scifi and steampunk convention. Recon Orlando, FL  
**MAY 2016**  
 26-29 Multi-genre convention. Mega Con Orlando, FL



WIRE PHOTO

Jason Bonham, son of legendary Led Zeppelin drummer John Bonham brings his band, Jason Bonham's Led Zeppelin Experience to Orlando's Hard Rock Live on June 6.



# What's the Answer?

⊙ \* ☐ ☹ ☼ ~ Ⓞ ☹ ✧ \* ⚙ × ☼ + ☼ \* ▲ ☾ \* Ⓞ \* ☼ ☼ ☼ ☼ ☼ ☼ ☼ ☼ ☼ ☼  
**A B C D E F G H I J K L M N O P Q R S T U V W X Y Z**

## CRYPTO FUN

☐ ☾ ☼ \* Ⓞ ☼ ☼ ~ \* +  
 Determine the code to reveal the answer!

Solve the code to discover words related to computers.  
 Each number corresponds to a letter.  
 (Hint: 16 = e)

**A. 17 1 13 21 16 19 19 13 1**

Clue: Computer brain

**B. 20 14 23 12 16 20**

Clue: Handheld device

**C. 24 6 4 6 20 14 12**

Clue: Signals and numbers

**D. 18 6 1 16 12 16 19 19**

Clue: Broadcasting system

Answers: A. processor B. tablet C. digital D. wireless

## WORD SCRAMBLE

Rearrange the letters to spell something pertaining to computing.

**M O Y E M R**

☐ ☐ ☐ ☐ ☐ ☐

Answers: Memory

## Guess Who?

I was born on October 12, 1970 in California. I am best known for being a child star on a popular 1980s sitcom about a "growing" family. My sister also was a sitcom star.

Answers: Kirk Cameron

## COMPUTER WORD SEARCH

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

## WORDS

ACCESS GIGABYTE  
 ADWARE GRAPHIC  
 BASIC HDMI  
 BATCH HIBERNATE  
 BITMAP IMPRESSION  
 CAPTCHA INDEX  
 CERTIFICATE JAVA  
 CLIENT KEYBOARD  
 DATA LAN  
 DEBUG MAINFRAME  
 DESKTOP MEDIA  
 DRIVE MEMORY  
 EMAIL PORT  
 EXPANSION REMOTE  
 FILE SOURCE  
 FIREWALL TASK  
 FIRMWARE TECHNOLOGY  
 FORMAT TOUCHSCREEN

Find the words hidden vertically, horizontally & diagonally throughout the puzzle.



# HEALTH and WELLNESS



A Sun Publication

## Johnson explains indigent health care tax Ballot question to extend sales surtax for 25 years this November

By JEFF ROSLOW

JROSLOW@HEARTLAND  
NEWSPAPERS.COM

This November when voters go to polls to elect a president (and other candidates), there will be a question on the ballot to renew a half-cent tax for health care for indigent Polk County residents that range from low-income people to elderly residents. Joy Johnson, the director for Polk County Indigent Health Care Division, said it is quite important for residents to renew this surtax for the health of the county and for its economy.

The current sales tax surtax was passed in 2004 and sunsets in 2019. This vote would extend the surtax for 25 years.

"This is a health care safety net," Johnson said.

She also pointed out that the surtax is on the sales tax so everyone pays it, as opposed to it being a property tax where homeowners would be the only ones who pay it.

"Everyone contributes to it," she said.

**Indigent HealthCare Sales Surtax Renewal**

**2016 Ballot Language**

Shall Polk County continue the existing one-half cent indigent care surtax to provide access to basic healthcare for indigent residents of Polk County? The 25-year extension will fund a broad range of health care services for low income Polk County residents, including the elderly and children.

Yes                      No

**On the ballot in November, there will be a question whether to continue a half-cent indigent health care tax to continue another 25 years.**

The number of uninsured has been reduced by 18 percent and those on Medicaid went up, she said.

"This puts more people into the marketplace," Johnson said.

Also with this surtax, Polk County is on its own to regulate itself on some health care decisions.

To be eligible for the Polk HealthCare Plan, one person homes that make \$16,000 a year or less and they have to live in Polk County. The plan operates on a \$35.6 million yearly budget. It sustains operations and program services

called non-mandates. Those include the plan, community partners (of which there are six free clinics and 22 community sponsors. Outreach and education services. Mandates are those funded by the indigent healthcare tax and include Medicaid, behavioral health and substance abuse.

The mandates include \$10,172,839 for Medicaid, \$2,464,632 for the Health Care Responsibility Act, also known as HCRA, \$1,145,930 for behavioral health services and \$379,297 for the Florida Department of Health of

Polk County.

Non-mandates includes \$16,771,445 for the Polk HealthCare Plan, \$8,877,971 for community partners and \$237,438 for outreach and education services.

The total population in Polk County eligible for the Polk County Health Care Plan is 57,331 and it has a goal of serving 5,000 people, Johnson said. Last year it served about 6,300 people.

Under the Affordable Health Care Act, it was originally written that all states would provide for Medicaid patients, however Johnson



PHOTOS BY JEFF ROSLOW

**Joy Johnson explains the referendum that will be on the November ballot on health care in Polk County.**

pointed out the court overturned that. Now, she said, there is a gap.

"This glitch has never been corrected," Johnson said. "In Polk County we are unique in that we set up a program set up to deal with this gap."

She pointed out that Polk County is the only county in the state with a program like this and

it has been approved by the voters. Of the \$35 million a year collected through the sales tax surtax, \$4 million goes to administrative costs, \$14 million goes to the mandates and the rest is the direct health care services, Jackson said. A vote on this is set for the ballot on Nov. 8.

## Health care for inmates to continue Commissioners OK pact with Tri-County for rest of year

By CATHY PALMER  
CORRESPONDENT

It will now be possible for recently released County Jail inmates to continue residential mental health and drug addiction treatment as on Tuesday, March 29 the Polk Board of County Commissioners approved an agreement with Tri-County Human Services for the remainder of the year at an estimated cost of \$660,000. The county negotiated the agreement with Tri-County in the wake of canceling the contract for the services with the struggling Hope Now organization a month ago. The Hope Now contract was terminated under a cloud of allegations that ranged

from mismanagement to insecurity of client information.

County Manager Jim Freeman said Tri-County took over providing support services for up to 30 men who were — or will be — released from the county jail or admitted to the resident program. Tri-County is operating the services as New Beginning Transition Center at the Gunn Highway location that Hope Now once operated.

The county commission approved a \$1 a year lease with Tri-County for the residential facility and will offer a multi-phased program to rehabilitate residents that will include counseling, psychiatric services

if necessary, employment assistance and help finding lodgings when needed. The contract is being funded with money from the about-to-expire indigent health tax, which is also on the ballot for renewal in November.

Freeman said the county will pay \$210 per day per resident for the services, to total no more than \$660,000 through the end of the year.

BOCC Chairman John Hall asked Freeman if Tri-County had been properly vetted before he made his recommendation and Freeman said the organization was audited by Medicaid and monitored by the state.

Also on Tuesday, the board formalized an

agreement with the town of Dundee to help renovate the town's public safety building at a cost of \$125,000 so it can accommodate the county's Fire Rescue Service ambulance teams. That will mean the ambulance crews can leave what Hall called "their RV" and move into permanent quarters in the city facility after it has been renovated. The crews have been using a travel trailer as a bunk house since they are required to be on site around the clock. The board also OK'd a \$1 a year lease for the quarters for 10 years. "They will be happy to have an ambulance there for at least 10 years," Hall said.

Town Manager Ryan

Taylor said the town already had bids "on the table" for the renovations and were only waiting for the county to kick in some of the funding "to move forward with the project." He said he thought the project would take about six months to complete.

In addition, the commission approved the purchase of two additional ambulances with a price tag of about \$330,000 each. Freeman told the board Monday at an agenda review session that the ambulances would take about 10 months to get once the order was submitted to the maker.

The commission also OK'd a contract with a head-hunter firm to find

EMTs and Paramedics to boost the county's rescue staff. Source2 Inc. of Winter Park has helped the county find specialty trained employees in the past, Freeman said, and this would continue and expand that service.

The board OK'd \$175,000 for the firm to start finding the county employees in all areas, not just specialized fields.

"They seem to be able to reach a much broader pool of applicants than we've been able to do," Freeman said. "And we have had shorter hire times."

The contract will be for one year, "to see how well it works out," he added.



**HEALTH and WELLNESS**

# Expansion of behavioral health services: Now accepting referrals

Polk County Indigent HealthCare and Winter Haven Hospital, a part of BayCare Healthcare System, are adding an access point for behavioral health services at the hospital's Center for Behavioral Health.

The Center for Behavioral Health is offering services through their new program to uninsured Polk County residents, living at or below 200 percent of the Federal Poverty Level, and including those eligible for the Polk HealthCare Plan.

Joy Johnson, director of the Polk County Indigent HealthCare Division, said, "Polk County is a designated Health Professional Shortage area and Medically

Underserved area for behavioral health. This partnership between the county and Winter Haven is one of many steps to improving access to these services.

Behavioral health is and continues to be a focus for indigent health-care, and we couldn't be more pleased and proud to partner with Winter Haven Hospital's Center for Behavioral Health to connect even more residents to much needed behavioral health services."

The Center's new program, Specialized Community Care Team focuses on adults who have mental health issues that are affecting their ability to function day to day. The program takes a holistic approach

in working with all aspects of the individual's life toward the goals of wellness, resiliency and self-sufficiency. The Center for Behavioral Health's program is funded through Polk County's voter-approved indigent healthcare half-cent sales surtax, administered by Polk County's Indigent HealthCare Division.

For those meeting the eligibility criteria, SCCT is now accepting referrals. For information or to make a referral, please call Winter Haven Hospital Inc. Center for Behavioral Health. The Specialized Community Care Team can be reached at 863-291-3611. If referring, please be prepared to share resident name, address,

phone number and best way/time to contact the resident.

In 2004, Polk County voters approved a half-cent sales surtax. The Indigent HealthCare Division continues to be responsible for administering the funds and coordinating care for the medically poor. Residents, tourists, and those in need of the services all contribute to the indigent healthcare tax.

## April is STD Awareness Month

The Florida Department of Health in Polk County recognizes April as National Sexually Transmitted Disease Awareness Month, for individuals, doctors and

communities to address ways to prevent STDs.

Studies show, 50 percent of those who are sexually active will get an STD by the time they are 25 years old.

"Unfortunately, the rates of STDs have been trending upwards over the past few years in Florida and in Polk County," said Dr. Joy Jackson, director of DOH-Polk. "As a result, we are seeing a need for heightened awareness and increased testing."

In Polk County, 62 percent (2,532) of reported STD cases occurred in those 15-24 years old. This is 2 percent higher than the state level and 10 percent higher than the national level for this age group.

In order to address this concern, DOH-Polk is partnering with community groups like The Teen Pregnancy Prevention Alliance to bring an STD awareness campaign to Polk's youth. This consists of a social media campaign that will target people 15-24 years of age.

For information about STD Awareness Month, visit <http://www.cdc.gov/std/sam/index.htm>. For information regarding STD testing and treatment services at the Florida Department of Health in Polk County, visit [www.mypolkhealth.org](http://www.mypolkhealth.org). For information about Polk's STD awareness campaign for youth, visit <http://www.healthystarthhp.org/events>.

# Breast milk donation site now available in Winter Haven

Donating breastmilk just became easier for moms in Polk County.

Winter Haven Women's Hospital is now a breastmilk depot. As a depot, WHWH can receive donations from moms in the community who want to donate their extra breastmilk.

"Human milk is recommended as the ideal nutrition for all newborns and especially for sick or premature infants," said Jennifer Richards, director of patient care services at Winter Haven Women's Hospital. "Many mothers of premature or ill babies are unable to provide enough of their own milk at first,

so donor milk becomes vitally important."

WHWH is partnering with the non-profit Mother's Milk Bank of Florida, located in Orlando, to offer this to the community. Moms who have been screened by Mother's Milk Bank of Florida can now bring their frozen breastmilk to the WHWH depot, where it is temporarily stored in a freezer. The breastmilk is then sent to the milk bank in Orlando where it is pasteurized and processed. This process ensures the safety of all donated breastmilk.

"As a breastmilk depot, WHWH is making the process more convenient

for mothers, and removing some of the barriers in the donation process," said Richards. "WHWH is the first breastmilk depot in Polk County and the first within BayCare for the non-profit organization, Mother's Milk Bank of Florida."

The Winter Haven Hospital Foundation provided the funds to purchase the freezer for the WHWH breastmilk depot.

There is no cost to donate breastmilk. The Mother's Milk Bank of Florida will supply mothers with milk collection bags to use when pumping and collecting milk. The breastmilk depot

is given an insulated cooler and box from the Mother's Milk Bank of Florida. Donors should be in excellent health and with a baby no older than 1 year old.

Milk donors can call the breastfeeding

helpline at 863-294-7068 to coordinate a time to bring milk donations to Winter Haven Women's Hospital.

The Mother's Milk Bank of Florida, located in Orlando, is accredited by the Human Milk

Banking Association of North America. If you are a mom interested in donating breastmilk, call Mother's Milk Bank of Florida at 407-248-5050 to begin the screening process or visit [MilkBankofFlorida.org](http://MilkBankofFlorida.org).

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HEALTH and WELLNESS

# The more we know about Zika, the scarier it is

By LAURAN NEERGAARD  
AP MEDICAL WRITER

WASHINGTON — The more researchers learn about the Zika virus, the scarier it appears, federal health officials say, as they urge more money for mosquito control and development of vaccines and treatments.

Scientists increasingly believe the Zika virus sweeping through Latin America and the Caribbean causes devastating defects in fetal brains if women become infected during pregnancy.

“Everything we look at with this virus seems to be a bit scarier than we initially thought,” Dr. Anne Schuchat of the Centers for Disease Control and Prevention said at a White House briefing.

And while experts don’t expect widespread outbreaks in the continental U.S., “we absolutely need to be ready,” she said.

President Barack Obama has sought about \$1.9 billion in emergency money to help fight the Zika epidemic internationally and to prepare in case the virus spreads

here, but the request has stalled in the GOP-controlled Congress. Last week, the administration said it would use \$589 million in funds left over from the Ebola outbreak for some of that work.

But that “is not enough for us to get the job done,” said Dr. Anthony Fauci of the National Institutes of Health, whose agency hopes to have a possible vaccine ready for first-stage safety testing in early fall. “It’s just a temporary stopgap,” he said.

Zika was long considered a nuisance virus, causing only mild symptoms, if any, in most people. But starting with reports from Brazil, over the last year infections in pregnant women have been strongly linked to babies born with unusually small heads, a birth defect called microcephaly that can signal underlying brain damage.

“I’m not an alarmist,” Fauci said, but he and Schuchat cited growing reason for concern about Zika:

- Researchers also have linked Zika to stillbirths,

miscarriages, eye problems and other complications, with problems not only in the first trimester but throughout pregnancy.

- Brazilian researchers reported Sunday that Zika preferentially targets developing brain cells. They used stem cells to study embryonic brain development in lab dish, and reported in the journal *Science* that virus taken from a Brazilian patient destroyed the growing neural cells in a few days.

- There’s also evidence that some adults occasionally may suffer serious effects from Zika. Researchers already were studying whether Guillain-Barre syndrome, a nerve condition that can cause paralysis, is linked to Zika. And Sunday, another Brazilian research team reported two Zika patients who suffered yet another problem, a brain inflammation that damages the coating of nerve cells in a way similar to multiple sclerosis.

The CDC has warned women who are pregnant or attempting to



AP PHOTO

Dr. Anthony Fauci, director of NIH/NIAID, right, with Dr. Anne Schuchat, principal deputy director of the Center for Disease Control, speaks about the Zika virus during a news briefing at the White House in Washington, Monday.

conceive to avoid travel to Zika-affected areas. Because Zika sometimes spreads through sexual intercourse, the CDC also says men who’ve traveled to Zika-affected areas either should use condoms with their pregnant partners or avoid sex until the baby’s born.

More than 300 travel-associated cases of Zika have been reported

in the U.S. so far, and the CDC also wants travelers to take extra steps to avoid being bitten by mosquitoes when they come home — so local insects won’t pick up the virus and spread it. While CDC does expect some clusters of homegrown Zika to occur, it is working with state and local governments to boost mosquito control.

In addition to research into a possible vaccine, Fauci said the NIH is screening medications in the quest for a treatment. A few — 15 of 62 screened so far — show some degree of possible activity against Zika in laboratory tests although “that doesn’t mean they’re going to turn out to be good drugs,” he cautioned.



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**HEALTH and WELLNESS**

# A guide for aging well in every decade of your life

By **HOWARD COHEN**  
MIAMI HERALD

## The 20s

Think preventative services in this age group, suggests Carrasquillo.

Annual dental and eye exams should be part of your routine by this age group and continue forward, suggests Carrodegua.

Check that your vaccinations are up to date. Tetanus expires after 10 years, he notes. If there is no proof, or you can't recall if you had your measles, mumps or rubella vaccinations while in school, this is a good time to get them. Also, the human papillomavirus vaccine. If you're sexually active, the chance for sexually transmitted diseases needs to be addressed by this time. Protection is paramount.

Blood pressure screenings, every year. "With the increasing obesity epidemic, check for diabetes," Carrasquillo suggests, even though the 20s used to be considered early for that test. Check cholesterol and triglycerides with a simple blood test.

## The 30s

"That's where real screenings for cholesterol and diabetes become important," Carrasquillo says. "There's some controversy but we used to recommend, but not anymore, testicular cancer screenings. But now, the evidence doesn't seem to be that great."

That doesn't mean men shouldn't do a self check of their testicles, feeling for any abnormalities. When in doubt, bring concerns to your doctor's attention.

"As you get older into your 30s, skin cancer, especially here in South Florida, look at your skin for lesions. Many health plans include an annual skin cancer screening visit. We will tell them

to see a dermatologist," Carrasquillo says.

Blood pressure becomes an issue in the late 30s, early 40s. Get it under control now before the 50s, when it becomes a pattern.

## The 40s

Anyone born before 1965 should screen for hepatitis C, Carrasquillo suggests.

"If you're doing high-risk sexual behaviors then there are a bunch of other things to screen for: syphilis, hepatitis B and HIV," he adds.

Though there is controversy over prostate screenings, a prostate-specific antigen test to measure the level of these proteins in a man's blood is worth considering, according to Carrodegua, especially for African-American males who are at higher risk for prostate cancer. If a close male relative (father, brother) has had prostate cancer you should consider being tested, too.

## The 50s

Colorectal screenings, via colonoscopy, should begin at age 50, unless you have a family history of colon cancer. If so, start at 40. A colonoscopy should be done every 10 years from now on, into your mid-70s, unless polyps are found. Your doctor may then recommend returning every three to five years. It's a relatively simple and painless procedure. The only pain in the you-know-where is drinking the prep liquid and voiding the day before. Otherwise, man up. It's no biggie.

A fecal occult blood test can check for microscopic blood in the stool, which could be a sign of potential colon cancer.

Check for osteoporosis if there is a history of smoking in men ages 50 to 75.

A calcium score via a CAT scan of the heart to check for plaque formation is a good idea, Carrodegua says, "to catch these lesions early before they knock on the door and tell you it's time to go."

## The 60s

Pneumonia vaccine. Shingles vaccine.

Smokers (you haven't stopped yet?) should be screened for lung cancer.

Screen for abdominal aneurysms with ultrasound in your 50s and 60s.

"We can also start looking for things that are at-risk, like dementia if you are forgetting a lot of things, gait imbalance. Some conditions can lead to those problems," Carrasquillo says.

## The 70s

By the 70s, we start moving away from aggressive screenings. "If you have normal colonoscopies in your 50s and 60s, after 75 you can usually stop colonoscopy," says Carrasquillo.

Start screening for social isolation, depression, neglect issues in the elderly.



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HEALTH and WELLNESS

# Florida reaches settlement agreement in kids' Medicaid case

By **KELLI KENNEDY**  
ASSOCIATED PRESS

FORT LAUDERDALE — Florida health officials have reached a settlement ending a decades-long class-action lawsuit that alleged the state is violating federal mandates by failing to deliver critical health services to millions of children on Medicaid. The settlement comes after a 2005 lawsuit against three state agencies alleging 390,000 children did not get a medical checkup in 2007 and more than 750,000 received no dental care. Judge Adalberto Jordan sided with the plaintiffs in 2014 and sent both parties to mediation. An agreement was finalized in the last few days. One of the biggest victories for the plaintiffs requires insurance plans to provide a

“reasonable opportunity” for pediatricians to earn rates that are on par with Medicare, which typically pays more than Medicaid. In later years, those reimbursement opportunities will extend to specialists, addressing a huge gap in the system by improving doctor participation in the Medicaid program and preventing children from having to travel long distances to receive treatment. Florida’s Medicaid reimbursement rates are among the lowest in the country. Even state health officials have acknowledged a critical shortage of Medicaid specialists. The state must also beef up its enrollment efforts. Many eligible children are not enrolled, in part due to poor outreach efforts by the state, according to

the plaintiffs. The state also will have to meet certain medical benchmarks, such as meeting national standards for checkups over the next 2½ years starting in October. If they don’t, the state health agency may have to pump additional money into the system to get insurance companies and providers up to the standards or the health agency may have to ask the Legislature for more funding. The state must also improve access to dental care to meet national standards and, if needed, increase reimbursement rates for dentists. “It’s been a decade of hard work. It’s a comprehensive set of measures. The children are going to be the real beneficiaries,” lead attorney Stuart Singer told The Associated

Press on Tuesday. His firm Boies, Schiller & Flexner handled the case pro-bono for the plaintiffs, which included 10-year-old Thomas Gorenflo. Thomas, who was mentally disabled, blind and required a full-time nurse because he chokes on his own saliva, died a few years ago during the lengthy court battle. Medicaid red tape forced him to wait about 16 months in 2005 for a back surgery to correct scoliosis so bad it was affecting his left lung,

according to his mother Rita Gorenflo, who is a former emergency room nurse. Doctors say the delay worsened the curvature in his spine. State health officials did not immediately respond to an email seeking comment. The state has spent well over \$7 million defending the case, which critics say could have been spent fixing the problems. Over the years, state health officials agreed Medicaid was in crisis, and several times made legislative budget

requests citing critical problems accessing specialists, including dentists, endocrinologists and orthopedic surgeons. But during the trial, state officials downplayed concerns about access to care. The state had argued the case is moot because it has switched from a fee-for-service Medicaid system to one that pays private health insurers a set amount of money to care for each patient, arguing insurers are incentivized to provide better care under that system.



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Crystal E. Ingle, ARNP




# We Stand for Women



## Care That Lets You Cherish the Experience

At Winter Haven Women's Hospital, we strive to provide you with the most comfortable birth experience. From preparation classes to pain management choices, our family-centered care comes with high standards — high enough that Kelly was ready for round two of motherhood.



 Watch Kelly's story, learn more about our maternity services or request a free pregnancy planning guide: [WinterHavenMaternity.org](http://WinterHavenMaternity.org)



Winter Haven Women's Hospital

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