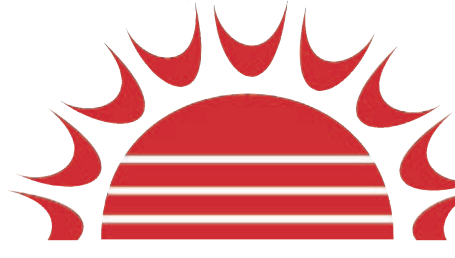


POLK COUNTY SUN



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Florida Tropics SC bringing professional indoor soccer to Polk

By BRIAN ACKLEY

BACKLEY@HEARTLANDNEWSPAPERS.COM

Andrew Haines admits some of his memories of Lakeland aren't all that fond. He's counting on the Florida Tropics SC to change that, starting this November.

Haines is the owner of the Tropics, a new professional indoor soccer team that will call the Lakeland Center home for the upcoming season.

In 2014, he also happened to be the owners of the X-League's St. Louis Attack, whose season was spoiled when the Lakeland Marine Raiders traveled to Missouri for the indoor football circuit's championship game, and returned to Polk County with the title trophy after a 64-48 win.

"I'm still a little bitter," Haines joked during a press conference last week on the floor of the arena where the Tropics will debut in the newly-created Indoor Professional League. Their home opener is tentatively scheduled for Veteran's Day, Nov. 11.

The league is the brainchild of Ed Hale, owner of the Baltimore Blast, and in part Haines, who has for the last three years been owner of the St. Louis Ambush. The two teams played last year in the Major Arena Soccer League. The Harrisburg Heat was also announced Tuesday as coming over the IPL as well.

"This is going to be a perfect venue to see our great game," Hale said. "Our game is one of the most exciting games there is. Lots of scoring, lots of action, and it's tough."

He indicated that in another three weeks, the league would announce another three to five franchises that will be included in the IPL's inaugural season. He said



The Baltimore Blast have proven to be the most successful indoor soccer franchise in the country for more than a decade now, winning seven championships in the last 14 years. They will be visiting Lakeland this year as the Florida Tropics join the Indoor Professional League.

those teams would likely come from the Northeast and Midwest.

"These are going to be owned by some very, very substantial owners," he added. "We're going to have some surprises coming up, some of the most substantial owners we will have known in indoor soccer."

Haines said the area is a hotbed of soccer, which the Tropics hope to take advantage of.

"The number of youth soccer participants within a 40-minute drive of here is over 20,000. That's one of the things we looked at," Haines said. He's already developed club partnerships with youth soccer programs in Winter Haven, Bartow and Lake Wales.

And the Tropics already count six

TROPICS | 20

Family Literacy Academy receives \$5,000 grant

The Family Literacy Academy in Lake Wales received a \$5,000 grant this year from the Florida Blue Foundation.

To help Florida's diverse population make informed choices about their health and nutrition, the Florida Blue Foundation continued its support of the Florida Literacy Coalition for an eighth year by awarding 15 grants totaling almost \$75,000 at the 32nd Annual Florida Literacy Conference in St. Petersburg. The grants support the Coalition's Florida Health Literacy Initiative to advance health literacy for adult English for Speakers of Other Languages (ESOL) and family literacy programs across the state. The Florida Blue Foundation has contributed more than \$1 million to the program since 2009.

The Florida Health Literacy Initiative provides training, resources and funding to help Florida ESOL and family literacy programs integrate health education into their instruction. The objective is to teach students English language and literacy skills necessary to enable adult learners and their families to access and navigate the health care system, including available services and other health resources.

Results for this program, which earned the 2011 U.S. Council of Adult Literacy Award for program innovation and collaboration, have exceeded expectations both in the number of people served and in health literacy knowledge gained by students. Since 2009, this initiative has served more than 14,000 individuals in Florida, surpassing the initial goal of serving 2,200 adults and families over a three-year period. Last year, the program served more than 3,000 individuals in 17 Florida communities. Annual literacy assessment data indicated that 75 percent of students tested improved their health literacy, with a 22 percent average increase in performance. Most students made gains in health literacy and began to engage



PHOTO BY KATHY LEIGH BERKOWITZ

Grant money given to the Family Literacy Academy helps them keep up their tradition of helping people achieve their dreams through getting a GED and heading to college. This was taken at last year's celebration of the Academy, where 10 years of memories was presented. A table of alumni and their children await the start of the program celebrating the 10th anniversary.

in healthy lifestyle choices including food and nutrition, general health issues, exercise, communication skills, going to the doctor, medicines, and community services for their own benefit and that of their families.

"All adults need a sufficient level of health literacy to understand basic health information, access and navigate the health care

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A Perfect 10

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places to go



Spring Food Sale

Annual spring sale of students' goods at Roosevelt Farms store. Every year, the school's spring sale of food, vegetables, plants and goods is a favorite event.



The Sofa Kings will perform at the next Bartow Friday Fest.

Make a Splash



Summer Splash is happening this weekend.

COMING THIS WEEK

WINTER HAVEN

Friday, May 13
Praise in the Park, Central Park, 6:30 - 8 p.m.

Saturday, May 14
Summer Splash – Water Safety Open House, 1 – 5 p.m. Chain O'Lakes Complex Pool. 210 Cypress Gardens Blvd. FREE!

LAKE WALES

Thursday, May 19
Spring Garden Party, 9 a.m.-2 p.m. Food, crafts and furniture, all made by the students, will be on display and available for purchase. Roosevelt Academy, 115 East St., Lake Wales.

BARTOW

Friday May 20
Friday Fest, 6-9 p.m. Featuring the Sofa Kings. Activities for the children. Food and drink will be available for purchase from vendors on the street and from the downtown restaurants. Along East Main Street and Central Avenue in Bartow.



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Mother Trib: an idea spawned in Bartow

Polk Countians — albeit a decreasing number of us — lost an old friend last week.

The Tampa Tribune, colloquially known (mainly to its staff) as Mother Trib, died at a press conference at 3 o'clock last Tuesday afternoon at the age of 123.

It was purchased by its major competitor — Tampa Bay Times, which we old timers still call the St. Petersburg Times — and immediately closed. The Trib didn't even have the opportunity to publish its own obituary.

Though the Trib was born in Tampa, the idea was conceived in Bartow.

W. F. Stovall established The Polk County News in Bartow in 1890, but in 1892 decided to move his newspaper operation to Tampa. He was often referred to as "Colonel Stovall," though I suspect the title was honorific, not military.

The first issue was published on March 27, 1893, as The Tampa Morning Tribune. The paper went daily in 1895



heartlandnews.com

as The Tampa Tribune.

One of its early advertising managers was S. Lloyd Frisbie, my grandfather, who assumed that position around 1918.

The Frisbie family (my grandparents, my father, and his young brother, Richard) lived in Tampa until 1931, when they moved to Bartow. Granddad established The Polk County Democrat with his father (Sayer L. Frisbie), who already owned Bartow Printing Co.

For a few weeks in the 1950s, I was a correspondent for The Tribune, sending dispatches from the World Boy Scout Jamboree in Canada. I sent my dispatches via Western Union, NPR (Night Press Rate) Collect to the Tribune as well as to The Democrat.

My Dad (S. Loyal

Frisbie) arranged for the publication of my articles in The Tribune, quite likely dealing directly with Red Pittman, editor of the paper.

For many years, Dad was Polk County correspondent for The Tribune, calling the Tampa newsroom collect several nights a week to dictate his stories.

It was not unusual for weekly journalists to be correspondents for nearby dailies back then, because the relationship between dailies and weeklies was generally collegial, not competitive.

Dad reluctantly resigned his correspondent status with The Tribune after The Trib began publishing a Polk County edition, becoming a competitor for both news coverage and advertising sales. It established a Bartow bureau in a former beer joint next door to The Democrat.

Dad submitted his resignation in an open letter to The Trib published in his column, saying it just didn't make sense for

him to help create a product that was competing with his own newspaper.

A few weeks later, at the press party at John's Restaurant in Bartow for journalists covering the Girls Villa Classic golf tournament, Paul Hogan, managing editor of The Trib, strode into the dining room and bellowed, "Where's Loyal Frisbie, the guy who fired The Tampa Tribune?"

From that moment forward, Dad and I became friends with Hogan. Paul and I did a point-and-counterpoint exchange poking fun at each other at future Girls Villa press events.

For many decades, The Trib and The St. Pete Times were spirited competitors, though their publishers (Stewart Bryan and Jack Lake) were friends.

In more recent years, the competition developed into a price-cutting "newspaper war," with the St. Pete Times even changing its name to Tampa Bay Times. I have always wondered how St. Pete readers felt about having their city's

name removed from the nameplate of their newspaper.

In 2012, The Trib was sold for \$9.5 million, a pittance for a metro daily. Three years later, the new owners sold its headquarters building — just the real estate, not the business — for nearly twice that amount.

To industry insiders, and increasingly to the communities it served, it became obvious that The Trib's days were numbered. A Trib subscriber for more than 50 years, I watched as its issues grew thinner and thinner.

On May 3, 2016, Colonel Stovall's move from a weekly

newspaper in Bartow to what would become one of Florida's major daily newspapers in Tampa faded into history.

Faithful readers in Polk County, let alone Tampa residents whose day was not complete without reading The Trib, will miss her.

(S. L. Frisbie is retired. He can't remember if The Tribune paid him for those dispatches from the World Boy Scout Jamboree. Come to think of it, he can't remember if The Democrat did. That's OK. Being an international correspondent for two newspapers in one's early teenage years is reward enough.)

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Thayer to speak at May FPRA meeting

LAKELAND — Colleen Thayer, public affairs bureau chief of the Southwest Florida Water Management District (District), will offer tips on how to develop and implement an effective internal communications plan as guest speaker at the May professional development meeting of the Dick Pope/Polk County chapter of the Florida Public Relations Association (FPRA).

The meeting, scheduled for 8 a.m. on Wednesday, May 18 at the Cleveland Heights Golf & Country Club in Lakeland, is open to the public. FPRA extends a special invitation to non-profits and small businesses with an interest in learning how to effectively communicate with their employees.

In her "Internal Communications: Successfully Communicating to Your Number One Stakeholder" themed talk, Thayer will provide details on an internal communications plan she developed for the District that has won rave reviews for communicating relevant, timely, accurate and clear information to

employees. She also will explain how the program continues to evolve based on feedback from employees.

Thayer, who has more than 20 years of public relations and legislative advocacy experience with non-profit and government entities, joined the District in 2005. She is responsible for public relations, with emphasis on state and federal legislative activities and advocacy.

Thayer earned her bachelor's degree in political science from Florida State University and master's degree in management and leadership from Webster University. She also achieved Accredited in Public Relations status from the Universal Accreditation Board and Certified Public Relations Counselor status from FPRA. She is an active FPRA member and serves on two non-profit



Colleen Thayer

boards — the Circus Arts Conservatory in Sarasota and Centerstone Florida.

To make a reservation or obtain information about FPRA's May professional development meeting, contact Brad Ruhmann at bruhmann@crewsbankcorp.com or 863-662-0699; or visit <http://www.fprapolk.org/calendar/april-professional-development-meeting/>.

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Upcoming spring garden party at Roosevelt Academy

Compiled by **Kathy Leigh Berkowitz**
 KLBERKOWITZ@HEARTLAND-NEWSPAPERS.COM

Roosevelt Academy has planned its annual Spring Garden Party, from 9 a.m.-2 p.m. May 19 on the campus at 115 East St., Lake Wales.

Food, crafts and furniture, all made by the students, will be on display and available for purchase. The school's construction class, known as the Outdoor Furniture Company, will have picnic tables, Adirondack style chairs and garden benches on display. E-Street Grill, of Roosevelt's culinary program, will have pork sandwiches and desserts available. Roosevelt FFA will cook gator tail, hot dogs, hamburgers and have boiled peanuts. ETC (extra tasty confections), a seventh grade supported business, will have a variety of chocolate candies and desserts.

Roosevelt Farms, a recipient of a grant from Florida Agriculture in the Classroom Inc., will have

herbs, peppers, tomatoes and beans picked from the campus hydroponic farm.

District welcomes new senior government affairs program manager

Cindy Rodriguez has joined the Southwest Florida Water Management District as a Senior Government Affairs Program Manager.

Rodriguez will serve as a liaison between the District and the constituents of Hardee, Highlands and Polk counties. She will work closely with county governments, municipalities and utilities staff.

Rodriguez is a sixth-generation Polk County native and has more than 20 years of government and public relations experience.

Prior to joining the District, Rodriguez was the Communications, Marketing and Public Affairs Director for A-C-T Environmental & Infrastructure Inc. in Bartow. Previously, Rodriguez served as the Communications



PHOTO PROVIDED TO THE POLK COUNTY SUN

Congratulations to Superintendent Walter Jenkins Jr. & 1st Lady Donna Jenkins Celebrating 30 Years of Ministry at The City of Refuge Church of God in Christ. The Celebration will be held at the Lakeland Center, 701 Lime Street, Lakeland on Saturday May 14, 2016.

and Legislative Affairs Director at Polk County Board of County Commissioners.

Rodriguez will work from the District's Bartow Service Office. She can be reached at 863-534-1448, ext. 6000 or Cindy.Rodriguez@WaterMatters.org.

Boy Scout to hold sale for Eagle Scout project

Want to pick up something useful and also help a Boy Scout with



his Eagle Scout project? From 8 a.m. to 2 p.m. on May 21, come to St. Paul's Episcopal Church in Winter Haven to support Matthew Eichholtz, who is planning his Eagle Scout project and will be holding a yard sale. Lots of furniture, books, clothes, kitchen goods and more are in this sale. The church is located at 656 Avenue L, Northwest, Winter Haven.

13th Annual "Gourmet Gents"

The Polk County Chapter of The National Coalition of 100 Black Women, Incorporated will host its 13th Annual "Gourmet Gents."

This year's event will take on a new flavor as a gala evening affair. Guests will experience a red-carpet entry with photo opportunities, music, entertainment, door prizes, a silent auction, incredible fun and delectable dishes for their savoring.

Annually, this tasting

fanfare showcases the culinary skills of more than 50 distinguished gentlemen who boast that they are indeed "gourmet gents." Donned in chef hats and jackets, these distinguished gentlemen position themselves at individual stations to titillate the palates of guests with the culinary masterpieces they prepare.

These civic and business leaders, and men of varying professions, volunteer their time and resources to provide scholarships and professional development opportunities to eligible individuals. The event will take place from 6-10 p.m. on Sunday, May 14, at Lake Eva Banquet Hall, 799 Johns Avenue, in Haines City.

There is a \$50 donation per adult.

The National Coalition of 100 Black Women is a national, non-profit organization whose mission is to advocate on behalf of Black women

and girls in matters of gender equity in health, education and economic development.

For tickets or information, contact National Coalition of 100 Black Women, Incorporated, Dana Moore.

Lisa Cheatom, Event Chair, Post Office Box 2998, Winter Haven. Call 863-299-7177 or visit www.nc100bwpc.org.

Church offers free breakfast

Trinity United Methodist Church, 2551 Havendale Blvd., will provide a free fourth Sunday breakfast of pancakes and/or waffles, scrambled eggs, orange juice, coffee, and sausage in the Myrle Knowles fellowship hall 8:30-10 a.m., Sunday, May 22.

All are welcome to come and participate. This will be the last one until September. Happy summer hiatus.

Call 863-298-9779 for information.




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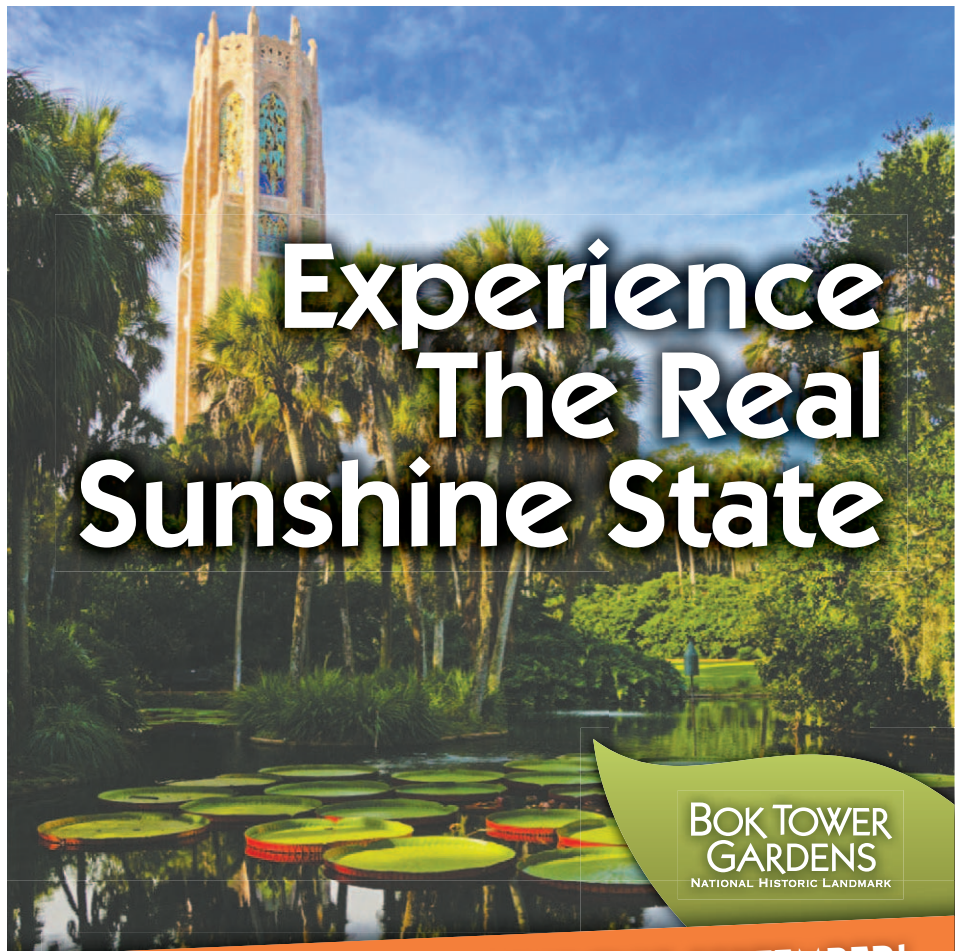
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Honk for LEO support

912 group supports the cops with their Thin Blue Line

By **KATHY LEIGH BERKOWITZ**
 KLBERKOWITZ@HEARTLAND-
 NEWSPAPERS.COM

Last year, the Winter Haven 912 Project held a law enforcement and first responders appreciation event, and nearly 100 people came in response to rally with them.

This year, the group had another event on the banks of Cypress Gardens Boulevard, across from Legoland.

As people passed the signs with The Thin Blue Line, and posters which read, "We support our officers in blue," a constant honking could be heard, as rush hour traffic whirred by. The Thin Blue Line represents the small number of law enforcement officers that have to protect the good from evil. If you see a person wearing a bracelet with a Thin Blue Line, or see a bumper sticker, that means that either they or someone very close to them has a law enforcement connection and understands that Thin Blue Line.

A few patrol cars hit their siren at a "blip" to say hello as well.

Pete Smith, the president of the Winter Haven 912 Project, said the group decided to do the event again because of its former success.

The group, which has more than 300 in it, meets every Thursday night and this year is their sixth anniversary, of this organization which they call "conservative patriots."

The patriots assembled consisted of people who had various interactions with law enforcement.

Smith, a retired firefighter who spent 26 years in the Polk County Fire Department, notes "we worked with them on some frequency, so it was kind of a



PHOTO BY KATHY LEIGH BERKOWITZ

Holding flags and signs, the Winter Haven 912 Project waves to cars going by who are honking their support for law enforcement last week. Law Enforcement Appreciation Week starts May 15.

brotherhood."

"On the HazMat team, we were dispatched to assist SWAT with a drug bust, they were in the back and they made their raid," he said.

As firefighters like to joke around, he said the PCSO had pizza delivered after the long ordeal, and so he walked up to one of the officers, and said, "Where's the donuts?"

"They did not laugh," he said, with a chuckle.

But putting one's life on the line is no laughing matter, something he realizes completely.

"We as the Winter Haven 912 support law enforcement ... Grady Judd came and talked to us on a couple of occasions, and we all work together. We have to support law enforcement. Deputies have to do whatever they can. They are public servants like we are and do what we do too. They are out there backing us up, getting the streets shut down so we can do what we have to do. The biggest difference is they carry guns," and at this, the retired firefighter smiles.

"Tell them when they see them thank you, tell

them you appreciate what they do, let them know," he says, adding there are things in a deputy's life that nobody ever talks about, like messes that happen in the back seat when a suspect rides there, be it from hygiene, illness, or deliberate mess making, "and they have to clean it up."

"It has gotten more deadly," he notes, adding, "The political climate supports that from what I've seen, and it makes it dangerous for the cops. That is what is going on in all of these other cities."

Dan Dunavin, treasurer of the 912, says he remembers how kind the police were to him, when at age 17 in farm town near Lawrence, Kansas, he wrecked his '57 Chevy.

"I was quite young, and they gave me first aid," he says.

Later, he went through college working for an ambulance service.

He says the community has been very supportive of the police this week.

"It makes you real proud of them — you've got to be proud of them, and you think, my gosh the world has gone downhill, but maybe it's not."

Shirley Lawless, also affiliated with various political and grassroots groups, says her stepdad was a Florida Highway Patrolman.

"We know the dedication it took, when they come home and they have to eat, and they are dirty. And they are in danger, but they still don't know what they are approaching when they go up to a car," she says.

A photographer for the Winter Haven 912 standing nearby, Del Lawson, says he had friends who were first responders.

Sharing a bit of humor,



PHOTO BY KATHY LEIGH BERKOWITZ

A representative of the Polk County Sheriff's Office stops by the Winter Haven 912 Project's event to say hello as cars drive by on Cypress Gardens Boulevard, honking support for law enforcement. Law Enforcement Appreciation Week is this coming week, as National Peace Officers Memorial Day falls on Sunday, May 15.

he notes that one time, he was pulled over for an expired tag. While the police wrote his ticket, he took his registration out of the glove box. And he said, smiling, that the cop was not very happy and asked him why he didn't tell them that he

had it in the glove box in the first place.

Recently, he and another member of the 912 took an eight-hour tour of the Polk County Sheriff's Office.

"We went to four different locations, and I would recommend

that for anyone," he says, noting that he learned a lot about law enforcement, and how the budget is run. What really surprised him was the number of volunteers sported by the PCSO. "I had no idea," he says.

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PSC professor to vie for Air Force National Teacher of the Year Award

Having won at the chapter and state levels, Polk State Chain of Lakes Collegiate High School Professor Suzanne Ramjattan Halverson is now in the running for the Air Force Association's National Teacher of the Year Award.

"I am truly honored to have been selected as Teacher of the Year for both the Air Force Association's Central Florida Chapter and the State of Florida," Halverson said.

"I am grateful to be

an educator at Polk State Chain of Lakes Collegiate, which allows educators to teach students how to solve problems and apply critical-thinking skills. I am thankful to be able to collaborate with an awesome team of faculty, staff and students."

Halverson teaches anatomy and physiology and coordinates the STEM program at Polk State Chain of Lakes.

The Air Force Association is a non-profit organization that promotes the United

States Air Force, but also advocates and supports STEM and aerospace education. The Central Florida Chapter includes Lake, Orange, Osceola, Seminole and Polk counties.

Before she could compete for the national award, Halverson had to be selected as Teacher of the Year on the chapter and state levels.

Central Florida Chapter President Gary Lehmann attended Polk State's District Board of Trustees meeting in April to present Halverson

with her state award. He said her recent work in underwater robotics set her apart from the competition.

"She has a great shot at nationals," he said.

During the spring semester, Halverson took part in a

multidisciplinary underwater robotics project, leading students in her STEM Research course as they soldered, welded and assembled a robot that is capable of collecting video and water samples from as deep as 300 feet. The robot

will be used by science classes in future semesters to help students understand the effects of water pollution.

Halverson said she views her work with STEM as preparing students to be successful in their future.

GRANT

FROM PAGE 1

system and make appropriate decisions about health," said Florida Blue Foundation Vice

President Susan Towler.

"Through our partnership with the Florida Literacy Coalition, this initiative has made a significant impact. At Florida Blue and the Florida Blue Foundation,

we value our community partners and know that by continuing to work together, we can make real, positive changes in the lives of Floridians and communities across Florida."

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Carmen's Ice Cream Parlor



By **JAMES COULTER**
NEWS CORRESPONDENT

Mexican cuisine is known for its spicy food, from hot tamales to jalapeno and habanero peppers, but did you know that Mexican cuisine also serves spicy desserts such as spicy ice cream?

While we Americans enjoy ice cream that cools us down, many people of Hispanic origin love their ice cream smokin' hot with flavors such as spicy mango or spicy pineapple.

Of course, if such flavors prove too hot for your own palette, there



PHOTO BY JAMES COULTER

Kids may prefer ice cream to their vegetables, but who says they can't have both?

are other cooler flavors to choose from such as plum or sweet corn.

Carmen's Ice Cream Parlor in Winter Haven serves such Hispanic favorites, along with more traditional flavors.

This shop serves up to 21 different flavors of homemade ice cream, sherbet, and popsicles, from traditional vanilla, chocolate, and strawberry, to more Hispanic flavors such as sweet corn and spicy mango.

Their most popular flavor isn't your traditional Neapolitan flavors, but

rather their sweet corn ice cream.

Enjoy these unique flavors by the cup or cone, or have them served as milkshakes, banana splits, or other sundaes. Mix and match up to three different flavors for your own custom dessert.

"Our ice cream is for those who want to customize their own and make their own thing," said Perla Diaz, daughter of the owners, her parents David and Carmen.

More adventurous

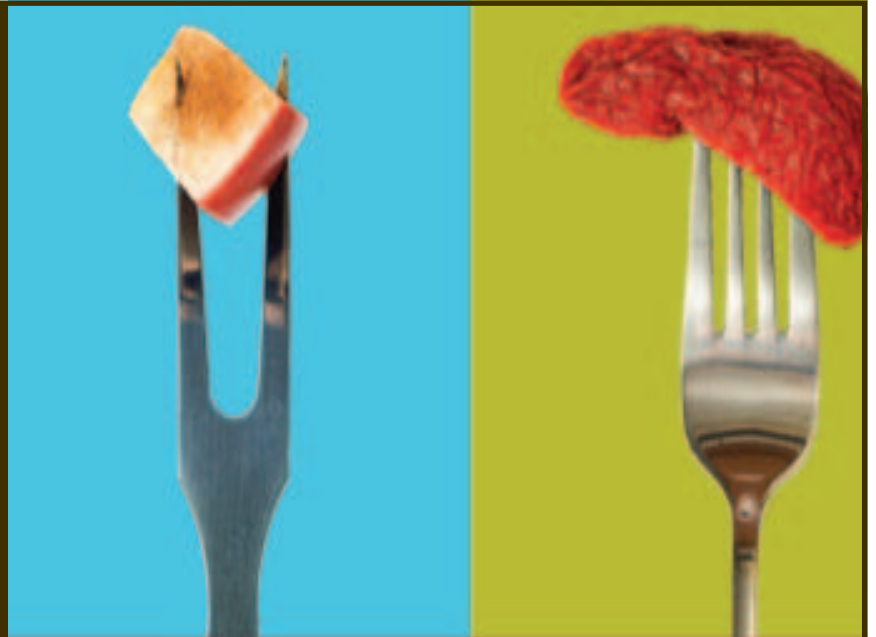
patrons who want to try something really sweet yet spicy can try the Mangolada,

a parfait sundae made from spicy mango ice cream, topped with fresh mango chunks, drizzled with sweet and sour sauce, and finished off with a spicy candy straw.



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PARLOR

FROM PAGE 8

Of course, customers who'd prefer their desserts not to be spicy can enjoy other less spicy flavors and desserts such as banana splits or milkshakes.

Regardless of your choice, everything is homemade fresh daily from natural ingredients such as fruit and fruit juices.

That means their strawberry ice cream and sorbet are made from real, fresh strawberries, their coconut ice cream from freshly shaven coconut, and their mango and pineapple ice cream from fresh fruit.

With so many flavors and desserts to choose from, it may seem perplexing to decide where to start; but don't worry: you'll be free to have as many free samples as you need before making your final decision.

While most customers stick with the same-old, many others travel from as far as Orlando or Kissimmee to try the unique and even spicy flavors.

One Orlando resident visits frequently whenever she and her kids are in the area. She has a angolada while her two children go for two rounds of ice cream, she wrote in a review on the parlor's Facebook page.

"Everybody that has been to the ice cream shop have come back," Perla said. "That is one thing that sets apart from other ice cream places

... they [customers] are interested in seeing all the crazy flavors, and they say that it is really good when they try them."

Like many fine American establishments, Carmen's Ice Cream was started by two entrepreneurs wishing to chase the American Dream, even more so since they were both originally immigrants.

Both David and Carmen moved here from Mexico more than 22 years ago

looking for a better life for themselves and their family. David currently works as a welder, while Carmen worked several housekeeping and caretaking jobs before deciding to start her own business.

Both she and her husband previously ran a small concession stand in the local farmer's market selling fruit and snacks such as Mexican corn cups before eventually raising enough money to stop what they were doing and open

their own shop.

Together they opened Carmen's Ice Cream Parlor seven months ago and have since become successful enough that they are now considering expanding their eatery and possibly opening a second location in the near future.

David still works as a welder and comes over to help run the eatery in the afternoon while Carmen and their daughter, Perla, do the remainder of the work throughout the day from open until closing.

Having worked most of her life in America serving others through housekeeping and caretaking, Carmen wanted to start a business where she could treat others with the same tender loving care that she treats her family, and she couldn't think of anything better than serving ice cream.

"My mom loves to do what she does," Perla said. "She always wanted to do something that she enjoys doing."

Both she and her family are a testament to the American Dream and Melting Pot, where people from all walks of life can come to America seeking opportunity and find it.

"Hopefully, we will be able to expand," said David. "Hopefully, we can get better and better and get more clientele and open another [location]."

Carmen's Ice Cream Parlor is located at 922 Spring Lake Plaza in Winter Haven. For more information, visit their Facebook page, or call 863-662-7492.

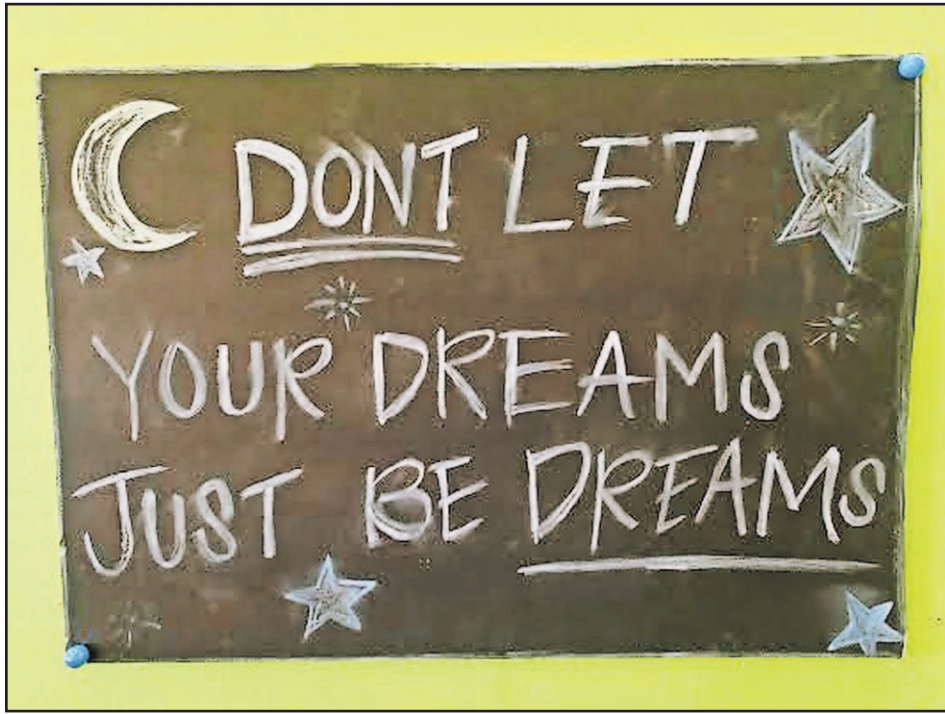


PHOTO BY JAMES COULTER

Having been started by Mexican immigrants looking for a better life, Carmen's is a proud example of the American Dream and Melting Pot.



PHOTO BY JAMES COULTER

Want something sweet and spicy? Try the mangonada, with spicy mango ice cream, topped with mango chunks and sweet and sour sauce, and finished off with a spicy candy straw.



PHOTO BY JAMES COULTER

Customers come from as far as Kissimmee and Orlando to try the unique homemade flavors at Carmen's Ice Cream Parlor.



PHOTO BY JAMES COULTER

Like the rest of the 21 different flavors, this strawberry sherbert is made from real, fresh fruit and fruit juice.

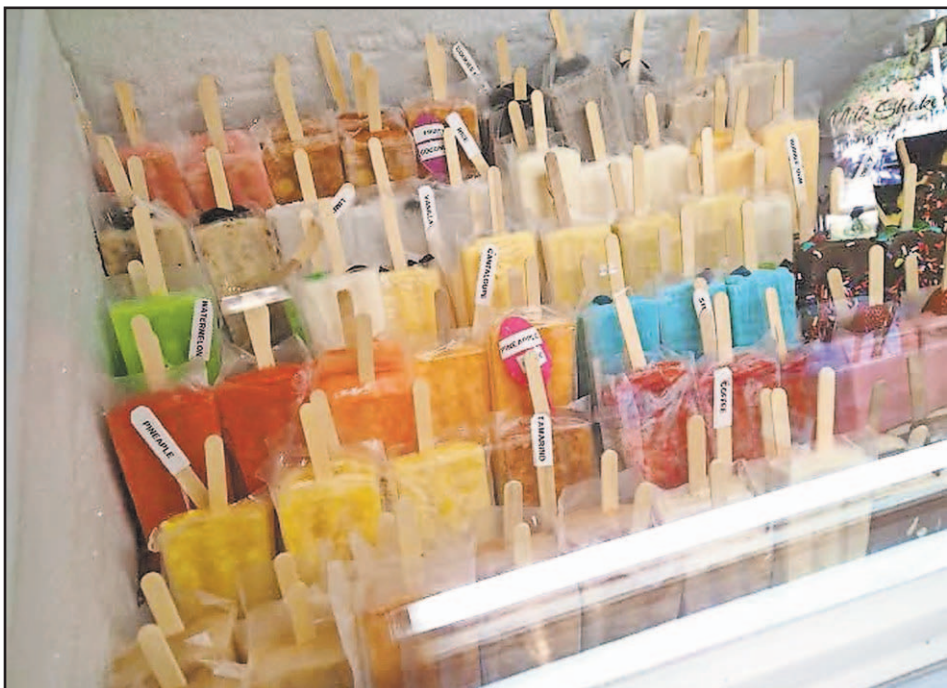


PHOTO BY JAMES COULTER

These homemade popsicles are made with real fruit along with other special ingredients such as cookies and candy that make them all the more sweeter.



PHOTO BY JAMES COULTER

Can you believe that, out of the 21 flavors they have, sweet corn is one of their most popular?

Yukon Gold potato recipes: scalloped, grilled, pureed, in pancakes and cake

By THE CANADIAN PRESS

The Yukon Gold potato's waxy, moist, yellow-tinged flesh is prized by chefs and home cooks for its flavour and versatility — ideal for boiling, baking and frying as well as grilling, pan frying and roasting. It retains its yellow colour when cooked.

Here are some recipes to try using the potato, which was developed 50 years ago in Guelph, Ont.

GRILLED POTATO AND ASPARAGUS SALAD

Fresh lemon zips up the flavour in this salad. Serve it for brunch or lunch or with grilled salmon for dinner.

4 Yukon Gold potatoes (about 500 g/1 lb)

Half bunch asparagus, trimmed

75 ml (1/3 cup) extra-virgin olive oil, divided

4 cloves garlic, minced
2 ml (1/2 tsp) each salt and pepper

1 red pepper, chopped
2 ml (1/2 tsp) grated lemon rind

30 ml (2 tbsp) lemon juice

5 ml (1 tsp) Dijon mustard

15 ml (1 tbsp) chopped fresh mint or parsley (optional)

Slice potatoes into 1-cm (1/2-inch) thick slices and place in a large bowl. Add asparagus and drizzle with 30 ml (2 tbsp) of the oil. Add half the garlic and half each of the salt and pepper. Toss well to coat potatoes and asparagus.

Place potato slices and asparagus on a greased grill over medium-high heat, close lid and grill, turning once, for about 10 minutes for the asparagus and 15 minutes for the potatoes or until golden and crisp. Arrange on a platter.

In a small bowl, whisk together remaining oil and garlic, lemon rind and juice and mustard.

Drizzle over grilled vegetables and sprinkle with mint, if using.

Makes 4 servings.

Source: Ontario Potato Board.

PERFECT SCALLOPED POTATOES

Easy and impressive, these creamy scalloped potatoes created with the buttery Yukon Gold variety by sisters Julie Albert and Lisa Gnat are sure to

be a hit with guests and family alike.

They've done away with the traditional heavy cream — substituting milk — and layer the potatoes with an onion-herb mixture, a creamy combination of white cheddar and Parmesan cheese, and finish it with a crunchy crumb topping.

You can assemble the scalloped potatoes up to six hours ahead.



This Feb. 15 photo shows a two-day braised point brisket with sides of steamed broccoli and a baked sweet potato, in Concord, N.H. Braising the brisket the day before is an easy way to add tons of flavor to this classic Passover dish.

Refrigerate covered with foil and allow to come to room temperature before baking.

Prep Time: 20 minutes
Cook Time: 1 hour, 30 minutes

1.5 kg (3 lb) Yukon Gold potatoes, peeled and thinly sliced cross-wise (about 6 large)

15 ml (1 tbsp) olive oil
125 ml (1/2 cup) grated white cheddar or Gruyere cheese

125 ml (1/2 cup) freshly grated Parmesan cheese

3 ml (3/4 tsp) kosher salt

1 medium yellow onion, chopped

5 ml (1 tsp) chopped fresh thyme

5 ml (1 tsp) chopped fresh rosemary

Bechamel
50 ml (1/4 cup) butter

50 ml (1/4 cup) flour

5 ml (1 tsp) dried mustard powder

2 ml (1/2 tsp) kosher salt

Pinch cayenne pepper
750 ml (3 cups) whole milk, warmed

Topping

125 ml (1/2 cup) panko (Japanese breadcrumbs)

125 ml (1/2 cup) grated white cheddar or Gruyere cheese

50 ml (1/4 cup) freshly grated Parmesan cheese

30 ml (2 tbsp) melted butter

Preheat oven to 200 C (400 F). Coat a 23-cm (9-inch) square baking dish with non-stick cooking spray.

In a large bowl, toss sliced potatoes with olive oil, white cheddar, Parmesan cheese and salt. Set aside. In a small bowl, toss onion, thyme and rosemary. Set aside.

Bechamel: In a medium saucepan, melt butter over medium heat. Add flour, mustard pow-

der, salt and cayenne. Stir continuously for 30 seconds. Gradually whisk in milk and continue to whisk until sauce thickens, 4 to 5 minutes. Remove from heat.

Topping: In a small bowl, toss together panko, cheddar, Parmesan and butter.

To assemble: Pour 250 ml (1 cup) bechamel over bottom of baking dish. Arrange one-third of the sliced potato mixture in a pattern on top. Sprinkle with half the onion mixture and top evenly with 250 ml (1 cup) bechamel. Layer one-third of the potato slices, remaining half of the onions, followed by remaining potato slices. Pour last 250 ml (1 cup) of bechamel and evenly scatter topping over potatoes. Cover with aluminum foil and bake for 50 minutes. Reduce heat to 180 C (350 F), uncover and continue to bake for 30 minutes, or until potatoes are fork tender and top is beginning to turn golden.

Makes 8 servings.

Source: "Lick Your Plate: A Lip Smackin' Book for Every Home Cook" by Julie Albert and Lisa Gnat (Pinky Swear Press, 2016. Reprinted by permission of Appetite by Random House).

YUKON GOLD POTATO PANCAKES



These are delicious hot or cold, for breakfast, lunch or dinner. Serve with fat-free sour cream or applesauce.

Prep Time: 10 minutes
Cook Time: 10 minutes
500 g (1 lb) Yukon Gold potatoes or other variety, grated
1 egg

then if I add ingredients for flavours I think it blends in quite well with that and on top of it I like the colour on the plate. It has that little bit of a goldish tint to it."

He makes a version with pureed Yukon Gold potatoes and parsnips blended with sauteed leeks.

Here is a variation with celery root.

Prep Time: 15 minutes
Cook Time: 45 minutes

Celery Root Puree
1 large celery root, peeled and cut in medium dice
10 ml (2 tsp) salt

Potato Puree
3 medium Yukon Gold potatoes, peeled and cut in large dice (reserved in water)

5 ml (1 tsp) salt
50 ml (1/4 cup) heavy cream
30 ml (2 tbsp) unsalted butter

Salt and ground white pepper

Celery Root Puree: In a medium pot, place celery root and cover with water to rinse. Drain and cover again with fresh water. Add salt, and bring to a boil over medium-high heat. Decrease to simmer for 10 to 15 minutes, until knife tender. Drain in colander and let steam evaporate for 2 to 3 minutes.

Using a food mill, puree celery root into a medium bowl. Transfer to a food processor and puree until very smooth. Transfer to a small bowl, cover, set aside and keep warm.

Potato Puree: Drain potatoes, place in a medium pot, cover with fresh water and add salt. Bring to a boil, decrease heat to simmer and cook for 10 to 15 minutes, until just tender. Drain potatoes and set aside.

In a medium saucepot, heat cream over medium heat until hot.

Using a food mill, puree potatoes into a medium pot. Add butter, season with salt and pepper, add cream and stir thoroughly. Fold in celery root puree until well incorporated.

Makes 6 servings.

Source: "Dining at the White House" by John Moeller with Mike Lovell (LifeReloaded Specialty Publishing, 2013).

POTATO CHOCOLATE CAKE

Your guests will never guess the secret ingredient in this moist, rich chocolate cake — Yukon Gold potatoes.

250 ml (1 cup) Yukon Gold potatoes, mashed and hot

250 ml (1 cup) luke-warm water

150 ml (2/3 cup) butter, softened

500 ml (2 cups) brown sugar

5 ml (1 tsp) vanilla

4 eggs

500 ml (2 cups) all-purpose flour

175 ml (3/4 cup) cocoa, plus extra for dusting

pan

11 ml (2 1/4 tsp) baking powder

2 ml (1/2 tsp) baking soda

Pinch salt

175 ml (3/4 cup) semi-sweet chocolate chips

Icing sugar for dusting or choice of icing

Preheat oven to 180 C (350 F). Lightly grease

a 33-by-23-cm (13-by-9-inch) baking pan and dust with cocoa powder. Remove excess cocoa powder and set aside.

In a bowl, whisk water into mashed potatoes until mixture is smooth.

In a separate bowl, beat butter, brown sugar and vanilla for 4 to 5 minutes with an electric mixer until light and fluffy. Add 2 eggs and mix until blended; scrape down sides of bowl. Add remaining eggs and continue mixing until well blended.

In another bowl, sift together flour, cocoa, baking powder, baking soda and salt; stir to combine.

At low speed, alternate adding sifted dry ingredients and potatoes to liquid ingredients until incorporated. Fold in chocolate chips.

Place batter in prepared pan; smooth top. Bake for 30 minutes or until cake springs back when pressed lightly and begins to pull away from sides of pan.

Let cool in pan on a cooling rack. Sift icing sugar over cake or frost with icing of your choice.

Store at room temperature for up to 3 days in an airtight container. Cake also freezes well.

Makes 12 to 16 servings.

Source: PEI Potatoes, www.peipotato.org.

FDA to re-evaluate definition of 'healthy'

NEW YORK (AP) — The Food and Drug Administration will re-evaluate its definition of "healthy," which could eventually change how a range of foods are marketed.

In light of evolving research, the FDA said it believes "now is an opportune time to re-evaluate the regulations concerning nutrition content claims, generally, including the term 'healthy.'" The agency plans to solicit public comment on the matter in the near future, said Lauren Kotwicki, an FDA representative, in an email.

The FDA currently allows use of the term "healthy" on packaging only when products meet certain nutrient criteria, which largely revolve around limited levels of fat, cholesterol and sodium. The issue captured attention last year after the FDA sent a warning letter to the maker of Kind fruit-and-nut bars saying the company's products should not be labeled as healthy because of their saturated fat levels.

Kind then sought a reevaluation of the

term's definition from the FDA, noting the fat in its bars comes from nuts. It noted the FDA's rules prevent avocados and salmon from being labeled healthy, while allowing the term for fat-free puddings and sugary cereals.

After some back-and-forth on the matter, the FDA told Kind in an email last month that it did not object to the company's use of the term "healthy and tasty" on its bar wrappers. The FDA said it is allowing use of the phrase framed as a "corporate philosophy," rather than as a nutrient content claim.

The move to rethink "healthy" comes as dietary trends have shifted, with more people expressing concern about sugar and

questioning low-fat or low-calorie diets. But any change in the term's regulatory definition could take years. The FDA's final rule on gluten-free labeling, for instance, took more than six years to complete.

In a statement Tuesday, the FDA also noted that foods that do not meet all the current regulatory criteria for the term "healthy" are not necessarily unhealthy.

"Conversely, just because a food contains certain ingredients that are considered good for you, such as fruit or nuts, it does not mean that the food can bear a 'healthy' nutrient content claim," the FDA said.

The FDA said that Susan Mayne, director of its Center for Food Safety and Applied Nutrition,

discussed the agency's plans to revisit the term "healthy" at conferences in recent weeks. The agency's plans were reported in the Wall Street Journal on Tuesday.

Last month, the House of Representatives also said in a report accompanying its agriculture appropriations bill that it expects the FDA to amend its regulation for "healthy" claims to be based on scientific agreement.



AP PHOTO/ANDREW HARNIK, FILE

The Food & Drug Administration campus in Silver Spring, Md. The Food and Drug Administration says it will reevaluate its definition of "healthy," which could upend how a range of foods are marketed. The FDA currently allows use of the term on packaging only when products meet certain nutrient criteria.



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Festival highlights the needs for water

By **MARK MCGRAW**
CORRESPONDENT

Festival-goers played with live animals, experienced a butterfly booth, participated in a karaoke competition and did much more at the third annual 7 Rivers Water Festival Saturday at Simmers-Young Park.

Dan Mort Polk County Parks and Recreation District manager, along with a platoon of employees and volunteers made sure the Simmers-Young Park was in excellent condition as about 1,000 citizens attended the festival.

"We are ready. This is the third year doing it, and it keeps getting bigger and better," Mort said as the event was about to kick off.

Jackie Hollister, a conservation specialist working with the Polk Regional Water Co-operative team, was the official host of 7 Rivers Water Festival. She said the support of her boss, Director of Polk County Utilities, Marjorie Craig, 7 Rivers Water Festival is a type of Paul Revere to sound an alert that as Hollister proclaims, "We are using water faster than we can clean it."

A large crowd gathered to see "Sparkles," the beautiful, 15-year-old Florida panther. Ryan Brown, Sparkles handler, is an employee of Jungle Adventures.

The butterfly tent contained hundreds of butterflies. Special handlers Michael Zedekar, Loretta Davis, and Rosa Thomas were joined with assistants Emmanuel Donaldson, Elizabeth Zedekar and Tyler Callaway in helping the public get close and personal with the butterflies.

Josh Behr, a part of the Community Investment Program supervised the judging of artwork submitted from school children, as part of

Water Conservation Art Contest.

Joseph Aguilar, part of the mosquito control team as an enviro-tech, was joined by Christen II, the county's largest mosquito.

"Currently Zika is not a big threat in Polk County, but the team will stay on top of the situation," Aguilar said.

Southwest Florida Water Management District was well represented by Robin Grantham, a Florida Water Star Program coordinator, and offered cost effective ideas and tools to cut down on the public's water consumption.

The hands-on wildlife exhibit was memorable with their open display of snakes and spiders.

Representing the Boy Scouts of America and Trailcraft Troop 123's Scoutmaster Tim Longstreet said, "The Boy Scouts are active with water conservation and clean up of rivers, lakes and the environment."

Assistant Scout Master Dan Hostetler, along



PHOTO BY KEITH RICE

You may be able to attract flies with honey, but Justin Rice, left, and Jordan Rice get a close up view of butterflies using nectar on a sponge.

with his son, Alex, a Life Scout, as is Matthew Eichholtz, made up the team.

Polk County Utilities combined a family friendly event with an educational experience calling the 7 Rivers Water Festival. There is a unity among the partners at the event, to save water, money and the environment. The exhibitors

for this event allowed the public to become aware of the size, scope, the multiple aspects and seriousness of Polk County's water situation. Through this event, it is hoped the public will become an advocate for good water management practices on an individual level and act on behalf of the environment and future generations.

"Everybody needs water and we don't have enough to waste," Hollister concluded.



PHOTO BY KEITH RICE

Joseph Aguilar, an enviro-tech on the Mosquito Control Team, fell victim to a giant mosquito named Christen II at the 7 Rivers Water Festival.



PHOTO BY KEITH RICE

A baby tortoise attracted the attention of most of the young attendees at the 7 Rivers Water Festival.



PHOTO BY KEITH RICE

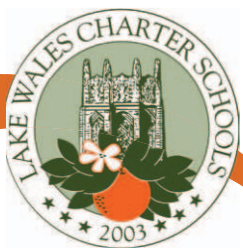
From left, Emmanuel Donaldson, Michael Zedekar, Elizabeth Zedekar and Tyler Callaway worked at the butterfly booth to show the diverse species of butterflies present in Central Florida.

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Winter Haven events

Summer Splash – Water Safety Open House, May 14, 1 – 5 p.m. Chain O’Lakes Complex Pool. Free.

Praise in the Park May 13, 6:30 -8 p.m., Central Park

2nd Saturday Market May 14, 9 a.m. – 3 p.m., South Central Park

Still Squealing Bass Tournament May 14, 6 a.m. – 3:30 p.m., Lake Shipp Park

Living at the Lakes Workshop, May 18, 5:30 – 7:30 p.m., Circle B Bar Reserve.

Dulcimers in the Park May 20, 5:30 – 7 p.m., Central Park

Antique Outboard Motor Club Lake Shipp Meet May 20 & 21, 8 a.m. – 5 p.m., Lake Shipp Park

Family Fun & Fitness at the

Fountain May 28, 9 – 10 a.m., Central Park

4th Saturday Market May 28, 9 a.m. – 3 p.m., Central Park

May Day Festival of Central Florida/ Historic Pughsville Day, May 28 commemorating the historic day of May 20, 1865 when the slaves in Florida were emancipated. Chain O’ Lakes Complex 10 a.m. – 10 p.m.

Cypress Gardens Water Ski Team Memorial Day Ski Show – May 30, 6 – 7 p.m., Lake Silver at MLK Park

Free Water Ski Show, June 11, 5 p.m., Cypress Gardens Water Ski Show, Martin Luther King Jr. Park, Lake Silver Dr. Bring your lawn chair or blanket for seating. A full concessions is available for sale.

Winter Haven Swim Lessons, first session begins June 13 with

registration starting June 8.

Vacation Bible School, Cypress Ridge Presbyterian, June 20 – 24

Ballroom Dance classes, for the very beginner and those with experience. Join any Wednesday. No partner needed, Wednesdays, 6-7 p.m. Beginner, 7-8 p.m. Intermediate/Advanced, \$10 Resident per class and \$11 Non-Resident.

Zumba classes, adult Zumba classes for all levels. Mondays, 6-7 p.m. \$4 Resident and \$5 Non-Resident.

Belly Dancing classes, a great way to exercise while learning a fun style of dance. Mondays and Thursdays, 6-8 p.m., \$6 Resident per class and \$7 Non-Resident. Ages 16 and Older.

For all inquiries as to dance lessons, call the Winter Haven Parks and Recreation

department, Megan Leary, 291-5656.

Tae Kwon Do classes, students are taught the importance of respect, responsibility, self-control and good behavior while learning self-defense and how to maintain good physical and mental health. Tuesdays and Thursdays, 6-7:45 p.m., \$50 Resident per month and \$63 Non-Resident.

Chicago Style Steppin’ classes, an urban dance that originated in Chicago and continues to evolve while defining its unique style and culture within the context of mainstream Swing

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Goju Karate classes, you will learn strong discipline, focus, control, conditioning, and balance, all while learning serious self-defense techniques through conditioned response., Tuesdays

and Thursdays, 6:30-8 p.m., \$45 Resident per month and \$57 Non-Resident.

Judo classes, Do Judo to excel in competition, to stay in shape, and to develop self-confidence, Mondays and Wednesdays, 6:30-8:30 p.m., \$55 Resident per month and \$69 Non-Resident.

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OFFICES: POLK COUNTY

50 years after riot, publisher asks Rolling Stones to return

The Associated Press

LYNN, Mass. (AP) — A newspaper publisher is asking the Rolling Stones to return to town 50 years after they cut short a show during a thunderstorm, leading fans to rampage.

Ted Grant, publisher of the Daily Item in Lynn, said in an open letter published Tuesday that

“a lot has changed” since the band was last in town, on June 24, 1966, and he wants the British rockers to finish the set that ended when they left the stage during a storm at the Manning Bowl stadium. Angry fans broke through barriers, prompting police to use tear gas, and the Stones pledged never to return to the city, 10 miles north of Boston.

“We ain’t too proud to beg,” the Item’s chief executive, Beth Bresnahan, said Tuesday.

The newspaper has reached out to Stones management trying to secure an interview with one or more members of the band for a story it plans to mark the 50th anniversary of the show but hasn’t heard back and will continue to try, said Bresnahan, a Lynn

native.

Item reporters have tracked down several people who were at the show that night for the story.

Grant, who wrote that he wasn’t at the show because his mother wouldn’t let him out after dark, points out that the working-class city now is very different. It has a sparkling new concert venue, replacing the now demolished Manning Bowl, and plenty of new restaurants.

Grant even offered to pick up the band’s members from the airport and treat them to coffee, dinner and a round of golf. He even said he would let them crash at his house. He had just one request — play “Monkey Man.”

Bresnahan said it’s no secret that Lynn has a reputation, referring to a famous poem that starts out “Lynn, Lynn, city of sin ...”

“But it really is a city seeing a rebirth,” she

said. “We’ve got a lot of new restaurants, businesses, housing, and people are looking to make Lynn their home. We’re at a great spot in time.”

Rolling Stones frontman Mick Jagger sang “You Can’t Always Get What You Want,” but the people of Lynn hope that’s not true.

POLK COUNTY SUN



AP PHOTO/ENRIC MARTI, FILE

A newspaper publisher is asking the Rolling Stones to return to town 50 years after they cut short a show during a thunderstorm, leading fans to rampage. Ted Grant, publisher of the Daily Item in Lynn, Mass., said in an open letter published Tuesday, May 10, 2016, that “a lot has changed” since the band was last in town, on June 24, 1966, and he wants the British rockers to finish the set that ended when they left the stage during a storm at the Manning Bowl stadium. Angry fans broke through barriers, prompting police to use tear gas, and the Stones pledged never to return to the city, 10 miles north of Boston.

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SUN **NEWSPAPERS**

Where's the beef? Vegans find ways to indulge in lookalike junk food like burgers

By **LOIS ABRAHAM**
THE CANADIAN PRESS

Just because you follow a vegan diet doesn't mean you don't want to indulge in a burger.

"People don't just go vegan to be healthy. For a lot of people it's an animal issue, but they still want burgers and bacon and everything else so they're looking for those really satisfying substitutes for that," says Candice Hutchings, who shows viewers how to re-purpose traditional food offerings on her Edgy Veg YouTube channel.

Her most popular recipes include a vegan take on the McDonald's Big Mac and Buffalo "chicken" wings — with the meat being a dough made of vital wheat gluten, nutritional yeast and spices.

Hutchings started making vegan recipe and lifestyle videos several years ago and then quit her advertising job last October to devote herself full time to the project.

"When I went vegan six years ago my biggest issue and what was



AP PHOTO/J.M.HIRSCH

A vegan Caesar salad in Concord, N.H. The combination of Japanese miso paste and nutritional yeast flakes mimics the rich, savory flavor this dish usually gets from anchovies and Parmesan cheese.

making me fall off the wagon constantly was there wasn't food I wanted to eat. Everything was brown and oatmeal. The comfort food was really missing and I couldn't find it anywhere at the time," says Hutchings, who first abstained from dairy products to clear up skin problems.

"There weren't any restaurants that served it. There weren't really any online recipes that I could find. I started kind of experimenting because there was such a void in that market."

Vegans and vegetarians

don't eat meat. But while vegetarians will eat dairy products and eggs, vegans generally won't and also avoid honey or any food derived from animals.

"Once you get into a lifestyle you tend to learn a bit more about animal agriculture and kind of what's going on in the industry and all the horrible things that are happening and after seeing that I couldn't look back. You can never unsee," Hutchings says.

Restaurants specializing in plant-based foods have been springing up

the last few years, but one that's attracted a lot of social media attention in the last few weeks is Doomie's Toronto, a partnership between the owners of the popular Hollywood restaurant and Ecorazzi, an online vegan magazine that hosted last year's Toronto Vegan Food and Drink Festival.

"Doomie's is trying to

break a number of vegan stereotypes that exist out there today, one of which is all vegans are just super health conscious and only eat grain and rice bowls and kind of steer away from eating anything unhealthy. And I guess we're just trying to showcase the fact that vegans are just like anyone else," says Cara Galloway,

communications and event manager for Doomie's Toronto.

"They sometimes have cravings for things and they don't necessarily only eat salads and fruits and veggies."

The Queen Street West restaurant has seen people lining up to try vegan burgers and pulled

VEGAN | 17

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Growing, buying fresh? There's an app for that

True or false, now is the time to go get your fresh Florida blueberries and peaches.

The answer, actually, is true. And local lovers of fresh fruits and vegetables, those who both like to buy their own and/or grow their own, should check out the recently released UF/IFAS has a new app to guide you.

It's called the "Florida Fresh" veggie app, and you can now download it for free on your mobile device.

Sydney Park Brown, an associate professor emeritus with the UF/IFAS Center for Landscape Conservation and Ecology, said the idea for the app emanated from one of the



most popular Extension documents ever written: "The Florida Vegetable Gardening Guide."

It's pretty simple: You enter your Zip code, and the app tells you what vegetables to plant at that time of year.

"This type of information is really popular, so we thought it would be cool have an app," said Park Brown. "We see it as useful to gardeners who

see vegetable seeds and plants for sale, but don't know if it's really the right time to plant them."

But the app's uses go way beyond timely planting of vegetables. You can also discover the seasonal availability of Florida-grown produce.

And there's more. If you touch any of the photos, the app provides lots of information about each fruit and vegetable,

including planting tips, best varieties for Florida and nutritional value. Additionally, the app gives you links to Extension documents about the plants. They come from the UF/IFAS Electronic Data Information Source — or EDIS.

"Florida Fresh" is the fifth app or mobile website sponsored by the CLCE, and center director Michael Dukes said these apps "are a great

way to promote timely and relevant Extension information."

"We believe that this is an efficient way to provide this Extension information to the citizens of Florida," said Dukes, who's also a UF/IFAS professor of agricultural and biological engineering.

Florida Commissioner of Agriculture Adam Putnam is also excited about the app.

"Florida is blessed

to be able to grow an abundance of healthy, wholesome fruits and vegetables year round," Putnam said. "And now, with UF/IFAS's Florida Fresh app, you can find information on the best times to plant your own produce and the availability of Florida-grown products at your local store." The app can be downloaded at <http://m.ifas.ufl.edu> or from the Google play store or iTunes.

VEGAN

FROM PAGE 16

pork sandwiches and fries prepared a dozen different ways, including toppings of vegan cheese, bacon and chili, pesto, Sriracha, mushrooms, jalapenos or garlic.

Patrons must ask their server for the "secret" \$16 Vegan Mac Daddy. The mock Big Mac comes with fries and features a sauce made from veganise. The cheese is a house-made cashew spread.

Hutchings waited for two hours last week to get a table at Doomie's

and said it was worth it. She found the food resembles what she makes on Edgy Veg.

"There's Hogtown Vegan in Toronto, but they're more on the comfort food side whereas I found this was like junk food. It gets that junk food craving out of your system."

Much of the food at Doomie's is based on soy- and wheat-based products.

Hutchings thinks one reason people fail when creating vegan lookalikes is they try to adapt other vegan recipes.

"I look up the original recipe so if I'm trying to make, let's say a Philly cheesesteak sandwich or chicken wings, I look to see what spices they're actually using in the wings and what they're using in the batter

and then I use vegan substitutes."

For meat, she may use mushrooms, which have a meaty taste and texture. Or she prepares seitan — also called wheat meat — from vital wheat gluten. She uses soy or almond milk instead of cows milk.

A favourite indulgence is cauliflower "wings," which she coats with a spiced breaded mixture, then double deep-fries and tosses in hot sauce.

"I think that is the closest thing to wings I've had yet. It's the same kind of texture. The cauliflower doesn't have a real cauliflower flavour. It has that meaty pulled pork flavour ... It was satisfying and anyone I've served it to, it blows their mind."

Follow @lois_abraham on Twitter.

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Miami Beach - America's sexiest metropolis

By **PATTI NICKELL**

LEXINGTON HERALD-LEADER

MIAMI BEACH — This just may be America's sexiest city - a symphony of sand, surf and sherbet-colored sunrises set to a sassy salsa beat. It is palm trees and pulsating nightlife; torpid days and tropical nights; shimmering pools and shimmying revelers.

Can you imagine a less glamorous city spawning "Miami Vice's" Sonny Crockett and his linen suits or "C.S.I. Miami's" Horatio Caine and his signature sunglasses?

The epicenter of all this glamor is South Beach - a slice of sand along Ocean Drive, and an accompanying collection of Art Deco buildings (housing mostly hotels and restaurants) along parallel Collins Avenue - that attracts the rich and famous from around the world.

From Muhammad Ali to Madonna, Joe Namath to Jennifer Lopez, Gianni Versace to Gloria Estefan - they've all become part of the fabric of the South Beach scene.

If you want to weave your own threads into that fabric, there's no better place to start than at the Delano Hotel. The 1947 Art Deco building on Collins Avenue became Miami's first boutique hotel in 1994, an early collaboration between Ian Schrager and Philippe Starck.

From the billowing white curtains on the front terrace to the over-size chess board on the palm-lined back lawn, everything is carefully designed to evoke an "Alice in Wonderland" fantasy. I didn't think I

would have been at all surprised to spot the white rabbit nursing a gin and tonic in the elegant Rose Bar, or to see the Red Queen lounging by the oft-photographed pool (or as they like to refer to it, the water salon).

The Delano, a member of Morgans Hotel Group, is a work of art in every sense - from the all-white decor of the rooms to the original Brazilian rosewood floors to the daily inspirational quote scrawled on a mirror opposite the elevator bank.

This may be figurative art, but there is real art as well. Director of Housekeeping Tony Costello, whose passion for the Delano knows no limits, will happily take guests on a guided tour if they request it.

He'll point out an original Salvador Dali chair across the lobby from a delicate Murano chandelier (every piece of glass in the hotel is Murano), and he'll indicate an unobtrusive chair which might go unnoticed until he reveals it was designed by Antoni Gaudi, who also designed the fanciful La Sagrada Familia Cathedral in Barcelona.

If there's a property in South Beach to rival the Delano, it's the Villa Casa Causarina, the former mansion of Italian fashion designer Gianni Versace, and now a boutique hotel. A cross between a Moorish palace, a Venetian palazzo and a Spanish hacienda, the Villa is the third most visited house in America (after Graceland and the White House).

That is largely due to the fact that it was on

the front steps of the mansion that Versace was shot to death on July 15, 1997, after returning from an early morning walk to get a newspaper. At any time of day or night, a horde of curious onlookers can be found trying to snap photos of the house.

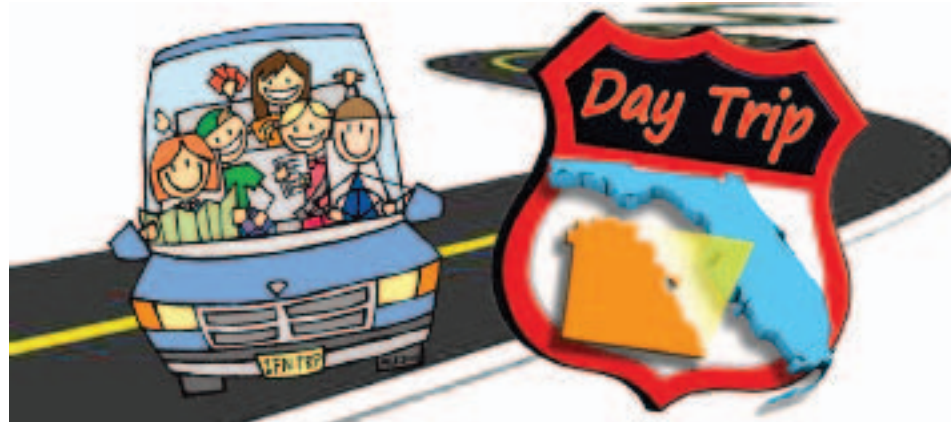
If you want to get a peek at the inside, however, you will have to book one of the 10 rooms (all with original details such as mosaics, handpainted murals and colored tiles) or make a reservation for dinner at Gianni's Restaurant (located in the designer's former dining room).

I stayed for two nights and during that time had a chance to see both the Medallion Suite, which even though the smallest of the bedrooms, was Elton John's favorite, and the Mosaic Suite, formerly the bedroom of Versace's sister Donatella when she was in town. Alas, I didn't get to see Gianni's bedroom as it was booked.

My favorite experience had to be dining al fresco one night beside the elaborate pool with its small waterfalls and thousands of 24-carat gold tiles Versace had flown in from Italy and reassembled on the pool's floor. Like the Delano, the Villa offers its guests a sensory overload along with a good night's sleep.

DINING AND WINING

If there's one thing you don't want to skimp on in South Beach it's eating and drinking. Both the Delano and the Villa have first-rate fine dining restaurants. At the former, it's Bianca, which



IF YOU GO TO MIAMI BEACH

Where to stay: The Delano Hotel, 1685 Collins Ave., delano-hotel.com; The Villa Casa Causarina, 1116 Ocean Drive; vmmiamibeach.com.

Where to eat: Sarsaparilla Club, 1 18th St.; Komodo, 801 Brickell Ave.; Prime Fish, 100 Collins Ave., mylesrestaurantgroup.com; KYU, 251 NW 25th, kyumi-ami.com.

Other: The Spa at the Setai Hotel, 2001 Collins Ave., thesetaihotel.com.
FYI: miamiandbeaches.com.



TNS PHOTO

If you want dim sum the Asian way in an eye-catching decor, book a table at Komodo in downtown Miami.

features modern Italian fare. Whatever else you order, don't miss the appetizer portion (large enough to share) of the Big Eye Tuna Pizza - truly one of the best things I've eaten lately.

At the latter, you can dine in either Versace's former dining room or al fresco poolside. The menu is Italian/Mediterranean, and should you happen to have an extra few hundred bucks in your pocket, there's a Caviar by Petrossian menu as well.

Save another night for the Sarsaparilla Club in the Shelborne Hotel. The club is known for what is billed as "American dim sum" - meaning such delectable dishes as drunken deviled eggs with pickled roots, heirloom tomatoes with ricotta, tomato sorbet, basil and crisp olive oil toast, and my favorite, Corn 4 Ways (grilled sweet corn, cornbread butter, cornbread crumbles and lemon popcorn).

If you want dim sum the Asian way in an eye-catching decor, book a table at Komodo in downtown Miami. Glamorous and sexy are the key words at Komodo. You might remember what you ate,

but one thing you'll never forget is the setting, especially if you opt for the outdoor tropical garden with elevated tables known as bird's nests.

Other great options are Sunday brunch at Prime Fish (the most extensive and innovative array of buffet dishes I've ever seen - ever heard of lasagna pancakes?) and KYU (pronounced cue) in the Wynwood Arts and Design District, where small plates such as roasted cauliflower with goat cheese and heirloom tomatoes with chiles, red onion and shiso had my friends and I practically fighting over the last morsel.

Miami Beach certainly has a lively (and loud) club scene, with no shortage of places where revelers can dance the night away. But it has also gained a reputation as one of America's best cities to experience a classic cocktail culture.

The Regent Cocktail Club in the Gale Hotel is an intimate spot reminiscent of a 1940s lounge, or on nights when a Latin combo is playing, a bar in old Havana. This is definitely the spot for cocktails and conversation, but get there early as intimate means just that.

My favorite South

Beach watering hole has to be the Delano's Rose Bar, sophisticated and sleek, with a backlit bar, Venetian chandeliers and the best spot in the hotel for people watching. Then, there are the cocktails themselves - when was the last time you had a Boulevardier Fume (Woodford Reserve bourbon, sweet vermouth and hickory smoke essence) or a Chelsea Gimlet (Bombay Sapphire Gin, cucumber, basil and lemon essence)?

Both the Regent Cocktail Club and the Rose Bar take the art of cocktail mixing to a new level.

Finally, what's a glamorous getaway without a day of spa pampering? Whether it's hot stone therapy or a lavender-scented scrub you're after, or just a relaxing massage, South Beach has a spa for you.

Two of the best - the rooftop Agua at the Delano (request Elizabeth for the deep tissue) and the casita complex at the Setai Hotel (the ocean view from the room only adds to the sense of serenity).

Indulge in that serenity before heading off to experience more of America's sultriest, sexiest and most sensuous city.



The pool at The Villa in Miami Beach.

WANTED: Forever Homes



Persephone is a friendly girl that loves affection. While she is not a fan of crates or carriers, she would make a great companion for someone looking to share a comfy couch or pillow. She would make a great house cat for a single adult looking for some quiet company. Stop by and spend some time with her and Persephone will win your heart. Age six years old, at 9 pounds, she is a Domestic Short Hair/Mix - Brown/Black - Tabby. Orphaned since March, her adoption fee is \$30.

William is a senior guy looking for the right connection. He is an independent guy so if you are a busy, on-the-go type of person, William might be the right fit for you. If you are looking for a mature, quiet cat then stop by SPCA Florida and see if you and William can make this relationship work. At five years old, he weighs 15 pounds, a Domestic Short Hair/Mix - Orange/White - Tabby. Orphaned since March, his adoption fee is \$30. Call 863-646-7722.



Camo is a Catahoula Leopard dog/Mix. He is a good looking guy who wants to have fun. He came into the shelter unsure and scared, since joining playgroups his confidence, social skills, and all around demeanor have skyrocketed. He's a happy go lucky guy who's looking for a good time and a great family. He loves dogs and is learning how to play, he loves being by your side and just being in the mix of whatever is going on. Call SPCA Florida today to set up your own personal appointment to meet Camo. At five years old, he weighs 48 pounds, a Catahoula Leopard Dog/Mix - Red-Merle. Orphaned since March, his adoption fee is \$50. Call 863-646-7722.

Bling is a sweet girl, she is social and playful but will submit when uncomfortable with play style. She is a much softer girl than you would expect. High energy, eager to please, and would benefit from post adoption training. Her ideal home would be an active family with a buddy to play with. Bling is an amazing dog looking for that perfect family fit. Stop by SPCA Florida and take some time to get to know Bling. At three years old, she weighs 40 pounds, an Australian Cattle Dog/Terrier Mix ☒ Blue Brindle. Orphaned since January, her adoption fee is \$50. Call 863-646-7722.



Circus' performing elephants retire, ending 145-year tradition

By **SUSAN JACOBSON**
ORLANDO SENTINEL

POLK CITY — Eleven new retirees and 10 of their floppy-eared friends feasted on apples, lettuce, carrots, celery and French bread at a party in their honor Friday - and they didn't even bother to peel the bananas before popping them in their mouths whole.

The festivities celebrated the end of a 145-year tradition of performances by elephants in Ringling Bros. and Barnum & Bailey circus.

"The Greatest Show On Earth," under pressure from animal rights groups and facing increased local legislation outlawing bull-hooks and wild-animal performances, decided to retire the performing pachyderms.

They will live at Ringling's Center for Elephant Conservation, about 40 miles south of downtown Orlando, where they will be used in reproductive, geriatric and behavioral studies and pediatric cancer research, said Wendy Kiso, director of elephant conservation.

"It was bittersweet," said Ryan Henning, assistant animal superintendent at the conservation center, founded in 1995 to breed and study Asian elephants, an endangered species. "There was a lot of emotion from the performers, from the audience and from our animal care team."

The 11 elephants, split into two groups, performed for the final time Sunday in Providence, R.I., and Wilkes-Barre, Pa.

The last time they were in Orlando was in January.

From now on, they will live at the 200-acre conservation center, where they can play, relax and socialize with 29 other elephants at the center, some previous retirees and some breeders. Two others are on breeding loan to zoos.

The grande dame, at more than 70, is Mysore, named for her native city in India. The gentle giant has been popular with students in the center's elephant husbandry and handling training program. The new kid on the block is 3-year-old Nate - the youngest of 26 elephants born on the grounds.

Two dozen media outlets took photos and video of the guests of honor - newcomers Tonka, Mable, Luna, April, Asia, Karen, Kelly, Sara, Juliette, Bonnie and Nichole along with old hands Baby, Assan, Sarah, Toby, Mysore, Cora, Sally, Smokey, Icky and Alana - chowing down at a long, hay-covered table. An elephant occasionally trumpeted, but the herd was mostly silent and soon almost all the food was gone.

The elephants are disappearing from the circus earlier than planned. In March 2015, Feld Entertainment, parent company of Ringling Bros. Barnum & Bailey, announced the elephants would stop performing by 2018, but in January the circus decided to retire the elephants sooner.

The Humane Society of the United States applauded the end of the performances, saying elephant training

"typically involves heavy doses of punishment, with animals shackled or kept in cages and forced to endure months of grueling travel." Feld officials deny that the elephants were mistreated.

Bryan Wilson, Central Florida co-coordinator of the Animal Rights Foundation of Florida, said the elephants would be better off in an accredited sanctuary where they wouldn't be bred or used for research and could roam freely. While the animals at Ringling's center have access to pastureland, they are segregated from elephants they don't get along with and tethered at night to prevent them from getting into fights and stealing others' food, center officials said.

"Our elephants are living healthier, longer, safer lives in captivity," Henning said.

It costs \$60,000 to \$70,000 annually to maintain each elephant, Feld officials said. They share the land with egrets, raccoons, wild turkeys, snakes and other wildlife.

About once a week, blood samples are taken for the cancer study. Elephants rarely get the disease, and Dr. Joshua Schiffman of Primary Children's Hospital and Huntsman Cancer Institute, both in Salt Lake City, is trying to find out why. The center's most important, role, though, is to preserve a species with an estimated wild population of only 35,000.

"It's about conservation and ensuring that these guys will be around for future generations," Henning said.



AP PHOTO

Handlers escort three of the Ringling Bros. and Barnum & Bailey Circus Asian elephants as they arrive at their new home in Polk City. The elephants will join the rest of the retired herd at the Ringling Bros. Center for Elephant Conservation.

TROPICS

FROM PAGE 1

full-time employees in the front office.

"That is the key reason why I think we'll be successful, we've got a team with experienced people. This is not a one-person oper-

championships seven times in the last 14 seasons, and regularly leads in attendance, bringing the IPL immediate credibility. The Blast averaged 6,102 fans a game last year — and drew a throng of almost 9,500 for their season opener last fall.

But the league as a whole, dragged down by some teams that played in nothing more than recreation centers — a fact that left

Hale publicly dismayed — averaged 2,399 fans a game. Hale was never happy having his model franchise on the same playing field, so to speak, with the likes of the Brownsville, Texas, Barracudas who drew a total of 3,002 fans for all 10 of its home games, for example.

Likewise, Haines brings his own measure of credibility in the sport as well, although his success has come in a much shorter time frame. In St. Louis, Haines' team averaged 5,302 fans a game last year in the 10,000 seat Family Arena in suburban St. Charles, reviving the sport in the Midwest market known for its deep and rich history in indoor soccer. The first year he owned the Ambush, they drew an average crowd of 5,636 per game and in the 2014-15 season, the Ambush averaged 6,111 fans a night.

He's shooting for at least a similar number next year in

ation," he said. That team includes his wife, Leah, who serves as club president. "We've learned some things the hard way, we've learned some good things. We're trying to take everything we've learned over the years to make this thing special."

To understand what Hale means to the potential success of the new league, it would be the equivalent of Jerry Jones starting a new football league with the Dallas Cowboys or the Steinbrenner family starting a new baseball league with the New York Yankees. No one has had more sustained success in the sport than the competitive Hale, once a CIA operative, who isn't afraid to rustle a few feathers when needed. In fact, there's no team owner who's even a close second when it comes to indoor soccer. His franchise has won league

Lakeland. He said they've already hit triple digits in season ticket sales even before this week's announcement, including some to fans as far away as Clermont.

"It's no different than a food franchise. There's a lot of successful food franchises in some cities, and in some cities they struggle. It's about who the owner is. The concept can be great, the game plan can be great, but if you don't have the

right people running it ... you have one of the best owners in the league running it here," said the IPL's commissioner Sal Fantauzzo, who many know as "Soccer Sam" for his fanatical promotion of the U.S. National soccer team decades ago years ago. "I've seen how hard he and his wife work at this, that's what excites me about Andrew. Originally he got into it just as something to do between football seasons. Now he's a

soccer guy, and I love that." Hale also said Haines represents a great chance for the Tropics to have success on and off the field.

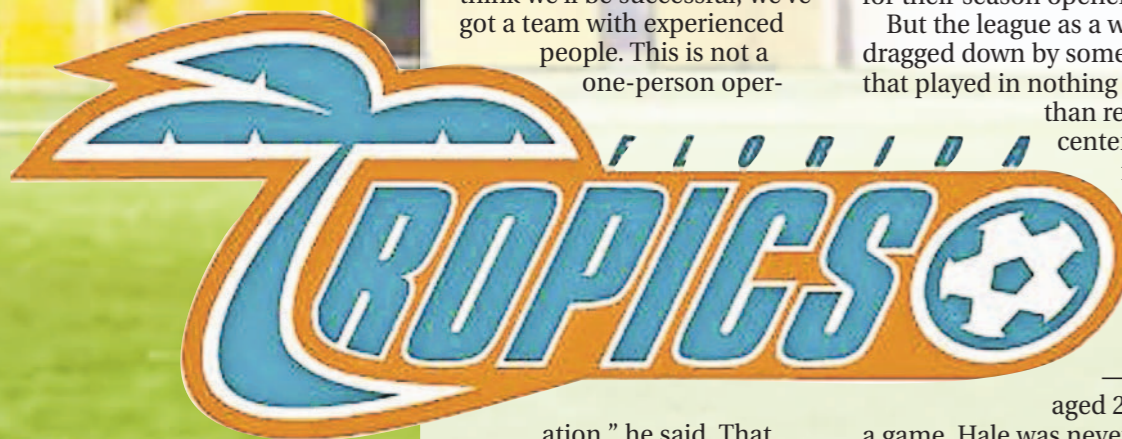
"He's a stand up guy. He has a franchise (St. Louis) that didn't win a lot of games but still put a lot of people in the stands and put on a pretty good show," Hale noted. "He's one of the guys who makes money in this business. That's a big key."

The Lakeland Center has been more than welcoming, Haines said, creating a win-win partnership.

"I'm encouraged with the excitement that Andrew and Leah Haines have brought. From our first meetings, they've been very excited and bring a real strength to what they're behind. I'm glad we're able to bring this to reality," added the center's executive director Tony Camarillo.

The Tropics will play a 20-game schedule, which is expected to be finalized in late summer, running November to March. Season tickets start at \$100 for the 10-game home slate. All of the Tropics games are expected to be played on weekend afternoons and evenings.

For more information, visit www.fltropics.com.



Fans get a close up look at the action at a St. Louis Ambush game. The Ambush will be one of the team's in the Indoor Professional League, which will also feature the Florida Tropics in Lakeland.



Fan interaction is a big part of the indoor soccer experience as Baltimore Blast fans know well.

PHOTOS COURTESY BALTIMORE BLAST

COACH NAMED, ROSTER TAKING SHAPE

Clay Roberts will be the Tropics head coach. He currently is the head men's soccer coach at Southeastern University, a post he will retain. Roberts is native to the area, having played lots of youth soccer in Polk County. He is a graduate of Plant City High School, and played collegiately at Florida Southern. After his collegiate career, Roberts played professional soccer with the Charlotte Eagles of the USL Pro League and the Philadelphia Kixx of the Major Indoor Soccer League. Roberts helped each team win league championships.

One of the best St. Louis Ambush players last year, Freddy Moojen, will join the team as a player and assistant coach. He was Rookie of the Year for the Major Indoor Soccer League New Jersey Ironmen in 2007-08 after tallying 22 goals, and went on to play with some of the most noted teams in indoor soccer history, including the Baltimore Blast, Dallas Sidekicks and Wichita Wings. Last season he was hampered by a serious leg injury, and only appeared in 12 of the team's 20 games but still scored 10 times.

Also on board is goalkeeper Piotr Silwa and midfielder Anthony Arico. Silwa was the Ambush's netminder last season. Arico also played in St. Louis and for the Milwaukee Wave, and played collegiately at Eckerd College in St. Petersburg.

"I think the connection between our players and our community is going to be fantastic. The high level of energy and experience these guys bring will get us off to a great start, and gives us a core of players to build around," Roberts noted.



The action is always fast and furious, described by some as "human pinball" with lots of goals, and sometimes, great saves.



Baltimore celebrates a goal in this year's playoffs, which the Blast won in dramatic overtime fashion on the road in Sonora.



How to cut home energy costs



Home ownership is expensive. First-time homeowners may experience some sticker shock when shopping for their first homes, and that awakening may only grow more rude when the first month's mortgage payment and utility bills arrive in the mail.

But owning a home still makes more sense for many people than does renting. In addition to the potential financial benefits of home ownership, many homeowners see their homes as points of pride that strengthen their families' ties to their communities. And while the sticker shock of home ownership may never wear off,

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Dolores Vogel
Real Estate Marketplace
Broker/Owner
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carport attached to the house and a pump house for the new filtration system. The canal front has a dock and fish house with plumbing for cleaning your day's big catch!

homeowners can take steps to cut costs around the house, most notably by employing a few strategies to reduce energy consumption.

Cooling

Rising temperatures tend to produce higher energy bills, as homeowners look to air

conditioning to mitigate the effects of heat and humidity. While abandoning AC is an unrealistic idea for people living in especially warm climates, there are ways to make AC units more efficient. Routinely clean AC filters so they can operate at maximum efficiency, replacing old or

worn down filters when necessary. Keep AC units off during the day when no one is home, using the unit's programmable functions to turn the AC on roughly 30 minutes before you arrive home so the house is not a sweatbox.

ENERGY | 23

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REAL ESTATE

How to compost at home

Many homeowners spend substantial amounts of time and money tending to their lawns. A lush lawn can be a point of pride for homeowners, and well-maintained landscapes also have a positive effect on property value.

Homeowners who want to take care of their lawns and gardens in an eco-friendly way may want to consider composting. According to the U.S. Environmental Protection Agency, food scraps and lawn waste make up about 20 to 30 percent of what we throw away each year. Composting such waste can enrich the soil in homeowners' yards while also reducing the size of local landfills, where food scraps and lawn waste contribute to the production of methane, a potent and harmful greenhouse gas.

Composting is relatively simple and serves as a cost-effective way to enrich soil and suppress plant diseases and pest infestations. Homeowners who want to

try their hand at composting can consider the following advice from the EPA.

- Purchase the right tools. Composting is not expensive, but you will need a few tools to help maintain your compost pile. A pitchfork or square-point shovel will be necessary so you can periodically mix or turn the compost. In addition, a water hose with a spray head can help maintain the pile.
- Choose the right spot. A compost pile or bin should be placed in a shady area close to a water source. Shade will help ensure the pile does not dry out too quickly, especially for those homeowners who live in warmer climates. Those who live in colder regions may want to locate their piles in spots that get some sun exposure to trap some solar heat in their piles. Build the pile over lawn or soil instead of over surfaces like asphalt or concrete.

• Add materials as you collect them. The EPA notes that composting requires three basic ingredients: water, brown materials and green materials. Brown materials include dead branches, leaves and twigs, while greens include grass clippings, vegetable waste, fruit scraps, and coffee grounds. Chop larger materials as necessary, adding both brown and green materials as you collect them and watering dry materials as necessary.

• Bury fruit and vegetable waste. When adding fruit and vegetable waste, bury it beneath 10 inches of compost material. You can do this by mixing your pile with your pitchfork or shovel.

If necessary, cover the top of your compost pile with a tarp so the pile can retain moisture. Compost may take as long as two years before it's usable, but when materials are dark and rich in color, they're ready to be spread.



How to pay off your mortgage before maturity

Homes are the most expensive purchases many people will ever make. While home ownership can be rewarding, first-time homeowners may experience some sticker shock when shopping for homes and calculating their

potential mortgage costs. But as expensive as home ownership can be, there are ways for homeowners to pay off their mortgages long before those loans reach maturity.

- Pay extra each month. Factors like home value, property tax

and your mortgage loan interest rate determine how much your monthly mortgage payment will be. But there's still room to save. According to the Chase extra payments calculator, homeowners who borrow \$200,000 (after making an initial 20

percent down payment of \$50,000 on a home valued at \$250,000) at 4 percent interest and pay \$4,000 annually in property taxes and homeowner's insurance can save more than \$26,000 in interest over the life of the loan by paying as little as \$100 extra per month. In addition, including an additional \$100 each month will trim 59 months, or just about five years, off the life of your loan.

• Stop paying PMI. If your initial down payment was less than 20 percent of the value of your home at the time you purchased it, then you were likely required to pay private mortgage insurance, or PMI. PMI may be costing you a couple hundred dollars per month, but once your mortgage balance falls below 80 percent of your home's appraised value, you can ask your lender to stop charging

PMI. While it might be nice to pocket those PMI costs for a rainy day, continue paying that money each month so you can shorten the life of your loan.

• Have your home reassessed. While homeowners would like to think the value of their homes is always on the rise, some homes decrease in value over time. If your home is reassessed at a lesser value, your property taxes will decrease.

ENERGY

FROM PAGE 22

Heating

Heating costs also can do damage to homeowners' monthly budgets. Wood floors might be more trendy than carpeting, but carpeting can increase heat retention in a home, especially if the home has little or no insulation beneath its floors. When the heat is on, make sure curtains or drapes are not blocking vents, and keep them open during the daytime when you are home to allow more warm sunlight in. Much like with your AC unit, clean heating filters

regularly and program the thermostat so you are not heating your home while no one is there.

Lighting

Cut lighting costs by replacing standard light bulbs with compact fluorescent bulbs, which are more energy efficient and have longer life expectancies.

When installing external lights on your home, install motion-detecting lights so you can safely get in and out of your house without having to keep a porch light burning for hours on end. When laying out rooms in your home, place lamps in corners where they will reflect light off of two walls,

providing more bang for your lighting buck.

Electronics

Vampire power is a little known foe to homeowners. Electronics like televisions and computers consume energy even when they are not turned on. This is referred to as "vampire power." Unplug electronics when they are not in use, or plug such devices into power strips that you can turn off when you aren't home or when devices are not being used.

Home ownership comes with many hidden costs, but homeowners can reduce their monthly energy bills in various ways.

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By **NORMAN WINTER**
TRIBUNE NEWS SERVICE

Each morning I pull into my parking spot which is right in front of our cottage garden. This time of the year it is the bluest blue greeting me thanks to our native spiderwort. Spiderworts are known botanically as *Tradescantia virginiana* and native over a huge range of the country covering some thirty states. Those states where it is not native have the *Tradescantia occidentalis* which is called prairie spiderwort.

Today was special, if not eye opening. In the past though, I have absolutely treasured the blue blooms I have given the plant a zero for attracting pollinators despite what the Lady Bird Johnson Wildflower Center reported. It is a rare native indeed that doesn't serve some other purpose when it is blooming. But today there were both bumble bees and honey bees that made my heart

sing. It was kind of like one of my favorite plants had just been validated. It also proved the www.wildflower.org site remains the top authoritative site for natives.

Spiderworts come in a range blue shades as well as pink and rose and even some double selections. Throughout our cottage garden we see a variance in colors. It seems the darker the blue the more I love it especially in contrast with the golden yellow stamens. The showy stalks supporting the flowers reach about three feet tall.

We have one area where they are partnered with pink Satsuki or late blooming azaleas and Blue Glory thunbergia. In another area we have them with the showy white blooming Chinese snowball viburnum. It seems the native spiderwort can fit any location when grown in fertile soil with filtered light.

We have another *Tradescantia* in a

different section of the garden. It is Blue Sue Purple Heart known botanically as *Tradescantia pallida*. Though you might not recognize the name Blue Sue you most likely are familiar with its old botanical name *Setcreasea* or old common name Wandering Jew which it is still often referred to in the trade.

Instead of typical dark purple foliage Blue Sue is a stunning blue green and though it is not as cold hardy as its cousin the spiderwort it will thrive from zones 7-10. It has the ability to develop into a most showy groundcover reaching 18-inches tall and spreading to 5-feet over a period of years. It too offers spiderwort-like lavender flowers but it is the foliage that will steal your heart. We have ours partnered with Wedding Dance white amaryllis or *Hippeastrum*.

Tradescantia pallida is native to Eastern Mexico, Texas, Louisiana and Florida and is about as tough a plant as you could grow. The purple leafed forms have been called Purple Jew, Purple Spiderwort, Purple Heart and the official common name now Purple Queen. I once did a Southern Gardening TV segment with the concept that if



TNS PHOTO

Purple Queen is one of the toughest plants for zone 7-10 and partnered here in a complementary color scheme with Goldilocks *lysimachia*.

you wanted a planting bed where you could feel reasonably assured that it would still look good when you returned from vacation then plant Purple Queen (*Tradescantia*), New Gold lantana and a large rock. Others have sworn to have driven a truck over it and it still returned. You have to admit that is pretty dogged tough.



TNS PHOTO

The rare blue colored flowers of spiderworts stand out at the woodlands' edge.



TNS PHOTO

Native spiderworts make great partners with spring blooming shrubs like azaleas.



TNS PHOTO

Spiderworts combined with Chinese snowball viburnum create a perfect photo opportunity.

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Home & Garden

Gardening with kids

By **ARMIN BROTT**
and **SAMANTHA FEUSS**
TRIBUNE NEWS SERVICE

Like cooking, gardening is a great family activity. Growing and caring for plants helps kids learn teamwork, builds problem-solving skills, and encourages responsibility and independence. If you're growing edible plants, gardening also gives kids (and adults) an important glimpse into where their food comes from. It's also a great way to get kids to spend time outdoors. However, you don't need acres of land to plant a garden. This week, we explore several ways to have a fulfilling family gardening experience without leaving your home at all.

TickleMe Plant (TickleMe Plant Company)

One of the best ways to get kids interested in something is to encourage them to touch it. And plants are no exception. The mimosa has a variety of nicknames, including touch-me-not, shame plant, shy plant, and sleeping grass. But the name that we think little kids will like best is Tickle Me. When you touch

it, the mimosa folds its leaves together to protect itself. Touch it gently and one or two leaves will close. A little stronger and a whole branch might fold up. It's a great visual lesson on the importance of treating living things gently. Ages 4+. \$21.95 for a kit that includes seeds and three small, reusable pots. <http://ticklemeplant.com/>

Space Plant (DuneCraft)

Mimosas also react when they're exposed to heat or cold or are moved suddenly. DuneCraft calls its sensitive mimosas "Space Plants" or "The Amazing Moving Plant" and sells them in "micro terrariums" for \$5-\$10. <http://www.dunecraft.com/>

Fairy Triad (DuneCraft)

Do you have a little one who believes in fairies? If so, this adorable garden is for you. It comes with three magical plants that are used by real fairies (who knew?): Lobelia, to attract the fairies; Thyme, which allows you to see them; and Evening Star, to make special fairy brews. Also included are fairy bells, fairy dust, rainbow gravel, and an "actual"

fairy, all of which fits into a clear-domed terrarium. Just be careful what you wish for. Ages 4+. Under \$25. <http://www.dunecraft.com/>

Organic Veggies (DuneCraft)

Organic vegetables are getting more common, but they still cost a lot more than their non-organic twins. The solution? Grow your own. Everything about these kits is certified organic: the seeds, the soil-less material you plant them in, even the pots. Choose from watermelon, eggplant, green beans, peppers, cucumbers, tomatoes, broccoli, spinach, kale, and others. Start them off inside - they're all very easy to sprout. Then, put the entire pot into a larger, outdoor space and, in a month or two, you'll be dining on delicious, organic veggies. For kids four and up (who will be far more interested in eating vegetables they helped grow than anything you brought home from the market). Under \$5 each. <http://www.dunecraft.com/>

Sprout 'N Grow Greenhouses (DuneCraft)

These compact greenhouses are designed to fit on a windowsill and come with easy-to-grow seeds, planting mixture, and instructions. Choose from bananas, catnip, coffee, strawberries, sugar baby watermelons, sunflowers, and more. Under \$10. <http://www.dunecraft.com/>

RootVue (HSP Nature Toys)

All the plants we've mentioned so far grow above ground. But there's a lot of really cool stuff going on under the surface too, and RootVue gives you a worm's eye view of all of it. It's kind of like an ant farm, where clear plastic windows



TNS PHOTO

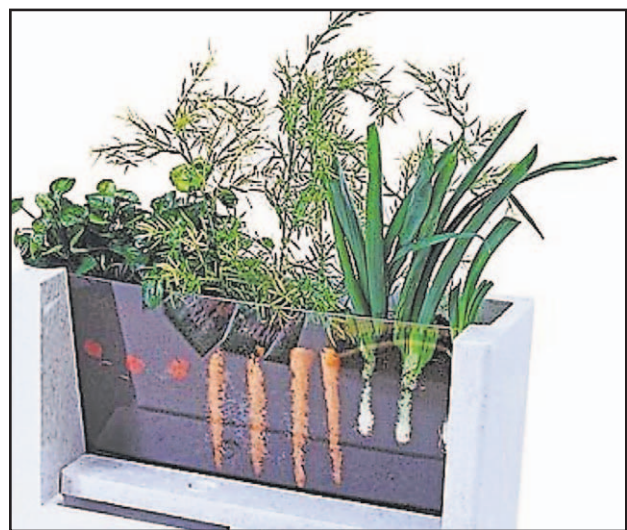
Touch the TickleMe plant, and its leaves fold up to protect itself.

let you watch how ants build tunnels. But with RootVue, you and the kids get a chance to see how root vegetables (carrots, radishes, and onions) grow - leafy tops up, roots down. The 16-page booklet has easy-to-follow instructions for doing a variety of experiments. When you're done admiring your underground cornucopia, yank 'em out and cook 'em up. Ages 4+. About \$30. www.hspnaturetoys.com



TNS PHOTO

Organic veggies: The solution to high prices for organic vegetables? Grow your own.



TNS PHOTO

There's a lot of really cool stuff going on under the surface, and RootVue gives you a worm's eye view of all of it.

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Home & Garden

Louisiana irises offer gracefulness and elegance for gardens everywhere

By **NORMAN WINTER**
TRIBUNE NEWS SERVICE

Recently the Coastal Georgia Botanical Gardens in Savannah, Ga., has been building bridges, though they might look short, in reality they stretch all the way to Louisiana.

Thanks to almost a thousand rhizomes courtesy of a leading Louisiana iris nursery, we are now showing thousands of visitors, and a region of the country, the incredible display potential of the Louisiana iris. The new bridges mentioned above actually serve as special vista points overlooking the incredible array of color in our winding bog.

Although I say bog and though Louisiana irises are native to swamps, and perform well in actual water gardens, the typical fertile garden soil of your home may prove to be just perfect for a show like you have never experienced.

Taxonomical descriptions or identifications if you will, of Louisiana irises prove to be more challenging than actually growing the plant. Instead of me giving a treatise on their nomenclature I turned to my good friends Dan Gill and Allen Owings, extension horticulturists with Louisiana State University which is after all ground zero for Louisiana irises.



TNS PHOTO

Louisiana irises come in every color in the rainbow and offer gracefulness and elegance to the garden.

They describe five species of being 'The Louisianans.' These are Iris brevicaulis, Iris fulva, Iris giganteaerulea, Iris hexagona and Iris

nelsonii. According to Gill and Owings, Iris brevicaulis and I. fulva are native along the Mississippi north to Ohio but only in Louisiana

are all five found. They are all closely related and will interbreed with each other but no other species.

If you have never paid attention to Louisiana irises, then you will most likely be in for a shock. It will most likely thrill you to see all of the new selections, colors and color combinations. In looking at ours it seems as every color in the rainbow is there including those with multi-colors and ruffles. The best of all is that these incredible flowers are borne on plants that might be best described as graceful if not exquisite.

If your interest is starting to peak, then know that Louisiana

irises can be grown from zones 6-10. They perform best with at least 6 hours of direct sunlight per day. The soil should be fertile and organically rich. If your soil is sandy then amend with 3 to 4 inches of organic matter like compost or humus and incorporate to a depth of 6 to 8 inches. This organic matter will improve condition for those of you with heavy clay.

Rhizomes are best planted in the fall setting just below the soil surface. But if you are like most gardeners you will find them available at the garden center in the spring, growing in containers. These can

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PCSO – A Perfect Ten!

We are proud to announce that our agency was recently awarded our 10th professional accreditation!

On March 22, PCSO was named a Center of Excellence and awarded with a 10th professional accreditation, from the International Academies of Emergency Dispatch (IAED).

The award was presented by the IAED at a reception in Washington, D.C. According to the IAED, with this accreditation, PCSO has the distinguished honor of becoming the 32nd Emergency Fire Dispatch Accredited Center in the world. The PCSO was also named an Accredited Center of Excellence (ACE) during the accreditation process. An ACE is the highest

distinction in 9-1-1 emergency



Polk County Sheriff

communication services. The IAED is a non-profit organization that promotes safe and effective emergency dispatch services worldwide. They awarded PCSO the accreditation for demonstrating compliance to the Fire Priority Dispatch System and associated “20 Points of Excellence” which encompass international practice standards of excellence for Emergency Fire Dispatch.

The Polk County Sheriff’s Office has had a longtime commitment to professional accreditation dating back to 1994, when the PCSO

was first accredited by the Commission on Accreditation for Law Enforcement Agencies, Inc. (CALEA), for its law enforcement operations. PCSO has a total of 38 accreditations and re-accreditations since 1994. Out of 17,985 law enforcement agencies in the United States, the PCSO is the only agency to have received three “Accreditation with Excellence” awards from CALEA.

Accreditation is a voluntary process that invites independent accrediting bodies to inspect and review agency policies and practices to determine if the agency is following state and national standards and best practices. Accreditation is a highly valued recognition for any law enforcement agency.

The previous accreditations awarded to and



currently held by the Polk County Sheriff’s Office are: Commission on Accreditation for Law Enforcement Agencies (CALEA); Public Safety Communications Accreditation (PCSA); Commission for Florida Law Enforcement Accreditation (CFLA); Florida Corrections Accreditation Commission (FCAC); National Institute of Governmental Purchasing (NIGP); National Commission on Correctional Health Care (NCCCHC)*; Public Safety Training Academy

Accreditation (PSTAA)*; National Academy of Emergency Medical Dispatch (NAEMD); and Florida Police Accreditation Coalition (FLA-PAC).

We continue to open our agency to scrutiny from outside independent organizations whose job it is to make sure we are adhering to best practices in a wide range of areas, from law enforcement and detention operations to purchasing, training, and medical services. We believe in transparency, innovation, and

professional development so that we not only stay up with the latest best practices, but that we are ahead of the curve & leading the way among law enforcement agencies. I am so proud of the men and women in this agency who constantly and consistently go above and beyond to achieve excellence every day.

We sincerely thank everyone for their support in our ongoing pursuit of excellence.

**accreditation based on PCSO contract for services*

IRISES

FROM PAGE 26

be planted with great success too, just plant at the same depth as in the container. These are vigorous plants so

plan on spacing at least 2 feet apart.

Plants start blooming in March and last into May depending on varieties and regions and then go dormant in the summer. Remove yellowed and unattractive foliage. Plants grown with a lot of moisture available tend to keep more green leaves but regardless expect

a flush of growth in the fall. Feed your plants with all-purpose slow release fertilizer in fall and late winter.

The Louisiana iris complements the water garden, ponds and creek beds whether they are dry or flowing. I love them combined with plants like elephant ears, ferns, gingers and King

Tut papyrus. Place some in grandma’s cottage garden however and they will look at home and command attention.

If you haven’t looked at Louisiana irises lately it is time to do so. You will fall in love and want as many as you can get to add that special sizzle to your spring garden.



Eric Monson, a co-owner of Affordable Mobile Solutions at the Eagle Ridge Mall in Lake Wales, has moved his kiosk operation to a store front in just two months. “I think our customers really like our no contract policy as well as our affordable prices. We also sell used and new phones,” said Monson.



From left to right: Tyler McMinn (tattoo artist), Jose Vasquez (owner/tattoo artist), and Caitly S. (licensed piercer) are the artists at “True To The Game Tattoos in Winter Haven. “Our customers are from all walks of life and all different ages. Our clients are doctors, lawyers, teachers, stay at home moms and more,” said Vasquez. The shop was previously located in the downtown Winter Haven area and has moved their operation to 1104 Cypress Gardens Blvd. near “Dan’s Fans.” For more information, call 863-298-8465.



Thi Tran is a nail technician at New World Nails & Spa. The new business is located at 1102 Cypress Gardens Blvd. in Winter Haven. Their services include waxing, permanent make-up, manicures and pedicures. For more information, call 863-662-3559.

PCSO investigating homicide, reward offered



Compiled by **Kathy Leigh Berkowitz**

KLBERKOWITZ@HEARTLAND-NEWSPAPERS.COM

A \$5,000 cash reward is being offered by Crime Stoppers for information leading to the arrest of a homicide suspect.

A bulletin published by the PCSO Homicide Unit notes the PCSO is seeking the public's help in a homicide investigation that occurred in unincorporated Lakeland on Monday, May 2.

According to reports, around 11:30 p.m., PCSO responded to 2236 Everett St., Lakeland in reference to a shooting. Detectives say the victim, 33-year-old Eric Dontay Ackerman, who lived at the aforementioned address, called 9-1-1 and said he had been shot. When deputies arrived on-scene, they found Ackerman bleeding profusely. Ackerman was taken to LRHMC, where he later succumbed to his injuries, according to reports.

According to reports, deputies found illegal narcotics, drug paraphernalia, a large amount of cash and a firearm in the victim's home.

Detectives continue to follow-up leads in this investigation, and are seeking the public's help. If anyone has information about this incident, they are urged to contact PCSO at 863-298-6200.

Anyone with

information who wants to remain anonymous and be eligible for a \$5,000 cash reward is asked to call 1-800-226-TIPS or LOG ONTO www.heartlandcrimestoppers.com. Anonymity is guaranteed. iPhone and Droid users can download a free tip submit app to anonymously report crime. To install these free apps, please visit www.tipsoft.com.

Police investigating shooting outside of Sailwind Apartments

Winter Haven Police Detectives are investigating a shooting that occurred at Sailwinds Apartments.

On May 3, at approximately 8:50 p.m., police responded to Sailwinds Apartments (360 24th St., NW) in reference to residents hearing gunshots and seeing someone who possibly fell to the ground. Police say that witnesses who were inside of their apartments report that there were a group of males standing in the parking lot in front of Building 8, when there appeared to be a disturbance occurring.

According to reports, witnesses state that as they looked out at the commotion, they heard the gunshots and then reported seeing a black male fall to the ground and then immediately get back up and run towards the Lake Cannon

Terrace and Ave. G area. They also report a white four-door vehicle leave the parking lot right after the incident occurred.

Police say that investigators arriving on scene found blood drops located in the area in front of building 8, which is where witnesses state the altercation occurred. There were small drops found on the ground headed towards Avg. G, but then the trail stopped along Lake Cannon Terrace.

At this time, investigators do not have information on the victim or anyone involved in the altercation.

Anyone with information is asked to call Heartland Crime Stoppers at 1-800-226-TIPS (8477). Callers can remain anonymous and could be eligible for a CASH reward of up to \$3,000.

Police say suspects use Craigslist to lure victim

Winter Haven Police say three people are in custody after allegedly using Craigslist to gain the trust of the victim, robbing him of \$300 cash and two cell phones.

According to reports, April 26, at approximately 1:40 p.m., Winter Haven Police were called to the Royal Inn, 3525 Lake Alfred Road, where the victim, 25 year-old Sedrick Ossie, Jr., was located. Ossie stated that

he had just been robbed of more than \$300 and two cell phones. Ossie knew one of the suspects, 31 year-old Brittany Nicole Anderson (Marcum Road, Lakeland) because of a recent Craigslist post, according to reports.

The other two arrested are 23 year-old Heather Dobson (Green Pond Road, Polk City) and 24 year-old Codey Allen Harris (State Road 559, Winter Haven, according to police.

According to police, "Ossie saw a post on Craigslist that Anderson had recently placed on the site. The post stated that she (Anderson) was looking for a roommate as soon as possible. Ossie responded to the post and the two ultimately met in person on April 25. After the initial meeting, Anderson left and Ossie went back to his motel room.

On April 26, the pair spoke on the phone and Anderson agreed to meet Ossie at his room at the Royal Inn. After she arrived around 11 a.m., they left to go get food. Ossie told detectives that Anderson was texting on her phone quite a bit on the ride back to the motel. Once they got back to the motel, Anderson went into the restroom for approximately 10 minutes. When she came

out, Ossie stated he went into the restroom to wash his face while Anderson went outside to her vehicle. When Ossie stepped out of the restroom a couple minutes later, Dobson and Harris allegedly rushed into the room. Harris was allegedly pointing a black handgun at the victim while Dobson immediately sprayed Ossie in the face with pepper spray, according to reports.

Police say accounts indicate Ossie fell to the floor and Harris allegedly held him down with the gun at his neck while Dobson found Ossie's pants where cash was located. She also is accused of taking two phones from the dresser. At this point, Anderson appeared at the doorway of the room and yelled to Dobson and Harris, "Come on guys, let's go," and the pair ran out of the room, according to reports.

Ossie looked out of the window and allegedly saw Anderson drive off in her vehicle (white Mitsubishi) and the other two jumped into a maroon Chevy Impala. Both vehicles went south on Lake Alfred Road.

Winter Haven Police put out a BOLO (Be on the Lookout) for the two vehicles and shortly afterwards, a Polk County Sheriff's Deputy saw both

vehicles traveling west-bound on U.S. 92. The deputy was able to see both drivers and verified the description of those who were at the Royal Inn where the robbery occurred. Ultimately, the deputy caught up to the vehicles and the occupants at the Shell gas station at U.S. 92 and Old Dixie Highway.

According to reports, the three were allegedly positively identified as the suspects in the robbery and were all taken into custody without incident. When Winter Haven Police detectives inventoried the vehicles, a black pellet gun (believed to be the gun held to the victim's neck) was found in the passenger door of the Impala where Harris was seen sitting. Three hundred dollars in cash was found in the door of the white Mitsubishi that was being driven by Anderson along with pepper spray located inside of the console of her vehicle. A pair of black and white shorts belonging to the victim were also found in the back seat of Anderson's vehicle.

All three were booked into the Polk County Jail for robbery with a firearm/deadly weapon (FL).

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Friday, May 13

Lunch & Learn Workshop, Following the Principles: Mulching, Composting and Recycling in the Landscape, noon-1 p.m. Lakeland Police Department Community Room, 219 N. Massachusetts Ave. Lakeland. Register here: <http://polkgardening.eventbrite.com>

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

“The Lion King Jr.” 6:30 p.m. \$5. Student performance. Bartow Elementary Academy, 590 S. Wilson Ave., Bartow. To order, call 863-534-7410.

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

Saturday, May 14

Growing Perennials in the Home Garden Workshop, 10:30 a.m.-noon. UF/IFAS Extension Polk County, 1702 US Hwy 17 South, Bartow. Register here: <http://polkgardening.eventbrite.com>.

Anniversary Party. Celebration of 30 years to Superintendent Walter Jenkins Jr. and first lady Donna Jenkins Celebrating for ministry at The City of Refuge Church of God in Christ. Lakeland Center 701 Lime St., Lakeland.

Imperial Polk Genealogical Society Meeting, noon, free. “The U. S. Census, 13 Things You Probably Didn’t Know” with Jack Butler. Unitarian Universalist Congregation, 3140 Troy Ave. Lakeland. 863-686-3886.

“The Lion King Jr.” 2 p.m. \$5. Student performance. Bartow Elementary Academy, 590 S. Wilson Ave., Bartow. To order, call 863-534-7410.

Antique Fair, 8 a.m.-2 p.m. along the 300 block of Main Street. \$20 per rental space. 863-519-0508.

Teacher Job Fair, 8 a.m.-2 p.m. Applicants are required to complete an

employment application online at <https://jobs.polk-fl.net>, and then register for Teacher Job Fairs by May 2. rugina.castillo@polk-fl.net or candy.sparaco@polk-fl.net. Highlands Grove Elementary, 4510 Lakeland Highlands Road, Lakeland.

Fortress Fitness, 9 a.m. One hour exercise in the park. Jude Dauphin, Uptown Step Aerobics, Hip Hop Step. Fort Blount Park, corner of Main Street and Broadway. 863-533-7125.

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

Sunday, May 15

Veterans Park Sculpture Dedication, 8:30 a.m. Military Officers Association of America state-wide conference and memorial event. The Lakeland Center, 701 Lime St., Lakeland.

Bereah Day. Everyone come join us and bring a covered dish for Lunch. Lunch will be after Church Service. The Athens Baptist Church, 6510 W. Bereah Road, Fort Meade.

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

Monday, May 16

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

Memory Mobile, 10 a.m. -3 p.m., free. The Alzheimer’s Association Florida Gulf Coast Chapter is bringing mobile office to Polk County for confidential memory screening; receive literature and resources related to Alzheimer’s disease or related dementia and caregiver concerns, and talk with an Alzheimer’s Association Program Specialist about specific needs / concerns. Winter Haven SideStreet Studio, 110 3rd St., SW. 863-292-9210.

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

Tuesday, May 17

Lunch and Learn, Polk’s Jewish Families: 1925 – Today, 12:15 p.m.-1 p.m., Polk County History Center, 100 E. Main St., Bartow, www.polkhistorycenter.org or 863-534-4386.

Tiger Bay meeting, Polk County Schools Superintendent Jacqueline Byrd speaks, 11:30 a.m. \$15 for members, \$25 for guests. Bartow Civic Center, 2250 S. Floral Ave. RSVP by May 13. TrueBeam Linear Accelerator ribbon cutting, 4:30 p.m. Tours and refreshments will be provided. Cassidy Cancer Center, Winter Haven Hospital, 200 Ave. F Northeast, Winter Haven. Cyndi.Durham@baycare.org or 292-4178.

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

Adult Coloring, 11 a.m. Bartow Public Library, 2150 S. Broadway Ave., Bartow. 863-534-0131.

Memory Mobile, 10 a.m. -3 p.m., free. The Alzheimer’s Association Florida Gulf Coast Chapter is bringing mobile office to Polk County for confidential memory screening; receive literature and resources related to Alzheimer’s disease or related dementia and caregiver concerns, and talk with an Alzheimer’s Association Program Specialist about specific needs / concerns. Winter Haven SideStreet Studio, 110 3rd St., SW. 863-292-9210.

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, May 18

Dooryard Fruits in the Age of Citrus Greening Workshop, noon-1 p.m. Bartow Public Library, 2150 S. Broadway Ave., Bartow. Register here: <http://polkgardening.eventbrite.com>.

eventbrite.com.

Vegetable Gardening Workshop, noon-1 p.m. Bartow Public Library, 2150 S. Broadway Ave., Bartow. Register here: <http://polkgardening.eventbrite.com>.

Sen. Denise Grimsley, R-Sebring, mobile office hours, 9-10 a.m. Mulberry Library, 1st Floor, Civic Center, 905 NE 5th St., Mulberry.

Sen. Denise Grimsley, R-Sebring, mobile office hours, 1:15-2:15 p.m., Fort Meade Community Center, 10 SW 3rd Street, Fort Meade.

Sen. Denise Grimsley, R-Sebring, mobile office hours, 3-4 p.m. Latt Maxcy Memorial Library, 15 N. Magnolia Ave., Frostproof, FL 33843.

Farmers Market, 10 a.m.-2 p.m. Fort Blount Park, Bartow. 863-519-0508, or email lsimpson@mainstreetbartowfl.com.

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

Lunch n Learn, Gardening, noon. Bartow Public Library, 2150 S. Broadway Ave., Bartow. 863-534-0131.

Thursday, May 19

Spring Garden Party, 9 a.m.-2 p.m. Food, crafts and furniture, all made by the students, will be on display and available for purchase. Roosevelt Academy, 115 East St., Lake Wales.

Diabetes Support Group: Including Physical Activity in your Day, 10-11 a.m., free. Registration not required. Bartow Regional Medical Center, 2200 Osprey Blvd., classroom 1, Bartow. (863) 533-8111.

Weight Watchers, noon. Use main entrance. First Baptist Church of Bartow, 410 E. Church St., Bartow. The church emphasized that it is not affiliated with Weight Watchers.

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, May 20

South Florida Avenue Corridor Study, public collaborative vision and design workshop, 6 p.m. Study and development methods to improve mobility, safety, quality of life, and economic vitality along the South Florida Avenue, State Road

37, corridor between Ariana Street and Pine Street in Lakeland. The design studio located at Waller Center, 1065 Florida Ave, Suite #2, Lakeland, FL 33803 will be open to the public from 9 a.m. - 9 p.m. daily. First United Methodist Church, 72 Lake Morton Drive, Lakeland. 863-519-2379 or visit SouthFloridaAvePlan.org.

Problem Solving Court Graduation Celebration, 2 p.m. Steve Enzor, substance abuse treatment rproviderrprovider is guest speaker. Oliver L. Green Jr. Courthouse, Polk County Courthouse, 255 N. Broadway, Bartow. 863-534-4983.

Friday Fest, 6-9 p.m. Featuring the Sofa Kings. Activities for the children. Food and drink will be available for purchase from vendors on the street and from the downtown restaurants. Along East Main Street and Central Avenue in Bartow.

Time Management with Bill Mutz, 11:45 a.m. ENGAGE meeting not just for members. Up-close and personal chat with one of the area’s most accomplished community leaders. These sessions will give participants a chance to reflect on new and creative ways to achieve professional leadership goals based on the best practices from the area’s most respected business professionals. A-C-T Environmental & Infrastructure, 1875 W. Main St., Bartow.

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

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

Women’s Health Seminar, hosted by Dr. Mia Branch, OB/GYN with Central Florida Women’s Health, noon to 1 p.m. MedEPlex Building, 410 Lionel Way Third Floor, Davenport.

Saturday, May 21

Uptown Yard Sale and Flea Market, 8 a.m.-1 p.m. \$10 fee for vendors. East Main Street, Bartow. 863-646-0644 or 863-519-0508.

Free skin Evaluations, 9 a.m.-noon. In observance of Melanoma/Skin Cancer Detection and Prevention Month, the Watson Clinic Foundation plans free community skin evaluations. Make appointment. Watson Clinic’s South location, 1033 N. Parkway Frontage Drive,

Lakeland. 863-802-6220.

Teacher Job Fair, 8 a.m.-2 p.m. Applicants are required to complete an employment application online at <https://jobs.polk-fl.net>, and then register for Teacher Job Fairs by May 2. rugina.castillo@polk-fl.net or candy.sparaco@polk-fl.net. Ridge Community High, 500 Orchid Drive, Davenport.

Mensa, 6 p.m. Mike’s Family Restaurant, 1590 U.S. 98 N., Bartow. 863-967-7680.

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

Paws to Read, 10 a.m. Bartow Public Library, 2150 S. Broadway Ave., Bartow. 863-534-0131.

Monday, May 23

Computer Class, Resumes for Beginners, 3 p.m. Bartow Public Library, 2150 S. Broadway Ave., Bartow. 863-534-0131.

Tuesday, May 24-Monday, May 30

Youth Villa Classic Golf Tournament. Event to benefit the Florida Sheriff’s Youth Villa. Bartow Municipal Golf Course, 150 N. Idlewood, Bartow. 1-800-765-3797.

Tuesday, May 24

Polk County School Board work session, 12:30 p.m., 5 p.m. Public hearing on revisions to School Board policies. Superintendent’s Conference Room, 1915 S. Floral Ave., Bartow. Agendas are available online at <http://www.polk-fl.net/districtinfo/boardmembers/meetings/AgendaTOC.htm>.

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

Adult Coloring, 11 a.m. Bartow Public Library, 2150 S. Broadway Ave., Bartow. 863-534-0131.

Wednesday, May 25

Community Redevelopment Agency, 8 a.m. Bartow City Hall, 450 N. Wilson Ave., Bartow.

Farmers Market, 10 a.m.-2 p.m. Fort Blount Park, Bartow. 863-519-0508, or email lsimpson@mainstreetbartowfl.com.

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





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 Crawl
November 12, 2016

The Gala
March 4, 2017

RITZ THEATRE WINTER HAVEN
863-295-9900

MOVIES

May 20-22: "Casablanca"

June 24-26: "Gone with the Wind"

July 15-17: "Easy to Love"

LAKE WALES LITTLE THEATRE
863-676-1266

Rehearsal for Murder (Teen Theatre)
June 10-19, 2016

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

THEATRE WINTER HAVEN
863-294-7469

Shrek Jr.
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

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

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.Philip, 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

VANS WARPED TOUR
TINKER FIELD, ORLANDO

JULY 2, 2016

3OH!3 • Against The Current • Assuming We Survive • Atreyu • Avion Roe • Bad Seed Rising • Ballyhoo! • Broadside • Bullet For My Valentine • Cane Hill • Capsize • Chelsea Grin • Chunk! No, Captain Chunk! • coldrain • Crown The Empire • Cruel Hand • Dash Ten • Emarosa • Every Time I Die • Falling In Reverse • First To Eleven • Four Year Strong • From Ashes To New • Ghost Town • Gideon • Good Charlotte • Hail The Sun • I See Stars • Ice Nine Kills • In Hearts Wake • Issues • Knuckle Puck • Less Than Jake • Like Pacific • Marina City • Masked Intruder • Mayday Parade • More To Monroe • Mother Feather • Motionless In White • New Found Glory • Oceans Ate Alaska • Old Wounds • Palaye Royale • Pepper • Prof • Real Friends • Reckless Serenade • Reel Big Fish • ROAM • Safe To Say • SayWeCanFly • SECRETS • Set It Off • Silent Planet • Sleeping With Sirens • State Champs • Sum 41 • Sykes • Teenage Bottlerocket • The Color Morale • The Heirs • The Interrupters • The Maine • The New Low • The Story So Far • The Summer Set • The Word Alive • Tonight Alive • Too Close To Touch • Vanna • Veil Of Maya • Volumes • Wage War • Waka Flocka Flame • Waterparks • We The Kings • Whitechapel

• With Confidence • Yellowcard • Young Guns

BIG PRE-FEST 4 in LITTLE YBOR

OCTOBER 26-27

A Wilhelm Scream • Adult Magic • After The Fall • AJJ • All Eyes West • All People • Andrew Cream • Annabel • Arliss Nancy • Arms Aloft • Audacity • Big Eyes • Binary Heart • Birthday Suits • Bong Mountain • Braid • The Brokedowns • Caffiends • Captain We're Sinking • Caskitt • The Caulfield Cult • Choke Up • Chris Farren • Coaster • Coke Bust • Dead Bears • Dead Broke • Dead To Me • DFMK • Dikembe • Drug Church • East Cameron Folklore • Empty Lungs • F*****g Invincible • Ghostlimb • Ghouls • The Girls! • Golden Pelicans • Gouge Away • Henrietta • Holy Pinto • Iron Reagan • The Island of Misfit Toys • Jabber • Jake and the Jellyfish • Jason Guy Smiley • Jeff Rosenstock • Just Friends • Kamikaze Girls • Kids • Knapsack • Latterman • Less Than Jake • Makewar • Matt Woods • The Max Levine Ensemble • Meatwound • The Menzingers • Mustard Plug • Nato Coles & The Blue Diamond Band • Night Birds • No Fun • No Weather Talks • Northbound • Off With Their Heads • Old Flings (Final Show) • Options • Ordinary Lives • Oso Oso • The Pauses • Pears • Pity Party • Planes Mistaken For Stars • Prawn • Prince Daddy & The Hyena • Propagandhi • Raging Nathans • Red City Radio • Regents • Rozwell Kid • Runaway Brother • Samiam • Sea of Storms • Shawn James & The Shapeshifters • Shellshag • Sinai Vessel • Sisiet Kiss • Slingshot Dakota • The SLOW Death • Small Brown Bike • Spill • Strike Anywhere • Tender Defender • Tiltwheel • Tim Barry • Touguitar • Toys That Kill • Typesetter • Underground Railroad to Candyland • United Nations • The Unlavables • Up For Nothing • War on Women • Warren Franklin & The Founding Fathers • We Are The Union • Western Settings • Wonk Unit • Worship This • Worthwhile Way • You Blew It! • Young Ladies

AMALIE ARENA
813-301-6500

MAY 2016

12-15 Disney on Ice

27 R. Kelly

JUNE 2016

02 Ellie Goulding

27 WWE Raw

JULY 2016

01 Nicky Jam

30 Pitbull

AUGUST 2016

27 Drake with Future and Special Guests

OCTOBER 2016

30 Kellogg's Tour of Gymnastics Champions

NOVEMBER 2016

16 Carrie Underwood

FEBRUARY 2017

28 Twenty One Pilots

AMWAY CENTER, ORLANDO
407-440-7000

MAY 2016

14 Florence + The Machine

20 Def Leppard (Rescheduled Show)

JUNE 2016

10 Selena Gomez

17-18 Mascot Games

25 Demi Lovato & Nick Jonas

26 WWE Live SummerSlam

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 Ellie Goulding

JULY 2016

06 Halsey

SEPTEMBER 2016

18 Meghan Trainor

HARD ROCK LIVE ORLANDO
407-351-5483

MAY 2016

18 New Jersey's B-Street Band

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

30 In this Moment with Hellyeah

JULY 2016

05 Culture Club
16 Classic Albums: The Doors-L.A. Woman
22 Beres Hammond
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
19 James Bay

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

MAY 2016

13 PVRIS with Lydia, CRUISER and Beach Weather
14 Deftones with Code Orange Kids
15 FONSECA
20 Cultura Profetica with Bachaco

JUNE 2016

03 Emblem3 with Megan Nicole
04 Ednita Nazario

DECEMBER 2016

04 Girls in Wonderland with Taryn Manning
08 XAmbassadors with The Moth & The Flame and Foreign Air
11 THRICE with La Dispute and Gates

JULY 2016

07 Chino Y Nascho with Guaco

SEPTEMBER 2016

NOVEMBER 2016

DECEMBER 2016

Sonata Arctica

MAY 2016

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

JULY 2016

09 ilovedrivingslow car show 11:00AM - 4:00PM

15 Classic Albums: Allman Brothers - 1969-1979

23 La Petit Fancy Flea Vintage Home & Garden Market

29-31 The Lakeland Boat Show 10:00AM

AUGUST 2016

19 Classic Albums: Bruce Springsteen - Born to Run

SEPTEMBER 2016

16 Classic Albums: The WHO - Who's Next

17-18 Original Lakeland Gun Show 9:00AM

17-18 Concealed Weapons Class 10:00 AM

OCTOBER 2016

07 Classic Albums: Led Zeppelin - Physical Graffiti

NOVEMBER 2016

17 Mannheim Steamroller 7:30PM

DECEMBER 2016

27 Moscow Ballet Great Russian Nutcracker 7:00PM

JANUARY 2017

24-Feb.25 Snowbird Extravaganza 9:00AM

FEBRUARY 2017

10-11 National Association of Watch & Clock Collectors 12:00PM

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

JULY 2016

02 Slipknot

03 Sublime with Rome

09 Modest Mouse/Brand New

16 Dierks Bentley

17 G-Eazy & Logic

21 Snoop Dog with Wiz Khalifa plus Kevin Gates, Casey Veggies, Jhene Aiko and DJDrama

23 Counting Crows with Rob Thomas

26 Gwen Stefani with Eve

27 Dave Mathews Band

AUGUST 2016

05 Hank Williams Jr. and Chris Stapleton

06 Blink-182 with A Day to Remember and The All-American Rejects

15 Def Leppard

19 Dixie Chicks World Tour

SEPTEMBER 2016

22 Heart with Joan Jett & The Blackhearts

ORLANDO CITRUS BOWL

JULY 2016

29 Guns N' Roses

RUTH ECKERD HALL/ CAPITOL THEATRE 727-791-7400

MAY 2016

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

SEPTEMBER 2016

14 Leon Bridges 8:00pm Ruth Eckerd Hall

15 Gary Gulman 8:00pm Capitol theatre

21 IL Divo-Armor & Passion 8:00pm Ruth Eckerd Hall

OCTOBER 2016

21 Postmodern Jukebox 8:00pm Ruth Eckerd Hall

NOVEMBER 2016

16 Chris Cornell 8:00pm Ruth Eckerd Hall

17 Classic Albums: The Beatles-Revolver 7:30pm Capitol Theatre

24 Brit Floyd (Soundcheck) 5:00pm Ruth Eckerd Hall

24 Brit Floyd 8:00pm Ruth Eckerd Hall

24 Brit Floyd 8:00pm Ruth Eckerd Hall

SEPTEMBER 2016

27 Laughing Stock 7:30pm Murray Theatre

28 Laughing Stock 7:30pm Murray Theatre

29 Laughing Stock 7:30pm Murray Theatre

28 A Midsummer Night's Dream 2:30pm Ruth Eckerd Hall

28 A Midsummer Night's Dream 7:00pm Ruth Eckerd Hall

JUNE 2016

02 Kirk Franklin 8:00pm Ruth Eckerd Hall

03 The Tubes and John Waite 8:00pm Capitol Theatre

07 Jason Bonham 8:00pm Ruth Eckerd Hall

08 Cyndi Lauper 8:00pm Ruth Eckerd Hall

10 Kidz Bop 7:00pm Capitol Theatre

11 Happy Together: The Turtles featuring Flo & Eddie, Chuck Negron, Mark Lindsey, The

Cowsills, Gary Puckett & The Union Gap and The Spencer Davis Group 7:00pm Ruth Eckerd Hall

16 Chris Cornell 8:00pm Ruth Eckerd Hall

17 Classic Albums: The Beatles-Revolver 7:30pm Capitol Theatre

24 Brit Floyd (Soundcheck) 5:00pm Ruth Eckerd Hall

24 Brit Floyd 8:00pm Ruth Eckerd Hall

SEPTEMBER 2016

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21 IL Divo-Armor & Passion 8:00pm Ruth Eckerd Hall

OCTOBER 2016

21 Postmodern Jukebox 8:00pm Ruth Eckerd Hall

NOVEMBER 2016



PHOTO PROVIDED

The original "Master of Shock Rock", Alice Cooper makes a stop at Ruth Eckerd Hall on August 13.

02 Bonnie Raitt 8:00pm Ruth Eckerd Hall

04 ZZ Top **RESCHEDULED FFROM APRIL 29** 8:00pm Ruth Eckerd Hall

05 Les Stroud 8:00pm Capitol Theatre

05 Whoopi Goldberg 8:00pm Ruth Eckerd Hall

11 Kansas 8:00pm Ruth Eckerd Hall

DECEMBER 2016

22 Rudolph the Red Nosed Reindeer 3:00pm Ruth Eckerd Hall

22 Rudolph the Red Nosed Reindeer 7:30pm Ruth Eckerd Hall

LOCAL CONVENTIONS

MAY 2016

26-29 Multi-genre convention. Mega Con Orlando, FL

JULY 2016

01-04 Anime, scifi, and comic convention. Florida Supercon Miami, FL



FLORIDA GATORS BASEBALL 2016

MAY 2016

- 13 7:00 PM Vanderbilt
- 14 4:00 PM Vanderbilt
- 15 1:00 PM Vanderbilt

- 19 7:30 PM at LSU
- 20 7:00 PM at LSU
- 21 4:30 PM at LSU

FLORIDA STATE BASEBALL 2016

MAY 2016

- 13 at Duke 6:00 p.m.
- 14 at Duke 1:00 p.m.
- 15 at Duke 1:00 p.m.
- 19 Miami 6:00 p.m.
- 20 Miami 6:00 p.m.
- 21 Miami 1:00 p.m.



TAMPA BAY RAYS REGULAR SEASON

MAY 2016

- 13 Oakland Athletics
- 14 Oakland Athletics
- 15 Oakland Athletics
- 25 Miami Marlins
- 26 Miami Marlins
- 27 New York Yankees
- 28 New York Yankees
- 29 New York Yankees

JUNE 2016

- 10 Houston Astros
- 11 Houston Astros
- 12 Houston Astros
- 14 Seattle Mariners
- 15 Seattle Mariners
- 16 Seattle Mariners
- 17 San Francisco Giants
- 18 San Francisco Giants
- 19 San Francisco Giants

SEPTEMBER 2016

- 27 Boston Red Sox
- 28 Boston Red Sox
- 29 Boston Red Sox
- 30 Detroit Tigers

JULY 2016

- 01 Detroit Tigers
- 02 Detroit Tigers
- 03 Detroit Tigers
- 04 Los Angeles Angels
- 05 Los Angeles Angels
- 06 Los Angeles Angels
- 07 Los Angeles Angels
- 15 Baltimore Orioles
- 16 Baltimore Orioles
- 17 Baltimore Orioles

- 29 New York Yankees

- 30 New York Yankees

- 31 New York Yankees

AUGUST 2016

- 01 Kansas City Royals
- 02 Kansas City Royals
- 03 Kansas City Royals
- 04 Kansas City Royals
- 05 Minnesota Twins
- 06 Minnesota Twins
- 07 Minnesota Twins
- 15 San Diego Padres
- 16 San Diego Padres
- 17 San Diego Padres
- 19 Texas Rangers
- 21 Texas Rangers
- 22 Boston Red Sox
- 23 Boston Red Sox
- 24 Boston Red Sox
- 25 Boston Red Sox

SEPTEMBER 2016

- 02 Toronto Blue Jays
- 03 Toronto Blue Jays
- 04 Toronto Blue Jays
- 05 Baltimore Orioles
- 06 Baltimore Orioles
- 07 Baltimore Orioles
- 20 New York Yankees
- 21 New York Yankees
- 22 New York Yankees
- 23 Boston Red Sox
- 24 Boston Red Sox
- 25 Boston Red Sox

MIAMI MARLINS REGULAR SEASON HOME

MAY 2016

- 20 Washington Nationals
- 21 Washington Nationals
- 22 Washington Nationals
- 23 Tampa Bay Rays
- 24 Tampa Bay Rays
- 30 Pittsburgh Pirates at Miami Marlins Estadio Hiram Bithorn - San Juan, PR, PR



Tampa Bay Lightning defenseman Andrej Sustr (62) and left wing Ondrej Palat (18) celebrate with defenseman Jason Garrison (5) after Garrison scored the winning goal against the New York Islanders during the overtime period of Game 4 of the NHL hockey Stanley Cup Eastern Conference semifinals, Friday, May 6, 2016, in New York. The Lightning won 2-1. (AP Photo/Frank Franklin II)

- 31 Pittsburgh Pirates at Miami Marlins Estadio Hiram Bithorn - San Juan, PR, PR

JUNE 2016

- 01 Pittsburgh Pirates
- 02 Pittsburgh Pirates
- 03 New York Mets
- 04 New York Mets
- 05 New York Mets
- 17 Colorado Rockies
- 18 Colorado Rockies

- 19 Colorado Rockies
- 20 Colorado Rockies
- 21 Atlanta Braves
- 22 Atlanta Braves
- 23 Chicago Cubs
- 24 Chicago Cubs
- 25 Chicago Cubs
- 26 Chicago Cubs

JULY 2016

- 08 Cincinnati Reds
- 09 Cincinnati Reds
- 10 Cincinnati Reds
- 22 New York Mets
- 23 New York Mets
- 24 New York Mets
- 25 Philadelphia Phillies

- 26 Philadelphia Phillies
- 27 Philadelphia Phillies
- 28 St. Louis Cardinals
- 29 St. Louis Cardinals
- 30 St. Louis Cardinals
- 31 St. Louis Cardinals

- 08 San Francisco Giants
- 09 San Francisco Giants
- 10 San Francisco Giants
- 12 Chicago White Sox

AUGUST 2016

- 08 San Francisco Giants
- 09 San Francisco Giants
- 10 San Francisco Giants
- 12 Chicago White Sox

- 13 Chicago White Sox
- 14 Chicago White Sox
- 23 Kansas City Royals
- 24 Kansas City Royals
- 25 Kansas City Royals
- 26 San Diego Padres
- 27 San Diego Padres
- 28 San Diego Padres

SEPTEMBER 2016

- 05 Philadelphia Phillies
- 06 Philadelphia Phillies
- 07 Philadelphia Phillies
- 09 Los Angeles Dodgers
- 10 Los Angeles Dodgers
- 11 Los Angeles Dodgers
- 19 Washington Nationals

- 20 Washington Nationals
- 21 Washington Nationals
- 22 Atlanta Braves
- 23 Atlanta Braves
- 24 Atlanta Braves
- 25 Atlanta Braves
- 26 New York Mets
- 27 New York Mets
- 28 New York Mets

LAKELAND FLYING TIGERS JOKER MARCHANT STADIUM

MAY 2016

- 20 Charlotte
- 21 Charlotte
- 22 Charlotte
- 23 Charlotte
- 27 Clearwater
- 28 Clearwater
- 29 Clearwater
- 31 Brevard

JUNE 2016

- 01 Brevard
- 02 Brevard
- 03 Bradenton
- 04 Bradenton
- 05 Bradenton
- 06 Bradenton

JULY 2016

- 01 Daytona

02 Daytona	29 Daytona	25 Philadelphia Union	JULY 2016	11 AT Los Angeles KISS 10:00 PM	30 Philadelphia Soul 7:30pm
04 Clearwater	30 Daytona	JUNE 2016	10 Boston Breakers	16 VS Philadelphia Soul 4:00 PM	TAMPA BAY ROWDIES SOCCER AL LANG STADIUM, TAMPA
06 Clearwater	31 Daytona	18 San Jose Earthquakes	16 Chicago Red Stars	23 VS Portland Thunder 5:00 PM	MAY 2016
08 Palm Beach	SEPTEMBER 2016	25 Toronto FC	AUGUST 2016	31 AT Jacksonville Sharks 5:00 PM	14 Rayo OKC
09 Palm Beach	02 Tampa	JULY 2016	26 Washington Spirit	ORLANDO PREDATORS AMWAY AREANA	JUNE 2016
10 Palm Beach	03 Tampa	08 Houston Dynamo	SEPTEMBER 2016	13 Tampa Bay Storm 7:30pm	04 Ottawa Fury FC
11 Palm Beach	CENTRAL FLORIDA JAGUARS INDOOR FOOTBALL LAKELAND CENTER	31 New England Revolution	10 Sky Blue FC	21 AT Philadelphia Soul 7:30pm	JULY 2016
21 St. Lucie	MAY 2016	AUGUST 2016	24 FC Kansas City	27 Jacksonville Sharks 7:30pm	02 Jacksonville Armada FC
22 St. Lucie	28 Charleston Ravens	07 Seattle Sounders FC	TAMPA BAY STORM AMALIE ARENA	13 AT Orlando Predators 7:30 PM	16 Puerto Rico FC
23 St. Lucie	ORLANDO CITRUS BOWL ONE CITRUS BOWL PLACE	24 Toronto FC	MAY 2016	23 VS Cleveland Gladiators 7:30 PM	23 New York Cosmos
24 St. Lucie	SEPTEMBER 2016	28 New York City FC	13 AT Orlando Predators 7:30 PM	29 VS Arizona Rattlers 2:00 PM	AUGUST 2016
AUGUST 2016	05 Florida State vs. Ole Miss 2016 Orlando Kickoff Game	SEPTEMBER 2016	23 VS Los Angeles KISS 7:30 PM	05 AT Los Angeles Kiss 10:00pm	06 Fort Lauderdale Strikers
03 Tampa	SEPTEMBER 2018	02 Montreal Impact	JUNE 2016	13 Cleveland Gladiators 7:30pm	20 FC Edmonton
04 Tampa	01 Crimson Tide vs. Cardinals 2018 Orlando Kickoff Game	23 D.C. UNITED	06 AT Portland Thunder 10:00 PM	18 AT Jacksonville Sharks 7:00pm	27 Rayo OKC
07 Clearwater	ORLANDO CITY SC MEN'S SOCCER ORLANDO CITRUS BOWL	ORLANDO PRIDE WOMEN'S SOCCER ORLANDO CITRUS BOWL	11 VS Jacksonville Sharks 5:00 PM	24 Tampa Bay Storm 7:30pm	SEPTEMBER 2016
08 Brevard	MAY 2016	MAY 2016	18 VS Los Angeles KISS 7:30 PM	09 AT Portland Thunder 10:00pm	OCTOBER 2016
09 Brevard	14 Western New York Flash	14 Western New York Flash	24 AT Orlando Predators 7:30 PM	18 AT Arizona Rattlers 9:30pm	01 Miami FC
10 Brevard	JUNE 2016	JUNE 2016	Bye Week		05 Minnesota United FC
11 Clearwater	23 Houston Dash	23 Houston Dash	JULY 2016		19 Indy Eleven
12 Clearwater	26 Portland Thorns	26 Portland Thorns			22 Ottawa Fury FC
13 Clearwater					
19 Dunedin					
20 Dunedin					
21 Dunedin					

Lady Jackets win state title

Green's walk-off homer in 11th wins championship

By **JEFF ROSLOW**

JROSLOW@HEARTLAND
NEWSPAPERS.COM

Following a send-off rally astride a Bartow Fire Department engine and convoy and before hundreds of cheering fans standing on Broadway Avenue rooting them on to bring home a state title, the Lady Jackets then departed Bartow last Thursday for Vero Beach where two days later they beat Countryside in an 11-inning contest to bring home the title.

The day before, the girls softball team topped Strawberry Crest 12-2 to win the semi-finals, but in the final game, their extra inning victory came with some controversy, but was won when Kensie Green slammed a three-run home run to give them a 5-2 victory and the state championship for second-year coach Donna Byars. It was actually the second state title for Byars as a Lady Jacket. She was a junior in 1997 when Bartow won the state title under Glenn Rutenbar.

"They are two different things," Byars said, comparing winning the title as a player or a coach. "It's cool and it's neat

and you want it of course ... it's the kids who put in the time effort, (the coaches) hope to give them the tools they need to get there."

Byars said she was proud to help continue the winning tradition that Rutenbar started in his 29 years of coaching, and quickly said there is no one who can replace the legacy he left. Rutenbar won seven state titles and this one was the first one for Bartow since 2006.

"From day one, Rutenbar started a winning tradition at Bartow High School and I just wanted to continue that winning tradition. No one can ever fill his shoes," she said and joked. "He's a 10 and I'm a size 7, and that's never going to happen. I just want to do the best for me, the girls and Bartow High School."

Last year the girls softball team lost in the semi-finals to Tate in the hopes of winning the state title for Rutenbar, but it was this year they won and while the drive for the crown was not dedicated to winning in memory of Don Stratton who covered the team for years and died on March



PHOTO BY JEFF ROSLOW

Pitching coach Mike Littlejohn talks to the pitchers and catchers Thursday before the team headed to Vero Beach for the state finals. Bartow's pitchers shined in the two games as freshman Jaden Williamson pitched a complete game win over Strawberry Crest 12-2 and pitched six innings in the finals before she was relieved by sophomore Denice Wright who won that game pitching five innings.

24, Byars said he was certainly looking in and smiling.

"I believe he was completely there," Byars said. "Destiny (Breedon) made a play (in center field) that stole a home run, I believe Don was out in the outfield watching it and smiling." Byars was referring to Cheyenne Blumberg's seventh inning swat to center off reliever Denice Wright, where Breedon made the catch running into the fence to retire the side. At the time the score was tied 2-2 and the run would have

put Countryside up with Bartow going into its last inning.

That second run was where much of the controversy came. Bartow had taken a 2-0 lead in the finals with runs in the first and third innings. The Cougars came back in the fifth inning when a batter doubled off the center field wall and scored a teammate standing on second base.

In the sixth inning, the Cougars got runners on second and third with two outs with a hit down the third base line.

Leftfielder Tayler Owen quickly threw it to third and Green tagged out the runner. However, the umpire ruled the run scored before the out, tying the game. That drew Byars out of the dugout in protest as she was sure the runner was at least two steps from home as the out was made.

"I think that's when I became frustrated when Tayler made that great play. I questioned the umpire to get help," Byars said. "I later played it back on TV and she was two or three steps (from home)." Byars said the home plate umpire was adamant that Countryside's runner scored before the out. "He said I'm not asking for help."

Early in the game, Countryside's pitcher was hit hard a few times by the Lady Jackets, but as the game went on she got tougher. The hard hits came, but gloves were there and Bartow didn't get a hit for six innings. Freshman Jaden Williamson, who pitched a complete game the day before against Strawberry Crest, was relieved in the sixth by Denice Wright, the eventual winning pitcher. Wright proved equally tough as Preston, keeping

the Cougars from making a threat, that is until the 11th inning.

Wright got the first two batters in the inning but then gave up a single to center and then double to left field, followed by a walk to load the bases. The next batter, who already had three hits, nailed a Wright pitch to center but Breedon pulled in the ball to end the inning.

In the bottom of the 11th, Ashton Owen reached first on an error when her hit deflected off the shortstop's glove. Alex Mace sacrificed her to second. Breedon struck out, but Lexi Sims was intentionally walked, but backfired as Green, the cleanup hitter — hit one over the left field fence, giving the Lady Jacket the Class 8A championship.

The victory was sweet for Byars but she said she didn't expect her team to lose this year.

"My girls came out ready to play. They wanted to get back to that state championship and they gave it everything they got," Byars said.

With the win Bartow finishes the season with a 23-5 record. Countryside finished the season 25-5.

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 education.
Each number corresponds to a letter.
(Hint: 15 = L)

Answers: A. school B. challenge C. intelligent D. learning

A. 21 25 24 7 7 15

Clue: Place for learning

B. 25 24 12 15 15 6 23 16 6

Clue: Test

C. 4 23 1 6 15 15 4 16 6 23 1

Clue: Smart

D. 15 6 12 19 23 4 23 16

Clue: Academic work

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to education.

DTSSUIE

☐ ☐ ☐ ☐ ☐ ☐ ☐

Answers: Studies

Guess Who?

I was born on November 14, 1972 in North Dakota. I was working as a construction worker when I was discovered by a modeling agency. I have been on soap operas as well as movies. In 2009, I married a pop singer and we have one child together.

Answers: Josh Duhamel

EDUCATION WORD SEARCH

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

WORDS

ADVISOR	HOMEWORK
ASSIGNMENT	LOCKERS
CAMPUS	MAJOR
CLIQUE	MENTOR
COLLEGE	OUTLINE
CONCENTRATION	PRINCIPAL
CONTINUING	PROFESSOR
COURSES	REMEDIAL
CURRICULUM	SCHOOLING
DEGREE	SEMESTER
DIPLOMA	SMART
DORM	SORORITY
EDUCATION	STEREOTYPE
EXTRACURRICULAR	SUPPLIES
FRATERNITY	SYLLABUS
FRIENDS	TEXTBOOK
GRADES	UNIVERSITY

Find the words hidden vertically, horizontally & diagonally throughout the puzzle.

HEALTH and WELLNESS



Volunteers honored at Winter Haven Hospital

Winter Haven Hospital recently honored more than 50 volunteers at the Annual Volunteer Appreciation Luncheon held at Lake Ashton Golf and Country Club during National Volunteer Week.

During the luncheon, the Winter Haven Hospital Auxiliary presented a check for \$125,000 to the Winter Haven Hospital Foundation in support of the Bostick Heart Center. This donation brings the Auxiliary's total financial contributions to the Foundation to more than \$2.6 million.

"We are grateful for the Auxiliary's visionary leadership and for their continued investment in Winter Haven Hospital patient care," said Lance Anastasio, Winter Haven Hospital Foundation Chair.

The Auxiliary annually sponsors three Youth Scholarship Awards for \$2,000 each to recognize outstanding youth in the community. Youth Scholarship Awards

were presented to Rebecca Wasnorowicz, Auburndale High School and Kathy Vega, Winter Haven High School.

The Christopher Whitehead Memorial Scholarship, awarded to a hospital teen volunteer, was presented to Ashtyn McDaniel.

Following the check presentation and the Youth Scholarship Awards, individual volunteers were honored for their contributions to the volunteer program at Winter Haven Hospital. The prestigious Spirit Award for significant and outstanding service was presented to Bennie Spanjers.

Other awards presented to Winter Haven Hospital Volunteer Auxiliary members were:

- Essential Piece Award to Janice Bullock
- Caring Heart Award to Edna Henry
- Red Carpet Service Award to Ron Davey
- Helping Hand Awards to Curt Dudley
- Thank You Award to Libby King

• The Power of One Award to Dennis Thibodeaux

• Your Time is Appreciated Awards to Dick Winship and Ginny Wood

• Positively Awesome Award to Kara Lanpher
The Department of Chaplaincy Services Certificate of Appreciation was given to Libby King.

This award represents volunteers who support the work of the chaplaincy department in providing spiritual care for our patients, loved ones and team members.

The 2016-17 Auxiliary Officers were installed: Parliamentarian/Advisor-Past President Trisha Knepp; Historian Joyce Lawson; Correspondence Secretary Edna Henry; Recording Secretary Kathy Hill; Treasurer Nancy Schaper; Second Vice President Cindy Barber; First Vice President Janice Bullock; President Anna Kauffman. Retiring



PHOTO PROVIDED

The WHH Auxiliary presents a check in the amount of \$125,000 to the WHH Foundation in support of the Bostick Heart Center. From left is Steve Neirman, WHH president; Anna Kauffman, WHH Auxiliary president; Elizabeth Ponder, WHH Foundation senior director of major and planned gifts; and Nancy Schaper, WHH Auxiliary treasurer.

Auxiliary Officers were presented a trophy and recognized for their dedication, leadership and

service: Joan Johnston, Marion Green and Shelly DiNunzio. Winter Haven Hospital is currently

recruiting volunteers for the patient information desks and the tram service.

Polk County ranks 12th in state in child drownings

May is Water Safety Awareness Month and Florida residents are encouraged to practice safe swimming this summer. Drowning is the leading cause of death in children ages 1-4 and Florida has the highest rate of child drownings for those younger than 5 in the nation. Polk County has the 12th highest child drowning rate in the state with a count of 25 deaths in 2014.

"With over 500 lakes in Polk County, our residents spend a significant

amount of time in and around the water, especially this time of year," Dr. Joy Jackson, director of the Florida Department of Health in Polk County, said in a press release. "Being aware and providing safeguards around water related activities can reduce water injuries and prevent drowning occurrences."

It is important for all Florida residents to be aware of the following water safety tips to keep a fun family outing from turning into a tragedy:

Supervision: Make sure children have close adult supervision when near the water. Drowning is a silent and deadly killer. It can occur within the small amount of time it takes an adult to talk on the phone, text, read a page in a magazine, or run inside for a towel.

Barriers: Having a barrier between the house and pool could help to reduce the instances of drowning accidents by 50-80 percent. Examples of barriers include child-proof locks on all doors,

a 4-sided fence (at least 5 feet tall) separating the pool from the house, gates with self-latching/self-closing mechanisms, and door alarms.

Swimming Lessons: Children, adolescents, and adults should learn how to swim. Remember that swimming lessons are not a substitute for swimming supervision.

Emergency Preparedness: Know how to perform CPR. This is always a great skill to have, especially with young swimmers.

It only takes 4-6 minutes without oxygen to cause lasting brain damage. Valuable life-saving seconds can be lost if waiting for EMS to arrive before beginning CPR.

Boating Safety: When boating, make sure that all passengers are fitted with the appropriately sized life jacket. The U.S. Coast Guard requires all children 13 and younger to wear a personal flotation device any time they are on a recreational water vehicle.

Water related activities

can be a great way to enjoy the beautiful Florida weather and escape the heat that accompanies summer. However, it is our responsibility to ensure the safety of our children, and of ourselves, when in and around the water.

For information related to drowning prevention and resources, please visit www.waterproofll.com. For information on swim lessons and water safety resources in Polk County, visit www.mypolkhealth.org.

Jackson: Teen birth rate declining, but still health concern

The Florida Department of Health in Polk County recognizes May as National Teen Pregnancy Prevention Month. This observance raises awareness about unplanned teen pregnancy in an effort to reduce the instance and improve the lives and well-being of those affected.

"The teen birth rate

in Polk County has been steadily declining over the last decade," said Dr. Joy Jackson, director of DOH-Polk. "Although this is encouraging, teen pregnancy remains a public health concern in Polk County."

Approximately one in four teens become pregnant by the age of 20. According to Florida Charts, in 2004 a total of

1,104 births occurred in girls 15-19 years old. This number has decreased significantly in 2014 with a total of 647 births occurring in girls 15-19 years old. Although data shows a decline there are still great health risks associated with teen pregnancies.

- Babies born to teen moms:
- Tend to be premature
 - Are at greater risk for

low birth weight

- Can be more susceptible to long-term health problems
- Are at greater risk for living in poverty
- Tend to have difficulty in school
- Are at risk to becoming a teen parent themselves

The Florida DOH in Polk County continuously monitors the number

of births to teens and works in collaboration with the Teen Pregnancy Prevention Alliance to plan and implement strategies that reduce teen pregnancies around the county.

FDOH-Polk is encouraging adults to talk openly to teens about sex, contraception, sexually transmitted diseases, and pregnancy.

TPPA will be hosting a Polk Teen Summit on Saturday, May 14 that encourages parents and teens to come and talk about these issues. The theme of the event "What the Facts" is focused on sexual health, STD awareness, and teen pregnancy prevention.

For information about teen birth rate data, visit www.floridacharts.com.

HEALTH and WELLNESS

LWMC CEO officer quits, joins Heart of Florida in Davenport

Andrew Howard, chief executive officer of Lake Wales Medical Center, resigned effective Friday, May 6, to become the chief operating officer at Heart of Florida Regional Medical Center in Davenport. Rebecca Brewer will become the CEO at Lake Wales



BREWER

effective Monday, May 9. Brewer comes to Lake Wales from Heart of Florida Regional Medical Center, where she served as Director of Operations since 2014.

"The Lake Wales Medical Center team of employees, volunteers and physicians is very special and it has been an honor to work with them," Howard said. "Their dedication to quality, safety and service make a difference in patient's lives each day."

Since joining the hospital in 2013, Howard has focused on strengthening the hospital and its delivery of safe, quality patient care for the community. He first served as Assistant CEO before becoming CEO two years ago. Under him, the hospital in 2015 led the company with the highest score on its tri-annual Joint Commission survey. The hospital also completed an extensive exterior renovation, completed an expansion of the lab, and opened the area's first Geriatric Psychiatric Unit.

"Andrew has made a difference and will be missed," said Linda Kimbrough, chairman of the Board of Trustees at the hospital.

In her role, Brewer has supported the recruitment of 10 physicians; upgraded equipment for MRI, telemetry, endoscopy and more; led the design and construction of two smart OR for orthopedics service lines; and oversaw the management of several projects including internal renovations and securing space for newly recruited physicians. She has more than 30 years of experience and has held several executive-level positions at several hospitals, including CEO at St. Cloud Regional Medical Center and a previous appointment as COO at Heart of Florida.

"The Board of Trustees is confident Rebecca will be a leader who can continue the momentum that has been underway and continue to help us be the healthcare provider of choice in this community,"



PHOTO PROVIDED

Carol Koeppel-Olsen, WHH vice president, patient care services and Steve Nierman, WHH president, congratulate the 2016 Nurses of Excellence: Laura Felix, BA, BSN, RN; Peggy Brenner, ASN, RN; Stephanie Altieri, BSN, RN; and (not pictured) Kelly Leone ASN, RN.

Kimbrough said in a press release. "Andrew has set Lake Wales Medical Center on a path for success that will continue into the future under Rebecca's leadership."

Brewer holds a master's in Nursing from the University of South Carolina and a bachelor's in Nursing from Clemson University.

Winter Haven Hospital honors nurses

Hospital honored 31 Unit Nurses of the Year and announced the four Nurses of Excellence.

The four were Stephanie Altieri, BSN, RN; Peggy Brenner, ASN, RN; Laura Felix, BA, BSN, RN and Kelly Leone ASN, RN.

"The Nurses of Excellence awards are peer-nominated submissions based on the BayCare values of trust, respect, dignity, responsibility and excellence," said Sally Raiden, nursing administrator at Winter Haven Hospital. "The Winter Haven Hospital Professional Nursing Practice Council, comprised of staff nurse representatives, reviewed unnamed nominations and voted to determine the top four Nurses of Excellence who best live the BayCare values."

Altieri, a surgical intensive care unit nurse, wanted to be a nurse since she was a child and says helping others is her passion. She became a licensed practical nurse in 2009, before continuing her education at Polk State College where she became a registered nurse in 2012 and completed her Bachelor of Science in Nursing in 2015.

A co-worker described Altieri as one of the most caring compassionate nurses who always goes

above and beyond for patients and families.

Brenner, an oncology unit nurse, has always loved nature, plants and animals of every kind. She completed an Associate of Science Degree in Nursing at Polk State College, while working at Winter Haven Hospital as a Nurse Tech.

When asked about her dedication, Brenner said she believes her work with animals increased her understanding of needs throughout the cycles of life, sharpened her observation skills for identifying "what is wrong" when a person cannot tell her, and taught her how to remain calm in order to decrease the fears of those for whom she provides care.

Felix, an operating room nurse, knew she wanted to work in the medical field. She grew up watching her grandmother and grandfather, both physicians, as they cared for patients. After completing a Bachelor of Arts in Psychology at Eastern Carolina University, she completed her Associate of Science Degree and Bachelor of Science in Nursing at Polk State College.

Leone, a cardiac intensive care unit nurse, was inspired to become a nurse when she was 10 years old and had hip surgery. She was a tank mechanic in the Army before completing her ASN at Polk State College and beginning her nursing career in 2006. The nurses who work with Leone in the CICU trust her to maintain the integrity of nursing and know she will do the best and right thing for her patients.

The 2016 Unit Nurses of the Year are: Suzie Alderman, Julie Bedenbaugh, Sandra

Berges, Marcie Black, Rochelle Borje, Etta Cavin, Mary Crum, Sandy Danforth, Courtney Daudelin, Tu Earp, Jewel Fulse, Ashley Garrett, Leila Gomes, Joy Harris, Oneka Jones, Jennifer Livingston, Phillip Parker, Satoria Reid Rowe, Angel Sanchez, Andrea Stallworth, Marsha Mullis, Jordan Mills Toledo, Julia Tofanelli, Carina Velasco, Sherri Vernier, Amber Westall and Tina Worth.

Procedure can eliminate the double chin

Watson Clinic's plastic and reconstructive surgeons, as well as our team of facial plastic surgeons, has a new non-invasive procedure designed to eliminate pockets of fat around the chin without the use of incisions.

Kybella is an injectable solution that slims and provides definition to a common problem area that is often referred to as a double chin. For many years, the only option for correcting this excess fat was surgery; patients had to undergo

invasive incisions and a lengthy healing and recovery period. That's all changed thanks to this breakthrough treatment.

"Kybella is the only FDA-approved injectable that has been proven to break down the excess fat that accumulates under the chin," said Dr. Faeza R. Kazmier, a plastic surgeon at the Watson Clinic Women's Center.

Kybella works best for patients with moderate to severe fat below the chin. Made from deoxycholic acid, the injectable destroys fat cells and incapacitates them from storing additional fat. Patients enjoy a much improved appearance and profile after an average of two to four injectable treatments.

"These injections are performed in our office within a short period of time," reported Dr. J. Scott Ferguson, a plastic surgeon at Watson Clinic's Main location. "It doesn't take long for our patients to begin to see great results."

The side effects are generally very mild

— including bruising, redness, swelling and numbness — and recovery occurs much more quickly than with traditionally invasive surgical efforts.

Free skin evaluations scheduled

In observance of Melanoma/Skin Cancer Detection and Prevention Month, the Watson Clinic Foundation plans free community skin evaluations with two dermatology providers.

"Skin cancer is by far the most common of all cancers in the United States, but the survival rate is overwhelmingly high with early detection and treatment," says Watson Clinic Foundation Program Coordinator Peggy Garrett. "That's why maintaining a schedule of routine skin evaluations from a medical professional is so important."

Conducted by Watson Clinic board-certified dermatologist Dr.

Linwood D. Bond, Jr. and

certified physician assistant Jason Kumlien, PA-C, these free evaluations will take

place by appointment only from 9 a.m.-noon Saturday, May 21, at Watson Clinic's South location at 1033 N.

Parkway Frontage Drive, Lakeland. Those who have not yet established their own dermatologist are encouraged to attend. Participants are asked to wear loose-fitted clothing and no make-up to assist in the screening process.

Appointments are required. Call 863-802-6220.



BOND



KUMLIEN

Lake Wales Family Practice



Dr. James Nelson & Mitzie Ballintine, ARNP



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Accepting New Patients OPEN MON-FRI 8:30 am - 5:00 pm

Comprehensive Medical Care with You in Mind

HEALTH and WELLNESS

Don't fry your health away

If goat droppings smelled or tasted good would you eat them? Oh I know, fried food smells and tastes so good. Thankfully, despite what our noses beg us to do, our brains remind us that frequently eating fried foods amounts to suicide by skillet.

Any fried food, whether a vegetable, meat or seafood, is health defeating. First, frying requires the oil to be at a high temperature. When oils are subjected to intense heat longer than a few minutes, they become carcinogenic (cancer causing). Fried restaurant food makes matters worse, because frying is done in the same oil bath for hours at a time, rendering the oil even more toxic. Second, fried food is extremely high in fat and calories because much of the oil in the pan becomes absorbed into every nook and cranny. If the food is breaded, even more oil is soaked in.

Consuming fried food more than once or twice per month raises the risk of obesity, diabetes, cardiovascular and inflammatory diseases, cancer, and dementia. Healthier cooking methods, similar to frying, offer delicious yet wholesome



Judy E. Buss

Mission Nutrition

Health Correspondent

alternatives. Stir-fried dishes use a minuscule amount of oil and are only briefly cooked. Baking your chicken or fish is another option. Oven-roasted chicken is a great solution as well. Store-bought rotisserie chicken is utterly delicious, cost effective, and saves time. You can eat it as is (minus the skin and bones) or transform it into numerous yumtastic chicken salads of all kinds, sandwiches and wraps, or mix the chopped (skinned) poultry with rice, pasta, or soups. Potatoes and sweet potatoes can be cubed steamed and briefly roasted. Enjoy the following recipes:

HAWAIIAN-STYLE STIR-FRIED CHICKEN

4 servings
1 ½ pounds uncooked, boneless, skinless chicken breast

2 (8-ounce) cans pineapple chunks in pineapple juice
8 green onions, thinly sliced
1 ½ green bell peppers, seeded, finely chopped
3 tablespoons olive oil
3 cloves garlic, finely chopped
1 cup roasted cashews

SAUCE:
3 tablespoons soy sauce
½ cup orange juice
1 tablespoon corn starch
½ teaspoon cayenne powder

Rinse chicken and place on plate. With paper towels dry chicken and place on second clean dry plate. Cut the chicken into bite-size pieces. In small bowl, mix ⅓ cup juice from the pineapple and all other sauce ingredients. Set aside. Reserve remainder of pineapple juice for another use. Cut all pineapple chunks in half, and set aside in a second small bowl. Prepare onion and bell pepper in third bowl. Heat oil in large skillet over medium heat. Stir-fry garlic 30 seconds, stirring constantly. Add chicken, and stir-fry 7 minutes. Add onion and bell pepper, and continue to stir-fry 7 more minutes. Reduce heat and mix

in prepared sauce, stirring frequently, until thickened, about 4 minutes. Combine pineapple chunks with chicken and veggies to heat through 2 minutes, stirring frequently. Place on serving plates, and top with the cashews.

BROILED SALMON IN GARLIC SAUCE

4 servings
Olive oil divided:
1-1/2 tablespoons olive oil
2 tablespoons olive oil
4 (5-ounce) salmon steaks ½-inch thick all over
2 tablespoons lime or lemon juice
¾ tablespoon Italian seasoning
2 cloves garlic, finely grated
Salt and pepper

Timing is of utmost importance. Prepare all ingredients and equipment before you begin to broil, and follow directions exactly. Prepare a metal baking or broiling dish. In a cup, pour 1 ½ tablespoons olive oil. Brush a small amount of oil on the dish only on an area the size of each steak. Rinse fish and place on plate. Dry each steak with paper towels and place

skin-side-down on oiled area in the broiling dish. Brush all sides of each steak with oil. In a second cup, mix the two remaining tablespoons olive oil, lemon juice, Italian seasoning, garlic, salt, and pepper. Position the oven rack 4-6 inches from broiling source. Turn on oven to broil. Preheat the oven two minutes. Place the fish-loaded pan on the broiling rack (uncovered), centered under heat source, and close oven door completely. Timing begins now. After exactly two minutes, take pan out and flip the steaks up-side-down. Return fish to oven. Broil two minutes. Again, flip the steaks to skin-side-down position. Fork-test the fish; it should be close to tender through the steak. Brush garlic sauce only on steak tops and return the broiling dish to oven for 1-2 minutes, oven door closed. Serve immediately.

Judy E. Buss is a nutritional cooking instructor. She is a member and blogger for the American Holistic Health Association. Like her on Facebook for more recipes and tips.

Post-surgery incontinence takes time to improve

DEAR DR. ROACH: I had a DaVinci prostatectomy 11 months ago. I can sit or stand for hours with no problem, but then sitting on the floor to play with my dog causes me to leak. I realize that getting on the floor or any other bending squeezes my bladder, thus causing a leak. So does a cough or a sneeze. A heavy lift also can trigger leakage. I sleep all night with no leakage, although I do urinate two or three times a night. I have done Kegel exercises, but have been told to cut back so that I don't overtire the muscle. Do you know of any procedure by a doctor or anything I personally can do to help alleviate this problem? My doctor says, "Just wait — it takes time,"



Dr. Keith Roach

To Your Good Health

Readers may write
Dr. Roach at P.O. Box 536475,
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but I've experienced no further improvement since about six months post-surgery. Is this something that I may have to deal with permanently? — K.E.

INCONTINENCE | 38

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HEALTH and WELLNESS

Chronic insomnia? Docs urged to try behavior therapy first

By LAURAN NEERGAARD
AP MEDICAL WRITER

Tossing and turning night after night? Don't automatically reach for the pill bottle. New guidelines say the first choice to treat chronic insomnia should be cognitive behavioral therapy — a way to condition your body to slumber again.

It takes more time and effort than popping a pill, but the American College of Physicians said Monday the method known as CBT can be effective and doesn't carry the side effects of medication, a recommendation intended to spur primary care doctors to prescribe the step. If it doesn't work, then doctors could consider adding a drug.

"Prescribing a sleeping pill is not the desirable first step," said the group's Dr. Thomas Tape, chief of general internal medicine at the University of Nebraska Medical Center. Yet for many primary care physicians, the behavioral approach "wasn't really on our radar screens," he said.

There are challenges, including finding health workers who are trained to deliver CBT for insomnia. Nor is it always covered by

insurance, notes an editorial published along with the recommendation in *Annals of Internal Medicine*. Here are some things to know:

The right sleep

Adults ages 18 to 60 are supposed to sleep at least seven hours a night for good health. Cheating sleep can increase the risk of health problems from high blood pressure to obesity to fatigue-caused car crashes.

When insomnia lasts

People often get too little sleep because of lifestyle or job circumstances. That's different than trying to sleep and failing. Many bouts of insomnia that last several weeks to a month or two come about because of stress or an illness.

But between 6 percent and 10 percent of adults meet the criteria for an insomnia disorder: They suffer daytime problems because of difficulty falling asleep or staying asleep at least three nights a week for three months or more, and it's not explained by some other disorder. It's more common among older adults and women.

What is cognitive behavioral therapy

It's far more than sleep hygiene, those common-sense tips to keep the bedroom dark and cool and avoid too much caffeine. It's all about reconditioning a brain and body away from now-habitual tossing and turning and back to normal sleep patterns, said Duke University clinical psychologist Meg Lineberger. A certified behavioral sleep medicine specialist, she wasn't involved with the new guidelines but hopes they increase patients' access to care.

How does it work?

The hardest step is so-called sleep restriction. Say you average 5.5 hours of sleep a night — better some nights, worse others. Tack on an extra half-hour, and then count back the resulting six hours from the time you have to wake up. If the alarm goes off at 6 a.m., then midnight is the prescribed bedtime.

Staying up that long builds the body's natural drive for sleep so that once in bed, patients slumber right away, Lineberger explained. Gradually, patients move to an earlier bedtime.

They also undergo a variety of other steps. For example, just as dieters might be told to eat only



TNS PHOTO

It takes more time and effort than popping a pill, but the American College of Physicians said Monday the method known as CBT can be effective and doesn't carry the side effects of medication.

at the table and never in front of the TV, it's important to strengthen the brain's expectation that bed is for sleep. If you can't fall asleep, don't read in bed — get up and go to another room to read until you're drowsy and ready to try again.

What about medications?

A variety of prescription sleep medications are available but a scientific review published in *Annals* Monday concluded they're best used for shorter-term insomnia, as use beyond

four to five weeks hasn't been well studied.

The new guidelines said when insomnia becomes chronic, there's not enough information to directly compare medications and CBT — but that starting with the behavioral approach avoids medication side effects, some of which can be serious.

Indeed, after reports of sleep-driving and other semi-awake activities, the Food and Drug Administration in recent years lowered recommended doses of Ambien, Lunesta and related drugs, saying they could

linger in the bloodstream long enough to interfere with activities that require alertness after the person wakes up.

Still, the new guidelines say if CBT alone isn't working, doctors should discuss with patients the pros and cons of adding a medication to the continuing behavioral therapy.

It's not a quick fix

Typically, CBT involves four to six appointments several weeks apart. There also are some online options.

INCONTINENCE

FROM PAGE 37

ANSWER: Incontinence in men following prostate surgery is a common problem, even in robotic (DaVinci is a robotic system) surgeries. In a large study, about half of men after prostate surgery will have some incontinence two months after surgery, but this decreases to 15 percent at one year. At two years, only 7 percent of men felt that incontinence was a moderate or big problem. A separate study showed that urinary function continues to improve for up to four years after surgery. So I agree with your doctor that time is likely to improve your symptoms.

Pelvic floor exercises have been proven in multiple studies to benefit incontinence symptoms.

I am surprised that you are getting advice to cut down, but I would listen to the advice of the therapist helping you, who must have vastly more experience than I do.

If you continue to have symptoms, there are drug treatments and surgical treatments, the most effective of which is probably the artificial urinary sphincter. However, since only 1 percent of men after prostate surgery will require it, I do counsel patience, although I recognize how frustrating it must be for you.

The booklet on the prostate gland discusses enlargement and cancer. Readers can obtain a copy by writing: Dr. Roach Book No. 1001, 628 Virginia Dr., Orlando,

FL 32803. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Can. with the recipient's printed name and address. Please allow four weeks for delivery.

DEAR DR. ROACH: I am a 77-year-old man in good health. An issue has been gnawing at me for going on close to three years. When I am sitting in the driver's seat and traveling over a hundred miles, I gradually develop a pain that starts in my right buttock and radiates down to my knee and foot. Ortho doctors have said that they did not see arthritis. — D.W.

ANSWER: Although pain in the hip, buttock, and thigh can have many causes, whenever I hear that a pain is "radiating," I think of nerve pain. The fact that the pain begins after sitting for a long time suggests that the nerve is being compressed by your

body weight. I often see this in people who have recently gained weight (presumably there is more pressure against the nerve), but also in people who have recently lost weight (possibly because the nerve has been placed into a new position against a bony prominence).

Unfortunately, the only advice I can give that I have found consistently effective is to avoid

excess pressure. This may mean getting out of the car before the pain starts and walking about to relieve the pressure. Sometimes a more comfortable seat or cushion can help. Although there are medications you can take, I don't recommend them due to their side effects. I also think the pain is a useful reminder that you are beginning to damage the nerve and should stop what

you're doing.

Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu or request an order form of available health newsletters at 628 Virginia Dr., Orlando, FL 32803. Health newsletters may be ordered from www.rbmamall.com.

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HEALTH and WELLNESS

These diet changes may reduce risk of colon cancer

By **ALISON BOWEN**
CHICAGO TRIBUNE

Can changing your diet reduce your risk of colorectal cancer?

Dr. Scott Strong, surgical director of Northwestern Medicine's Digestive Health Center, said it certainly can't hurt.

Some simple changes such as increasing your fiber intake and reducing your consumption of red meat might reduce your

risk factor.

"We know without question that obesity is a risk factor for colon cancer," Strong said.

Eating more fruits and vegetables and limiting processed meat can also decrease risk, he said. As can increasing calcium, folic acid and vitamin D.

Colorectal cancer includes cancer of the colon and rectum, and is the second leading cancer killer in the U.S., according to the Centers

for Disease Control and Prevention. And one in seven colorectal patients was younger than 50 years old, a January study in the journal Cancer showed.

"A large percent of the population still doesn't undergo their screening colonoscopy, even though they've been told that they should have it done," Strong said.

Early screening is encouraged. Early detection

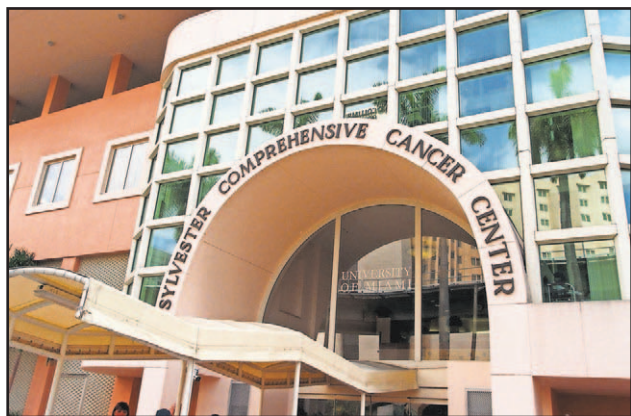
Eating more fruits and vegetables and limiting processed meat can help decrease the risk of colon cancer.

TNS PHOTO can greatly influence how effectively cancer can be treated or even prevented.

"What we're trying to do is find the cancer at an early stage, where it's more curable," Strong said. "Not only are we looking for cancer, we're preventing cancer."



Study: Cancer survival rates higher at academic medical centers



TNS PHOTO

The University of Miami Health System's Sylvester Comprehensive Cancer Center is among a group of 11 hospitals nationwide identified in a recent study as having higher patient survival rates than community hospitals.

By **DANIEL CHANGE**
MIAMI HERALD

Patients treated at specialty cancer hospitals have a 10 percent lower chance of dying in the first year than those who receive care at community hospitals, according to a study of Medicare claims and other data published in the Journal of the American Medical Association.

The study, funded and produced by Memorial Sloan Kettering Cancer Center in New York, analyzed survival and

administrative data for about 750,000 Medicare patients treated for cancer in 2006 at hospitals throughout the country.

Researchers found significant survival differences between different types of hospitals caring for Medicare patients with cancer. At one year, patients treated by hospitals belonging to the Alliance of Dedicated Cancer Centers had higher survival rates across all types of cancers studied — and the pattern

persisted through five years of follow-up care, according to the study.

Those hospitals are paid higher rates by Medicare under a system created by Congress in 1983 to exempt hospitals that tend to care for sicker patients.

Researchers for Memorial Sloan Kettering, which also belongs to that group of hospitals, acknowledged some limitations of their findings. For instance, they hesitated to rely solely on Medicare claims to gauge the

severity of individual cases because that data lacks potentially critical information about a patient's cancer, such as the stage and timing of a cancer diagnosis.

Cancer centers belonging to that special group came under scrutiny last year from the U.S. Government Accountability Office, which reported that those centers lack incentives to control costs and that their patients are not much sicker than those treated at other hospitals.

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