

POLK COUNTY SUN

WINTER HAVEN
LAKE WALES
BARTOW
FROSTPROOF
FORT MEADE



1, 2, 3...
JUMP!

Page 10



Have a treat
at Ike's

Page 9



Banker's Cup
coming up

Page 14



Nature
Wanderer

Page 28

dream

imagine

believe

Turning dreams into visions

Calvin Marion helps people realize their dreams



When Dr. Martin Luther King Jr. moved the world with his speech, "I Have a Dream," in 1963, Calvin Marion wasn't even born. But, hearing those words as a child inspired the 40-year-old owner of CLM Learning Solutions in Lake Wales to devote his life to

helping people realize their dreams.

"I am determined to make sure every child who desires education will see that dream fulfilled," says Marion, who offers educational consulting, test prep and tutoring for small or large groups and

individual sessions. "This is no longer a dream. It's a vision and my mission in life. Education is the key and I will not give up on any child."

The ABCs of passing tests like the American College

places **2b**

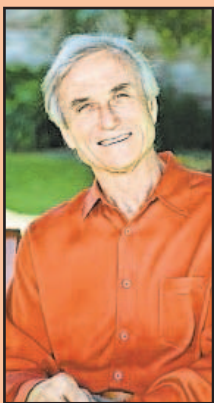


Ron Seggi Las Vegas Big Band Style Revue

Ritz Theatre 6 p.m., Jan. 9, downtown Winter Haven.

www.ritzoncentral.com or 863-295-9900.

Chat and Chew



Jan. 8: 11:30 a.m.,
Dr. John McDougall,
Winter Haven
Library. Free.



Jan. 9: Dr. MLK, Jr.
Parade Unity Day
Celebration, 10 a.m.,
915 Ave. E.,
Haines City,
863-852-5160. Free.

Through Jan. 14:
"Gardens & Groves,"
Blair Updike exhibit
9 a.m.-5 p.m.,
Bok Tower Gardens,
Lake Wales.



COMING THIS WEEK

WINTER HAVEN
Jan. 13: 12th Annual
Dr. Martin Luther King Jr.
"Reflecting the Dream,"
11:30 a.m., Winter Haven
High graduate and NBA
star Otis Birdsong, guest
speaker, Polk State Winter
Haven Student Center, 999

Ave. H NE. Free. MLK@
polk.edu.

FORT MEADE
Jan. 13-16: Florida
Flywheelers Antique
Engine Club Antique
Engine and Tractor
Swamp Meet, 7000 Avon

Park Cut Off Road, Fort
Meade. 863-285-9121. \$7.

LAKE WALES
Jan. 14: Lake Wales Arts
Council free reception for
Erika Lawlor Schmidt ex-
hibit, 5- 7 p.m., Polk State
Lake Wales Arts Center.

LAKELAND
Polk Museum of Art
Weekend Workshop, Kate
Carney's Fast Drying Alkyd
Oils, Mediums and Glazes,
10 a.m.-5 p.m. www.polkmuseumofart.com or
863-688-7743.



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Resolutions for a protected new year

Editor's note: David Morris is a consumer columnist with the Sun Newspaper group. We thought this column would help you have a safer financial New Year.



David Morris

I encourage making the following New Year's resolutions:

- Resolve: Think before you click. Don't open a link or attachment in an email or text message if it's worded strangely, or doesn't specifically identify you; it's a ticking time bomb. Regardless how urgent or legitimate it appears, assume it's an impostor scam. That also includes suspicious personal emails sent from legitimate addresses hijacked from friends or relatives. Protect yourself by contacting the alleged sender directly.
- Resolve: Independently verify the identity of a relative or friend requesting money to get out of jail or in some other emergency.
- Resolve: Never provide personal identifying information — including a Social Security number or date of birth — unless you've initiated contact and are positive you know with whom you're dealing.
- Resolve: When asked

- for your Social Security number on a form or application, don't automatically comply. Ask why it's needed and what happens if not provided. It's always your decision. And only carry your Medicare card — which contains your Social Security number — when seeing a medical provider for the first time.
- Resolve: Never send money to someone you don't know by wire transfer or prepaid debit card.
- Resolve: Say no to free travel offers, low-cost air-conditioning inspections, or trial offers requiring only a small shipping charge. In the end, they'll all cost more.
- Resolve: Open, read and shred all unwanted mail.
- Resolve: Read important documents — especially the fine print — before signing. Get anything important promised verbally in

- writing. Don't be embarrassed to ask questions. Never agree to anything you don't understand, or feel pressured into making an uncomfortable decision. When in doubt, just say "no."
- Resolve: Know what you're agreeing to before clicking the "I agree" button in online transactions.
- Resolve: Regularly monitor credit card and bank account activity online or by phone in between monthly statements. Add email or text alerts to catch unauthorized use. Challenge any questionable amount.
- Resolve: Use the total amount on gift cards and certificates as quickly as possible.
- Resolve: Before buying a used vehicle from a private party or dealer, get its history — through CarFax or Experian AutoCheck — and a thorough inspection from a reliable independent mechanic. Florida's Lemon Law only covers new vehicles.
- Resolve: Never sign a consignment contract for anything without understanding its term limits, so that you get back what's yours, whether it is money or your property.

- Resolve: Trash deceptive official-looking mailings referencing a sweepstakes or contest award, especially those requiring a small fee. Remember, if you didn't enter, you can't win.
- Resolve: Immediately hang up on unsolicited calls from "tech support" companies informing you that your computer is infected.

- Resolve: Get on Florida's free Do-Not-Call list by calling 800-435-7352. More important, report violators.
- Resolve: Be better educated on how to spot scams. Utilize resources from the Better Business Bureau (www.bbb.org/scamstopper) and the National Consumer League's Fraud Center (www.fraud.org.)

Also, subscribe to Scambusters' free weekly email newsletter (www.scambusters.org).

In the end, education, good judgment, and a healthy dose of skepticism are the best defenses against becoming a victim, and contacting me.

Happy Protected New Year!

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- **83%** of adults say they regularly or occasionally read newspaper inserts
- **76%** of adults say they regularly check inserts to see what's on sale
- **62%** of adult newspaper readers say they keep inserts in their homes **3 or more days**

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Move Over, Florida! for Law Enforcement, First Responders and Service Vehicles

TALLAHASSEE, Fla. – For the month of January, the Florida Department of Highway Safety and Motor Vehicles (DHSMV) is commemorating Move Over month by reminding all motorists to Move Over, Florida! for emergency and service vehicles stopped along the roadway.

Move Over violations result in more than 100 crashes per year on Florida roadways, putting motorists and those who work along the roadways at risk. In 2014, there were at least 161 crashes from motorists failing to move over, resulting in at least 120 injuries and in a single accident, the death of Florida Highway Patrol Trooper Chelsea Richard, tow truck driver John Duggan and motorist George Phillips.

From 2012 to 2014, crashes increased 41 percent and citations increased 68 percent for motorists failing to move over. In addition to endangering law enforcement, first responders, public servants and other motorists, failing to move over can

result in fines and points on a driving record.

“The Florida Department of Highway Safety and Motor Vehicles stresses to each driver the importance of complying with the Move Over Act,” said DHSMV Executive Director Terry L. Rhodes. “Move Over, Florida!

The simple act of moving over for law enforcement, emergency first responders and other stopped or disabled vehicles gives these public servants adequate space to do their jobs and can greatly increase safety on Florida’s roadways.”

The Move Over Act was enacted in 2002 to help protect law enforcement officers, emergency workers and other public servants when they are performing their duties along the roadside. State law requires vehicles to move over a lane for emergency vehicles, sanitation vehicles, utility service vehicles or wreckers. If a driver cannot move over, they should slow down 20 miles per hour below the posted speed limit.



GRAPHIC PROVIDED

“Almost every state trooper has a story of a vehicle coming too close or even striking them as they were providing services to motorists on the side of the road,” said Colonel Gene Spaulding, Director of the Florida Highway Patrol.

“The Move Over Act is about providing a safe work environment for everyone who patrols or delivers critical services along the roadway.”

To comply with the Move Over Act drivers must:

Multi-Lane Roadway:

Vacate the lane closest to the stationary emergency vehicle, sanitation vehicle, utility service vehicle or wrecker and always signal the intention to change lanes.

Slow down to a speed of 20 mph below the posted speed limit if a driver cannot move over safely.

~January is Move Over Month~

Be prepared to allow those who are attempting to move over into the next lane.

Two-Lane Roadway:

Slow down to a speed of 20 mph below the posted speed limit.

Travel at 5 mph if the speed limit is 20 mph or less.

“The Florida Sheriffs Association, representing all 67 Florida Sheriffs’ Offices, is honored to endorse and support the Move Over, Florida! campaign,” said Florida Sheriffs Association President Sheriff Sadie Darnell.

“This law passed by the Florida Legislature

during the 2002 Session protects our law enforcement officers and other first responders, while they are protecting the citizens we serve.”

“Our law enforcement officers put their lives on the line every day to protect Florida residents and guests,” said Winter Park Chief of Police Brett Bailey, President of the Florida Police Chiefs Association. “Drivers can help keep them safe by moving over when they see a law enforcement vehicle pulled over on the side of the road. Changing lanes could save lives.”

Florida Department of Transportation Secretary Jim Boxold said, “With nearly 20 million residents and a record number of tourists coming to our state, the department is proud to partner with the Florida Department of Highway Safety and Motor Vehicles to remind drivers to move over and slow down when they approach a service vehicle on the road. This helps us protect Florida’s first responders and keep our roadways safe for all users.”



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HOMES FOR SALE
1020

2005 CONTEMPORARY HOME 3 Bedroom 2 bath with cathedral ceilings, breakfast bar, closet pantry, garden tub in master bath, large closets, open patio, and 2 car garage. Listed for **\$112,900 ID #4700771 PRIME PLUS REAL ESTATE INC.** 863-676-7040 www.primeplusrealestate.com

HOMES FOR SALE
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LARGE HOME ON OVER-SIZED LOT 3 Bedroom 3 bath home with new roof, a/c unit, spacious kitchen with a pass through window. This home features a fireplace in the family room and in the living room. There’s also a large storage shed in the back yard, and a 2 vehicle carport. This home is located on an over-sized lot with a large yard. Listed for **\$79,900 ID #4700748 PRIME PLUS REAL ESTATE INC.** 863-676-7040 www.primeplusrealestate.com

SPACIOUS CONTEMPORARY HOME 4 bedroom 2 bath home with cathedral ceilings, breakfast bar, nook, closet pantry, freshly painted interior, new stainless steel range and microwave hood. This home has a garden tub and dual sinks in the master bath, a rear porch, and 2 car garage. Listed for **\$139,900 ID #236552 PRIME PLUS REAL ESTATE INC.** 863-676-7040 www.primeplusrealestate.com

LARGE CORNER LOT HOME 3 Bedroom 2 bath Contemporary home with new range &

HOMES FOR SALE
1020

hood, dishwasher, carpet, and freshly painted interior. This home features cathedral ceilings, breakfast bar, and a closet pantry. There’s a garden tub in the master bath, a separate laundry room, screened porch, and 2 car garage on a large corner lot. Listed for **\$164,900 ID #4700745 PRIME PLUS REAL ESTATE INC.** 863-676-7040 www.primeplusrealestate.com

STUNNING LOG CABIN Located on just under 4 acres. This 3 bed 2 bath home has an open floor plan with cathedral ceilings. The spacious kitchen overlooks the formal dining and living room which has a stone wood burning fireplace. Master bedroom and bath along with loft space is located upstairs and gives a great view of the fantastic layout. Large front porch and private screened in back porch, perfect for relaxing. Listed for **\$229,000 ID #4700711 PRIME PLUS REAL ESTATE INC.** 863-676-7040 www.primeplusrealestate.com

POOL HOME ON 23+ ACRES Large 2 Story 4 bedroom 3.5

HOMES FOR SALE
1020

bath features a wood burning fireplace and wood beam ceilings in the family room with French doors that lead to a large lanai & in-ground screened pool, formal living, formal dining with bay windows, a large 22x22 bonus room, granite countertops, laundry room with sink and half bath, and much more. There’s 2 barns, a storage shed, a play house, and the property is fully fenced & cross fenced. Listed for **\$349,000 ID #4700651 PRIME PLUS REAL ESTATE INC.** 863-676-7040 www.primeplusrealestate.com

CONTEMPORARY 4 BEDROOM 2005 Year, 1911 sq. foot living area home with an open floor plan, cathedral ceilings, all appliances included, breakfast bar, closet pantry, garden tub in master bath, family room, laundry room with shelves, and a 2 car garage. Listed for **\$124,900 ID #4700643 PRIME PLUS REAL ESTATE INC.** 863-676-7040 www.primeplusrealestate.com

SPACIOUS NEWER HOME Large 4 bedroom 3 bath newer contemporary home located in

HOMES FOR SALE
1020

a gated community. This home has cathedral ceilings, fresh paint, new carpet, granite counter tops, family room, formal dining, walk in closets with plenty of storage space, oversized laundry room, work desk in hall, screened back porch and 3 car garage. Community features a swimming pool for neighborhood use. Listed for **\$239,900 ID #4700627 PRIME PLUS REAL ESTATE INC.** 863-676-7040 www.primeplusrealestate.com

MOVE IN CONDITION 3 Bedroom 2 bath newer block home. This home features all new appliances, new carpet, freshly painted interior, 1 car garage, and partial fence. Listed for **\$64,900 ID #4700602 PRIME PLUS REAL ESTATE INC.** 863-676-7040 www.primeplusrealestate.com

READY TO MOVE IN! 2 Bed/1 Bath well maintained home. Open Living / Dining Room concept, Kitchen w/ closet Pantry, Split bedrooms, Laundry Room adjacent kitchen. Bath includes extra built in storage. Back yard chain link fenced. Cozy for

HOMES FOR SALE
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starter or slowing down Home or a winter retreat! **Listed for \$56,500 ID #4700572 PRIME PLUS REAL ESTATE INC.** 863-676-7040 www.primeplusrealestate.com

CONTEMPORARY BEAUTY! Spacious 2 bedroom 2.5 bath home with a garden tub and dual sinks in master bath, cathedral ceilings, breakfast bar, closet pantry, laundry room with cabinets, large screened porch with view of pond, and 2 car garage. Located in a cul-de-sac. **Listed for \$204,900 ID #4700556 PRIME PLUS REAL ESTATE INC.** 863-676-7040 www.primeplusrealestate.com

LAKEFRONT HOME 1.92 ACRES Open Living/Dining room floor plan w/ Fireplace, Family room wrapped with windows and great views of Lake. Large Master w/ private door leading to back patio. Garage converted to in-law apartment includes kitchen. Laundry includes full bath. Spectacular views of Lake! Bargain priced at **\$149,900 ID #4700538 PRIME PLUS REAL ESTATE INC.** 863-676-7040 www.primeplusrealestate.com

**HOMES FOR SALE
1020**

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MOBILE HOMES

MOVE IN CONDITION 3 Bed-room 2 bath with all appliances, breakfast bar, new carpet, dual sinks and garden tub in master bath, front and back porch, fenced back yard, and 2 sheds. Listed for **\$59,900 ID #236700** PRIME PLUS REAL ESTATE INC. 863-676-7040 www.primeplusrealestate.com

PEACEFUL COUNTRY SETTING

Great 3 bedroom 2 bath home on 1.85 acres, all fenced. The Den/Bonus Room could also be used as 4th bedroom. Split plan, 2009 year, approx. 1,248 sq.ft. living area. The large Kitchen includes all appliances, and a breakfast bar. Move-in Condition! Listed for **\$82,500 ID #4700698** PRIME PLUS REAL ESTATE INC. 863-676-7040 www.primeplusrealestate.com

COMMERCIAL

INCOME PRODUCING PROPERTY

3 bed 2 bath home 2 car garage with a 1bed 1bath attached apartment with a 4 stall storage building with 1 stall rented. And an additional storage building just over an acre all fenced zoned commercial. Listed for **\$225,000 ID #4700212** PRIME PLUS REAL ESTATE INC. 863-676-7040 www.primeplusrealestate.com

VACANT LAND

Wondering where to put your money next? With the improving economy, Vacant Land will be more in demand. Purchasing "VACANT LAND" is a great opportunity right now! Don't miss out!!

BUILDABLE LOT

Just under a 1/4 of an acre of wooded land zoned for single family use. Mobile or manufactured homes are also permitted. Listed for **\$2,900 ID #4700754** PRIME PLUS REAL ESTATE INC. 863-676-7040 www.primeplusrealestate.com

INACCESSIBLE TRACTS

A little over 5 Acres located in River Ranch off of Tiger Lake Road. This property is land locked and is only good for hunting, camping and other recreational uses. Listed for **\$3,600 ID #4700719** PRIME PLUS REAL ESTATE INC. 863-676-7040 www.primeplusrealestate.com

BUILDING POTENTIAL

Large parcel located in Babson Park. Property is currently permitted for single family use. The county also allows for conditional uses which could possibly even allow for Multi Family. Listed for **\$8,000 ID #4700707** PRIME PLUS REAL ESTATE INC. 863-676-7040 www.primeplusrealestate.com

WALK IN WATER LAKE ACCESS

Near end of road. 2 parcels total with approximately 1.7 acres. Mostly wooded. Includes deeded access 1/50 interest in private accessibility to lake, each parcel. Access has no dock or ramp but can launch small boat. Great location to build your new home! Very quiet, peaceful setting. Location is rural but not too far from shopping, etc. Access to Lake Walk-in-Water. Polk County's largest lake and offers great boating and fishing! **Reduced to \$24,000 ID #4700667** PRIME PLUS REAL ESTATE INC. 863-676-7040 www.primeplusrealestate.com

**HOMES FOR SALE
1020**

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3.72 ACRES NEAR LAKE ROSALIE

Great opportunity to have room to roam, build your home or place a Manufactured home on this parcel. Includes additional parcel adjoining property which is approximately 1.26 acres. Public access to Lake Rosalie very nearby and a boat ramp. Gives access to Kissimmee Chain of Lakes for great fishing and boating! Total of 2 parcels is approximately 3.72 acres. Owner has survey, cleared much of larger parcel and has placed a culvert/apron for easy access to property. Gate/Fenced area across drive. **Reduced to \$28,000 ID #4700637** PRIME PLUS REAL ESTATE INC. 863-676-7040 www.primeplusrealestate.com

GREAT LOCATION

to build your new home. Near Lake Wailes, and almost 1/2 Acre parcel, located within city limits, public utilities available, and sewer line installed. Lot is mostly cleared, high and dry. Very convenient location for shopping, schools, medical, etc. **Listed for \$23,000 ID #4700664** PRIME PLUS REAL ESTATE INC. 863-676-7040 www.primeplusrealestate.com

ACREAGE GATED COMMUNITY

Nature lovers dream... unique wooded property with building potential. Over 14 acres that overlooks marsh on the south side of Lake Rosalie. A real must see. Located in a gated community with paved roads and deed restrictions. Just down the road from the public boat ramp to Lake Rosalie. An extremely desirable piece of property that is at an affordable price, listed for **\$59,000 ID #4700618** PRIME PLUS REAL ESTATE INC. 863-676-7040 www.primeplusrealestate.com

ONE ACRE LOT, LAKE ACCESS

with Optional HOA membership. Great building site for your new home. Walk in Water Lake access with super fishing and boating! Public water available, septic required, electric Available. **\$25,000 ID #4700539** PRIME PLUS REAL ESTATE INC. 863-676-7040 www.primeplusrealestate.com

RIVER RANCH

1.25 Acres located in the Inaccessible Tracts of River Ranch. This property is land locked and is only good for hunting, camping and other recreational uses. Listed for **\$2,500 ID #4700493** PRIME PLUS REAL ESTATE INC. 863-676-7040 www.primeplusrealestate.com

INDIAN LAKE LOTS

Multiple lots available in a waterfront, golf course, gated community. Zoned for single family use. Approximately an hour drive from Orlando, Tampa and the East Coast. Priced to sell!! Do not miss the opportunity to own a price of prime real estate in Central Florida. Owner motivated! Starting at **\$1,900 each** PRIME PLUS REAL ESTATE INC. 863-676-7040 www.primeplusrealestate.com

TIGER LAKE BUILDABLE LOT

3 total lots 2 of which are adjoining. Each lot is approx. one acre (.92) Great Location to build your future home. Rural area, quiet and peaceful. Additional lot directly across street from three adjoining lots. Listed

**HOMES FOR SALE
1020**

from three adjoining lots. Listed for **\$9,900 each ID #4700238** PRIME PLUS REAL ESTATE INC. 863-676-7040 www.primeplusrealestate.com

LAKE ROSALIE LOT

Super location to build your future home. 4.44 Acres, 25' road entrance to enter property, flag lot. Perfect for privacy and great quiet serene location. Irregular shaped. Buyer is advised to obtain a survey for exact corners and dimensions of property. Sign is in approximate location. Parcel is subject to easement west border of property. Lake Rosalie is nearby with public access and boat ramp. Listed for **\$25,000 ID #4700240** PRIME PLUS REAL ESTATE INC. 863-676-7040 www.primeplusrealestate.com

6 PLUS ACRES WITH POND

Great place to build your new home! 6+ acres with pond (part of pond is on adjacent parcel.) A few deed restrictions, gated and rolling ridge to build. Well and Septic required. Buyer responsible to obtain survey, elevation certificate. Buyer is advised to verify easements, etc. with county. Seller Motivated! Listed for **\$35,000 ID #4700084** PRIME PLUS REAL ESTATE INC. 863-676-7040 www.primeplusrealestate.com

WOODED HOME SITE!

2 Acres of Beautiful Woods in deed restricted community to build your new home! Not too far from Public Boat Ramp into Lake Rosalie. Owner Motivated and will look at all Reasonable Offers! **Listed for \$26,500 ID #4586073** PRIME PLUS REAL ESTATE INC (863) 676-7040. **www.primeplusrealestate.com**

**NEED CASH?
Have A Garage
Sale!**



101 W 6th St - Frostproof - This beautiful home has 3 bedrooms and 2 baths. Remodeled kitchen with new cabinets, ceramic tile floor and breakfast area in kitchen. Both bathrooms have been remodeled. Home has formal dining room, spacious living room 20X9+/- screened in/vinyl porch. Metal roof, single carport, 3 utility buildings one has single carport great place to park the boat. Large yard with fenced in back yard, has a covered patio area. Plus much more. Asking **\$149,500**.

**Frostproof Realty, LLC
863-635-4246**

www.frostproofrealty.com



151 Rainbow Blvd - Babson Park - Very nice 3 bedroom, 2 bath CB home is located on a spacious corner lot. Home has a bonus room that could be used for 4th bedroom. Open kitchen to dining and living room. Kitchen has breakfast bar. 15X17+/- screened in porch, single carport with tool storage area. Yard is very nicely landscaped. This home has lots to offer. Asking **\$139,900**.

Frostproof Realty, LLC 863-635-4246 www.frostproofrealty.com



Spread your wealth ... to save money

Having your checking and savings accounts, along with other financial products like loans, at the same bank may provide benefits, such as preferred interest rates and fee discounts, says Consumer Reports. But when you buy a "product bundle" at a bank — and you're certainly pestered to do so — you don't know whether you would have found a better deal if you had shopped around for the various parts.

You can most likely save money by buying individual money products a la carte from different financial institutions. That's what many subscribers in Consumer Reports' recent survey already do. Half of those in its sample had a second bank or credit union. Almost two-fifths (38 percent) indicated that they were able to get better rates there for some services and products than at their primary bank or credit union. A case in point: 37 percent of subscribers who reported that they had loans relied exclusively on the second institution for them. And 41 percent of those with investment accounts at banks or credit unions had them only at their second financial institution, not their primary bank or credit union.

Where should you go for which products? Consumer Reports

designed this mix-and-match plan for maximum savings:

- Open basic checking and savings accounts at a credit union that is a member of a network, such as the CO-OP system of 30,000 fee-free ATMs and 5,000 shared branches, and that provides online and mobile account access. The survey found that credit union customers were among the most highly satisfied overall. So start your search by checking the websites of the ones we rated to see whether you're eligible for membership. Go to mycreditunion.gov and use the "CU Locator" in the toolbar at the top of the page. Comparison shop by following the links to credit union websites.

- Compare interest rates for certificates of deposit at virtual banks and at your credit union. Both types of institutions tend to pay the highest rates. But the best deal for the amount you plan to deposit and the length of time you need will vary based on the institution, whether you're saving for the long term or short term and on other details.

- Choose a credit union for a car loan, because those institutions often offer the lowest rates — another good reason to join one. Get prequalified before you shop.

- For credit cards and mortgages, shop online

because the market for them is national, with lots of competitors, and you don't want to limit your options by confining your search to, say, the bank where you have a checking account. For plastic, use a comparison site like creditcards.com; for mortgages, go to hsh.com. But check other sites to broaden your search. Bankrate.com provides rates for credit cards and mortgages, as well as auto loans and CDs. And if you're a member of Costco, also explore the rates its mortgage lenders offer.

- For brokerage services, shop first at one of the higher-rated firms in Consumer Reports' most recent survey: Vanguard, T. Rowe Price and USAA.

- If you want a prepaid card, go directly to Bluebird, offered by Walmart and American Express, or Liquid from Chase. Consumer Reports rated both of them best among 23 reloadable prepaid cards evaluated in 2014 because of their low fees and terms. And both do almost everything that a checking account does.

- Buy your paper checks from Costco or Walmart. You don't have to get them from your financial institution; Consumer Reports found bargain prices at those two retailers. You can compare prices vs. the fees at your bank or credit union, and order online.



Voices of Volunteers: Singing the praises of unsung heroes!

Winter Haven Public Education Partnership Volunteer Audrey Nettlow is well known for avoiding the spotlight as much as possible. Due to a prior family commitment in Atlanta, she even had to miss receiving the Winter Haven's 2015 Banker's Cup Woman of the Year Award.

"She believes that everything that she does on this earth should be in service to others and to God and she never seeks nor accepts praise or applause," says Katie Worthington, Winter Haven Chamber president and CEO. "Perhaps that humbleness is why so many of her nominators reflect in awe of the work she has done for the Winter Haven community and believe, while she deflects praise to others, she is a perfect example of a Banker's Cup Citizen of the Year winner. One nominator noted, 'She is the kind of person who spends every day looking for ways to help others and to make a difference.'"

The Sunday school teacher, Guardian Ad Litem volunteer and guide dog trainer for the Southern Guide Dogs Association is known best for the work she has done for education. One nominator noted that she was, by far, the most involved parent in the school and no group or individual has ever met her level of service and commitment. And, for that she was named Winter Haven High School's Volunteer of the Year in 2011.

In 2010, she became engaged in a new community movement spearheaded by Doug Lockwood called the Winter Haven Public Education Partnership, a non-profit committed



to assuring that Winter Haven's schools are unequaled in quality, relevance and student performance. PEP seeks to improve its schools through advocacy, community engagement, and collaborative partnerships. When approached to serve as the unpaid, volunteer executive director of PEP, she stepped up willingly. Supporters say it is through her dedication to this organization that Winter Haven has become a driving force for educational support, advocacy and reform in Polk County. As a direct result of her leadership, PEP has already had a significant impact on education in Winter Haven.

Nettlow was the driving force behind the PEP Tutoring Center in Florence Villa.

Through partnerships created with local businesses and the City of Winter Haven, she planned and organized the renovation of the old Police Athletic League building on Ave R NE and she and other volunteers tutor over 60 students after school.

In addition to the after school program, last summer, and again this coming summer, the PEP Tutoring Center will host 40+ four-year olds through the Camp Ready program – a partnership with the Learning Resource Center and the United Way of Central Florida.

Nettlow also has been instrumental in the

PEP initiative, Career Connection, which has already matched more than 200 high school students with people working in a career that interests them. She organized the Winter Haven Lakes Festival as a fundraiser for the Public Education Partnership and was instrumental in advocating for Winter Haven High School to be able to offer the Cambridge Program – an academically focused program internationally recognized by colleges and universities around the globe at Winter Haven High School.

As if she's not busy enough juggling all her volunteer jobs, Nettlow owns Paddleboard Winter Haven and invites everyone to take the plunge to join in the fastest growing fitness craze at 9:30 a.m. for beginner's First Time Fun or 11:15 a.m. on Saturday, Jan. 9 for a two hour paddle that starts at Lake Summit.

"We pass through a canal into Lake Eloise where we can view the pirate ski show from Legoland, amazing waterbird life, our incredible ecosystem and still have time for a swim, a snack and even paddleboard wars," says Nettlow. "We provide a properly sized paddle and board and a guided tour with fun and friendly instructors. Bring water, a hat or sunglasses, sunscreen, and water friendly clothing. Please arrive 15 minutes before class start time. Minimum age is 13 years old and you must know how to swim." The fee is \$35 or free with your own equipment. Visit www.paddleboard-winterhaven.com or call 863-289-9502 for more information.



PHOTO PROVIDED

Winter Haven's 2015 Banker's Cup Woman of the Year Audrey Nettlow with a student she mentors.



PHOTO PROVIDED BY VISIT CENTRAL FLORIDA

Paddleboard Winter Haven invites everyone to take the plunge to join in the fastest growing fitness craze at 9:30 a.m. for beginners and more advanced at 11:15 a.m. on Saturday, Jan. 9 on Lake Summit in Winter Haven.

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THE HEALTHY PLATE: Recipe for baked egg rolls

By **MELISSA D'ARABIAN**
THE ASSOCIATED PRESS

Alice was our au pair from China, and when she joined our family she brought with her a slew of tasty dishes.

Our family fell in love with her complex fried rice, dumplings with juicy meat fillings, and her crispy egg rolls with garlicky-meaty-mushroom fillings. The tricky thing was that Alice was one of those cooks who worked her magic without a recipe. I would watch, taking mental notes of the ingredients and quantities (writing it down felt, well, wrong), but replicating her dishes

proved similar to me trying to capture the exact taste of my grandma's cooking — impossible.

Though we loved all of her cooking (well, except for her take on chocolate muffins, but that's another story), her egg rolls were the family favourite. And why not? Minced up goodies wrapped in delicate, fried (essentially) pasta? Yes, please!

So I took the liberty (since I was missing the mark anyway) to create my own version, one that managed to get most of the crispy goodness with far less fat. After experimenting with a variety of methods — from spraying the eggrolls with an

oil mister or cooking spray as well as dry-baking — the clear winner was the pastry brush method combined with a hot oven while also using a baking rack to allow for full air circulation during cooking.

So what if these egg rolls are not completely traditional. I did capture the essence of Alice's cooking, and when the girls are missing her I know fond memories are only an egg roll away.

And by the way, my experimenting also proved that quickly sauteed bananas sprinkled with a little orange juice and a dark chocolate chip or two also make for a



perfect dessert egg roll filling! Brush with coconut oil and dip cooked eggrolls in tangy Greek yogurt. Yum!

BAKED EGG ROLLS

Start to finish: 1 hour 20 minutes (1 hour active)

- Makes 15 eggrolls
- 1 teaspoon vegetable oil, plus 1 tablespoon
- 1 link spicy turkey sausage (about 1/5 pound), casing removed
- 8 ounces button mushrooms, finely chopped (or pulsed in a food processor)
- 3/4 cup finely chopped celery (about 2 medium stalks)
- 3/4 cup shredded carrot (about 1 medium carrot)
- 3 cloves garlic, minced
- 1 tablespoon minced fresh ginger
- 3 scallions, white and green parts, chopped
- 1 cup frozen peas, thawed
- 2 cups finely chopped Napa cabbage (or regular cabbage)
- 1 teaspoon sesame oil
- 3 tablespoons low-sodium soy sauce
- 1 teaspoon cornstarch
- 15 large (5- or 6-inch) egg roll (wonton) wrappers

Heat the oven to 400 F. Line a baking sheet with foil, then set a wire rack over it. Mist the rack with cooking spray.

In a large saute pan over medium-high, heat 1 teaspoon of vegetable oil. Add the sausage and cook, breaking it up with a wooden spoon. Once cooked, transfer the sausage to a plate and set aside, leaving the residual oil in the pan.

Return the pan to the heat and add the mushrooms, celery and carrot. Cook until the mushrooms are soft, about 5 minutes. Add the garlic, ginger and scallions,



AP PHOTO/MATTHEW MEAD

Take a look at these baked egg rolls with sesame-soy dipping sauce in Concord, N.H.

then cook until fragrant, about 1 minute. Add the peas, cabbage and sesame oil and cook until the cabbage softens, another 2 or 3 minutes.

Meanwhile, in a small bowl mix together the soy sauce and cornstarch with 1 tablespoon of water. Pour the mixture into the pan with the vegetables, then add the sausage. Stir, then cover and cook for 2 minutes. Remove the pan from the heat and allow to cool just until easily handled.

Set a wonton wrapper on the work surface. Spoon a couple tablespoons of the vegetable mixture onto the wrapper. Start with one side and roll up the wrapper over the filling, folding in the sides as you go. As you finish rolling, use a finger to spread a little water on the edge to help create a seal. Repeat with remaining wontons and filling.

Place the egg rolls on the rack on the prepared baking sheet. Use the remaining 1 tablespoon of oil to brush the egg rolls. Bake until golden and crispy, about 20 minutes. If you do not have a baking rack, place the egg rolls directly on the baking sheet and turn the egg rolls over halfway through the cook time.

Nutrition information per serving: 140 calories; 25 calories from fat (18 per cent of total calories); 2.5 g fat (0 g saturated; 0 g trans fats); 5 mg cholesterol; 350 mg sodium; 23 g carbohydrate; 2 g fiber; 1 g sugar; 6 g protein.

Food Network star *Melissa d'Arabian* is an expert on healthy eating on a budget. She is the author of the cookbook, "Supermarket Healthy." <http://www.melissadarian.net>

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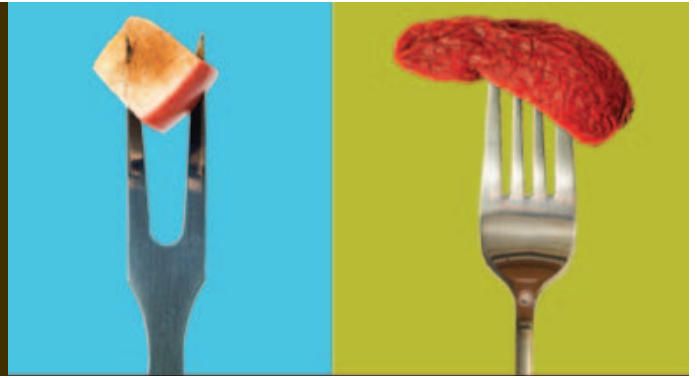
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working for Brown Derby Restaurant. In 1974 I moved to Bradenton, Florida. My family opened three very successful restaurants, Steaks & Seafood. After 15 years with them I opened my first restaurant in Bradenton, named Old

Town Cafe. Old Town Cafe, this is the restaurant they named one of the best in the United States. Twelve years later Rooms To Go bought me out. Then I went and opened my third restaurant in Sarasota, Gus' 12th St. Cafe. This is the

restaurant that I joined the contest in the Sarasota paper. I was voted Best Hamburgers in town. The second trophy was in my favor, also, I had the Best Breakfast in town, Sarasota. This was funny because I bought the restaurant for \$15,000. Others they spend millions on their restaurants, and they came in 2nd and 3rd place. That restaurant I opened and operated for 16 years until my building lease was over. This is Kostas: friendly, honest and straight up. If you support me, I promise you, you will have one beautiful restaurant here. We are a family friendly atmosphere, and the best food around. All my menu prices are under \$11.00.

Thank you to all who already support me. To the ones who haven't dined with us yet, you should stop in and give it a try. I enjoy what I do. It's my pleasure to serve you. Thank you very much Polk County.

Ike's Eats and Treats

They say that the key to success in business is location, location, and location—which is certainly true for Ike's Eats and Treats in Auburndale.

Located across the street from the city park and down the road from the public school, this arcade, ice cream shop, and Vienna beef eatery is in the ideal location to attract an influx of young customers either leaving a long day at school or playing in the park.

Especially after school or during the weekends, children regularly drop by to hang out, enjoy an ice cream sundae or shake, and spend their loose change on the arcade games.

Ike's Eats and Treats is a place for children both young and young at heart. Children will enjoy the ice cream and arcade games, while the adults can enjoy the pure nostalgia of the ice cream shop with its old-fashioned malts, vintage bottled soft drinks made from real cane sugar, and the Vienna beef sandwiches and hot dogs with all of the toppings and fixings.

The building itself has a long heritage of serving as drugs stores and soda shops along scenic Main Street—heritage which the eatery continues to uphold with its vintage soda shop-style favorites including malted milkshakes and Coney dogs.

The eatery mainly serves Vienna beef products including hot dogs, polish sausages, and Vienna beef sandwiches—which are akin to leaner versions of Philly



Cheesesteaks.

If you much prefer a hot dog, you can have the old-fashioned variety with mustard and relish, or you can enjoy hot dogs with a variety of toppings and fixings, including a Chicago dog with an all-beef frankfurter with onions, peppers, tomatoes, and a kosher-dill pickle spear served in a poppy-seed bun.

After enjoying a hot dog or beef sandwich, be sure to finish off with dessert with Working Cow Ice Cream, made from all-natural ingredients including real cane sugar instead of high-fructose corn syrup, thus ensuring great flavor without all of the unhealthy additives.

Enjoy a variety of ice cream sundaes, soda, shakes, splits, and malts that will make any children "young-at-heart" dream of the good old days when soda shops and jerks were the norm for such Main Street eateries.

Those who especially want to indulge along memory lane can drink a vintage soft drink made from real cane sugar and served in glass bottles, or purchase "penny candy" ranging from lollipops and tootsie rolls for as little as three cents.

Owner Dan Blake always wanted to open up his own Vienna

beef stand. He always admired the soda shops and drugs stores that opened up along Main Street, and wanted to create a similar experience for a whole new generation.

He purchased the building four years ago and opened up the eatery two years later, with the arcade opening the following month.

The Vienna beef products have been the main draw from many of his customers, as his Vienna beef sandwich has been their most popular item on the menu.

Many visitors from the Midwest have been known to frequent his store, with many people driving as far as South Florida for a taste of his authentic Vienna beef sandwiches.

The variety of games, ice cream, and treats has proven to be the greatest draw for the eatery, as it manages to attract customers who are both young and young at heart, allowing everyone to have an equally fun time.

"It's a family-friendly place," Blake said. "You can come with the kids here and hang out with a soda and play games."

Blake himself is a jovial chap who remains friendly with the customers. He's the type of guy who's more than willing to shoot the breeze, offer a side hug, and lend a spare arcade token if you ask nicely enough.

Both he and his wife, Becky, who has especially been helpful with aiding in his lifelong dream, have worked hard to offer such hospitable customer service that keeps customers coming back time and again.

The location has especially been key to their success. Located near the park and schools, the eatery and arcade attract a lot of children, with a large lunch crowd, and especially with a greater influx after school, with the high school letting off after 2 pm, and the middle school letting out after 4 pm.

The park especially draws customers during its many public events, including its quarterly "Movies in the Park" event and other regularly scheduled events such as the car show and fall festival.

"It's the perfect location for Downtown Auburndale," Blake said. "There are not too many



PHOTO BY JAMES COULTER

Vintage antiques such as these make parents feel more like kids at heart with their kids at Ike's Eats and Treats.



PHOTO BY JAMES COULTER

Ike's Eats and Treats serves authentic Vienna Beef products such as hot dogs, polish sausages, and beef sandwiches.

other places where I would do this other than Downtown Auburndale. I don't think this would do as well at a strip plaza. That is a huge draw, and that park draws people in constantly all day long."

The only concerns have been space. While the location provides the best place to draw customers, the small area sometimes struggles to contain them all. As such, they are planning an expansion with a second location in Lakeland in the near future.

Otherwise, Ike's Eats and Treats remains in the perfect place at the perfect time, and expects to remain there for as long as it can keep attracting customers both young and younger in spirit.

Ike's Eats And Treats is located at 103 Main Street in Auburndale. For more information, visit their Facebook page, or call 863-967-6111.



PHOTO BY JAMES COULTER

Play all the classics like Donkey Kong or Pac-Man and land the high score in the arcade.



PHOTO BY JAMES COULTER

If you have a few cents to spare, you can satisfy your sweet tooth with candy like lollipops and tootsie rolls.

National Collegiate Parachuting Championships Complete

LAKE WALES — The 2015 U.S. Parachute Association National Collegiate Parachuting Championships, the oldest and biggest collegiate skydiving event in the world, completed Friday at the Florida Skydiving Center in Lake Wales.

This year's championships drew more than 100 collegiate skydivers from 16 colleges and universities around the country—the biggest Collegiate Nationals in six years—to compete for the title of national champion in four spectacular skydiving disciplines: Formation Skydiving, Vertical Formation Skydiving, Sport Accuracy and Classic Accuracy.

The U.S. Air Force Academy and U.S. Military Academy dominated the competition, walking away with most of the gold medals. Both teams also set a national record in the 6-way speed event, in which team members exit the aircraft and work to build

a formation in the fastest time possible. The Air Force set a new national record in round one with a blazing 5.91 seconds, the first time in history a team has surpassed the six-second mark. In round two, the Army team answered with a 5.26-second time to set another national record.

Skydive Like a Pro

For sheer excitement and high-speed fun, no sport comes close to skydiving. Fortunately, this high-flying adrenaline sport is not as extreme or intimidating as it may seem. Just about anyone 18 years of age or older can take to the skies after some comprehensive safety instruction. In fact, all it takes is a half hour of ground school to prepare for a tandem jump, the easiest and most popular way to experience skydiving for the first time. Tandem jumping allows students to experience the thrill of freefall from 13,000 feet



PHOTO BY LASZLO ANDACS/USPA

A ring could not be prettier than this, high above the earth, as skydivers join hands.



PHOTO BY LASZLO ANDACS/USPA

while securely harnessed to an experienced, licensed instructor.

Another first-jump method called Accelerated Freefall (AFF) allows students to jump solo right away—with two instructors at their side—after four to five hours of intense ground instruction. Just about anyone can earn a license in as few as 25 jumps.

For more information on skydiving and to find a USPA Group Member skydiving center near you, visit www.uspa.org.

About USPA

Founded in 1946, the United States Parachute Association is a non-profit association dedicated to the promotion of safe skydiving nationwide, establishing strict safety standards, training policies and programs at more than 230 USPA-affiliated skydiving schools and centers throughout the United States. Each year, USPA's 38,000 members and hundreds of thousands of first-time jump students make more than 3.2 million jumps in the U.S. USPA represents skydivers before all levels of government, the public and the aviation industry and sanctions national skydiving competitions and records.

For more information on making a first jump or to find a skydiving center near you, visit www.uspa.org or call 800.371.USPA.



PHOTO BY LASZLO ANDACS/USPA

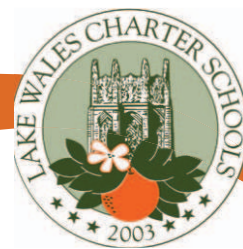
Skydivers decorated the blue over Lake Wales last week.



PHOTO BY LASZLO ANDACS/USPA

A skydiver comes in for a landing.

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HighPoint hosts Christmas Proclamation

Old friends greeted each other and there were lots of "Merry Christmas" greetings at this year's Christmas Proclamation Supper in Lake Wales, held Dec. 19 at HighPoint Church and sponsored by the Business, Civic and Ministry Coalition.

After initial greetings, the Coalition's ministers read their proclamations for the coming year.

According to ministers, a proclamation is a statement read as a prayer to God for blessing upon the city in the future.

Proclamations varied. Pastor Jack Hillgoss of HighPoint thanked everyone who came to the supper. Pastor Scott Markley of First Baptist Church of Lake Wales read a scripture, "Remember the Lord your God, for it is He who gives you the ability to gain wealth." The Rev. Dr. J.J. Pierce of First Institutional Missionary Baptist Church noted the group's pastors meet every week to pray and "talk about our city." Pastor Lemuel Figueroa of Iglesia Hispana del Nazareno prayed "for those in need, the less fortunate." Rev. Willie Kingcade of Mt. Zion Progressive Baptist Church said he would address how the churches need a "new and deeper relationship" with each other and with God. He said a group of men just returned from Washington, D.C., where they attended a Watchmen on the Wall Conference where they learned about the importance of relationship and fellowship as men. As a result, the men then went bowling, he said, noting that "I was the one that could not bowl, but we had fun."

(Editor's Note: A "watchman" in Protestant faiths is known as one who keeps track of matters of prayer and fervently prays for them; for example, healing of those who are sick, restoration to broken relationships and other such spiritual issues. The term is taken from the Bible book of Isaiah 62:6, which reads (New International Version, "I have posted watchmen on your walls, Jerusalem; they will never be silent day or night. You who call on the Lord, give yourselves no rest.)



Guest speaker for the event was Dr. David Robinson, author and the founder of Coaching 4 Ministries.

He said he has spent 287 days this year "on the road," trying to get his message out that Christians need to be an example in the marketplace. Speaking on his key topic of "Reaching the Marketplace for Christ," he applauded the work of the Coalition in Lake Wales.

"All I can say is, wow, I wish we had this in our city," said Robinson. "We don't receive anything for our benefit, but for the benefit of others. Your life matters. It matters a lot," he added, encouraging those in the room who worked tirelessly to improve the community.

He said that those in the room have been given a challenge to go "and salvage" the lives of those with whom they come into contact.

About the Coalition

Since its inception, the Coalition has done many things in the city, addressing numerous community needs.

Spearheading community cleanups in partnership with the City of Lake Wales, where the churches and other individuals provided labor and time, they held various activities to try to address the abject poverty in the city.

The "Great Giveaway" was held a couple years ago, in which donations of all kinds — furniture, food, money — were collected and were distributed to any who had need and at no cost. One family then said they had actually walked 10 miles to receive groceries.

They also started the Lake Wales Revival, a multi-cultural, multi-denominational church event on the banks

of Lake Wales, as they sought to literally unify the city under one tent during Pioneer Days.

At the first revival, money was donated to pay people's bills. It was not given away, but if people brought in their bills the event found a way to pay those.

That is not all. They helped the Lake Wales Fire Department as they went door to door checking to see who needed smoke detectors or batteries in smoke detectors changed. Ministers independently asked residents if they had anything they wanted the Coalition to keep in prayer and many did.

Recently, the Coalition, along with several volunteers from the community, helped get the Young Entrepreneurs class at Lake Wales High School off the ground, funding a teacher for the year. The class has been highly successful and some students are even being trained in various jobs. Students from that class ran an on campus car wash, as well as the snack shop and other endeavors, with the funds going towards scholarships for students.

Those honored

A new initiative spearheaded by retired McLaughlin Principal Sharon Kurschner, entitled Jobs For Life, enabled students to train for future occupations. She was honored at the event, with much applause.

An offering for Jobs



A delicious dinner of roast beef, green beans and mashed potatoes greeted folks who turned out for the Christmas Proclamation Supper.

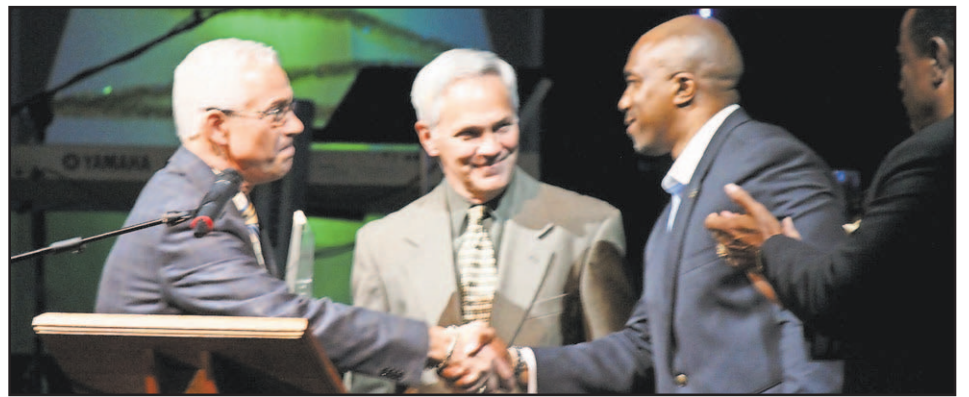


PHOTO BY KATHY LEIGH BERKOWITZ

John Motis, owner of Chemical Containers, shakes hands with Co-Director of the Business, Civic and Ministry Coalition, John Kimbrough, as First Baptist Church Pastor Scott Markley looks on. Motis was honored for his extraordinary business contributions to the community and to the Coalition's efforts in promoting business in Lake Wales.

For Life was taken, with the music by the Mt. Zion Progressive Missionary Baptist Church Men's Choir.

John Motis received a surprise for his work as an excellent business man in the city, a plaque with his name on it, presented by the Coalition.

Motis, the owner and founder of Chemical Containers for over 30 years, was noted as a man "who is humble." That humility showed as he looked around the room and noted that when he asked God to bless his business so it could bless the lives of others, he had no idea "the lives it would affect."

"I thank you all and I am humbled and blessed," he said.

To learn more

For more information on how to get involved with the Coalition and its activities, call 863-632-0203 or 863-528-2348.

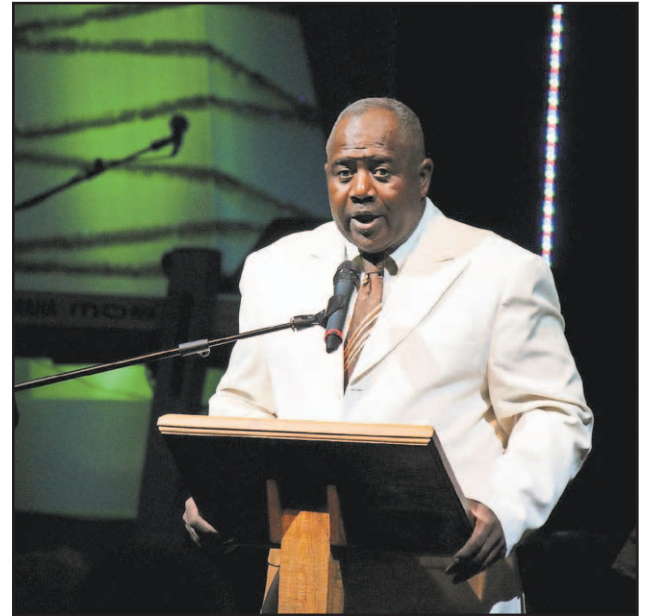


PHOTO BY KATHY LEIGH BERKOWITZ

Pastor Willie Kingcade of Mt. Zion Progressive Missionary Baptist Church, said the men of the churches need to develop a vision for relationship and fellowship with one another.

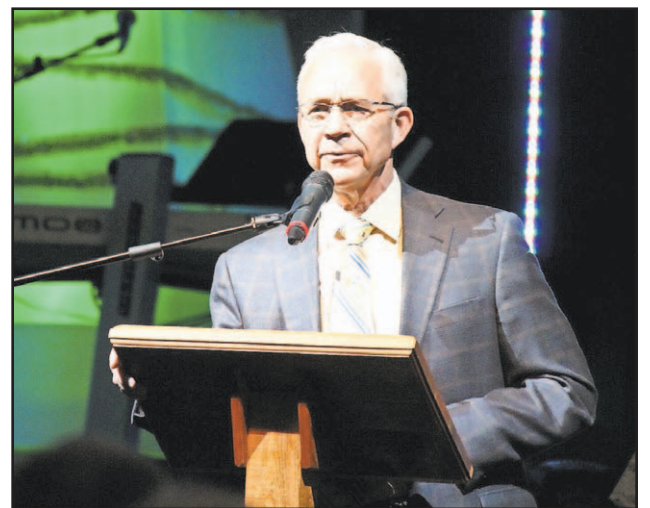


PHOTO BY KATHY LEIGH BERKOWITZ

John Motis, owner of Chemical Containers, speaks after being honored for his contributions to the Coalition's efforts in promoting the education of young business entrepreneurs in Lake Wales. He said he was honored and "humbled" to see how God has blessed his business and the lives it would affect over the years.

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**CITY OF BARTOW
NOTICE OF ELECTION**

Notice is hereby given that, in accordance with Section 100.021, Florida Statutes, the City of Bartow will hold a Regular Election on Tuesday, April 5, 2016, between the hours of 7 AM and 7 PM, for the election of ONE City Commissioners for a three-year term.

SEAT 3 – NORTH DISTRICT - currently held by J. Adrian Jackson

The qualifying period begins at 9 AM on Monday, February 1, 2016 and ends on Friday, February 5, 2016 at 5 PM.

To become a candidate, you must be a registered voter in Polk County, a qualified elector in the City of Bartow residing in the corporate limits of the City of Bartow and for Seat No. 3 residing in the North District, a resident of the City of Bartow continuously for eighteen months immediately preceding the date of commencement of the term of office and hold no other public office.

The office is for the term of three years and will commence May 2016. The salary for Commissioner is \$868.12 per month. The filing fee for Commission Member is \$104.17 (1% of annual salary).

Please contact the City Clerk's office at 863-534-0100 for more information.

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512 Raymond Ave - Frostproof - This home was built in 2006 and is located in the SunRay subdivision which is right off Hwy 27. It has 3 bedrooms, 2 baths, central air and heat, separate dining area off the kitchen. Kitchen has closet pantry and comes with stove, refrigerator and dishwasher. Spacious master bedroom. Master bath has walk-in shower. There is a screened in porch right off the living room which opens up to a spacious back yard that is fenced. Home has a single garage and is on a big corner lot. Asking **\$98,000**.
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HOMES FOR SALE
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481 Palmetto Ave - Frostproof - Beautiful brick home with 3 bedrooms, 2 baths. Spacious living room with cathedral ceiling and gas fireplace. Separate dining room, Kitchen has large closet pantry with newer stove and refrigerator. Split bedroom plan. Has attached single carport plus a detached 24X36+/- double carport with large storage room that has a window a/c unit. Also has a 18X28+/- utility building/workshop. Yard has irrigation with well, shade trees with a variety of fruit trees, and large double lot 140X145+/- Asking only **\$139,900**. Melba Taylor- Broker/Realtor - Frostproof Realty, LLC - 863-635-4246PH - www.frostproofrealty.com



531 N Scenic Hwy - Frostproof - Charming 3 bedroom, 1 bath home in city limits of Frostproof. Approx 225X164 lot. Beautiful wood floors and ceilings, Central air and heat. Utility building with fenced in area. Home has 18X8+/- screen room, single carport, metal roof and more.
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HOMES FOR SALE
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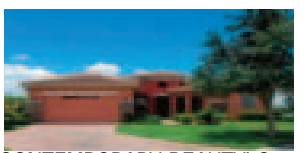
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HOMES FOR SALE
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Keystone Realty Inc, 863-635-0030
www.Keystone-RealEstate.NET

HOMES FOR SALE
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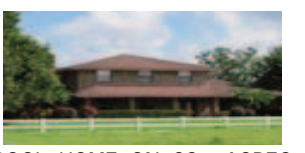
"OLDIE BUT GOODIE!" 4BR/2BA with an office OR 5BR/2BA home. Located half mile off Hwy 27 for easy access to Lake Wales, Frostproof, Ft. Meade & Avon Park! Home has been upgraded to include tile flooring downstairs, modern bathrooms, nice kitchen, with a living room, den area, eating area, inside laundry, detached garage and a large back yard that has fencing on 3 sides! ASKING **\$110,000** Includes a Home Warranty!
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83 Douglas Way Frostproof, 3/1 concrete block, Lakeviews, ceramic tile through out, laundry room, Sold as-is, Asking **\$49,900** Call **Cindy 863-528-0366**

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442 Stanley Ave. Frostproof in Sun Ray, Move in ready, neat and clean two bedroom single bath concrete block home in Sun Ray. It has central air and heat, attached Florida room with new vinyl flooring, wall ac unit, glass windows and a six foot opening into the kitchen area and attached 10x11 office, or could be converted into another Bedroom. All of the major appliances are included, GE refrigerator, RCA electric range, Washer and Gas Dryer, even an extra refrigerator in the storage utility area. Workshop with tools and a few key pieces of furniture left for Buyer's use including workshop contents. Asking **\$52,900** Call **Michelle 863-528-1136** **Keystone Realty Inc. 863-635-0030**
www.Keystone-RealEstate.NET.

502 W 9th St. Frostproof Three Bedroom Single full bath Concrete Block house on a Corner Lot with lots of shade from huge Oak trees. The house has been remodeled into a three bedroom home with ceramic tile throughout. Large family/living room, inside utility room, new hot water heater. some new rough cedar wood along the gallery style hall leading to the three bedrooms. Metal roof covered carport or could be used as a covered patio, fenced in yard. 12x12 building houses a large 7 person hot tub (needs just a little work with seal replacements) and has a wall a/c. 10x10 metal utility shed and play equipment will convey with the property. Asking **\$68,900.00** OBO Call **Michelle 863-528-1136** **Keystone Realty Inc. 863-635-0030**
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717 312th Ave, Old Town An UNFINISHED Country Florida Style ranch home that was intended to have two bedrooms and two full baths. The slab, exterior walls finished with Western Cedar, interior stud walls, metal roof and rough in plumbing have been completed. The building permit is still ACTIVE! Just add your finishing touches! There is a 30x60' barn with two open bays perfect to park your vehicle and boat. Located just 1 mile from the Suwannee River, 30 minutes from the Gulf of Mexico, good location for outdoor enthusiast, fishing, hunting, scalloping, and the Florida Springs. Asking **\$64,000.00** OBO Call **Michelle 863-528-1136** **Keystone Realty Inc. 863-635-0030**
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1040 US Highway 98 W, Frostproof Lovely 3/2 with attached garage and detached single garage on two 1 acre lots. Asking only **\$155,000** **PENDING!** Call **Wesley 528-8265** **Keystone Realty Inc. 863-635-0030**
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910 LIME AVE, FROST-PROOF, -Cozy home with 2 bedroom, 1 bath. Central air and heat, 25X7+/- screened in porch. Detached garage, partially fenced in yard on a large lot. Has a bonus room off the front porch. Asking **\$53,500.** **Frostproof Realty, LLC 863-635-4246**
www.frostproofrealty.com

336 Walter Ave - Frostproof - Home has 2 bedrooms and 1 bath, central air and heat. A bonus room and Florida room give of extra space. Eating space in kitchen with pass thru window to the bonus room. 10X13+/- Workshop, single carport. Asking **\$59,900.**

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Frostproof Realty, LLC
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275 Overocker Circle - Frostproof - Very spacious 4 bedroom, 2.5 baths home with inground swimming pool, fireplace, Formal living room, family room and huge bonus room. Home is inside city limits of Frostproof on large corner lot. This home has lots to offer. Call for appointment. Asking **\$239,000.** **Frostproof Realty, LLC 863-635-4246** **www.frostproofrealty.com**

326 Walter ave - Frostproof - Nice 2 bedroom, 2 bath home in the SunRay community right off Hwy 27. This home has formal dining room, spacious living room plus a bonus room. Central air and heat, 2 utility buildings plus a single carport. Asking **\$49,950.** **Frostproof Realty, LLC 863-635-4246** **www.frostproofrealty.com**

6 Harvard Ave - Frostproof - Cozy home located in Little SunRay subdivision right off Hwy 27. Has 2 Bedrooms 1 bath, central air and heat, mostly furnished. Asking **\$39,500.** **Frostproof Realty, LLC - ph 863-635-4246** - **www.frostproofrealty.com**

262 Walter Ave - Frostproof - Nice home on large corner lot. Home has 2 bedrooms, 1.5 bath, eat-in-kitchen, large living room, spacious front porch, bonus room on back of home with extra 8X7 storage room, single carport and 2 utility buildings. **Reduced \$55,500.** **Frostproof Realty, LLC - ph 863-635-4246** - **www.frostproofrealty.com**

241 Thomas Ave - Frostproof - Very nice 3 bedroom, 2 bath home in the Sun Ray Community outside the city limits of Frostproof. Home has lots of new upgrades including new appliances stove, refrigerator, microwave, washer, dryer and water heater. Both bathrooms have new vanities, new toilets. Home comes partially furnished, terrazzo floors, and eat in kitchen. Front porch has new carpeting. Several new ceiling fans. Exterior has been recently painted and new gutters around the home. Has open patio on rear of home, and a single garage. Asking **\$69,900.** **Frostproof Realty, LLC 863-635-4246**
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328 Swingle St - Frostproof - 5 Acre +/- property inside of city limits with home and grove. Home sits on approx .50 acre lot with 2 bedrooms, 1 bath, 3 bonus rooms and large Florida room, central air and heat,

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HOMES FOR SALE
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single carport and detached workshop. Grove consist of approx 4.5 acres mostly Valencia oranges. Grove has deep well, home has city water and sewer. **Reduced \$79,900.** Make Offer **Frostproof Realty, LLC 863-635-4246**
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SPACIOUS NEWER HOME Large 4 bedroom 3 bath newer contemporary home located in a gated community. This home has cathedral ceilings, fresh paint, new carpet, granite counter tops, family room, formal dining, walk in closets with plenty of storage space, oversized laundry room, work desk in hall, screened back porch and 3 car garage. Community features a swimming pool for neighborhood use. **Listed as \$239,900 ID #4700627** **PRIME PLUS REAL ESTATE INC. 863-676-7040**
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WATERFRONT HOMES 1030

20 N Lake Moody Rd - Frostproof - Lakefront home on 2 1/2+/- acres with 3 bedrooms, 2 baths. This secluded location is off the shore of Lake Moody. Has fenced in yard detached car storage/workshop. Home consist of a large family room, split bedroom plan. Mostly laminate flooring thru out the home. Asking **\$199,900.**

Frostproof Realty, LLC 863-635-4246 **www.frostproofrealty.com**



700 Feet m/1 on LAKE REEDY, 4.72 ACRES PLUS 3 bedroom 2 bath home, tile flooring throughout, nice kitchen, great room with cathedral ceiling, fireplace (heatilator) & wet bar, glassed heated & cooled 11x21 Florida room overlooking the lake, oversized garage, breezeway, many different varieties of tropical plants, DOCK, GAZEBO, & out-buildings! ASKING **\$375,000**

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“Clean It Up to Green It Up” heads to Wahneta and Eloise

Keep Polk County Beautiful, Inc. in partnership with Polk County Board of County Commissioners is bringing their “Clean It Up to Green It Up” Program back to Wahneta and Eloise Communities on Saturday, Jan. 9, 2016.

Residents are strongly encouraged to take advantage of this pilot program that will consist of a large-scale trash pick up throughout the selected community (clean sweep). This program will provide disposal of items that are not generally collected with their residential garbage such as remodeling & household construction debris (shingles, drywall, etc.) on this day only. All households are asked to participate by placing these items by the curb no later than 8 a.m. for this one day event.

Absolutely no tires or hazardous waste will be collected curbside.

Residents of these communities are asked to join Keep Polk County Beautiful at the Centro Guadalupano Church at 2150 Bomber Rd, Wahneta for a free Tire Recycling Event from 8 a.m.- noon.

For Tire Recycling limits and questions, contact KPCB before the event date. KPCB will be at this community event to answer any trash/recycling

questions.

Trash collection services donated by Republic Services.

For additional information on the “Clean It Up to Green It Up” program, Tire Recycling or to find out when/ if this program is scheduled to come to your community, contact Keep Polk County Beautiful, Inc. at (863) 875-8911 or email kpcbeautiful@yahoo.com.

It is a violation of Florida Administrative Code Rules to transport more than 24 waste tires over public highways without a permit. Violation of this rule would constitute a 1st degree criminal misdemeanor and be punishable by a fine of not more than \$10,000 and/or by 6 months in jail for further information please regarding the handling of waste tires please visit the DEP website <http://www.dep.state.fl.us/>.

For tire recycling limits and questions, contact KPCB before the event date. KPCB and Waste Resource Management (Board of County Commissioners) will be at this community event to answer any trash/recycling questions, provide informational items and provide residents with a recycling bin if they currently do not have one.

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Gems of Winter Haven

Banker's Cup nominations due Feb. 1

Who has made the most positive impact on making the Winter Haven area a better place to live? That's the question to ask when nominating someone for the 2016 Banker's Cup Citizen of the Year Awards. The deadline for nominations is 4 p.m. on Feb. 1 with the top secret winners revealed at the gala in May.

Though it's called the Banker's Cup, the annual award is not for bankers, but was given to citizens by bankers. The Winter Haven Clearing House Association presented the first Banker's Cup Award in 1923 at the



PHOTO PROVIDED BY WINTER HAVEN CHAMBER

Mrs. William H. (Eunice) Fuller won Winter Haven's Banker's Cup Woman of the Year in 2010.

Winter Haven Chamber of Commerce annual banquet. It was established to recognize the person who had made the most significant contributions to the community through years of service or a single noteworthy project.

Past winners have been the who's who of Winter Haven starting with one outstanding citizen honored each year until 1965 when the tradition began to honor an outstanding man and woman. No awards were presented during the war years, 1943-1945.

Any living resident of the Winter Haven area is eligible for the Banker's Cup. Individuals may be



nominated by another person, a civic or business organization. The Chamber board chair appoints a selection committee whose members remain anonymous. Nominations are presented to the selection committee, which then evaluates each nominee independently.

According to the Chamber, neither age nor occupation should be a factor. Every living resident of Winter Haven of exemplary character is a potential candidate. Social standing is not relevant; respect and integrity are. Consider the range of activities and the involvement of the person you nominate and their positive impact on our community. Activities should be considered only if they were truly for the community good. For example, work done for one's personal hobby would be given less importance than work volunteered to serve the needs of others. It is appropriate to honor person for freely-given service over a period of years. It is not a popularity contest so the number of letters received is never a deciding factor and only one sincere, well-documented letter is necessary.

Email your nomination by Feb. 1 to info@winterhavenchamber.com or drop it off at the Chamber from 9 a.m. to 4 p.m. Monday through Friday at 401 Ave. B NW in Winter Haven.

Sponsored by BB&T, Citizens Bank & Trust, Center State, Centennial, Platinum Bank, Sun Trust and Wells Fargo, visit <http://www.winterhavenchamber.com/bankers-cup.html> for more information.

BANKER'S CUP WINNERS (* Deceased; † Posthumous)

1923 John F. May*;



PHOTO PROVIDED BY WINTER HAVEN CHAMBER

Banker's Cup past recipients gathered for a group photograph: (L to R) Charles McPherson, Vaughn McAshan, Richard Straughn, Ron Morrow, Ann Darby, Dr. Gary Schemmer, Judy Cleaves, George Tinsley, Frank Fischer, MD, Eunice Fuller (seated), Ellie Threlkel, Cheryl Beckert (kneeling), Glenda Jones, Scottie Beasley (kneeling), John Stewart, Angeline Davis, Seretha Tinsley, U.J. Johnson and Howard Beckert.

1924 John F. May*; 1925 George L. Dick*; 1926 John F. May*; 1927 R.A. Henry*; 1928 Allen E. Walker*; 1929 R.D. Pope*; 1930 Jay Stull*; 1931 Hart McKillop*; 1932 H.A. Lavey*; 1933 Dewey Griffin*; 1934 R.D. Pope*; 1935 W.W. Jamison*; 1936 Priscilla Eveleth Rich*; 1937 W. Thomas Johnson*; 1938 E.B. Walthall*; 1939 George Andrews*; 1940 David B. Mills*; 1941 O.C. Stanley*; 1942 Mrs. A.G. Hancock*; 1943-1945 No award given; 1946 William Langdon*; 1947 Jean H. Knox*; 1948 William Langdon*; 1949 William Langdon*; 1950 H. Gunter Stephenson*; 1951 L.H. Recker*; 1952 Tom Moore*; 1953 Phil M. Hutton*; 1954 Larry Rollins*; 1955 W.H. Hamilton*; 1956 Joe K. Hays*; Norman P. Judd*; 1957 Tom Swann*; 1958 W.E. Rynerson*; 1959 Harlan Jameson*; 1960 Frances Brigham*; 1961 Carroll Teeter*; 1962 Tom Turnbull*; 1963 W.E. Rynerson; 1964 W.E. Rynerson*; 1965 Austin T. Race Jr.*; Margaret G. Swann*; 1966 J. Hunter Hyer*; Sarah Hulsey Hays*; 1967 Thomas Costello*; Margaret DeHaven*; 1968 Jack McKay*; Lucille McN. Smith*; 1969 Bob Paul*; Julie Pope*; 1970 Bob Eastman*;

Sally Abernethy*; 1971 Powell Ott*; Josephine Burr*; 1972 Alfred Estes Sr.*; Hulda Glass*; 1973 Kenneth Schulz*; Ann D. Teeter*; 1974 Dr. Fred Lenfestey*; Carol Lemons*; 1975 Mike Nolen Sr.; Eloise O. Skidmore*; 1976 R.D. Pope*; Julie Pope*; 1977 Virginia Snively*; Ralph B. Thompson*; 1978 Maggie Hankin; James A. Goff*; 1979 Bennie Spanjers; James W. Gray, Jr.*; 1980 Mella Rollins Thornhill*; Dr. August Bernthal*; 1981 Johnnie Allen*; Bruce Parker; 1982 Nora Goff; Joseph P. Lawlor*; 1983 Marjorie Henderson Roe; Carl J. Strang Jr.*; 1984 Ellie Threlkel; William L. Raley*; 1985 Ruth Connor*; A. Beverly Connor*; 1986 Sarah

Husley Hays*; Walter J. Coleman*; 1987 Carolyn Paul Wheeler*; J. Drexel Dennis*; 1988 Priscilla Gerber; Ray Cooney*; 1989 Virginia Myers*; Richard Dantzler*; 1990 Rubie Wilcox; Ronald A. Morrow; 1991 Mary Ann Snively; Paul B. Cate*; 1992 Ann E. Darby; Dr. John A. Stewart; 1993 Recie H. Crabill*; Roger D. Crabill; 1994 Christine L. Cooney; Larry D. Tucker*; 1995 Andrea "Andy" Honer; Ben R. Adams; 1996 Sarah Hulsey Hays*; Robert W. Stickler, Jr.; 1997 Phyllis Gilbert; Walter D. Hall; 1998 Julia P. Miller; I.B. "Doc" Hardy*; 1999 Cheryl Beckert; John Cunningham*; 2000 Seretha Tinsley; Frank Fischer, MD; 2001 Angeline Davis;

U. J. Johnson; 2002 Betty Fierro; Howard Beckert; 2003 Gwen "GiGi" Howard; Nat West; 2004 Jane West; Richard Straughn; 2005 Judy B. Cleaves; Vaughn McAshan; 2006 Mary Smith; Charles McPherson; 2007 Sarah "Scottie" Beasley; R. Mark Bostick; 2008 Glenda W. Jones; Daniel J. Costello*; Marlene Duffy Young†; 2009 Dr. Gary Schemmer; Virginia "Ginny" Bishop; 2010 Eunice Fuller*; George Wm. Tinsley Sr.; 2011 Bonnie Parker; Lance Anastasio; 2012 Patti Bostick; Gary Price; 2013 Cindy Price; Lemuel Geathers; 2014 Dr. Eileen Holden; Dr. Richard "Rick" Honer; and 2015 Bob Gernert and Audrey Nettlow.

POLK COUNTY SUN CHECK IT OUT

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www.heartlandforchildren.org

Can't bear a bare fireplace? Here are some ideas

By **MELISSA RAYWORTH**
THE ASSOCIATED PRESS

When January arrives, even Christmas-loving homeowners might be happy to put away Santa and his reindeer. But the post-holiday mantel and fireplace can look strangely bare.

The days are still short and the weather chilly, so “the key word after the holidays is cozy,” says Pittsburgh-based interior designer Cathy Davin.

A well-decorated fireplace — even without a wood-burning fire inside — can be the perfect source of cheerful style and warm glow throughout the first weeks of the new year.

Here, Davin and two other designers — HGTV stylist Meg Allan Cole and Atlanta-based interior designer Mallory Mathison — offer four ideas for making the most of your mantel and fireplace throughout the post-holiday season:

1. KEEP THE WINTER THEME

Davin believes in celebrating winter even after the holidays are over. She removes red poinsettias, but keeps white ones and white cyclamen around her fireplace. And she continues lighting white and gold candles on the mantel.

She also encourages clients to keep tiny white lights in their living space for a warm glow throughout January.

Cole agrees: White lights “can absolutely stay up all winter long,” she says. “They yell, ‘Warm and festive! Come on inside! Get out of the cold!’”

Alongside traditional lights, she recommends using LED copper strips on the mantel. “Copper is really on-trend right now,” Cole says. And these strips of lights are battery-operated, so there are no wires snaking away.



PHOTO BY MEG ALLAN COLE/MEG ALLAN COLE CRAFTS VIA AP

Designer Cole shows you how to transform simple cardboard cones into an illuminated forest or mountainscape for a modern winter mantel.

2. LAYER YOUR FAVORITES

A clean, classic mantel with just a pair of vases or hurricane lamps flanking one large painting can look lovely year-round. It's the perfect way to highlight a piece of art, and this sparse approach can be a nice break after busy holiday decorations.

Another approach “is to layer pieces on a mantel by propping up different sizes of art, mirrors and objects” in an asymmetrical arrangement, Mathison says.

This casual look is a great way to display a collection of items — perhaps small, framed prints in various sizes, Mathison says, or a collection of tea cups. This vibrant approach can make a post-holiday mantel seem a little less stark and empty.

To keep the winter vibe going on a layered mantel, Cole suggests using a collection of small animal figurines like deer and other woodland animals. Paint them silver or gold, she says, then drape tiny white lights around them and perhaps even add little wreaths around their necks.

This winter-inspired layered mantel can include any colour palette, even cool pastels that hint at spring's eventual arrival. We're “letting go of some of those seasonal rules,” Cole says.

3. LOOK INSIDE

If you're not using your fireplace for a fire, use that space decoratively by filling it with candles or other items. Just remember to keep things looking reasonably natural.

“The ‘go-to’ is a bundle of clean, pretty birch logs that are arranged as if they are waiting to be lit,” Mathison says. “I love to use andirons and then stack the birch logs in a pyramid.”

Some designers fill the firebox area with small bookshelves or other unexpected items. Mathison prefers not to: She thinks using decorative items that aren't made to be in a fireplace can “feel forced and contrived.”

Davin agrees: “I don't like to see a plant pushed back into the firebox area” where it doesn't get light, she says. “One or two plants sitting around the hearth, where they can actually get natural light” can look lovely, however.

4. GET CRAFTY

Your mantel is the perfect place to get creative. Davin suggests exploring Pinterest for DIY mantel decorations. You'll also find ideas on Cole's Youtube channel.

One favourite of hers: Buy inexpensive cardboard cones that look like little mountains, then spray paint them in



PHOTO BY MEG ALLAN COLE/HGTV VIA AP

Here is an arrangement by the designer Cole that includes wrapping battery-operated copper led lights around driftwood that is a simple and easy way to bring an organic element into your mantel decor this winter.

a mix of pastels with a bit of gold or white. Cluster them together with white lights, and then top them with a glass dome.

“A glass dome over anything screams design,” Cole says, and it can cost as little as \$10 at a craft store.

Cole also suggests

seeking out craft projects that use votive candles (she offers some ideas at hgtv.com).

Don't forget to get creative under your mantel, too: Add tiny hooks if you don't already have them for holiday stockings, then suspend little glass orbs with LED tea lights

inside. They'll provide a warm glow without the work of lighting a real fire.

—
Melissa Rayworth writes about lifestyles topics for The Associated Press. Follow her on Twitter @mrayworth.



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253 Walter Ave, Sun Ray 2 or 3 bedroom \$700.00 Call **Cindy 863-528-0366 Keystone Realty Inc 863-635-0030**

414 N Scenic Hwy, Frostproof 1bedroom 1 bath duplex apartment \$550/month, includes city water, sewer and garbage pick up, furnished. No pets. Call **Michelle 863-528-1136 Keystone Realty Inc 863-635-0030** Email: realtgirl@juno.com Must fill out rental application before showing any rental units

312 Thomas Ave, Frostproof Immaculate 2/1 large L shaped front porch, carport, Stainless Steel refrigerator, stove, dishwasher, washer/dryer, fenced back yard \$775/month includes yard mowing Ask for **Michelle 528-1136 Keystone Realty Inc. 863-635-0030**

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Bond. James Bond. He'll be joining incoming Chamber President Jennifer Hall (SEMCO Construction) and will be escorted by his "Bond Girls" to the Bartow Chamber Annual Meeting on January 23, 2016, at 6:00 p.m., Bartow Civic Center. (Shhhh! James' alter-ego is actually Steve Steiner of The Polk County Democrat.)

**LOTS & ACREAGE
1500**



21 Alabama St, Frostproof Nice buildable double lot, end of cul-de-sac paved street in City limits. **Asking ONLY \$6,000** OBO!! COF has waived all impact fees except for the School Board and County fees. Great DEAL!! Hey Neighbor, increase your yard space by adding this lovely Grandfather Oak Tree. Contact **Michelle 863-528-1136** or **Keystone Realty Inc. 863-635-0030** www.Keystone-RealEstate.NET.

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2645 W County Line Rd - Avon Park - Approx 160X101 lot in great location. Asking **\$9500.** Frostproof Realty, LLC - ph **863-635-4246 - www.frostproofrealty.com**

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21 Alabama St. Frostproof **REDUCED PRICE....SELLER MOTIVATED....Double lot** in Frostproof City Limits. Paved Street, no back neighbors (citrus grove). Huge Grandfather type Oak Tree. Seller said to make an offer!! Asking **ONLY \$6,000** Call **Michelle 863-528-1136** **Keystone Realty Inc.** 863-635-0030
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Palm Avenue Frostproof, Lakefront on Lake Clinch Owner is serious about selling. This amazing lot on Clinch Lake has 150' of beautiful lake frontage. One of the few buildable lots available on this ski/fishing lake. 1.6 acre with gorgeous mature oak trees, sandy beach and breath taking sunsets. Build your dream home, fish from the shore and enjoy family skiing, tubing and fishing on the lake. Clinch Lake has clear water, sand bottom and a public boat ramp. Don't pass it up. **REDUCED to \$139,000** Call **Cindy 528-0366** **Keystone Realty Inc.** 863-635-0030
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N Scenic Hwy, Frostproof Oversized corner lots in Frostproof with highway frontage and or side street frontage. You can be downtown in walking distance to shopping, medical and schools. This is a great time to buy land while the majority of land use impact fees are waived!!! Asking **\$53,500.** OBO Call **Michelle 863-528-1136** **Keystone Realty Inc.** 863-635-0030 www.Keystone-RealEstate.NET.

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Marcus Bowen, Lake Wales
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Robin Warndorf, Winter Haven
"He died fighting for what he believed in and deserves to be honored."



The basics of property taxes

MCT

Paying property taxes is a necessary side effect of home ownership. Across the United States and Canada, residents are required to pay property taxes based on an assessment of their homes' value.

Taxes on land and the buildings on it are one of the biggest sources of revenue for local governments. In the United States, property taxes are not imposed by the states, but by the smaller governing bodies in cities, towns, townships, counties, and other jurisdictions. In Canada, property taxes, or millage taxes, are levied by the jurisdiction in which the property is located. They may be paid to a federated state or a municipality or the national government. Sometimes multiple jurisdictions may tax the same property.

Although the taxes are mandated by a higher governing power, the rate at which you pay taxes could be based on a very local assessment of the area in which your house

is located and the current market conditions. An assessor will visit a home -- usually prior to purchase -- and make a determination on the percentage of tax to be paid depending on the condition of the home, the improvements that have been made and the climate of the economy in your particular town or city. Property taxes are usually calculated by taking the assessed value of your home and multiplying it by the tax rate that has been determined by your local government.

While no one can "legally" escape paying property taxes, there are several ways to have them lowered. Getting your home re-assessed is one such way. Individuals who have reached a certain age may be eligible for certain discounts on property taxes. But this may require a very low income to qualify. There are also some tax credits or homestead exemptions that may qualify you for a limited assessed value on the property.

According to data from the Tax Foundation and Forbes, areas of New Jersey, New York and Illinois boast some of the highest property taxes. Residents of Hunterdon County, New Jersey paid on average \$8,600 a year between 2005 and 2009. Those in Lake County, Illinois pay around \$6,500. People living in Westchester County, New York can plan on spending \$8,400 per year. Statistics indicate that homes located in Ontario cities in central Canada have the highest property taxes. Toronto residents, for example, pay an average of \$3,900.

In this tough economy, lowering property taxes (which are generally rolled into the mortgage amount for ease of payment) could substantially reduce bills. As many as 60 percent of properties across the United States are overassessed, according to the National Taxpayers Union, a nonprofit group that promotes lower taxes.

If you suspect your property taxes are high, here are the steps to take.

* Get a copy of your

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property tax assessment from the local assessor's office and double-check all the information contained to see if it is correct.

- Check the assessments of five comparable homes that have sold in your neighborhood in the last three years.

- An independent appraiser can also provide you accurate information at a cost. Make sure he or she is licensed with

the National Association of Independent Fee Appraisers or by the American Society of Appraisers.

- It's not possible to lower the property tax rate, just the assessed value of the home through an official appeal. There may be fees associated with this appeal, however.

Some home improvements will increase the value of your home and,

in turn, your property taxes. Here are some of the most common culprits:

- extra stories to the home
- outhouses, like a guest house
- sports courts, like tennis
- installation of an inground pool
- improvements to fencing

TAXES | 19



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REAL ESTATE

Renovating a rental property

MCT

When the economy struggles to the point of recession, few people benefit. However, there are some businesses that thrive during a recession, using the circumstances to their advantage and actually growing business in spite of a sagging economy.

One such business is rental agencies or property management companies. Even landlords with a single investment property tend to do better during a recession, when individuals might be fearful of buying a home or simply unable to afford it. Such individuals still need a place to live, however, and landlords benefit as a result.

One of the best things a landlord can do during a recession is to pay more attention to their rental properties, ensuring the properties are in tip-top shape so they can get the most out of each unit at a time when the rental market is most competitive. This might require some renovations,

which landlords should be making periodically anyway, regardless of how strong or tenuous the economy might be.

- Update the paint. Apartments are typically empty when shown to prospective renters, and any issues with the paint job are very noticeable during such viewings. If the paint is outdated or there is any fading, update the walls with a fresh coat of paint. It's ideal to do so whenever a tenant moves out, but landlords whose buildings have a high turnover rate likely won't need to repaint every time a tenant moves out. When adding a new coat of paint, choose a light, neutral color to give the property a fresh, inviting look.

- Replace the carpeting. Carpeting is another area prospective renters are instantly drawn to when viewing an apartment. New carpeting is always attractive to potential tenants, and landlords won't have to break the bank to replace the carpets when an existing tenant moves

out. Instead of expensive carpeting, choose a medium grade carpet with a neutral color, ideally beige or light brown, which can hide spills or stains should the next tenant prove messy and move out after the original lease terms are up. Before laying carpet, don't forget to lay down quality padding underneath. Such padding makes the carpet feel softer and of higher quality.

- Upgrade the appliances. Perhaps nothing evokes a stronger response from prospective renters than a property's appliances. Outdated appliances make renters speculate as to what else might be outdated and if the building is well taken care of. On the other hand, newer appliances, particularly stainless steel items, create a contemporary feel and give the impression, true or false, that a landlord won't allow the building to grow dated or fall into disrepair. When shopping for appliances, choose ones that are more basic so any eventual repairs won't be too complicated or costly. Newer appliances

enable landlords to charge more rent for a given property, and many renters would agree that such properties are worth the extra money.

- Install new windows. Older buildings tend to have creaky or drafty windows, which not only makes the property colder during the winter months, but it also drives up utility costs as renters are forced to turn up the thermostat to combat drafts and cold air entering the unit. New windows can eliminate such drafts and reduce utility costs, something landlords can use to their advantage when discussing the property with potential tenants. Landlords might even be able to earn tax breaks when installing new, energy-efficient windows. Discuss if any such breaks exist with the local municipality.

When it comes to renovating a rental property, landlords can make a handful of small renovations that, while relatively inexpensive, enable them to earn substantially more money from each unit over the long haul.



Relatively minor renovations to rental properties can earn landlords substantially more money over the course of a typical lease.

TAXES

FROM PAGE 18

- addition of a garage

or another room on the home. A change in the status of a neighborhood can also give rise to higher property taxes. An influx

of new residents or new construction of stores and homes can have a major effect on the assessed value of your home.

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Journey into wisdom

The Self Center life coaches offer Sage-ing classes

If one of your New Year's resolutions is to get in shape, don't feel alone. All the gazillions who are committed (at least this week) to sculpting a hot body could be sorely disappointed when all the good looks in the world won't transform you if your inner self is "Coyote Ugly." That's why life coaches are ready to whip you into shape doing push-ups for the mind, heart and spirit. The international rage of "Sage-ing," a journey into wisdom, is all about learning, laughing, loving and living strong at The Self Center in Winter Haven.



PHOTO PROVIDED BY THE SELF CENTER

Andy Belkin, Polk County's Sage-ing Program coordinator who facilitates the 8-week program from 10 a.m. to noon every Wednesday, Jan. 13 through March 2 at The Self Center, 250 Hwy. 17 N. in Winter Haven. The suggested donation is \$5 per session.

"Many of us need help finding joy and purpose as we grow older," says Andy Belkin, Polk County's Sage-ing Program coordinator who facilitates the 8-week program from 10 a.m. to noon every Wednesday, Jan. 13 through March 2, providing an opportunity for all ages to realize their potential and affirm elder years as a time of continued growth. "We don't become wiser just because we grow older, but rather we must do inner work to grow in wisdom. Sage-ing helps us do this inner work through discussions and studying the thoughts of men and women who have a deep spiritual understanding. Our classes also help us to develop a greater understanding of ourselves and others through writing about the lives we have led, learning to meditate and working towards understanding our dreams."

With a BSW and a master's degree in clinical social work, Belkin retired eight years ago as coordinator of the Women's Resource Center at Lansing Community College in Michigan where she taught personal development courses. Surprised to find out that



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retirement wasn't all it was cracked up to be, Belkin felt lost and depressed until she started a new chapter

in life at The Self Center.

"Sage-ing feels like continuing my life's work and passion," says Belkin, about the weekly round-table discussion filled with richness and joy that explores ideas for personal fulfillment connection with like-minded people. "You will become engaged in a deep conversation, taking you on a journey filled with wonder, humor, and learning, a journey within yourself, a journey you will treasure."

The personal growth lessons include: tools for expanding your consciousness; explore the blessings of your elder years and affirm your elder years as a time of growth; harvest the wisdom from your life; envision a model for growing older; cherish each year of life experience; and realize your potential.

The local group started when Chuck Warren first heard of the Sage-ing Program in 2000 while dining with the director of a Sage-ing Center in Winter Park. Inspired by what he heard, he approached Nat West, a vice-president of Winter Haven Hospital, who joined Warren for a weekend seminar and came away enthused about starting a program in Winter Haven. The hospital generously supported the Sage-ing Program until early 2010 at which time the program moved to its present location at The Center for Personal Growth in downtown Winter Haven. It has grown from a two hour a week workshop in 2000 to having a variety of



PHOTO PROVIDED BY THE SELF CENTER

Chuck Warren first heard of the Sage-ing Program in 2000.

classes supporting the mental, spiritual, emotional and physical betterment of those in their second half of life.

SAGE-ING CLASSES

"Sage-ing II: Wisdom Circle" with Belkin is from 10 a.m. to noon every Monday at the Winter Haven Public Library. "While this class is designed for those who have completed the 'Finding Joy in the Second Half of Life' class, it is open to everyone. It is a continuation of the deep discussions held in that class. But, deep discussions does not mean we don't have fun. Not a meeting goes by that we don't have a great time. Many a time those that walk by our class have looked in to see who is having so much fun and why are they laughing so hard." Some of the books and films studied in Sage-ing II include: "The Art of Power" by Thich Nhat Hahn; "The Second Half of Life" by Angeles Arrien; "Ageless Body, Timeless Mind" by Deepak Chopra; and "From Age-ing to Sage-ing" by Rabbi Zalman Schachter Shalomi. The suggested donation is \$5 per session, but not required.

"Writing Your Memoir" with D J

Osborne, who has been facilitating this class since its beginning around 2002. Those who write their life story find they come to know themselves better, have a greater understanding of the lessons their life has to teach, and provide a legacy to their children and grandchildren. Classes are from 1 to 2:30 p.m. Wednesday, Feb. 17 through March 16; May 4 through June 1; July 20 through Aug. 24; and Oct. 12 through Oct. 26 at the Winter Haven Public Library, 325 Ave. A NW. The suggested donation is \$5 per session,



PHOTO PROVIDED BY THE SELF CENTER

DJ Osborne facilitates "Writing Your Memoir" with from 1 to 2:30 p.m. each Wednesday at the Winter Haven Public Library, 325 Ave. A NW. Call 863-293-3594 to register.

but not required. Call 863-293-3594 to register.

"Understanding Your Dreams" with facilitator Shirley Curtis-Ference, a retired English professor who has studied with Jeremy Taylor, a world-renowned expert of dream interpretation. Discover the rich meaning of your dreams as you learn to interpret them using a unique method of group discussion. Classes are from 2:30 to 4 p.m. Wednesday, Feb. 17 through March 16; May 4 through June 1; July 20 through Aug. 24; and Oct. 12, 19 and 26 at the Winter Haven Public Library. The suggested donation is \$5 per session, but not required. Email sacf55@aol.com or call 863-949-4048 to register.



PHOTO PROVIDED BY THE SELF CENTER

"Understanding Your Dreams" with facilitator Shirley Curtis-Ference are from 2:30 to 4 p.m. each Wednesday at the Winter Haven Public Library. Email sacf55@aol.com or call 863-949-4048 to register.

"Write Like a Pro" with facilitator Jean Reynolds, a retired English professor from Polk State College and a published writer. The practical, collaborative and jargon-free class emphasizes strategies that real-world writers use. "Wherever possible, we'll work with writing done by class members," says Reynolds. "Writing activities will be related to the skills members want to learn. Whether you're writing your life story or striving to be



PHOTO PROVIDED BY THE SELF CENTER

"Write Like a Pro," with facilitator Jean Reynolds.

COACHES | 21

WORSHIP & PRAISE DIRECTORY

"Serve the Lord with gladness. Come before His presence with singing" - Psalm 100: 2

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COACHES

FROM PAGE 20

published, this class will help you to be a better writer." Classes are 3:15 to 4:45 p.m. each Thursday through Feb. 11; March 24 to April 28; June 9 to July 14; Sept. 1 to Oct. 6 at the Winter Haven Public Library. The suggested donation is \$5 per session, but not required. Email ballroom16@aol.com or call 863-299-9070 to register.

"Animal Communication Class" with Linda Carley from 2 to 5 p.m. on Saturday, Feb. 6. Call 603-477-7988 or angelstarreiki@gmail.com to register for the \$40 session.

TESTIMONIALS

Molly Bujalski: "The Sage-ing program has become the highlight of my life. I have been meeting with the group since 2005 and I look forward to every meeting as much as I did in the beginning. We are lucky to have such a wonderful inspiring & supportive group of people. We learn something new from each other every week, we laugh a lot together. And during my sad times I couldn't have had a kinder or more supportive group. Thank you all my friends. I love you."

Florrie Deaner: "The Sage-ing

program has helped me identify this time of my life as one of new and exciting opportunities. It has enabled me to meet interesting people. I am energized by the great discussions we have."

Sue Keen: "I have been attending Sage-ing almost since the beginning and have enjoyed every minute of it—from the books we read and then discussed, to the wonderful day trips we have gone on, and all the great



ILLUSTRATION PROVIDED BY THE SELF CENTER
 "From Age-ing to Sage-ing" by Rabbi Zalman Schachter Shalomi is one of the books included in Sage-ing II at The Self Center in Winter Haven.

speakers that have come to our meetings. I would be remiss if I failed to mention the greatest part of it all is the wonderful friends we have met and our #1 leaders Chuck and Andy."

Esther: "Being part of the sage-ing group has been extremely challenging and an inspirational experience. This group is made up of phenomenal people who are open to receive change, respect others ideas, acknowledge this just another exciting chapter in their lives. That we are ever

evolving, learning, that our lives don't stop. That we don't stop changing, we don't stop being, we

don't stop believing. We are all unique in our way. I thought my life was over, only to learn that it was the beginning, an opening to many new experiences and a return of joy to my life. Sage-ing group, thank you for what you have added to my life. I'm forever grateful!"

Jack: "Sage-ing is one of the highlights of my week. The meetings are always thought-provoking and fun."

Beverly: "When my husband died, I was looking for something to fill my time and I saw a notice in the paper for Sage-ing. I have been driving from Lakeland to Winter Haven now for four years. It has given me an opportunity to grow spiritually, mentally and socially."

THE SELF CENTER
 Founded by Phyllis Ferguson and Cari MacConnell, The Self Center, at 250 Hwy. 17 N. in Winter Haven, is a place of well being for mind, body and



ILLUSTRATION PROVIDED BY THE SELF CENTER

"Sage-ing," a journey into wisdom, is catching on in Polk County where all ages realize their potential and affirm elder years as a time of continued growth at The Self Center in Winter Haven.

spirit featuring massage, Reiki, life coaching, reflexology, facials and classes in a safe and peaceful environment. Learn to achieve a sound mind, body and spirit with emotional health information to manage your stress and well-being. Join like minded individuals or arrange for one on one consultation.

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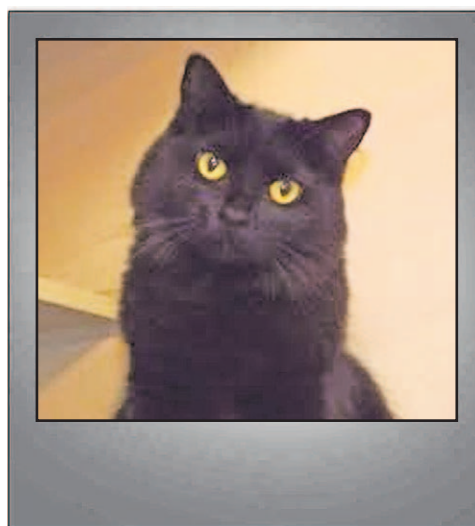
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Meet Bandit, he is a very energetic little guy who would love someone to play with. He is a sweetheart who is friendly with kids and fur children. Bandit is loyal and would love the opportunity to meet the rest of the family. Bring your family to SPCA Florida to meet Bandit today. At six years old, he weighs 15 pounds, a Terrier mix. Orphaned since Oct. 12, his adoption fee is \$175. Call 863-646-7722.



If you are looking for an agile companion with tons of energy, look no further! Donnie is the guy for you. He loves running and digging with his best buddy. Donnie is very social and loves to play, play, play! Come over to SPCA Florida and hang out with Donnie today. At one year old, he weighs 65 pounds, a bulldog mix. Orphaned since Dec. 27, his adoption fee \$100. Call 863-646-7722.



Meet Betty Boop, she is a gorgeous cat with a great personality to match. Betty Boop is wary of new people and new environments at first, but once you spend quality time with her, she will warm right up to you. She is a pretty mellow cat who enjoys her quiet time, stretched out in her favorite part of the house. Betty Boop is also fairly playful and does well with teens and adults of all ages. She also does well with most other cats. Bring your family to SPCA Florida to meet Betty Boop. At one year old, she weighs 12 pounds, a domestic medium hair mix. Orphaned since Oct. 14, her adoption fee is \$10. Call 863-646-7722.



Meet Chrissy, she is a very friendly girl who loves meeting new humans and getting tons of attention. Chrissy enjoys playing, napping and relaxing in boxes, a truly low maintenance gal. She also enjoys playing with toys and balls with her favorite person. Chrissy would do great with adults, seniors and kids over eight years of age. She would also prefer to be the only fur child in your life. Come to SPCA Florida and meet Chrissy today! At six years old, she weighs 11 pounds, a domestic short hair mix. Orphaned since Dec. 11, her adoption fee is \$30. Call 863-646-7722.

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VISION

FROM PAGE 1

Test and Scholastic Aptitude Test are a snap for Marion because he says he can personally relate to children who struggle with writing. He aced math, but writing didn't add up.

"I didn't learn how to write a paper until a tutor at Florida State University helped me learn how to write. I made straight A's in math, but couldn't write when I graduated from Lake Wales High

School," says Marion. "Once I learned how to apply principals of math to writing, I was finally able to master the skill."

With an undergraduate degree in religion from FSU and a masters degree in divinity from Emory University, Marion's deep faith guides his life.

"I believe that everyone has a purpose. My purpose in life is simple. It's to encourage people and empower people with education. God has blessed me by making my deficiencies my strengths. If you give me every kid that failed the ACT or SAT, I believe that everyone of them will pass," says Marion, who has a 100 percent success rate tutoring students to pass tests.

One Lake Wales High School senior improved his ACT score from a 15 to a 21 in reading and 18 in science for a 17 overall after one week of Marion's tutoring. Another student went from a 12 to a score of 22 in reading. Many letters of recommendation from clients document his success.

"Our kids are missing so many skills," says Marion. "I teach them the concept, not just how to do certain problems. Once they understand it, their minds will figure out how to do the problem. Everybody learns differently and they all deserve a fair chance. Some kids need lessons explained in words while others need to experience it. My goal is for all of them to become 'A' students. Learning is not just our goal, it is our end result."

Another secret to his success is building confidence in his students and never give up.

"If you think you're going to fail a test, you will. I promise my students not to worry about the test



PHOTO BY CASSIE JACOBY

(L-R) CLM Learning Solutions' Sheryl Chatman, Calvin Marion, Katrina Hover and Ketura Hover held a reception at the CLM Learning Solutions offices during Make It Magical in Lake Wales on Dec. 4.

because they will pass as long as they listen to me. I tell them: 'your level of success is how much you pay attention to me' and to 'get in the learning position with all eyes on me.' It's more than getting students a better score. I want to push them into

"I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character."

Martin Luther King Jr.

their destiny." An avid golfer, Marion says the game helps build character and teaches you about life. "You have to stay humble to stay in the game." With offices at 225 E. Stuart Ave. in Lake Wales and California, Marion plans to expand

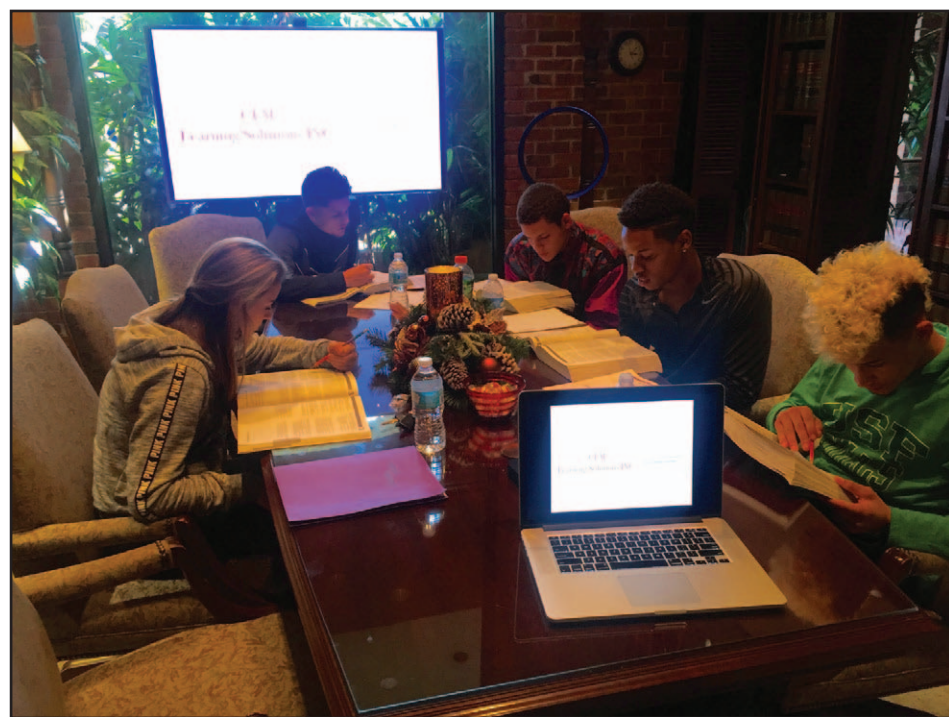


PHOTO PROVIDED BY CALVIN MARION

CLM Learning Solutions uses technology to empower students to improve test scores.



PHOTO BY CASSIE JACOBY

Fifteen-year-old Diamond Hawkins studies with Calvin Marion, CLM Learning Solutions owner, in Lake Wales.

PHOTO PROVIDED BY CALVIN MARION

Dr. Martin Luther King Jr. inspired Calvin Marion, owner of CLM Learning Solutions in Lake Wales, to devote his life to helping people realize their dreams.

"I HAVE A DREAM"

BY MARTIN LUTHER KING JR.

I am happy to join with you today in what will go down in history as the greatest demonstration for freedom in the history of our nation.

Five score years ago, a great American, in whose symbolic shadow we stand today, signed the Emancipation Proclamation. This momentous decree came as a great beacon light of hope to millions of Negro slaves who had been seared in the flames of withering injustice. It came as a joyous daybreak to end the long night of their captivity.

But one hundred years later, the Negro still is not free. One hundred years later, the life of the Negro is still sadly crippled by the manacles of segregation and the chains of discrimination. One hundred years later, the Negro lives on a lonely island of poverty in the midst of a vast ocean of material prosperity. One hundred years later, the Negro is still languishing in the corners of American society and finds himself an exile in his own land. So we have come here today to dramatize a shameful condition.

In a sense we have come to our nation's capital to cash a check. When the architects of our republic wrote the magnificent words of the Constitution and the Declaration of Independence, they were signing a promissory note to which every American was to fall heir. This note was a promise that all men, yes, black men as well as white men, would be guaranteed the unalienable rights of life, liberty, and the pursuit of happiness.

It is obvious today that America has defaulted on this promissory note insofar as her citizens of color are concerned. Instead of honoring this sacred obligation, America has given the Negro people a bad check, a check which has come back marked "insufficient funds." But we refuse to believe that the bank of justice is bankrupt. We refuse to believe that there are insufficient funds in the great vaults of opportunity of this nation. So we have come to cash this check — a check that will give us upon demand the riches of freedom and the security of justice. We have also come to this hallowed spot to remind America of the fierce urgency of now. This is no time to engage in the luxury of cooling off or to take the tranquilizing drug of gradualism. Now is the time to make real the promises of democracy. Now is the time to rise from the dark and desolate valley of segregation to the sunlit path of racial justice. Now is the time to lift our nation from the quick sands of racial injustice to the solid rock of brotherhood. Now is the time to make justice a reality for all of God's children.

It would be fatal for the nation to overlook the urgency of the moment. This sweltering summer of the Negro's legitimate discontent will not pass until there is an invigorating autumn of freedom and equality. Nineteen sixty-three is not an end, but a beginning. Those who hope that the Negro needed to blow off steam and will now be content will have a rude awakening if the nation returns to business as usual. There will be neither rest nor tranquility in America until the Negro is granted his citizenship rights. The whirlwinds of revolt will continue to shake the foundations of our nation until the bright day of justice emerges.

But there is something that I must say to my people who stand on the warm threshold which leads into the palace of justice. In the process of gaining our rightful place we must not be guilty of wrongful deeds. Let us not seek to satisfy our thirst for freedom by drinking from the cup of bitterness and hatred.

We must forever conduct our struggle on the high plane of dignity and discipline. We must not allow our creative protest to degenerate into physical violence. Again and again we must rise to the majestic heights of meeting physical force with soul force. The marvelous new militancy which has engulfed the Negro community must not lead us to a distrust of all white people, for many of our white brothers, as evidenced by their presence here today, have come to realize that their destiny is tied up with our destiny. They have come to realize that their freedom is inextricably bound to our freedom. We cannot walk alone.

As we walk, we must make the pledge that we shall always march ahead. We cannot turn back. There are those who are asking the devotees of civil rights, "When will you be satisfied?" We can never be satisfied as long as the Negro is the victim of the unspeakable horrors of police brutality. We can never be satisfied, as long as our bodies, heavy with the fatigue of travel, cannot gain lodging in the motels of the highways and the hotels of the cities. We cannot be satisfied as long as the Negro's basic mobility is from a smaller ghetto to a larger one. We can never be satisfied as long as our children are stripped of their selfhood and robbed of their dignity by signs

his services with more instructors and staff so that he can teach more teachers how to teach. A summer boot-camp at the Youth Sports Academy in Lake Wales will provide phonics training for ages 3 to 5 year olds and reading comprehension to 5 to 8 year olds.

Call 863-605-0195 or email calvin.marion@clmlearning.com and visit www.clmlearning.com or www.facebook.com/CLMLearningSolutions for more information.

STUDENT TESTIMONIALS

"Mr. Marion helped me believe that I could pass the a test that I failed 3 times. My reading score went up 11 points," D. Jones.

"If there were a prototype for a teacher that could revolutionize American education, it would be Calvin Marion," Jeremy E.



PHOTO PROVIDED BY CALVIN MARION

CLM Learning Solutions owner Calvin Marion says: "It's more than getting students a better score. I want to push them into their destiny!"

stating "For Whites Only." We cannot be satisfied as long as a Negro in Mississippi cannot vote and a Negro in New York believes he has nothing for which to vote. No, no, we are not satisfied, and we will not be satisfied until justice rolls down like waters and righteousness like a mighty stream.

I am not unmindful that some of you have come here out of great trials and tribulations. Some of you have come fresh from narrow jail cells. Some of you have come from areas where your quest for freedom left you battered by the storms of persecution and staggered by the winds of police brutality. You have been the veterans of creative suffering. Continue to work with the faith that unearned suffering is redemptive.

Go back to Mississippi, go back to Alabama, go back to South Carolina, go back to Georgia, go back to Louisiana, go back to the slums and ghettos of our northern cities, knowing that somehow this situation can and will be changed. Let us not wallow in the valley of despair.

I say to you today, my friends, so even though we face the difficulties of today and tomorrow, I still have a dream. It is a dream deeply rooted in the American dream.

I have a dream that one day this nation will rise up and live out the true meaning of its creed: "We hold these truths to be self-evident: that all men are created equal."

I have a dream that one day on the red hills of Georgia the sons of former slaves and the sons of former slave owners will be able to sit down together at the table of brotherhood.

I have a dream that one day even the state of Mississippi, a state sweltering with the heat of injustice, sweltering with the heat of oppression, will be transformed into an oasis of freedom and justice.

I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character.

I have a dream today. I have a dream that one day, down in Alabama, with its vicious racists, with its governor having his lips dripping with the words of interposition and nullification; one day right there in Alabama, little black boys and black girls will be able to join hands with little white boys and white girls as sisters and brothers.

I have a dream today. I have a dream that one day every valley shall be exalted, every hill and mountain shall be made low, the rough places will be made plain, and the crooked places will be made straight, and the glory of the Lord shall be revealed, and all flesh shall see it together.

This is our hope. This is the faith that I go back to the South with. With this faith we will be able to hew out of the mountain of despair a stone of hope. With this faith we will be able to transform the jangling discords of our nation into a beautiful symphony of brotherhood. With this faith we will be able to work together, to pray together, to struggle together, to go to jail together, to stand up for freedom together, knowing that we will be free one day.

This will be the day when all of God's children will be able to sing with a new meaning, "My country, 'tis of thee, sweet land of liberty, of thee I sing. Land where my fathers died, land of the pilgrim's pride, from every mountainside, let freedom ring."

And if America is to be a great nation this must become true. So let freedom ring from the prodigious hilltops of New Hampshire. Let freedom ring from the mighty mountains of New York. Let freedom ring from the heightening Alleghenies of Pennsylvania!

Let freedom ring from the snowcapped Rockies of Colorado! Let freedom ring from the curvaceous slopes of California! But not only that; let freedom ring from Stone Mountain of Georgia! Let freedom ring from Lookout Mountain of Tennessee! Let freedom ring from every hill and molehill of Mississippi. From every mountainside, let freedom ring.

And when this happens, when we allow freedom to ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when all of God's children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual, "Free at last! free at last! Thank God Almighty, we are free at last!"

Celebrating Dr. Martin Luther King Day

Lake Wales:

- Thursday, Jan. 14, Potluck Supper - 6 p.m. at James P. Austin Community Center. Everyone needs to bring a dish of food to pass.
- Friday, Jan. 15, Oratorical Contest, 6 p.m., James P. Austin Community Center
- Saturday, Jan. 16, Community Walk at Kiwanis Park, 9 a.m.
- Sunday, Jan. 17, Gospel program at 4 p.m., Shiloh Baptist Church, D Street
- Monday, Jan. 18, Breakfast, 9 a.m., James P. Austin Community Center. 11 a.m. Gospel program. 3 p.m. Dr. Martin Luther King Day Parade begins.

Bartow:

- Monday, Jan. 18, Martin Luther King Jr. and George Gause Memorial Parade, noon, downtown Bartow to Carver Recreation Center for celebration, South Idlewood, Bartow.

Winter Haven:

- Wednesday, Jan. 13, 12th Annual Dr. Martin Luther King Jr. "Reflecting the Dream," 11:30 a.m., Winter Haven High graduate and NBA star Otis Birdsong, guest speaker, Polk State Winter Haven Student Center, 999 Ave. H NE. Free. MLK@polk.edu.

The fashion moment for plaid extends to classic and contemporary takes on plaid for homes

By **LEANNE ITALIE**

THE ASSOCIATED PRESS

NEW YORK, N.Y. - Plaids are having a fashion moment as retailers and designers play with the classic pattern. But the apparel and footwear industries are sharing the love: Fresh takes on plaid have made headway in housewares and home decor, too.

"The great thing about plaid is that you can take it in so many different directions," said Kristen Chalupa, a kitchen and tabletop product manager for Crate & Barrel.

Through scale, colour and application, plaids can be complex and traditional, or simplified for a clean, updated look, she said.

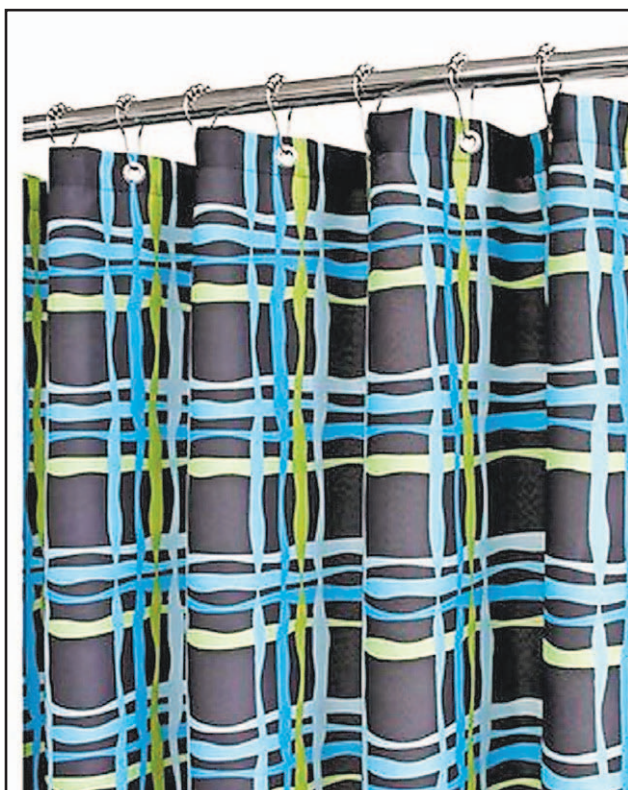
"There's something very recognizable and nostalgic about plaid," Chalupa said.

Her company went for nostalgia but also took a more modern approach in recent offerings, with updated plaids in table linens and such kitchen items as an oven mitt, pot holder, apron and dish towel in a matching pattern of bright red, green, yellow and blue.

A wide plaid with a metallic shimmer was on sale there in Christmas wrapping paper, a plaid throw in Christmas red and green was called "Cratchit," and Crate & Barrel also built a crosshatched plaid into the handcrafted iron wire front of a mid-century-influenced fireplace screen.

Target went "mad for plaid" in a variety of ways, including a limited-edition collaboration with sportswear designer Adam Lippes in mostly apparel and accessories, playing on the classic buffalo design. The retailer also offered some unlikely items such as special-issue Chapstick sets of three lip balms and plaid-decorated bottles of Listerine mouthwash in yellow, green and blue.

"Plaid has been a defining element of style for every generation," said Amy Goetz, a Target spokeswoman. "Offering it across different categories allows our



QVC VIA AP

This photo provided by QVC shows a Watershed 2-1 Wavy Plaid shower curtain. Plaids are having a fashion moment as retailers and designers play with the classic pattern, but the apparel and footwear industries are sharing the love as fresh takes on plaid have made headway in housewares and home decor.

guests to experience that element of surprise as they browse throughout the entire store."

Both classic and contemporary plaids are plentiful throughout the retail universe in couches, curtains and bedding, but also for Christmas tree ornaments, in deer shapes of orange and black on throw pillows, and in non-traditional colour schemes that include soft pinks. Ugg Australia sells a calming glacier plaid in soft wool, in blue, white and light tan with fringe at one hem just down from a decorative three-button closure.

Pinterest is awash with ways to decorate a home using plaid, including wallpaper in red to anchor a cozy, book-filled study, and building a plaid design in contemporary bathroom

or kitchen wall tile.

The design need not scream rustic, country or all things Scotland. Grahambrown.com offers a thoroughly modern take on plaid in a charcoal-and-white wall covering that lends a more sophisticated air against a white floor and contemporary white easy chair.

Other sightings of creative uses for plaid: ISAAC MIZRAHI: The designer sells on QVC, and recently sold out of a ceramic, pedestal cake plate with a set of matching plates in bold preppy designs of green and blue.

TERVIS: A springy plaid called poppy was used on double-wall Fiesta plastic wrap tumblers in two sizes: 16 and 24 ounces. A set of highball glasses at Fitz and Floyd were designed



QVC VIA AP

Here is an on Air Cotton Berber Reversible FL/Q Quilt Set by Ellen DeGeneres.

in a contemporary, minimalist take on plaid.

RALPH LAUREN: Plaid is alive and well for apparel and for the home at Ralph Lauren. A red tartan was used for a porcelain cup-and-saucer set trimmed in gold, along with dinnerware in the same pattern. A rustic plaid of red, black and grey inspired by a vintage Ralph Lauren blanket was carried over to napkins and placemats in woven linen. The company also put a similar vintage-inspired

plaid in wool on a picture frame.

WILLIAMS-SONOMA: Tartan was also paired here, but in chrome, for picture frames in red and blue. The traditional plaid also adorns everything from mugs and tabletop runners to pillow covers and a Christmas stocking. One modern take on plaid is a hand-woven, hair-on cowhide pillow cover in broad red and black stripes against a white background.



JOHNSON & JOHNSON CONSUMER INC. VIA AP

This photo provided by Johnson & Johnson Consumer Inc. shows a plaid bottle of Listerine original mouthwash. Target went "mad for plaid" recently in a variety of ways, including a limited-edition collaboration with sportswear designer Adam Lippes in mostly apparel and accessories, playing on the classic buffalo design. The retailer also offered some unlikely items such as special-issue Chapstick sets of three lip balms and plaid-decorated bottles of Listerine mouthwash in yellow, green and blue.



CRATE AND BARREL VIA AP

Here is a plaid Cratchit Throw. Plaids are having a fashion moment as retailers and designers play with the classic pattern, but the apparel and footwear industries are sharing the love as fresh takes on plaid have made headway in housewares and home decor. "The great thing about plaid is that you can take it in so many different directions," said Kristen Chalupa, a kitchen and tabletop product manager for Crate & Barrel.

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Right at Home: Sound ideas for untangling the earbuds storage problem

By **KIM COOK**

THE ASSOCIATED PRESS

Anyone who's wrestled with tangled earbuds knows how hard it can be to keep the little devils from becoming a scrambled bunch of knots, no matter where or how you store them.

Here's the latest in cord technology designed to solve this messy problem:

PRODUCT IDEAS

Zipbuds' Juiced 2.0 and Pro Mike models have an actual zipper between the cords; the glow-in-the-dark green version would be easy to dig out of the dark recesses of a bag. The Slide model employs a tiny zipper attachment like the ones on re-sealable plastic containers. (www.zipbuds.com)

From Beats by Dre, urBeats have a flat, bright-red cable that resists tangling and is easy to see. (www.beatsbydre.com)

STORAGE IDEAS

If you're not in the market for new earbuds but are just looking for a way to store them smoothly, there are lots of options.

The Sinch is a little rubber band that slips

over a phone's cord port. Wrap the cords around the phone and secure with the built-in magnet. (www.thesinch.com)

The Spyder Byte is a black, plastic, spider-shaped clip that attaches to the cords to clasp and secure them. (www.fredandfriends.com)

The Nest is a pliable silicone case with an inner spool to hold earbuds. Pull one of the earbuds to release them from the spool when needed. (www.digitalinnovations.com)

For kids or those after a bit of whimsy in their tech accessories, Storenvy has a silicone 3-D rabbit that offers storage in its rear and room for a phone up front. It comes in a slew of hues. (www.storenvy.com)

DIY

Look online for ideas on repurposing tape dispensers, thread

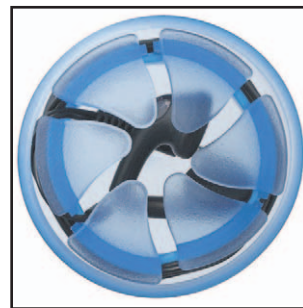
spools, badge clips, credit cards, small snack boxes, travel-size swab holders, gum dispensers, bandage holders and contact lens cases into earbud storage.

Crafty types might tackle the bunny, butterfly or bear holder shown on www.easyfreshideas.com; it's made from just felt, Velcro and thread.

Cord tacos — discs that folds in half, with a simple closure — work for any tech cords, including earbuds. You can devise your own out

of scraps of material, or find distinctive leather ones online.

Knitters can create a menagerie of cute earbud holders, including turtles, fish, frogs and mice. Tiny pouches secured with small buttons or snaps can be made quickly. Harry Potter fans might like a crocheted Golden Snitch; find Lissan Loi's pattern on her Etsy.com site, Asian Freckles.



DIGITAL INNOVATIONS/ALLSOP, INC. VIA AP

The Nest pliable plastic earphone storage container has an inner spool that you wrap the cords around, and tuck the earbuds into the center.

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Nature lets the brain wander

During a speaking engagement at the British American Club in Port Charlotte earlier this year, I was asked an unexpected question: What do you think about the bear hunts?



In 15-plus years here in Southwest Florida, I never encountered a bear. Despite my wild imagination that leads me to believe Burmese pythons and gila monsters are hiding behind every palm frond, I never thought about bears.

Angry hogs? Yes.

Poison ivy? Yes.

Scary snakes? Of course.

But not bears. I remembered this conversation recently while hiking the trails at Jelks Preserve in Venice. I had seen a few cars in the parking lot, but I never saw anyone on the eight miles of trails in the 614-acre preserve.

It was quiet. Very quiet. So quiet you could hear a woodpecker tapping on a tree in the distance. You could hear a cardinal happily chirping before you spotted its bright red feathers. You could even hear the creaking of the wood as the palm trees swayed in the breeze.

The preserve mostly is dedicated for hiking and bird-watching. There is a canoe/kayak launch, but you would have to carry your vessel for more than a half-mile from the parking lot.

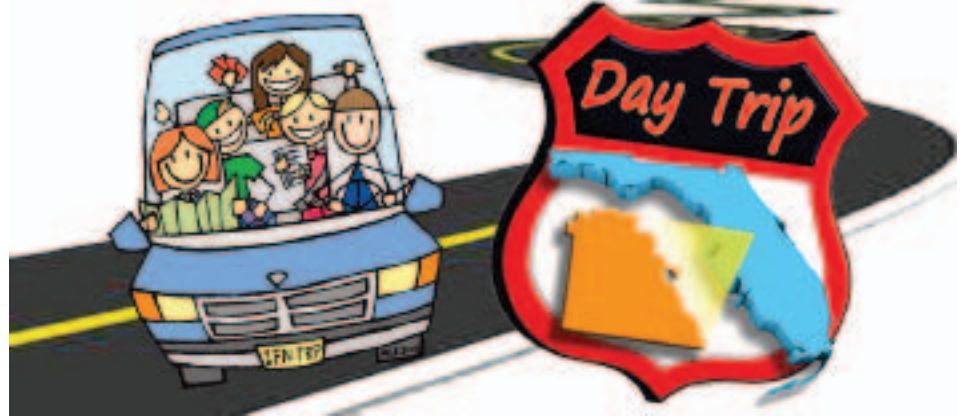
So my brain and I wandered the trails — some that lead to the Myakka River, and some that wind beneath canopies

of towering palms and large live oaks naturally decorated by various kinds of epiphytes (air plants).

Parts of a trail had been messed up by hogs, or the Looney Tunes Tasmanian Devil, and that's how I remembered the bear question as I glanced around for protective, angry, steroid-using hogs.

I delayed my answer initially by talking about how people and bears seem to live peacefully elsewhere in the country, and how they use special garbage cans to keep bears from having Yogi-style picnics.

I've had one bear encounter in the wild, but that was in Lake Tahoe where bears are more common. We were horseback riding and suddenly we saw a black bear high in a tree. As the bear began scrambling down, we got our horses to start running so they wouldn't get spooked. And I was the last one in the group so I didn't want to be dinner for Yogi and



Boo Boo.

But again, that was Tahoe. I've seen snakes in trees here, but not bears.

A member of the British American Club mentioned that a bear had entered someone's garage in Collier County.

That's when I shared my true feelings, whether it's considered politically correct or not.

"I'm more afraid of people than bears," I said.

My garage door remains closed to keep out people ... and scary snakes.

If my imagination leads me to suspect Burmese pythons and gila monsters are lurking in the shadows along trails when hiking while great white sharks and box jellyfish are swimming behind me in the Gulf, then you can only guess that hockey-mask wearing, axe-wielding, face-painted, flesh-eating

IF YOU GO

Where: Jelks Preserve, 2300 N. River Road, Venice

When: 7:30 a.m. to 8 p.m., April through October; 7:30 a.m. to 6 p.m., November through March

Tips: There are no bathrooms. Take drinking water. Wear comfortable, closed-toe shoes as some of the trails are sandy. You also may have to hike through areas that hogs have converted into Looney Tunes-Tasmanian Devil terrain.

More info: www.scgov.net/NaturalLands/Pages/JelksPreserve.aspx

killers are waiting for me outside my house.

Thus, the garage is closed to Freddy Kruegers, Jasons, Hannibal Lecters and clowns ... along with ordinary burglars and scary snakes. But I guess now, a closed garage will keep out bears as well ... not that I ever worried about that.

And that's how nature works: You start on a trail thinking about the weather, bills, work, etc., and somehow the sun and breeze carry your thoughts to bears and Pennywise.

That's just one reason

why I love living in a state filled with amazing parks — even if I am looking over my shoulder for Burmese pythons, Norman Bates or, now, bears ... big, salivating grizzly bears ... or crazy-eyed polar bears ...

I guess sometimes my mind is a little more wild than the actual wild. And that's okay. I'm rarely bored ... boars ... wild, snorting boars ... hungry hippos ... here we go again.

Christy Feinberg is a senior writer/columnist for the Sun newspapers. You can email her at cfeinberg@sun-herald.com.



SUN PHOTO BY CHRISTY FEINBERG

A beautiful cardinal chirps a morning tune at the Jelks Preserve in Venice.



SUN PHOTO BY CHRISTY FEINBERG

Beautiful epiphytes cling to trees over the Myakka River in the Jelks Preserve.



SUN PHOTO BY CHRISTY FEINBERG

Two vultures sit high up in a tree on a recent overcast morning in the Jelks Preserve.



SUN PHOTO BY CHRISTY FEINBERG

Watch where you step when hiking. Butterflies and moths can be hard to spot sometimes.




SUN PHOTO BY CHRISTY FEINBERG

A couple enjoys a boat ride on the Myakka River. The Jelks Preserve in Venice provides beautiful views of the river.

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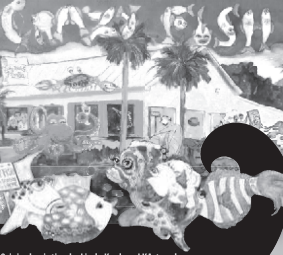
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Be a good soil steward

By **LEE REICH**

THE ASSOCIATED PRESS

Good gardens start from the ground up, but to be a good soil steward you have to understand some basic terminology.

A few important terms associated with soil:

Soil **TEXTURE** describes nothing more than the size ranges of the mineral particles that make up a particular soil. Those size ranges are defined in three broad classes: clay (smaller than 0.002 mm), silt (0.002 mm to 0.05 mm) and sand (greater than 0.05 mm). Rare is the garden soil that is pure sand, silt or clay, so textures usually have such names as “sandy clay” or “silty clay” to indicate the mix.

Texture is important because particle sizes reflect the sizes of the pores between them, and that influences how much air and water the soil can hold. The smallest pores actually draw water in by capillary action, then hold onto it tightly. So clay soils can stay moist through long periods without rain.

Sandy soils have large

pores, too large for capillary action, so gravity easily pulls excess water down beyond the root zone. Sandy soils tend to dry out quickly. On the other hand, they are well aerated because air fills those empty pores.

The ideal soil has a little of everything — sand, silt and clay — for both good aeration and good water retention. Such a soil, with roughly equal functional contributions from clay, silt and sand is, texturally, a **LOAM**.

You get what you're dealt in soil texture, but fortunately texture isn't the end-all when it comes to water and aeration. A soil's mineral particles can clump together — or “aggregate” — into crystal-like, larger units, which give a soil **STRUCTURE**.

A poorly aggregated clay soil, its small pores filled with capillary water, leaves roots gasping for air. However, when a clay soil has good structure, the small particles aggregate together to make large particles with large pores between them. At the same time, water can be held in the small pores

between particles within the aggregates. A well-aggregated clay soils offers roots the best of both worlds.

While it's usually impractical to change your soil's texture, there are ways to manage soil so that it has good structure. (Hint: Organic matter — see below — is the key.)

FRIABILITY and **TILTH**, while not meaning exactly the same thing, are closely related from a plant's point of view. A **FRIABLE** soil crumbles when you squeeze it gently. **TILTH** is the physical condition of the soil as far as plants are concerned. A soil that is friable is in good tilth. Good structure puts a soil in good tilth.

A soil that is **WELL-DRAINED** allows water to readily percolate through it. Drainage, as you now know, is related to both texture and structure: Sandy soils generally have little structure but, with large pores, are well-drained. Clay soils, at the other extreme, are well-drained only if they have good structure, in which case they are also in good tilth. Texture,



PHOTO BY LEE REICH/AP

In this undated photo, large and small pores abound in this well-aggregated soil, offering roots access to both air and moisture in New Paltz, N.Y.

structure and tilth aside, ground where there is a high water table cannot be well-drained; there's nowhere for water to go.

ORGANIC MATTER is the living and once-living component of the soil. The low percentage of organic matter in soils — usually only a few per cent — belies its importance. Besides its positive

influence on plant nutrition and health, organic matter also provides the glues that lead to aggregation, good structure and, hence, friability, good drainage and good tilth.

CULTIVATION, in gardening, has more than one meaning. One sense is to stir the soil, as with a hoe or rototiller. Such

cultivation kills weed seedlings and loosens the soil surface so that water more readily percolates in. Cultivation also refers to plant care generally, in the same way you cultivate a friendship. Caring for the soil — keeping it in good tilth — is one component of plant cultivation.

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For tickets or more info, call **533-7125**

Top Gunner Jennifer Hall (SEMCO Construction) stopped by Bartow Regional Medical Center to make sure preparations were being made for the big Bartow Chamber Annual Meeting and was greeted by Phil Minden jammin' on his guitar - he's ready! They both hope to see you on January 23, 2016, at 6:00 p.m., Bartow Civic Center.

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Tomato breeders seek better flavours, colours, genetic consistency, disease-resistance

By **DEAN FOSDICK**
THE ASSOCIATED PRESS

Page through any of the freshly arrived seed catalogues and you'll note the words "new" and "improved" splashed across many of the tomato varieties available to home gardeners for 2016.

New flavours, lively colours, different sizes, higher yields, and better disease resistance and pest tolerance are among the noteworthy traits.

Despite all the new varieties, however, breeders believe there's still more room for development. The search for the perfect tomato continues.

"Iceberg lettuce is iceberg lettuce, but there are so many different kinds of tomatoes that we strive for perfection in a number of directions," said George Ball, chairman and chief executive officer of W. Atlee Burpee & Co., in Warminster, Pennsylvania. "There are cherries, small round salad tomatoes, slicers and paste, among others.

"We define the perfect tomato for what it delivers in taste,"

Ball said. "Everything else is delivery, with uniformity being a close second. We're looking for consistency in size and shape. We don't want a lot of different-looking tomatoes on the same plant. We're also trying to bring out a vibrancy in colours."

Tomatoes originated in the coastal highlands of South America and are second only to potatoes as the most consumed vegetable in the U.S., the Agricultural Marketing Resource Center says.

Over 700 different tomato varieties have been brought to market, and each year sees more new hybrids. But many consumers prefer the rich flavours and proven history of heirlooms — tomato types that have been cultivated for at least 50 years. We're talking plants with a pedigree, like Brandywines, German Johnson, Persimmon, Beefsteak and Radiator Charlie's Mortgage Lifter, the latter a large, meaty tomato introduced by a West Virginia radiator repairman to help him stay

financially afloat during the Great Depression.

"We do carry many heirlooms, and while the flavour is quite good, productivity and disease resistance usually is not quite as good," said Janie Lamson, owner of Cross Country Nurseries in Stockton, New Jersey, who sells more than 180 tomato varieties.

The solution to some of those problems is a tomato series called "heirloom marriages," says Sue Amatangelo, brand manager for Park Seed Co., a mail-order plant and seed operation in Hodges, South Carolina. That's where two classic varieties are crossed to create a new tomato with the advantages of both.

"Varieties such as Genuwine — a cross of the heirlooms Brandywine and Costoluto Genovese — offer the deep, tangy tomato flavour and aroma lacking in so many modern varieties, combined with improved plant vigour, crop size and appearance," Amatangelo said



PHOTO BY DEAN FOSDICK VIA AP

This Aug. 25, 2012 photo shows a varied assortment of heirlooms and hybrids tomatoes at the Bayview Farmers Market near Langley, Wash. More than 700 different tomato varieties have been brought to the market and each year sees still more new introductions.

of that 2015 Park Seed introduction.

What else is on the way for tomato development?

Expect to see more blends from grafting, or attaching desirable fruiting varieties onto vigorous, disease-resistant rootstocks. Also look for more dwarf plants as gardening on patios

and decks grows still more popular. Anticipate finding the right blends of acids with sugars to push tomato flavours forward.

And then there are weather adaptations.

"We're going toward regionalization big time," Ball said. Now, for instance, "in the

Northwest, you can grow a great cherry tomato outside but you have to go to a greenhouse for the big steak varieties. We want to improve upon that."

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January “Outta’ the Woods”

By **TONY YOUNG**
FLORIDA WILDLIFE
COMMISSION

That coon dog’ll hunt. Some of my huntin’ buddies and I really live for being out in a wet patch of woods in the middle of a cool night and hearing the not-so-distant sounds of our coon hounds when they open up on a hot trail. There’s just something about those hounds’ voices that sounds both pleasing and eerie at the same time.

We like to brag about whose dog actually struck the trail first and whose got to the right tree first. And boy, you can sure tell the difference when the dogs are just trailing a coon versus when they’ve got one treed. Their barking goes from longer, less frequent howls to just downright choppin’ it down, baying as loud as they can, as quick as they can, with every breath that’s in ‘em. You can really sense the urgency that’s in their voices when they’re sittin’ to the tree.

That’s when it’s time to turn on the flashlights

and start making your way through the swamps toward that pleasant, oh-too-familiar sound in the darkness.

License and Permit Needs

If you’d like to try coon huntin’, besides having a good coon dog, you’ll need a Florida hunting license. Residents pay just \$17 for the year. Nonresidents have the choice of paying \$46.50 for a 10-day license or \$151.50 for 12 months.

If you’re thinking about hunting one of Florida’s many wildlife management areas, you also must purchase a management area permit for \$26.50. But find out which WMAs allow coon huntin’ by reading the brochure on each area you’re thinking about trying. These WMA brochures are at your local tax collector’s office or online at MyFWC.com/Hunting.

All licenses and permits are available at county tax collectors’ offices, any retail outlet that sells hunting and fishing supplies, online at GoOutdoorsFlorida.com

or by calling toll-free, 888-HUNT-FLORIDA.

Coon Hunting Regulations

Coon huntin’ with dogs at night, while using a flashlight or headlamp, is allowed. On private property, with landowner permission, you may hunt raccoons year-round, but most of us prefer to hunt ‘em during the colder months so as not to get our dogs bitten by a snake or alligator.

You’re only allowed to harvest raccoons and opossums using .22-caliber firearms (other than .22-magnums) or single-shot .410-gauge shotguns with shot no larger than No. 6. During the hunt, all firearms must remain unloaded except immediately prior to shooting treed or bayed raccoons or opossums.

There are no daily or seasonal bag limits on how many raccoons or opossums you may harvest, and hides and skins of these furbearers may be possessed in any number, at any time.

All dogs used in pursuing raccoons or

opossums are required to wear collars or tags that identify dog owners and their addresses. Hunting either furbearer by “shining” or using lights from moving vehicles, boats or animals is against the law. It’s also illegal to transport wild-trapped live raccoons within, into or from Florida.

Trapping Regulations

Individuals with a trapping license (\$26.50) also may take raccoons and opossums by means of live-trapping or the use of snares, but these traps must be checked at least every 24 hours. Using steel or leg-hold traps is prohibited.

Only those people are authorized to sell the hides and meat of these furbearers. To buy and sell this meat for commercial purposes, you’re required to possess a dealer’s license, which you can get from the Florida Department of Agriculture and Consumer Services’ Division of Food Safety by calling 850-488-0295.

So, if you’re looking for a new and exciting



PHOTO PROVIDED

Tony Young, Florida Wildlife Commission

huntin’ opportunity, get ahold of a good coon dog, grab your .22, a flashlight and a pair of hip waders and take to the swamps!

Here’s wishing you a happy New Year and good huntin’. If you can, introduce someone new to a different kind of hunting – pass

the tradition down. As always, have fun, hunt safely and ethically, and we’ll see you in the woods!

Tony Young is the media relations coordinator for the FWC’s Division of Hunting and Game Management. You can reach him with questions about hunting at Tony.Young@MyFWC.com.

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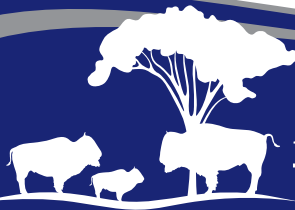
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Contest offers writing time in Hemingway's studio in Key West

The Associated Press

Anybody can tour the Spanish colonial estate in Key West, where Ernest Hemingway lived in the 1930s. Now a new contest is offering one lucky and talented writer a chance to work in the studio where Hemingway wrote.

The winner of the Florida Keys Flash Fiction Contest gets to spend up to 10 days of writing time in the studio at the Ernest Hemingway Home & Museum at 907 Whitehead St., plus 21 nights at a residency cottage at The Studios of Key West. The prize also includes \$1,500 for air travel, a \$500

debit card for meals and incidentals, a VIP pass to local attractions and admission to events at the Hemingway Days Festival, July 19-24. The stay must take place between July 5 and 31. Entries of no more than 500 words may be submitted via the website <http://www.fl-keys.com/flashfiction>

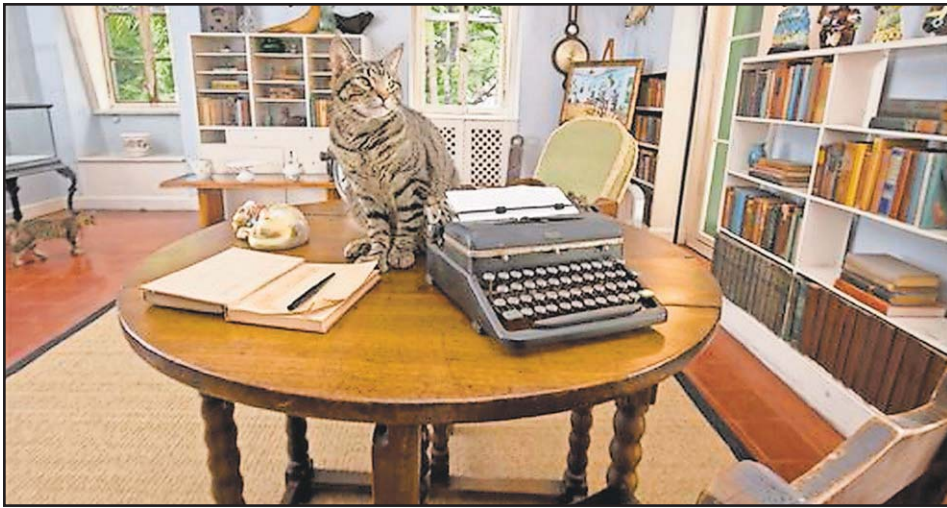


PHOTO BY ROB O'NEAL/FLORIDA KEYS NEWS BUREAU VIA AP

A cat sits on a writing table once used by Ernest Hemingway in the author's studio at the Ernest Hemingway Home & Museum in Key West, Fla. The prize for the winner of the Florida Keys Flash Fiction literary contest is to include the opportunity to spend up to 10 days writing in the study. Hemingway lived in Key West throughout most of the 1930s.



ROB O'NEAL/FLORIDA KEYS NEWS BUREAU VIA AP

Visitors stroll on the entrance path of the Ernest Hemingway Home & Museum in Key West, Fla. A facet of the prize for the winner of the Florida Keys Flash Fiction literary contest is the opportunity to spend up to 10 days writing in the same study that Hemingway utilized when he lived and wrote at the house in the 1930s.

between Thursday and March 31. Check the site for rules and eligibility.

Hemingway, winner of the 1954 Nobel Prize for literature, wrote some of his most famous works in Key West, including "The Green Hills of Africa," "The Snows of

Kilimanjaro" and "For Whom the Bell Tolls."

But if you're allergic to cats, this might not be the contest for you. The Hemingway estate is home to a number of six-toed cats, like one the writer owned.

Contest sponsors

include the Hemingway Home & Museum, The Studios of Key West, the Key West Literary Seminar and the Florida Keys & Key West tourism council. The contest's final judge is a representative of the literary seminar.

Fish tournament coming

The Polk Education Foundation is hosting the 3rd Annual Hook, Line & Scholarships Bass Tournament with the help of Bass Master Elite Pro, Bobby Lane.

The tournament will take place at Lake Kissimmee's Camp Mack on Saturday, March, 12. All proceeds will

benefit the Take Stock in Children scholarship program and will be matched dollar-for-dollar to purchase scholarships for Polk County students.

For more information and registration, visit www.polkeeducationfoundation.org or contact the foundation at 863-519-8076 or 863-519-8077.



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BUSINESS SPOTLIGHT



Debra Gouvellis
heartlandnewspapers.com

Coming soon to Winter Haven is "The B Shop" located at 6314 Cypress Gardens Blvd. The hours of operation will be Monday through Friday from 8 a.m. until 6 p.m. and Saturdays from 7 a.m. until 3 p.m. and they are closed on Sundays.



The downtown Lake Wales Dixie Walesbilt Hotel keeps getting brighter as workers continue the much needed paint job.

Sal Virzi has opened up his latest business in Winter Haven the new Steak'n Shake on Cypress Gardens Boulevard. "In three weeks, we will be open for breakfast and in mid February we will be open 24 hours a day," said Virzi. Virzi is co-owner of the commercial establishment. The menu is affordable and the food reminiscent of an earlier era. The original Steak'n Shake opened in 1934 by founder, Gus Belt, who believed in hand crafting and using steak burger to create the meals that are served at the restaurant to this day. The menu includes choices like Bacon Lovers Steakburger, Jalapeno Crunch, Grilled Portobello 'n' Swiss to name a few. There is a drive through as well as dining in.



The new Steak'n Shake in Winter Haven on Cypress Gardens Boulevard is seeing a lot of business as customers fill the parking lots.



The Lake Wales Dixie Walesbilt Hotel is looking much better these days, a welcome change to the Lake Wales skyline, courtesy of the Friends of the Hotel, a group that backed Hotel owner Ray Brown and put their own muscle into the project.

Make a Difference in a Child's Life

During the Christmas season each year Polk County Sheriff's Office members raise funds to help a number of very deserving families so they have as joyous a holiday season as possible. We partner with area organizations like the Salvation Army and Toys for Tots, and we work closely with local retailers and businesses—they always meet and exceed our expectations.

Our members rise to the challenge in every way possible to provide food and gifts to as many families and children as we can. These families faced tough times and they are very grateful for the gestures of goodwill. But the children are the ones who touch our hearts so deeply.

Making a difference in a child's life is one of the greatest things you can do. Being an advocate for



Polk County Sheriff

a child will give you more rewards that you can possibly imagine.

I'm reminded of a short story from years ago about a grocer, three young boys who were penniless, and red marbles. The gist of the story is that each of the boys came into the grocery store at different times, each with no money and the kindly grocer would bargain with them to bring a marble for the items they were seeking to purchase. When the grocer received the marble he would tell the boys that the marble was great, but that he preferred a

different color. He would then give the marble back and tell the boys to bring him a different one next time. The end of the story finds the reader at the grocer's funeral with a line of well-wishers leading way outside of the church. Three young men, one in a military uniform, and two in business suits reached the casket and lingered together. Afterwards, another visitor asked the grocer's wife why the men lingered so long. Gently, the grocer's wife raised a piece of fabric from the casket which displayed a collection of red marbles. These successful men were once the boys who had little hope of success. And the kindly grocer and his marble bargaining left an impact on their lives.

And while this story is a reminder of simpler times, it rings true today.



You can make a difference too.

January is National Mentoring month and I can think of no better way to provide immediate assistance to a child in need than by becoming a child advocate through the Guardian Ad Litem (GAL) program.

Did you know, in our 10th Judicial Circuit, which includes Polk, Highlands, and Hardee counties, there are an estimated 1700-1800 children who have been abandoned, abused or neglected? They are facing some of the hardest days of their lives. But they don't have to. We can stand up for them. We can become their voice as a Guardian

ad Litem.

Currently, there are approximately 813 advocate volunteers who are standing up for hundreds of children who need a caring, responsible adult in their lives. But each of those children deserves to have their own advocate. Each one deserves a voice.

The GAL program is seeking volunteers to be the voice for a child. Volunteers give approximately seven to eight hours of their time a month. But the differences made in those eight hours may stay with the child for the rest of their life.

Advocates are the child's voice in court hearings and

proceedings standing on behalf of the child during the most critical and life-transforming moments a child can experience. The difference you will make will change a life forever.

GAL volunteers receive classroom training which prepares each advocate to be the voice of a child. I ask that you consider sharing this information with your friends and family.

To become a volunteer, or receive more information on becoming a Guardian ad Litem Advocate, please contact the GAL office at 863-534-4605. It would be a great New Year's Resolution for you to help a child in need.

Police Beat

Police say convicted felon allegedly found with gun in car

A 67-year-old Bartow man pulled over while driving a Corvette was found to be a first-degree murder convict on probation and in possession of a .22 caliber pistol, the Bartow Police Department reported.

Artie Aaron Mobley, 780 N. Childs Ave., Bartow, was booked into the Polk County Jail on Dec. 29 for possession of a firearm and ammunition by a convicted felon and carrying a concealed firearm, the Bartow Police Department reported.

At 11:44 p.m., Mobley was pulled over in the 1400 block of East Church Street after he allegedly pulled in front of a police car very closely, the police reported.

Mobley began to get out of the car, but was told to stay in there. The officer noticed on the passenger seat an open Heineken beer. Police asked Mobley for his driver's license, registration and insurance, which he provided, except for the insurance card. After doing this, Mobley took something out of his pocket and



kilberkowitz@heartlandnews.com

place it underneath the seat, according to reports. He was then asked to get out of the car and said, "It's nothing, it's just a small Derringer."

At this time, another officer arrived and confirmed that there was a .22 caliber silver David Derringer pistol in the car. Mobley said he is a convicted felon for attempted murder, but said he carried the weapon because of the neighborhood he lives in.

At the police station, he again said he had the weapon because he lives in a place where burglaries and robberies are common. He also admitted the beer was his, police reported.

Man arrested after trying to leave note for deputy

A 46-year-old Bartow man was booked into the Polk County Jail on Dec. 26 as he was trying to leave a note for a Polk

County Sheriff's officer on the officer's unmarked patrol car at the officer's Bartow home. The defendant was carrying a loaded .22 caliber pistol, the police reported.

David Joel Boyette, 680 S. Oak Ave., Bartow, was booked in the county jail for felon possession of firearms, felony possession of ammunition and unlicensed carrying of a concealed firearm.

Police made contact with Boyette in reference to a suspicious person sitting in the middle of a road. Boyette said he was in front of a deputy's house, writing a note. He said he wanted to make contact with this individual and wanted to leave a note on his unmarked patrol car, according to reports. Boyette allegedly said he knew the car belonged to the deputy and wanted to leave the message to be delivered.

While talking with Boyette, the officer noted he spoke on random topics and "did not appear in a right state of mind." The officer felt a mental evaluation should be done and while placing Boyette into custody under the Baker Act, a check on him revealed a small loaded .22 caliber

revolver from the right pants pocket was located, police reported.

A check revealed Boyette had been convicted in 2010 and 2012 on weapons charges. Upon further investigation, the deputy said he did not know how Boyette knew he was a deputy. Learning that Boyette was armed, the deputy said he was in fear, the police noted.

Boyette was arrested and would not speak until he spoke with an attorney, the police report said.

Woman charged with stealing attorney's cell phone

A Lakeland woman was charged on Dec. 10 with grand theft when she allegedly stole her husband's lawyer's cell phone while at the county courthouse to give a deposition.

Lathosa Yvette Callaway, 34, of 1115 Milner Drive, Lakeland, was booked into the Polk County Jail on the felony charge.

Both Callaway and Richard Parker of Bartow were in the Polk County Courthouse, the latter a prosecutor for the Public Defender's Office, representing Callaway's husband. Callaway was at the courthouse to give a deposition and her husband was present, a Bartow Police Department report said.

Callaway was sitting next to her husband. Parker put his cell phone on the bench next to him while speaking with Callaway. Callaway put papers on the bench over the cell phone. The state

attorney called them in give the deposition. Parker realized his cell phone was missing and when he tried to "Phone my iPhone" it was located at the Polk South County Jail in Frostproof. Upon contacting staff there, he was advised Callaway was there visiting her husband.

Deputy Radabaugh with the Sheriff's Office went to the jail and contacted Callaway. She said she did have the cell phone from her purse which was located in the back passenger seat.

Callaway allegedly denied knowing the cell phone belonged to Parker.

Woman charged with fraudulent prescription attempt

A 27-year-old Winter Haven woman was charged on Dec. 17 with trying to fill a prescription fraudulently, the Bartow Police Department.

Amanda Ashley Burry, 116 Ream Road, Winter Haven, allegedly tried to fill a prescription for Percocet at Walgreen's on East Van Fleet Drive.

The pharmacist on duty recognized the doctor's signature and suspected the prescription was fraudulent. When contact was made with the doctor, the doctor advised she did not sign the prescription and had not seen Burry since June.

When the pharmacist called the Bartow Police Department, Burry said she'd seen the doctor on Dec. 16, yet when contact was again made with the doctor, the doctor

said that was not true.

Man charged with sexual assault

A 60-year-old Bartow man was charged with trying to rape a woman as his wife was asleep in an adjoining room on Dec. 22, a Bartow Police Department report said.

Eddie Lorenzo Waston, of 1915 Laurel Street, #8, was charged with attempted sexual battery and domestic violence and was booked into the Polk County Jail.

In the incident, Waston allegedly went into the victim's bedroom and pushed her in the chest with both hands, forcing her onto the bed. He then put himself on top her, undressed her and tried to have sex with her, according to reports. However, because he couldn't keep her still, he did not have sex with her, the police reported.

The woman left the bedroom. She asked several times for Waston to stop.

When police arrived, they made contact with Waston's wife, who said she was there but did not hear anything because she was asleep in another room and the door was closed.

Woman charged with indecent exposure

Holly Renae Dowling, 1175 Sophia Blvd., Winter Haven, was arrested on Dec. 27 after going to the bathroom in public, resisting arrest and allegedly kicking a hospital worker in the head, the Bartow Police Department reported.



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

Matter Makes Space:
Michiko Fujii Fowler
Dec. 12, 2015-March 26, 2016

LAKE WALES LITTLE THEATRE
863-676-1266

Always a Bridesmaid
Jan. 15-31, 2016

The Big Five-Oh
April 1-17, 2016

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

POLK THEATRE
863-682-7553

JANUARY 2016

08 HipHop with Marcus "Pryde" Myles

09 Silent Film: Charlie Chaplin in The Gold

Rush
23 Radio Theatre: HG Wells: War of the Worlds

29 Laser Show: The music of Pink Floyd

31 Duke Ellington Orchestra

FEBRUARY 2016

07 The Greatest Pirate Story Never Told

09 Pat Benatar & Neil Geraldo

13 Dinner and a Movie: Cassablanca

MARCH 2016

01 Lennon Through a Looking Glass

04 Garth Brooks Tribute

APRIL 2016

07 Broadway the Big Band Years

23 Tommy James and the Shondells

RAMON THEATRE
863-635-7222

JANUARY 2016

09 "You Got It" Roy Orbison Tribute

23 "Las Vegas Stars Revue" with Ron Seggi

30 The Dukes - 50's & 60's Doo Wop & Rock & Roll

FEBRUARY 2016

06, 2016 Get Ready! The Fantastic Tribute to The Temptations and The Four Tops

13 A Patsy Cline Tribute - "Penny Sings Patsy"

27 "Cash & Friends" Ben and Dana Marney

MARCH 2016

05 "Garth Live Tribute" by Kip Sweeney

12 "A Tribute to the King" by Dwight Icenhower - Elvis Tribute Artist

19 "Par For The Course" Mystery Dinner Theater

JULY 2016

23 "Evil on the Beach" Mystery Dinner Theater

OCTOBER 2016

29 Mystery Dinner Theater - "Save The

Date"
DECEMBER 2016

31 New Year's Eve at the Ramon - Mystery Dinner Theater

RITZ THEATRE WINTER HAVEN
863-295-9900

"This is your life" Seggi sings the hits of the 50's, 60's and 70's
Jan 9, 2016

2016 Ritz International Film Festival
Jan 22-24, 2016

Ritz Murder Mystery Dinner Series
Feb 13, 2016
March 5, 2016
April 9, 2016
May 7, 2016

THEATRE WINTER HAVEN
863-294-7469

Caught in the Net
Jan 7 - 24, 2016

Singin' in the Rain
Feb 18 - March 13, 2016

Driving Miss Daisy
April 7 - 24, 2016

FESTIVALS

OKEECHOBEE MUSIC FESTIVAL
MARCH 4-5-6, 2016

Mumford & Sons, Kendrick Lamar, Skrillex, Bassnectar, Robert Plant and the Sensational Space Shifters, Odesza, Daryl Hall & John Oates. The Avett Brothers, Future, Miguel, Fetty Wap, Ween, Big Grams (Big Boi + Phantogram), Grace Potter, Jason Isbell, Big Gigantic, RL Grime, Portugal. The Man, Kill the Noise, Bonobo DJ SET, Gramatik, PoWoW! : A Superstar Mashup with Special Guests. Shpong (Simon Posford DJ Set), Lil Dicky, Dr. Dog, Lotus, Nahko & Medicine for the People, Youth Lagoon, Deer Tick, Lettuce, X Ambassadors, Hundred Waters, The Oh Hellos, Givers, Marian Hill, White Denim, Preservation Hall Jazz Band, Booker T. Jones, The Supervillains, Kamasi Washington, The Soul Rebels, Shabazz Palaces, Post Malone, Dungen, The London Souls, Rayland Baxter, Moon Hooch, Brownout Presents Brown Sabbath, Roadkill Ghost Choir, Family & Friends, The Shelters, Spam Allstars,

Michael Christmas, SWIMM, Sunbears!, Walter "Wolfman" Washington & the Roadmasters, Damian Lazarus, Virginia, Marcel Fenger, Anton Zap, Voiski, John Aquavivia, RRoymore, DJ Three, Julio, Andrew Grant, Max Jacobson, Jeffrey Scott, Brian Cid, O. Bee, Simone Gatto Live, Tomas Station, Mayssam, Orazio, Chris Nitti, Driss Skali, Rambo Springsteen, Twiddle, Manic Focus, Life on Planets, Jan Blomqvist, The Whitest Taino Alive, Mixmaster Morris, Dirk Largo, Twin Limb, Solar, Bedside, David Marston, Cameo Culture, Atnarko, The Happy Show, One of Them, Lowcut, Carlos Chiesa, Agape, Octopus Kid
PLUS VERY SPECIAL GUESTS

WANEE MUSIC FESTIVAL (LIVE OAK)
APRIL 14-15-16

Widespread Panic, Gregg Allman, Gov't Mule, Les Brers, Jaimoe's Jasssz Band, Warren Hayes and the Ashes & Dust Band, Billy & The Kids, Umphrey's McGee, Hot Tuna Electric with Steve Kimock, Bruce Hornsby and the Noisemakers, N.M.O., Conspirator, Soulive, The Wood Brothers, The Stanley Clarke Band, Oteil and Friends, Tribal Seeds, Dumpstaphunk's Earth, Wat & Power, Madisen Ward and the Mama Bear, Bobby Lee Rodgers Trio, Kung Fu, Nigel Hall, Devon Allman Band and Big Something

WELCOME TO ROCKVILLE FESTIVAL Jacksonville, Florida
APRIL 30-May 1, 2016

April 30 Guests: Disturbed, Shinedown, 3Doors Down, Bring Me the Horizon, Sixxam, Collective Soul, Pennywise, Pop Evil, Bullet for my Valentine, Hellyeah, Asking Alexandria, Trivium, Filter, Candlebox, Escape the Fate, Parkway Drive, Enter Shikari, MissMay, Wilson, Red Sun Rising, Lacey Sturm, Monster Truck and Cane Hill
May 1 Guests: Rob Zombie, ZZ Top, Five Finger Death Punch, A Day to Remember, Megadeath, lamb of god, Cypress Hill, Anthrax, Ghost, Sevendust, Clutch, Yelawolf, P.O.D., We Came As Romans, Memphis May Fire, ISSUES, Crown the Empire, Sick Puppies, Beartooth, Texas Hippie Coalition, Avatar, From Ashes to New, The Glorious Sons and Wild Throne

AMALIE ARENA
813-301-6500

JANUARY 2016

6-10 Ringling Bros &

Barnum & Bailey presents LEGENDS

22 Billy Joel

26 WWE Smackdown

FEBRUARY 2016

11 Andrea Bocelli

20-21 AMSOIL Arenacross

MARCH 2016

02 Harlem Globetrotters

APRIL 2016

07-09 NCAA Men's Frozen Four

MAY 2016

12-15 Disney on Ice

AMWAY CENTER, ORLANDO
407-440-7000

JANUARY 2016

14-18 Ringling Bros. Barnum & Bailey Circus

24 Royal Rumble

30 Def Leppard and Styx

FEBRUARY 2016

02 Barry Manilow

27 Harlem Globetrotters

MARCH 2016

10-13 AAC Men's Basketball Championship

JUNE 2016

10 Selina Gomez

25 Demi Lovato & Nick Jonas

30 Justin Bieber

JULY 2016

01 Twenty One Pilots

SEPTEMBER 2016

06 Maroon 5

CFE ARENA ORLANDO
407-823-6006

JANUARY 2016

03 Gala of the Royal Horses

FEBRUARY 2016

05 Brantley Gilbert
27 Super Freestyle Explosion

12 Hillsong United

02 Classic Albums Live: Rolling Stones Sticky Fingers

09 Rebulution with New Kingdom

10 Rebulution with New Kingdom

17 Peppa Pig Live

29 G-Easy - When it's dark out

FEBRUARY 2016

05 Penn & Teller

06 Classic Albums-Pink Floyd "Dark Side of the Moon"

MARCH 2016

11 Coheed & Cambria

18 Joe Satriani

APRIL 2016

03 Robin Trower

24 Underoath

HOUSE of BLUES ORLANDO

JANUARY 2016

02 Departure: Tribute to Journey

22 The Wailers

23 Marianas Trench

30 The Expendables

FEBRUARY 2016

03 EPICA

04 Europe

05 Richard Cheese & Lounge Against the Machine

06 Three Headed MonTOUR Feat. Hawthorne Heights

10 At The Gates

12 Disco Donnie and Hob presents Excision

19 Mutemath

20 Gary Clark Jr.

23 Never Shout Never

26 O.A.R.

27 Bullet for my Valentine

28 Jack & Jack

MARCH 2016

06 Melanie Martinez

12 Troye Sivan-Blue Neighborhood Tour

15 Vance Joy

APRIL 2016

07 Ricardo Montauer Tour

19 The Used - 15th Anniversary Tour

20 The Used - 15th Anniversary Tour

24 Ciara-Jackie Tour

THE LAKELAND CENTER
863-834-8100

JANUARY 2016

- 05 Shen Yun
- 06 Shen Yun
- 08 Ron White
- 12 Adam Trent
- 13 "Menopause, the Musical"
- 16 Jackie Evancho
- 20 Peppa Pig Live!
- 30 "Vanities"

FEBRUARY 2016

- 01 The Tenors
- 02 "Buddy - The Buddy Holly Story"
- 04 "Who's Bad - Michael Jackson tribute"

MIDFLORIDA Credit Union Amphitheatre
813-740-2446

MARCH 2016

- 26 Chicago and Earth , Wind and Fire

APRIL 2016

- 02 Duran Duran with Chic and Nile Rogers

JUNE 2016

- 10 Journey and The Doobie Brothers with Dave Mason

AUGUST 2016

- 19 DCX World Tour MMXVI

RUTH ECKERD HALL/ CAPITOL THEATRE
727-791-7400

JANUARY 2016

- 08 The Pure Zeppelin

- 19 Jackson Browne Solo 7:30pm Ruth Eckerd Hall

- 20 Temptations & Four Tops 7:30pm Ruth Eckerd Hall

- 20 Arlo Guthrie 7:30pm Capitol Theatre

- 21 Star Trek: The Ultimate Voyage 7:30pm Ruth Eckerd Hall

- 22 Wynonna and the Big Noise 8:00pm Capitol Theatre

- 23 Englebert Humperdinck 8:00pm Capitol Theatre

- 23 42nd Street 2:00pm Ruth Eckerd Hall

- 29 John Prine 8:00pm Ruth Eckerd Hall

- 29 David Bromberg 8:00pm Capitol Theatre

- 30 Gary Puckett & Tommy Mara 7:30pm Capitol Theatre

- 31 The Tenors Under One Sky Tour 7:00pm Ruth Eckerd Hall

FEBRUARY 2016

- 01 Frankie Valli & The FourSeasons 7:30pm Ruth Eckerd Hall

- 02 Graham Nash 7:30pm Capitol Theatre

- 03 Under the Streetlamp 8:00pm Capitol Theatre

- 09 Rita Rudner 7:30pm Capitol Theatre

- 10 TFO: Viva Italia! 11:00am Ruth Eckerd Hall

- 11 Deana Martin 1:00pm Ruth Eckerd Hall

- 11 Les Stroud: Survivorman 8:00pm Capitol Theatre

- 12 Alan Parsons Live Project 8:00pm Ruth Eckerd Hall

- 13 R5 7:00pm Ruth Eckerd Hall

- 14 TFO: A Valentine's Pops 7:30pm Ruth Eckerd Hall

- 14 Robert Randolph & Family Band 7:30pm Capitol Theatre

- 15 Pat Benatar & Neil Geraldo 8:00pm Capitol Theatre

- 18 Melissa Etheridge Solo 7:30pm Capitol Theatre

- 19 Bryan Adams at Coachman Park 7:30pm Coachman Park

- 20 Shemeika Copeland 8:00pm Capitol Theatre

- 21 TFO: Beethoven's Piano No. 4 7:30pm Capitol Theatre

- 22 108 Years of Broadway 1:00pm Ruth Eckerd Hall

- 22 108 Years of Broadway 7:30pm Ruth Eckerd Hall

- 23 Joseph & the Amazing 2:00pm Ruth Eckerd Hall

- 23 Joseph & the Amazing 7:30pm Ruth Eckerd Hall

- 24 Vince Gill & Lyle Lovett 7:30pm Ruth Eckerd Hall

- 25 Rosanne Cash 8:00pm Capitol Theatre

- 25 Experience Hendrix 8:00pm Ruth Eckerd Hall

- 26 Blast Friday: David Cook 5:30pm Cleveland Street District

- 26 Bill Engvall 8:00pm Ruth Eckerd Hall

- 26 Robert Klein 8:00pm Capitol Theatre

- 27 Michael Amante 8:00pm Capitol Theatre

- 28 Richard Marx 8:00pm Capitol Theatre

- 28 TFO: Ravel & Brahms 7:30pm Ruth Eckerd Hall

- 29 Women of Ireland 1:00pm Ruth Eckerd Hall

- 29 The Beach Boys 7:30pm Ruth Eckerd Hall

MARCH 2016

- 01 Josh Groben 7:30pm Ruth Eckerd Hall

- 01 Lisa Fischer & Grand Baton 8:00pm Capitol Theatre

- 02 TFO: Rhapsody in Blue 11:00am Ruth Eckerd Hall

- 02 The Zombies 8:00pm Capitol Theatre

- 02 Steve Miller Band 8:00pm Ruth Eckerd Hall

- 03 Cash on Delivery 7:30pm Murray Theatre

- 04 Cash on Delivery 7:30pm Murray Theatre

- 04 The Fab Faux 8:00pm Capitol Theatre

- 05 Cash on Delivery 7:30pm Murray Theatre

- 05 Herb Alpert & Lani Hall 8:00pm Capitol Theatre

LOCAL CONVENTIONS

JANUARY 2016

- 15-17 Steampunk and Scifi convention. The Sky Captain's Faire Kissimmee, FL

- 22-23 Comic convention. CITY CON Auburndale, FL

FEBRUARY 2016

- 4-8 ConVoluted Con Cruse 2016 Jacksonville, FL

- 5-7 Multi-genre convention. Amelia Con Amelia Island, FL

- 6 SSAS Toracon Sarasota, FL

MARCH 2016

- 4-6 Comic and scifi convention. Treasure Coast Freak Show Fort Pierce, FL



PHOTO PROVIDED

Legendary crooner Paul Anka comes to The Ruth Eckerd Hall on January 16.

- 12 Lakeland Pro Rodeo Classic

- 18 "Wild Kratts"

- 23 "Sandy Hackett's Rat Pack Show"

- 24 "Driving Miss Daisy"

- 25 Hotel California-A Salute to the Eagles

MARCH 2016

- 01 "Joseph and the Amazing Technicolor Dreamcoat"

- 02 Women of Ireland

- 08 "Blue Suede Shoes - Elvis Presley tribute"

- 10 Disney "Fantasia"

- 16 The Fab Four

- 17 "Saturday Night Fever - The Musical"

- 24 The Midtown Man

APRIL 2016

- 14 Barrage 8

- 21 "One Night of Queen"

- Experience 8:00pm Capitol Theatre

- 09 Richard Dreyfus/Jaws 7:00pm Capitol Theatre

- 10 Elvis Birthday Bash 1:00pm Ruth Eckerd Hall

- 10 TFO: New Year's Waltz 7:30pm Ruth Eckerd Hall

- 13 TFO: A Tchaikovsky Celebration 11:00am Ruth Eckerd Hall

- 16 Jane Lynch 8:00pm Capitol Theatre

- 16 Paul Anka 8:00pm Ruth Eckerd Hall

- 17 Adam Trent the Futurist 1:00pm Ruth Eckerd Hall

- 17 TFO: The Fabulous Forties 7:30pm Ruth Eckerd Hall

- 23 42nd Street 8:00pm Ruth Eckerd Hall

- 24 Englebert Humperdinck 5:00pm Capitol Theatre

- 24 TFO: Mozart & More! 7:30pm Ruth Eckerd Hall

- 25 The Jive Aces 1:00pm Ruth Eckerd Hall

- 25 Gaelic Storm 7:30pm Capitol Theatre

- 26 In the Mood 1:00pm Ruth Eckerd Hall

- 27 Ana Popovic 7:30pm Capitol Theatre

- 28 Colin Hay 8:00pm Capitol Theatre

- 29 Blast Friday-Southside Johnny & the Asbury Jukes 5:30pm Cleveland Street District

- 04 Jackie Mason 7:30pm Capitol Theatre

- 04 2Cellos 8:00pm Ruth Eckerd Hall

- 05 Brad Noblitt 7:30pm Murray Theatre

- 06 Annie 2:00pm Ruth Eckerd Hall

- 05 Yanni 8:00pm Ruth Eckerd Hall

- 06 Brad Noblitt 7:30pm Murray Theatre

- 06 Annie 8:00pm Ruth Eckerd Hall

- 06 Southern Soul Assembly 8:00pm Capitol Theatre

- 08 Buddy-The Buddy Holly Story 7:30pm Capitol Theatre



LOCAL HIGH SCHOOL GIRLS

FEBRUARY 2016

05 7:00 PM Timber Creek High School

High School

15 7:30 PM at Hardee High School

BARTOW YELLOW JACKETS

09 7:30 PM Lake Wales High School

19 8:00 PM at Kathleen High School

BASKETBALL

JANUARY 2016

02 6:30 PM at Fort Meade Middle-Senior High School

18 7:00 PM McKeel Academy of Technology

05 8:00 PM at Winter Haven High School

26 7:30 PM George Jenkins High School

08 8:00 PM Kathleen High School

29 7:30 PM Auburndale High School

12 8:00 PM at Lakeland High School

LAKE WALES HIGHLANDERS

BASKETBALL

JANUARY 2016

14 8:00 PM Winter Haven High School

04 8:00 PM Tenoroc High School

20 8:00 PM at Haines City High School

21 8:00 PM at George Jenkins High School

05 7:30 PM at Booker High School

SOFTBALL

JANUARY 2016

30 9:00 AM Pre-Season Classic Bartow Softball Field

08 7:30 PM Sebring High School

14 8:00 PM Lake Gibson

SOFTBALL

JANUARY 2016

30 10:00 AM LWHS Pre-Season Classic

30 10:00 AM Lake Gibson High School

30 4:00 PM Harmony High School

FEBRUARY 2016

09 7:30 PM at Bartow High School

16 7:30 PM at George Jenkins High School

19 7:30 PM at Auburndale High School

25 7:30 PM at Winter Haven High School

26 7:30 PM Sebring High School

WINTER HAVEN BLUE DEVILS

BASKETBALL

JANUARY 2016

04 8:00 PM Haines City High School

19 7:30 PM Lake Region High School

05 8:00 PM Bartow High School

25 7:30 PM Lake Wales High School

08 8:00 PM at Lakeland High School

27 11:00 AM Saturday Shootout Softball Field at Winter Haven Hig...

12 8:00 PM Kathleen High School

27 11:00 AM Palmetto High School

14 8:00 PM at Bartow High School

FROSTPROOF BULLDOGS

BASKETBALL

JANUARY 2016

15 4:00 PM West Boca Raton Community High School TBA

05 7:00 PM at Victory Christian Academy

23 2:00 PM at Lakewood Ranch High School

08 6:00 PM at Pahokee Middle-Senior High School

SOFTBALL

JANUARY 2016

30 11:00 AM Pre-Season Classic Softball Field at Winter Haven Hig...

13 7:00 PM at Lake Region High School

30 11:00 AM Lakeland High School

14 6:30 PM at All Saints Academy

FEBRUARY 2016

02 7:30 PM Haines City High School

SOFTBALL

FEBRUARY 2016

04 7:30 PM at Auburndale High School

01 7:30 PM EST Sebring High School

09 7:30 PM at George Jenkins High School

03 7:30 PM EST at George Jenkins High School

12 6:30 PM at Lakeland Christian School

08 7:00 PM EST at Lakeland High School

16 7:00 PM Lakeland High School

11 6:30 PM EST at Lakeland Christian School

18 7:30 PM Frostproof M/S High School

18 7:30 PM EST at Winter Haven High School

22 7:00 PM EST Lakeland High School

24 7:00 PM EST at Okeechobee High School

FORT MEADE MINORS

BASKETBALL

JANUARY 2016

02 6:30 PM Bartow High School

07 8:00 PM at Lake Wales High School

08 8:00 PM Jordan Christian Preparatory

11 8:00 PM Sebring High School

15 5:00 PM Pahokee Middle-Senior High School

19 7:00 PM Mulberry High School

21 8:00 PM at Avon Park High School

SOFTBALL

FEBRUARY 2016

05/2016 7:00 PM EST Lake Placid High School

12/2016 7:00 PM EST at Sebring High School

16/2016 6:00 PM EST Seffner Christian Academy

22/2016 7:00 PM EST at Tenoroc High School



WEBBER UNIVERSITY WOMEN

BASKETBALL

JANUARY 2016

07 Ave Maria University 6 P.M.

11 Keiser University 5:30 PM

13 Johnson & Wales University (Fla.) 6 P.M.

16 Thomas University (Ga.) 1 PM

21 at Saint Thomas University (Fla.) 6 P.M

23 at Florida Memorial University 2 P.M.

28 at Ave Maria

University 6 P.M.

30 Warner University (Fla.) 6 P.M.

FEBRUARY 2016

04 at Keiser University 5:30 PM

06 Saint Thomas University (Fla.) 2 P.M.

10 at Johnson & Wales University (Fla.) 5:30 PM

13 Southeastern University 2 P.M.

15 at Warner University (Fla.) 7 P.M.

17 at Thomas University (Ga.) 7:30 P.M.

POLK STATE COLLEGE

SOFTBALL

JANUARY 2016

29 Lake-Sumter State College 4:00 PM

30 at TBA Leadoff Classic Clearwater, Fla. 1:00 PM

31 at TBA Leadoff Classic Clearwater, Fla. 1:00 PM

FEBRUARY 2016

04 at Daytona State College 4:00 PM

12 Eastern Florida State College 4:00 PM

12 Eastern Florida State College 6:00 PM

13 at Seminole State College 1:00 PM

16 at Lake-Sumter State College 4:00 PM

19 Miami Dade College 1:00 PM

20 Palm Beach State College 1:00 PM

23 at Indian River State College 2:00 PM

26 at TBA Indian River Tourney Vero Beach, Fla. 1:00 PM

27 at TBA Indian River Tourney Vero Beach, Fla. 1:00 PM

28 at TBA Indian River Tourney Vero Beach, Fla. 1:00 PM

MARCH 2016

05 Southwest Minnesota State College 1:00 PM

08 St. Petersburg College 5:00 PM

10 State College of Florida, Manatee-Sarasota 5:00 PM

10 State College of Florida, Manatee-Sarasota 7:00 PM

15 at South Florida State College 5:00 PM



TAMPA BAY BUCCANEERS RAYMOND JAMES STADIUM-TAMPA

JANUARY 2016

03 at Carolina Panthers 1:00pm

MIAMI DOLPHINS SUN LIFE STADIUM, MIAMI GARDENS

JANUARY 2016

03 New England Patriots 1:00 p.m. ET

TAMPA BAY LIGHTNING AMALIE ARENA - TAMPA

JANUARY 2016

02 Minnesota Wild

15 Pittsburgh Penguins

17 Florida Panthers

19 Edmonton Oilers

21 Chicago Blackhawks

27 Toronto Maple Leafs

FEBRUARY 2016

03 Detroit Red Wings

05 Pittsburgh Penguins

12 Nashville Predators

14 St. Louis Blues



LOCAL HIGH SCHOOL

08 8:00 PM at Kathleen High School

29 5:00 PM Mosaic Stinger Shootout

BARTOW YELLOW JACKETS

13 8:00 PM at Lakeland High School

LAKE WALES HIGHLANDERS

15 8:00 PM at Winter Haven High School

BASKETBALL

BASKETBALL

JANUARY 2016

02 7:30 PM Lake Wales High School

19 8:00 PM Kathleen High School

02 7:30 PM at Bartow High School

05 7:30 PM Winter Haven High School

22 7:30 PM Lakeland High School

08 7:30 PM at Sebring High School

14 8:00 PM at Auburndale High School

29 6:00 PM at Sebring High School

22 7:30 PM DeSoto County High School

FORT MEADE MINERS

BASKETBALL

JANUARY 2016

28 7:30 PM at New Dimensions High School

FROSTPROOF BULLDOGS

BASKETBALL

JANUARY 2016

05 7:30 PM Okeechobee High School

05 7:00 PM Santa Fe Catholic High School

08 7:30 PM at Lake Placid High School

15 7:30 PM Pahokee Middle-Senior High School

21 8:00 PM at Santa Fe Catholic High School

22 8:00 PM at Frostproof M/S High School

26 8:00 PM Tenoroc High School

WINTER HAVEN BLUE DEVILS

BASKETBALL

JANUARY 2016

05 7:30 PM at Bartow High School

08 8:00 PM Lakeland High School

13 8:00 PM Kathleen High School

15 8:00 PM Bartow High School

19 8:00 PM at Lakeland High School

22 8:00 PM at Kathleen High School

26 8:00 PM at Auburndale High School

27 7:00 PM The Vanguard School



POLK STATE COLLEGE

BASKETBALL

JANUARY 2016

02 Broward College 2:00 PM

04 ASA Winter Haven, Fla. 4:00 PM

09 IMG Winter Haven, Fla. 2:00 PM

13 at College of Central Florida 7:30 PM

20 at State College of Florida, Manatee-Sarasota * 7:00 PM

23 Hillsborough Community College * 4:00 PM

27 St. Petersburg College * 7:00 PM

30 at Hillsborough Community College * 4:00 PM

FEBRUARY 2016

03 at St. Petersburg College * 7:00 PM

06 State College of Florida, Manatee-Sarasota * 4:00 PM

10 Hillsborough Community College * 7:00 PM

13 at State College of Florida, Manatee-Sarasota * 4:00 PM

17 St. Petersburg College * 7:00 PM

WEBBER UNIVERSITY

BASKETBALL

JANUARY 2016

02 at Stetson University 1 PM

05 at Florida Gulf Coast University 7:05 PM

07 at Ave Maria University 7 P.M.

09 Warner University (Fla.) 4 PM

11 Keiser University 7:30 P.M.

14 Johnson & Wales University (Fla.) 7:30 P.M.

16 Thomas University (Ga.) 3 PM

21 at Saint Thomas University (Fla.) 8 PM

23 at Florida Memorial University 4 PM

28 Ave Maria University 7:30 P.M.

30 Warner University (Fla.) 4 PM

FEBRUARY 2016

04 at Keiser University 7:30 P.M.

06 Saint Thomas University (Fla.) 4 PM

10 at Johnson & Wales University (Fla.) 7:30 P.M.

13 Southeastern University 4 PM

17 at Thomas University (Ga.) 5:30 PM

WARNER UNIVERSITY

BASKETBALL

JANUARY 2016

02 University of Pikeville 4 p.m.

06 at Southeastern University 7:30 p.m.

09 Webber International University 4 p.m.

12 at Florida Memorial University 8 p.m.

14 at St. Thomas University 7 p.m.

16 Keiser University 4 p.m.

20 Ave Maria University 7:30 p.m.

23 Florida National University 4 p.m.

25 at Thomas University (Ga.) 7:30 p.m.

28 Southeastern University 7:30 p.m.

30 at Webber International University 4 p.m.

FEBRUARY 2016

03 Florida Memorial University 7:30 p.m.

06 at Ave Maria University 4 p.m.

10 St. Thomas University 7:30 p.m.

13 at Johnson & Wales University 4 p.m.

17 at Keiser University 7:30 p.m.

20 Thomas University

(Ga.) 4 p.m.

FLORIDA GATORS

BASKETBALL

JANUARY 2016

02 Georgia 8:00 pm

06 at Tennessee 7:00 pm

09 LSU TBA

12 at Texas A&M 7:00 pm

16 at Ole Miss 8:00 pm

19 Mississippi State 7:00 pm

23 Auburn 8:00 pm

26 at Vanderbilt 9:00 pm

30 West Virginia 12:00 pm

FEBRUARY 2016

03 Arkansas 7:00 pm

06 at Kentucky 4:00 pm

09 Ole Miss 9:00 pm

13 Alabama 5:30 pm

16 at Georgia 9:00 pm

20 at South Carolina 12:00 pm

23 Vanderbilt 7:00 pm

27 at LSU TBA

MARCH 2016

01 Kentucky 7:00 pm

05 at Missouri 7:30 pm

09 - 13 SEC Tournament

Nashville, TN TBA

FLORIDA STATE

BASKETBALL

JANUARY 2016

02 at Clemson 12:00 p.m.

04 North Carolina 7:00 p.m.

09 at Miami 5:00 p.m.

13 at NC State 9:00 p.m.

17 Virginia 6:30 p.m.

20 at Louisville 9:00 p.m.

23 Pitt 4:00 p.m.

26 at Boston College 7:00 p.m.

30 Clemson 12:00 p.m

FEBRUARY 2016

01 NC State 9:00 p.m.

06 at Wake Forest 12:00 p.m.

11 at Syracuse 7:00 p.m.

14 Miami 6:30 p.m.

17 Georgia Tech 9:00 p.m.

20 at Virginia Tech 3:00 p.m.

25 at Duke 7:00 p.m.

27 Notre Dame TBA

MARCH 2016

05 Syracuse TBA

PRO

FROM PAGE 40

16 San Jose Sharks

18 Winnipeg Jets

23 Arizona Coyotes

MARCH 2016

05 Carolina Hurricanes

08 Boston Bruins

11 Philadelphia Flyers

22 Detroit Red Wings

25 New York Islanders

26 Florida Panthers

28 Toronto Maple Leafs

31 Montreal Canadiens

APRIL 2016

02 New Jersey Devils

ORLANDO MAGIC AMWAY ARENA

REGULAR SEASON

JANUARY 2016

06 Indiana 7 pm

09 Washington 7 pm

20 Philadelphia 7 pm

22 Charlotte 7 pm

31 Boston 6 pm

FEBRUARY 2016

05 L.A. Clippers 7 pm

07 Atlanta 1 pm

10 San Antonio 7 pm

19 Dallas 7 pm

21 Indiana 6 pm

25 Golden State 7 pm

28 Philadelphia 6 pm

MARCH 2016

02 Chicago 7 pm

04 Phoenix 7 pm

15 Denver 7 pm

18 Cleveland 7 pm

26 Chicago 7 pm

29 Brooklyn 7 pm

APRIL 2016

03 Memphis 6 pm

06 Detroit 7 pm

08 Miami 7 pm

11 Milwaukee 7 pm

COMMUNITY HAPPENINGS

Send calendar items 2 weeks in advance to cjaco@heartlandnews.com

FRIDAY, JAN. 8

Chat and Chew, 11:30 a.m., Dr. John McDougall, Winter Haven Library. Free.

Fraternal Order of Eagles, Karaoke by Cathy Steel, 7 p.m., 5843 W. Brannen Road, Lakeland. www.foearerie4356.com or 863-647-5214. Free.

SATURDAY, JAN. 9

Dirt Day, 9 a.m.-noon, ages 5-12, Circle B Bar Reserve, 4399 Winter Lake Road, Lakeland. Friends of the Parks and Florida Master Gardeners. 863-534-7377. Free.

Dr. MLK, Jr. Parade Unity Day Celebration 10 a.m., 915 Ave. E., Haines City, 863-852-5160. Free.

Lake Alfred Bluegrass & BBQ Bash, 11 a.m.-9 p.m., Lions Park, 175 Nekoma Ave., Lake Alfred, 863-291-5272, free.

Ritz Theatre Ron Seggi Las Vegas Big Band Style Revue, 6 p.m., downtown Winter Haven. www.ritzcentral.com or 863-295-9900.

Ramon Theater "You Got It" Roy Orbison Tribute by Brian McCullough, 7-9 p.m., 15 E. Wall St., Frostproof, \$22 advance; \$27 same day. www.ramontheater.com or 863-635-7222.

SUNDAY, JAN. 10

Nature Appreciation Tour Mackay Gardens, 900 Mackay Blvd., Lake Alfred. 863-291-5272. Free.

Gram Parsons Derry Down, 2-3:30 p.m., Steve Forbert and T. Michael Stavres, 297 5th St NW, Winter Haven. www.mainstreetwh.com or 863-295-9422.

WEDNESDAY, JAN. 13

12th Annual Dr. Martin Luther King Jr. "Reflecting the Dream," 11:30 a.m., Winter Haven High graduate and NBA star Otis Birdsong, guest speaker, Polk State Winter Haven Student Center, 999 Ave. H NE. Free. MLK@polk.edu.

Florida Flywheelers Antique Engine Club Antique Engine and Tractor Swamp Meet, 7000 Avon Park Cut Off Road, Fort Meade. 863-285-9121. \$7.

THURSDAY, JAN. 14

Lake Wales Arts Council free reception for "A Fine Romance," Erika Lawlor Schmidt's monotypes and

collages on exhibit through Jan. 30, 5-7 p.m., Polk State Lake Wales Arts Center. www.lakewalesartscouncil.org or 863-676-8426.

Florida Flywheelers Antique Engine Club Antique Engine and Tractor Swamp Meet, 7000 Avon Park Cut Off Road, Fort Meade. 863-285-9121. \$7.

FRIDAY, JAN. 15

Florida Flywheelers Antique Engine Club Antique Engine and Tractor Swamp Meet, 7000 Avon Park Cut Off Road, Fort Meade. 863-285-9121. \$7.

SATURDAY, JAN. 16

Polk Museum of Art Weekend Workshop, Kate Carney's Fast Drying Alkyd Oils, Mediums and Glazes, 10 a.m.-5 p.m. www.polkmuseumofart.com or 863-688-7743.

Dog Day of Winter, 9 a.m.-2 p.m., Bok Tower Gardens, Lake Wales. Dog admission \$5. www.boktowergardens.org or 863-676-1408.

Trek Ten Trails hike, 9 a.m., Hampton Tract at the intersection of Rock Ridge Road and Deen Still Road in the Green Swamp Area of Critical State Concern.

Florida Flywheelers Antique Engine Club Antique Engine and Tractor Swamp Meet, 7000 Avon Park Cut Off Road, Fort Meade. 863-285-9121. \$7.

Cypress Gardens Water Ski Show at Martin Luther King Jr. Park, 5:15 p.m. & 6 p.m., Lake Silver, Winter Haven, concession stand open, bring a lawn chair or blanket for seating. Free.

Mensa meeting, 6 p.m. Fat Maggies, 1037 Dixieland Lane, Lakeland. 863-967-7680.

Lake Wales Arts Council presents "Vital Spark North" performance for piano, cello, dance and film with Gary and Erika Lawlor Schmidt, benefiting Sandy's MusicGirls, 7:30 p.m. Polk State Lake Wales Arts Center. www.lakewalesartscouncil.org or 863-676-8426.

SUNDAY, JAN. 17

Bartow Adult Concert Band, 2:30 p.m., free. Bartow Civic Center, Bartow Civic Center, 2250 S. Floral Ave. in Bartow.

MONDAY, JAN. 18

Martin Luther King Jr. and George Gause Memorial Parade, noon, downtown Bartow to Carver Recreation Center for celebration, South Idlewood,

Bartow.

Martin Luther King Jr. Day carillon concerts 1 p.m. and 3 p.m., Bok Tower Gardens, 1151 Tower Blvd., Lake Wales. www.boktowergardens.org or 863-676-1408.

WEDNESDAY, JAN. 20

Winter Haven Library "Blue Zone" book discussion, noon-1 p.m., bring lunch. Free.

FRIDAY, JAN. 22

2016 Ritz Theatre International Film Festival through Jan. 24, 11 a.m.-3 p.m., downtown Winter Haven. www.ritzcentral.com or 863-295-9900.

Chat and Chew, 11:30 a.m., gardening classes will include a herb flavoring talk at Cornerstone Grill, Winter Haven.

SATURDAY, JAN. 23

Imperial Symphony Orchestra's A Night at the Opera, "Die Fledermaus (The Bat)," 7 p.m., Florida Southern College, Lakeland. \$15-\$60. www.imperialsymphony.org or 863-688-3743.

2016 Ritz Theatre International Film Festival through Jan. 24, 11 a.m.-3 p.m., downtown Winter Haven. www.ritzcentral.com or 863-295-9900.

Ron Seggi Las Vegas Big Band Style Revue, 7-9 p.m., Ramon Theater, 15 E. Wall St., Frostproof, \$22 advance; \$27 same day. www.ramontheater.com or 863-635-7222.

SUNDAY, JAN. 24

2016 Ritz Theatre International Film Festival through Jan. 24, 11 a.m.-3 p.m., downtown Winter Haven. www.ritzcentral.com or 863-295-9900.

FRIDAY, JAN. 29

Fifth Annual Winter Haven Hospital Foundation Shooter Showdown, 11 a.m., Florida FFA Leadership and Training Center, 500 Firetower Rd., Haines City. 863-292-4138.

20th Annual Lakeland PigFest, 5-10 p.m., Tigertown, 2301 Lakeland Hills Blvd., Lakeland. Free.

SATURDAY, JAN. 30

Kiwanis Club of WH Pancake Festival, 7 a.m.-noon, St. John's United Methodist Church, 1800 Cypress Gardens Blvd., Winter Haven. \$7; children 5 and under free.

20th Annual Lakeland PigFest, 10 a.m.-5 p.m., Tigertown, 2301 Lakeland

Hills Blvd., Lakeland. Free.

Sandy's MusicGirl Scholarship Benefit Concert with The Jeff Little Trio, 7:30 p.m., traditional old-time country, bluegrass, rockabilly and blues. \$15 Arts Council members, \$20 non-members, \$5 students. Polk State Lake Wales Arts Center.

The Dukes - 50's & 60's Doo Wop & Rock & Roll, Ramon Theater, 15 E. Wall St., Frostproof, \$22 advance; \$27 same day. www.ramontheater.com or 863-635-7222.

SUNDAY, JAN. 31

Sunday Afternoon Chamber Music Concerts, 4 p.m., presented by Lake Wales Arts Council, a classical program of vocal and instrumental music by Harrison School of the Arts students. \$25, season and member discounts

863-293-7972.

Davenport City Commission, 7 p.m., 1 S. Allapaha Ave., Davenport.

TUESDAY

Lunch & Learn Lecture Series, 12:15 p.m., third Tuesday, Polk County History Center. Free. www.polkhistorycenter.org or 863-534-4386.

CareerSource Polk Mobile One-Stop, 9 a.m.-3 p.m., first Tuesday, Lake Wales Public Library. Free. 863-508-1100.

Polk County School Board, 5 p.m., fourth Tuesday, 1915 S. Floral Ave., Bartow. 863-534-0521.

Lake Wales City Commission, 6 p.m., first and third Tuesday, 201 W. Central Ave. www.cityoflakewales.com, www.facebook.com/CityOfLakeWalesFlorida

Davenport Farmers Market, Polk Outpost 27, 9-3 p.m., weekly. Visit www.visitcentralflorida.org or call 863-420-2586.

Winter Haven Main Street Farmers Market, 8:30-3 p.m., weekly, Joyce B. Davis Park, Ave. D NW and 4th St. NW. 863-291-5870.

Lake Wales Alzheimer's Support Group, 1-2 p.m., fourth Thursday, Lake Wales Care Center, 140 East Park Ave.

Food Truck Rally, 6-9 p.m., second Thursday, Munn Park, Downtown Lakeland. 863-510-9723 or www.tampabayfoodtruckrally.com.

Fun Run 5K run, 6 p.m. weekly Wine Stable restaurant, 150 S. Broadway, Bartow.

Greater Lakeland



PHOTO PROVIDED

Florida Flywheelers Antique Engine Club Antique Engine and Tractor Swamp Meet is Jan. 13-16 in Fort Meade.

available. Pinewood Estate, Bok Tower Gardens. www.lakewalesartscouncil.org or 863-676-8426.

THROUGH JANUARY

"Voices of Strength" free art exhibit showcasing Sheriff Grady Judd photography, through Jan. 9, Polk County Courthouse, 255 N. Broadway Ave. 863-534-4000.

"Gardens & Groves," Blair Updike exhibit 9 a.m.-5 p.m., through Jan. 14. Bok Tower Gardens, Lake Wales.

MONDAY

Garden Club of Lake Wales, 10 a.m., last Monday, 129 E. Stuart Ave., Lake Wales. 863-676-6644.

Alzheimer's Caregivers Support Group, 1-2 p.m., last Monday, Lake Wales Public Library. 863-678-4004.

Winter Haven City Commission, 5:30 p.m. workshop, 6:30 p.m. meeting, 451 Third St. NW, Winter Haven.

Bartow City Commission, 5:30 p.m. workshop, 6:30 p.m. meeting, first and third Monday, City Hall, Bartow.

The Winter Haven Optimist Club, 6:30 p.m., Monday, Perkins Restaurant on Cypress Gardens Blvd., Winter Haven.

org.

Dundee City Commission, 202 Main St., Dundee.

Ridge Orchid Society, 7:30 p.m., fourth Tuesday, 125 Brannen Road, Lakeland. 863-858-2738.

WEDNESDAY

Bouquet Garden Club, 9:30 a.m., second Wednesday, Winter Haven Garden Center, 715 3rd St. NW. 863-293-7638.

Haines City Farmers Market, 8-2 p.m., weekly, Railroad Park, 100 N. 6th St. 863-421-3700.

Fort Meade Garden Club, 9:30 a.m., fourth Wednesday, 205 E. Broadway, Fort Meade. 863-285-8199 or 863-285-9176.

Introduction to Sage-ing, "Finding Joy in the Second Half of Life," 10 a.m. -noon, through March 9, The Self Center, 2750 Highway 17 N., Winter Haven. 863-293-9414 or 863-875-5635. \$5.

Florida's Natural Grove House Visitor Center family fun events, noon- 2 p.m. Free. 863-679-4110.

Winter Haven Nautical Club, 7 p.m., first Wednesday, rear room 2 Winter Haven Complex, corner of US 17 and Cypress Gardens Blvd. 863-965-7915.

THURSDAY

Gardening Club, 7 p.m., first Thursday, Circle B Bar Reserve, Lakeland. 863-604-1094.

Sentimental Journeymen Barbershop Singers, 7-9 p.m., St. John's Methodist Church in Winter Haven. 863-661-2235 or www.sentimentaljourneymen.com.

FRIDAY

Genealogy, 11:30-1:30 p.m., first Friday, Lake Wales Library, Dr. J. A. Wiltshire Foundation.

Lakeland Fraternal Order of Eagles Aerie #4356, karaoke, 7 p.m., 5843 W. Brannen Road, Lakeland. Free. www.foeaerie4356.com or 863-647-5217.

Lake Wales Ghost Tours, 8 p.m., Arcade Coffee and Sandwich Shoppe on Market St. www.facebook.com/lakewalesghosttoursllc.

SATURDAY

Florida's Natural Grove House Visitor Center family fun events, noon- 2 p.m. Free. 863-679-4110.

Lake Wales Downtown Farmer's Market, 9-1 p.m., second and fourth Saturday. 863-455-4219.

Highland City Community Market, 8-1 p.m., fourth Saturday. 863-640-5570 or www.highland-citymarket@gmail.com.

? 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 dogs.
 Each number corresponds to a letter.
 (Hint: 16 = n)

A. 19 1 16 11 16 25

Clue: Dog

B. 2 25 1 21 20

Clue: Lead or rope

C. 5 22 1 11 16 11 16 12

Clue: Lessons

D. 15 4 22 22 24

Clue: Full of hair

Answers: A. canine B. leash C. training D. furry

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to dogs.

T H E R S E L

Answer: Shelter

Guess Who?

I was born on October 10, 1953 in Indiana. I am known for being the wild frontman of a popular rock-n-roll band, but I also had a successful solo career. My nickname is "Diamond Dave."

Answer: David Lee Roth

CANINE WORD SEARCH

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

WORDS

AFFENPINSCHER	COLLIE
AIREDALE	COONHOUND
AKITA	DALMATION
AUSSIEDOODLE	DOBERMAN
BASENJI	GOLDEN
BASSET HOUND	GREAT DANE
BEAGLE	GREYHOUND
BERNESE	HAVANESE
BICHON	HUSKY
BLUE HEELER	IBIZAN
BOLOGNESE	LABRADOR
BOXER	MALAMUTE
BRIARD	MALINOIS
BULLDOG	ROTTWEILER
CAIRN	SHARPEI
CANE CORSO	SPANIEL
CHIHUAHUA	SPITZ
CHOW	TERRIER

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

HEALTH and WELLNESS



Make a challenge, not a resolution

By STEVE STEINER

SSTEINER@HEARTLANDNEWSPAPERS.COM

Well, it's approaching that time again, you know, that's right, the "I'm going to get in shape this year" resolution. So here in Bartow, "Where ya gonna go? Wotcha gonna do?"

This year, Dr. Alex Aquí will not be conducting his Belly Off Bartow competition. It is not known as of this writing whether the City of Bartow Parks and Recreation Department has anything planned. Ron Hill, of Ron's Personal Fitness, has moved to a larger facility and does not plan on conducting a weight loss challenge, at least not yet.

He said maybe this July. Right now he is more involved getting his new facility up and running. For those who may not be aware, due to increased demand from people who have been on a waiting list several years, Hill found it necessary to move from his South Wilson Avenue site to 590 E. Summerlin St.

"However, what I am offering is yoga class and a lunch time fitness class. That starts Jan. 4," said Hill.

It appears that the only place in Bartow where a person can participate in a weight loss competition will be at

Ultimate Fitness, a 24/7 health and fitness club located at 290 E. Van Fleet Drive.

"We'll be conducting a 12-week weight and fitness challenge starting Jan 16 and running to April 9," said Greg Buck, owner. It will offer cash incentives. He said that it would be structure similarly to the challenge Ultimate Fitness conducted in 2010, but with a few tweaks.

Buck explained that this year those who sign up will be scored on two factors: percentage of weight loss and body fat. This is more equitable and gave a comparison of a person weighing 300 pounds competing against a person weighing 200 pounds, and if each lost 10 pounds. In such a situation, who could it be deemed had the greater success? Buck also said that there will be two prizes, one for females and one for males. There will also be a "team format" for those interested.

"The regular challenge costs \$100, but for those who want to be on the team format there will be an extra charge," he said. "I'm taking it a step further because I will be their coach and more involved."

It will involve a higher number of workouts and variety of exercises, not all that need be

done at Ultimate Fitness. He said it could involve riding a bicycle around a lake, walking or running, even swimming. Of course, there are programs at Ultimate Fitness, such as weights and cardio, and box and burn, among others. But for the weight loss challenge, there will be a Saturday boot camp, which is also the day of weigh-ins.

So far, seven people had turned in their paperwork. He said he anticipates the total number will hover between 25-30 people and that the retention rate will be approximately 80 percent. That's a higher rate than those who simply sign up to join but will not be participating in the challenge.

"People start off with the best of intentions, but after awhile they lose incentive," said Buck. That is why the 12-week weight loss challenge has a higher retention rate, especially those who do it as a team.

"Part of the reason of the team challenge is so people don't feel alone," he said. Team members serve as one another's support system, he added. Regardless whether one participates in the challenge or just signs up for a general membership, Buck had a caveat.



PHOTO BY DEBRA GOUVELLIS

Owner Greg Buck assists Tracy Sackett in her daily stretches at the Ultimate Fitness Center in Bartow. It is one of several places offering fitness programs to start the new year. The challenge there starts Jan. 16 and runs through April 9.

"You've got to have a plan," he said. "Remember, if you fail to plan, plan to fail."

To learn more

Ultimate Fitness, 290 E. Van Fleet Drive, is located in the shopping plaza on the north-bound side of Van Fleet Drive and U.S. 98. Call 863-533-5300.

Ron's Persona Fitness is now at 590 E. Summerlin St. Today, Wednesday, Dec. 30, is the day of opening. Call 863-537-7883.

The City of Bartow Parks and Recreation Department can be reached at 863-534-0120.

Aquí Chiropractic Clinic LLC, is located at 1350 E Main St, #B-1. Call 863-534-3288.

LWMC employees reach out for the holiday

Lake Wales Medical Center's employees reached out to the community during this holiday season, donating more than 800 pounds of food to area families in need for Thanksgiving, and adopting nine families for Christmas this year.

"I'm proud of the way our employees reach into their pockets during the holidays to help those in our community who are in need," said hospital CEO Andrew Howard. "We coordinate most of our outreach efforts through the Lake Wales Care Center, and a couple of departments assisted families they personally were aware of in need. It's all part of the hospital being a good community partner, both as an organization and through our employees."

In addition to the nine families adopted for Christmas, the hospital's physician clinics



PHOTO PROVIDED

Hospital employees donated more than 800 pounds of food to local families during Thanksgiving this year.

donated numerous bikes to be given to families sponsored through Care Center.

Lake Wales Medical Center, a 160-bed acute-care facility, employs about 500 people and is one of the largest employers in the Lake Wales community.

Lectures in January

Watson Clinic plans a handful of free lectures

this month. They are open to the public but seating is limited. On Saturday, Jan. 9 at 10 a.m., Dr. Raam S. Lakhani speaks on 'Imagine the Possibilities in 2016.' Plastic surgeon explores the most popular rejuvenation options – from non-surgical cosmetic enhancements such as fillers, BOTOX and laser resurfacing to more permanent

facial plastic procedures, including eyelifts, nose reshaping and the in-office mini facelift.

It's at Bella Vista Building, 1st Floor Lobby, 1755 N. Florida Ave., Lakeland. RSVP: 863-904-6218 or online to www.WatsonClinic.com/Events

Friday, Jan. 29, 3-5 p.m. 'Quit Smoking Now - No ifs, ands or butts!' Take the next step to a healthier lifestyle and join us for a special class designed to provide an overview of available options for smokers. The class includes information on various types of nicotine replacements, product samples and much more.

Watson Clinic Cancer & Research Center, Boardroom, 1730 Lakeland Hills Blvd., Lakeland. RSVP: 863-802-6220 or online to www.WatsonClinic.com/Events



PHOTO PROVIDED

The Lake Wales Medical Center clinics donated numerous bikes for area youngsters.

HEALTH and WELLNESS

Beyond cancer, other problems

Advances in cancer treatment have significantly boosted survival rates: More than 9 million Americans are now on the other side of the iconic 5-year survival rate marker. Among survivors of childhood cancer, the five-year rate exceeds 80 percent, with many expected to live decades after diagnosis and treatment.

But a new study in JAMA Oncology suggests some childhood cancer patients will face tough times in adulthood, primarily from medical and emotional problems whose origins date back to their original treatment.

While late effects data for adults is scarce, researchers at Stanford University say it appears young cancer survivors are at greater risk of diseases of the digestive system, cardiovascular disorders, neurological issues, respiratory problems, and, of course, a recurrence of their original cancer or a new type altogether.

Good Vibrations

Premature babies frequently experience breathing problems, including sleep apnea, which is when they may dangerously pause in their breathing. A small study out of the Wyss Institute for Biologically Inspired Engineering at Harvard University suggests one remedy might be a little tickle every now and again.

Researchers placed a device in the mattresses of 36 preemies that produced a small vibration at intervals. The idea was to heighten the babies' sensitivity to changes, such as breaks in breathing. They found the vibrations cut incidences of sleep apnea in half.

WELL NEWS
Scott LaFee

Body of Knowledge

The focusing muscles of the eyes move approximately 100,000 times a day. To give your legs a similar workout, you would need to walk 50 miles every day.

Get Me That, Stat!

Pedestrians using wheelchairs have a 36 percent higher chance of being fatally struck by an automobile than the overall pedestrian population, according to a study by researchers at Georgetown University. Men were five times likelier to be hit than women; older wheelchair users are at greater risk than younger. Almost half of fatal accidents between 2006 and 2012 occurred at intersections involving wheelchair users in a crosswalk.

Counts

1: estimated percentage of U.S. general population infected with hepatitis C virus.

17: estimated percentage of incarcerated Americans infected with hepatitis C.

Source: Tianhua He, Annals of Internal Medicine

Doc Talk

Agonal: a word used to describe a major negative change in a patient's condition, usually preceding immediate death, such as a complete cessation of breathing or a dire change in the

patient's vital signs.

Phobia of the Week

Catapadaphobia: fear of jumping.

Never Say Diet

The Major League Eating record for turducken is 7.75 pounds in 12 minutes, held by Sonya Thomas. Turducken is a dish consisting of a deboned chicken stuffed into a deboned duck stuffed into a deboned turkey. "Turduckenmas" is all of the above stuffed inside Sonya (presumably still with bones).

Hypochondriac's Guide

Jumping Frenchmen of Maine disease is characterized by an unusually sensitive "startle" reflex. It was first identified among a group of French Canadian lumberjacks in the late 1800s. The cause is unknown, but may be an extreme conditioned response to a particular situation, such as a tree about to fall on you.

Observation

"When you get old, you can't talk to people because people snap at you. That's why you become deaf, so you won't be able to hear people talking to you that way."

— American author Edward Albee

Medical History

This week in 1844, the first dental anesthetic – nitrous oxide, or "laughing gas" – was used by Dr. John M. Riggs for a tooth extraction on Dr. Horace Wells. The previous day, Wells had attended a demonstration of the effects of inhaling nitrous oxide gas by a travelling lecturer, Gardner Quincy Colton. At

this demonstration, Wells noticed that a man intoxicated by nitrous oxide suffered a laceration to his leg, but claimed to feel no pain. He arranged his own tooth extraction to test the gas' anesthetic potential.

Medical Myths

The notion that we use only 10 percent of our brains is popular and enduring, dating back to at least 1907. It was notably popularized by Dale Carnegie in his 1936 book, "How to Win Friends and Influence People," which misguidedly quoted psychologist William James as saying "the average person develops only 10 percent of his latent mental ability." In fact, modern neuroimaging shows the entire brain works all of the time, just some parts work harder than others depending upon need.

Med School

Q: When does the human brain stop growing?

A: In terms of size, around age 18, though there remains some serious refinement through age 25 when the prefrontal cortex is fully developed. In a larger sense, though, the brain never stops developing, changing and adapting throughout life.

Last Words

"Dictionary." – English linguist Joseph Wright (1855-1930), who once edited the English Dialect Dictionary.

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HEALTH and WELLNESS

Exercise tips for beginners

The right combination of diet and exercise is one of the keys to a long and healthy life. While many people find adapting to a healthier diet challenging, that challenge often pales in comparison to the intimidation felt when working out for the first time in years.

Exercising after an extended period of inactivity may intimidate people who choose to workout at gyms, where fellow gym members may appear to be in tip-top shape. Overcoming that intimidation factor can be as simple as working out with a friend or working with a personal trainer, each of whom can offer the support and guidance beginners need when reacclimating themselves to more active lifestyles. In addition to the buddy system, beginners can employ the following strategies to make their return to exercise go as

smoothly as possible.

• **Gradually build up your exercise tolerance.**

When you exercise, your body releases neurotransmitters known as endorphins, which trigger positive feelings in the body. Those positive feelings can be addictive, but it's important that beginners do not go too hard too quickly when beginning a new exercise regimen. Gradually build up your exercise tolerance, exercising two or three days per week and taking a day off between workouts when you start. As your body becomes more acclimated to exercise, you can start to workout more and with more intensity.

• **Stretch after working out.**

Stretching can improve flexibility, and that may decrease your risk of future injury. In addition, improved flexibility may

improve your exercise performance by improving your range of motion and helping your muscles work more effectively. Muscles contract during a workout, and stretching after workouts can help reset those muscles to their natural position. Include both static stretching and foam rolling in your post-workout stretching routine.

• **Find a routine that works for you.** Many men and women feel they must sign up for a gym membership upon resolving to adopt a more active lifestyle. While gyms afford you the opportunity to strength train and get in your cardiovascular exercise, they're not for everyone. The best approach and the one that's likely to be most successful over the long haul is to find an exercise routine that engages you and that you find enjoyable. If the

gym is not for you, try to find a routine that still includes both strength training and cardiovascular exercise. Strength training can make your body more durable, and cardiovascular exercise can reduce your risk for various health problems, including heart disease.

• **Track your progress.**

One way to stay motivated is to keep track of your progress. If you're working out but not monitoring your results, you may not feel like you're getting anywhere. Keep a workout diary, tracking both your successes and failures, so you can see what's working and what's not. The longer you stay committed to your workout routine, the greater the likelihood that you will be tracking more successes than failures, and those successes can provide the motivation to keep you going on those inevitable days when you



PHOTO PROVIDED

Stretching can improve flexibility, and that may decrease your risk of future injury.

want to skip workouts. Returning to exercise after an extended period of inactivity can be quite

the challenge, but it's nothing motivated men and women cannot overcome.

Exercise benefits the brain, too

Regular exercise can benefit the body in many ways, helping men and women maintain healthier weights and lower their risks for developing potentially deadly diseases. Though many people are quick to associate exercise with its physical benefits, those hours spent on the treadmill also can boost brain power.

According to Dr. Barry Gordon, professor of neurology and cognitive science at Johns Hopkins Medical Institutions and coauthor of "Intelligent Memory: Improve the Memory That Makes You Smarter," exercise has a direct impact on the brain. That's because exercise works directly on brain tissue, improving the connections between nerve cells, creating

new synapses, growing new neurons and blood vessels, and improving cell energy efficiency. So while many people may begin an exercise regimen with a goal of trimming their waistlines or toning their bodies, they might be happy to know that those physical benefits are accompanied by several cognitive benefits as well.

As the American Psychological Association acknowledges, the connection between exercise and mental health is hard to ignore, and the APA notes that the following are just a few of the mental benefits men and women might reap from regular exercise.

Improved mood
Many people feel great

after exercising, especially if that exercise comes at the end of a particularly stressful day. However, those extra laps on the track or those hours spent on the treadmill don't just pay short-term dividends. In a controlled trial overseen by Duke University researcher and clinical psychologist James Blumenthal, sedentary adults with major depressive disorder were assigned into one of four groups: supervised exercise, home-based exercise, antidepressant therapy, or a placebo pill. Those in the exercise and antidepressant groups had higher rates of remission than those in the placebo group, and Blumenthal concluded that exercise was generally comparable to antidepressants for men

and women with major depressive disorder. In

addition, in following up with patients a year later,

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HEALTH and WELLNESS

BRAIN

FROM PAGE 47

Blumenthal found that those who continued to exercise had lower depression scores than those participants who were less active.

Blumenthal's study was not the only one to

conclude that exercise can have a positive impact on mood. In a review of 11 studies that examined the effects of exercise on mental health, Boston University professor of psychology Michael Otto and his colleagues found that exercise could be a powerful tool when treating clinical depression, and



even recommended clinicians include exercise as part of their treatment plans for depressed patients.

Antidote to anxiety

Some researchers, Otto included, have begun to examine the effects of exercise on treating and possibly preventing anxiety. The body's nervous system responds quickly when people feel frightened or threatened, often causing the body's heart rate to increase and sweating and dizziness to occur. Those people who are especially sensitive to anxiety respond to these feelings with fear, and that makes them more likely to develop panic disorders. But Otto and fellow researcher Jasper Smits of the Anxiety Research and Treatment Program at Southern Methodist University studied the effects that regular workouts might have on people prone to anxiety. Since exercise produces many of the same physical reactions, such as sweating and an elevated heart rate, the body produces when responding to fear or threats, Otto and Smits wanted to determine if exercise might help people prone to anxiety

become less likely to panic when experiencing fear or threats. In studying 60 participants with heightened sensitivity to anxiety, Otto and Smits found that the subjects who participated in a two-week exercise program exhibited marked improvements in anxiety sensitivity compared to those participants who did not take part in the exercise program. Otto and Smith concluded that this improvement was a result of the exercise group participants learning to associate the symptoms common to both fear and exercise, such as sweating and an elevated heart rate, with something positive (exercise) instead of something negative (anxiety).

Regular exercise benefits the human body in numerous ways, not the least of which is its impact on the brain. More information on the link between exercise and improved mental health is available at www.apa.org.

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