



SAW IT HAPPEN:
Woman salutes Meals on Wheels
See Page 10.
TAKE ONE, IT'S FREE!



City passes panhandling law *Can cost violators up to \$500 and jail*

By **MARY HURST**
CORRESPONDENT

City Commissioners passed a new ordinance at its regular meeting Monday which revises its existing one governing panhandling, solicitation and canvassing on city roads and sidewalks.

The city had gotten many complaints from residents of aggressive solicitation and panhandling in the downtown area, the downtown parking garage, public bus stops, and public

property near Automatic Teller Machines.

The ordinance, enforced by the Winter Haven Police Department, provides for fines up to \$500 and community service for the first two offenses. Subsequent offenses can include up to 60 days in jail and fines from \$500 for the third offense to \$1,000 for the fifth offense.

The police department will enforce the ordinance and it will be up to the officer to determine if a ticket will be issued for aggressive

panhandling, solicitation or canvassing.

City Attorney John Murphy told commissioners it was the first time the city had defined "aggressive" in an ordinance. Recent case law, he said, required governments, trying to limit panhandling, solicitations and canvassing, had to protect individual's First Amendment rights.

"I recently attended a Mayor's conference," said Mayor Brad Dantzler. "And not one mayor had

a solution to this problem except for an ordinance like this."

Violators will go before a special master employed by the Code Enforcement Department, who will determine fines and other consequences.

Commissioners said the ordinance helps to keep safe the residents and visitors to Winter Haven, who may feel coerced or vulnerable by people soliciting or panhandling in public places, and near ATMs.

Trailer is Nicaragua bound *Community's donation beyond what was expected*

By **JAMES COULTER**
CORRESPONDENT

Fort Meade churches received enough clothes, food, toys, and other donated items to fill a trailer and ship it to needy villagers in Nicaragua.

For the past week, a 45-foot trailer has been parked outside First United Methodist Church of Fort Meade, where people have been free to leave donations of clothing, furniture, and other items.

The trailer was supposed to be parked outside for three weeks, but as rental fees are \$160 a day, the church could only afford to keep it for a week, said Chuck Pemberton, pastor of First Assembly Church.

During that time, countless individuals, businesses, and non-profit organizations within the community donated more than enough items to fill the entire trailer.

People throughout the community donated anything and everything ranging from

TRAILER | 25

Salute to her daddy



PHOTOS BY AL PALMER

Alicia Pantolone and daughter Jacqueline wait to present Jacqueline's letter to her father, Deputy Sheriff Dustin Pantolone at a special ceremony last week. Inset: Polk Sheriff's Deputy Dustin Pantolone watches while a very special letter of appreciation is read to a crowd of emergency responders at a brief ceremony on Thursday.

Student's letter to father read without him realizing who wrote it

By **CATHY PALMER**
CORRESPONDENT

It wasn't a "Dear Daddy, bring me back something," or "Dear Daddy, I'm having fun at camp" letter.

It was a wrench-at-your-heart, make-a-steely-eyed-cop-get-misty letter that

said: "Dear Daddy, Thank you for serving us. Thank you for serving your country. Thank you for keeping us safe."

It wasn't delivered by your local postman and it wasn't delivered at the door or in a mailbox. It was hand delivered by its author to

her daddy while dozens of his fellow deputies, police officers, firefighters and emergency services personnel had to put on their official faces to keep from melting from the sentiment.

It was written by Lakeland middle schooler Jacqueline Pantolone to her father

Deputy Sheriff Dustin Pantolone as part of a writing assignment she shared with hundreds of other Polk County Schools students, but with the special spin arranged by Polk RSVP director Kathy Drainville.

SALUTE | 25

Polk likely spared from Matthew

By **JEFF ROSLOW**

JROSLOW@HEARTLANDNEWSPAPERS.COM

While it appears Polk County will get a bit of rain this week from the outer layers of Hurricane Matthew, it appears the heavy wind will not affect it, the emergency management director said Monday.

"We're moderating it see what it's going to do, but right now we don't have any plans of activating the EOC," Director Pete McNally said. "But we're in a ready-to-go position."

McNally said Monday the last few state briefings he's attended it appears the storm will continue on its northward path veering slightly to the west.

"It appears we have a low probability of tropical storm force winds," he said.

However, that doesn't mean not to keep watch, he said.

MATTHEW | 25

COMMUNITY CALENDAR

Wednesday, Oct. 5

Pop Up Play Day Community Outreach, 1-3 p.m., free. Day of competition, parents encouraged to attend. Sponsored by Bartow Parks and Recreation Department. Azalea Gardens, 1050 Golfview Ave. Bartow. 863-534-6881.

Exploring Cuba, noon, Director of Horticulture Greg Kramer as he takes you on an armchair journey to Cuba. Bok Tower Gardens, 1151 Tower Blvd., Lake Wales.

Thursday, Oct. 6-Saturday, Oct. 8

21st annual Florida Cracker Story Festival, 9 a.m. Special programs for children on Oct. 6-7. Included in the events will be whip cracking demonstrations. Homeland Heritage Park, 249 Church Ave., Homeland.

Thursday, Oct. 6

Annual Banquet, 6 p.m. reception, 7 p.m. dinner, \$85 per person, \$640 per table. Phil Rawlins, president and founder of the Orlando City Soccer Club, is guest speaker at Haines City Chamber of Commerce event. Lake Eva Event Center, 799 Johns Ave., Haines City. 863-937-4430.

The Spec, 7:30-10 p.m. Open mic storytelling night. Theme specific, usually announced a week prior. Poor Porker, 801 E. Main St., Lakeland. www.thepoorporker.com

Mr. Central Florida, 6-10 p.m. \$65 with dinner, music, live & silent auctions. To purchase tickets or to vote visit www.mrcentralflorida.org Proceeds benefit patients of Central Florida Speech & Hearing Center. Sun 'n Fun Florida Air Museum, Lakeland.

Friday, Oct 7

Football: Lake Wales at Winter Haven, 7:30 p.m. Winter Haven High School, 600 6th St. S., Winter

WELCOME TO YOUR COMMUNITY CALENDAR

Want to see your event on this page? Call us at 863-533-4183 or email news@heartlandnewspapers.com.

Haven.

Football: Bartow at Kathleen, 7:30 p.m. Kathleen High School, 1100 Red Devil Way, Lakeland

Football: Ridge Community at Lake Region, 7:30 p.m. Lake Region High School, 1995 Thunder Road, Eagle Lake

DAR, 11:30 a.m. Bartow Mayor Trish Pfeiffer is guest speaker. Polk County History Center, 100 E. Main St., Bartow

Led Zeppelin Physical Graffiti, 8 p.m. In addition to performing each of the songs from the album, note for note and cut for cut, Classic Albums Live also presents a full set of the artist's greatest hits during the second half of the show. Visit www.thelakelandcenter.com for tickets. Lakeland Center Youkey Theater, 701 W Lime St. Lakeland.

Golf Challenge, 9 a.m.-4 p.m. Presented by the Lake Wales Area Chamber of Commerce. Oakwood Golf Course 3301 Old Wailes Road, Lake Wales. 863-676-3445 or www.lakewaleschamber.com for details.

First Friday Music, 6:30-8 p.m. Music in the park on the first Friday of each month. Bring a blanket or lawn chairs. Free. Central Park in Winter Haven.

Saturday, Oct 8

Virtual Flight to Honor, 10 a.m. Flight to Honor Polk County along with Cornerstone Hospice to host day of honoring World

War II, Korean War, Vietnam or veterans with a life limiting illness that are unable to make the trip to Washington, DC. American Legion Post 8, 300 Avenue M NW in Winter Haven.

Touch A Truck, 9 a.m.-4 p.m. City Park, Auburndale.

Avon Park Oktoberfest, 10 a.m.-8 p.m. Beer garden, food, art and craft vendors, kids activities, musical entertainment, historical fun, library activities and the Peter Powell Roberts Museum. Avon Park Community Center, www.theapcc.net

A Day in the Park, 10 a.m.-3 p.m. Downtown City Park on North Bartow Avenue in Auburndale.

Perennial Vegetables for Florida, 10 a.m.-noon, \$20 per person. H.E.A.R.T. Agricultural Manager Josh Jamison teaches growing, propagating, and using highly nutritious crops from around the world. Bok Tower Gardens, 1151 Tower Blvd., Lake Wales.

Stars in Lake Eva: Star Wars 7:30 p.m., free. Sponsored by Haines City Parks & Recreation at Lake Eva Park, 863-421-3700.

Fortress Fitness, 9 am. Free workout for all. Instructor Kelly Epley. Fort Blount Park, (corner of Broadway and Main Street), Bartow. 863-533-7125.

87 pairs in 6 weeks

Knights deliver shoes to elementary schools

By STEVE STEINER

SSTEINER@SCMGINC.COM

It was the highest turnout ever for the St. Thomas Aquinas Parish Knights of Columbus, according to Ed Jones as he and Leon LaClair. They were busy this past Monday delivering boxes of shoes to the Floral Avenue, Gibbon Street and James E. Stephens elementary schools this past Monday.

"We collected 87 pairs of shoes," said Jones. "All of them from the parish."

The shoes, he said were collected over a period of six weeks that ended Sept. 26. The KoC had considered starting the donation process earlier but decided against it when they took into consideration it was the height of summer. There was also another reason.

"A number of snow-birds come back this time of year," said LaClair. He added that most of the shoes collected came from monetary donations rather than the purchase of shoes by parishioners. A total of \$175 was



PHOTO BY STEVE STEINER

From left, Leon LaClair and Ed Jones, with the Knights of Columbus at St. Thomas Aquinas Catholic Church in Bartow, deliver a box of new shoes at James E. Stephens Elementary School. With them are Hazel Sellers, Polk County Public Schools board member; Chandra Hall, principal; and Jennifer Hubbard, guidance counselor.

raised that LaClair and his wife used to purchase a wide variety of shoes for boys and girls in a variety of sizes, colors and styles.

On hand to accept the shoes at Stephens Elementary were principal Chandra Hall and guidance counselor Jennifer Hubbard.

"The shoes will be given out as needed," Hall said as she explained how children who are in need are identified. The school, she added, also provides school uniforms when necessary. Polk County Public Schools board

member Hazel Sellers was present at Stephens Elementary when Jones and LaClair arrived, although she was there to meet with Hall for another purpose. Before the presentation, she said she had the opportunity to speak with the two men and perhaps interested them in another possible project.

Sellers also of the Bartow Rotary Club and since the demise of the Bartow Lions Club, Rotary has taken over the eyeglass collection drive. Jones and LaClair, she said, appeared interested in it.

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LOOK WHAT'S NEW!

Public Welcome!

Gary and Reni, formerly with Smokey's Piano Bar and Grill in Lake Wales Now performing at their New Location at Imperial Lakes Country Club Restaurant and Piano Lounge.

Same great ambience with a new image.

ENTERTAINMENT NIGHTLY. CALL FOR RESERVATIONS.

863-425-1153

BANQUET AND SPECIAL EVENT ROOMS AVAILABLE.

DON'T FORGET TO CHECK OUT THE NEW GOLF COURSE!

KARAOKE WED & FRI 7PM

6 COUNTRY CLUB LANE, MULBERRY, FL 33860



PUBLIC NOTICE

Notice is hereby given that the City of Bartow is accepting applications for the following voluntary advisory board(s):

- ❖ Citizen's Advisory Committee
- ❖ Code Enforcement Board
- ❖ Zoning Board of Adjustment (Alternate)

To obtain an application or board description contact the City Clerk's Office at (863) 534-0100 ext. 1256 or visit the City Clerk section on the City's website: www.cityofbartow.net

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A Report on Our Progress

To Our Neighbors in Central Florida:

I want to give you an update on the water loss incident at our New Wales manufacturing facility near Mulberry and what we've done so far to address the problems caused by the sinkhole. We live and work here too, so we care about our neighbors, our local communities and the environment. Mosaic is committed to preventing any offsite impact and doing right by our neighbors.

Our recovery well at New Wales is removing water that entered the aquifer when the sinkhole formed. We have an extensive network of test wells that we are using to monitor water at the facility. We'll continue to install additional test wells to be sure that this water is contained on our property. Our groundwater monitoring efforts have confirmed there have been no offsite impacts as a result of the sinkhole.

The well testing program being conducted by a third-party firm has returned test results from more than 260 wells from around our community. All the tests conducted have confirmed that samples taken from our neighbors' water wells are within the health-based drinking water standards established by the U.S. Environmental Protection Agency and Florida Department of Environmental Protection.

To provide additional peace of mind, we are also delivering bottled water to those in our community who have requested it while they wait for the results of their well tests.

Sinkholes are a naturally occurring part of the geology in Florida, and we are working with experts to develop a plan to plug the sinkhole, which will likely include the use of concrete-like grout to seal the pathway that opened into the aquifer.

Until then, we will continue to provide timely updates to the community as well as detailed updates on our progress until this situation is resolved. Most of all, we are committed to making sure the local drinking water supply is not impacted by this incident. We have a long history of working closely with our neighbors, and we will work hard to honor that commitment now and in the future.

To read the latest updates from Mosaic, please visit Mosaicco.com/NWIncident.

Sincerely,

A handwritten signature in blue ink that reads "Walt Precourt". The signature is written in a cursive, flowing style.

Walt Precourt
Senior Vice President – Phosphates
The Mosaic Company

VIEWPOINT

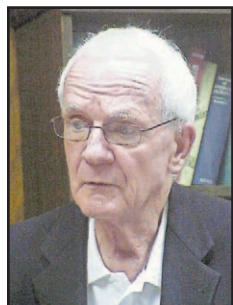
Two with experience would best serve the board

Polk County voters will choose next month between two finalists each for the District 1 and District 4 positions on the school board.

Though candidates must live in the district from which they are elected, all voters in the county are eligible to vote for candidates from all seven districts.

In each of the two remaining races, there is a significant difference in the experience of the candidates.

In the District 1 race, Hunt Berryman, the incumbent, faces a challenge from Billy Townsend.



HUNT BERRYMAN

Berryman brings a wealth of business experience to the board, and his approaches to the board's challenges reflect that background.

Like every candidate in this year's races (and like most educators with whom we have discussed the subject) he believes there are too many tests mandated at both the state and county levels.

Our Viewpoint

His approach is to appoint a countywide task force to study the issue. We like the concept of bringing in outside views on what needs doing.

He also proposes the board look at starting times for classes, in particular the practice of starting classes at high schools significantly earlier in the day than the lower grades. Research shows teenagers typically go to sleep later than younger children, and the argument is made that their classes should start later in the day.

We recommend Hunt Berryman's re-election to the District 1 position.

Finalists to take the place of Dick Mullenax, the District 4 incumbent, who is not seeking another term, are Sara Beth Reynolds and Becky Troutman.

Reynolds turned 24 years of age last week, and exaggerates only a little when she quips, "I look like I'm 12." She is full of energy, and cites her perspective as a recent Polk County graduate as a major strength.

She makes a good point.

Troutman has been in education since 1994, with experience as a teacher in Highlands County, where her emphasis was on children with special needs.

She has held positions as a resource teacher, staffing specialist, and guidance counselor, and holds master's degrees in educational leadership, counseling, and school psychology.

She suggests the place to start in reducing the testing burden on students and teachers is at the county office, a realistic approach.

She strongly supports renewal of the half-cent local option sales tax for school construction, and realizes the importance of spending the money as it is received, not bonding it and spending it all in the early years of the tax levy.

Based on her wealth of qualifications in student guidance and counseling, we recommend Becky Troutman for election to the District 4 position on the school board.



BECKY TROUTMAN

Let's retire 'the masses' from our lexicon

Few phrases make me cringe as much as "the masses."

It was a phrase used with abandon by both students and faculty during my days at Florida State University more than 50 years ago.

It was spoken with a combination of superiority, condescension and disdain.

For "the masses," you see, were not like you and me. They were people who were less educated, less sophisticated, and somehow less worthy of the space they occupied on the planet than those of us who walked among the academic community.

We drank deeply — OK, some us were content merely to sip — from the Fount of Knowledge. We were clearly more worthy, if only in our own minds.

This rant is inspired by coverage last week of the death of Arnold Palmer, one of the finest golfers to walk a course — and one of the finest gentlemen to make his living playing golf — in the modern history of the game.

"He brought golf to the masses," declared those who declare such things.

I never had the privilege of meeting Arnie, but somehow he never struck me as one who considered himself to be God's Anointed Golfer, one whose mission in life was "to bring golf to the masses."

Somewhere in my still impressionable youth, someone — it may well have been one of my wiser college professors — pointed out to me the arrogance of declaring those whom we considered to be lower than ourselves on the



S.L. Frisbie

S.L. Frisbie can be contacted at sfrisbie@hedartlandnewspapers.com

intellectual food chain to be "the masses."

It reminds me of a Dean Alfange essay that begins: "I do not choose to be a common man." I am also reminded of the declaration that no mother ever believed (or wanted) her son to be "a common man."

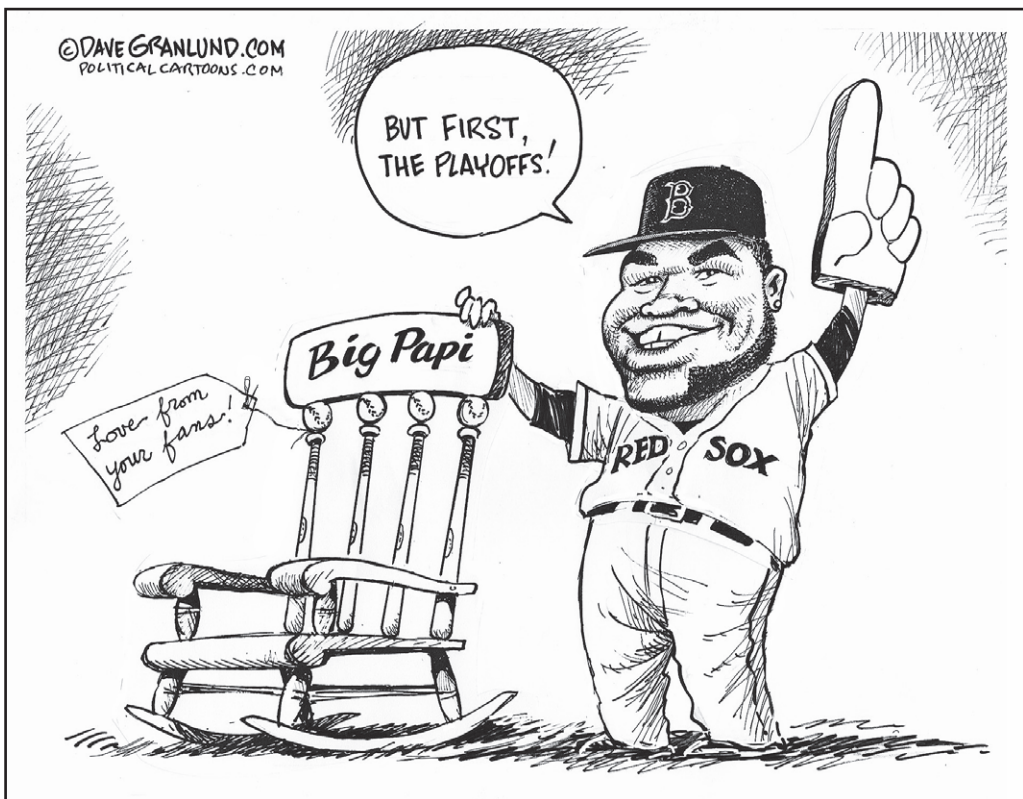
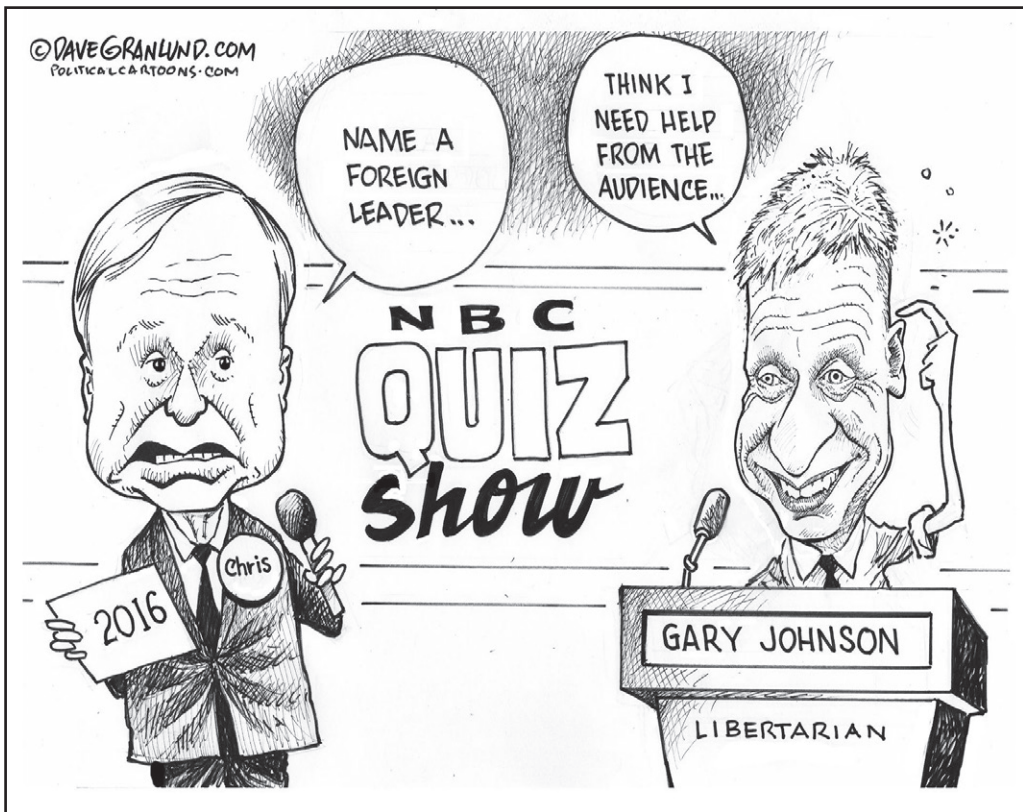
One need not be an academic, an executive, a professional, a politician, or (saints preserve us!) a journalist to claim a unique position in the community of man. Or woman.

Each of us holds a unique position in our community, an opportunity to leave our little corner of the world a little better than it was when we arrived.

We may have preserved a bit of history that was about to be lost; planted a tree whose shade the next generation will sit under; put a bully in his place; recognized an unsung citizen for her service; or helped a child to understand how special he or she is.

We are not the masses; we are the people, each of us, one at a time.

(S. L. Frisbie is retired. Whatever his contribution may have been to the Community of Man, greatness in golf is not one of them.)



We welcome your letters

Letters are welcome on virtually any subject, but we do have some rules. Please keep them to less than 250 words. Letters will be edited to length as well as grammar and spelling. All letters must be signed with full name — not initials. An address and telephone number must be included. The phone number and address are not for publication, but must be provided. The Letters to the Editor section is designed as a public forum for community discourse and the opinions and statements made in letters are solely those of the individual writers. Readers can send letters and column submissions to letters@polkcountym democrat.com or mail them to 190 S. Florida Ave., Bartow, FL 33830.

Be on the lookout for rental scams

So far this year, our agency has received eight reports of people in the Poinciana area unlawfully entering homes and posing as “renters.” They change the locks, obtain utilities in their names, and if asked, are able to produce fraudulent lease applications. These “renters,” commonly called squatters, take possession of vacant homes, move furniture in, and are oftentimes accompanied by other family members. On the surface, everything seems legitimate. However, this is a scam.

Typically, the homeowner or property manager discovers someone is living in the home without his or her knowledge and then they report it to law enforcement. When



Polk County Sheriff

questioned by law enforcement, the renters claim they are the victims. The renters state they met the landlord online and paid cash for their rental. Yet, they are unable to provide law enforcement with contact information for the landlord to verify their story.

Though several arrests have been made, PCSO detectives continue to investigate these types of cases, especially in

areas where rental homes are prevalent. You can prevent this scam from occurring in your neighborhood by following these tips:

If you are a homeowner, be vigilant.

When leaving your residence vacant for a long period of time, contact your utility company so they can flag the address to prevent others from hooking up water or electric to your property.

Ensure doors and windows are securely locked.

Install a security alarm system that is monitored 24/7.

If the alarm is activated, law enforcement will be notified and can respond quickly to investigate suspicious activity.

Have a trusted neighbor or

local family member check on your home and provide you with a status update regularly.

Encourage them to report suspicious activity and persons at the home to law enforcement immediately and then, notify you as well.

Be sure to provide them with your emergency contact information.

If searching for a rental property online, do your homework first.

If possible, visit the property in person.

Check for rental or sale signs in the front yard.

Conduct additional searches online by entering the property's address to determine if it is listed as a rental property on other web sites.

Ask for the landlord's

identification, document their full name, home address, email address, and phone number.

Verify the landlord works for a legitimate management company, they own the property, or they legally represent the owner of the house.

Pay with a cashier's check or money order.

Avoid paying with cash or pre-paid credit cards.

Always get a receipt.

If you suspect a squatter is moving into a vacant home or already resides in your neighborhood, please do not attempt to make contact with them. Instead, contact local law enforcement immediately to report your suspicions. With you as our eyes and ears, we can eliminate scams in your community.

Second time a charm for medical marijuana?

There are several constitutional amendments on the November ballot. One of them, Amendment 2 — Use of Marijuana for Debilitating Medical Conditions — is a retreat from the 2014 election.

Two years ago, the slightly different version of the amendment received 58 percent of the vote, falling just short of the 60 percent needed to pass. It appeared on the ballot as Amendment 2 then, too.

What happened?

Polls showed support for the amendment exceeded the 60 percent threshold until a strong and well-financed opposition went on the attack. Billionaire casino boss Sheldon Adelson — resident of Nevada — was a major financial backer of the “No on 2” effort.

They relied on doomsday scenarios and scare tactics to chip away at Amendment 2's support. They enlisted the help of some of Florida's most popular politicians — the sheriffs.

They were better financed and able to create doubt. They pointed to ballot language that was drafted somewhat loosely to allow the Florida Legislature to determine its implementation.



Paula Dockery

Political Ponderings

Paula Dockery can be contacted at pdockery@floridavoices.com

Opponents exploited this deference to lawmakers as a flaw in the language and questioned the motivation of the effort to legalize medical marijuana.

Orlando attorney John Morgan is the man behind United for Care — the political committee organized to sponsor the amendment. Motivated by his brother's need for marijuana to ease debilitating pain, Morgan has been passionate about the cause. He put his money where his mouth was—to the tune of several million dollars.

Not deterred by coming up a little short, Morgan and United for Care jumped through all the hoops again. They redrafted the language to address the misguided concerns, collected 692,981 verified signatures and passed Florida Supreme Court review.

Ben Pollara of United for

Care said the new language more clearly delineates the eligible medical conditions, including cancer, AIDs, epilepsy, glaucoma and others. It also requires parental consent and verification for minors.

There are other factors that might point to a successful outcome the second time around.

The Legislature passed and the governor signed legislation that would allow terminal patients to be prescribed full-strength medical marijuana, signaling a softening in position.

This election year — with a hotly contested presidential race on the ballot — turnout is expected to be much higher. Remember, the first ballot proposal failed by only two percentage points.

So what do the polls show?

A PPP poll taken early this year showed 65 percent of Florida voters would support the medical marijuana initiative — 28 percent opposed. Support crossed party lines: Democrats 75/18, independents 70/20 and Republicans 53/40.

Saint Leo University has also been polling the issue. In March 68 percent of respondents agreed that the Florida

Legislature should approve medical marijuana.

Legislators did but the newly passed legislation applied only to dying patients—leaving thousands of others without relief for their suffering.

In June, a Saint Leo poll showed 65 percent of respondents support Amendment 2 granting the right to use marijuana for medical treatment of terminal and these non-terminal ailments.

The most recent poll, taken in September and released by the Florida Chamber of Commerce, shows support has grown to 73 percent of voters.

If Amendment 2 passes in November — which looks promising — Florida would be the 25th state to approve medical marijuana.

The well-funded opposition — including Adelson — is back, but public opinion is shifting and support is growing for compassionate care for those suffering debilitating illness.

Here are comments from a couple of people who wrote me:

— I'm a 100 percent disabled vet from Maine; I have been a medical marijuana patient for about five years. Maine was listed as one of the best

programs in the country, yet I winter in Florida. So do I have to become a criminal to take my legally prescribed meds in Florida or suffer? I take it because of wounds I received in Vietnam.

— I'm a 60-year-old woman. I've had four discs removed from my neck and have had a portion of my lower spine removed and have six plates and a clamp and am in constant pain due to my disability. I find that after the medical people put me on opioids, I was sick all the time and led a zombie type life. A friend gave me a marijuana cigarette and it helped with my pain and I wasn't vomiting. My appetite returned. I am buying it now to help with my condition but would like to do this legally as I am an upstanding citizen.

Let's show compassion for these folks and thousands of others suffering like them by voting YES on Amendment 2 to allow them to access safe, regulated, doctor-ordered medical marijuana.

Paula Dockery is a syndicated columnist who served in the Florida Legislature for 16 years as a Republican from Lakeland. She can be reached at PBDockery@gmail.com.

Hello to the autumn

We're getting into the month for trick or treating and cooler climes (well, OK so we're in Florida it won't get that cold during the day), and this when we have more activities picking up at your local library.

This should be the weekend for the Cracker Storytelling Festival starting Thursday, Oct. 6 through Saturday, Oct. 8 at the Homeland Heritage Park. Please call 863-534-3766 for more information about Cracker Storytelling. We hope to see all our Bartow families there to enjoy the tales and activities.

Our library art gallery will host its annual Cornucopia display of local artists,



Paul Wartenberg

Bartow Public Library

Paul Wartenberg is the reference librarian at the Bartow Public Library.

hosted by the Bartow Art Guild starting Monday, Oct. 10 and lasting until Dec. 1. We currently do not have any gallery guides to help with presenting the works, but you can ask at the Information desk to go to the second floor to view the gallery. Please take the time to swing by the library and view

what works of art our community can create.

We are encouraging our teen readers to celebrate Teen Read Week from Oct. 9 to Oct. 15. Bartow Library will host a contest that week, where if you're a teen between ages 13 to 18 you can show your library card to the staff, get a contest form to fill out, and put your name in for a gift card from a book store of your choosing. Please remember it's got to be your library card, and if you need to get one you can always apply for a FREE library card your first time at our service desk.

Some children's only exposure to the library is through school/civic group visits. We

encourage you to bring your class or group to the library, but please call us ahead of time to schedule for the tour. You can pick up a copy of our Group Visits Policy at the library or view it at www.cityofbartow.net/library.

We still have ongoing Chair Yoga exercise classes every Tuesday and Friday from 9:30-10:30 a.m. We also have the ongoing Adult Coloring program on Tuesday from 11 a.m.-1 p.m., and you can bring your own lunch as you relax while coloring sheets.

Our Computer Basics class on Monday, Oct. 10 from 3-5 p.m. will be the second of our four key classes.

“Learning the Desktop/ Working with Files and Folders” will explore how the operating system Windows manages your computer, as well as seeing how files can be stored within folders you can create. Seating is limited so please call or ask at the Information desk about this. We will have sign-up sheets available for all our computer classes.

Our address is 2150 S. Broadway Ave. in Bartow. You can call Bartow Library at 863-534-0131 if you have any questions about our events.

Paul Wartenberg is the reference librarian at Bartow Public Library.

WINTER HAVEN NEWS

Vision: Commerce and community

New Chamber of Commerce chair says it's way to go in Winter Haven

By **JAMES COULTER**
CORRESPONDENT

The Winter Haven Chamber of Commerce's new chair has a very forward-thinking vision for the city created through the cooperation of its business owners and residents.

Hap Hazelwood, chief financial officer and Treasurer of Six/Ten LCC, was named the new chair of the Board for the Chamber of Commerce during their annual meeting last Thursday at Lake Ashton Country Club.

Hazelwood has remained active within the Winter Haven community through the Chamber and other organizations such as Habitat for Humanity, Meals on Wheels, and the American Cancer Society.

As the new chair, he plans to further the Chamber's vision "to advance commerce and community" and their mission "to serve, represent, and enhance business growth."

His goals for the upcoming year include having the Chamber apply for Five Star accreditation and renovating the chamber building.

Such renovations include transforming the lobby into a state-of-the-art high technology welcome center, modernizing the second floor with better wireless technology, and making the overall building more energy efficient.

Other proposed projects include starting a new community branding initiative, expanding their governmental outreach committee, launching a new member mentoring initiative, and scheduling several business outreach forums.

Moving forward with these projects will involve hard work and dedication, not only from chamber members, but from the community as a whole, Hazelwood said.

"I submit that we have been successful in the past in large measure because we are accomplishing our mission by satisfying the need of you, our members," he said. "Therefore, I challenge you each of you all this evening to use your talents to serve our

community and chamber next year."

In an effort to have the chamber become more productive, Hazelwood challenged the Board of Directors to devote an extra 10 minutes per day for the next year "to consciously talk, promote, and work extra hard for the chamber."

Such extra dedication will allow members to collectively provide 1,500 hours of extra service to the community.

Moreover, he wanted the community as a whole to provide the same level of commitment, with 10 minutes per day devoted to helping their community, the combined effort which would equal 18,000 hours of extra service.

"We can, we will, and we must continue to move our communities forward with positivity as well as come together for the greater good ... and in doing so, we will continue to accomplish our vision and mission for our wonderful community," Hazelwood said.

Hazelwood was preceded by now former Chamber Chair Debbie Harsh, who, along with the 14 other former Chairs, ceremonially passed the gavel to him that evening.

Under her tenure, Harsh witnessed tremendous economic growth and development within the community. This year alone saw expansions to Legoland and Bok Tower and new facilities created for Central Florida Healthcare and Heart of Florida Regional Center.

More than 50 ribbon cutting and ground breaking ceremonies occurred this year for small businesses, while the Polk County Tourism and Sports Marketing broke the record for tourism tax collection at \$9.1 million, an 18 percent increase over the previous year.

Meanwhile, the chamber itself has experienced much growth, with membership increasing by 100 members since 2014, with an overall total of 710 businesses.

"Can you believe that this all happened within one calendar year?" Harsh asked. "Every one of you are a part of something spectacular

For her excellent work and dedication, Debbie Harsh, former Winter Haven Chamber of Commerce Chair, receives a crystal gavel from the new Chair, Hap Hazelwood.

PHOTO BY JAMES COULTER

going on in Winter Haven and we all have a lot to be proud of."

For Harsh, being chair was a personal bucket list item for her. Of course, such progress under her leadership would not be possible had it not been for the cooperation of the Chamber Staff and Board of Directors.

"While I am sad to see this year come to close, I look forward to my continued involvement and support of this organization," she said.

Aside from appointing their new chair, the chamber also recognized local individuals and businesses with awards.

T. Michael Straves, Winter Haven interim city manager and former director of Community Services, was recognized as the 2016 Leadership Distinguished Alumnus of the Year.

Brooks Law Group was conferred the Industry Award for the business with less than 100 employees, while Central Florida Healthcare was conferred the Industry Award for the business with more than 100 employees.

That evening also saw the nomination of the following members to a first three-year term: Renee Pobjecky, Pobjecky & Pobjecky, LLP; Roberty Loftin, Citizens Bank & Trust; and Jay Gray, CliftonLarsonAllen.

Reappointed to a second three-year term was Kim Hulverson, BB&T, and Mike Potthast, Potthast Studios.



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WINTER HAVEN NEWS

'A tale as old as time'

Theatre Winter Haven's Beauty & the Beast called a hit

By **CASSIE JACOBY**
CORRESPONDENT

It's the final two weeks for Theatre Winter Haven's Beauty and the Beast on stage through Sunday, Oct. 16, in the Chain of Lake Complex at 210 Cypress Gardens Blvd., SW. Performances will be at 7:30 p.m. Thursday, Friday, Saturday and Sunday

and 2:30 pm. Sunday. Audiences and critics are raving about the production adapted from the classic Disney animation. "The costumes were beautiful and the singing was amazing," "five stars" and "standing ovation worthy" were some of the comments from theater-goers. "This is an absolutely magical show

and has been seen by over 35 million people worldwide since its premiere in 1994," said Dan Chesnicka, TWH producing director. "In addition to all of the beloved songs from the original movie, including Be Our Guest and the title track, the show also includes additional numbers from original composer Alan Menken

and musical theater legend Tim Rice. It's one of the great musicals of the modern era and remains the standard by which all others must be judged." TWH's Horizons New Director Showcase will present three short works by new directors Nov. 11-13. Taryn Adams will director "Savage Love" by Sam Shepard;

Danielle Paccione will direct "Honey Sweet X's and O's" by Matt Siadak; and Chris Walsh will direct "A Game" by Dennis Noble. The audience favorite will win a \$500 cash prize. The event pass is \$20 and includes admission to all three days of the showcase. Season 47 will continue with: "Almost,

Maine," Dec. 1-18; "One Man, Two Guvnors," Jan. 12-19; "Million Dollar Quartet," Feb. 16-March 12; and "Peter and the Starcatcher," April 6-23. Visit www.theatrewinterhaven.com and www.facebook.com/TheatreWinterHaven or call 863-294-SHOW (7469) for tickets and information.

A mystery wrapped in an enigma

'Waiting for Godot' to debut this week

By **CASSIE JACOBY**
CORRESPONDENT

The curtain will rise for the Polk State Theatre performance of Samuel Beckett's "Waiting for Godot" at 7:30 p.m. Thursday, Oct. 6. The production continues through the matinee at 2:30 p.m. on Sunday, Oct. 9 at the Polk State Winter Haven Fine Arts Theatre. Tickets are free on

opening night and all performances are free for Polk State students and employees as well as all Polk County high school students. Tickets for all others are \$10. Considered an existential masterpiece, "Waiting for Godot" follows two wandering tramps, Vladimir and Estragon, who wait by a lonely tree to meet up with Mr. Godot. "He's an enigmatic figure in a

world where time, place and memory are blurred and meaning is where you find it," said Mark Hatfield, director. "The tramps hope that Godot will change their lives for the better. Instead, two eccentric travelers arrive, one man on the end of the other's rope. The results are both funny and dangerous." "It is a mystery wrapped in an enigma. But you can expect

witness to the strange power this drama has to convey the impression of some melancholy truths about the hopeless destiny of the human race," said the late Brooks

Atkinson, the New York Times drama critic for 31 years. The cast includes Jared Roys, Vladimir; Ronnie Metcalf; Estragon; Fabienne Alexandre,

Pozzo; and David Santiago-Tate, Lucky. Visit polk.edu/artscenter, call 863.298.6683, or email LWAC@polk.edu for more information.

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OBITUARIES

William David Mooneyham

William David Mooneyham, 89, of Temple Terrace, Fla., passed away Monday, Sept. 19, 2016.

He was born May 6, 1927, in Opp, Ala.

David served in the U.S. Navy during World War II and had a 40-year career in the printing industry.

Survivors include his beloved wife of almost 69 years, Geraldine "Jerry" Mooneyham; sons, Mitchell (Betty Ann) Mooneyham and Dennis (Donita) Mooneyham; daughter, Beverly



WILLIAM DAVID MOONEYHAM

Mooneyham (Ritch) Plummer; five grandchildren and eight great-grandchildren.

The family received friends at 1 p.m., with a service at 2 p.m., Saturday, Sept. 24 at Blount & Curry, Terrace Oaks Chapel, Temple Terrace.

Interment with Military Honors took place at 11 a.m., Monday, Sept. 26, at Florida National Cemetery, Bushnell.

In lieu of flowers, donations may be made in David's memory to LifePath Hospice, 11150 N. 53rd St., Temple Terrace, FL 33617 or to The General Council of the Assemblies of God, 1445 N. Boonville Ave., Springfield, MO 65802 ATTN: U.S. MAPS or by visiting www.giving.ag.org.

Words of comfort may be expressed at www.blountcurryterraceoaks.com.

Sushilaben R. Patel

Sushilaben R. Patel of India passed away Thursday, Sept. 22, 2016, at the Lake Wales Medical Center.

She was 83.

Johnson-Nelson-Gill Funeral Home handling arrangements.

John William Powell

John William Powell 75 formerly of Bartow, Fla., died Sept. 26, 2016, in Knoxville, Tenn.

Funeral service will be held at 2:30 p.m. Saturday at Foothills Funeral Home 910 E. Lincoln Road, Maryville, Tenn. Interment at Maple Grove Cemetery, Maryville, TN.

Phyllis Juanita Sikes

Phyllis Juanita Sikes, 73, of Lake Wales, Fla., passed away on Sept. 24, 2016.

She is survived by her daughter, Jennifer Greubel; and grandson, Derek Greubel.

Oak Ridge Funeral Care, Haines City is in charge of arrangements.

Words of Comfort

Every ending is a new beginning.
- Anonymous



Thank God we have a new beginning in heaven.
- Michael Dunn-Rankin

Applications for Thanksgiving, Christmas baskets being taken

The holidays are coming quickly and the Church Service Center in Bartow is taking applications for Thanksgiving and Christmas baskets.

Each year the Church Service Center gives food baskets for Thanksgiving with complete meals and baskets for Christmas that includes food and toys.

Applications can be filled out at the Church Service Center, 495 E. Summerlin St., Bartow, from 9 a.m.-1 p.m. on Tuesdays and Thursdays. To apply, people will need to provide a 2015 w2 form, a Social Security award letter, last pay stub or a 2015 tax return.

A photo ID is required in all adults in the household and there must be Social Security cards on everyone in the house. People will also need to provide a food stamp letter, and proof of address which can be a light bill or lease agreement, for example.

Those 55 or older with one or more children can apply for both. No application will be taken without all the information.

Asbury Pumpkin Patch to open

An annual tradition in Bartow, the Pumpkin Patch at Asbury United Methodist Church returns this year on Thursday, Oct. 13.

Each fall families visit the Patch to take their annual pumpkin photos and find the perfect pumpkins to carve and decorate. The Patch will be open through Monday, Oct. 31. Hours will be 3 to 7 p.m. weekdays and noon to 7 p.m. Saturday and Sunday.

Story time for kids will be back, as well. Two story times will be scheduled on Tuesdays, Wednesdays and Thursdays during the two weeks the Patch is open. Schools and day care centers can sign up by calling the church offices at 863-533-2301.

Asbury's annual Fall

Rummage Sale is set for Saturday, Oct. 22, from 7 a.m.-1 p.m., with bargains on furniture, clothing, household items and more, plus a hot dog lunch and baked goods sale.

Asbury is located across from Bartow Middle School and adjacent to Summerlin Academy, at 1650 S. Jackson Ave.

One week left to register to vote

Polk residents who wish to register to vote in the Nov. 8 General Election must do so by Oct. 11.

Voter registration forms may be completed online at PolkElections.com or paper copies are available for pick up at many convenient locations throughout the county including city halls, libraries, and chambers of commerce. Election Headquarters in Bartow and the Election Operations Center in Winter Haven will be open until 7 pm on Tuesday, Oct. 11 and Branch Offices in Davenport, Lake Wales, Lakeland, and Winter Haven will be open from 9 a.m. until 4 p.m. that day for any Polk County resident who would like to register to vote.

Registered voters are reminded to inform the Elections Office of any voter information changes before Election Day. For information visit PolkElections.com or call 863-534-5888.

S.L. Frisbie Roast this year's banquet

At this year's 30th year celebration of Main Street Bartow, retired local newspaper publisher S.L. Frisbie will be on the stand.

At the annual banquet, which is Tuesday, Oct. 11, Frank Johnson will serve as the evening's Roast Master, and local celebrity roasters will include long-time friends Don Wilson, Tom Thornburg and son Loyal Frisbie. Those in the audience can get a chance to roast Frisbie as well as there will be an 'Open

Mic' to share your favorite S.L. Frisbie story.

It takes place at the Bartow Civic Center and starts at 6 p.m. Tickets are \$30 apiece.

A Golden Ticket package is available including two dinner tickets, one Golden Ticket chocolate bar and an individual Main Street Bartow membership for \$150, a value of \$210. Business and group packages are also available. Call 863-519-0508 for information or to reserve your seat and receive an invoice.

All proceeds benefit Main Street Bartow, as we work to continue preserving and promoting your historic downtown business district.

Antique Fair Oct. 8

Main Street Bartow, Inc.'s next monthly Antique Fair will be from 8 a.m.-2 p.m. Saturday, Oct. 8, along Main Street in downtown Bartow. Booth spaces are \$20.00 each, and they can be reserved by contacting Irene at 863-646-0644 or the Main Street Bartow office at 863-519-0508.

Have a Golden Ticket for the next Bartow Friday Fest

"I've Got a Golden Ticket ..." Who hasn't heard that iconic song and not wished that they had opened the chocolate bar and found a golden ticket? Here's your chance.

Willy Wonka's Golden Tickets led to a candy factory, but Main Street Bartow's Golden Tickets will bring several winners cash prizes, up to \$1,500 for the grand prize winner.

Main Street Bartow's Golden Ticket chocolate bars are not only an opportunity to win great prizes, but will help the organization with its mission to enhance, preserve and support economic development in the downtown historic district. The chocolate bars are available for \$100 each, and inside is a

Golden Ticket which will be entered into a chance drawing. Winners will be drawn at the Oct. 21 Friday Fest, and they do not need to be present to win.

Golden Ticket chocolate bars are available at the Main Street Bartow office at 180 S. Central Ave. in Bartow. The bars can also be delivered. Call 863-519-0508 to schedule a delivery.

Christ Church to celebrate 130th anniversary

Christ Episcopal Church, Fort Meade, will celebrate its 130th anniversary with a Founder's Day Service on Sunday, Oct. 9.

The first service of the church was held on Sept. 26, 1886, at the home of Mr. and Mrs. A. J. Bullock in Fort Meade. For the following two years, the congregation met in the Methodist Church which was located on Church Avenue.

By early 1887, the church was strong enough to consider building, and the name "Christ Church" was selected. The church building was designed by Rev. J. H. Weddel. Members of the building committee were Dr. Weems, W. A. Evans, Mr. Benedict and Luke B. Flood. The church was completed in 1889 at a cost of \$1,600.

The church flourished for many years, but by 1948, church membership had declined, forcing Christ Church to close its doors. The church was sold to a local Christian congregation. In a little more than 10 years, that congregation failed and the property was returned to the Diocese.

In 1960, several Episcopal families began meeting at the home of Bill and Phyllis Childs. On Nov. 4, 1962, the church was reopened and rededicated with the encouragement of Rev. Russell S. Carleton, rector of Holy Trinity Episcopal Church in Bartow.

In 1976, the church was placed on the National Register of Historic Places.

Christ Church has continued to function as a Christian congregation in Fort Meade, bringing a historic and traditional liturgical worship service.

Located at 1 N. Cleveland Ave., Christ Episcopal Church is now celebrated as the oldest church in continuous use in Polk County.

Sunday worship is at 10 a.m. with the Rev. John B. Roberts and the Rev. Dr. Wallace Reynolds serving as priests of Christ Church.

The community is invited to attend the anniversary service.

SPCA Florida makes Community Appeal for Cat Litter

SPCA Florida is making a community appeal for cat litter donations. Donations of any size can be dropped off during business hours at the following Lakeland locations:

- SPCA Florida campus, 5850 Brannen Road S., Lakeland
 - The Doggie Bag, 1745 E. Edgewood Drive
 - Copper Penny Hair Studio, 1003 S. Florida Ave. (Dixieland area)
 - BonWorth, 1515 Bartow Road (Grove Park Plaza)
 - Executive Cleaners & Launderers at: 2127 E. Edgewood Drive 4818 S. Florida Ave. 5399 Socrum Loop Road 2106 Shepherd Road
- "We are in desperate need of cat litter. "Donations of any size are greatly appreciated," said Director of Marketing & Development Paula Creamer. For information or questions, donors are asked to call Paula at 863-577-4608.

The Kingston Trio tickets go on sale

Legendary American Folk Stars The Kingston Trio will be performing at The Lakeland Center. The show is scheduled at 7:30 p.m. Tuesday, Jan. 31.

In 1957 The Kingston Trio emerged from San Francisco's North Beach club scene to take the country by storm, bringing the rich tradition of American folk music into the mainstream for the first time. During the late '50's & early '60's, the Trio enjoyed unprecedented record sales and worldwide fame, while influencing the musical tastes of a generation.

Through changing times, The Kingston Trio has played on, remaining popular for a simple reason ... great songs that sound as good today as the first time you heard them. And 58 years after "Tom Dooley" shot to the top of the charts, The Kingston Trio is still on the road 30 weeks a year, bringing back all the great memories and making new ones.

Tickets go on sale at 9:30 a.m. Friday, Sept. 16 for \$63, \$52, \$46, \$41. Service charges will apply. They are available at The Lakeland Center Box Office, 863-834-8111, 24/7 line 888-397-0100, and online at www.thelakelandcenter.com.

Blues Brothers to play Lakeland Center

Everybody needs somebody ... The Official Blues Brothers Revue will be in Lakeland for a night on Jan. 13.

The Lakeland Center on Friday, Jan. 13, 2017 at 7:30 p.m.

The pair appearing at The Lakeland Center is the only duo in North America sanctioned by Dan Aykroyd and Judith Belushi to don the official hat and sunglasses and walk in the legendary footsteps of Jake and Elwood Blues.

Tickets go on sale at 9:30 a.m. for \$40 and \$34 Friday, Sept. 16. Service charges will apply. They are available at The Lakeland Center Box Office, 863-834-8111, 24/7 line 888-397-0100, and online at www.thelakelandcenter.com.

WINTER HAVEN NEWS

Reception for the Arrow

PSC's 'Boy Scouts and Indians' exhibit underway

By **CASSIE JACOBY**
CORRESPONDENT

Boy Scouts of America's elite honor society, The Order of the Arrow, will be featured in the new photography exhibit, "Boy Scouts & Indians" by Rod Fincannon through Oct. 28 at the Polk State Lakeland Art Gallery. An exhibit reception will be 5-7 p.m. on Oct. 20.

The focus of Fincannon's exhibit reveals why the Boy Scouts adopted Native American culture.

"The most influential part of my scouting

career was my involvement in Scouting's elite honor society, The Order of the Arrow — a membership dependant on both a scout's rank and on a vote by his peers," said Fincannon, who received the rank of Eagle, the highest level in the scouting hierarchy.

"I grew up rising through the ranks in scouting and have very fond memories of my experiences working at camps," he says. "But, I have become more aware of the conflict between what was a very honest attempt to give reverence to a culture

that fascinated me and the absurdity of adopting another's culture as a means of escaping from or mystifying my own."

When the Order of the Arrow was established in 1915, the founders used the legends and symbols of the local Delaware Indians to create a sense of mystery and adventure to the organization. Ceremonies are loosely based on Native American rites, and scouts dress in regalia and practice at length to perfect dance styles and methods of singing.

"At times there's a lot of care put into

the authenticity of the experience, both on the part of the Scouts and the organization," said Fincannon.

"Young men invest hundreds of hours and dollars into making their regalia as authentic as possible and dedicate themselves to creating an environment to transport them to a different time and place. While the intention is to engross oneself in the culture of the Native American tribes, these activities can unintentionally deride the very culture they seek to emulate."

Pickin' in the Park expands bands

By **CASSIE JACOBY**
CORRESPONDENT

New plans are in the works when Pickin' in the Park opens its 17th season from 6:30-8:30 p.m. on Friday, Oct. 7, in Winter Haven's Central Park.

Folk, rock, country, bluegrass and sing-a-long tunes will be performed by Harmony Grits members Nat West, Squire Smith, Eddie Bruner, Bob Howard and Judy Jarvis to open and close the season, but new groups will perform the other months.

The 71-year-old retired Winter Haven Hospital vice president, who will provide song books to those attending for the first time and suggests bringing chairs and blankets, says it's high time for a change.

"After 16 years I decided that it's too much equipment for this old guy to lug down there," said West, whose new group, The Grateful Alive, with Squire Smith and Eddie Bruner, is available to hire for private parties.

"Fat Frank and The Plank Spankers will perform Nov. 4; T. Michael Stavres and Duke Burr's Coastal Acoustic Barefoot Band on Jan. 6; the Good Times Band, Feb. 3; Fat Frank and The Plank Spankers, Mar. 3; Celtic String Along, April 7; and Harmony Grits returns May 5 to close out the season."

"One of the objectives was to bring people downtown," said West, whose love of music and Central Park struck a chord that led to the answer.

"This park is magical," said West. "I've been asked by a number of communities to do

the same kind of thing in their community, but when we start talking about it, they say we don't have a park like this. I wonder if people really know what we have here. It's spectacular."

West credits a large part of the success of Pickin' to his Harmony Grits band member Eddie Bruner whose humorous life stories provide what West calls "internal jogging."

"We bring songbooks and the audience yells out numbers that correspond to songs they want the group to play. Eddie is a remarkable guy whom everyone loves for good reason," West said. "He is thoughtful, helpful to anyone in need, always positive and amazingly funny. He brightens up everyone's day. I think many people come just to hear what Eddie is going to come up with next."

What started as one event with a small



PHOTO PROVIDED

Nat West's new band, **The Grateful Alive**, includes, from left, **Squire Smith**, bass; **West**, guitar and banjo; and **Eddie Bruner**, guitar and vocals.

audience has increased to free musical events every Friday night with crowds up to 400. Sponsored by Winter Haven Hospital and the city of Winter Haven, the Pickin' in the Park pre-show at 5:30 p.m. features music provided by children from local public schools that attracts families. In addition to the free community sing-along, West started Praise in the Park, a dulcimer night for those who play mountain and

hammer dulcimers, and Join Us and Jam, where local musicians have an opportunity to play. His push for a musical downtown has also spilled into unique special events such as the Jug Band Contest, Would Stock, and the recruitment of street musicians for Main Street Winter Haven events.

"As far as we know we are the only community in Florida offering free music every Friday night," West said.




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Woman watched, felt it happen

So moved, she got Center State Bank to help with Meals on Wheels

By **JAMES COULTER**
CORRESPONDENT

When it came time to care for her aging mother, Debbie Harsh, Director for Human Resources at Center State Bank, wanted to be able to allow her mother to live an independent life while also receiving the care that she required, especially when it came to the preparation of her meals.

Harsh considered placing her mother in an assisted living facility, but soon learned about the personable care provided through the meal delivery services from Meals on Wheels.

"They delivered a hot meal to my mom every day, and gave my family assurance that we knew someone was checking on my mom every day and that she was receiving a quality meal," Harsh said.

Two years later, when Harsh visited an event hosted by Heart of Winter Haven showcasing various local organizations, she learned that Meals on Wheels was in desperate need of drivers to deliver meals, especially during the summer months when most of their drivers returned north.

"Most times, it's easy to (write out) a check, but it would not provide any assistance that Meals on Wheels was dealing with," Harsh said. "I returned to the bank with a question in mind: how can we at Center State Bank, a local community bank, give back to the community that gave back to us?"

Wanting to help an organization that helped her mother and her surrounding community, Harsh decided to have her bank staff volunteer their time assisting Meals on Wheels by serving as

drivers in teams of two for delivering meals.

Two years later, 10 percent of the bank's Polk County employees volunteer to help make deliveries. For many volunteers, they have grown to love helping those who need it most.

"They are not just providing a meal to these folks, they are providing a smile and warm greeting and sometimes even a hug," Harsh said. "Some of these dear people have no family, and Meals on Wheels are the only one they come into contact with."

Center State Bank was one of many sponsors present for Meals on Wheels' ninth annual fundraiser, Night at the Oscars, hosted last Friday, at Lake Ashton Country Club.

The fundraiser included a silent auction of at least three dozen gift baskets, along with a live auction of various glamorous prizes ranging from trips to Disney World and Sea World to a lunch with the Polk County Sheriff Grady Judd.

The fundraiser is one of the largest for Meals on Wheels, and has proven popular with many local businesses and organizations who happily sponsor it.

"I think it is a great event that brings a lot of people together and makes a fundraiser for Meals on Wheels," said Hap Hazelwood, Winter Haven Chamber of Commerce Chair. "We appreciate everyone's support, and they do a lot of good throughout the year."

This year's event proved to be larger than last year's, boasted Meals on Wheels Director Susan Eldritch. This year, the fundraiser was raised \$55,000, \$26,000 from their sponsors. The event attracted 240 people.



As her mother benefited from Meals on Wheels, Debbie Harsh, Director for Human Resources at Center State Bank, supports the organization and has her fellow bank employees volunteer to deliver meals.

As a community-funded non-profit organization, Meals on Wheels relies heavily on the donations and volunteer work of local residents and businesses.

"I think we had a good turnout," Eldritch said. "I'm always pleased with the community ... I think each year people come to realize that we are going to have a fundraiser, so it builds each year and we look forward to it."

While extra funds are always appreciated, the organization requires volunteers the most, and accepting new volunteers usually proves to be a greater challenge than raising funds, Eldritch explained.

"In the past couple of years, we found that it is harder to get volunteers, (as) more people are working later and retiring at a later age," she explained. "So we have become more creative with what we do to get volunteers."

Many of their volunteers are local residents whom have benefited either directly or indirectly from the organization's services, with many of them having friends and family members who were served by Meals on Wheels.

One such beneficiary was Teresa Proudfoot, a kitchen volunteer for the

past six years who, upon moving to Florida with her retiring husband, left her 80-year-old mother in the caring hands of the organization.

Not only has Meals on Wheels offered her mother a hot meal every day, but their workers always check on her to ensure that she is doing well living on her own, Proudfoot said.

So when Proudfoot discovered an advertisement for Meals on Wheels volunteers in a church bulletin, she decided that she would help the very non-profit that had helped her mother.

"I kept thinking of my mom and what it met to her to have someone come every day to deliver a warm nutritious meal and talk to her and so I decided that in honor of my mother (and) to make this my life's mission," she said.



PHOTOS BY JAMES COULTER

When you're treated to good food and music, it's hard to resist getting up and dancing at the Night at the Oscar's fundraiser last week at Lake Ashton.



Some of Hollywood's finest stars and celebrities appeared during last week's most spectacular event, Night At The Oscars.

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WINTER HAVEN NEWS

Veterans to take Honor Flight

Visits to war memorials scheduled this week

By **CATHY PALMER**
CORRESPONDENT

On Saturday, military veterans who are unable to take the Flight to Honor via charter plane, will get to take a virtual trip to the nation's capitol to visit memorials to the nation's past wars and to the warriors who served.

Kicking off at 10 a.m., the veterans and their guardians, will take the tour of the World War II Memorial, the Korean War Memorial and the Vietnam Memorial, all from the comfort of the American Legion Post 8 In Winter Haven.

The program is geared toward veterans with life-limiting illness or mobility issues, said Polk County Veterans' Services Director Mike Mason. "We want to honor those who served in our wars," Mason said. "Especially those who can't make the regular Flight to Honor."

Mason said the Special Mission will be held at the post located at 300 Avenue M NW, in Winter Haven. The regular Flight to Honor will be held later in the year or early next year.

Each attendee will be provided with a guardian, someone who

will guide him or her through the tour and subsequent activities. Veterans are participating on a first-come, first-served basis with preference given to World War II veterans and those who may be terminally ill. No medical condition will bar a veteran from the virtual tour, if their family and health care providers approve.

Veterans pay nothing for their participation in the day's events.

The events are jointly sponsored by Polk County Honor Flight and Cornerstone Hospice.

Businesses honored in Haines City

By **CATHY PALMER**
CORRESPONDENT

Each year, the Haines City Area Chamber of Commerce honors three businesses at its annual Business and Industry Award Luncheon.

This year, those taking home the prestigious awards were Poinciana Medical Center, Heart and Vascular Institute of Florida in Haines City and Shannon Orthodontics of Davenport.

Poinciana Medical Center was nominated for the large business honor along with Legoland and Westgate River Ranch. PMC CEO Joanna Conley accepted the award from last year's winner Center State Bank's representative Paul Gerard.

The small business honors went to the Heart

and vascular Institute with owner and chief medical officer Irfan Siddiqui accepting the honor. Also nominated this year were Posner Park Chrysler and Power Transportation Supply.

The honoree for this year's Spirit of Community award wasn't on hand to accept his award, but it was nominally presented to Dr. Chris Shannon of Shannon Orthodontics in Davenport. The award recipients are nominated by chamber members based on capital investment, growth rate, future plans and job creation, to name a few of the criteria.

Also at the Thursday luncheon, Reba Coil of Polk Vision provided the chamber membership an update on that organization, outlining the group's vision and

mission as a private entity devoted to improving all aspects of life in Polk County.

Coil said education, infrastructure, the economy, government, civic engagement, quality of life and a viable business climate that can grow are the goals of the organization. She also explained the group has established 29 different teams that examine those areas throughout Polk County.

Coil also said Polk Vision offered leadership training for those interested who had already completed leadership training through their local chambers. The Haines City chamber's leadership class also Thursday received plaques signifying their completion of the nine-month training course.

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LAKE WALES NEWS

Say si, si to salsa

Guitarist Elias Tona performs concerts this week

By **CASSIE JACOBY**
CORRESPONDENT

Acclaimed salsa and Latin jazz guitarist Elias Tona will perform three free concerts at 12:30 p.m. on Oct. 5-7 at Polk State College campuses in Lake Wales and Lakeland.

A native of Venezuela, Tona has performed with Grammy-nominated ensembles and award-winning musical productions. He studied at the

School of Jazz of Caracas, and currently teaches at the Players School of Music in Clearwater.

Tona is set to perform as part of the Polk State's Downtown and Campus Concert series, both of which have brought a wide variety of performers to the area. His performances kick off at 12:30 p.m. on Wednesday, Oct. 5 at Polk State JD Alexander Center, 152 E. Central Ave. in Lake Wales.

As part of the Arts Day celebration, Tona will perform at 12:30 p.m. on Thursday, Oct. 6 at Polk State Lakeland Student Center, 3425 Winter Lake Road, Lakeland.

His final performance will be at 7 p.m. on Friday, Oct. 7 at the Polk State Lake Wales Arts Center, 1099 State Road 60 E. in Lake Wales.

Call 863-298-6883, email LWAC@polk.edu or visit polk.edu/artscenter for more information.



PHOTO PROVIDED

Guitarist Elias Tona will perform salsa and Latin jazz at three free concerts Oct. 5-7 in Lake Wales and Lakeland.

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Band Legal Matters



with *Kent Lilly*
Feeling Nadia's Pain

Those who watched the Olympics were no doubt struck by the sight of Nadia Comaneci sitting in the stands, watching the Romanian girls artistic gymnast "Team of One" compete in a futile effort to capture their lost glory. They had thoroughly dominated their sport world-wide for decades - 62 medals (24 gold) in 15 games, including Nadia's 1st-ever Perfect 10 in Montreal in '76. Their demise is truly a very sad story, unimaginable so few years ago.

Last year in this space I recounted the glorious and proud history of the LWS High School Band. It was a history truly ranking in the upper echelons of band programs of all times in this state (and probably the country), including 25 consecutive years of straight Superior ratings from all judges at every district and state contest - in both Marching and Concert competitions. I tried to gently point out our rather remarkable fall from the mountaintop over the past several decades, and focus instead on the potential for recovery - given the hopes and dreams of those in our community with memories of how it was.

Since then, the LWS Band has instead become even smaller (I counted 27 at last week's football game), as a result of which we no longer even participate in marching or concert contests - and don't even play traditional band instruments (brass and woodwinds) at football games and must attempt to make do with just bagpipes and percussion. During this past year, some basic investigation has revealed the obvious:

1. A high school band program has no fighting chance unless it inherits an annual crop of interested/trained group of band members coming up from local elementary and middle school programs. No high school band director can convince a sizeable group of incoming freshmen with no band experience to forego other sports, clubs, academies, etc. to start fresh with a band instrument - and even if such were possible, that group would be 3+ years behind other high school programs whose members start in grade school and become thoroughly committed/advanced in middle school.
2. Even a high school band program with a great "feeder program" cannot succeed with a scheduling system which makes it impossible for band members to take band every semester.

I would respectfully suggest the following:

- Rather than emphasize the steel drum program at both Bok Middle School and now LWS, make the steel drum program a non-credit club (like the multitude of other clubs) and return the band program to its rightful position - as another benefit, numerous studies have revealed the indisputable connection between genuine band programs (which steel drums is not) and high-level academic performance.
- Modify the curriculum/schedules to allow Band students to take Band throughout their middle/ high school career - as was done for generations before.

Our Band Director and Band Members are doing a great job under difficult circumstances. Yeah, I know - things come and go, nothing last forever, and those who grieve their departure do so at the risk of being labeled old-fashioned curmudgeons. Some might suggest that high school band programs are just a thing of the past - that kids just aren't interested anymore. But that is simply not true - just attend a marching or concert contest and you will be amazed at the size and talent level of other local bands. Perhaps the only remaining folks in Lake Wales who care about this issue are those who still get chills down their spines from the memories - of the Long White Line over 100-strong, stretching shoulder-to-shoulder from sideline to sideline, as they stepped off to a roar of the crowd that could be heard across Lake Wales. Members of our championship football teams during those years are still heard to say that more folks came out on Friday nights to see the Band than the football team - imagine that.

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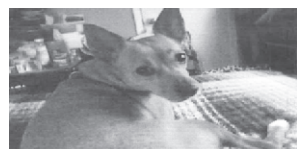
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LAKE WALES NEWS

Hands express spirit

'Shining Silk: Arts of Japan' reception Oct. 6 in Lake Wales

By **CASSIE JACOBY**
CORRESPONDENT

A free exhibit reception for "Shining Silk: Arts of Japan" will showcase the Japanese embroidery "paintings" by Nancy Sutherland from 5-7 p.m. on Thursday, Oct. 6 at the Polk State College Lake Wales Arts Center. Japanese pottery from the permanent collection of Polk Museum of Art also will be featured in the exhibit through Nov. 18.

"Your hands are the expression tool of your spirit," said Sutherland, who will display 25 items embroidered with metallic threads on hand woven silk. "One of Japan's first traditional art forms, it was secretly passed from master to apprentice for more than 1,000 years and combines technical skills with spiritual components.

The Lake Wales needlepoint artist began her formal study of the "Nuido" technique in 1998 with noted needlepoint artist Audrey Francini and professionals at the Japanese Embroidery Center in Atlanta, Ga.

After six years of training, she was



PHOTO PROVIDED

Nancy Sutherland will be exhibit 25 Japanese embroidery "paintings" through Nov. 18 at the Polk State College Lake Wales Arts Center.

awarded a graduation certificate in recognition of the completion of the 10 phases of traditional Japanese embroidery. Her work has been exhibited at the University of Kentucky art museum and the Japanese Embroidery Center.

Gallery hours are

9 a.m.-8 p.m. Monday-Thursday and 9 a.m.-5 p.m. Friday at 1099 State Road 60 E. in Lake Wales.

Visit www.lakewalesartscouncil.org and <https://www.facebook.com/LakeWalesArtsCouncil/> or call 863-676-8426 for more information.

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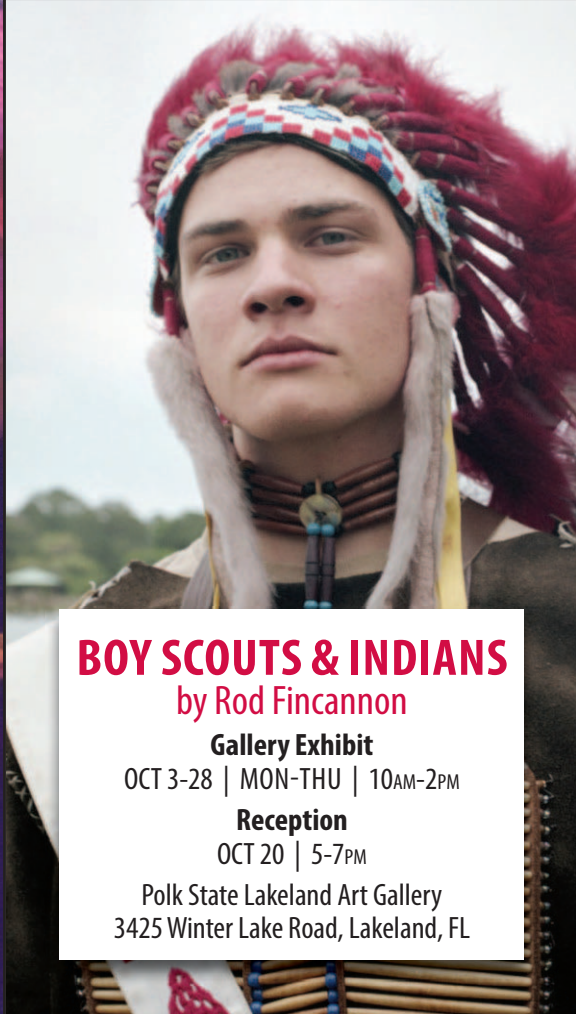
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STUDENT ART EXHIBITION

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Reception and Awards Ceremony
 OCT 6 | 5-7PM
 Polk State Winter Haven Fine Arts Gallery
 999 Avenue H N.E., Winter Haven, FL



BOY SCOUTS & INDIANS by Rod Fincannon

Gallery Exhibit
 OCT 3-28 | MON-THU | 10AM-2PM
Reception
 OCT 20 | 5-7PM
 Polk State Lakeland Art Gallery
 3425 Winter Lake Road, Lakeland, FL



SHINING SILK: ARTS OF JAPAN

Gallery Exhibit
 OCT 3-NOV 18 | MON-FRI | 8AM-5PM
Reception
 OCT 6 | 5-7PM
 Polk State Lake Wales Arts Center
 1099 State Road 60 E., Lake Wales, FL

- OCT 3-28
MON-THU | 10AM-2PM **GALLERY EXHIBIT**
Student Art Exhibition
Polk State Winter Haven Fine Arts Gallery
- OCT 3-28
MON-THU | 10AM-2PM **GALLERY EXHIBIT**
"Boy Scouts & Indians" by Rod Fincannon
Polk State Lakeland Art Gallery
- OCT 3-NOV 18
MON-FRI | 8AM-5PM **GALLERY EXHIBIT**
Shining Silk: Arts of Japan
Polk State Lake Wales Arts Center
- OCT 5
WED | 12:30-1:45PM **DOWNTOWN CONCERT SERIES'**
Elias Tona, salsa and Latin jazz
Polk State JD Alexander Center
- OCT 6
THU | 12:30-1:45PM **ARTS DAY AT POLK STATE COLLEGE CAMPUS CONCERT SERIES'**
Elias Tona, salsa and Latin jazz
Polk State Lakeland Student Center
- OCT 6
THU | 5-7PM **ARTS DAY AT POLK STATE COLLEGE**
EXHIBIT RECEPTION AND AWARDS CEREMONY
Student Art Exhibition
Polk State Winter Haven Fine Arts Gallery
- OCT 6
THU | 5-7PM **EXHIBIT RECEPTION**
Shining Silk: Arts of Japan
Polk State Lake Wales Arts Center
- OCT 6
THU | 5-6PM **ARTS DAY AT POLK STATE COLLEGE**
POLK STATE MUSIC CONCERT
Student Music Performance
Free admission | Polk State Winter Haven Fine Arts Lobby
- OCT 6-9
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Polk State Winter Haven Fine Arts Theatre
Limited seating, please RSVP at polk.edu/boxoffice or 863.298.6883
- OCT 7
FRI | 7-8:30PM **CONCERT**
Elias Tona, salsa and Latin jazz
Free admission | Polk State Lake Wales Arts Center

- OCT 13
THU | 7-8:30PM **CONCERT**
Tampa Taiko
Traditional Japanese drum performance
Free admission | Polk State Lake Wales Arts Center
- OCT 15
SAT | 9AM-3PM **FALLFEST**
Free admission
Polk State Winter Haven
- OCT 16
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Polk State Winter Haven Fine Arts Theatre
- OCT 20
THU | 5-7PM **EXHIBIT RECEPTION**
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Polk State Lakeland Art Gallery
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FRI | 5-8PM **JAZZ JAM SESSION**
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- OCT 22
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Polk State Winter Haven Fine Arts Theatre
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THU | 7-8:30PM **POLK STATE SYMPHONIC BAND CONCERT**
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Polk State Winter Haven Fine Arts Theatre

Venues, dates, times, and prices subject to change. For more information, please contact the Polk State Lake Wales Arts Center at 863.298.6883 or LWAC@polk.edu.

All gallery exhibits and receptions, and Downtown/Campus Concert Series are free.

*Downtown/Campus Concert and Arts Incubator Series supported by Visit Central Florida



LAKE WALES NEWS

Huge home tour getting set for the holidays

Christmas at Bok Tower Gardens is an annual celebration for all ages and one of the best times of year to visit. Events and festivities take place daily from 10 a.m. to 5 p.m. Nov. 25 through Jan. 8

The ever-popular Holiday Home Tour at Pinewood Estate is the highlight of Bok Tower Gardens' season of holiday-themed events, but the Christmas fun doesn't stop there. Visitors will enjoy poinsettia, bromeliad and amaryllis displays, live music on the 205-foot Singing Tower carillon, Sunset & Symphony Holiday Concert with the Orlando Philharmonic Jazz Orchestra (on Dec. 3), winter walking tours, and a variety of educational programs.

Home for the Holidays

Touring the 20-room, 1932 Mediterranean-style Pinewood Estate is like taking a step back in time for a glimpse of how families might have celebrated the holidays during a bygone era. The estate's decorations change each Christmas, and no two years are ever the same. For the 2016 edition, it is 1940s post war and Pinewood Estate owner C. Austin Buck has invited his whole family to celebrate the holidays in Florida and the safe return of his son from the war, yielding this year's design theme, "Home for the Holidays!"

"This year's Holiday Home Tour at Pinewood Estate theme is as relevant today as it was in the 1940s. The idea of being home for the holidays is timeless," says Jennifer D'hollander, director of visitor services & programs. "We want our visitors to feel like they're coming home to celebrate Christmas with Bok Tower Gardens."

Adding sparkle to a national historic landmark

Inspired by the history and beauty of Pinewood Estate, members of The Amaryllis Club are decorating the main floor of the estate and the entry gates. A volunteer patron group, their mission is to promote and preserve the heritage and vintage style of this historic home, and to take on other special projects on behalf of the Gardens. They will be joined by three additional community room design partners including:

Citizen's Bank (Mr. Buck's Bedroom), Nettle Creek (Lucy's Bedroom) and the

Lake Wales Museum (one of the guest bedrooms).

"The Amaryllis Club is so pleased to join other designers in celebrating the 22nd annual Holiday Home Tour," said Cindy Alexander, one of the club's organizers. "Our members are excited to support the Gardens in a way that focuses on preparing a very special home for the holidays."

Patti Bostick, lead designer for The Amaryllis Club's decorating team, said the Club's main intent was to maintain the integrity of the house in their designs and to make sure the decorations emphasize the home's architecture, beauty and style.

"It's an honor and a privilege for us to be decorating this one-of-a-kind home," Bostick said. "Our entire team has worked on this project since spring, and we're excited that visitors will be able to experience how Mr. Buck and his family would have enjoyed Christmas together during the 1940s," she said. "The house speaks to you; you can feel its history. It's an amazing place, and we love it."

With as much work that goes into every detail of the décor, the Holiday Home Tour wouldn't be possible without the dedicated help from dozens of people who began preparing several months in advance.

"The staff, volunteers and designers who make this event happen have worked tirelessly throughout the year to plan for a spectacular display," D'hollander said. "A project of this size and scope

is truly a team effort."

A Holiday Hunt for the whole family

Children are encouraged to tour the historic estate and participate in a fun hunt for a family of Pinewood Christmas Squirrels who are hiding throughout the Estate. An activity actually enjoyed just as much by adult visitors. Before or after the tour, families can also enjoy the all-new Hammock Hollow Children's Garden with nearly three acres of nature inspired play areas and gardens.

For convenient snacks and drinks, visitors can enjoy Pinewood Place located adjacent to the Estate and open from 11 a.m. to 4 p.m. daily through Jan. 8. Following the Christmas season, Pinewood Estate will reopen to daily tours later in January.

Swing into the holidays with Jazz Under the Stars

In addition to the Holiday Home Tour, Bok Tower Gardens also presents its annual Sunset & Symphony Holiday Concert with the Orlando Philharmonic Jazz Orchestra with special guest Michael Andrew as part of the Christmas celebration at 6 p.m. Saturday, Dec. 3. The OPO and Singing Tower carillon perform holiday classics while visitors enjoy picnicking and festival-style seating on the Gardens' Great Lawn.

Advance tickets are \$20/adult and \$8/child ages 5-12. Day of tickets are \$25/adult and \$10/child ages 5-12. Those younger than 5 are free.



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Troutman, Reynolds vie for school board seat

By **CATHY PALMER**
CORRESPONDENT

Two newcomers to the Polk County political scene will face voters next month as they vie for the vacant District 4 seat on the Polk County School Board.

Becky Troutman and Sara Beth Reynolds, both of Winter Haven, are chasing the seat left vacant when Dick Mullenax opted not to run for reelection. The two bested primary opponents veteran politico Ed Smith and novice Rebekeh Ricks, to earn their spot on the Nov. 8 general election ballot. This is a non-party race. There is a second school board race on the ballot as in the District 1 seat pits challenger Billy Townsend against incumbent Hunt Berryman.

Troutman, 42, who has never run for public office, possibly has a leg up in the political arena because her husband once served in the state legislature. She knows what campaigning is like, is a school psychologist and runs a Dale Carnegie corporate training business.

Reynolds, 24, is fresh out of college and works for Theater Winter Haven and worked for a charitable foundation.

Troutman says she opted to run "so children will have more and better choices in the school system."

Reynolds says she'll "bring a student perspective" to the board and "wants to see the board become proactive" rather than "just being reactive."

Both candidates



SARA BETH REYNOLDS

say they believe Polk teachers are "burdened by progress monitoring" and "too much emphasis is placed on testing."

"Teachers are afraid and fear is everywhere," says Troutman. "Teachers are afraid to bring their feelings to the table" and "that needs to stop. We need to listen to our teachers."

"Principals know their



BECKY TROUTMAN

teachers," said Reynolds. "They should have more authority over them. Teachers should have more authority over their students and not be guided by the testing."

Both candidates maintained that teachers are underpaid and undervalued.

"Teachers are getting messages that aren't clear and consistent from

their leadership," said Troutman.

"They are being unfairly judged," said Reynolds.

Troutman says "meaningful professional training is a problem" and "teacher morale is low." Reynolds said that Polk can't keep teachers because "it's just not competitive."

Reynolds said that problems in the system are "not being dealt with" and "are just being swept under the rug." She did not identify specific problems.

Troutman says she supports the present academy system where students can follow a specific career path through middle and high school, but sees a need to work "more closely with the business community to make

sure we're offering the right academies to meet the needs of our local employers."

"Businesses want to be involved in our schools," said Reynolds. "They want the students to come back here to work and live."

She added that businesses "have the mentality that it's harder for them to help us than it really is."

Both candidates support the need for renewal of the proposed half-cent sales tax which pays for school facilities and maintenance. "But we need to use some of that 6 percent reserve to take care of what needs taking care of now," said Reynolds.

The general election is slated for Nov. 8 with early voting opening Oct. 25.

Incumbent faces two opponents

School Board race features activist seeking District 1 seat

By **CATHY PALMER**
CORRESPONDENT

With one candidate out of the race for the Polk County School Board Seat 1, top finisher in the primary, Billy Townsend, will face incumbent Hunt Berryman in the Nov. 8 general election.

Berryman, a retired 72-year-old businessman from Lakeland, is using his record of conservatism and a business mind-set as the basis of his campaign. And, like his opponents, maintains the student population has "too many tests"

and has even suggested the district leaders initiate a testing task force to investigate ways to eliminate the potential for "teaching the tests."

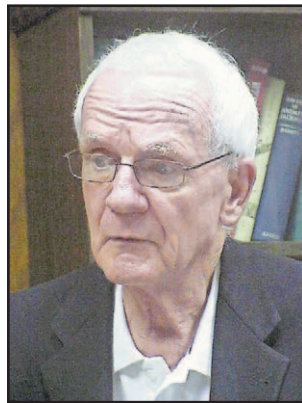
He also said "schools should have more academic autonomy" and "enhance and increase early childhood learning opportunities."

"While there may be too much testing," the incumbent said, "we have to have some accountability." Berryman also said that "poverty is an ongoing challenge that contributes to the dropout rate" and "we need to shore up in that area."



BILLY TOWNSEND

Leading the charge to unseat Berryman is vocal challenger Townsend, a former newspaper reporter and technical writer, also from Lakeland. Townsend led a



HUNT BERRYMAN

movement earlier this year to unseat school leadership which he said led to his decision to run for office.

"This is our chance to change direction at all levels," the 44-year-old

said. "There is no sense of direction in the schools and the school board isn't paying attention."

He also said that schools need to "focus on the kids" and "get away from the testing as a benchmark to achievement."

He added that "there's lots of good stuff going on at our schools and we need to make the most of it. And, free the schools from the district which is harming them."

Townsend also said the district as it operates now "doesn't focus on the kids" and said

that each school needs "built in recess to get kids outside more."

He stressed he wanted to see technology more utilized in schools across the board.

"People are sick of things as they are," he explained. "I know making institutional change is hard, but I'm not afraid of challenges. Making change happen is what I'm after. We need to take care of what we have and grow it organically."

The term for the school board is four years. The salary is \$40,000 per year.

Local hiring decried by area engineers

Firms claim local builders get 'cold shoulder'

By **CATHY PALMER**
CORRESPONDENT

The Polk County Commission was expected to decide Tuesday whether to hire a dozen consulting firms to work for the road and drainage and parks and natural resources departments or go back to the drawing board and separate the work into two different contracts.

The board Friday also heard pitches from two companies who want to replace the county's present garbage pickup company when the existing contract expires

next year.

Two local engineers approached the county commission at the board's Friday agenda review meeting, protesting that local firms got cold-shouldered when the dozen consulting companies were short-listed to get the county's work over the next few years.

Jim Chastain and Jack Breed told commissioners the way they selected the firms to be considered was "unintentionally biased" and Chastain said, "This is not right and the results are skewed for transportation

and not for natural resources and parks." Chastain is of Chastain and Skillman, headquartered in Lakeland.

"I have 60 employees," said Breed, who heads Civil Serv, also a local firm. "It's hard to tell those people that we have to go elsewhere to find work. It's hard to have to go to adjacent counties to get work."

The contracts are for smaller projects, usually less than \$2 million, and by having multiple firms under contract, the work can be divided as projects are identified. County Manager Jim Freeman

said the board could reject the proposals and re-advertise for services by dividing the contract between the two county departments.

Commissioners were divided on Friday, with Commissioner Melony Bell saying "I would like it divided and see local firms on that list. I'm all about local."

"I'm concerned about the expertise of the work," said Board Chairman John Hall. "And I would like to give companies the opportunity to bid on the contracts they have the expertise for. I also hate

to take 12 firms out of contention because we just can't have both."

Commissioner Todd Dantzler suggested, "Aren't we opening up a can of worms here?" I like local preference, but ..."

Since it wasn't an official meeting on Friday, the board could take no action.

Also on Friday the board heard pitches behind closed doors from two more companies who want to replace Republic Services to provide garbage pickup service for those who live in unincorporated Polk County. Those making their pitch

Friday were Advanced Disposal Services of Apopka, Fomento de Construcciones y Contratas of Woodlands, Texas.

Trash Taxi of Lakeland will also be making a pitch for the county's work.

The county has already talked with Waste Management and Waste Pro, but couldn't come to an agreement.

When agreements will be finalized has yet to be determined and the county's contract with Republic doesn't expire until about a year from now.

LAKE WALES NEWS

Fitzgerald Counseling Services seeks to help *New company opens to counsel people who need the help*

By **JAMES COULTER**
CORRESPONDENT

Kris Fitzgerald has always been a giver throughout her life, from serving in the military to assisting her aging grandmother.

Her passion for helping others spurred her to open Fitzgerald Counseling Services in Lake Wales last week, an organization that assists both children with social disorders and veterans with Post-Traumatic Stress Disorder.

Fitzgerald knows first hand the importance of counseling. When she was younger, she suffered from anger issues and depression, for which she received counseling.

As others had first helped her, she was raised with the desire to help others in turn.

This desire motivated her to join the U.S. Air Force. Aside from fighting for the freedoms of her fellow Americans, she assisted fellow soldiers who approached her with their personal problems.

"Everyone would come to me and I was able to help them with whatever they may have been going through," Fitzgerald said.

During her time in the military, she was badly injured, making her eligible for disability. Later she would require further assistance after getting into a car accident.

She later attended the University of South Florida and graduated with a Bachelor's Degree in psychology. However, she had a hard time determining what to do with the rest of her life.

She later returned to Lake Wales to care for her sick grandmother, who had been diagnosed with a terminal cancer. As her grandmother raised her and her siblings, Fitzgerald took it upon herself to be her caregiver.

Working to care for her grandmother reinvigorated that desire once more to help others.

"It birthed the passion of helping other people," she said.

Two months after her grandmother's passing, Fitzgerald discovered an advertisement for Webber University offering counseling, the description for which fit what she wanted to do.

So she enrolled to receive her license as a mental health counselor upon completing 1,500 hours of her internship from Tri-County Human Services in Avon Park and the James A. Haley Veterans' Hospital in Tampa.

During her internships, she worked alongside a diverse array of patients, from those who suffered from substance abuse to those who had a severe diagnosis with disorders such as schizophrenia, bipolar, and psychosis.

She later went to work part-time for Vanguard School working alongside students with learning disorders.

Earlier this year, she had to take time off of work to take care of her daughter, whom had fallen ill. That time taking care of her daughter helped her realize the importance of having a flexible career.

Fitzgerald Counseling Services came about

after Fitzgerald discovered that Lake Wales did not have many counselors, especially for young children and veterans.

Seeing such a need in her community, Fitzgerald created her own service, hosting its grand opening last Saturday.

FCS provides a holistic approach towards counseling, with a focus on providing individual and family counseling to veterans with PTSD and children and teenagers with social disorders such as ADHD and autism.

As soon as patients step through the doors, they can tell that they are in for a unique experience. The waiting room is set up more like a family living room, allowing for a much more comfortable and personable setting.

Another room contains a children's play set complete with toys to help facilitate play therapy, which Fitzgerald hopes to provide as to better mentor them on their level.

"I'm a very untraditional client," she said. "I am the person who goes over and beyond. Anybody who comes through these doors can expect counselors that are sincere and will provide quality care for them."

Aside from offering personable care, FCS also hopes to provide confidential care, allowing patients to open up about their issues without feeling ashamed or embarrassed.

Her partner, Office Manager Brenda Watkins, has been working with children with mental illness for most of her

life, and understands the need to have them receive the care they need without stigma.

"I am hoping to see that people understand that mental illness ... is treatable, (and) you can function on any type of job," Watkins said. "Everybody can receive help at some point."

Many clients have complained about therapy sessions held at other organizations that made them feel like being within a "meat locker." Fitzgerald hopes to provide them with much more passionate care that makes them feel like a person rather than a patient.

As most patients who require help the most often lack the funds to seek it, FCS is paneled with Silver Insurance Companies to provide these services to those who otherwise can't afford it.

Despite having recently started,



PHOTO BY JAMES COULTER

Kris Fitzgerald, right, and her partner Brenda Watkins (left) cut the cake during the grand opening of their new organization, Fitzgerald Counseling Services.

Fitzgerald has high hopes and expectations, as she plans to expand her services by hiring both a psychiatrist, psychologist, and speech therapist to provide further assistance.

"Just because you have a diagnosis doesn't mean you need to be labeled," she said. "It doesn't mean that you're crazy, because

you may suffer from depression or PTSD or anxiety. You don't have to live in a box or be afraid or judged based on the diagnosis."

Fitzgerald Counseling Services is located at 435 11th St. in Lake Wales. For information, visit fitzgeraldcounseling.com, or call 863-241-2785.

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BARTOW NEWS

Nominees sought for BHS Hall of Fame

Nominations for induction into the Bartow High School Hall of Fame are being solicited for the next six weeks.

The Hall of Fame recognizes graduates of BHS and the two schools which were merged to

create it — Summerlin Institute and Union Academy — who have achieved prominence beyond the local community.

Previous inductees include alumni, living or deceased, who have

excelled in public service, science, education, athletics, the military, government, and industry and commerce.

The Hall of Fame was established by B.E.S.T.T. (Best in Education for Students of Today and

Tomorrow), Bartow High's community support organization.

Inductees are honored at the school's annual Top Scholars program, which recognizes students with the highest grade point averages at Bartow

High, the International Baccalaureate program, and Summerlin Academy.

That event is scheduled for April 11, 2017.

Nominations should be sent to B.E.S.T.T., Box 604, Bartow, FL 33831, by Nov. 15, and should

include a brief summary of the nominee's achievements and a point of contact for the person making the nomination.

Nominations submitted in previous years will be considered and need not be resubmitted.

Corbett, Holland going to Hall of Fame

Pair among those to be inducted to Veterans Hall this year

By CATHY PALMER
CORRESPONDENT

Come November, two Bartowans will take their place among their honored colleagues in ceremonies held at the Florida Capitol as they are inducted into the Florida Veterans Hall of Fame.

J.J. Corbett, a former Polk County School Board Member and longtime educator, will join fellow politician and Bartow favorite son, the late Spessard Holland as they are recognized among Florida's elite former military men and women.

On Nov. 9, Corbett will be feted with fellow inductees in ceremonies at the Florida Capitol where their names will be inscribed on a plaque mounted in the Capitol Rotunda. It is

not known whether any of Holland's surviving relatives will attend the ceremony.

The Veteran's Hall of Fame honors men and women who have served in the nation's military forces and subsequently served their communities.

Holland and Corbett were nominated by another Bartow veteran, retired Navy Adm. A.J. Jackson, who also recently served as a Bartow City Commissioner and the city's mayor. Jackson sits as a member of the Hall of Fame Board of Directors.

Jackson could not be reached to discuss why he selected 95-year-old former Army "smoke jumper" Corbett or World War I flyer Holland as nominees, but the two men's achievements speak for him.



Spessard Holland

J.J. Corbett

Corbett served in World War II as a member of the African American paratroop battalion, the Triple Nickels. He enlisted when he was 19 and wound up serving in the Pacific Northwest where his group fought fires that resulted from balloon-borne incendiary bombs launched by the Japanese.

After his war service, Corbett went to college and came back to Polk County to be a teacher and coach. He taught

and coached at Union Academy and later at Bartow High School before he was elected to the school board.

Holland had already attended both college and law school when he enlisted in the Army during World War I. Following his entry into law practice at what would later become the Holland and Knight law firm, war broke out so he joined the Coastal Artillery and was shipped to France. He served briefly in the Judge Advocate General's offices abroad, but wound up transferring to a flight squadron.

Holland joined the 24th Aero Squadron where he was a reconnaissance observer and gunner. That wasn't all though. He saw plenty of air combat and was eventually even shot

down, which earned him the Distinguished Service Cross.

Following his discharge from the service, Holland returned home to follow the law, but, not unlike Corbett, a venture into politics soon followed.

Holland was elected as Florida's 28th governor in 1941 where he served a single term followed by a long and distinguished career in the United States Senate. He sponsored the 24th Amendment to the U.S. Constitution.

Holland left the Senate in 1970 and died a year later.

There's no doubt that both Corbett and Holland met the criteria outlined by the VHOV for candidates. "Those selected will have made a significant contribution to the state in civic,

business, public service or other pursuits," according to the requirements for nomination.

Others being inducted in the 2016 class are include Reuben Askew, USAF veteran and former Florida governor; Leroy Collins, Navy veteran and also former governor; Kevin Delaney, Navy veteran; Dennis O. Freytes, Army veteran; David Goetsch, Marine Corps veteran; William Proctor, Army veteran; Washington J. Sanchez Jr., Army veteran; Johnny E. Stewart, Army veteran and Frederick Taylor Jr., also Army veteran.

"This isn't a traditional military Hall of Fame," said Polk Veterans Services director Mike Mason. "It focuses on post-military contributions to the state."

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BARTOW NEWS

Healthy turnout for 2016 Polk County Heart Walk

By STEVE STEINER

SSTEINER@SCMGINC.COM

It was a swirl of activity as participants in this year's 2016 Polk County Heart Walk gathered at Mosaic Park this past Saturday, Oct. 1. Held at rotating venues (the previous two were in Lakeland), it was once again Bartow's turn to host the event.

On hand to greet participants were Rob Sumner and Jennifer Helriggle, both with the Greater Southeast Affiliate of the American Heart Association/American Stroke Association, as well as Jimmy Clarity, communications director with the Greater Orlando Association. Also present were this year's chairman, Larry Madrid, of Madrid Engineering Group, and next year's chairman, Steve Nierman, president of Winter Haven Hospital.

The event attracted 15 sponsors and included a number of activities in addition to the planned 5K walk, such as having health screenings. Among the attractions were tall, bright red letters that spelled out "FAST." As people approached they were given the opportunity to sign the letters.

The letters spelled out how to recognize some of the indicators of a possible stroke:

- Face drooping
- Arm weakness
- Speech difficulty
- Time to call 911

All the while, music blared, interspersed by announcements, all courtesy radio station WCPV-97.5 Country Gold, with Melissa Moran and DJ thee Trucker, host of the Breakfast Club.

Participants, volunteers and supporters arrived long before the 7:30 a.m., kickoff, which included participants posing for company photos and turning in donations. All, it appeared, were eager for the start of the walk, slated for 8:30 a.m. By 7:30 an estimated 800 people had arrived (and that estimate was on the low side); organizers anticipated double that by the 8:30 a.m. start, which had been pushed back to 8:45 a.m.

"There is going to be a 1K survivor route for those who've had a heart attack or stroke, or both," said Helriggle. "The actual walk will be a one mile perimeter of the park and then into Mary Holland Park."

However, one survivor, Kimby Jagnandan, would not be walking this year, although she was active volunteering. She had a heart attack in 2014 that fortunately took place while she was already hospitalized.



PHOTO BY STEVE STEINER

It's not even 7:30 a.m. and already Mosaic Park is filling up with people taking part in the 2016 Polk County Heart Walk.

"I had gone in for gall bladder surgery," she said. "When I was in recovery I had a massive heart attack." The attack was so severe that the consensus was she would not survive. "They weren't expecting me to survive the night."

But Jagnandan defied the odds, including the fact she was only 38 years old at the time. While there is a history of heart issues on her father's side of the family, these usually occurred when paternal family members were in their 50s and 60s.

She said she didn't recognize any of the symptoms many women do when having a heart attack — and some of these differ from symptoms males have. Part of that, she said, was because the symptoms of gall bladder and heart attack sometimes mimic one another. (According to www.heart.org, as with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath,

nausea/vomiting and back or jaw pain.)

She spent three months in cardiac rehabilitation. Since then she has changed her diet and now exercises. The only drawback, if indeed that, she said, is that she now

has to take more than 10 medications daily. "That's something I had to get used to doing, taking meds," she said.

According to this year's chairman, Larry Madrid, approximately \$121,000 was raised as of Oct. 3.

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BARTOW NEWS

Police let the dogs in

K9 deputies show their canine deputy partners

By **STEVE STEINER**
SSTEINER@SCMGINC.COM

The Sept. 30 Bartow Kiwanis Club meeting will mark the "Passing of the Pin" as the new administration for 2016-17 takes office. Anyone who was a president in years prior is asked to make a special effort to attend and participate in the tradition. That was the announcement made by Pat Huff, current president at the Sept. 23 meeting.

After that, the meeting went to the dogs, literally; well, not quite, just singular, as there was only one dog, Zelco, with Polk County Sheriff's Office K-9 unit, accompanied by Deputy Tommy Gilbert.

Zelco is a 7-year-old German short haired pointer that has been specifically trained to detect contraband drugs people attempt to smuggle into the Polk County jails, which Gilbert said are odors: cocaine (three variations), methamphetamine, and cannabis.

"He is one of the first in Florida," Gilbert said of the breed. Zelco, he added gets the same training other drug detecting dogs receive. "Across the board, we train the dogs that when they find what they're looking for, they sit."

Upon occasion, though, Zelco is brought to schools at the invitation of a school resource officer or principal. Gilbert said that elementary schools quite often are sources of drug discoveries by Zelco.

When later asked if private businesses ask for a drug sniffing dog to come to the place of business, Gilbert said that request is turned over to the K-9 sergeant, but usually requests of that nature are turned down.

As for the situation at the county jails, people, he said, are always trying to sneak drugs into the jail and they sometimes go through



PHOTO BY STEVE STEINER

Something catches the attention of Zelco, a German shorthaired pointer, as K9 Deputy Tommy Gilbert of the Polk County Sheriff's Office tells about Zelco.

elaborate efforts including shrink-wrapping drugs several times, using hot sauce and other similar substances and none of these efforts succeed as Zelco's sense of smell cannot be fooled. Zelco is also able to detect drugs that have made it onto the grounds of the jails. One time Zelco found drugs that had been hidden in a light socket behind a

wall.

When Zelco was a new dog he was trained from 8 a.m.-5 p.m., Monday-Friday, for a total of 600 hours. Certification is done once a year and if a dog does not measure up, it is the officer who gets the reprimand. Plus the dog stays with an officer 24 hours a day, seven days a week.

"We're with the dogs more than we're with family," said Gilbert. Following his presentation, Gilbert did a modified demonstration, in that Zelco roamed the room but was kept on his leash. Normally, said Gilbert, the leash is removed.

In a light-hearted anecdote, Gilbert told how Zelco detected cannabis in the desk of an officer with the PCSO. Turned out the officer had some in his desk that was then turned over to the evidence room. However, the odor saturated a Post-it notepad, which led to Zelco detecting it.

Among the questions asked was poised by Kiwanian Shane Nelson.

"Can you take any dog and turn it into a K-9," he asked. The answer was no. There is a breeding kennel in Pennsylvania, said Gilbert, in which approximately 350 dogs were tested before Zelco was selected.

DECISION 2016 ★ U.S. SENATE ★ **OCT. 26 7:00 PM**

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A sweet spot on Main

With Halloween coming, this may be a place to check out

By **JAMES COULTER**
CORRESPONDENT

Halloween is right around the corner. Christmas will be following soon after. And someone is sure to have a birthday coming up.

With so many holidays and special occasions fast approaching, there's always a need for something sweet.

While many people choose to satisfy their sweet tooth with a store-bought baked good, nothing beats a home-baked pastry made-from-scratch from a local bakery.

Those looking for something sweet and home-baked can take a sweet trip over to The Cookie Jar in Bartow.

This small-town bakery makes quality, fresh baked goods on a daily basis ranging from cookies, cakes, and other sweet treats, all prepared with personalized service that you can't find at big box stores.

Their most popular items are their bars prepared on sheet pans and cut into hand-sized squares from chocolate, caramel, nuts, and other sweets, with varieties ranging from Peanut Butter Moose to Caramel Apple Cheesecake.

These bars are especially easy to prepare and sell, as they remain fresher than sliced cake and are easier to prepare.

Aside from their bars, their most popular products are their cakes, especially for birthday and weddings. Even if you're not enjoying a special occasion, their cakes, along with their other baked goods, are made fresh daily.

Other popular items include cake pops, cupcakes (on the weekends), and cookies. Their cookies especially are seasonal treats, with them being prepared according to the seasons and holidays.

For example, for this election season, they're

selling elephant and donkey cookies, along with good old patriotic American flags. Soon, they'll be offering jack-o-lanterns for Halloween and holiday trees for Christmas.

The only baked good not prepared on premise are their doughnuts, which are ordered from the Doughnut Man in Winter Haven, but are still baked fresh daily.

Of course, if you're not in the mood for dessert, you can always stop by for breakfast and lunch. Have a breakfast sandwich or quiche for breakfast, or a chicken or tuna fish sandwich for lunch.

The only thing more popular than their desserts are their fresh-made salads and sandwiches, especially their chicken salad made fresh daily.

Those expecting a quick lunch can order the lunchbox combo with sandwich, chips, drink, and two free cookies.

Everything from their salads, soups, and sandwiches, including tuna, chicken, and egg salad, are made fresh every day, ensuring that every bite you take is as fresh as you can expect.

The Cookie Jar opened in 2000. Its current owner, Maura Galbraith, started working there in 2007, and took it over two years later. She has been running the place ever since.

Prior to that, she had worked at Publix for 12 years before retiring. When she first came to work at the Cookie Jar, she did not have any prior baking experience.

However, since then, she has gained more than enough experience to maintain the bakery and eatery, especially since she loved to bake. "Baking was always a passion of mine," Galbraith said.

Despite harsh economic ties, especially during the recession, The Cookie Jar has remained around long



PHOTO BY JAMES COULTER

From cake pops to cookies and cupcakes, The Cookie Jar offers freshly baked goods that you can't normally find in a commercial big box store.

enough mostly due to its commitment to freshly-baked quality pastries and other goods.

What has especially allowed for bakery to remain for as long as it has had been its local aesthetic, as very few small town bakeries that prepare home-baked goods still exist, making it quite the niche market.

Even more popular with the shop has been its friendly, personalized service, with owners



and staff treating their customers like close friends, especially since many of them have since become close personal friends.

"That is what brings a lot of people coming back," she said. "We get to know our customers and what they like, and we make it special to order."

Knowing that their baked goods are made by hand with tender

loving care rather than by machines keeps customers coming back time and again, because everybody enjoys sweet treats that are fresh made every day rather than store bought. Such dedication is sure to keep customers coming back time and again.

"We have high hopes that we have done well for the past 17 years in Bartow, and we have managed to increase

our sales, even though the recession," she said. "So we are only getting stronger year after year."

The Cookie Jar is open for breakfast and lunch daily. Catering services are provided, as well as delivery services within city limits for a small charge.

The eatery is located at 305 E. Main St., Bartow. For information, visit cookiejarbakeshop.com, or call 863-519-3333.

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SCHOOL NEWS

PSC student gets Promise Scholarship

Polk State student Kaitlyn Beebe has won the Coca-Cola Leaders of Promise Scholarship through Phi Theta Kappa, the international honor society of two-year colleges.

Beebe is vice president of fellowship for Polk State Winter Haven's Xi Pi chapter of Phi Theta Kappa.

"I'm very grateful for this award," Beebe said. "It will help me to save for things down the road."

Beebe, a Winter Haven resident, will receive a total of \$1,000 in scholarship assistance. She is one of 200 students in the nation selected for the Coca-Cola Leaders of Promise Scholarship. Recipients were selected based on their academic achievements and leadership potential.

Beebe is currently pursuing her Associate in Arts degree. She plans to obtain a bachelor's degree in education and teach graphic and web design at the high school level.

Members of Phi Theta Kappa must have completed 12 college-level credit hours and have at least a 3.5 grade-point average.

BMS students learn at leadership conference

Bartow Middle FFA members join the more than 400 FFA members from the Polk, Orange, and Osceola counties at the Florida FFA Leadership Training Center in Haines City for COLT, Chapter Officer Leadership Training.

This leadership conference is the second phase of Florida FFA's leadership continuum. The COLT conference is designed to meet the needs of your chapter officers and those that wish to become officers with the tools that are necessary for a successful year of service. Florida FFA believes the building of strong leaders starts when the members can



Christine Roslow

Our Schools

Christine can be contacted at croslow@heartlandnewspapers.com.

identify their strengths and weaknesses as a group, and learn advanced interpersonal communication strategies and presentation delivery techniques.

Bartow Middle FFA brought 29 FFA members to this leadership conference. The FFA members that attended were Dannie Sweet, Wade Bohde, Ryan Elbert, Kody Waters, Brayden Merrill, Brooke Platt, Paige Martin, Jason Wu, Caleb Willis, Garrett Allen, Bryson Royer, Adam Laroche, Noel Gonzales; bottom row, MacKenzie Long, Hailey Colson, Abigail Parmer, Emily Hendrix, Taylor King, Cassie Waters, Brett Vorheis, Area IV State Vice-President, Gracie Bone, Autumn Ayers, Ryan Lott, Kailey Mullins, Jaime Rullo, Kierstyn Giles, Isaura Juarez, Avery Welch, and Juliet Sanchez.

Aerospace Weekend this month

SUN 'n FUN and the Aerospace Center for Excellence is hosting the campus' annual Aerospace Discovery Weekend, from Oct. 21-23.

This year, ACE offers \$10 admission to Saturday, Oct. 22 participants. Some of what students will do includes a flight opportunity to anyone ages 8-17 who registers for the event before Oct. 14, design and launch a rocket, flight simulator experience and solar and stellar exploration

Food trucks will be available during the event On Saturday evening,

guests will receive the opportunity to hear astronaut Greg Johnson. Johnson graduated from the Air Force Academy in 1984, and flew in 34 combat missions in Operation Desert Storm. He served as the pilot on Space Shuttle Endeavor in the STS-123 mission to space. He also piloted the shuttles last mission in May of 2011.

To register for the event please visit our website at <http://flsynf.org>

College Fair scheduled

Already more than 20 colleges have agreed to be at Bartow High School on Monday, Oct. 24 for a college fair.

It is planned from 4:30-7 p.m.

There will be representatives from the state that will be helping parents sign up for FAFSA, the financial aid application that determines grants and federal college funding. There will drawings for prizes. Also a keynote speaker representing FAFSA explaining the process of college financial aid and Bright Futures, is planned.

We are so excited to announce that Bartow Senior High, IB, and Summerlin Academy will have our first College Fair on the Bartow campus October 24th at 4:30 to 7:00 pm. Over twenty colleges will be represented allowing students and families to gain information first hand.

BHS' ACE seeks mentors

ACE Mentor Program is

has scheduled the fourth year and is looking for mentors to volunteer at last 16 hours from October to February to work with students as they plan, design and construct a project.

Weekly chapter meetings are at Bartow High School. Two field trips to construction sites are also planned. The 16-week program will culminate with a banquet, where the students' projects will be showcased.

ACE stands for Architecture, Construction, and Engineering. The ACE Mentor Program was founded to introduce high school students to career opportunities in the design and construction industry. Through a partnership among industry professionals — architects, engineers, construction managers, and other professionals from related organizations — volunteers serve as mentors to high school students in order to introduce them to the A/C/E professions and encourage them to pursue studies and careers in these fields.

Through the support of our financial sponsors, ACE Mentor chapter awards scholarships to students for them to pursue a

career in Architecture, Construction, or Engineering. Learn more about ACE Mentor at www.acementor.org.

Those interested in supporting this ACE Mentor program, Brian Brogen, Southeastern Construction (brianb@southeasternconst.com) or Jennifer Hall, SEMCO Construction (jhall@semco.cc).

Southeastern opens new building

Southeastern University cut the ribbon on its newest facility, the Buena Vida Building, on Sept. 13, a five-story building, which can be seen from downtown Lakeland, includes student dorm rooms for more than 300 students, faculty offices, classrooms and a food court with Backyard Burger, Papa John's Pizza and Einstein Bros. Bagels.

Over the weekend, students moved into their dorm rooms, while staff and faculty members moved into their new offices. Construction is continuing on a few portions of the building, primarily on the first floor. The food services section will be finished in mid-October and the performing arts section will be completed around Christmas break.

"The continual construction will have zero impact on the students, staff and faculty. The final stage will be the finishing touches on the building," said Executive Vice President Brian Carroll said in a press release.

The Buena Vida Building includes a visual arts gallery, music practice rooms, a testing center, tutoring lab, and an auditorium that seats 280. The College of Arts & Media, the College of Behavioral & Social Sciences, and the Jannetides College of Business & Entrepreneurial Leadership will be housed in the new building.

In preparation for the anticipated enrollment of over 5,500 students, classes were postponed until after the new facility was completed. Classes started on Wednesday, Sept. 7.

"In the last five years, Southeastern has seen a 78 percent increase in our enrollment. Nearly 70 percent of our students live on campus and our housing capacity is at 100 percent. As our student body continues to grow, we have continued to expand to meet that growth. The natural next step for us was to build a live/learn facility," said Carroll.

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CONSTRUCTION THIS WEEK

On State Road 540 – Cypress Gardens Boulevard – from Legoland to Helena Road watch for trucks entering and leaving the eastbound roadway shoulder from 7 a.m. to 5 p.m. through, Monday, Oct. 10, while crews repair concrete ditch pavement.

... On State Road 60 from Bartow to Mulberry watch for periodic congestion on S.R. 60 through Wednesday, Oct. 19, as crews from Mosaic perform their annual plant turnaround.

... On U.S. 98 and Fort Fraser Trail at Banana Creek

in Lakeland watch for intermittent northbound lane closures on U.S. 98 near Banana Creek from 9 a.m. to 4 p.m., through Friday, as crews take delivery of materials. Use caution and be prepared to merge. The Fort Fraser Trail remains closed at Banana

Creek while crews continue building the new bridge over the creek.

... On U.S. 98 Peace River Trail in Fort Meade crews are constructing the trail and timber bridges through Fort Meade Outdoor Recreation Area between U.S. 98 and

Mount Pisgah Road.

... On State Road 60 from Kid Ellis Road to Diesel Road crews are repairing broken sidewalks and driveways through mid-October. Watch for daytime eastbound lane closures between Diesel Road and Kid Ellis Road.

MATTHEW

FROM PAGE 1

At 8 a.m. Wednesday, the storm was located in Haiti and made landfall there at 7 a.m. In Les Anglais. It is moving north at about 9 mph and it was expected to continue in that path. A turn toward the north-northwest is expected and a north-west turn Wednesday night, the NOAA reported. Sustained winds were 145 mph which makes it a Category 4 hurricane. Hurricane-force winds

extend 40 miles from the center and tropical-storm-force winds extend outward up to 185 miles

McNally believes there will be probably a lot of rain in the area, but people should not take this monster storm for granted though it appears it will not affect Polk County too badly though after it made landfall in Haiti it's track seems to bring it closer to Florida's mainland.

"Still be prepared and have a plan in place," McNally said. "The cone of probability keeps it off the peninsula," McNally said about the eye of the storm. "That doesn't mean

we're not going to have effects from the storm but right now it appears minimal. We will continue to prepare and have a plan in place should some major event happen."

Before Hurricane Matthew makes it the United States, it went through Haiti and Puerto Rico. On Monday, the Coast Guard warned boaters to start preparing for Hurricane Matthew, and Gov. Rick Scott announced plans to visit the state's emergency operations centers along Florida's east coast.

Scott canceled Tuesday's Cabinet meeting to make the trip.

He wants to make sure counties are prepared if the storm moves toward Florida, spokeswoman Jackie Schutz said.

The center went into the southwestern tip of Haiti Monday night, eastern Cuba late Tuesday, and moved over parts of the Bahamas on Tuesday night and Wednesday, the center said.

Coast Guard officials set "port condition whiskey" for ports in southeastern Florida: Ports and facilities currently remain open to all commercial traffic, but all oceangoing vessels and barges greater than

500 gross tons should start making plans to leave the port.

Vessels seeking to stay in the port should contact the captain at each facility to receive permission, according to the release, which warned pleasure boat owners to seek safe harbor.

In addition, the Coast Guard warned mariners to heed weather watches, warnings and small craft advisories and to monitor the progress of the storm through local TV, internet and radio.

Information from The Associated Press was used in this story.

SALUTE

FROM PAGE 1

"It's hard not to see you often," Jacqueline's letter said since her father also serves in the National Guard and has been deployed to Afghanistan several times. "And I know you risk your life daily and put your life on the line every day. Thank you for protecting your wife and three kids. I couldn't ask for a better daddy. I love you."

Drainville and Plowden Public Schools Director of Writing Diane Plowden discovered Jacqueline's letter when they went through the hundreds they received from Polk students, and decided to not only share the thank you letters the students wrote, but surprise Pantolone at the same time.

Pantolone listened along with his fellow first responders as the letter was read and one

could see a slow realization cross his face as he realized who had written the letter and that the "Dear Daddy" was him.

The veteran deputy wiped his eyes as he moved out of the crowd and over to the podium where Jacqueline and her mom, Alicia were waiting. While Pantolone hugged Jacqueline and Alicia beamed, it was almost a certainty that there were more than a few in the room who also had to wipe their eyes.

Drainville and Plowden started the letter writing project as a way to remember 9/11 and a way for children to say thank you to those who provide safety and care to Polk County on a daily basis. Drainville presented a package of letters to each police and

fire and rescue service in the county.

A packet for each station and substation where firefighters, EMTs, paramedics and police officers are housed or headquartered was given to representatives at the brief ceremony last week.

Her words or many of them were echoed throughout the letters RSVP had displayed at the Polk Sheriff's Office Thursday.

"These letters show you how much you are appreciated," Drainville said. "We hope you take them back to your stations and read them all. They tell you all how special we all think you are."

Joining the school district and Polk RSVP in the project was Ameri-Corps Polk Reads.

Deputy Sheriff Dustin Pantolone shares a special moment with his wife, Alicia, and daughter Jacqueline.

PHOTO BY AL PALMER



TRAILER

FROM PAGE 1

clothes, toiletries, furniture, toys, and even medical supplies.

Local businesses such as Kiki's, McDonalds, and Taco Express donated food, while several other businesses and individuals offered cash donations ranging from \$20 to \$100. One local doctor's office donated \$10,000 worth of medical equipment and supplies.

Aside from donations, the local churches overseeing the donation drive also had locals donate their time and efforts as volunteers, helping to collect donations and load them onto the trailer.

Overall, the entire donation drive more than met the expectations of the local churches overseeing it, and served as a testament to the generous nature of the small town.

Todd Wilkin, the youth pastor of Cornerstone Church, and the owner of Classic Pizza and Subs, was more than impressed by the charitability of his community, especially his own congregation.

One of the young men from his youth group who helped

volunteer noted how "It was neat to see little Fort Meade come together and fill a container here," Wilkin said.

"So many of them would call us up and want to help," Wilkin said. "It has gone beyond what our expectations were."

Wilkin and his church have been going on missions trips to Nicaragua for the past three years to help out local villages in the mountains.

Often, he and his missions group would bring along food and other donations to help out the villagers, especially children, but they often didn't have much to take them, he said.

For the past few years, Wilkin had been wanting to do something big such as this donation drive to help out the villages that he and his church visit on missions.

Recently, his church, along with three other churches in the area, including First United Methodist Church and First Assembly Church decided to come together to raise enough money to pull off this donation drive.

Within one week, the donation drive more than met the expectations of those involved, as the entire community came together to donate their time

and money to provide and collect donations.

"Fort Meade is incredible," said Marion Sortore, Pastor of United Methodist Church. "When they have a need, they come together and they meet and exceed that need."

"I have been a pastor in a lot of different communities, and I have never experienced the outpouring of giving and loving and caring that we have in this community," she continued.

Phillip Williams, pastor of Cornerstone Church, has been most impressed, not only by the quantity of the donations provided, but also by the magnitude by which locals have provided these donations.

"I am excited that we have been able to gather as much as we have," Williams said. "It has not been a specific segment of our community, it has been throughout our community."

Now that the donations have been collected, the trailer will be packed and shipped to the Port of Miami to be transported to Honduras and then to its final destination in Nicaragua.

While the drive has received more than enough donations, its biggest challenge has been with volunteer work, as actual



PHOTO BY JAMES COULTER

Todd Wilkin, Youth Pastor of Cornerstone Church, Phillip Williams, Pastor of Cornerstone Church, Marion Sortore, Pastor of United Methodist Church, Chuck Pemberton, Pastor of First Assembly Church and other volunteer collect supplies to be shipped to Nicaragua.

work has been quite light over the past week during the drive, Wilkin said.

Despite this, the community has pulled together so well during the actual drive that another drive or two may be planned in the near future later this year.

"I anticipate there being more of these events sometime in the future, and hopefully we

can see more of our community get involved," Wilkin said. "We believe in the Lord, and he will come take care of us and make it happen."

Local residents wishing to support another donation drive in the near future can reach any of the four churches involved and obtain more information from their respective web sites and Facebook pages.

POLK COUNTY PEOPLE

University board chair Martin inducted into APTA hall of fame

Florida Polytechnic University Board of Trustees Chairman Frank T. Martin, has been inducted in the 2016 American Public Transportation Association's Hall of Fame.

The APTA Awards Hall of Fame is dedicated to honoring individuals



FRANK MARTIN

who have long and distinguished careers in the transportation industry and have made extraordinary

contributions to public transportation over the years. The awards also recognize those who have actively participated in APTA activities.

"During my professional career, I've been fortunate to learn from great mentors and work on exciting and innovative projects," Martin said. "To receive the Hall of Fame recognition for simply doing work that I love is truly icing on the cake."

At the induction ceremony in Los Angeles on Sept. 13, APTA honored 18 of public transportation's most exemplary agencies, businesses and individuals. Martin was inducted for his 40-plus years of industry management, public service and mentoring. All winners were selected by the 15-member APTA Awards Committee.

"Congratulations to Frank Thomas Martin on being inducted in to APTA's Hall of Fame," said APTA Acting President & CEO Richard White. "From leading multiple transportation agencies to mentoring the next generation of leaders, and being the catalyst that founded APTA's International Rail Rodeo, Frank has been a pioneer in the public transportation industry."

Martin is the president of Frank T. Martin Consult LLC, a strategic business development and management consultancy and is a transportation executive with decades of executive management experience in both the public and private sectors. In the public sector, he served as COO and CEO of several of the nation's largest transit systems including Birmingham, Al, New Orleans, La., Miami-Dade County, and San Jose, Calif. In the private sector, he served in executive management for two global transportation and architecture and

Brenda Eggert Brader
bbrader@tampabay.rr.com

engineering firms headquartered in London.

"Frank Thomas Martin has had more than 40 years of a distinguished career in the public transportation industry," said APTA Chair and Executive Director of Foothill Transit Doran J. Barnes. "His leadership has transformed many transportation agencies across the country. Congratulations Frank on your well-deserved induction in to APTA's Hall of Fame."

LW Chamber plays host to crime awareness presentation

The Crime Prevention Task Force, a community service organization developed by former law enforcement officers, presented a program on Crime Awareness and Personal Safety sponsored by Florida Tropics Soccer and under the direction of the Lake Wales Chamber of Commerce on Sept. 16 at Water's Edge.

Brian MacNeel from the task force was the guest speaker urging those attending to achieve more awareness of the criminal threat facing everyone in today's society and to learn effective measures to counter that threat. He also helped his audience to understand tested procedures to enhance personal safety.

David Fisher of the chamber and Economic Development Council chair, addressed those attending as did Andrew Ross from Florida Tropics Soccer, the company sponsor of the event.

The Polk County Women's Bar Association celebrates

The Polk County Women's Bar Association celebrates its 20th anniversary this month. The group was founded by attorney Teresa Nightingale and Cynthia Rignanese in 1996.

"Today the roster includes local lady attorneys, judges and honorary members in related fields such as court reporting," Rignanese said.

Rignanese has been re-elected president for the 2016-2017 administrative year.



CYNTHIA RIGNANESE



PHOTO PROVIDED

Brian MacNeel was the guest speaker with the Crime Prevention Task Force.

LoPatin to teach Spanish for beginners' lunch hour class

Randy LoPatin will be teaching a Spanish for Beginners, a new lunch hour class, in six-session classes beginning from noon to 1 p.m. on Oct. 18 at the Lake Wales Public Library. The six-sessions will continue each Monday through Oct. 29.

LoPatin taught middle and senior high school Spanish in the public school system for 32 years. Her classes will include instruction in the alphabet, greetings, days and months, numbers, dates, descriptive adjectives, expressing feelings, verb actions, clothing and using the verb, "ser."

In the introduction class LoPatin will focus on vocabulary and some conversation. No prior knowledge of Spanish is needed. There is a \$25 instructor fee that must be paid prior to Oct. 18. Payment by check or cash is accepted at the Lake Wales Public Library. Payment with credit or debit is available at the city of Lake Wales cashiers office. The class is limited to 15 students. For details call 863- 678-4004 or email library@cityoflakewales.com.

Kelsey Hull joins Heifer International

The Dick Pope/Polk County chapter of the Florida Public Relations Association now has a member in Little Rock, Ark. Kelsey Hull decided to retain her membership after moving to Little Rock the first week of September to begin what she terms a "dream job" with the Heifer International Global Education Program. In her new position, she's responsible for teaching elementary through college-level students all about agriculture, specifically how different livestock and farming methods can be used to combat poverty and hunger throughout the world.

Before her move, Hull was treated to a going

away party at Palace Pizza in south Lakeland by her FPRA colleagues, who while sorry to see her go, are delighted she has landed a job with Heifer International that will give her the opportunity to work in an area she is passionate about, namely teaching youth how to use agriculture to eradicate poverty and hunger.

As a member of the Dick Pope/Polk County FPRA chapter, Hull made a significant contribution to the Polk County

community this past year as co-chair of the 2016 Carillon Classic 5K Run & Walk which raised \$4,000 for the George W. Harris, Jr. Runaway & Youth Crisis Shelter in Bartow. She also was involved in other FPRA projects since joining the professional organization in 2014.

"Kelsey was one of our rising young stars and she certainly is missed already. However, we're delighted that she remains an FPRA member, and most important, found a job that seems to be an ideal match for her interests and skills," said Marybeth Soderstrom, president of the local FPRA chapter.

In addition to FPRA, Hull also received a royal sendoff from the entire staff at JSK Consulting, a Lakeland-based civil engineering firm, where she served three years as a project development specialist. Hull acquired her interest in and knowledge of agriculture growing up on a farm in Plant City.

Based in Little Rock, Heifer International (also known as Heifer Project International) is a nonprofit organization

dedicated to wiping out poverty and hunger through sustainable, values-based holistic community development. The organization distributes animals and provides agricultural and values-based training to needy families all around the world.

Since its inception in 1944, the nonprofit has distributed livestock such as goats, bees, and water buffalo, along with training and other resources, to 20.7 million families, or more than 105.1 million people in more than 125 countries.

Lake Wales Chamber views Capernaum Lodge

The Sept. 8 Lake Wales Chamber Business After Hours was held at the Capernaum Lakeside Lodge from 5-7 p.m. with refreshments provided by Junior's Fish Market.

The two-story lodge, built in 1925 and formerly known as the Masterpiece Lodge, has been renovated and accommodates overnight guests and includes a bridal suite and bridesmaids' quarters in addition to room for family and friends.



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POLICE BEAT

The information is gathered from police, sheriff's office, Florida Highway Patrol, jail and fire records. Not every arrest leads to a conviction and guilt or innocence is determined by the court system.

Fired officer seeking back his job

Let go after 'death letter,' Bartow officer files grievance

By **JEFF ROSLOW**

JROSLOW@HEARTLAND
NEWSPAPERS.COM

A Bartow police officer, who was fired Sept. 26, has filed a grievance against the Bartow police chief in his hope to be reinstated.

Officials said Officer De'aonte Broome lied to officials during an investigation into him and a girl in the police department's Explorer program. While an internal investigation found there was no inappropriate behavior between Broome and the youth, the fact that he lied to investigators meant he got what is known as the "death letter" from the state attorney's office.

The letter from State

Attorney Jerry Hill states: "The honesty and integrity of the law enforcement



DE'AONTE BROOME

officer are essential to the prosecution of a criminal case," it stated. It concluded, "As the result of your conduct, this office will no longer use you as a witness. Please keep this in mind should you consider applying for a law enforcement position with another department."

That department would cover the 10th Judicial District which also includes Highlands and Hardee counties.

Because of this and the fact he said he'd done nothing wrong, Broome has filed a grievance against Chief Joe Hall for his termination. Being it is a pending grievance, Hall does not want to comment.

"In the police officers Bill of Rights from the time of them notifying me until the time of disciplinary action is 180 days," Broome said, noting it is well over 200 days. "It also states in the Bill of Rights, every identifiable witness has to be interviewed. They never interviewed the girl. How can you decline to be interviewed? And they didn't interview the detectives (who questioned him)."

The reason for an investigation into Broome happened shortly after Randy Velez was fired from the BPD around Christmas 2015 for having an affair with the same Explorer when she was 15. One had told another officer Broome gave her a ride home in the car and took her to his house. The ride home was true, the trip to his house was not. That apparently was clocked on the police car's GPS unit.

From another officer, Broome was advised to be careful when escorting a female Explorer by himself because of the impression it could give.

Ultimately, though, Broome is seeking to be able to work as a police

officer again which can be tough as a death letter has never been overturned in the 30 years Hill has been the state attorney. However, Hill is leaving with Brian Haas taking over.

Haas says the fact that Broome lied makes it unlikely anything will be done in this circuit.

"The 10th Circuit is unique," Haas said. "We hold our law enforcement officers to a very high standard. We take liberties away, we better be truthful and commit to the truth."

Ultimately, Broome told officials he had not told them the truth.

"Broome agreed and stated he was scared. I asked him why he just did

not tell the detectives that he was scared after what happened with Velez," the internal investigation report said.

But Broome will continue his fight to try to get back his career.

"I never thought of being anything else than a police officer," Broome said, adding he just wants to get rid of the death letter and "get back on the road protecting the citizens of Bartow."

Broome added, "If this doesn't work out, we'll just go to the next level which is the city manager."

Broome, 24, worked for the Bartow Police Department for almost two years. He earned \$34,370 per year, reports show.

Fast food restaurant burglarized

LAKE WALES POLICE

On Oct. 2, Lake Wales Police responded to the Burger King restaurant located at 100 State Road 60 East in response to a burglary that occurred overnight. Managers reported someone had entered between 2-6 a.m. and took more than \$4,000 from the store safe.

During the investigation it was learned that the night shift manager, Rochelle Vann, 21, of 6314 Carillon Place, Lake Wales, had locked up the business after it closed at approximately 2 a.m., Sunday, Oct. 2, but failed to set the burglar alarm; that failure was later determined to be deliberate.

Later that morning LWP located Vann as she was leaving her apartment and conducted a traffic stop on her vehicle. It was observed she had packed clothing

and appeared to be leaving town. During questioning it was learned that Vann had been gone for less than one hour after closing the store. She returned shortly before 3 a.m., with a former employee, Jennifer McDonald.

Vann said she dropped off McDonald at the store and allowed her to enter, using Vann's key. Once inside, McDonald used a spray paint to cover a security camera, entered the manager's office and unlocked the safe plus use a tool to break the locking system to make it look like a burglary, police reported. She then removed \$4,599.31 from the safe, police reported. She exited the store and was picked up by Vann. The two divided the money and went their separate ways.

LWP recovered more than \$2,200 from Vann's

vehicle. Later that day, LWP located McDonald, age 28, of 3110 Penny Loop, Lake Wales, and detained her for questioning. She admitted to entering the store and stealing the money, police reported. She further claimed Vann approached her about committing the crime and it appears the two worked in unison.

LWP recovered \$1,400 from McDonald, who has used more than \$400 to purchase groceries and pay bills. A total of more than \$3,900 was recovered.

Both were arrested and charged with burglary and grand theft. They were transported to the Polk County Jail.

Man charged with DWLSR / possession of controlled substance

On Sept. 15, Lake Wales Police observed a white Chevy Blazer run a stop

sign. It conducted a traffic stop for the violation and contact was made with the driver who stated "I don't have a driver's license."

The driver identified himself as Andrew Mchaffie. LWP ran Andrew Mchaffie through the D.A.V.I.D. system and discovered Mchaffie's Florida driver's license was revoked on June 2016 for failure to pay traffic fines.

While searching Mchaffie, LWP located a clear plastic baggy containing five white pills inside Mchaffie's pocket. Mchaffie admitted to knowingly and willingly driving a motor vehicle with a revoked license, police reported. Mchaffie said the white pills inside the clear plastic baggy were "pain killers" which he purchased from a friend for pain in his leg. LWP later identified the white pills

inside the clear plastic baggy as (Oxycodone). Mchaffie was arrested for driving with a suspended or revoke license with knowledge and possession of controlled substance. Mchaffie was later transported to the Polk County Jail without further incident, police reported.

FLORIDA HIGHWAY PATROL

Fatal Automobile Accidents

Monday, Oct. 3

At approximately 2:50 p.m., Oct. 3, the driver of a 1995 Ford SUV, John Luther Bush, 59, of Mulberry, was traveling on the inside lane of County Line Road. At the time of the incident, Rafael Hernandez Sr., 69, of Miami, driving a semi-tractor trailer, was also traveling southbound and was stopped for a school bus.

Bush failed to stop and

as a result, collided into the rear of the tractor-trailer, police reported. The driver, a male, age 59, was transported to Lakeland Regional Health, where he later expired from injuries sustained during the crash.

There are no charges.

Saturday, Oct. 1

At approximately 10:30 p.m., Oct. 1, Daniel Hildebrandt, 63, of Sebring, was traveling on the outside lane of County Line Road, north of Formont Court.

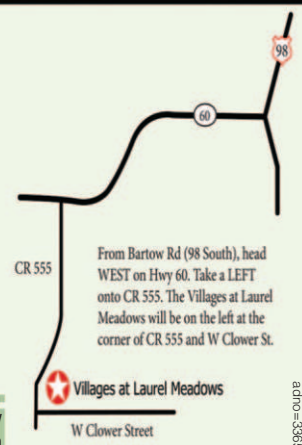
Hildebrandt encountered water on the highway, hydroplaned and departed the road and onto the shoulder, where the vehicle he was operating, a 2007 Nissan Altima, collided with a ditch and then a tree before coming to a final rest. He was transported to Lakeland Regional Health and later expired from his injuries.



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HEALTH and WELLNESS



Lakeland Regional Health, Mayo Clinic Care Network partners

By STEVE STEINER

SSTEINER@SCMGINC.COM

Lakeland Regional Health is now a partner with the Mayo Clinic Care Network. The announcement of this came at a press conference last Wednesday, Sept. 28, held at the Lakeland Regional Health Hollis Cancer Center, Campisi Family Auditorium, 3525 Lakeland Hills Blvd.

"We are here today to celebrate an important milestone in our community," said Jay Mulaney, MD and chairman of the LRHS board of directors.

This is not the first collaboration, said Elaine C. Thompson, Ph.D, and president and CEO of LRH, who cited other partnerships and collaborations, a number of which are in Polk County, but it is noteworthy.

"We are very pleased to announce we are the newest members of the Mayo Clinic team," she said. "We are privileged to have them for our county."

The true value being partners, said Dr. Dawn Davis, goes both ways.

"We truly value teamwork and we value sharing knowledge," she said. Although the Mayo Clinic is headquartered in Rochester, Minn., she said an aspect of true value is that people prefer treatment close to

home, and now that will be a stronger option for Polk County residents.

It was later explained how such an arrangement could work. For example, a patient might seek out a second opinion. If so, that person can get in touch with the Mayo Clinic Care Network and at no additional cost.

At the same time during the press conference it was emphasized this is not a merger but a collaboration the aligns two organizations to the provide the best medical care, according to Dr. Thomas J. Regan and president of Lakeland Regional Health Medical Center, as well as chief medical officer for LRH.

"I'm excited about the possibilities the new collaboration will bring," Regan said. "I think it's going to be great for the people."

Being part of the Mayo Clinic Care Network was based upon an extensive study said Dr. Ryan Uitti and medical director, Mayo Clinic Provider Relations.

"Lakeland Regional Health is really an outstanding organization," said Uitti and added that LRH's achievements were impressive.

Lakeland Regional Health is only the fourth facility in Florida to be part of the Mayo Clinic Care Network. The others are in Naples, Pensacola and Parrish.



PHOTO PROVIDED

Lakeland Regional Health



PHOTO BY STEVE STEINER

Right: Dr. Elaine C. Thompson, president/CEO of Lakeland Regional Health.



PHOTO PROVIDED

Left: Dr. Timothy J. Regan, President, Lakeland Regional Healthy Medical Center.

Orthopedic Robotics coming to Heart of Florida

Heart of Florida Regional Medical Center welcomes Dr. Abhijit Manaswi as a newly recruited physician in Orthopedic Surgery. Manaswi is the first in his specialty to bring orthopedic robotics to Polk County.

Manaswi, a fellowship-trained, board certified orthopedic surgeon, specializes in robotic-assisted technology in knee and hip surgery. This treatment option offers solutions for adults who are affected

by medical conditions such as mid-stage and advanced osteoarthritis. Because robotic-assisted joint surgery is less invasive, patients have the potential to experience reduced pain, gain back motion, and return to their daily activities quicker.

Robotic-arm assisted surgery gives patients increased benefits and outcomes over traditional techniques. Using this new technology gives the surgeon a better view of the operating

area, with improved clarity and detail, which allows for greater precision when performing surgery in delicate or hard-to-reach areas. For patients, robotic-arm assisted joint surgery may translate to reduced pain, a shorter hospital stay, and a more rapid recovery. Ann Barnhart, CEO at Heart of Florida Regional Medical Center said, "With the addition of orthopedic robotics, Heart of Florida has made yet another significant investment in the

health needs of the Polk County community."

Manaswi brings a breadth of experience with robotic-arm assisted surgery, successfully performing more than 3000 joint replacement procedures. When asked about the integration of technology and his medical practice, Manaswi said, "My goal is to get my patients back to the lives they want to lead. I use advanced technology to ensure I provide my patients lower risk of dislocation, greater

preservation of healthy tissue and a decrease in recovery time."

Manaswi is committed to finding specialized solutions for each of his patient's medical needs to make sure they receive comprehensive, quality care.

"We are excited to welcome a physician such as Dr. Manaswi that helps bring quality care using the latest medical technology in benefit of our patients," said Barnhart. "Dr. Manaswi's approach to serving patients



DR. ABHIJIT MANASWI

makes him a great fit for Heart of Florida and the needs of the Polk County Community."

HEALTH and WELLNESS

Breast cancer awareness walk coming

The public is invited to Flight for the Cure, a breast cancer awareness walk and 5K Fun Run, on Saturday, Oct. 15, at Lake Wales Municipal Airport, 440 S. Airport Road in Lake Wales.

Presented by Lake Wales Medical Center, Flight for the Cure is free and designed to honor those who have fought breast cancer, and to raise awareness about the importance of screening mammograms.

The event includes demonstrations by the Lake Wales Police K-9 Unit and the Lake Wales Fire Department, fly-overs, face painting, Candy Corn-Hole, Bra Pong, and more. Those who wish may participate in the bra decorating contest; decorate your bra at home and wear it to the event.

Check-in opens at 7:30 a.m., and the 5K Fun Run starts at 8:30. The course follows the airport taxiway and runway. The Awareness Walk, which can be any distance participants want to walk along the course, will begin immediately after the 5K starts. Removing the Barriers, a local not-for-profit that seeks to remove barriers for the disabled to participate in events, will be on-hand with a golf cart that can accommodate wheelchairs. Participants in wheelchairs can use the golf cart if they choose.

The event is free, but some of the games and activities will require a \$1 ticket. There also will be a number of door prizes; each participant will receive one ticket for the door prize drawing; additional tickets will be sold for \$1 each, or 6 for \$5. All those funds will go to the Breast Cancer Research Foundation.

Those who register online by Oct. 3 are guaranteed an event T-shirt. For those who register after that date, T-shirts will be available on a first-come, first-served basis. To register, visit www.LakeWalesMedicalCenter.com, and click on Healthy Woman. Flight for the Cure is listed under



PHOTO PROVIDED

Deborah McAfee, LPN, left, receiving her PEER award plaque from Watson Clinic's chief administrative officer Stan Piotrowski.

Already a Member for Upcoming Events.

Red, White & Compassion to honor Sheriff Grady Judd

The public is invited to an evening beneath the stars as Cornerstone Hospice celebrates the spirit of America. Red, White & Compassion — An Americana Evening, which is scheduled Thursday, Oct. 13. All proceeds will benefit Cornerstone Hospice.

The evening will be filled with live music, food, fun and a special tribute to Sheriff Grady Judd. To purchase your tickets contact Susan Sartain at ssartain@cshospice.org or 863-291-5560. For information on Cornerstone Hospice and the services they provide in our community visit CSHOSPICE.org

McAfee named PEER winner

Deborah McAfee, a licensed nurse practitioner who has been with the Clinic for 16 years, was named the September recipient of Watson Clinic's PEER award.

Deborah spent the first 15 years of her career working in the dermatology department at Watson Clinic South location. She recently moved into the Quality

Improvement department. She was praised for being positive, creative, professional, and an exceptional team player who knows how to get the job done.

As PEER Award winner, Deborah received a plaque, dinner at a local restaurant, a reserved parking spot and a free service from Watson Clinic's Bella Vista Spa to acknowledge her contributions to the organization.

Miller named employee of the month

Melissia "Missy" Miller, Radiology Tech in Imaging Services, was named Employee of the Month for August at Lake Wales Medical Center.

Missy, who has worked at the hospital for more than eight years, received kudos often from patients and other staff members.

"Missy has always done whatever it takes to make sure our patients are taken care of safely and timely," said her supervisor, Imaging Director Amanda Hulett. "I've seen her get up from her lunch, or stay late in the evenings, to get our patients taken care of promptly."

Missy is CT, mammography and X-Ray registered, and is pursuing her MRI registration as well.

Watson hires four
Watson Clinic hired four



Melissia "Missy" Miller

people to its staff. These highly trained professionals offer personalized care, an exceptional level of service and enhanced patient appointment availability.

Dr. Kaitlyn E. Dwyer, OD serves the eye care needs of patients from her office at the Main Clinic at 1600 Lakeland Hills Blvd. in Lakeland.

Dwyer received her Doctor of Optometry degree from Indiana University School of Optometry in Bloomington, Ind., and served her residency in ocular disease at the Cincinnati VA Medical Center in Cincinnati, Ohio. Her areas of expertise include general eye exams, the treatment of eye conditions related

to diabetes, glaucoma and macular degeneration, contact lens and eyeglass prescriptions, and post-cataract and LASIK surgery management.

Dr. Meghan M. Burrell, ARNP-C, assists patients from the Highlands location at 2300 E. County Road 540A in south Lakeland, where she works alongside family medicine specialists Drs. Rony J. Alvarado, Fernando Loret de Mola and Jeremy M. Katzmann.

Burrell received her Bachelor of Science degree in Nursing from the University of South Florida in Tampa, and her Master of Science degree in Nursing from the University of Tampa in Tampa.

Alicia Belisle, ARNP-C collaborates with board-certified OB-GYN and female pelvic medicine and reconstructive surgeon Dr. Tarek G. Garas from his offices the Bella Vista



DWYER



BELISLE



BURRELL



LOCKHART

Building at 1755 N. Florida Ave. in Lakeland.

Belisle achieved her Associate of Science degree in Nursing from Polk State College in Winter Haven, and her Master of Science in Nursing degree from Frontier

Nursing University in Hyden, KY.

Chalsey S. Lockhart, PA-C, assists in treating patients of board-certified hand surgeon Dr. Ann L. Licht from both her Main Clinic practice at 1600 Lakeland Hills Blvd. in Lakeland and Watson Clinic Bartow office at 2250 Osprey Blvd, Suite 100 in Bartow.

Lockhart achieved her Bachelor of Science degree from Florida Southern College in Lakeland, and her physician assistant certification from the University of Florida College of Medicine in Gainesville.

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HEALTH and WELLNESS

Red Cabbage: An overlooked superfood

To paraphrase movie star Rodney Dangerfield: "Red cabbage doesn't get no respect!" Red cabbage is a member of the cruciferous vegetable family which includes green cabbage, broccoli, Bok choy, Brussels sprouts, cauliflower, arugula, collard greens, rutabaga, kale mustard, turnip, watercress, kohlrabi, radish, and horseradish.



Judy E. Buss

Mission Nutrition

Health Correspondent

These low-calorie low-fat vegetables are packed with nutrients. They offer numerous vitamins, minerals, and fiber, as well as powerful antioxidants and other compounds which play a major role in disease prevention, including cancer. Each member of the cruciferous family also provides its own unique and beneficial nutrients.

Red cabbage — which is actually purple — is available in all supermarket produce departments. It lends a magnificent color to a mixed cole slaw of green and red cabbage, a carrot salad, or a tossed salad. The famous and mouth-watering cooked German red cabbage dish makes a great accompaniment for meat and potatoes. Red cabbage

is one of many foods which prove that healthy eating doesn't have to take you to the cleaners.

Buying pre-shredded cabbage (and any other vegetable for that matter), is not recommended. Vegetables should be cut immediately before using them or they lose some of their nutrients. Before cutting a cabbage, strip off its outer leaves and then wash and dry it.

To maximize the benefits from red cabbage and its cruciferous relatives, eat them raw and briefly cooked. However, individuals suffering from an underactive thyroid (hypothyroidism) should not eat raw cabbage and other cruciferous vegetables more than 1-2 times per week. This family of veggies contains

substances which interfere with the production of certain thyroid hormones in the body. Cooking the vegetables destroys the thyroid-suppressing (goitrogens) activity.

To prepare healthy meals, including the recipes below, use the KISS method (as in Keep It Simple Sweetheart!) There is absolutely no need to use electronic machines whenever we can perform a particular task faster with basic good-old-fashioned kitchen tools. Unless you are shredding cabbage to feed an entire Russian village, use a cutting board and a large sharp knife. Simply cut off a chunk of cabbage, and then slice it very thinly — boom done! Truth is, kitchen electronic "miracle time-savers" are the brainchildren of engineers who have never

cooked or washed dishes. These machines require too much time to take apart, wash, dry, reassemble, and put away. So enjoy the following quick and easy-to-make and delicious recipes.

RED SLAW
2 servings
3 cups very finely shredded red cabbage
1 large green onion, thinly sliced, including its white
2 tablespoons chopped cilantro leaves

DRESSING:
2 tablespoons lemon juice
3 tablespoons extra virgin olive oil
Salt and pepper to taste

In a medium bowl, whisk all dressing ingredients. Mix in all other ingredients.

ASIAN COLESLAW
2 servings
2 cups finely shredded green cabbage
1 cup finely shredded red cabbage
1 small carrot, grated
2 green onions, thinly

sliced, including their whites
2 tablespoons roasted sesame seeds

DRESSING:
2 tablespoons wine vinegar
2 tablespoons soy sauce
2 tablespoons extra virgin olive oil
1 tablespoon creamy additive-free peanut butter
1-1/2 teaspoons ground ginger
Salt and pepper to taste

In a medium bowl, whisk together all dressing ingredients. Mix in all vegetables and then add the sesame seeds.

GERMAN-STYLE RED CABBAGE
2 servings
2 cups shredded red cabbage
¼ cup raisins
1 tablespoon olive oil (not extra virgin)
1/8 teaspoon pepper
1-1/2 tablespoons wine vinegar
1 tablespoon whole wheat flour
½ teaspoon ground cinnamon
½ teaspoon ground nutmeg

Place shredded cabbage in a small saucepan and enough water to just cover it. Mix in raisins, oil, and pepper. Cover, and bring to a boil over medium heat. Reduce heat to medium-low and cook about 12 minutes, until the cabbage is tender. Do not overcook. Meanwhile, in a cup, mix vinegar and flour with a fork until smooth. Set aside. To the cabbage in the saucepan add the cinnamon and nutmeg. When cabbage is cooked, add 4 tablespoons liquid from the cabbage to the flour mixture in the cup and mix well until blended and smooth. Gradually add the flour mixture to the cabbage, stirring constantly. Any remaining flour lumps can be dissolved by pressing them with the back of a spoon against the saucepan wall. Cover, and cook slowly 5 minutes until the liquid is thickened, stirring occasionally.

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

The value of The Medical Reserve Corps

POLK COUNTY FLORIDA DEPARTMENT OF HEALTH

When it comes to preparing and managing incidents and outbreaks, the Florida Department of Health in Polk County is equipped with one of the county's most valuable resources: the Polk and Hardee Medical Reserve Corps.

This community-based, volunteer unit provides aid to existing emergency response teams and public health resources during times of disaster. By adding capacity to our emergency response systems, state and county resources are freed to respond to greater

emergency needs in the event of a disaster or special event.

"This vital emergency response program welcomes volunteers with or without medical experience," said Dr. Joy Jackson, director of the Florida Department of Health in Polk and Hardee County. "Previous volunteer experience might include doctors, nurses, health and safety officials, retirees, chaplains, office workers, and legal advisors."

The MRC: Supports local public health initiatives by promoting disease prevention, improving health literacy, eliminating health

disparities, and enhancing public health preparedness.

Assists local hospitals, health departments, and other agencies when additional personnel are needed.

Participates in community preparedness activities such as exercises for shelters, mass vaccinations, and other emergency scenarios.

Trains with local emergency response partners.

September is National Preparedness Month, and while it is important for individuals to be prepared on a local level, it is part of DOH-Polk's responsibility to help protect and promote the health and safety of the county.

Don't forget to recycle your newspapers!



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Mosaic mess reaches state Senate

Majority leader seeks law for better notification

By **LLOYD DUNKELBERGER**
THE NEWS SERVICE
OF FLORIDA

TALLAHASSEE — After the release of more than 200 million gallons of contaminated water at the New Wales phosphate plant in Mulberry, Senate Majority Leader Bill Galvano said Friday he will lead the Senate's effort to strengthen a state law to make sure Floridians are promptly notified of major pollution threats.

Galvano, a Bradenton Republican who is in line to become Senate president in November 2018, has experience with the issue. In 2005, as a member of the state House, Galvano helped pass a law requiring public notification of pollution incidents, after learning residents in the small, primarily African-American community of Tallevast in Manatee County had unknowingly been exposed for years to beryllium, a cancer-causing element, in their water supply.

The 2005 law

established a state responsibility for notification of pollution incidents, replacing a system where notification was discretionary.

But after the opening of a massive sinkhole at the Mosaic phosphate plant near Mulberry that released an estimated 215 million gallons of acidic water into the groundwater, Galvano said he would work with Gov. Rick Scott to expand the 2005 notification law, which doesn't require public notification until groundwater pollution moves offsite from a polluter's property.

"I am proud that the earlier law went a long way to protect Floridians, but our state's population has expanded into once-remote areas and more people are potentially at risk," Galvano said. "We now see that more is needed."

Galvano said he was working with Scott's office on legislation that could quickly pass during the 2017 legislative session to

"better define" notification procedures involving public-safety threats from pollution incidents.

"From the BP oil spill to the recent St. Petersburg sewage dump and Mosaic sinkhole, events have made it abundantly clear that when there is a threat to our precious water supply, the government's paramount responsibility must be to protect the people of Florida — and a crucial part of protecting them is keeping them informed promptly and accurately," Galvano said.

State Rep. Kathleen Peters, R-Treasure Island, said she would be handle the pollution-notification legislation in the House.

The legislation is likely to follow notification guidelines that the state Department of Environmental Protection, at the direction of Scott, released this week in an emergency rule. The guidelines require the department within 24 hours

of a pollution incident to notify the public and local government officials, including mayors, county commissioners and administrators.

Within the 24 hours, the public will be notified with the release of information to television stations and newspapers "in the area of the contamination."

Within 48 hours, the owner of the facility or property where the pollution is occurring must notify the public, the Department of Environmental Protection and local government officials of offsite areas that could be potentially impacted by the pollution as well as outlining potential health and safety risks to the public.

When pollution moves offsite, the rule requires the polluter within 24 hours to notify impacted property owners, local government officials and the department.

Earlier this week, Scott said the current pollution notification law is "outdated and must immediately

be changed."

"It does not make sense that the public is not immediately notified when pollution incidents occur and that is why I am directing DEP to immediately issue an emergency rule implementing strict requirements for public notification within 24 hours," Scott said.

In another issue, the FBI is seeking who sent an envelope containing an unknown white powder to Mosaic. The FBI said Saturday it testing the powder delivered Friday to Mosaic Corp.'s Tampa

area headquarters. The powder is being tested to see if it is dangerous.

In the incident, about 215 million gallons of tainted water from the central Florida fertilizer plant owned by Mosaic has drained from a waste heap through a 45-foot-wide hole down into the Floridan aquifer, which provides water to millions in the state.

The company says it has seen contamination at a recovery well within a quarter-mile of the sinkhole, but has not seen contamination further away.



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