

**Election Results:** See our web site for city election results.

## Exploring the community school

### Community School Initiative studying if concept worthwhile

By **JEFF ROSLOW**  
JROSLOW@SCMGINC.COM

There are a handful of people being led by the school district to look at the possibility a "community school" would benefit education, and possibly the state of living, in Polk County.

Since hearing from the principal of Evans Community School in Orange County last November, steps are being taken to find out if community schools

would be worthwhile. A community school is a partnership between the school district, local businesses and local health care providers to help provide a center to better education and health in specific communities.

"The simplest way to explain it is it has a range of both services and extra curriculum," said David Bundy, the director of the Center for Community Schools and Child Welfare Innovation

for the University of Central Florida. He has been instrumental in the creation of several community schools in Florida, including Evans.

"Activities are integrated to the school," he said.

Since first discussing the topic last year, a group has formed to get input from the school district, UCF, Dr. Ed Shoemaker, a health care physiologist, and Polk Vision. One of the important parts to it is

the community where a first school can happen, a lot is expected from the community.

A number of organizations in the county have signaled a possible interest. Those places include Heartland For Children and the United Way.

"One thing I've got to emphasize is people in the community and teachers are going to have to implement a new program," said Shoemaker, co-chairman

of the Community School Initiative. "The whole thing with the community school models, it requires four partners with 25-year understanding ... long-term marriages to say, hey, we are in this for the long haul."

Assistant Superintendent John Small identified at least 16 schools — at elementary, middle and high levels — where this concept can work. He won't name any this point.

#### At Evans High School

By combining many partners to work in concert for a community draws the question of what can it do for the community.

Using Evans as the example, it was a D school consistently when it became a community school. It's grade has moved to a B. The graduation rate jumped from

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## Fighting cancer



### Relay For Life

Hundreds crowded Central Park Friday night with this year's Relay For Life. Team Lake Ashton Purple Stars organizers, Sue and Gretchen Frantz with their brother Mike Weissuerg, raised \$8,649 in memory of their sister Jude who passed in 2014. While that amount was among the top fundraisers Fellows Trucking raised the most money at more than \$22,000. As part of the entertainment men put on high heels and had their race. Here Winter Haven Police Chief Charlie Bird smiles as he puts on high heels before the race with a little help. For more on the Relay For Life, see Page 6.

PHOTOS BY CHARLES A. BAKER III

## Five times over limit

### Attorney charged with DUI registers high content

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

A Lakeland attorney on March 29 was charged with DUI and DUI with property damage after he was found slumped in his car with a blood-alcohol level nearly five times over the legal limit, the Polk County Sheriff's Office reported.

Deputies responded to 625 Commerce Drive, between Mulberry and Lakeland, at 1:45 p.m. to a traffic crash where the driver of one vehicle was reported to be possibly impaired.

A maroon Chevy Silverado was stopped in the entrance at Commerce Drive and the front half of the truck was in the westbound lane and the back half was in the parking lot. Appel was in the driver seat slouched over onto the center console and appeared extremely intoxicated, police said.

Prior to officers giving the worker's compensation attorney a field sobriety test they reported Appel exited the truck slowly and uncoordinated using the door for support. He fell back

into the truck as he tried to step towards the officer, and he swayed back and forth as he stood in front of the deputy.

He was then arrested for DUI and taken to the Polk County Jail.

When asked to provide a breath sample, Appel reportedly had problems and could only provide one test eventually, the Polk County Sheriff's Office reported. On the one breathalyzer test taken he registered a blood-alcohol level of 0.398. The legal driving limit in Florida is 0.08.

The jail nurse on duty said Appel needed to be medically cleared before he could be booked into the jail. He was taken to Bartow Regional Medical Center for clearance.

Deputies were called the scene after Maureen King called the sheriff's office after Appel crashed into her 2012 Kia, deputies reported. Neither she nor Appel were physically injured in the wreck.



Jeffrey Appel



# COMMUNITY CALENDAR

## Wednesday, April 5-Friday, April 7

CityWorks (X)po Florida. 5:30-7 p.m. April 5, 9 a.m.-5 p.m. Thursday and Friday. Wide array of nationally recognized speakers as well as local innovators. Grove Roots Brewing Co. Event Space, 300 3rd St. SW, Winter Haven.

### Wednesday, April 5

Free Diabetes Class, 1-3 p.m. The class will aim to help diabetics lower their A1C and keep their body healthy. Winter Haven Public Library, 325 Avenue A, NW, Winter Haven. 863-291-5880.. <https://www.eventbrite.com/e/free-diabetes-class-tickets-32964698300>

Story Time, 10-10:45 a.m. Bartow Public Library, 2150 S. Broadway Ave., Bartow. 863-534-0131

### Thursday, April 6

Craft Beer Crawl, 5:30-8:30 p.m. Downtown Winter Haven businesses will host. Reserve glass online for \$20 at [mainstreetwh.com](http://mainstreetwh.com)

What is Florida Friendly Landscaping? - Florida Yards and Neighborhoods, 10 a.m. Mackay Gardens and Lakeside Preserve, 945 Mackay Blvd., Lake Alfred. 863-291-5272

## WELCOME TO YOUR COMMUNITY CALENDAR

Want to see your event on this page? Call us at 863-533-4183 or email [news@scmginc.com](mailto:news@scmginc.com).

Farmer's Market, 9 a.m.-3 p.m. Central Florida's Visitor Information Center, 101 Adventure Court, Davenport.

Healthy Eating Fundraiser, 5:30-7:30 p.m., \$25. Program provides healthy, fresh, after school snacks to students in the tutoring and enrichment program along with education about nutrition. Outback Oasis, 4000 Country Club Road S., Winter Haven. [eventbrite.com](http://eventbrite.com)

### Friday, April 7-Saturday, April 8

Rockin' on the River, 6-10:30 p.m. Friday and noon-10:30 p.m. Saturday, free. Camp Mack, 14900 Camp Mack Road, Lake Wales. Visit [campmack.com](http://campmack.com) or call 863-696-1108.

### Friday, April 7-Sunday, April 9

Third Annual Autism Awareness Fundraising event.

Camp Mack's River Resort, 14900 Camp Mack Road, Lake Wales. 863-258-9550.

### Friday, April 7

Walter Parks and Swamp Cabbage, 6-8 p.m. \$25. Gram Parsons Derry Down, Derry Down, 297 5th St NW. Winter Haven.

Celtic String Along, 6:30-8 p.m., free. Downtown Winter Haven's Central Park.

STEAM, 11:30 a.m. Bartow Public Library, 2150 S. Broadway Ave., Bartow. 863-534-0131

### Saturday, April 8

Clearing the Kennels, 11 a.m.- 3 p.m. No fee adoptions for all animals four months and older. Lakeland Auto Mall, 1430 W. Memorial Blvd., Lakeland and SPCA Campus, 5850 Brannen Road S. Lakeland

Downtown Farmer's Curb Market, 8 a.m.-2 p.m. North Kentucky Ave., downtown Lakeland

Second Saturday Market, 9 a.m.-3 p.m. Central Park in Winter Haven.

Lake Wales Farmer's Market, 9 a.m.-1 p.m. Market Square between Stuart & Park in downtown Lake Wales.

59th Kiwanis Pancake Festival, 7 a.m.-3 p.m. Proceeds benefit 8 different children's charities. Joker Marchant Stadium, 2301 Lakeland Hills Blvd., Lakeland.

Ironkids Fun Run, 10 a.m. For ages 3-14 Lake Eva Park, 555 Ledwith Blvd., Haines City. Race & registration info at [ironman.com](http://ironman.com)

Willie Nelson & Waylon Jennings tribute, 7-9 p.m. Ramon Theatre, 15 E Wall St., Frostproof. [ramontheater.com](http://ramontheater.com)

Immigration Forum, noon-3 p.m. Bartow Public Library, 2150 S. Broadway Ave., Bartow. 863-534-0131

Big Kahuna Paddle Challenge, 8 a.m. check in,

9 a.m. race. Proceeds benefit Stirring Waters & the Webber Rotaract Club. Crooked Lake, 1201 N. Scenic Hwy., Lake Wales.

Touch a Truck Day, 10 a.m.-1 p.m. Downtown City Park in Auburndale.

Help a Horse Day, 2 p.m. Winston will be on hand. Grove Roots Brewing Co., Winter Haven. 863-287-7503.

Youth/Parent Summit, 9:30 a.m.-5 p.m., free. Carver Recreation Center, 520 S. Idlewood Ave., Bartow. 863-533-0431, 863-205-1767, 863-533-3309

Frostproof's Got Talent, 7 p.m. Frostproof's American Legion Post 95 Memorial Auditorium in Frostproof city hall. 863-605-4131.

Fortress Fitness, 9 a.m., free. Fort Blount Park, corner of Broadway and Main Street, Bartow.

Bartow Antique Fair, 8 a.m.-2 p.m. Along Main Street in downtown Bartow. 863-519-0508.

Sunday, April 9 Ironman 70.3. Race begins

at 6:50 a.m. with a 1.2 mile swim in Lake Eva. Followed by a 56-mile bike ride through eastern Polk County on both residential & country roads. Ends with a 13.1-mile run. Lake Eva Park, 799 Johns Ave., Haines City

### Monday, April 10

Bok After Dark featuring Geert D'Hollander and Jason Baker Trio, 5:30 p.m. and 7:30 p.m. Bok Tower Gardens, 1151 Tower Blvd., Lake Wales. Purchase tickets at [boktowergardens.org](http://boktowergardens.org)

Quilting, 10 a.m.1 p.m. Bartow Public Library, 2150 S. Broadway Ave., Bartow. 863-534-0131

Third Annual Top Chef of Polk County, 5:30 p.m. Multi-course fine-dining experience that places the spotlight on the area's leading chefs while raising money for Achievement Academy. Lakeland Center, 710 E. Lime St., Lakeland. 863-683-6504.

### Tuesday, April 11

B.E.S.T.T. Hall of Fame Organization of BHS, Summerlin Institute and Union Academy induct people into Hall of Fame. Bartow High School 1270 S. Broadway, Bartow.

# Blue Angels to be featured at Sun 'n Fun

By CHARLES A. BAKER III  
CORRESPONDENT

LAKELAND - It's that time of year again. The 43rd Annual Sun 'n Fun opened Tuesday April 4 and continues through Sunday at Lakeland Linder Regional Airport.

The gates open at 8 a.m. daily and general admission is \$37 plus \$10 parking for Florida residents. Visitors should wear comfortable shoes, a hat of some type and some sunscreen because lots of walking in the sun is involved while checking out all the exhibits, forums and air shows spread out around the

airport. Bring a portable radio and tune to 1510 AM to hear the air traffic controllers in the tower.

The Blue Angels arrive at 10 a.m. Wednesday morning and put on incredible air shows Thursday through Sunday toward the end of each day in F18s.

Also arriving sometime Wednesday morning will be a formation of around 30 P-51 Mustangs, the largest gathering of the World War II-era planes in over a decade according to Sun 'n Fun staff. The gathering is part of the 30th anniversary for Stallion 51, a training base at Kissimmee

Gateway Airport.

From 10 a.m. Wednesday until around 11 a.m. the Sun 40 Sprint race are scheduled.

To commemorate and honor the 75th anniversary of a B-25 retaliation attack on Japan after the bombing of Pearl Harbor, Wednesday afternoon Larry Kelly and the Delaware Museum Foundation's B-25 "Panchito" will demonstrate the large bomber's remarkable maneuverability. The B-25 demonstrations will continue through Sunday day and night and tours of the plane are available. Putting on daily shows

Wednesday through Sunday, the U.S. Special Operations Command Army Knights parachute jumpers put on shows, the Warbirds fly, various other air shows perform and the Aeroshell Aeroacrobatic Team puts on impressive shows.

Wednesday through Saturday from around 7:30 p.m. until around 9 p.m. are the night air shows.

The headline for Thursday action is the

largest demonstration of P-51 Mustangs this century.

On Friday Art Nalls does his first L39 Harrier jet demonstration that continues through Sunday. Also Friday through Sunday, USAF pilots demonstrate the A-10 "Warhog" Thunderbolt II and the F-16 "Viper" Falcon.

Fireworks is scheduled following the night air show Saturday.

On static display all

week are a host of other incredible aircraft including the USAF C-130J Hurricane Hunter and the Celebrate Freedom Foundation will be displaying their tiger-stripe camo AH-1 Cobra gunship helicopter.

Included in the price of admission, there are dozens upon dozens of exhibits, forums, presentation and entertainment spread out on airport property.



## PUBLIC NOTICE

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

- Code Enforcement Board
- Historic Architectural Review Board
- Zoning Board of Adjustment

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](http://www.cityofbartow.net)

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# WINTER HAVEN NEWS

## Tennis court more expensive but shadier

By **MARY HURST**  
CORRESPONDENT

WINTER HAVEN – The new tennis complex downtown will have a shade structure because the City Commission voted last week to expand the original bid contract with Everett Whitehead & Son Construction.

The contract was expanded from the original \$2.3 million to \$2.5 million to accommodate the change.

The project is being paid for from the bonds the city issues in December. The structure will cost \$213,000, which will be offset by the \$115,000 the city's earned on the bond money deposited in the bank but not used.

Six/Ten Corp. will qualify for 60 percent tax increment financing, which is a rebate on property taxes over the next 10 years as part of the Downtown Community Redevelopment Agency.

The developers plan various projects in the downtown and First Street corridor estimated at \$21 million.

Their projects will include 128 apartments being built on four downtown locations. Also included in that is the new Bond Clinic, being built on First Street near Winter Haven hospital.

Commissioner Nat Birdsong said he was concerned about the

parking problem downtown. He questioned if all the projects would require a second parking garage.

“The CRA won't generate the money to build a second parking garage,” he warned.

Commissioners also approved selling property that the city has deemed surplus including a piece of property next to Lake Silver Apartments. The owners want to use it for resident parking. The land has a utility easement on it, the rights to which will be retained by the city. The city will receive \$6,500.

The land has been off property tax rolls since 1958.

Commissioner Brad Danztler suggested city staff make a list of city-owned surplus properties and try to sell them.

“Eliminate the liability,” he said.

Commissioner William Twyford said he was concerned the city was not receiving enough money in these transactions.

The City Commission plans a workshop at 6 p.m. Thursday at City Hall. Commissioners will discuss how to best finance the proposed \$25 million bond issue that will pay for the Chain of Lakes Park field house, another fire station, a skate park and other projects commissioners have prioritized.

## Grand Opening



PHOTOS BY CATHY PALMER

Feltrim Group International held grand opening ceremonies at its Balmoral resort in Haines City Friday with a large group of visitors from here and abroad. Cutting the ribbon was, from left, Asian Realtors Association Representative Li Xi, State Rep. Sam Killebrew, Polk Sports Marketing representative Tracy Garcia, Balmoral developer and Feltrim President Garrett Kenny with the scissors while State Sen. Kelly Stargel and Haines City Commissioner Kenneth Kipp lend a hand.



Brazilian soccer great Ronaldo, right, gets his hard hat on while his business manager and partner Rafael Bertani waits for the groundbreaking ceremonies at the new Balmoral Resort development.

### Final Notice and Public Explanation of a Proposed Activity in the 100-Year Floodplain and Wetland

Date: April 5, 2017  
Name of Responsible Entity: City of Fort Meade  
Address: 8 West Broadway Street  
P. O. Box 856  
Fort Meade, FL 33841-0856  
Telephone Number: (863) 285-1100

To: All interested Agencies, Groups and Individuals

This is to give notice that the City of Fort Meade has conducted an evaluation as required by Executive Orders 11988 and 11990 in accordance with HUD regulations at 24 CFR 55.20 to determine the potential affect that its activity in the floodplain and/or wetland will have on the environment.

The City of Fort Meade intends to undertake a project to be funded by a Florida Small Cities Community Development Block Grant (CDBG). The proposed project includes:

In Service Area #1, the Cherokee Avenue Lift Station will be replaced with a larger lift station. In Service Area #2, the gravity sanitary sewer collection system in sections of Palmetto Avenue and Bowers Street will be replaced. As Unmet Needs, if funding is available, one or more of the following activities may be undertaken: In Service Area #1, a new emergency generator would be installed at the upgraded Cherokee Avenue Lift Station. As a separate unmet need in Service Area #1, the existing Cherokee Avenue Lift Station would be removed. An additional unmet need would include the replacement of a section of the gravity sanitary sewer line in both Myrtle Street and Bay Street and as a final unmet need, a portion of the gravity sanitary sewer collection system along Palmetto Avenue would be replaced. It has been determined that no practicable alternative other than to proceed with the work is available.

This activity will have no significant impact on the environment for the following reason:

The design of the project is complete. A portion of the project may be located in a floodplain and/or wetland. The Town anticipates, only a minimal amount of additional impervious surface within the floodplain may be created by the project. If additional impervious surface is created by the project, drainage improvements to compensate for the additional impervious surface that will be created will be included in the project.

Although a portion of the project may be located in the 100-year floodplain and/or wetland, the improvements cannot be undertaken in any other location due to the scope of the project. There is, therefore no practicable alternative than to continue with the project.

The proposed improvements conform to applicable floodplain protection standards. The proposed action will not affect natural or beneficial floodplain values, and residents of the community will benefit from the project. The proposed project involves the following Activities:

#### Activities:

##### Service Area #1 – Cherokee Avenue Lift Station Replacement Service Area:

**03J – Sewer Line Replacement** – The existing sanitary sewer lift station located just east of the intersection of Bowers Street and Cherokee Avenue within the Bowers Street Right-of-Way will be upgraded. The upgrade will include the replacement of the existing wet well/dry well lift station. The components in the replacement lift station will include a new wet well structure, submersible pumps, piping and valves at the station, discharge piping to a point of interconnect with the existing sewer system, a pump control panel, and associated site work and electrical work.

Activity	CDBG Cost	Local Match
03J Sewer Line Replacement	\$250,000.00	\$ 0.00

##### Service Area #2 – The Sanitary Sewer Line Upgrade Service Area:

**03J – Sewer Line Replacement** – The replacement of approximately 1,610 linear feet of existing gravity sanitary sewer collection system lines with new ten inch (10”) gravity sewer lines in Service Area #2. The scope of work to be carried out in Service Area #2 is as follows:

- The replacement of approximately 1,250 linear feet of existing gravity sanitary sewer line collection system along Palmetto Avenue with ten inch (10”) sanitary sewer line by conventional trenching. The replacement of the sanitary sewer line collection system along Palmetto Avenue is being carried out between Bay Street on the North and Bowers Street on the south; and
- The replacement of approximately 360 linear feet of ten inch (10”) gravity sanitary sewer line collection system along Bowers Street by conventional trenching. The sewer line replacement and manhole rehabilitation is being carried out along Bowers Street between Palmetto Avenue on the west and the Cherokee Avenue Lift Station on the east.

Activity	CDBG Cost	Local Match
03J Sewer Line Replacement	\$ 394,000.00	\$ 15,000.00

Activity	CDBG Cost	Local Match
Engineering	\$ 0.00	\$ 35,000.00

Activity	CDBG Cost	Local Match
Administration	\$ 56,000.00	\$ 0.00

#### Unmet Need

##### Unmet Need #1 – Service Area #1 Cherokee Avenue Lift Station Replacement Service Area:

**03J – Sewer Line Replacement** – As an unmet need, if funds are available, a new emergency generator for operation of the pump station during times of power outages will be purchased and installed at the Cherokee Avenue Lift Station.

Activity	CDBG Cost	Local Match
03J Sewer Line Replacement	\$ 50,000.00	\$ 0.00

##### 03J – Unmet Need #2 – Service Area #1 Cherokee Avenue Lift Station Replacement Service Area:

**03J – Sewer Line Replacement** – As an unmet need, if funds are available, the existing Cherokee Avenue lift station structure will be demolished. The demolition of the Cherokee Avenue lift station will include associated site work and restoration.

Activity	CDBG Cost	Local Match
03J Sewer Line Replacement	\$ 30,000.00	\$ 0.00

##### Unmet Need #3 – Service Area #3: The Myrtle Street and Bay Street Sanitary Sewer Line Upgrade Service Area:

**03J – Sewer Line Replacement** – As an unmet need, if funds are available, the replacement of the existing gravity sanitary sewer lines and manholes in Service Area #3. The scope of work to be carried out in Service Area #3 is as follows:

The replacement of approximately 500 linear feet of eight inch (8”) gravity sanitary sewer line collection system along Myrtle Street by conventional trenching. The sanitary sewer line and manhole replacement is being carried out along Myrtle Street between the CSX Railroad on the east and Palmetto Avenue on the west;  
The replacement of approximately 500 linear feet of eight inch (8”) gravity sanitary sewer line collection system along Bay Street by conventional trenching. The sanitary sewer line and manhole replacement is being carried out along Bay Street between the CSX Railroad on the east and Palmetto Avenue on the west.

Activity	CDBG Cost	Local Match
03J Sewer Line Replacement	\$ 140,000.00	\$ 0.00

##### Unmet Need #4 – Service Area #4: The Northern Cherokee Street Sanitary Sewer Line Upgrade Service Area:

**03J – Sewer Line Replacement** – As an unmet need, if funds are available, the replacement of approximately 300 linear feet of existing gravity sanitary sewer line collection system along Palmetto Avenue will be replaced with 10” sanitary sewer line by conventional trenching. The replacement of the sanitary sewer line collection system along Palmetto Avenue is being carried out between Myrtle Street on the North and Bay Street on the south.

Activity	CDBG Cost	Local Match
03J Sewer Line Replacement	\$ 50,000.00	\$ 0.00

Total CDBG Cost - \$700,000.00  
Total City's Local Match from the City's Water and Sewer Enterprise Fund - \$50,000.00  
Total CDBG and City's Local Match - \$750,000.00

Failure to provide these improvements would result in the City of Fort Meade not being able to carry out the activities in the project.

Additional agencies involved in this project include the Florida Department of Economic Opportunity, the City of Fort Meade and the U.S. Department of Housing and Urban Development.

Written comments must be received by Fred Hilliard, City Manager at the City of Fort Meade, P. O. Box 856, Fort Meade, FL 33841-0856 on or before April 13, 2017. A more detailed description of the project and the Federal Insurance Administration (FIA) flood maps are available for citizen review by contacting the local government.

Barbara Manley, Mayor  
Environmental Certifying Official  
City of Fort Meade  
8 West Broadway Street  
P. O. Box 856  
Fort Meade, FL 33841-0856  
Telephone (863) 285-1100



# VIEWPOINT

## Lake Wales murals preserve community heritage

Photos published in this newspaper last week showing restoration of an 81-foot by 24-foot mural depicting downtown Lake Wales in the 1930s sparked our interest in the city's murals.

As purchasers of The Lake Wales News in 1998, we were aware of the community's pride in its history, reflected (among a number of ways) in murals painted on exterior walls on several downtown buildings.

Our research this week disclosed that the number of murals has grown to 21, of which all but three are on exterior walls. (The exceptions are on the interiors of the city library, the post office, and the Lake Wales branch of Polk State College.)

Most of the murals were created from the mid-1990s to 2011, though the one in the post office lobby dates back to 1942.

The most whimsical shows a 1958 Thunderbird

### Our Viewpoint

crashing into one wall of a building and emerging from another wall.

Other topics include Lake Wales pioneers, the Lake Wales High School Highlander Band, early downtown street scenes, Bok Tower Gardens, and the Lake Wales Amphitheater where the Black Hills Passion Play was performed.

Tom Freeman was the foremost artist who created the murals, though by no means the only one. Some of the work was created by volunteers working under his tutelage. One was a mural of Freeman himself, created as a tribute by his students.

Sponsorship of the murals range from individuals

to businesses to citizens groups to volunteer artists to the Murals and Enhancements Board.

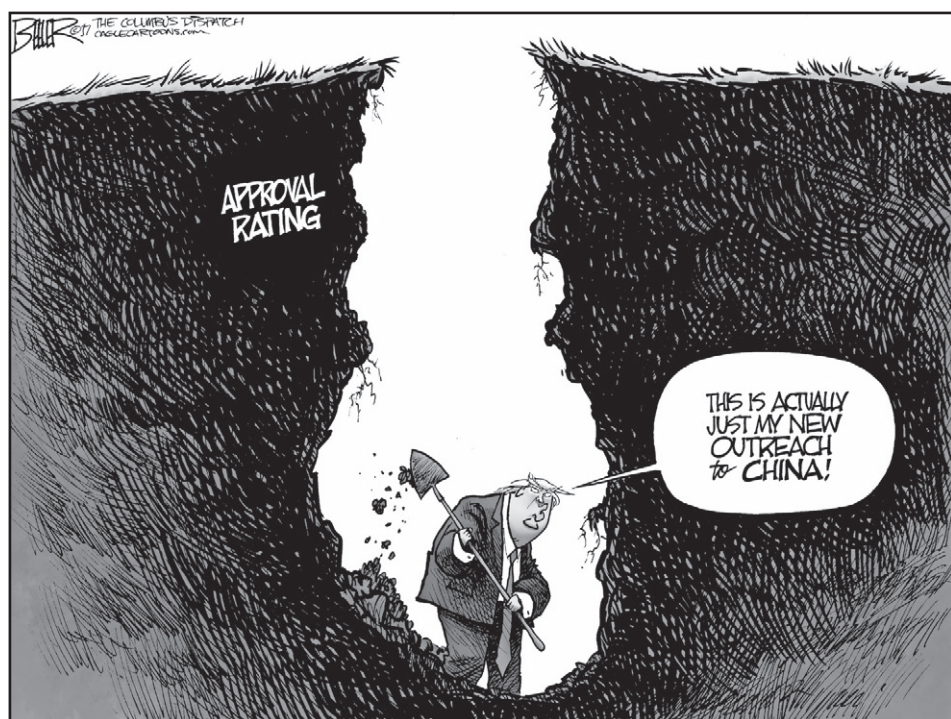
Maintaining the murals on exterior walls is a never-ending task.

Lisa Moore, who created several of the murals, has been commissioned to restore some of the earlier works, including the downtown scene at Stuart Avenue and Scenic Highway which is currently undergoing restoration.

For a complete listing of the murals, with a site map showing their location, go to the cityoflakewales.com web site.

Lake Wales is celebrating its centennial year as an incorporated city this year.

Its commitment to its history, as reflected in its murals, is a remarkable commentary on this remarkable community.



## Newspapers: we'll be here, but different

Five years ago, the University of Florida surprised both journalists and academics by selecting Diane McFarlin as dean of its College of Journalism and Communications.

Though widely recognized as a high achiever in Florida journalism, she lacked a doctorate in her chosen field, a rarity for the dean of a major college at a major research university.

What she had was a record of achievement in journalism dating back to her days as a high school student employed as a part-time reporter at The Lake Wales Daily Highlander.

After graduating with a journalism degree from UF in 1976, she moved rapidly up the organizational chain at the Sarasota Journal, the Gainesville Sun, and the Sarasota Herald-Tribune. She spent 22 years at the latter, including 13 years as publisher.

During her tenure at Sarasota, she established a 24-hour cable TV station to extend the reach of the paper.

Despite her record of accomplishments, including a term as president of the American Society of Newspaper Editors, she acknowledges that she was surprised to be selected to head the UF J-school (as it is commonly known in journalism circles) without a doctoral degree.



S.L. Frisbie

S.L. Frisbie can be contacted at [sfrisbie@hedartlandnews.com](mailto:sfrisbie@hedartlandnews.com)

The university, she said, concluded that her record of professional achievement outweighed a doctorate.

Diane and I developed a long-time friendship as members of the Florida Press Association and directors of the Florida Press Foundation. Whether this friendship was a factor in her selection to be dean of one of the finest J-schools in the nation is subject to conjecture. I would say probably not. All this is by way of introduction to say that when it comes to journalism — present and future — when Diane McFarlin speaks, industry leaders listen. Saturday afternoon, she spoke. The occasion was a fund-raising event for the Lake Wales Library Association.

Of the industry's current low standing in public opinion, she said:

"Things are going to get worse before they get better." But they will get better, she continued, and the industry will be the better for the turmoil it is experiencing.

Different, but better.

"It is critically important that local media regain their strength," she said. "The industry needs to listen to people, to hear their point of view. We saw in the last election what happens when we don't listen to our readers."

In preparing her students for careers in journalism, she pushes a concept she calls ROPE: "Report Once, Publish Everywhere."

It is not enough to publish a story in the newspaper and consider the job done, she said. The same story needs to be edited and formatted for the other forms of media that journalists must employ to reach their audience.

For her part, she reads three daily newspapers ... all of them online.

The only printed newspaper she reads is the Sunday New York Times.

"Print will never be as big as it once was," she predicts.

To make the online approach financially successful, she believes that the industry will develop a viable subscription model, bringing an end

to the self-destructive practice of offering for free online the content for which it charges a dollar or more in its printed products.

My generation of journalists can well remember the frequent criticism of offset printing technology when it began replacing letterpress technology more than a half-century ago.

"Offset," old-timers growled, "ain't printin'." Actually, it was, but it wasn't the kind of movable type printing technology developed by Johannes Gutenberg around 1440.

Today, I am an old-timer, and I hereby declare that "online ain't printin'."

But it is the technology that is the key to the survival of journalism, in the opinion of Diane McFarlin.

I suspect she is correct.

(S. L. Frisbie is retired. Early in his career, he set headlines using hand-set type from a California typecase; set stories on a Model 8 Linotype machine; used a heavy wooden-handled ladle to pour up pigs from lead melted in a cast iron pot; and made flat-casts of advertising copy from melted lead. Today, there is little marketability for those skills.)

### 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 [news@scmginc.com](mailto:news@scmginc.com) or mail them to 99 3rd St. NW, Winter Haven, FL 33881.



# Jenkins builds a supermarket 'Where Shopping is a Pleasure'

The gleaming Publix you know today – wide aisles, automatic-opening doors, air conditioning, refrigerated food cases – are more or less what you have come to expect from Publix. But in 1940, in Winter Haven, Florida, and nearly all of the rest of the U.S., they were unheard of.

As the 1930s drew to a close George Jenkins had been gathering data from his little food store on Central Park and around the country as well. The term "supermarket" was coming into use, though in Jenkins' estimation early attempts at large stores with low overhead were garish and uninviting.

George had bought a small orange grove during the depression, and he decided to mortgage that to build his dream store. In speaking with his bankers they made fun of "George's marble, glass and stucco food palace." He persisted and prevailed. He mortgaged the grove for \$15,000. The building would cost \$25,000; it sat on a \$10,000 lot and would require an additional \$35,000 in equipment and inventory.

He designed much of the equipment himself, as up until that time it had not existed in small neighborhood groceries. The store would ultimately feature air conditioning, fluorescent



## Bob Gernert Beneath the Chinaberry Tree

*Bob Gernert is a student of Winter Haven history and founded the Museum of Winter Haven History.*

lights, open dairy cases and wide aisles, among other features. Jenkins even designed a drinking fountain with the copper supply tube running through one of the grocery coolers so his customers would enjoy "cold" water.

But he would discover the ultimate amenity on a trip to New York where a chance encounter with electric-eye doors at Pennsylvania Station led him to inquire of the manufacturer, "Could these be made for a grocery store?"

Assured they could, he was quoted a price of \$1,300 which he thought was a bit high. He wrestled with the decision but ultimately decided that whether the customer was carrying his groceries or personal items – not having to "push through the door" would be a big plus.

And a plus it was as Jenkins would relate, "People came from miles around

just to see and experience the electric-eye doors in the new store."

The story is told that the night before his "palace" opened, he sat on the steps of the neighboring Baptist Church and thought, "There will never be a finer grocery store." There wasn't – until Publix outgrew that location and the company built new, bigger and better stores, leading the way in shopping centers.

By 1945 Jenkins would purchase a small chain of All American Stores from none other than J. A. Powell, the man who fronted him the groceries for opening day at his first little store. That \$175,000 plunge brought Publix 19 stores Jenkins would describe as having "all the architectural charm of a shoe box." But they came with a warehouse in Lakeland and George knew he would need a warehouse to grow.

Publix was off and running to become "Where Shopping is a Pleasure." As noted during their 85th anniversary, "Publix Super Markets presently has 1,144 stores and more than 200,000 associates in Florida, Georgia, South Carolina, Alabama, Tennessee and North Carolina. The company posted sales of \$34 billion during 20. The organization and its associates are

known for their many philanthropic gifts – another hallmark of George Washington Jenkins, Jr.

Not bad for a young man of 18 who arrived here with \$9 dollars in his pocket. Congratulations to all Publix associates for 86 years of shopping pleasure.

Information for this installment was based on "Fifty Years of Shopping Pleasure" by Pat Watters, The local newspaper articles as well as local recollections from the Publix family.

### About the series

Early in Winter Haven's history, a large Chinaberry tree grew near the middle of Central Avenue at the corner of the Snell Bank (now the Times Square building). It was beneath this tree that early residents shared the news and solved the challenges of the day.

The Museum of Winter Haven History is open Saturdays from 9 a.m. to noon in the Woman's Club/Museum building on Pope Avenue at Lake Howard Drive. It is free and open to the general public. Group visits are available by appointment. Contact Bob Gernert at 863-206-6855 or bobgernert@gmail.com.

## Webber to celebrate 90th anniversary

Founded on April 6, 1927, by financial guru, industrialist, and economist Roger Babson, Webber International University in Babson Park will be celebrating its 90th anniversary at noon Wednesday, April 5, with an open to the public picnic lunch.

Babson, together with his wife, Grace Knight, founded the private, not-for-profit, SACSCOC accredited college as the first school chartered under Florida's then new educational and charitable laws, and was one of the first colleges of business for women in the nation.

While initially a women's school, Webber now hosts men and women from more than 50 different nations.

Joining Webber as a branch campus in 2011, St. Andrews University (formerly St. Andrews Presbyterian College, Laurinburg, N.C.) is a comprehensive liberal arts university which traces its roots back to the 1896 founding of its predecessor Flora Macdonald College.

### School district has job fairs coming

Polk County Public Schools has scheduled two career fairs in April working for the Polk County School District.

Recruiters will be seeking to fill vacancies for teaching, school bus driver, custodial and food nutrition positions, the district reports.

The west area fair is scheduled Thursday, April 20 at the Bartow Civic Center, 2250 S Floral Ave. in



## Christine Roslow Our Schools

*Christine can be contacted at croslow@heartlandnews.com.*

Bartow. The east area fair is scheduled Wednesday, April 26 at Lake Eva Community Center, 555 Ledwith Ave. in Haines City. Both fairs take place from 8:30 a.m. to 4:30 p.m.

The job fairs will be used to recruit new teachers. Prospective teachers are required to register in advance and complete an employment application online at <https://jobfair.polk-fl.net/>

For information on teacher recruitment, contact Karen Marcelin at karen.marcelin@polk-fl.net

### Golf tournament, celebrity auction coming

He based his NFL career on taking things away and now, he's giving back.

In his 15-year career in the National Football League only four players have more interceptions than him, but in the years he's returned home to Polk County, Ken Riley has been giving back to the community and specifically the youth.

That is continuing on May 5 with the second golf tournament to raise



PHOTO BY TOMMY GRIFFIN

**Bartow High School students Kiersten Robbins and Leslie White accept a donation from the Bartow Rotary Club Wednesday, March 8, for scholarship awards the club awards yearly. The donation was \$300. With them is Rotary President J.C. Martin on the left, and Bill Heppel on the right.**

money for scholarships for high school students. The shotgun tournament is open to anyone but check out who is among those also taking part: two time Heisman Trophy winner Archie Griffin, former Buffalo Bills and Los Angeles Rams quarterback James Harris, Detroit Tigers slugger Willie Horton, Ray "Sugar Bear" Hamilton, Parnell Dickinson, Glen Edwards, Isaac Curtis, Larry Little, Paul Krause, James Jones and Barry Smith.

Today, the Bartow resident is focused on helping financially challenged students who are pursuing an advanced education – whether college or vocational school – reach their goals.

To help worthy students, the Ken Riley Foundation is teaming up with the Eastside Positive Action Committee and the Union Academy Alumni Association Inc., for a fundraising weekend.

Fees to enter the tournament is \$100 per person and there are other prices for different sponsorships.

From 1969 to 1983, Riley played for the Bengals recording 65 interceptions – including eight interceptions his final season at 36-years-old – as well as 18 fumble recoveries and five touchdowns. He later coached at Florida A&M.

For information about the tournament, visit .kr13.org

## Raymond French gets medals at long last

Raymond French from Babson Park was presented with the Bronze Star Medal, the United Nations Service Medal, the National Defense Service Medal, the Korean Service medal, the Qualification Combat Infantryman Badge, the Army Presidential Unit Citation Ribbon, and the Army Overseas Service Ribbon on Feb. 22 by Rep. Tom Rooney.

French earned the medals for his service in the Korean War and was presented 65 years after he was discharged from the Army.

Cpl. French joined the Army in 1948, shortly after graduating high school. When the Korean War started

### Brenda Eggert Brader bbrader@tampabay.rr.com

in 1950, the Army asked for volunteers so he stepped forward and was flown from California to Alaska and then Korea where he and other recruits were boarded a troop ship. He was assigned to HQ and HQ Co., 2nd battalion, 21st Regiment, 24th Division as a radio operator for the Battalion Commander. He also volunteered for this job. The Battalion moved every day, traveling day and night. One

morning around 3 a.m., they stopped and everything went silent. They could hear the enemy tanks ahead of them. The enemy started firing with every bit of firepower they possessed. At that point he tossed his headset out the back window and hit the ground behind the jeep.

His commanding officer shouted the order for him to tell Fox Company to occupy the rail tracks and for him to stay put. With small arm fire pushing up dirt around where he stood, the commanding officer didn't have to tell him not to move. Fox Company moved to the position that his commanding officer had directed them. During the

attack, the front of the jeep that French had been using for cover was shelled. When daylight came, they saw three North Korean tanks, several trucks and other items belonging to the enemy had been destroyed.

French, discharged in 1952, worked for IBM and others, retiring after 29 years.

### Submit happy news

The Polk County News & Democrat and Winter Haven Sun welcomes all happy family occasions. Just send me the what, why, when and where and who and a contact phone number to at bbrader@tampabay.rr.com.



# RELAY FOR LIFE

## Happiness, help fight tragedies

*Winter Haven focused to help cure cancer*

By **CHARLES A. BAKER III**  
CORRESPONDENT

WINTER HAVEN – Area leaders, companies, caregivers and cancer survivors gathered downtown for the annual Relay for Life of Winter Haven Friday night.

Retired Winter Haven Hospital oncologist Dr. Robert Cassell was honored as honorary chair of the event. Cassell said in his 32 year career, he has treated approximately 15,000 cancer patients and that recovery percentages improved between the time he started in medicine and when he retired in October.

American Cancer Society Communications Manager Jennifer Howe said Cassell received an ACS fellowship from Emory University in 1983 and that over the past 30 years, he has volunteered with ACS and served as a Florida Division board member. Howe said as many as 100 of his surviving patients were scheduled to attend the event and honor Cassell for his role in their cancer fight.

“There are a number of my former patients here,” Cassell said. “Every one of them had to face something that could have taken their life and that is what makes them all special. This event is not about me. It’s about the survivors and the memory of others who passed.”

Cassell said he is still actively volunteering with Winter Haven Hospital in several capacities.

Relay for Life of Winter

Haven chairwoman Chris Hazlewood has been volunteering with Relay for almost as long as Cassell. Hazlewood said she started volunteering in the 1990s and has been helping on and off ever since. Hazlewood was diagnosed with stage three breast cancer in 2008.

While Hazlewood was talking, Winter Haven resident cancer survivor Marsha Messmer approached and asked to have her photograph taken with Hazlewood. The two met in a support group when she was initially diagnosed with breast cancer in 2010. Messmer’s cancer grew to her other breast in 2014 and over the years developed a friendship with Hazlewood.

“She is a neat lady,” Messmer said. “She is always upbeat and we do a lot of things together now. Plus she is wearing a cute tutu.”

During opening ceremonies, Winter Haven Mayor Steven Hunnicutt dedicated his fundraising effort to his mother Julia Hunnicutt who passed from cancer in 2002.

“It’s a disease that touches many lives and we will keep fighting until we find a cure,” Hunnicutt said.

Winter Haven resident Bruni Gautier was diagnosed with ovarian cancer in 2005 and also spoke during opening ceremonies.

“There are warriors and victims and I chose to be a warrior,” Gautier said. “My days were no longer mine to dictate. With all the doctor appointments, I chose

to face each day with a smile on my face and a prayer to God.”

Her cancer returned in 2013 and Gautier said American Cancer Society support groups helped her keep fighting.

“The Look Good, Feel Good events helped me feel like a woman again,” Gautier said. “I had no hair, no eyebrows but I rocked the wigs.”

After opening ceremonies, cancer survivors took a lap around the downtown area and cancer caregivers walked the second lap of the annual fundraiser.

Three Winter Haven sibling caregivers organized the Lake Ashton Purple Stars in honor of their sister Judi who passed in 2014. Sue Frantz and her sister Gretchen Frantz both dyed their hair purple for the event and their brother Mike Weissuerg wore a purple spandex outfit that covered him from head to toe. The Lake Ashton Purple Stars raised \$8,649 for the American Cancer Society this year.

“We are blessed to be alive and to be able to help out,” Sue Frantz said.

After the first two laps, everybody in attendance gathered around to watch the Heroes in Heels race featuring around a dozen Winter Haven leaders who donned high heels to race around 100 yards in Central Park.

Lots of pictures were taken and lots of smiles seen and a few of the leaders did quite a bit of stumbling in high heels through the grass during the race.



PHOTO BY CHARLES A. BAKER III

**Winter Haven Mayor Steven Hunnicutt struggles to keep up during the Heroes in Heels race. Mayor Hunnicutt dedicated his fundraising effort to his mother Julia Hunnicutt who passed from cancer in 2002.**

Fellows Trucking - Davenport Fights Back was the top team fundraiser, donating \$22,400 to ACS followed by the LA Purple Stars. A team from State Farm raised \$6,457, Team Oil Up for Cancer donated \$4,860, Team Citizens Bank and Trust raised \$2,321, the Hero Adrian Jones in Heels team from Legoland Florida raised \$2,250, the Winter Haven LongHorn - Stake in the Cure team raised \$1,930, the Walmart 968 Against Cancer team raised \$1,564, the Center State Bank team raised \$1,553 and the Hero Bud Strang in Heels team raised \$1,550.

The top individual fundraisers were Donna Fellows with \$5,300, Kristina Drexler with \$5,300, David Harrison with \$2,429, Adrian Jones with \$2,075, John Huebner with \$1,550, Sharon Lundquist with \$1,240, Lisa Coffey, Sue Fellows, Tom Fellows and Faye



**Honorary chair Dr. Robert Cassell poses with Relay for Life of Winter Haven chairwoman Chris Hazlewood during opening ceremonies.**

Alexander raised \$865.

The American Cancer Society Relay for Life is an international movement to end cancer. Ongoing since 1985, Relay events took

place across the United States and in 19 other countries, Howe said. According to ACS, as many as two million people participate in the event worldwide.

## Plans in place for Bartow/Lake Wales event

By **CATHY PALMER**  
CORRESPONDENT

BARTOW – It’s getting down to the wire and plans are falling into place for the Bartow Lake Wales Annual Relay for Life at Bartow High School later this month.

To date, members of the community learned last week, there are some 23 teams lined up to take part in the annual American Cancer Society fundraising event.

This year, the event has been pared from a round-the-clock event to an abbreviated event which will run from

6-11 p.m. at the Bartow High School’s Memorial Stadium.

Team members learned last Tuesday how to download the ACS app to their smart phones where contributions can be instantly collected and recorded. They also learned that the app can also read credit cards and accept e-checks to make contributing easier, organizers explained.

“This will make it so easy,” explained BHS teacher and relay organizer Kerry Brown. “It’s also an easy way to send thank you notes to those who

### TO SIGN UP

The Bartow Lake Wales Relay for Life is from 6-11 p.m. April 28 at Memorial Stadium in Bartow. People can still sign up or start at team at [http://main.acevents.org/site/TR?pg=entry&fr\\_id=81710](http://main.acevents.org/site/TR?pg=entry&fr_id=81710).

For information, contact Clarice Roth at [rothbranch@aol.com](mailto:rothbranch@aol.com), Brown at 863-528-4601 or [Kerry.brown1@polk-fl.net](mailto:Kerry.brown1@polk-fl.net), [shelly.devore@polk-fl.net](mailto:shelly.devore@polk-fl.net) or [laura.webster@polk-fl.net](mailto:laura.webster@polk-fl.net) for survivors’ reception information. Email communication is suggested.

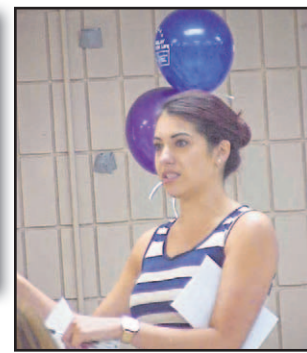
donate to your team.”

While there will be constant laps underway during the vent, there also will be a cupcake walk, a cake auction, a dodge-ball game, putt-putt golf, a fashion show and a three-legged race, said BHS student leader Denise Wright.

Brown suggested those

interested check the ACS web site and the school web site for other fundraising events prior to the relay on April 28.

There will be a final community meeting at 6 p.m. on April 18 at the Bartow Civic Center where final plans will be outlined in detail for participants and anyone



PHOTOS BY AL PALMER

**Jessica Benetiz, the American Cancer Society’s Relay Community Manager tells teams last week that they can earn prizes for fund-raising depending on how much money they raise.**

interested in attending the relay.



**Denise Wright, the BHS student coordinator for this year’s Bartow Lake Wales Relay for Life to benefit the American Cancer Society, briefs teams last week that there will be at least 23 teams involved in this year’s April 28 event**



# WINTER HAVEN NEWS

## Project has trailblazers teaching others

By **CHARLES A. BAKER III**  
CORRESPONDENT

**WINTER HAVEN** – Eight Polk County leaders volunteered time to speak at the Winter Haven Chamber of Commerce Trailblazers Round Table at the Women’s Club of Winter Haven Tuesday March 28.

The chamber Endeavor Winter Haven club is for young professionals ages 21-42 to develop their career, learn about the community, develop professionally and connect with other young professionals.

“At our Trailblazers Round Table event, our young professionals had a unique opportunity to sit at a table with established professionals and leaders in the community,” said Winter Haven Chamber of Commerce Marketing Coordinator Brianna Dingess. “They each had 10 minutes to discuss their career, habits, hardships and accomplishments with every trailblazer.”

At the event was Polk County Sheriff Grady Judd, Polk County Schools Superintendent Jacqueline Byrd, Heart of Florida Hospital CEO Ann Barnhart, CenterState Bank Founder/Chairman Ernie Pinner, Tinsley Family Businesses and former NBA player George Tinsley, Saddle Creek Logistics Chairman of the Board Scott Thornton, Founding Partner of Six/Ten LLC Joe Bogdahn and Groover Exterminating Owner Desi Groover.

“Having been adopted as a child and growing up with my adopted mother who was 65 and living off a \$65/month social security check in a one room apartment without utilities and

one bed, I have always felt the glass is half full versus half empty,” Tinsley said. “My background as a professional athlete has taught me to be very competitive and understand how to take a loss and turn it into a winning scenario.”

Tinsley described the event as a great way of developing relationships with leaders in Polk County, sharing ideas and success stories of understanding what it takes to be successful long term.

“I only wish we could have had more time to dialogue,” Tinsley said.

“It was a great event and I applaud the leadership that put it together.”

Joe Bogdahn said he was impressed with the questions that were asked at the event and was pleased to learn most were familiar with the list of books that he considers essential reading.

“I think I have hit about every rock and run aground on every oyster bed over the years,” Bogdahn said. “The key thing is to keep focused and keep moving.”

Endeavor Winter Haven is one of three projects organized by the Winter Haven Chamber of Commerce for emerging leaders in the community.

Endeavor to Connect introduces new leaders during quarterly social events with Emerge Lakeland and Engage Bartow, two similar clubs.

Endeavor to Inspire hosts monthly lunch and learn events, with the annual Trailblazers Round Table as the key event.

Endeavor to Engage exposes Winter Haven area leaders to civic, community, non-profit and legislative events through attendance at City Commission



Dozens of rising Winter Haven leaders got an opportunity to meet with eight established Polk County leaders at the Winter Haven Women’s Club last week.

meetings and presentations with Rotary, Kiwanis, Winter Haven Public Education Partnership and Big Brothers/Big Sisters, they said.

Dingess said this is the third annual Trailblazers Round Table and that Winter Haven Chamber of Commerce President and CEO Katie Worthington and Endeavor Board Chair Chad Tagtow both send their greatest thanks to all of the participants.

“During the event participants sat at tables with community leaders, heard their stories and learned from their experiences,” Dingess said. “Then they rotated tables, met the other leaders and learned even more. By the end of the night, they garnered a wealth of information from community rock stars.”


For information to join a future Endeavor project, check with the Winter Haven Chamber of Commerce.



PHOTOS BY CHARLES A. BAKER III

Polk County Sheriff Grady Judd and Polk County Schools Superintendent Jacqueline Byrd chat it up during the third annual Trailblazers Round Table organized by the Winter Haven Chamber of Commerce Tuesday, March 28.

**Gene Hayes**  
5-18-43 4-6-16



*Dad is buried in Wildwood Cemetery in Bartow at the foot of his mother's grave next to his brother Glenn.*

You never said “I’m leaving”  
You never said goodbye  
You were gone before we knew it  
And only God knew why.  
A million times we’ve needed you  
A million times we’ve cried  
If love alone could have saved you  
you never would have died  
In life we loved you dearly  
In death we love you still  
In our hearts you hold a place  
No one can ever fill  
It broke our hearts to lose you  
But you didn’t go alone  
Part of us went with you  
The day God took you home.  
Author Unknown

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# BARTOW NEWS

## Speaker inspires hundreds at Prayer Breakfast

By **STEVE STEINER**

SSTEINER@SCMGINC.COM

BARTOW – “You never know when you get the word from God,” said Bartow Mayor Trish Pfeiffer at the start of the 32nd Annual Mayor’s Sunrise Prayer Breakfast. She was commenting upon a bible she had received awhile back, one directed toward people in recovery, (the Life Recovery Bible).

The history of the prayer breakfast also has a connection to Pfeiffer, according to Howe Wallace, who emceed the breakfast. Wallace is the president, CEO and chairman of the board at Pallet One. The breakfast, Wallace told those present, was the inspiration of Maymie Burdin-Clark, then the executive director of The Greater Bartow Chamber of Commerce; Burdin-Clark is Pfeiffer’s mother.

“Maymie said ‘We’re going to do something, then she would get someone to do it,’ Wallace said in a light-hearted tone. She selected Wallace. “I guess I was the designated Christian.”

Although it was the 32nd year Wallace has served as emcee, offering a prayer for the first time at the breakfast was the Rev. Armando Rodriguez, the pastor of First United Methodist Church, in Bartow.

To give a prayer at the breakfast, said Rodriguez, was a great honor. One reason, he said, was because he is from Cuba, where religious freedom and expression was severely restricted at the time he was being raised.

“I’m grateful to come to a land of freedom,” Rodriguez said and then offered up a prayer.

Wallace elaborated upon that following the prayer. “Sometimes I think we take liberty for granted,” he said. It was in line with prior opening remarks made, that the breakfast was a celebration of Bartow and the nation’s Christian heritage.

In his introduction of keynote address speaker Brett Trapp, Wallace recounted how he first came to know of and about Trapp, as well as how he made a mental note to

one day invite Trapp to the annual prayer breakfast.

Unlike a number of previous speakers, Trapp was raised in a religious family, his father was a pastor. Yet although he attended church on a regular basis, it did not have much relevance to him until he reached his teens.

“At 16 years old I met Jesus for the first time,” said Trapp. His was an idyllic life in comparison to previous speakers, but not without a trial in which he expressed his faith was challenged. It occurred when he was a sophomore in college. That school year his father was diagnosed with ALS, commonly known as Lou Gehrig’s disease, for which there is no treatment and no cure.

It was a cruel blow, yet Trapp’s faith was sustained in good measure by the support from the community. Such was that support that his family left the basement door of their home unlocked, in order that people could come and beneath the room where his father was, pray; that had grown from earlier prayer circles.

Despite the pain of the decline of his father, his retelling was not without humor. On Nov. 9, 2000, a woman said she felt God wanted those present, more than 100 people, to march around the house seven times, as the Hebrews had done marching around Jericho. At the end of the seventh march around the house all those present gave out a shout and made other noise. Trapp said he could just imagine what the neighbors might have been thinking as they watched and heard. Trapp smiled at the memory during his recounting.

On Dec. 31, 2000, his father passed away. It hit him hard.

“You ask God ‘Why?’ a lot,” said Trapp.

Trapp also included his opinion on the current state of this nation and how, as one who is termed a “Millennial” believes this is perhaps the worst time in this nation’s history; he said he is 35 years old. He sees negativity and division, and that he and friends often feel despondent.



PHOTO BY STEVE STEINER

His eyes are shut as Brett Trapp, this year’s keynote speaker at the 32nd Annual Mayor’s Sunrise Prayer Breakfast, emphasizes a point during his presentation.

Being religious is not necessarily a panacea.

“It seems the people of faith I know are not helping a lot,” he said, adding many people of faith are instead contributing to the current condition.

But he held out hope as he read from Romans 12, “Do not be overcome by evil, but overcome evil with good.”

He closed his

presentation urging those present to open themselves to Jesus and God and enumerated upon four ways people of faith can by of joy and peace:

- Affirm one another.
- Be vulnerable.
- Be low maintenance.
- Celebrate Everything.

“Feel Him sending down to you joy and peace,” Trapp said. “And take it from there.”

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# LAKE WALES NEWS

## LWCS: McLaughlin may be charter school next year

*School and School Board must approve plan first*

By **JAMES COULTER**  
CORRESPONDENT

LAKE WALES – Lake Wales Charter Schools hopes to bring McLaughlin Middle School and Fine Arts Academy into its system as soon as next August if the school district approves their proposal.

LWCS is currently drafting a written agreement between it and the school district to have the school closed and re-opened as a charter school.

If approved,

McLaughlin will be provided a year to transition from its current administration to new management under LWCS in time to have the school re-opened by August 2018.

Of course, this plan will only move forward if the agreement is approved by McLaughlin and the school district. Robin Gibson remains skeptical about whether or not this agreement will be approved.

“I think this is hanging in the balance,” he said. “I have no idea whether the district will

be able to bring that to a decision point one way or the other. It is a big operation, and the timing window is short.”

LWCS has been contemplating converting McLaughlin into a charter school using a Florida statute through which the school district had the authority to shut down an “F” school and re-open it as a charter school under its management.

LWCS had since approached the school

LWCS | 11



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**Easter Sunrise Service** Apr 16, 7am (gates open at 6am)

Easter morning worshipers will be offered complimentary admission to experience the Gardens' own sunrise service with a full choir, brass ensemble, live carillon performances, and an inspirational Easter message from local clergy.



**Carillon Classic 5K Run/Walk** Apr 29, 7:30am

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# OBITUARIES

## County plans to take BS Ranch to court

Polk County's taking their smelly problem to court to stop a local business from hauling in more sewage waste which they process into a commercial soil product.

BS Ranch in Lakeland hasn't been paying attention to cease and desist orders and reportedly has kept getting shipments of human sewer sludge, so the county headed to a judge for an injunction to make the company quit the manufacturing process that has created noxious odors across the neighborhood for months.

County Attorney Michael Craig told Polk County commissioners Friday the company failed to comply with both the county's and the Department of Environmental Protection's orders to stop the process that has resulted in the horrible odors reported by neighbors.

The whole flap started more than three months ago when the BS Ranch started combining human sludge with rotting food and mulch to make a rich organic soil used by farmers and growers.

Craig told commissioners the goal was to "get it filed (the request for an injunction) as soon as possible then hope to get an emergency hearing. He added that the move into the judicial branch was "an extraordinary remedy" and the county "has to provide a very strong case" for

the courts to act.

The county took the drastic steps after the county governing board learned that the ranch had continued to accept human waste products from an Orange County plant after the board issued an halt order last month.

The state DEP has issued stop orders or asked for steps to contain or curtail the stench, but maintains it will continue to go through the "standard enforcement process." The ranch was supposed to submit a plan to institute changes to the agency late last week that included ways to eliminate the odor such as adding lime to the mixtures, cover the mixing process and/or the installation of air monitoring system.

They also reportedly talked about decreasing the amount of sludge accepted and adding deodorants to a misting system.

Craig didn't outline a timeline for any judicial action on Friday, nor did commissioners discuss establishing any deadlines or any other possible actions the board could take against the operation.

Commissioner George Lindsey asked Craig if the county could rescind the permit that allows the plant to operate, and Craig replied, "that is being looked at."

### Becker wins economic prize

A long-respected leader in Florida's citrus industry will be the recipient of the 2017 Prize for Economic Freedom from the Center for Free Enterprise at Florida Southern College.

Bill Becker, founder and CEO of Peace River Citrus Products, was presented the prize at the Third Annual Economic Freedom Award Luncheon March 27 in the George W. Jenkins Field House on the FSC campus.

The keynote speaker was Commissioner of Agriculture Adam Putnam.

The Center for Free Enterprise, part of the Barney Barnett School of Business and Free Enterprise at FSC, awards the Prize for Economic Freedom to an individual who exemplifies the highest commitment to the principles that allow for human prosperity.

Becker, a 1965 graduate of Florida Southern, has been an influential leader in Florida's citrus industry and has held numerous important positions. He was general manager of his family's company, Becker Groves, and vice president of Becker Holding Company, which owned or managed 12,000 acres of groves. He founded Becker Trading Company, which processed nearly 18 million boxes of fruit per year, and in 1994, he founded Peace River Citrus Products, which manufactures and distributes

citrus-based packaged goods for retail, food service, agricultural and industrial customers.

Becker is a former chairman of the Florida Citrus Commission, and during his tenure, he worked to maintain domestic markets while advocating expansion to foreign markets, helped shift the Commission's focus to promotional marketing, and was an advocate for enhanced quality standards. He is also a former president of the National Juice Products Association and the Florida Citrus Processors Association.

He was inducted into the Florida Citrus Hall of Fame in 2011 and recognized by Florida Southern with an honorary doctor of business degree that same year.



Bill Becker

### Bartow attorney suspended

A Bartow attorney was suspended for 91 days by the Florida Bar this month, it reported.

Bradford Stewart was suspended effective 30 days from a Feb. 16 court order where advised a client in a paternity/child support

## Albert LaBozzetta

Albert LaBozzetta was born in Manhattan, N.Y., on Oct. 26, 1936.

He lived there with his three brothers, Dominic, Tony, Joseph and his parents, Placido and Angielina.

His family then moved to Bay Ridge Brooklyn, N.Y. Albert then met the



LABOZZETTA

love of his life, Anna Scoppetta, AND they got married on Aug. 15, 1959.

They had two children, Rosemarie and Albert Jr.; and he

had five beautiful grandkids, Valerie, Anthony, Brett, Brad and Dania.

matter, and the client's employer, his uncle, that they could change the client's job position to one with a lower salary, which could reduce the client's child support obligation. Stewart then filed his client's amended verified financial affidavit reflecting the lower income, the bar association reported. The scheme was not discovered until several years later, when emails between the client, uncle and Stewart were provided to the mother.

Stewart was among a handful of attorneys cited by the bar which included 20 disciplined, five disbarred, nine suspended, and publicly reprimanding six. Three attorneys were also placed on probation; two were ordered to pay restitution.

### CityWorks (X)po this week

The second cityWorks (X)po is ready to go on April 5 where people can learn from professionals what to do and not do in business.

Sponsored by the The Greater Winter Haven Chamber of Commerce, Main Street Winter Haven this multi-day

event focuses on creative and innovative BIG ideas for building better places!

It is planned April 5-7 at Grove Roots Brewing Co, 300 3rd St. SW in Winter Haven.

A wide array of speakers as well as local innovators will be on stage to share ideas and best practices in the areas of good government, F&B, community, arts & design, entrepreneurship, music, recreation, knowledge, media and being a part of "building" better communities.

On April 5 there will be a kickoff party at Grove Roots Brewing Co. from 5:30-7 p.m.

On April 6, registration opens at 8 a.m. Conference is from 9 a.m. - 5 p.m. Conference attendees receive tickets to the Craft Beer Crawl in Downtown Winter Haven which is from 5:30-8 p.m. that evening.

On April 7, registration is at 8 a.m. Conference is from 9 a.m. - 5 p.m. Conference attendees receive tickets to the Walter Parks and Swamp Cabbage concert at Gram Parsons Derry Down that evening.

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# LWCS

FROM PAGE 9

district with the proposal, and had submitted questions for the school board members to consider.

"I think at this point, on behalf of our system, I have done what all we can do with the help of Bok Academy, and we will see whether it happens," Gibson said.

While the chances of the proposal being approved appear "slim to none," according to

Gibson, public consensus from both parents and teachers seem to slightly favor such a transition.

Gibson had spoken to every school board member, and their opinion is that they would highly investigate such a proposal.

Furthermore, his office had been surveying social media, and their gathering is that most parents are in favor of this proposal.

"The only negative (reaction) was from a few parents that were concerned that McLaughlin students

would not measure up and have to go somewhere else," he further elucidated.

For the past 14 years since the charter school system was initiated, LWCS has done its best to assure parents that it was created to serve their own best interests by providing for the education needs of their children, and as such, this proposed conversion of McLaughlin was similarly within that same vein, Gibson said.

"We have started emphatically that the whole purpose of this (system) was all kids,

all schools," he said.

Previously, LWCS had been the subject of rumor and speculation of working outside Lake Wales with a proposed partnership with Jefferson County to help them shut down two of their own failing schools and re-open them as charter schools, similar to what LWCS is proposing for McLaughlin.

However, as the proposal would be for LWCS to serve as an operator for the new schools rather than as a consultant, and as such an operation would

have been outside the authority of LWCS and thus contrary to their mission statement, the proposal was a "non-starter" from the very beginning, Gibson explained.

"The fact that so much was made of that (in the blogosphere), when in reality, when it was a standpoint of us taking it over was a non-starter for the beginning," he said.

Currently, LWCS is planning to move forward with an expansion of Bok Academy, which will involve taking ownership and control of a

former city high school building and renovating it into a new facility.

By July, LWCS will be anticipating a donation from a local philanthropist of a check for \$1 million dollars to help facilitate the project.

By that time, there will be no turning back from the project, as the proposed renovation, re-design, and construction of the facility will require two years to complete, Gibson explained.

"They will be unwise to push that time frame back," he said.

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# WEDU returns to the library

By **JAMES COULTER**  
CORRESPONDENT

LAKE WALES – Sunny days were sweeping the clouds away as Lake Wales children were on their way to where the air is sweet.

No, not Sesame Street, but close! It's the new WEDU Storybook Corner at their local library.

Lake Wales Public Library recently unveiled their new storybook corner featuring books, CDs, and DVDs based on PBS Kids programming such as "Sesame Street" and "Daniel Tiger's Neighborhood."

More than a dozen local children and their guardians were able to see the new storybook corner during a ribbon cutting ceremony last Tuesday, which included a storybook reading, songs and dance, and even a special character appearance by Arthur the Aardvark from his titular PBS Kids show.

Lake Wales Public

Library was the first library within the state to receive such a donation from the local PBS affiliate, WEDU, which plans to donate to 16 more libraries within the state.

"This is like a huge present for our library," said librarian Tina Park. "It is a wonderful treat to have our WEDU Kids books and movies."

The storybook corners were donated through funding provided through the PBS Phyllis L. Ensign Foundation, which was created in memory of a local woman who had provided a generous donation to WEDU upon her passing, explained Allison Hendricks, WEDU Vice President of Communications.

Aside from being an avid WEDU watcher, Phyllis L. Ensign also loved to volunteer at her local library to tell stories to young children.

As such, WEDU decided to donate multimedia

corners that include iPads, books, DVDs, and a number of different resources to various libraries in the state in her honor.

At least 16 other libraries are scheduled to receive similar donations, and while no other library in Polk County has been selected, WEDU will consider donating to another county library if the opportunity arises.

"We are so excited, each library will receive different resources for children to make use of and grow. We can't wait to hear the stories that come from these," Hendricks said.

Aside from local children and their guardians, the ribbon cutting ceremony was also attended by Lake Wales Mayor Eugene Fultz, who helped cut the ribbon.

As a former educator, Fultz appreciated the donation provided to his local library, and how the additional resources will help broaden children's

education. "We feel so blessed that you have chosen us to be one of your selections ...and (help) expand a program that is already excellent, and you have made it even more excellent by what you have done," Fultz said.

While WEDU helped cut the ribbon to this storybook corner, it and other PBS affiliates are anticipating potential cuts to their federal funding.

Nevertheless, as this event has proven, PBS is a most viable asset to local communities, and thus its own funding is more than justified, Hendricks said.

"We are used to having to tell our story to justify our funding, and this is a great example of what that federal funding does," she explained. "While this was part of a donation such as a citizen, we do things like this all the time, and federal funding helps us do that for areas that are more rural."



PHOTO BY JAMES COULTER

Arthur the Aardvark made a special guest appearance at Lake Wales Public Library for the dedication of the WEDU Storybook Corner.

# Bartow library celebrates 120th anniversary

By **STEVE STEINER**

SSTEINER@SCMGINC.COM

BARTOW – It can be somewhat mind-boggling, celebrating an anniversary of many years duration. Yet that is exactly what took place March 29 when the Bartow Public Library celebrated its 120th year of existence.

Anyone entering the library, located at 2150 S. Broadway Ave., was greeted by library staff and volunteers and invited to enjoy a slice of cake, cup of punch and/or bag of popcorn. Among those on hand to meet and greet people was Linda Chancey, once the head librarian, who retired August 2016.

Also inside the lobby was a table with library memorabilia, including a ledger book, plus several photo albums. There also was a laptop computer playing a video related to the library. All told of

the history of the library, as did a booklet printed in 2000, that commemorated the library's 100th anniversary in 1997.

The library traces its history to March 3, 1897, when a "call" was issued to form a public library and reading room; this following a suggestion made the month before by the Courier-Informant newspaper. By May there was a location "... to a room above the Polk National Bank facing south over Main Street west of Broadway Avenue."

The next location for the library, according to current head librarian Roxanne Tovrea, was at the intersection of Broadway Avenue and Summerlin Street. Prior to moving to its present location, the library was located where the ARP Presbyterian Church is now located, 205 E. Stanford St.

Tovrea gladly told

guests snippets of the library's history and pointed out a photo of Samuel Sharpless Green, among the many head librarians at Bartow.

"He was the most important," Tovrea said. "He got the \$8,000 grant from the Carnegie Foundation." That made it a Carnegie Library. The money paid for the construction of library that was completed in 1915. She added that Green was originally from New York and moved to Bartow specifically because at the time its library was one of a handful of public libraries in Florida.

Over the years the library went through several expansions, but even as early as the late 1980s/early-to-mid 1990s it was realized the current site had been outgrown. That lack of space, as well as the fact the building's condition may not have merited further expanding and/or repairing, led

to its current site. The site already had a building on it, but it consisted only of the shell and was referred to as the "Skeleton Building." Other sites were proposed, such as

locating the library within the grounds of the Bartow Municipal Airport and Industrial Park. Another location in downtown Bartow was looked at but ruled out because of

heavy vehicular traffic and inadequate parking. The "Skeleton" building was the ultimate choice.

On April 21, 1998, the current library was dedicated.

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# LAKE WALES NEWS

## Lake Wales seeking new building officials *City's building department quits; city makes temporary hire*

By **JAMES COULTER**  
CORRESPONDENT

**LAKE WALES** – The City of Lake Wales is currently seeking new employees for its building department after its entire former staff resigned last week.

Within one week, the city's chief building official, Cliff Smith, resigned along with two part-time assistants, Wayne Beasley and Bob Lane.

The city has since temporarily hired an outside Orlando-based firm, Universal Engineering Sciences, to help the city provide inspections until a permanent replacement is found.

"We expect 30 to 60 days to have somebody on board," said City Manager Kenneth Fields.

Following the resignation of their building department staff, the city was left with two days without any chief building officials or inspectors available.

Despite this, no major city projects were placed on hold. Many larger contractors were informed that they could continue with their work that did not require any city inspections during that time.

The only project impacted by this inconvenience was a homeowner who had installed new

windows, but could not submit them for an insurance reduction prior to their final inspection.

"There was no huge impact on construction or shut down of any projects or anything of that nature," Fields said.

By Monday, upon temporarily hiring the outside firm, most inspections were allowed to commence as scheduled.

The only major issue the city faced during that time was finding a proper replacement, as the entire state has experienced a shortage of building officials and inspectors following the economic recession, Fields said.

"A lot of people left the profession during the downturn, and now that construction is starting to pick up again, you don't have new people coming into the profession," he further elucidated. "A lot of cities are getting by through part-time help."

The city's former building inspector, who had been working with the city since 2004, resigned after being placed on formal medical leave following several days of absence due to medical reasons.

Smith claimed that he resigned because he was unwilling to work under the planning director, Kathy Bangle, claiming

that she was too "difficult to work with," according to other media reports.

Smith could not be reached for comment.

Following his resignation, two part-time assistants followed suit and likewise resigned after being offered the opportunity to work full-time and to fill the vacancy left by the building inspector.

However, upon speaking with them again, Fields claims that the two former employees may consider working with the city again under certain circumstances.

While the overall situation could have been handled better, especially

in light of shortages within the industry, the city has since taken control of the situation and assures residents that operations will be running smoothly as possible while a permanent replacement is being sought.

"When you have a short supply of people available to fill positions, I think the lesson learned is to have (respect) for your employees all the time," Fields said. "What should have been a routine transfer of responsibilities got blown up a little bit because of personality conflicts. And you have to be ready, you have to be sensitive to that stuff to any situation."

### CONSTRUCTION THIS WEEK

On U.S. 92 from Walker Road (east of Recker Highway) to Jersey Road motorists should expect nighttime/overnight lane closures through Friday, April 7, while the contractor continues paving, cleaning and lining pipe and constructing new

signals. Flaggers may also be directing traffic at the side street entrances for paving. Expect daytime and nighttime/overnight lane closures for signal work and paving.

... On U.S. 17 from Osceola County line to Lake Alfred watch for

slow moving vehicles and intermittent lane closures as crews replace reflective pavement markings.

... On U.S. 17 from Cypress Gardens Boulevard to East Laurel Drive in Eagle Lake watch for intermittent southbound lane closures as crews repair

sidewalks, ADA mats, curb and gutter. Use caution and be prepared to merge.

... On U.S. 17 (6th Street NW) at Avenue D NW in Winter Haven watch for nighttime/overnight lane closures from 8 p.m. to 7 a.m. as crews install pedestrian signals and crossing

ramps. Use caution and be prepared to merge. Expect periodic sidewalk closures at the intersection and follow posted detours. Work on this project includes upgrading pedestrian signals and constructing crossing ramps and cross walks at the intersection.

... On U.S. 17 from Van Fleet Drive to County Road 640 crews are trimming trees over the roads and sidewalks along the rights-of-way. Watch for intermittent lane closures, equipment entering and leaving the highway and be prepared to merge.



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# LAKE WALES NEWS

## Jazz was a jewel on Lake Wailes

By CHARLES A. BAKER III  
CORRESPONDENT

LAKE WALES – Former Lake Wales High School band director, Winter Haven native and musical creator of five studio albums Andrew Allen returned to Polk County as the headline act Saturday night at the 4th Annual Polk State College Jewel of the Ridge Jazz Festival Saturday night.

Allen retired from LWHS in 2015 and has been teaching at USF since according to family. Allen's band included Winter Haven residents Charlie Silva on bass and Dave Rudolph on drums along with Tampa residents Tom Brantley on trombone and Zach Bornheimer on sax.

The festival celebrating Jazz Appreciation Month began Wednesday morning and continued through Sunday along the shores of Lake Wailes.

"We (had) an amazing lineup of jazz artists who (performed) diverse musical genres during five days of outdoor concerts with two concerts indoors," said Lucille

Hadley, interim Polk State College Director of Arts and Cultural Affairs in a March 29 press release.

"From Latin to fusion, funk, contemporary and traditional, we're excited about the caliber of the performers, many of whom are internationally recognized for their high energy performances."

The free event included a children's tent for making musical crafts and around a dozen food trucks.

"The Voice" finalist Shalyah Fearing headlined the musical acts late Sunday afternoon. With Pharrell Williams as her coach, the 16-year-old won her first talent show at age 12 and studies voice and drama at Patel Conservatory in Tampa.

Bartow resident and Crystal Lake Middle School music teacher Jazmin Ghent also played Sunday afternoon.

Venezuelan-born bassist Elias Tona, a music teacher at Clearwater International performed a variety of jazz, pop, salsa, Latin jazz, rock and gospel Saturday.

Orlando-based Soul Reason featuring Danny



PHOTO BY CHARLES A. BAKER III

Former LWHS band director and Winter Haven native Andrew Allen, far right, played with Winter Haven residents Charlie Silva on bass and Dave Rudolph along with two Tampa residents during the 4th Annual Polk State College Jewel of the Ridge Jazz Festival Saturday night.

Green, Andre Edward, Jeff Henderson, Andrew Boone, Mike Medina and Roger Mike II performed Sunday morning.

The New Orleans Nighthawks kicked off the Downtown Concert Series Wednesday morning at

the JD Alexander Center in Lake Wales.

Friday night there were two concerts inside the Polk State Lake Wales Art Center by the Polk State Jazz Society and the Andrew Allen Trio and Special Guests.

Trumpeter Charlie "Topp" Hines performed Saturday afternoon. Hines, who was inducted into the Georgia Music Hall of Fame in 1978, attended Boston's Berklee School of Music and has played professionally for 57 years.

"Music is supposed to lift your spirit and I try to paint a picture with each note I play so you can hear the full story of everything I have lived and the joy within the pain I experienced," Hines said.

## \$1,000 top prize in Frostproof Got Talent

FROSTPROOF — Applications are now available for the Ninth annual "Frostproof's Got Talent" show which will award \$1,000 to the overall winner.

The show is free to enter, but only the first 20 acts to send in an application will be accepted. The show will be Saturday, April 8, at Frostproof's American Legion Post 95 Memorial Auditorium in Frostproof city hall.

In addition to a "cool

grand" to the champion, there are \$100 prizes also to age division winners, including kindergarten to grade three, grades four to six, grades seven and eight, grades nine to 12, adult, and senior (55 and over) categories.

The show is open to any resident of Polk, Highlands or Hardee. It starts at 7 p.m.

The show is a fundraiser for the Frostproof Rotary Club's high school scholarship

program, which since its inception has provided over \$140,000 in aid to deserving Frostproof Middle Senior High School students attend college.

Applications are available at the club's facebook page. Completed applications can be mailed to PO Box 456, Frostproof, 33843, or returned via email to frostproofrotary@gmail.com. For additional information or questions, call 863-605-4131.

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# BARTOW NEWS

## Student needs help to attend medical conference

By **CATHY PALMER**  
CORRESPONDENT

BARTOW – She’s ambitious and has a specialty in mind that has earned her a place in a prestigious conference this summer, if she can raise enough money in the next week to make the trip to Boston later this summer.

Inspired by a TV show, Alice Holbrook, a sophomore at Summerlin Academy, has her eyes on the prize, a doctorate in forensic anthropology, but that’s not her immediate goal.

She’s trying to raise nearly \$2,000 to finance her trip to the prestigious National Academy of Future

Physicians and Medical Scientists’ Congress this summer in the New England capital city.

“I only have a week,” she said. “And, I don’t know if it’s even possible.”

She says she needs \$1,795 for the conference itself and the rest to pay for air fare.

According to the information provided by the academy, those invited to attend the congress are students who aspire to a medical career and have a grade point average of 3.5 or better, and that will put them in the company of Nobel scholars and other award-winning medicos from various fields.

The three-day conference

is sort of a mystery to Alice, she said, because she hasn’t yet found out who nominated her as a delegate.

“I guess its because I got a scholarship when I was little,” she guesses.

She explained when she was a fifth grader, she won a \$6,400 scholarship to Polk State College for an essay she wrote about her collegiate aspirations.

“That’s the only thing I can think of,” she added.

As part of her career prep, the 15-year-old Lake Buffam resident, is already taking classes that will steer her in the right direction. She says she’s taken a forensics class at Summerlin.

“It was very interesting to learn how using

observations you can pick up things others miss,” she said.

Next, Holbrook said, is anatomy and physiology, which she claims she can take during her next two years at Summerlin.

“I already have some textbooks and workbooks and have been sort of studying on my own,” she said. “But it’d be nice to take classes.”

Even though her first two years at Polk State are already paid for, she also hopes this trip to the congress will open some potential scholarship doors for her.

“It is an opportunity to learn, but also to let people know what I want to learn,”

she said.

Meanwhile, while she’s not trying to come up with the cash to make the trip, she busies herself reading or writing. She claimed she’s already six chapters into a trilogy she’s writing. It’s a fantasy sort of thing, she added.

Holbrook lives at home in Lake Buffam with her mom, Peggy Miller, a school worker at Alturas Elementary School, and her brother Hawk, 13. She’s the daughter of Dale Holbrook, also of Lake Buffam.

Anyone interested in making a donation to help defray the costs of Holbrook’s trip to Boston to this conference can contact Summerlin Academy at



PHOTO BY AL PALMER

**Summerlin Academy Cadet Alice Holbrook is hoping donations will pay for her trip to attend a prestigious conference in Boston this June.**

863-519-7504 or drop off a donation at the Summerlin front office. The deadline is Tuesday, April 11.

## Light getting shinier on Moonlight & Madness

By **JAMES COULTER**  
CORRESPONDENT

FORT MEADE – Fort Meade residents were able to listen to good music underneath the moon and near the scenic lake at Patterson Park for the third consecutive year during their annual Moonlight and Music event last Friday evening.

For the past three years, The Fort Meade Chamber of Commerce has been hosting this free event where attendees can set up their own lawn chair near the lake and listen to the music of live bands underneath the night sky.

This year’s entertainment included live performances by Fort Meade’s Justin Grimes Band and L.A. Groove Connection, an Osceola-based cover band.

Both Lisa Sieus, the lead vocal for L.A. Groove Connection, and her husband, Jaron Sieus, drums, had their internship in the ministry at the Fort Meade Church of God about 30 years ago. As such, Fort Meade proved to be more than simply yet another venue for them that evening.

“Fort Meade has a special place in my heart and my husband’s heart,” she said. “We are glad to be here with you guys tonight, and we hope to play some music for you to

remember.”

Also participating that evening were student groups from local schools such as the Fort Meade High School Band and Chorus and Lewis Anna Woodbury Elementary Chorus.

Aside from offering good music, the event also offered food and beer provided through food trucks and vendors operated by local restaurants including Big JD’s Grill, Classic Pizza, and Mary Lou’s Tex-Mex.

Since starting three years ago, Moonlight and Music has grown within the community, attracting quite the big crowd for such a small town. Last year alone

saw as many as 500 people attend, said Bill Whitener, director of the Fort Meade Chamber of Commerce.

Aside from the scenic landscape of Fort Meade’s own Patterson Park, which had proven to be quite the opportune venue for the event, another significant factor that has attributed to the event’s long-running success have been reimbursement grants provided through Polk County.

“That has helped us get better talent and do things we wouldn’t normally be able to do without the grants,” Whitener said.

Next year’s event is expected to be set during an earlier date with hopes to

bring on even more talent including the Imperial Symphony Orchestra from Lakeland and a field band from the U.S. Army.

“I love the evening, the setting, and we appreciate our sponsors,” Whitener said. “It’s a really nice time and effort where folks can

come out, sit, and listen to really good music, and have some really good food and have a really good time.”

Sponsoring this year’s event were the following sponsors: CITIZENS BANK & TRUST, Greenwood Chevrolet, Mosaic, Publix

Charities, GrayRobinson, WellDyne Rx., A-C-T Environmental & Infrastructure, Bartow Community Healthcare Foundation, the City of Fort Meade, Florida Public Utilities, Florida Sales & Rental, Sunshine Growers, and Dixie Signs.

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# Science fair winner: My cheeks hurt

*Grace junior, two others, going to Los Angeles competition for scholarship shots*

By **CHARLES A. BAKER III**  
CORRESPONDENT

LAKELAND – In her first year ever competing in a science fair, Lakeland Grace Academy junior Grayson Huntsinger won first place, \$1,000, and she was named Grand Award Ying Scholar in the senior section of the 62nd Annual State Science and Engineering Fair of Florida Thursday night.

Huntsinger also won a \$300 cash award from the Florida Department of Agriculture and Consumer Services, a \$250 cash award from Florida Engineering Foundation, a NASA plaque, two passes to the NASA Visitor Complex and she was nominated for a \$8,000 four year scholarship to New College of Florida.

In the junior section of the state science finals, Matthew Werd, an eighth-grader at Resurrection Catholic School in Lakeland, won first place, \$500, and he was named Grand Award Ying Scholar for his project titled "Brain Pain!" in the biomedical and health sciences category.

According to Polk Regional Science and Engineering Fair Director Kim Rex, this is the first time in history that Polk County students have won Grand Awards in the junior and senior categories in the same year.

Huntsinger also won an all expense paid trip to Los Angeles May 14-19 to compete at the Intel International Science and Engineering Fair described as the world's largest international per-collegiate science competition.

"My cheeks hurt," Huntsinger said from all of her smiling after the state science fair Thursday night.



PHOTOS BY CHARLES A. BAKER III

**For the second year in a row, Bartow High School IB junior Grady Daniels will be traveling out of state for the Intel International Science and Engineering Fair in May.**

Huntsinger, an Atlanta resident living in the Lakeland boarding school, said her, "Mission To Mars: Designing a Spacecraft Impact Protection and Leak Detection System with Radiation Shielding" was a science project about sealants used in pressurized cabins in space.

Rex said Werd is not eligible for Intel ISEF until he reaches the ninth grade. Werd has made it to the state science fair the past three years but this is his first year winning the Grand Award according to his Resurrection Catholic School science teacher Lisa Schaal.

Werd also received a \$200 cash award from the Florida Department of Agriculture and Consumer Services and a certificate and nomination packet for Broadcom MASTERS, a science competition in Washington D.C. for middle school students in September.

"In this day and age

when we see and hear problems about our youth in the paper and on the news it is a pleasure to not only be Matthew's science teacher but know that our future is in good hands with young people like him," Schaal said.

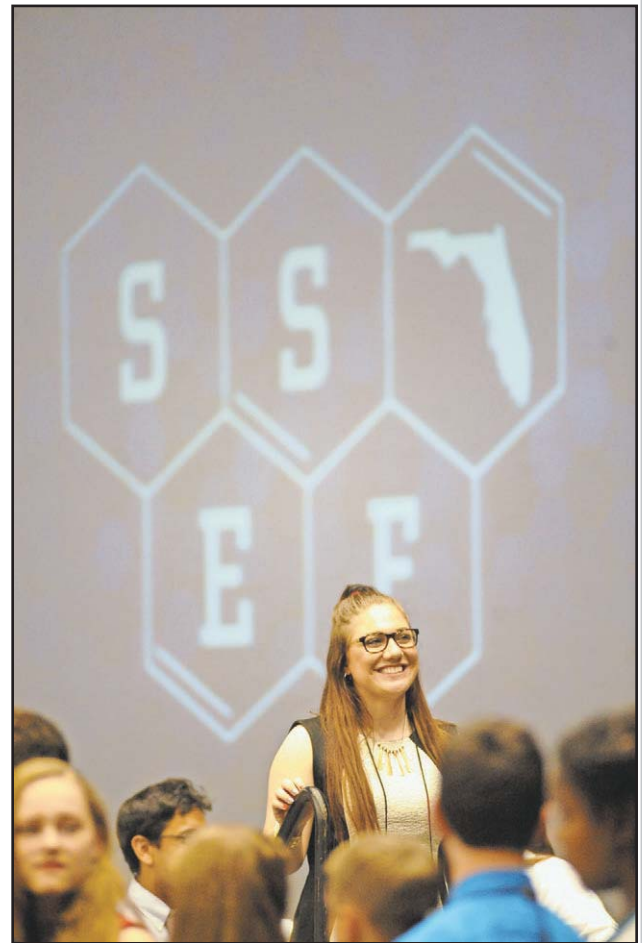
Huntsinger will join Bartow High School IB students Grady Daniels and Prerna Ravinder in Los Angeles to compete for approximately \$4 million in prize money and scholarships. Daniels and Ravinder won entry spots into Intel ISEF during a regional science fair in Bartow Feb. 17. At the regional science fair Huntsinger also won entry into the International Sustainable World Engineering, Energy and Environment Project in Houston, reportedly the world's largest science olympiad focused on renewable resources. Students from 60 countries will be competing for more than \$100,000 in awards and scholarships from May 3-8.

In the senior chemistry category, Bartow High School IB student Jasper Montgomery won second place for her project An In Silico and In Vitro Study of gold Nanoparticle Aggregates for Photothermal Ablation of Cancer Cells.

Bartow High School IB students had a fantastic night Thursday.

Freshman Prerna Ravinder won third place for her project Prevention is Better Than a Cure in the senior microbiology category.

Daniels, a junior, won first place at the state science fair last year and on Thursday night his project titled An Exploration in Textual Analysis won fourth place in the senior mathematics and computational science category. Daniels was



**Lakeland Grace Academy junior Grayson Huntsinger said her cheeks hurt from all the smiling she did Thursday night at the 62nd Annual State Science and Engineering Fair of Florida.**

also nominated for a scholarship to pay half of his tuition at Florida Institute of Technology for up to four years.

Classmates Xuanhao Shi and Manning Churor won honorable mention for their project X Degree in the same category. Shi and Churor also won two passes to the NASA Visitor Complex.

Matthew Graham of Berkley Accelerated Middle School in Auburndale won fourth place for his project Generating Electricity from the Pressure of Natural Falling Water in the junior engineering category.

Jacob Butcher, Jose

Quintanilla and James Puentes of Polk Pre-Collegiate Academy in Auburndale won honorable mention for their project The Energy Source of the Future; Research on the Efficiency of Photovoltaic Panels in the senior environmental engineering category.

Heather Thomas of Polk Pre-Collegiate Academy won two passes to the Kennedy Space Center and entry into the Intracoastal Regional Science and Engineering Fair for her project Project PING: A Pathway to Improve Idiopathic Scoliosis by Stimulating Muscle Groups.



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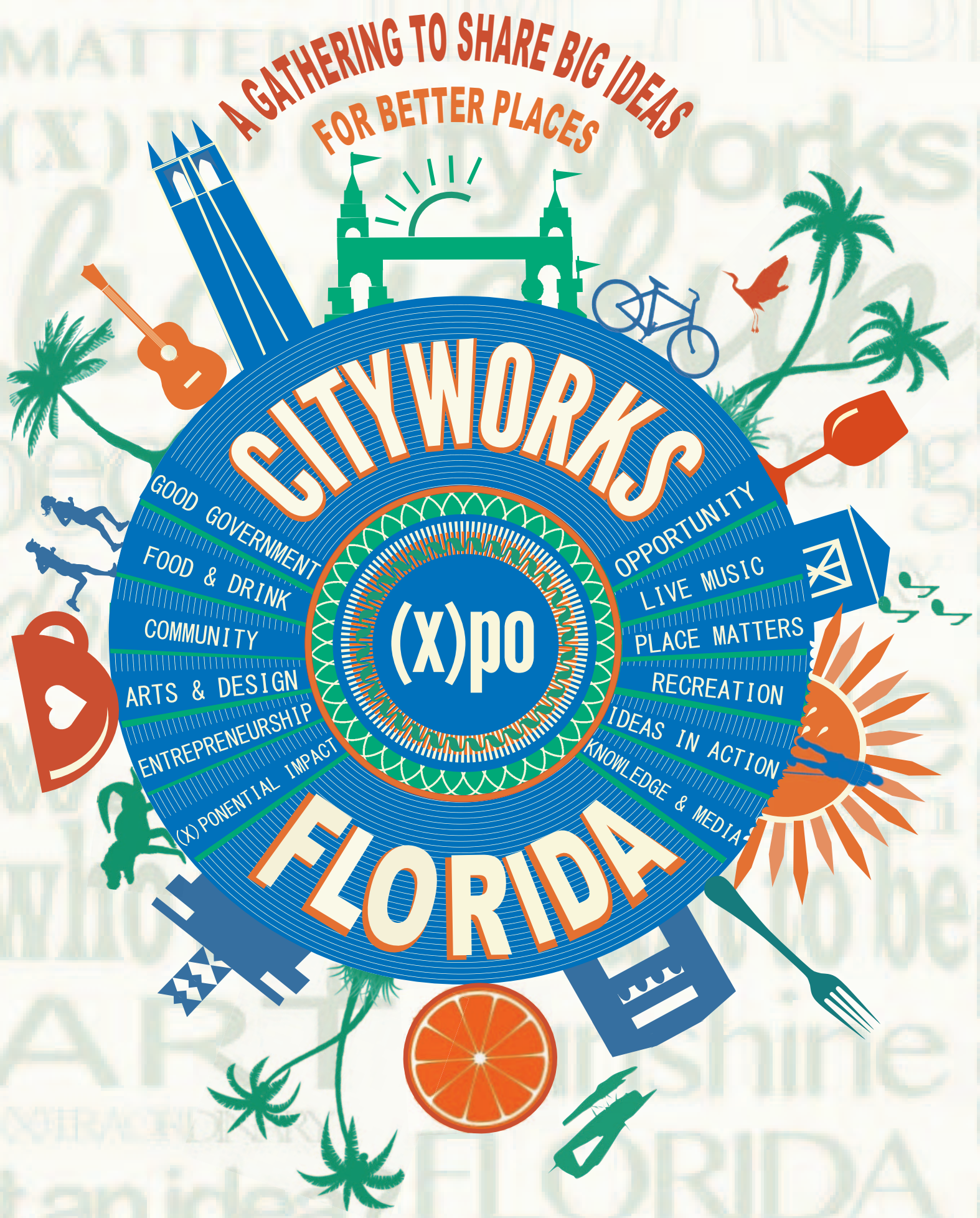
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# People travel back to the Good Ol' Days

## Annual festival in recalls past living in Polk County

By CATHY PALMER  
CORRESPONDENT

HOMELAND – It was all about the past — the Good Ol' Days in Polk County, specifically in Homeland's Heritage Park on Saturday as those who wanted to revisit the past took a look at how things used to be.

There were old-fashioned clothes, soldiers and craftsmen, and even a tea for those wanting a taste of how life was 10, those many years ago. The annual Good Ol' Days celebration drew a small but interested crowd on a weather-perfect day in the tiny hamlet just south of Bartow.

Sponsored by the Polk County Parks and



After almost a dozen tries, 8-year-old Evan Curtis of Fort Meade finally managed to get his lasso around the horns of a sorta-bull at the kids' zone in Homeland Heritage Park Saturday during the Good Ol' Days Festival.

Recreation Department, the festival honors Polk's heritage and opens up its vintage buildings, including the old school house and a cracker cabin for all to see. The festival also draws craftsmen and women to show their skill to interested attendees. This year, there was a rope-maker, a wood carver and a beekeeper, just to name a few.

Buffalo Soldiers from the Third U.S. Colored Cavalry's Orlando outpost were also on hand with their tents

and mounts, easily explaining the role African American soldiers have played in Florida's early history.

There also were games from days gone by for the youngsters and a roomful of visitors joined Lakeland actress/attorney J. Lenore Bresler who walked them through the niceties of a Victorian tea.

"This is the third year we've done the tea," explained Mulberry Chamber of Commerce Executive Director and former caterer Dianna



Sgt. H.L. Williams of Florida's 3rd U.S. Colored Cavalry talks about how African American soldiers played a part in Florida's history to Tani Mikkelsen, 9, and William Bradberry, 7, both of Auburndale, at Saturday's Good Ol' Days Festival in Homeland's Heritage Park on Saturday.



Happy Hives Beekeeper Jack Stokes of Lake Wales talks about his bees with the Marcum family, mom and dad Deanna and Vernon with sons Devaris and Malachi, all of Auburndale, at Saturday's Homeland Heritage Park's Good Ol' Days Festival.



PHOTOS BY CATHY PALMER

Ken Green of Merritt Island and Michelle Burgess of Brandon provides some old-time faith-based music at Saturday's Good Ol' Days Festival at Homeland's Heritage Park.

Simmons. Simmons supplied the finger sandwiches, English tea cakes and fruit skewers that accompanied the pots

of English tea served in the Methodist Church's outbuilding.

There also were several food trucks on

site this year for those interested in refreshments. The celebration was from 10 a.m. until 2 p.m.

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# Summit to bring parents, students together

## Seventh annual event scheduled this weekend

By **JEFF ROSLOW**

JROSLOW@SCMGINC.COM

**BARTOW** – One of the highlights of the day-long Youth/Parent Summit is when Damien Moses is front and center.

The principal of Bok Academy Elementary embodies what this summit – now in its seventh year – is all about: make everyone know they are worthwhile, recognize that and take advantage of it.

“It’s (about) the empowerment of education and what you can do with it,” Moses said. “It helps to hear from individuals. Schools are busy and we have a lot going on all the time. They (students and parents) really need it to bring everything into place as you go through your education. Set them up to be the best student they can. For an educator, that’s everything. To cultivate the greatness in a child you have to talk to the parents too, you have to advocate for the parents as well.”

With this festival, organizer Ken Riley said, the children and parents stay rather than children attending and the parents leaving them there until it’s over. It takes place at the Carver Recreation Center in Bartow and runs from 9:30 a.m.-5 p.m. Saturday.

“We are all given a talent and you have to take advantage of it,” said Riley, the president of the East Positive Action Committee – EPAC – which sponsors the event. Moses’ background was a top student, top football player and he always had the drive to succeed. Now, he wants to make sure people in the community can take advantage of what he has experienced and he feels he knows.

Through being a football player and playing at Florida A&M, Moses knows the advantages of teamwork. Earning many degrees and close to getting his doctorate in education, he has also been a spokesman for technology and he feels exploring options people have is important to garner success.

And he relays that information to the students. But the idea of being able to reach parents as well is equally important.

“With events like this that Ken and his group puts on gives them inspiration. This event is not only the children but also the parents. It’s a great opportunity not only for children but for adults. You really see the community as a whole.”

Moses said his message

to relate must allow students to see what is in them.

“Everybody has the genius in them, but at what capacity. The sooner you find it, the better. I had a family that really geared me toward education. I was an All-American. I was drafted, but the bottom line was my family really wanted me to get a degree.”

Moses was inspired by his aunt and uncle, Clint and Debra Wright, both long-time educators. In 2015 the administration building at Kathleen High was named for Clint Wright, a former principal. His 30-year career in the Polk County School System left a legacy as he touched students, teachers and the community. He was also the first superintendent of the Lake Wales Charter Schools.

When the school building was given his name, School Board member Kay Fields remembers when he told her son that if he wanted to be the best he’d have to be better than the rest.

One Kathleen High student, Desmond Clark, recalled how Wright seemed to take an interest in him and inspired him. He credited him in helping his drive to make it to the

National Football League.

Moses credits the Wrights but he equally credits Riley in enlightening the youth.

“He was a scholar,” Moses said of the former NFL star. He said he can’t think of many who know sports isn’t the only thing and how to be prepared if that tract won’t work for someone.

Riley said the inspiration for the summit came along in his second career when he served as a dean at Winter Haven High School following his playing and coaching careers.

“I really got to know when I was the dean,” he said. “When you get to know them and you see the problems that’s when he knew he had to accomplish something more than the schools could.”

“When I was at EPAC I said ‘you should see what’s going on,’” he said in talking them into the Youth/Parent Summit.

Along with inspiration from speakers that also includes Lisa Ramsey, a professional boxer and educator, there will be fun and games there as well. The mini music studio — where students can make their music — returns. There will be horseback riding, prizes and giveaways, science



PHOTO BY JEFF ROSLOW

**Bok Elementary School principal Damien Moses offered tidbits of wisdom the students and parents at the Parent/Youth Summit last year.**

experiments, demonstrations by the Bartow Fire Department, Bartow Police K-9 demonstrations and skits, a cookout and other games such as a bicycle obstacle course.

“There is life after football and you have to prepare yourself to do other things,” Riley said. “Getting a college education is rewarding in itself but you have to pay the price. You have to do the maintenance and if you don’t do it there will be consequences.”

While the fun and games coupled with the

inspiration has made this event successful, jumping from about 100 people in the first year to now having more than 1,000, it has grown to include those from all over the county.

But Moses said this year he plans to add something to his usually inspirational talk.

“Maybe I’ll do something really neat with the parents this year,” he said. “It will be something technical. These kids are digital natives and we have to make sure the parents see that.”

## SCHOOL

FROM PAGE 1

64 percent to 83 percent and disciplinary punishment dropped by 50 percent in three years.

In a Jan. 19 meeting of Community School Initiative, it says students at Evans are able to get health checks and services during the school day. The community uses the services available at the school. This allows for working parents to be able to get their children the services they need without having to miss work.

Aside from the community partnerships to be formed, the community mostly comes up with the money to get something like this going. It can cost as much \$350,000 to turn a school into a community school.

“The work involves how do we get funding? How do we solve the issues of the our students? How do we engage the community to come and be a part of the school to also help?” David Bundy, from UCF, said at the January meeting.

In the setup of a community school there would have to be a school director who reports to the principal, a parent outreach coordinator, school health program coordinator and administrative assistant. There would be an executive committee.

Bundy said if done correctly a community school can positively change a community for the better.

“You use the resources in a community school setting,” he said. “Parents make a long term commitment and all the corporate partners and school commit to work

together. At Evans we are doing 25 years.”

He said the faculty and business community in the surrounding areas have come through to make the school part of the community that is often open until 9 p.m. for students and families.

### In Polk County

Meetings are set up to continue Polk’s progress to find out whether a community school is something worth looking into. There is no determination on how long it will take to determine this, but participants will continue to look into it now with the participation of Polk Vision, which has some successful history in helping local education.

Kim Long, executive director at Polk Vision, said in a recent meeting there was a lot of enthusiasm shared in

continuing to move forward. Polk Vision’s involvement, she said, is to help determine whether it is worthwhile and possibly using its influence to gain partners.

“One of the greatest challenges is how good is it for everyone?” she said.

She said there is a large challenge in front of the people to make something like this happen, but with positive results already shown, it is worth looking into. Polk Vision’s involvement seems appropriate because much of its focus is on education.

“UCF says this has to be born of the community,” she said. “There has to be a sustainable supporter, intellectual, financial and cultural support that needs to be built.”

She said the details have to be weighed. They include budgets, what the district wants to do,

what are the resources.

A meeting is scheduled Thursday with many of those interested parties planning to attend. Led by the school district, Superintendent Jacqueline Byrd and Small will be present along with, of course, Polk Vision. School board member Hazel Sellers has attended and representatives from various agencies will attend. That meeting, takes place at the Jim Miles Development Center. Another meeting is set up in June.

“We have to work collaboratively to assure an outcome,” Long said. “It takes us all together to where the child can do their best work.”

Shoemaker said the potential to positively improve a community is too strong to not explore it.

“People from Fort Meade have said we want

the community school model here. But we have to focus at the beginning to get a pilot,” he said. “It has to (start) limited and that doesn’t mean we can’t start to implement some of the components, but we have to make a model that can pull Polk County together.”

Shoemaker said he has gotten interest from many Chambers of Commerce and others as the process continues.

“I’ve gotten nothing but positive feedback,” he said adding the work has been going on for some time and it is growing.

“It is pulling people together,” he said. Long added: “It’s hard enough to do one. We have 16 and right now that is mind boggling.”

But she sees the possible advantage.

“A school can be a true resource to a community, but you get what you give,” Long said.

### Q & A

**Q:** Who are the four core partners in the Community Partnership School model?

**A:** The four partners include the school district, local university or state college, a health care partner and a social service nonprofit that serves as the coordinator and employs the Community Partnership School director and other key positions.

**Q:** Is this model only for public schools? What about charter schools?

**A:** Currently the model is serving public schools that have historically received a D or F grade. However, there is nothing that prohibits a charter school from applying to be a Community Partnership School.

**Q:** How much money does a school receive from appropriation?

**A:** Schools that are in the first or second year of the planning stage are eligible to receive \$75,000 (25 percent local match is required) if funds are available. Schools that have begun to implement the model and have the basics in place, including the key positions involved with the Community Partnership School, are eligible to receive an operational grant of \$225,000 (25 percent local match is required) if funds are available. Local partnership can be a combination of grants, donations and/or in-kind resources.

**Q:** How much of the total cost of operating a Community Partnership Schools does the typical school district contribute?

**A:** School district contribute facility space to operate the Community

Partnership School. Beyond facility use, school districts have chosen to use school funds for staff tutors, after school buses or other needs.

**Q:** What is the value of a Community School Partnership?

**A:** Student education achievement is the priority and focus. When bringing existing resources into a school, it eliminates barriers to health care, mental health and dental access; address issues of hunger, homelessness and child abuse; and increase the ability of students to be successful learners. A 2009 study from Northeastern University found that high school dropouts cost taxpayers \$292,000 over the course of their lives.

— Source: Center for Community Schools, University of Central Florida, <https://www2.cohpa.ucf.edu/communityschools/>



# HEALTH and WELLNESS



## Body transformation challenge celebrates man of inspiration

By STEVE STEINER

SSTEINER@SCMGINC.COM

WINTER HAVEN — It was a time for celebrating for those who had participated in the Habitat Health and Fitness body transformation gathered together at a reception on Thursday, March 23.

It was also a time for remembrance of Matt Smith, last year's top winner, who recently passed away Nov. 1, 2016, from an aneurysm at age 34. To honor his memory, his family made a special contribution.

"They all participated in the challenge this year in his honor," said Tammy Parks, with Habitat Health and Fitness.

Actually, it wasn't the entire family, as Matt's parents Tammie and Smith declined, but his siblings and several other family members did.

"Five of our family did," said Amanda Hendricks, one of the sisters. She pointed out who those family members were, including brother-in-law Larry Albritton. "Larry was good friends with Matt,

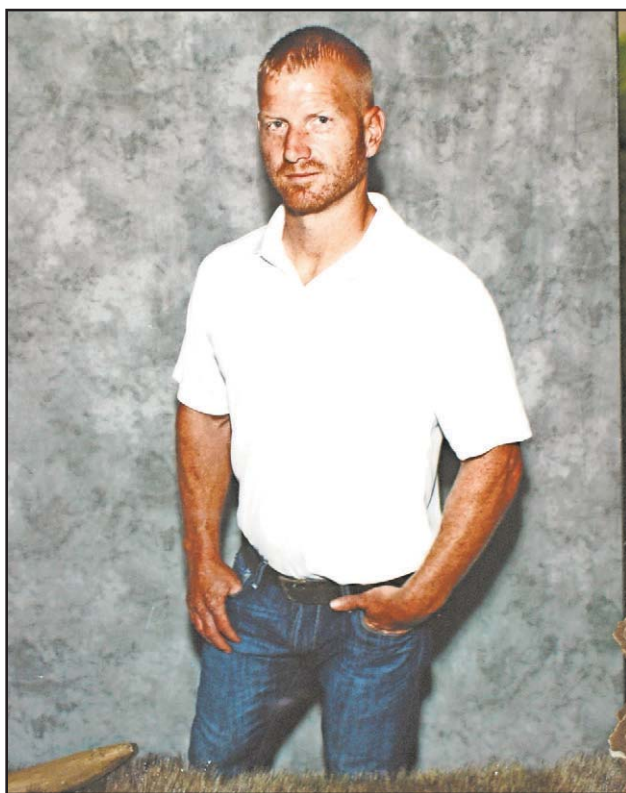


PHOTO BY STEVE STEINER

**Matt Smith passed away Nov. 1, 2016 of a brain aneurysm, but in his brief lifetime he touched and inspired many. His memory was honored on March 23 at the reception and celebration of the most recently-concluded Body Transformation Challenge conducted by Habitat Health and Fitness.**

who worked out every day." She added her brother even made some of the equipment used at the Winter Haven facility; there is a second facility in Lakeland.

Another who participated was Matt's sister, Lori Albritton. According to Hendricks, her sister Lori had just completed an earlier body transformation challenge and lept straight into this one, as well.

While his parents did not participate, Matt's mom, Tammie, did join Habitat and does work out. It is not only for the sake of fitness she belongs. It brings her closer to her son.

"It's a connection. Any connection is good," she said, then paused before she expressed the sadness and quiet grief only a parent can feel.

"He left us too soon." Still, there is and was a comfort for she and her husband and the entire family.

"To see all the people turn out in his honor, it's pretty phenomenal," she said.

However, nothing is as important as family and Tammie and Don saw to that.

"We have a tight family," said Don, who said their offspring don't do things half way. "They all put in 110 percent."



PHOTO PROVIDED

**Members of Matt Smith's family gather for a family group shot at the celebration for those who participated in the Habitat Health and Fitness Body Transformation Challenge. The celebration was held March 23 at the Winter Haven Chain of Lakes Complex.**

### JANUARY 2017 CHALLENGE TOP 10 WINNERS

- 1 – Katie Voorhies (lost 51.44 percent of her body fat)
- 2 – Rebecca Henderson
- 3 – Brad Scholten
- 4 – Jenny Scholten
- 5 – Larry Albritton
- 6 – Chad Lewis
- 7 – Amanda Hendricks
- 8 – Renee Haverkamp (attends Lakeland location)
- 9 – John May
- 10 – Dale (Bubba) Farmer

He added the family gets together at least once a month for dining and fellowship.

Yet as far as Don working out, he chose to pass.

"At 62 years old, I want to relax and enjoy," he said.

He felt he's earned that privilege. When he and his siblings were growing up, they had a barebones existence, Don said. His dream was to have a cattle ranch and he made that dream come true. Today he runs D.C. Cattle, in Polk City.

Yet his heart too was touched by the turnout

and the love people had for Matt.

"It's a great honor," said Don Smith.

The idea to honor Matt Smith stemmed from Habitat Health and Fitness owner Brandon Roggow. Along with Larry Albritton, the three of them were friends as well as workout buddies. So when he approached the family, said Lori Albritton, the idea to participate was spontaneous.

"I don't think we needed to be prompted," said Lori Albritton. "We just knew we needed to do it."

Still, it was poignant, especially to Lori's husband, Larry, who knew Matt almost 25 years. The two met when Larry was 16 and Matt was 10. As Larry recounted, he had started dating Lori, something which Matt and another brother didn't quite take too kindly, but which soon turned to a deep abiding friendship.

"We hunted together as a family," said Larry Albritton. "That's how we became good friends." Through the years, the two of them would take

a yearly hunting trip to various states. Larry said it was Matt who got him involved working out.

"As we were growing up, Matt took a special interest working out and he dragged me into it." That zeal for being fit and healthy now carries through to his son, Weston, 12; there is also a daughter, Abby, who is 6 years old.

"He's begging to go to the gym," said Jessica, Matt's wife. The two were high school sweethearts and were together 20 years and wed 14 years. According to Jessica, her husband loved his family and he loved taking his children to their various events. He definitely loved Jessica. "He was always my biggest cheerleader."

Jessica mentioned an additional aspect of Matt. Her husband, she said, had a special gift.

"Matt just had a way of motivating people," Jessica said and added he did so through deeds as well as words of encouragement.

"He lived life more than anyone I know in the short 35 years."



PHOTO PROVIDED

**From left, Brandon Roggow and Tammy Parks present Katie Voorhies, who lost 51.44 percent of her body fat, with a check from Habitat Health and Fitness following her participation in its most recent body transformation challenge.**



**HEALTH and WELLNESS**

# This is an unexpected benefit from exercising

There are many health benefits to exercising, especially when coupled with wise nutritional practices. Those following this column know how much I attest to this, such as weight loss, increase in strength, plus attitude. What I have not emphasized as much is a benefit I didn't realize until early last week.

As has been briefly touched upon in previous columns, I have been diagnosed with osteoarthritis of the spine, also referred to as spinal arthritis. For the past year I have lived with a low level chronic back pain on my lower left side just above the hip. The pain is not acute, just an annoyance. Still, it hasn't hampered me from doing many activities.



**Steve Steiner**

**First Person**

*Steven Steiner can be contacted at ssteiner@scmginc.com.*

Having gotten "used to it," I'm not always aware of this chronic pain, with two exceptions. One of those is when I arise from having sat too long at my desk at work. The other occasion is when I roll over in bed.

However, I am using the wrong verb tense. Approximately a week-and-a-half ago I noticed I no longer was feeling any pain in my lower back. As I write this, I still am

pain-free. I also have more mobility when I turn my neck in either direction.

Some of this I will attribute to the physical therapy I undergo once a week, which also includes a chiropractic adjustment. This and working in conjunction with my six day a week weight training, cardio and high intensity interval training at Ultimate Fitness and this year's Weight Loss Challenge, I believe has

eliminated my discomfort.

I don't harbor any thought as to this indicating I am "cured," I am not. Far as I know, and having done only limited research, there is no cure for osteoarthritis (or for that matter, most forms of arthritis). However — and I hope I am using the correct terminology — I do believe I have put this pain into a state of remission. I hope I also have decelerated the evolving of my condition, part of which has been brought about by the aging process.

Regardless, it is a wonderful feeling being without this "annoyance," especially as it has come about without the need for medication, be it prescription or over the

counter, or having to resort to surgery.

As for the challenge itself, it's winding down. This past Saturday marked the 10th week and that means only two weeks remain. I am close to my personal goal, which is to reach 165 pounds by the end of the competition, but this past week was a tad disappointing.

My weight remained at 169 pounds. I was hoping it would be at least 167 pounds and not more than 168. Still, at least it did not climb, so that's a positive. It also is further incentive and maybe I should go out and purchase some size 34 waist slacks.

By the way, I continue to clear out my closet and dresser drawers. Good bye

to seven pairs of shorts and about a dozen shirts. However, I just cannot yet bring myself to go through my tuxedo collection.

Every time I do I cry. Nor can I get rid of the ugly pale blue polyester 1970s leisure suit I will be wearing for an upcoming photo shoot. To begin with, I need to have the length shortened. Now I also will need to have it taken in as it is a size 40 waist and I now comfortably fit in a size 36. But for the photo shoot, I will definitely need suspenders to hold up those britches, f'sure.

(Spoiler alert: The April 19 column may feature shirtless side-by-side "Before" and "After" photos. The "Before" is not a pretty sight. You have been warned.)

## Learn more about Type 2 diabetes

WINTER HAVEN – Are you one of the 13.1 percent of the adult population in Florida who has diabetes? Or maybe you are part of the 579,000 who have diabetes but don't know it yet. The American Diabetes Association also reveals that there are

an additional 5,800,000 people in Florida's adult population (38.7 percent) who have prediabetes.

Join Chat and Chew for the April Skype with Dr. John McDougall to learn from an internationally recognized expert in the field of nutrition and disease.

McDougall is a board certified internist and he and his wife, Mary, are founders and directors of the McDougall Program.

They believe people should look and feel great for a lifetime, avoiding the chronic diseases like diabetes, cancer, high blood

pressure, obesity, heart disease and autoimmune diseases.

At this meeting, there will be an Internet presentation by McDougall and then the Chat and Chew group will Skype with McDougall in California to ask questions of this medical

expert. Hear stories of Chat and Chew Members who have had chronic disease with drastic improvement following McDougall's advice.

There is a limited capacity and talk with members who have achieved their health goals.

Door Prizes will conclude the meeting. The meeting is at 11:30 a.m. Friday, April 14 in the large conference room in the Winter Haven Library, 325 Avenue A NW, Winter Haven.

For information, email Cathy at 54321health@gmail.com



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**HEALTH and WELLNESS**

# New emergency room to serve Four Corners

Heart of Florida Regional Medical Center has purchased land on the northwest corner of U.S. 192 and County Road 545 for a freestanding emergency department to serve Four Corners area of Osceola, Orange, Polk, and Lake counties.

A freestanding ER offers a convenient, local healthcare access point to the region.

"Heart of Florida has served the Four Corners community for several years. We are pleased to expand services to Four Corners with a freestanding emergency department to better serve the health care needs of residents choosing to live and visit this growing area," said Ann Barnhart, CEO of Heart of Florida Regional Medical Center.

The Four Corners ER will feature around-the-clock emergency care, on-site radiology and laboratory services, board certified emergency physicians and the skilled clinical staff of Heart of Florida Regional Medical Center.

As an extension of Heart of Florida, the ER

at Four Corners will also be part of a fully-integrated system to support patients needing care beyond an emergency room visit. The freestanding ER is projected to open in early 2018.

## Cornerstone hires marketing manager

Vince Evans, a seasoned health-care marketing and communications professional has joined Cornerstone Hospice and Palliative Care as Regional Partnership Development Manager.

Evans assumed his new role in January and oversees the team responsible for developing relationships with medical providers and community partners throughout Polk, Hardee and Highlands counties.

Evans has a 30 plus-year career in the health-care industry which nurtured his passion for providing high quality and compassionate health care to seniors. His expertise led him to work at hospice and home health agencies

across the nation before coming to Central Florida.

Evans earned a Bachelor of Arts from King's College in Pennsylvania and a Master of Social Work from State University of New York at Buffalo. He



VINCE EVANS

resides in Clermont.

## Watson hires cancer liaison

The Watson Clinic Cancer & Research Center appointed for three-year oncologist-hematologist Dr. Galina Vugman as the facility's Cancer Liaison Physician.

First established in 1963 by the American College of Surgeons Commission on Cancer, the CLP program currently enlists 1,500 oncology specialists across the country who manage,

evaluate and report on the performance of their facilities, find areas where improvements can be made, and provide leadership and guidance in the implementation of those improvements.

"I'm honored to have been selected for this appointment," said Vugman in a press release. "The program assures our patients that they're receiving the very best care, and the data we collect can have profound implications for the quality of care at cancer facilities across the country as well."

Vugman assumes the CLP position from her predecessor, oncologist-hematologist Dr. Shalini Mulaparthy.

As an oncologist-hematologist, Vugman uses medical and chemotherapeutic methods to treat cancer, and specializes in malignancies of the blood and blood-forming tissues.

She received her medical degree from Rush University in Chicago, Ill. She performed her internship and residency in internal medicine at the Rush University

Medical Center, as well as a fellowship in palliative medicine. She completed an additional fellowship in hematology-oncology at the University of Florida in Gainesville.



DR. GALINA VUGMAN

## LWMC employees honored for fourth quarter

Lake Wales Medical Center presented its fourth quarter 2016 employee awards recently.

Award winners were Employee of the Quarter, Kaylie Mancil, RN, in the Medical Care Unit; Manager of the Quarter, Patty Landry, Case Management; and Volunteer of the Quarter, the husband-wife team

of Gayle and Alice VanAsdale, who work in the medical staff office. The awards were presented at a recent employee social.

## Crawford wins March PEER Award

Julie Crawford was named the outstanding employee for March in Watson Clinic's monthly PEER Award.

Crawford has worked at Watson Clinic for eight years, and recently moved into the role of Deposition Scheduler for the Clinic's Risk Management department. Julie is always willing to take on extra responsibilities, has excellent communication skills and brings a great attitude to her work every day, the hospital reported.

As PEER Award winner, Crawford 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.

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  - Creative & innovative
  - Supportive
  - Obsessed with meeting our customers needs
  - Strong track record of promoting from within
  - Use your personality and uniqueness
  - Work hard but enjoy your work and your success
- It's okay to laugh on the job

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  - Strong track record of promoting from within
  - Use your personality and uniqueness!
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