



Attorney General sues the Ritz

By CHARLES A. BAKER III
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WINTER HAVEN – Ritz Theatre Executive Director Stella Heath said she and her board made it through a five-month criminal investigation by State Attorney Brian Haas back in July, and that she is looking forward to the resolution of trust litigation filed against her and her board March 12 by Florida Attorney General Pam Bondi.

“We were cleared (by Haas) and we stand by that,” Heath said.

On Sunday Feb. 5, 2017, a group called Friends of the Ritz purchased an ad in the Ledger that, in part wrote, “Repeated efforts by a group of Winter Haven citizens who have offered to join the board, help the Ritz fulfill its potential and expand its mission have been either studiously ignored or summarily rebuffed. And so nothing changes and the Ritz

remains a forlorn example of a beautiful but wasted community resource.”

Before noon on Friday, Feb. 10, 2017, the group published a photo of a then-recently filed \$250,000 lien on the Ritz property, payable to Heath, should Heath be terminated, if the Ritz mortgage was refinanced, the mortgage satisfied or if the Ritz dissolved, or sold, or if the Ritz Board of Directors dissolved. According to Heath, as

she was preparing to hold a date night showing of Breakfast at Tiffany’s at the Ritz, just days after the newspaper ad and hours after another Ledger article questioning the lien, two people who identified themselves as working with the state attorney tried to question Heath about the lien, her sister Jane Tyl said.

After a five month investigation, the state attorney said, “Some members (of the Ritz board) have

no recollection of (the \$250,000) lien being discussed or approved yet believe Heath is entitled to the lien for the work she’s done for the Ritz over the years.”

Hass concluded that there was probable cause of obstruction of justice through the use of simulated legal process but insufficient evidence to satisfy the state’s burden of proof at trial of beyond a reasonable doubt. He then referred the case to

the attorney general.

After her own seven month investigation, the attorney general filed trust litigation electronically March 12, seeking a hearing with Judge Catherine Combee to decide whether to appoint a receiver at the Ritz, a third party to take over, and or seeking an injunction to cease and desist for the Ritz so the court can appoint an independent

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Rec Center Supervisor loves her job

By KATHY LEIGH BERKOWITZ
KLBERKOWITZ@SCMGINC.COM

“I call these my kids because I really feel like these are my kids,” says Dwan Lawrence, Winter Haven Recreational and Cultural Center supervisor. “I absolutely just love kids so much.”

Hailing from Dunnellon, Florida, she was a cheerleader growing up and as a young adult, came to Winter Haven over spring break to see her two best friends.

Then, nine years ago, she moved to Winter Haven with \$60 in her pocket, and her little 3-year-old daughter.

Staying at a friend’s house, she said she had no idea what the future held.

Ask her to describe Winter Haven in one word, and she says, “selfless.”

Many people



PHOTO BY KATHY LEIGH BERKOWITZ

Dwan Lawrence, recreation supervisor for the Winter Haven Recreation and Cultural Center.

reached out to her to offer to babysit while she searched for a job, others helped her financially or with words of encouragement.

Dwan and her daughter visited the city’s parks.

“I said, ‘the parks here are so nice and clean.’ And I am from a small town, so we don’t have

a big park system. Just letting her run free in the fresh air and seeing how much fun she was having, I just decided to make it our goal to visit different

parks throughout the city.”

“I really just fell in love with the atmosphere in the community that was here,” she says.

First she worked in the school system as a para in ESOL, (English as a second language), helping break the language barrier for kids who spoke Spanish.

Then during the summer, she worked at the City of Winter Haven Parks and Rec, helping with summer camp.

“One of the benefiting things about working in Parks and Rec, I tell my staff all the time, you are literally saving lives right now. Whenever someone goes out and takes their kids to a park, whenever we throw an event, and someone is smiling, we are adding some time to lives,” she says.

There are usually about 200 kids that show up at

the Rec center every day after school.

“You are not going to see one parent that comes in here,” she says.

“I have to stay steadfast, I have to be consistent, I have to stay strong and firm, yet loving. Because I am the mother of this entire place for these kids. I make sure I know their names. They know my name.”

Recreation was a natural path for Dwan.

Having grown up in a private school setting where teachers were able to offer the individual attention to each student according to their own learning style, she now applies what she saw as a child to her own work.

The years of working the city’s summer camp turned into “more than I could imagine,” she says.

The camp is now more

JOB | 6

Chain of Lakes Fieldhouse project unfolds

By KATHY LEIGH BERKOWITZ
KLBERKOWITZ@SCMGINC.COM

Plans continue to unfold for the first phase of the Winter Haven Chain of Lakes Field House, the funding of which was approved by the city commission through a \$25 million bond a few months ago.

Mark Jackson and Marc Zimmerman of Polk County Tourism and Sports Marketing and Tim Hoelt of Straughn Trout

Architects spoke at the city commission meeting last week. Assistant City Manager T. Michael Stavres was also present to moderate and add details throughout the presentation.

Questions being asked by those in the planning stage include “What is the marketplace looking for?” in the Field House, “How does this building meet that head on?” and a question posed by city commissioner Willie

Twyford as to the building’s capacity for large events.

Jackson noted that the state of economy and tourism in Winter Haven looks pretty good.

“If you are having a problem getting into our restaurants, that’s a good thing,” he said.

The vision of the complex has been that of a sports/business/tourism, “world class facility” which could host training and games.

Tourism and sports

assets drive dollars into the economy, Jackson told commissioners.

Their plan is to make the Field House, “recession proof.”

What that means, he says, is “an investment in Winter Haven.”

There is, he notes, already a “demand in hand.”

There is an internal demand from local citizens for arts, culture and the theater. And there is an external demand from

entities and teams wanting to hold conferences and competitions at the new facility.

“We have an indoor facility deficit of 60 percent,” he said, noting that larger weddings, reunions, symposiums all need a place to land.

“Dollars and teams, families, go out of Winter Haven,” he said, currently.

Zimmerman said the facility was going to be advertised and promoted, adding, “I know we could

fill this facility every week with basketball and volleyball events, with 15 to 25 events annually.”

“We have great volleyball clubs, but we have no volleyball tournaments,” he said.

“Soccer came when Lake Myrtle was built.”

Commissioner Pete Chichetto asked “What are you going to do to fill it up during the week?” and was told by Jackson “we really

PROJECT | 6



THIS WEEK

March 21

Shuffleboard social, 5:30 p.m., Senior Adult Center, 250 South Lake Silver Drive. Info, call 863-291-5870.

March 22

Farm to Table Dinner with Chef Amy Freeze: Spring has Sprung, 6-8 p.m., Bok Tower Gardens, 1151 Tower Blvd., Lake Wales. <http://boktowergardens.org>

March 23

All American Water Ski Tournament, 2 p.m., Dr. Martin Luther King Jr. Park at Lake Silver, Winter Haven.

Jug Brothers Band, 6:30 p.m., Central Park, Winter Haven.

March 24

Lake Wales Car Show, 4-7 p.m., Downtown

Lake Wales, Stuart Ave. Music & car show.

All About Olives, 4-6 p.m., Bok Tower Gardens, 1151 Tower Blvd., Lake Wales. <http://boktowergardens.org>

Mystery Dinner Theater, 6-9 p.m., Ramon Theater, 15 E Wall Street, Frostproof. <http://ramontheater.com>

Lake Wales Downtown Farmers Market, 9 a.m.-1 p.m., Downtown Lake Wales, Stuart Ave.

Time for a Change Meditation Retreat, 9 a.m.-12 p.m., Bok Tower Gardens, 1151 Tower Blvd., Lake Wales. <http://boktowergardens.org>

March 25

Peak Bloom Music

with Polkweed Muzique, 12-2 p.m., Bok Tower Gardens, 1151 Tower Blvd., Lake Wales. <http://boktowergardens.org>

Holy Week at First United Methodist Church Bartow, Palm Sunday, palms, musical presentations, and Palm Sunday message by Pastor Armando Rodriguez, 11 a.m. 310 S. Broadway.

March 26

Winter Haven City Commission agenda review, 6:30 p.m. 451 3rd St. NW, City Hall.

March 28

Lunch & Learn: Lifestyle for a Healthier You, 12-1 p.m., Bok Tower Gardens, 1151 Tower Blvd., Lake Wales.

<http://boktowergardens.org>

March 29

Bok After Dark: Rock the Bok, 7-8 p.m., Bok Tower Gardens, 1151 Tower Blvd., Lake Wales. <http://boktowergardens.org>

First United Methodist, Maundy Thursday, 7 p.m., choir special music. 310 S. Broadway, Bartow.

Easter Sunday, April 1st, celebration, message, and more special music.

Church is located at 310 S. Broadway. All are welcome.

March 31

Digital Camera School & Photo Safari, 8 a.m.-12 p.m., Bok Tower Gardens, 1151 Tower Blvd., Lake Wales.

<http://boktowergardens.org>

April 1

First United Methodist Church, 310 S. Broadway, Bartow. Easter Sunday, celebration, message, and more special music. All are welcome.

April 9-14

National Library Week, Food for Fines drive. Bring a food item, or multiple food items to pay your fines. Each can or non-perishable food good is worth \$2 towards the cost of overdue books. This does not apply to damaged books. Food will be given to the Salvation Army of East Polk.

Winter Haven Library events (325 Ave. A NW, Winter Haven, 291-5880):

Little Sprouts Story Time, Wednesday, March 21, 9:30 a.m. - 10:30 a.m. Creative Writing

Critique Group, Thursday, March 22, 12:30 p.m. - 2:30 p.m. Windows 10 Introduction, Thursday, March 22, 2 p.m. - 4:30 p.m. Free. Registration Required.

Offshoots Lab, Thursday, March 22, 4 p.m. - 5 p.m.

Lecture Series: Florida Water Stories, Thursday, March 22, 5:30 p.m. - 6:30 p.m. Registration Required.

Saturday Afternoon Family Movies, Saturday, March 24, 2 p.m. - 4 p.m.

Sage-ing Program, Monday, March 26, 10 a.m. - 12 p.m.

Basic Digital Photo Editing, Tuesday, March 27, 10:30 am - 12 p.m. Free.

Lego Club, Tuesday, March 27, 4 p.m. - 5 p.m.

Gardening Classes, Tuesday, March 27, 5:30 p.m. - 6:30 p.m.

Bok Tower's 92nd Annual Easter service

LAKE WALES — Bok Tower Gardens will present the 92nd annual Easter Sunrise Service on Sunday, April 1 at 7 a.m. with free admission from 6 a.m. to 8 a.m. An annual tradition, worshipers are invited to experience the majesty of the sun rising atop Iron Mountain. The Entrance Gate, Visitor Center and Gift Shop will open at 6 a.m. Donations are suggested.

Gardens' carillonneur Geert D'hollander will begin the celebration at 6:30 a.m. with a selection of seasonal music performed on the 60-bell Singing Tower carillon. The service will feature the Lake Wales Chorale, Lake Wales Brass Ensemble, bagpipes by Ben Pugh and an inspirational Easter message delivered by Pastor Scott Markley of First Baptist Church of Lake Wales. The service will conclude with a half-hour



carillon concert.

Following the service, the

Blue Palmetto Café will offer a special buffet for \$12.95 per

adult; \$8.95 per child under 12. Scrambled eggs, bacon,

sausage, grits, home style potatoes, assorted pastries, fresh fruit, and beverages including regular and decaf coffee and Florida's Natural orange juice will be served from 8 a.m. to 10:45 a.m.

The Easter Sunrise Service has been an annual tradition since April 17, 1927, making it the longest continuously running event at Bok Tower Gardens. Reverend G.W.R. Cadman formally dedicated the Sanctuary during the first service. The son of Gardens' founder, Curtis Bok, said the service "quite literally helps the sun get over the horizon on Easter morning."

After 8 a.m., general admission to the Gardens is \$14 for adults and \$5 for children ages 5-12. Members and children under 5 are admitted free. Pinewood Estate will be open from 10 a.m. - 4 p.m. for an additional fee.

Michael W. Smith brings 'A Million Lights'

LAKELAND — Grammy, Dove and American Music Award winning singer Michael W. Smith will be bringing his "A Million Lights Tour" with special guest Nathan Tasker to the RP Funding Center on April 5, 2018 at 7 p.m.

During Michael's storied career, he's not

only been honored with three Grammy Awards, 45 Dove Awards, an American Music Award but in 2014 he was honored as the "cornerstone of Christian music" for his significant influence on the genre. He also has recorded 31 No. 1 Hit songs, fourteen gold albums, and five

platinum albums. He has also starred in 2 films and published 13 books including This is Your Time.

Nathan Tasker is a prominent Christian singer/songwriter from Australia. He was named 2006 "Artist of the Year" and awarded "Song of The Year" by the Australian

Christian Music Charts. He has written, recorded and produced several gospel albums.

Tickets went on sale Friday, March 2 at 9:30 a.m. Ticket prices are \$83, \$78, \$62, \$56, \$51, \$37.50 and \$29 (other fees may apply) and are available by visiting the RP Funding

Center Box Office, toll-free 888-397-0100, and online at www.rpfundingcenter.com.

All dates, acts, and ticket prices are subject to change without notice.

The RP Funding Center is conveniently located minutes between Orlando and Tampa in Lakeland,

Florida off I-4 on Lime Street; the RP Funding Center is a short drive from anywhere in Central Florida. Regular box office hours are Monday-Friday 9:30 a.m.-5:30 p.m. For ticket information, call the Box Office at (863) 834-8111 or visit our website at www.rpfundingcenter.com.

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MIDFLORIDA FINANCING AVAILABLE

VIEWPOINT

More SROs are a good idea

Sound arguments can be made both for and against allowing well-trained faculty members and school administrators to carry firearms as a deterrent to and defense against campus massacres.

In a rare show of good judgment when it comes to educational policy, the Florida Legislature left it to each of the state's public school boards to decide what is best for its constituents.

We would like to see this logic applied to other educational policies.

Polk County School Supt. Jacqueline Byrd was one of the state's first superintendents to declare that arming school personnel was not in the cards for the county's public schools.

We find greater merit in the Legislature's budgeting funds to put school resource officers onto every public school campus, and to allocate money for mental health intervention directed toward eliminating (or at least

Our Viewpoint

reducing) the threat of campus carnage.

Sworn law enforcement officers are and should be society's first line of defense against deadly acts of violence. For them it is a primary mission, not a secondary responsibility.

SROs on campus provide many advantages beyond armed defense against attackers. Their presence can do much to build positive attitudes by students toward law enforcement.

By becoming a permanent, daily presence on campus, SROs have the potential to learn about actual or potential criminal activity. Their work is "community policing" in the extreme. The beat they walk — literally and figuratively — allows a prime opportunity to reduce lawlessness in the student communities they serve.

Hopefully, money spent on mental health resources to identify and prevent potential campus violence can make inroads into this unique threat against our children's safety.

"We know who the potential predators are," one school principal told us a few days ago. Experienced teachers and administrators can recognize the danger signs, but have limited resources to bring about intervention.

Ready access to mental health professionals, along with new legal options for removing guns and ammunition from those identified as potential campus attackers, create new options for keeping campuses safer.

We believe that more SROs, better access to psychological services, and more effective ways to keep weapons out of the hands of persons identified as potential threats to student safety are sound approaches to combatting the kind of violence that has become too frequent in America.

DST and the Law of Unintended Consequences

One of the immutable laws of the universe (whatever that means) is that For Every Action, There Is an Equal and Opposite Reaction.

It is one of the first laws of physics (if memory serves, which is never the way to bet) that we learn in school.

In adulthood, we learn another, shorter

and more easily understood version of this law.

It is called the Law of Unintended Consequences.

This is a corollary of yet another law: No Good Deed Goes Unpunished.

To put it simply ... well really ... there is no way to put it more simply than that.

This is the premise behind the First Law of Anglicanism: We always do things the way we have always done them.

It may not make a whole lot of sense, and we may not even know why we do it that way, but we've always done it at that way, and we have no wish to change. And that's that.

Don't take my word for it; ask any Episcopalian.

All of these laws come to bear on the issue of why we change our clocks twice



S.L. Frisbie

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

a year. It is called Daylight Saving Time, and it is rooted in the dubious belief that we can make the sun shine for an

FRISBIE | 5

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 or mail them to 99 3rd St. NW, Winter Haven, FL 33881.

PUBLIC NOTICE

THE PLANNING & ZONING BOARD FOR THE CITY OF FORT MEADE will hold a Public Hearing at the Fort Meade Community Center, 10 SW 3rd St Fort Meade FL 33841 on Monday, April 2, 2018 at 5:30 PM to consider the following request:

Ms. Sharon Johnson is requesting a site development plan review for a utility shed to be placed on a vacant property.

Per Unified Land Development Code, 2.06.00 General Regulation for Accessory Uses Section D.

This information is available for public review in the Building Department from 8:00 AM to 5:00 PM, Monday through Friday. All interested property owners may appear at the Public Hearing to make objections as they may have. No objections being raised, it is presumed none exist

adno=3560021

PUBLIC NOTICE NOTICE OF CHANGE IN POLLING LOCATION

CITY OF BARTOW REGULAR ELECTION
TUESDAY, APRIL 3, 2018

FOR THE CITY REGULAR ELECTION ONLY, your polling location has been changed to the Bartow Civic Center at 2250 South Floral Avenue. All registered voters who live inside the city limits are eligible to vote in this election. Polls will be open from 7:00 a.m. to 7:00 p.m. For all other elections, vote at the polling location listed on your voter I.D. card.

All precincts will vote at: **BARTOW CIVIC CENTER**
2250 S. Floral Avenue, Bartow, FL 33830

Para asistencia en Español, por favor de llamar al (863) 534-5888.
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BOND CLINIC, P.A.



Bond Clinic announces the resignation of

Evelyn Rentas, MD
Internal Medicine

As of March 8, 2018

Continuation of care can be arranged by calling Bond Clinic at **(863) 293-1191 x4020** between the hours of 8am and 5pm Monday through Friday.

adno=3558885

FRISBIE

FROM PAGE 4

this one) have conspired to steal Florida's sunshine.

We shall not stand for this. It's our sunshine, and we'll protect it to our last tourist tax dollar.

While we are protecting our beloved sunshine from New Jersey-Americans and other denizens of the Upper 49, consider this:

The Evening News will come on at 7:30, not 6:30; we'll have to wait another hour to find out which Cabinet officer has been fired. Or at least our clocks will say we learned about it an hour later.

The Thursday Night (or Friday Night or Saturday Night, or Sunday Night, or ... well ... you get the idea) Game of the Week will start an hour later, which is OK, since you can go ahead and pop

the popcorn while the Evening News is on.

But it will make the game end an hour later than you are accustomed to, which means you will doze off by the middle of the third quarter, rather than three minutes before the last-minute field goal kick that decides the winner.

And when you wake up to watch the opening monologue of your favorite late night talk show, it will be tomorrow already.

This will mess up your getting-to-work time the next morning, though I have lost track of all the Unintended Consequences.

But somehow, I'm pretty sure you'll be an hour late.

The Second Law of Anglicanism is this, uttered in the most disapproving fashion possible: "We've never done it that way!"

You have been warned.

(S. L. Frisbie is retired. One of the first things he learned when he left the Methodism of his childhood to become an Episcopalian was this: Anglicans will tolerate a little genteel heresy, but keep your cotton pickin' hands off the Book of Common Prayer. We like it just the way it is (or used to be), especially the comforting prayer: "From ghoulies and ghosties and long-leggedy beasties and things that go bump in the night, Good Lord deliver us.")

County must discuss mental health

By **BILL BRASWELL**
COUNTY COMMISSIONER

Since the Parkland school shooting, there has been a considerable amount of talk regarding mental health. At the next County Commission meeting, we will take up several issues that could impact how our county deals with inmates who are repeatedly arrested after having mental health problems. They may have been arrested under the Baker Act or for some other reason. The bottom line is we have a large number of "frequent flyers" and we need a better resolution than jail.

Mental health is such a difficult issue because in so many cases it starts with alcohol or drug abuse and there is little sympathy for these individuals. There are other individuals who for whatever reason just snap. When I was in college, a kid who I grew up with, went to church with, played golf with, experienced such a "snap." We were both in

Gainesville at the time and he came over to my fraternity house to visit one day, and he was not the same guy I grew up with, not even close. He didn't do drugs or alcohol, and he had always been a regular kind of guy. He dropped out of college and I didn't see him for over 25 years. One day I was at a store in the old Sears Town shopping center and there he was, pan handling. This guy had been a straight A student. He was close to graduating from college with a degree in chemical engineering. Now he was a street bum. I have wondered so many times what happened, what made him snap. Just a few years ago, he died in his sleep at a halfway house in Lakeland.

People like this don't need to be on the street, nor do they need to be in jail. Up until the 70's people with severe mental issues were sent away to large mental facilities where they lived for potentially the rest of their lives. Then the "do

gooders" in our society decided these people had rights and should be free to do whatever. Who benefited from this type of thinking, certainly not the mentally ill? They have no place to go so they live on the street. Often, they are targets of abuse. Many of them turn to drugs after they have gone over the edge. Now we don't "warehouse" the chronically ill except in the most extreme cases and that usually means they have hurt or killed someone else.

Polk County will not solve this crisis, but as commissioners it is our job to do what we can to keep our streets safe. As human beings, it is our job to at least try to help those who can't help themselves.

The county will establish a set of criteria to determine if these new programs are getting the results we expect. If they don't work we will try something else. Regardless, we will keep trying.

peak bloom | Now through March 31

Festival Activities

Peak Bloom at Pinewood Estate
Explore the beauty and majesty of Pinewood Estate this spring as the rooms come alive with a bevy of fresh flower displays.

Peak Bloom Walking Tours
Complimentary walking tours Mondays through Saturdays at 12 p.m. and 2 p.m.; Sundays at 2 p.m. only.

Music in the Gardens
Daily Carillon Concerts at 1 p.m. & 3 p.m.
March 25: Polkweed Muzique

Discover Bok After Dark
March 29: Rock the Bok

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www.boktowergardens.org

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RITZ

FROM PAGE 1

accountant. No court date has been set.

In paragraph 59 of the trust litigation, the attorney general alleged that, "Efforts by several community members to obtain seats on the (Ritz) Board of Directors to help redress management and financial problems have been rejected by the (Ritz) board, which instead improperly filed an unsubstantiated \$250,000 lien against the Ritz Theatre property in favor of Heath."

Paragraph 57 of the trust litigation states that in September 2014, Kerry Wilson and James Cooper of Winter Haven developer Six/Ten attempted to purchase two seats on the Ritz

board for \$65,000. Wilson emphatically denied that allegation, using all caps in an emailed response to questioning.

Six/Ten Vice President Joe Bogdahn said nobody from the attorney general's office reached out to any Six/Ten staff to investigate. Heath also said nobody from the attorney general's office contacted her.

After the state attorney investigation was complete, there were not many published details about the evidence at hand. The attorney general's trust litigation goes into more detail about why the state attorney thought there was probable cause for obstruction of justice by Heath and the Ritz board, but not proof of reasonable doubt as needed in criminal court.

"Based on available documentation, it appears

that The Ritz owed Heath \$62,537.44 as of the end of 2014; and approximately \$117,625 by the end of 2017," according to paragraph 50.

The trust litigation describes how the how the state attorney came up with \$117,625.

According to the trust litigation, "The Ritz records show that, since July 20, 2012, Heath has not been consistently or timely paid by the Ritz for her work." The litigation further states that Heath's contract is \$400 per week, unless there are no funds, in which case she would be paid \$50,000 per year with three percent interest.

In paragraph 38 of the trust litigation, the attorney general stated Heath is owed \$62,400 in wages for 2015-17 at \$20,800 per year, but the math is based on \$400 per week

and not \$50,000 per year plus interest. Calculated by her employment contract, Heath appears to be owed \$154,000 in back unpaid wages and interest alone. Since the difference between \$117,625 and \$62,537.44 is \$55,087.56, money owed to Heath not including unpaid back pay, using these calculations, Heath is owed a grand total of \$209,087.56.

This is still less than the \$250,000 lien, and the trust litigation documents several examples of how the board could have overseen Heath's book keeping better. Whether Heath and her board merit being removed for such has yet to be decided.

In paragraph 48, the attorney general stated Heath loaned \$15,250 of her own money to the Ritz between 2015 and 2017.

From 2006 until 2014 when the Ritz neon sign was installed, Heath oversaw the \$2.4 restoration project. She said for the first "few" years she was paid regularly and at some point wages became irregular, and there were times when she used personal money to pay the Ritz monthly note on a \$400,000 mortgage. Heath said it costs around \$7,500 per month just to keep the doors of the theater open, and that while her book keeping skills could use improvement, she has managed to keep the doors open for more than a decade.

The most serious allegation in the trust litigation seems to be that Heath and the Ritz board arbitrarily set the lien amount at \$250,000 to scare off a takeover by Six/Ten. But with Six/Ten corporate

officers denying that claim and the attorney general apparently not taking Heath's employment contract at face value, again, it's yet to be decided what will happen at the Polk County Courthouse in the coming weeks.

The only Friends of the Ritz organizer who has admitted to wanting to join the Ritz board is former Ledger journalist and current Ledger columnist Thomas Oldt, now a Winter Haven investment banker. All of the Six/Ten officers, and dozens of other Winter Haven area residents, are signatories of the Friends of the Ritz. To become a board member at the Ritz, Heath said the applicant would first have to volunteer for a set time. Oldt said he never volunteered at the Ritz for anything but as a board member.

JOB

FROM PAGE 1

structured, with visitors who come to speak to the kids, with a weekly theme and lesson plans set well in advance.

One of her bosses liked her program so much, he sort of "borrowed" her lesson plans.

"Three years later, I am sitting here in the same chair that he was sitting in. Terrell Griffin is now serving the director of Parks and Rec over in Haines City. I have quite a few mentors, but he has been the most beneficial to

me. On a daily basis, if I need to ask him anything. Words of encouragement, he sends Bible verses on a daily basis, he is just amazing honestly."

One thing she would like everyone to know is that investing in recreation is investing in the future of a child.

Snack donations are always welcome for the after school program, and so are volunteers.

"Mostly what we need is for the community to buy into what we are doing," she says.

"Send your kids to our programs, because they are going to get something back."

PROJECT

FROM PAGE 1

can't underestimate the attractiveness of Winter Haven and Polk County."

"We are confident there is going to be an enormous amount of business coming our way," he said.

Tim Hoeft of Straughn Trout Architectures described the plan thus far, noting space allotment, in one example, of some 1184 seats for a volleyball or gymnastics tournament.

Large banquets could be held there as well.

Showing commissioners a diagram of the campus,

a yellow diagram of Nora Mayo Hall was superimposed atop the proposed facility to demonstrate how large the Field House will be. Nora Mayo Hall was completed engulfed, the new facility being at least twice, possibly three times as large as it.

The building will have a maximum of 3300 capacity once it is finished.

Commissioners asked about the number of bathrooms and the ease of getting there, and Hoeft

noted there will be a number of restrooms placed so that one does not have to walk across the campus to get to one.

Having a working kitchen inside the facility did not seem popular. Stavres said food trucks and vendors at the facility seem like a better idea. The kitchen would be built for caterers, he added, but not manned full time.

And remember that parking ordinance that was just approved, allowing

some grass parking in designated areas? Well the Field House will be able to take advantage of that, and plans are in the works for a possible parking garage inside the campus some day.

With the new Field House serving both the arts and cultural community, as well as tourism and sports, Jackson told commissioners, "This is going to be a unique facility, arguably like none other."

PUBLIC NOTICE CANVASSING BOARD MEETINGS

CITY OF BARTOW REGULAR ELECTION - APRIL 3, 2018

The Canvassing Board for the City of Bartow Regular Election will meet at 5:30 p.m. or as soon thereafter as possible on **Tuesday, April 3, 2018** at the Supervisor of Elections Operations Center located at 70 Florida Citrus Blvd., Winter Haven, Florida **to canvass the ballots** cast in the city election.

The Canvassing Board for the City of Bartow Regular Election will meet at 10:00 a.m. or as soon thereafter as possible on **Friday, April 6, 2018** in the Commission Chambers of City Hall located at 450 N. Wilson Avenue, Bartow, Florida **to certify the results of the Regular Election** held on Tuesday, April 3, 2018. Upon completion of the certification, the Canvassing Board will **randomly select a race for the manual audit** of the April 3, 2018 Regular Election.

The Canvassing Board for the City of Bartow Regular Election will meet at 3:30 p.m. or as soon thereafter as possible on **Tuesday, April 10, 2018** at the Supervisor of Elections Operations Center located at 70 Florida Citrus Blvd., Winter Haven, Florida to do a manual audit of the voting systems used for one randomly selected race that appeared on the April 3, 2018 election ballot.

All precincts will vote at: BARTOW CIVIC CENTER 2250 S. Floral Avenue, Bartow, FL 33830

Para asistencia en Español, por favor de llamar al (863) 534-5888

NOTICE OF PUBLIC SALE

Notice is hereby given that on April 10, 2018 Extra Space Storage will sell at public auction at the storage facilities listed below, to satisfy the lien of the owner, personal property described below belonging to those individuals listed below at the following locations:

Extra Space Storage 1492

@ 1012 US Highway 92 Auburndale, FL 33823 (863)-221-0007
(April 10, 2018 @ 9:30 AM)

H1034	Gidget Farmer	Household goods
H1055	Shaunta Hamilton	Household Goods
I0547	Myracle Kirby	Household Goods
H1112	Dora Pena	Bikes
E0409	Sabrina Hall	Household Goods

Extra Space Storage 1596

@ 2930 US Hwy 98 N Lakeland FL 33805 (863) 224-2677
(April 10, 2018 @ 11:00 AM)

1420	April Green	Furniture and boxes of household goods
5107	Betisha Mcferrin	Boxes
5203	Courtney Holloman	Household Goods
1428	Kim Locke	Boxes and furniture
1303	Ronald Black	Household stuff
5029	Lilly Lee	Furniture and boxes of household goods

Extra Space Storage 1494

@ 6445 S Florida Ave Lakeland FL 33813 (863) 647-4172
(April 10, 2018 @ 12:30 PM)

F0707	Tim Gates	Furniture and household items
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Extra Space Storage 1493

@ 2190 Harden Blvd, Lakeland FL 33803 (863)-680-8092
(April 10, 2018 @ 2:00PM)

E0650	–	Michell Leicht – furniture, washer, dryer
E0636	–	Shonda Baldwin – household items, washer, dryer, furniture
E0853	–	Towanda Babers – household items, washer, dryer, couch
F0980	–	Emmanuel Gay – household items, mattress, furniture

Purchases must be made with cash only and paid at the above referenced facility in order to complete the transaction. Extra Space Storage may refuse any bid and may rescind any purchase up until the winning bidder takes possession of the personal property.

POLICE BEAT

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

Polk County Crime is down

The numbers are in, and they're going the way we like to see them ... down. Every year, we track crimes in the unincorporated area of Polk County and our contract cities – our service area is 65 percent of the county. Those statistics are then forwarded to the Federal Bureau of Investigation (FBI) for their Uniform Crime Report (UCR). The UCR tracks several types of crimes: homicides, forced sex offenses, robberies, aggravated assaults, burglaries, larceny-thefts, and motor vehicle thefts.

The FBI focuses on these crimes due to their seriousness, they occur regularly throughout the country, and they are mostly likely to be reported.

The results for 2017 show that we continue to see a decline in crime here, a drop of 10.4 percent to be specific.

That's 824 fewer crimes in 2017.

I see a lot of good things with these statistics, but one of the most amazing things to see is that we had a decrease in each of the tracked crimes.

In 2017 we had: 11 homicides (-3); 81 forcible sex offenses (-58); 133 robberies (-2); 981 aggravated assaults (-105); 1,475 burglaries (-273); 3,790 larcenies (-344); and 586 motor vehicle thefts (-48).

Reliable crime statistics first started being tracked in Polk County back in 1971. Back then, we had a crime rate of 4.16



Grady Judd
Polk County Sheriff

crimes per every 100 citizens served by the Polk County Sheriff's Office. In 2017, we have an impressive rate of 1.64 crimes for every 100 citizens. Think about that, we are enjoying the lowest crime rate ever reported in Polk County. You might be thinking this all sounds familiar, like you've heard me say it before. Well, you are correct. I said the same thing last year when the crime rate dropped to a new low of 1.87, and the year before that when it fell to 1.95. I may sound like a broken record but the tune keeps getting better.

A lot of the success with lowering crime here comes from the hard work and skills of the men and women who work for the Sheriff's Office. It's not just the deputies; there are many folks at PCSO who never get a lot of accolades or attention from the public, but that doesn't make their work any less important.

The people we serve in our community

also deserve much of the credit. The partnerships we have with the people and other agencies here in Polk County makes fighting crime easier, and more successful.

When communities work with law enforcement, great things happen (unless you're the bad guy).

We have members of the Sheriff's Office whose goals are to work with the public to stop crime before it happens. They're the ones who organize self-defense classes, coordinate neighborhood watches and citizen patrols, and educate folks about the importance of locking doors, hiding valuables, and keeping detailed lists of personal property and serial numbers.

The Sheriff's Office thrives on contact from the people we serve, whether it's by phone, mail, email, or social media (like Facebook, Twitter, or Instagram).

With the kind of partnership that exists between the Polk County Sheriff's Office and the people in our communities, I see no reason why we shouldn't see even better numbers next year.

Explosives found at residence

On Tuesday, March 13, 2018, PCSO deputies responded to a call indicating a package labeled "C-4 explosive" was found in a home located on State Road 60 in Bartow. Detectives executed a search warrant at this home, and subsequently found several firearms, military-grade explosives, and firearm silencers, according to reports. PCSO called The Bureau of Fire and Arsons Investigations (BFAI) and The Bureau of Alcohol, Tobacco, Firearms, and Explosives (ATF) to assist in the investigation.

The PCSO says that Joel Ryals, 41, who lives at that address, was charged via warrant by the BFAI for 14 counts of possession of explosives requiring a license (F2). Ryals was taken into custody in Newton County, Mississippi, where he was conducting a K-9 training for a local law enforcement agency. Although Ryals has a law enforcement and military background, he does not have the required

JAIL | 11

EM Farms, LLC – 20 Temporary workers needed in Woodland and Pontotoc, MS, from approximately 5/10/2018-6/15/2018. Applicants must be 18 years or older. The company may conduct criminal background checks. May drive skid stir loader. Preparing the ground for planting. Manually weeding fields by hand or using hand tools. Participate in irrigation activities. Drain water from fields with hand tools and shovel when needed. Repair, maintain and clean all hand tools and mechanical equipment prior to and after use. (All tools and supplies will be provided at no cost to workers) Work in extreme weather conditions. Must be able to work with minimum supervision. Workers may be asked to operate vehicles, Sweet Potatoes - Covering potatoes with use of bedding machine & covering with plastic. Pulling plastic from covered potatoes. Cut slips by hand with knife, place in boxes to load & unload onto trucks and trailers. Walk behind potato transplanter and fill in slips by hand. Riding mechanical transplanter and loading slips in planting cups. Dividing plants by hand. Three months commercial experience needed for hand cutting slips and use of mechanical transplanter on a licensed farm. Safety training for use of farm equipment and tractors will be provided. To ensure the safety of all employees, those interested in operating machinery must be able to communicate with and adequately follow instructions given by management. Management reserves the right to restrict employees from operational duties who do not show proficiency to effectively communicate with management, and may therefore place other employees' safety at risk. General Specifications and Physical Requirements of the Job: Lifting requirement 5-60 lbs. The majority of the workday is spent on one's feet and outdoors. Workers should expect periods of little/no work during growing time. Hours and days of work may vary due to weather conditions. Proper work attire is required. Due to possible Date of Need changes, worker is required to purchase travel insurance if available. We will reimburse the worker for transportation cost (including travel insurance) and subsistence to the employers work site from the place of recruitment upon completion of 50 percent of the contract period. Transportation payment will be no less (and is not required to be more) than the most economical and reasonable common carrier transportation charges for the distances involved. A copy of the work contract or a copy of the ETA 790 in lieu of a work contract, and any modifications, will be provided to the worker on the day the work commences (or before work commences). If the employee is unable or unfit to perform the duties listed after the 14 day pretrial, the employee will receive warnings, hours may be reduced to the minimum allowed in the certified petition or terminated. Workers will be paid \$10.73 per hour, three fourth's guarantee, 35 hours per week, housing, equipment and transportation provided at no cost to workers who cannot reasonably return to their permanent residence at the end of each work day. We participate in the E-Verify program and workers must have valid identification for I-9 preparation when they report to begin work. Complete job description can be found at your local SWA/Job Center. **Apply for this job at the State Workforce/Job Center office in your area, call the nearest office in your area MS 662-842-2175, AL 256-259-1835, LA 318-676-7705, FL 863-385-3672, use job order MS 250718.**

PUBLIC MEETING NOTICE NOTICE OF LOGIC AND ACCURACY TESTING OF VOTING EQUIPMENT

CITY OF BARTOW REGULAR ELECTION - APRIL 3, 2018

Pursuant to Florida Statute 101.5612(2) notification is hereby given that logic and accuracy testing of voting equipment will be held on **Tuesday, March 27, 2018 at 3:30 p.m.** at the Supervisor of Elections Operations Center located at **70 Florida Citrus Blvd., Winter Haven, Florida** for the City of Bartow Regular Election that will be held on Tuesday, April 3, 2018 from 7:00 a.m. to 7:00 p.m.

**All precincts will vote at: BARTOW CIVIC CENTER
2250 S. Floral Avenue, Bartow, FL 33830**

Para asistencia en Español, por favor de llamar al (863) 534-5888.
3/14,21,2018

NOTICE OF INTENTION TO ADOPT ORDINANCE NO. 18-02 AMENDING THE CRA BUDGET ALLOCATIONS FOR FISCAL YEAR 2017-2018

NOTICE IS HEREBY GIVEN pursuant to applicable sections of the Florida Statutes that the City Commission of the City of Fort Meade, Florida, will hold a public hearing for the purpose of considering the adoption of a proposed ordinance amending the FY 2017-2018 CRA budget allocations.

ORDINANCE NO. 18-02

AN ORDINANCE OF THE CITY OF FORT MEADE, FLORIDA; AMENDING THE CRA BUDGET ALLOCATIONS FOR FISCAL YEAR 2017-2018; PROVIDING FOR SEVERABILITY; PROVIDING FOR AN EFFECTIVE DATE.

at the City of Fort Meade City Mobile Home Park Activity Center, 1046 SE 2nd Street, Fort Meade, Florida 33841. The City Commission's hearing will be held on April 10, 2018 at 7:00 PM or as soon thereafter as possible. A copy of the proposed Ordinance is available for public inspection at the office of the City Clerk, 8 West Broadway, Fort Meade, Florida 33841. Interested parties may appear at the meeting and be heard with respect to the proposed Ordinance.

BE ADVISED if any person or persons wish to appeal a decision of the City Commissioners of the City of Fort Meade, Florida, made at the above-advertised meeting, record of the proceedings will be needed by such person or persons and a verbatim record may also be necessary.

PLEASE BE GOVERNED ACCORDINGLY.

Melissa Wessell, Deputy City Clerk
City of Fort Meade

Dated this 21st day of March, 2018

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WINTER HAVEN NEWS

Beymer rezoning draws neighbor discussion

By **KATHY LEIGH BERKOWITZ**
 KLBERKOWITZ@SCMGINC.COM

There was some discussion at a city commission meeting when a little rezoning ordinance was introduced in which Beymer Memorial United Methodist Church petitioned the city to rezone six parcels from multi-family residential use to public institutional zoning. The move would allow the church the freedom to expand their facility, according to Dennis Wood, of Dennis Wood Engineering, LLC, both member of the church and the one representing them at the city commission discussion.

However, because of recent opposition from nearby residential neighbors, at last week's city commission meeting, it was decided to move the rezoning matter to a future commission meeting in a few weeks, to allow the church more time to address those in the community who oppose the idea.

Neighbors nearby spoke at last month's city

commission meeting, saying they are concerned the church is planning on building a soup kitchen, though Beymer has not said anything to date about doing that, or at least not in the city's paperwork approved by the planning board.

Neighbors say that those who come to receive goods from the food pantry two doors down from the church are already parking in other people's yards.

Mike Richardson, who says he lives across the street from the church, told commissioners he would rather "have a neighbor across the street than a food pantry," adding that he has called code enforcement on the parking issue.

Courtney Miller, who lives three houses down from the church, said "I have already seen this little street crowded," adding "would you want the scenario in your neighborhood?"

And it was because of the call to code enforcement that the city realized the church was erring by operating the food pantry

out of the house, as it is zoned residential.

Hence, the rezoning. Curtis Wampler told commissioners he has done lots of work with feeding the hungry and ministry to the poor and those in prison.

He says he has lived in the neighborhood 35 years, and does not want the food pantry in the neighborhood at all.

Beymer did move their pantry, Dennis Wood said, in an interview with The Winter Haven Sun after the commission meeting, noting that was done because it was too difficult for the volunteers who helped stock and distribute the pantry to haul the food up stairs and down in the part of the church that faced Lake Howard. So, the pantry was moved to the other side of the church's thrift shop, the pink building next to the church.

Most of the volunteers are up in their years, Wood notes.

And most of those who receive food, Wood says, are not the "transients or homeless" described by Wampler as sleeping by his

back door, but rather, "80 percent of them are elderly who just need a little help."

Wampler's wife, Holly, spoke, the area has experienced "littering, trash, and crime."

She asked Commissioner JP Powell, who voted against a developer expanding a proposed housing development near his home by the Winter Haven Airport because of the amount of traffic it would cause on 21st Street, if he would want "this" in his neighborhood?

According to Jamie Brown, public information officer for the Winter Haven Police Department, there are "very minimal" calls for service in a 3 block radius of Beymer. The only crime committed recently in "calls for service" in the area, Brown said, was one car burglary at a residence along Ave. H.

"Oftentimes, there is a perception that crime is rampant when there are homeless or less fortunate citizens who are gathering in a location for food or clothing," said Brown.

Wampler said he was

worried for his family's safety as well, noting that one of the homeless people used to sleep regularly on ground by the wall by his yard, close to his home.

Wood told commissioners that "Ultimately, Beymer wants to be a good neighbor."

"We are trying to do a service to the community."

Beymer met with the neighbors in a private meeting at the church a couple of weeks ago. Wood proposed surrounding the residential house that was occupied by the food pantry with fencing and high shrubs, cutting off access from the residential side, and having the partakers of the pantry come in from the Lake Howard side of the church. Neighbors pressed Beymer to move the pantry back where it was, where people would line up by Lake Howard, instead of in their neighborhood.

At last week's meeting, Wood told the commission the church had stopped all their food pantry work until this matter is solved.

If approved, the ordinance would also include

rezoning one parcel that was previously zoned mixed-use and placing it as public institutional.

The parcels are located at the southwest corner of 7th St. NW and Ave. I NW, as well as the southeast corner of Avenue H NW and 7th St. NW, about 2.34 acres and includes two single family residences, vacant lots, paved and unpaved parking, and a Scout building.

According to city records, some of the buildings were either demolished or used to house church functions. The Scout house is fully functional, and has been housing Boy Scout Troop 123 under Scout Master Tim Longstreet, for years, and meets there every Wednesday night.

Beymer's sanctuary, education building and preschool was rezoned to public institutional use in 2013.

City Principal Planner Sean Byers said in his memo to city staff and commissioners that the impact to the general neighborhood is expected to be "minimal."



New Life BAPTIST CHURCH
 • Sunday School 10 am
 • Morning Worship 11 am
 • Sunday Evening 6 pm
 • Wed Evening 7 pm
 *KJV Bible Preaching
 *Hymns & Spiritual Songs
 Pastor Maurice Thompson
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 Lakeland
 863.229.6337
 "ALL WELCOME"

Lake Wales Alliance Church
 325 N. Buck Moore Rd
 Lake Wales, FL 33898
 863.676.6727
 Sunday School 9:25
 Sunday Worship 10:45
 Special Music by
 Rochelle & Keith King
 Pastor, Robert Short
 EVERYONE WELCOME

Everyone Welcome

BARTOW CHURCH OF GOD
 1460 East Stuart St
 Bartow, FL 33830
 863.868.8603
 Elwood F. Kern, Pastor
 Sunday School, 10:00am
 Morning Worship, 11:00am
 Sunday Evening, 6:00pm
 Wednesday, 7:00pm

Christian Home Freewill Baptist Church

 1125 US HWY 17 South
 Bartow, FL 33830
 Pastor, Mike Scorsome
 KJV Fundamental
 Premillennial
 • Southern Gospel Music Only
 • Sunday School 10:00 am
 • Sunday Morning 11:00 am
 • Sunday Night 6:00 pm
 • Wednesday Night 7:00 pm
 863-533-4734



Easter WEEKEND CELEBRATION
 MARCH 31ST | BEGINS AT 11AM

FESTIVITIES
 - Easter Egg Hunt
 - Community Block Party
 Bounce Houses | Food
 Live Entertainment

710 Scott Avenue | Bartow, Florida 33830 | 863-534-1320
 WWW.NEWMZIONBARTOW.ORG

New Mt. Zion African Methodist Episcopal Church presents their 1st Annual Easter Celebration Weekend!
Saturday, March 31st 11:00AM; Food, prize give-away, entertainment, bounce houses, egg hunt, picture with Easter Bunny, and a barber on site for Easter grooming.
Sunday, April 1st 10:00AM join us for our Easter Sunday Worship Celebration with our Youth on Parade, showcasing their Gifts and Talents.
 Join us as we come together as a community to celebrate our Risen Savior.

HE IS RISEN!

Come Join Us In Celebrating!
 Sunday, March 25, 2018; 5:30 PM

BLESSED REDEEMER
 A MUSICAL FOR EASTER
 -Created by Dennis & Nan Allen

First Baptist Church Bartow
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 Bartow FL 33830
 863-533-9055



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 Independent Baptist
 307 ABC Rd, Lake Wales
 (3 miles S of SR 60 on US 27)
 David Williams, Pastor
 Old-Fashioned Preaching
 & Hymns-KJV Bible
 Sunday School, 9:30am
 Sunday Morning, 10:30am
 Sunday Night, 6:00pm
 Wednesday Night, 7:00pm
 638-2040

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WINTER HAVEN NEWS

Remembering Sarah Hulseley Hays

Winter Haven lost a grand and gracious community activist with the passing of Sarah Hulseley Hays on April 3, 2002. To list only the organizations she founded or touched would fill more than this column. However, her love and dedication for both her family and Winter Haven prompt this review.

Sara was born in 1912 to Marion Jennings and Vera (Hill) Hulseley in Tampa. She attended Florida State College for Women (forerunner of FSU) and, upon graduation, taught home economics in the Hillsborough School System. As a young woman, she began her community involvement with the Merri Maker's House Club and was a maid in Ye Mystic Krewe of Gasparilla. In fact, she was scheduled to be Gasparilla Queen and chose instead to forgo that opportunity to marry Joseph Karl Hays in 1936.

Mr. Hays was a paper company executive, and in 1945 the family moved to Winter Haven, where he founded Hays Supply. The Hays family included daughters Sally and Susan, as well as son John.

Mr. and Mrs. Hays purchased and restored the grand home of Haven pioneer Dr. R. H. Peacock on the north shore of Lake Elbert. Sarah would fondly recall that as a young boy, son John would point to massive grove machinery that would travel a small road beside the house and say "funnyting." Today, that road (complete with street sign) is known as "Funnyting Road." The Hays would also know the tragedy of war as John became one of Winter Haven's early casualties in the Viet Nam conflict. Interestingly, that home is now owned by her great-nephew, James B. Threlkel, MD.

Sarah, busy raising her family, soon immersed herself in community activities. Girl Scouts and the



Bob Gernert
Beneath the Chinaberry Tree

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

Winter Haven Garden Club were early pursuits. She, along with Lucille (Mrs. Sidney) Smith, founded the Winter Haven Senior High Cotillion and loved to reminisce about the students dancing at the Woman's Club with parents casting watchful eyes from the balcony.

The Hays met and became lifelong friends with Cypress Gardens founders Dick and Julie Pope. Sarah would recall traveling throughout the area with Mrs. Pope looking for suitable species of plants to augment the fledgling botanical gardens. With a wink and a smile she would add, "We always tried to get one cutting for the Gardens and one each for Julie's yard and mine."

Joseph Hays died in 1968 following a long illness. Following his death, Sarah took an even more active role in local and regional activities. An early advocate of bringing women's contributions to the table, she proved to be no "token" appointment to any of the formidable boards and organizations she served. Among her contributions, she served as a board member for Winter Haven Hospital.

In 1985, she was elected to the Winter Haven City Commission, eventually serving as Mayor pro tem. It was during this time that she was approached by a bipartisan committee regarding the removal of the railroad track from downtown Winter Haven. She was sought for her love of beautification and the community.



Sarah Hulseley Hays

She took a personal interest in guiding the renovations to Central Park and also helped to create the Virginia Foley Miller Park just to the north.

Sarah Hays was an elder and trustee at First Presbyterian Church, where she also taught Sunday School for many years. Her many interests included the Symphony Guild of Winter Haven, Keep Winter Haven Clean & Beautiful, Junior League of Greater Winter Haven, the Winter

Haven Chamber of Commerce, American Red Cross, and Historic Winter Haven.

Many have contributed to the beauty, welfare and culture of Winter Haven and none more richly than Sarah Hulseley Hays. For her tireless efforts and love of community, she was awarded Winter Haven's prestigious Bankers Cup in 1966, 1986 and 1996 ... the only woman to have received such recognition three times.

Information for this article is based on excerpts from "The History of Winter Haven" by Josephine Burr, newspaper articles and personal recollections.

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. A walking tour of the museum occurs at 10 a.m. each Saturday. There are many new displays and pieces of Winter Haven history to see. Group visits are also available by appointment. Contact Bob Gernert at 863-206-6855 or bobgernert@gmail.com.

REAL ESTATE AUCTION BENEFITTING FLORIDA FFA



1PM - SATURDAY - MARCH 24

OWN A PRIVATE ISLAND GETAWAY ON LAKE PIERCE!

The 1.58± Acre Island is located in the center of the upper portion of Lake Pierce. The 1,100±sf home is 1BR/1BA with a kitchenette, screened living area, rustic wood paneling, and floors. The home has electricity and a 2-inch well. A 30-foot barge is included. Ideal for someone who wants to own their 25, recreational retreat to enjoy water sports, bird watching, boating, & paddling. With access only by boat, the seclusion and peace is a rare find!

LOCATION: Jennings Fish Camp Road, Lake Wales, Florida (Polk County)

PARCEL ID#: 28-28-33-000000-014010

PREVIEW: 9:30AM to 12:00PM Saturday, March 24th

TERMS: 10% deposit is due day of sale. Remaining balance is due at closing on or before 30 days. 3% buyer's premium.



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In the **CLASSIFIEDS!**



PUBLIC MEETING NOTICE

Please be advised that representatives of the City of Bartow and the West Central Florida Police Benevolent Association, representing the Bartow Police Department bargaining unit will meet on Thursday, March 29, 2018 at 10:00 A.M. in the City Commission Chamber at Bartow City Hall, 450 N. Wilson Ave., Bartow, FL 33830.

This purpose of this meeting is to conduct collective bargaining negotiations.

If anyone decides to appeal any decision made with respect to any matter considered at this meeting, he or she will need a record of the proceedings, and for such purpose, he or she may need to ensure that a verbatim record of the proceedings is made, which record includes the testimony and evidence upon which the appeal is to be based.

Persons with disabilities needing special accommodations to participate in this proceeding should contact the City Clerk's office prior to this proceeding at telephone number 863-534-0100 for assistance; if hearing impaired call 1-800-955-8771 or voice impaired call 1-800-955-8770 (VOICE) for assistance.

FROSTPROOF NEWS

Welcome home Nickell Robey-Coleman

By **CHARLES A BAKER III**
CBAKER@SCMGINC.COM

FROSTPROOF – Class of 2009 Frostproof Middle High School graduate Nickell Robey-Coleman returned home to sign a three year deal with the Los Angeles Rams for more than \$15 million March 14 at the Agricultural and Labor Program Lakeview Park Community Center.

The NFL cornerback didn't have an easy life growing up, but he had a loving family, and as he grew, a community that helped him become the man he is today.

Sitting down at a decorated table, surrounded by family and loved ones, Nickell said he felt like it was the draft day he never had. After graduating from Frostproof, the local athlete played ball at the University of Southern California and left school in his senior year to enter the 2013 NFL draft.



According to family, Nickell Robey-Coleman has 17 aunts and uncles, many of whom watched him sign with the Los Angeles Rams in Frostproof on March 14, 2018.

Unselected, the Buffalo Bills signed him later that year where he played until around a year ago. In April 2017, Robey-Coleman signed a one year deal with the Rams.

"This day, right here, words cannot explain it," he said. "The same people here, you were with me in 2013."

As his emotions welled, family gave Nickell time

to sit back and enjoy the moment.

Millie Ann Coleman, his maternal grandmother, said his mother would have loved to see the day. Maxine Robey-Coleman passed away right before Nickell graduated high school. Then one of his cousins lightened the mood by making a joke about all the money.

According to family, Nickell has 17 aunts and

uncles. And at 85 with her wonderful smile, Willie Mae Hamilton remembered how mailing Nickell \$25 made a difference when he was at college. She cautioned him to save some of those millions.

Nickell broke in to say he was one semester away from getting his bachelor's degree in real estate development from USC and that his



PHOTO BY CHARLES A. BAKER III

Nickell Robey-Coleman returned home to Frostproof to sign a three year deal with the NFL Los Angeles Rams for \$15 million March 14.

professional life would not end with the NFL. He then thanked John R. Alexander and his wife Sarah Jane Alexander of Frostproof for helping his family travel to see him play in college.

Christine Wilson is one of Nickell's other aunts. She still runs the ALPI daycare facility where Nickell attended in Frostproof at an early age.

"You had three suits, three pair of shoes and I remember you eating a lot of Ramen noodles

when you were in college," she joked.

Aunt Semone Coleman was one of the last family members to speak.

"It was hard then but we had good times," Semone remembered aloud. "(Nickell's mother) Maxine would be ecstatic if she were here. She was always waiting for this."

Sitting quietly, soaking it all in was Nickell's father Earl Robey.

"I wish Maxine were here to see this family moment," he said.

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The Education Connection Keiser makes it possible to work and go to school

By **KATHY LEIGH BERKOWITZ**
KLBERKOWITZ@SCMGINC.COM

Small classes help make Keiser University an attractive choice for busy people who work and wish to finish their education.

According to campus president, Rebecca McDonnell, "Keiser University Lakeland offers graduate, Bachelors' and Associate degrees in a variety of fields, delivering quality education through different scheduling options to accommodate busy schedules.

"The small classes and student-friendly concept remains at the foundation of the Keiser mission and attracts students who enjoy a more personal learning environment," says McDonnell.

Additionally, she notes that Keiser University is a Level VI, regionally accredited university by the Southern Association of Colleges and Schools Commission on Colleges, and the university system has campuses throughout the state of Florida, online schools, as well as international learning sites

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sponsored by the Greater Winter Haven Area Chamber of Commerce and Sun Central Media Group. In this space, you will meet some of the area's schools and see how you can get involved. Schools need help from their communities to succeed. And a successful school helps build tomorrow's workforce.

and campuses.

"With the Lakeland campus, amenities include spacious classrooms, computer and medical labs, library with internet-enabled computer workstations, (auditorium), comfortable lounge area, student services information and

career center, and on-site parking," says McDonnell.

School literature notes that the University uses "state of the industry instructional equipment" which meets program standards and learning objectives, and students benefit from the philosophy of combining

hands-on practical collaborative learning to their academic experience.

"At Keiser University, students come first," says McDonnell.

But that is not all. Keiser seeks to be a valuable partner to employers, the community, and, above all, a valued choice for students serious about their education and career, she adds.

"In this manner, support for the campus would come in the form of employer participation in on-campus career fairs, leadership development

opportunities for students, internship/externship/clinical rotation opportunities for students, volunteer opportunities for students/faculty/staff, collaborative partnership opportunities between employers and the campus for board membership, etc. Keiser University appreciates the opportunity to be of service to our community and our state. We will always thank our partners for changing and enriching the lives of our students," says McDonnell.

JAIL

FROM PAGE 7

certifications to train law enforcement K9's or a license to be in possession of military-grade explosives, according to reports.

When deputies arrived at Ryals' home, they found the following unauthorized

military equipment: a 1.25lb block of C-4 explosive, a fully automatic rifle, and several firearm silencers. The Army Criminal Investigations Division also responded to Ryals' home and found military radio communication equipment, a U.S. Army compass, flashlights, headlamps, helmet lights, personal medical kit, QuikClot, gear bags, weapon

optics, an electric light kit for landing zones, AR bolts, 14 explosives including - military time fuse, military ground burst simulator, booby trap flares, C-4, and a signal flare. Additionally, 27 firearms were found, including handguns, shotguns, AR style rifles, and 1 inline muzzle loader.

"Joel Ryals has a checkered law enforcement past, however, there is absolutely

no reason for him to have this equipment. The military-grade explosives, materials to build bombs, and tactical equipment found in his possession are extremely dangerous. Although he posed no immediate threat to our community, he certainly could have used them for the wrong reasons," said Sheriff Grady Judd.

Ryals has been a former law

enforcement officer in Florida, Mississippi, and Kentucky.

He was a deputy sheriff with the Hillsborough County Sheriff's Office from August 2006 - March 2013.

Ryals served as a Public Safety Officer from June 2015 - January 2017 with the Creation Museum Public Safety Department in Petersburg, Kentucky.

He was also a volunteer

training officer with the Newton County Sheriff's Office in Mississippi from 2016 until his arrest.

He was released from duty as a Wyoming National Guard member on July 14, 2016, where he served as a Military Police Officer - and held the rank of Major.

Ryals also served active duty in the U.S. Army and Florida National Guard.

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Polk County Business Directory

POLK COUNTY SPORTS

Tough day to score

For the longest time this weekend at the beautiful Country Club of Winter Haven, it was another Kim that looked like a winner at the Florida's Natural Charity Classic.

Hyemin Kim of Seoul, South Korea, held the outright lead after Friday's first round, and was tied atop the leaderboard Sunday morning when golfers headed out for their final round, delayed by heavy fog for about 90 minutes.

Kim had it rolling with three straight birdies Saturday on holes No. 11, 12 and 13, but also had five bogeys on her card, in a tie at five-under with a Florida favorite, Daniela Iacobelli of Melbourne, 90 miles to



Brian Ackley
Ack's Angles

Winter Haven's east.

Iacobelli might have won it, but ran out of holes Sunday, finishing one back. Her Saturday round was steadier than Kim's, with four birdies and just two bogeys. The flat stick was what kept her in it.

"Honestly, the biggest thing that saved me, I probably made 40 feet of putts to save par," said Iacobelli. "It was just one of those days to where things could've got out of control both ways, but it just kind of stayed even. We're still dusting some rust off, still dealing with seeing your name on the leaderboard and remembering how to swing a club at the same time."

Saturday was a tough day to score, with only 16 golfers in the field of 132 getting under par.

All of Kim's five under came on Friday when she fired a 67, and she had to recover from a potentially disastrous shot on her opening hole, taking it all in stride.

"My first hole at No. 10, my second shot went into the bunker and plugged. It was a struggle, but I made a good up and down from there," Kim said. "Then I feel way more comfortable to be on the course and I don't really feel nervous when I'm going somewhere that's really the wrong spot. I don't get discouraged at all, but sometimes when the missed shot go into good situation, then give me a lot of confidence. It's like golf."

Of course, the real winners are all the local groups and clubs and program that will get grants from Florida's Natural. The Tournament, 10 years strong, passed the \$1 million mark in giving to local charities.

When the stars line up

(Given that the Florida's Natural Charity Classic has been a fixture in East Polk for a decade now, one thing we've come to know is there are always interesting stories and characters and moments that make up the event. Take this year, for example. There was a hole in one, a pro golfer who actually was her own "twosome" since she played "with child," and there was even a player who literally came half way around the world just to tee it up in Winter Haven. Meghan MacLaren (Rushden, England) entered Winter Haven coming off her first Ladies European Tour victory in the Women's NSW Open at Coff's Harbour Golf Club in Australia on March 4. Get to know them all in a special edition of "Five Good Minutes," not with one individual, but with the future stars of women's golf, and a few others too.)

Victoria Morgan, on explaining how golf really is a team sport. "At USC, I learned the importance of the people that surround you. Since I left, I've created a new team. Whether that's a golf coach, trainer, mental coach, sponsor, fan (such as host families), or former teammates to practice with, these people mean everything to me. They're the reason I believe I can make my dream come true and make it on the LPGA Tour. I began working with (swing coach) Wade (Berzas) right after I walked-on during the spring of my freshmen year (at USC). He took my game from the level of a Division I walk-on to a Division I All-American, and now professional golfer. Wade believed in my potential and actually inspired me to consider turning pro. He is an invaluable member of my team. I train with Josh Loy, a golf performance trainer and physical therapist at ForeFitness in Southern California. Last season I began to notice that during long stretches of tournaments, my body would begin to break down if I wasn't keeping up in the gym. I put in a lot of work this winter and will continue when I am on the road. The best decision I made this off-season was to begin working with Jim Gormley, the



FIVE GOOD MINUTES WITH...

FLORIDA'S NATURAL
CHARITY CLASSIC STARS

head golf professional at Palos Verdes Golf Club. Jim works with a handful of LPGA players and I originally got to know him since he is a volunteer coach for the USC women's golf team. He has completely transformed my short game, which has historically been my weakness. I honestly feel like a different golfer now."

AJ Newell, a Tampa resident, on getting to play in her backyard. "I certainly love the travel that comes with playing golf as a professional, but it generally means no family or friends can come watch you play. Having this event so close to home means my parents will be able to come watch, and that means the world to me. Golf has given me a very tight knit family. To think back to all the clinics, lessons, practices, and tournaments that my parents sat through to get me to this point really amazes me. I remember all the tough practices and swing changes my dad and I worked through together, the workouts my sister motivated me to get through, and the pep talks my mom would give me when I was away from home. Playing so close to home makes me proud to be able to compete in front of them."

Angelina Ye, at 16, on being the youngest player in the field. "It isn't the first professional event that I have competed in. Being the youngest player in the field doesn't really faze me. If anything, I think it's a little comforting knowing the rest of the field has more experience than I



PHOTO COURTESY SYMETRA TOUR

Pro golfer Leslie Coots gives some pointers to a youngster as part of the local First Tee program at the YMCA Par 3 course in Lakeland last Wednesday.

do. There are a few players in the field who I have competed with recently, so it won't be completely foreign. I think every tournament is an opportunity to learn about my own game and improve it, regardless of the results. Playing with the professionals, I'll definitely be on the lookout for things they are doing that I can improve on, or incorporate into my own game.

Davenport's Erica Popson on being back home to play. "Monday, I hung out with my best friend from high school. Just to be able to see my friends and have them come and see what I do for a living is pretty neat. I think playing at home also builds a little bit more of an expectation, so that's kind of hard to battle. It's just about being able to stay comfortable and not think this week is more important than any other week."

Jaclyn Jansen on acing the 161-yard sixth hole Saturday. "My caddy got the yardage. I was like, 'Seven?' He goes, 'No, a little wind, six.' I hit it well, just hoping to get on that green and get away with a par. Hits once, kicks a little right and falls right in. It was pretty cool."

Rachel Rohanna on playing while 28 weeks pregnant and how it affects her game. "She's getting more and more active, which makes me really happy and excited with each passing day. She's making it a little harder to golf each day, but soon we will get to meet her. There's nothing better than knowing she's growing and healthy. The hardest thing is going to the bathroom a lot. The swinging part is fine."

Distance for sure, definitely lost some. It's more the inconsistency of it. Some days it's two or three yards, some days it's 10 yards. With those irons, being used to hitting a 7-iron 165 (yards) and now pulling it out at 150/155 is a huge difference for me."

Josh Anderson, course pro, on Florida's Natural returning to the site where it originally debuted. "They're great to work with. It's a recognized name and they're easy going, put on a good show. The tournament definitely wouldn't be what it is without them. The membership really supports it. They buy-in, not only from an exposure standpoint, but the quality of golf course."

WH Blue Devils girls head to nationals

Finally, the Big Apple beckons. Call it high school's version of The Big Dance, and the Winter Haven Blue Devils girl's basketball team is right in step, accepting an invitation to the 2018 GEICO High School Basketball Nationals next week in New York City.

The Winter Haven High School girls varsity basketball team will

compete in the 2018 GEICO High School Basketball Nationals in late March, marking the first time a girls basketball team has represented Polk County Public Schools in a national championship.

"These girls have worked so hard, and demonstrated that anything is possible through teamwork, dedication

and perseverance. They are shining examples of our school district, and we are so proud to have them represent us on the national stage," noted Polk Superintendent Jacqueline Byrd.

The event is March 29-31 in New York City's Christ The King High School. This is the 10th year of the tournament. Winter Haven, ranked No.

13 nationally, will meet No. 8 Hamilton Heights Christian (Chattanooga, Tenn.), which won the National Association of Christian Athletes championship.

Winter Haven High School is one of four teams playing in the girls

POLK COUNTY SPORTS

Road Race and Rowdy Rays

FIVE K FRENZY – There’s a pair of really cool road races on the East Polk calendar in coming weeks. We’ve already written a little bit about the 5K Brick Dash at Legoland which steps off on April 14. The course winds through the park, including the scenic former Cypress Gardens areas that have been preserved. That same day, however, Auburndale has its own 5K, the second annual Strummin’ and Drummin’



The Scouting Report

A look ahead at some of the interesting, fun and unusual sports and recreation events in our neck of the woods.

event. Proceeds from the 5K will provide foster children, served through Polk, Highlands and Hardee counties

Heartland for Children non-profit organization, with essential personal items to support their transition into foster care. A small portion of the proceeds will also sponsor the PPCA Culinary Cares Project (CCP) which provides meals for families touched by life changing events. What makes this so cool is musical performances will be heard throughout the course. Go to www.ppcacademy.net to register.

TIME TO GET ROWDY – Some of the country’s top young swimmers will be in Winter Haven next month for the annual Rowdy Cup. As any good local knows, Rowdy is Rowdy Gaines, the Olympic swimmer who hails from these parts. The event is hosted by the Winter Haven Stingrays, and features long course events at the Rowdy Gaines Pool on Cypress Garden Boulevard. There are events each day April 20-22.

Kim breaks Charity Classic record

By **BRIAN ACKLEY**

SPORTS CORRESPONDENT

Talk about going out in style. And the answer to your question, Lauren, is that golf is hard.

Putting a bow on the best round ever in the 10-year history of the Florida’s Natural Charity Classic, Lauren Kim eagled the final hole to card a nine-under 63 Sunday to claim the championship on the first tournament of the season on the Symetra Tour Sunday at the Country Club of Winter Haven.

“It kind of didn’t feel so hard to shoot 9-under. You wonder why it doesn’t happen more often,” she said, perhaps only half jokingly. The previous best round in the event was a 65, 10 years ago, on the same layout by Angela Oh, when the course was known as the Lake Region Yacht and Country Club.

The former Stanford standout had muddled through two largely non-descript rounds on Friday and Saturday, sitting just one-under going into the finals. Her comeback was sparked by a conversation with a fellow pro the night before he historic round.

“I was telling Charlotte (Thomas) last night, we had dinner and she’s like, ‘It’s not impossible to win it.’ And I said, ‘Well, I have to shoot like 8-under.’ I kind of brushed it off and then somehow I went off today,” Kim said. “At certain points through my back nine, I had it in the back of my mind. I tried not to let myself get too far ahead because I knew there were great players behind me and I didn’t know what they were going to do. I knew that I had to shoot a good score.”

The winner’s share of \$18,750 might help Kim earn her full-time status on the LPGA this year as the Top 10 money finishers on the Symetra Tour get their cards to play on the big circuit. She does have conditional status on the LPGA tour for this season, so she could play in some events there this year already.

“With the conditional, it’s kind of a double edged sword. You just don’t know



©2018 Scott A. Miller

Lauren Kim during the final round of the Natural Charity Classic at the Country Club of Winter Haven on March 18, 2018 in Winter Haven, Florida.

what can happen week to week so I’m really glad to put myself in this position,” she added. “Through my back nine I knew I was in the lead, but I just kept pressing, I kept wanting to make more birdies because I didn’t know what the winning score would be.”

It was her first Symetra Tour win. Daniella Iacobelli, of Melbourne, Florida, made a spirited run, grabbing an eagle of her own on the closing hole, to finish just one stroke back. “I had three eagle opportunities and converted one. I had one bad swing

all day and it cost me a bogey,” said Iacobelli. “I probably haven’t hit the ball that well in months, if not years. Most of my putts for birdie were inside 20-25 feet. If they fall, I shoot 59. They didn’t fall, I shoot 68. I have nothing to be upset about.”

DEVILS

FROM PAGE 12

tournament, and the only team from Florida. The other participating girls teams will represent Westlake, Ga.; Central Valley, Wash.; and Hamilton Heights, Tenn.

“It means so much to us to get to represent Polk County Public Schools and its athletics programs,” said Head Coach Johnnie Lawson. “Our mindset is to take care of business. We’re practicing hard, and we’re going to play as hard as we can.”

Senior point guard Diamond Battles said she and her teammates are excited for the national

championship, but also staying focused on the challenge ahead.

“It’s an amazing feeling being the first team ever to go to the nationals. It’s pretty big for us,” she said. “We just have to keep the same mindset; a game is a game. We do the same thing: watch film, practice defense, stay together as a team. If we have the same game plan, hopefully it works out the same way (as winning a state title). Same game plan, but we have to go harder.”

The girls semifinal games will be broadcast at 11 a.m. (Winter Haven game) and 1 p.m. On Friday, March 30 on ESPN2. The championship game will be shown at 10 a.m. on Saturday March 31 on ESPN2.

Local athletes excel

By **BRIAN ACKLEY**

SPORTS CORRESPONDENT

A NICE RUN – Frostproof’s Antonio Gomez was named boy’s athlete of the meet for his efforts in the Polk County track and field championships last week. He took home gold in the 800, and settled for runner-up spots in the 1,600 and 3,200. Cathrina Morris and Saniya Thomas helped Auburndale to the county team title. Morris won the 300 hurdles, was second in the 100 hurdles and fifth in high jump. Thomas, just a freshman, won the 100 and 400 and was second in the 200. Bloodhound Abygayle Rausch grabbed first in the shot put and second in the discus.

BLUE DEVIL BIGGIE – Don’t look know, but Winter Haven might just have another girls championship on its hands. The softball Blue Devils scored a big win last week, dropping Lake Region 6-1. The Thunder have pretty much dominated the district in recent years, but Winter Haven might have say in that in 2018. Casey Kurent was strong on the hill, allowing just five hits (three of those in the final frame) while whiffing eight. Oshie Phiffer knocked in two, Kurent also had a two-run base knock. Lake Region had taken the earlier meeting between the two teams, a 9-7 slugfest. Brandice Boatwright was the offensive start during that Feb. 23 matchup, with three hits, three runs scored and three RBI.

BARTOW NEWS

Spring Break activities for students

We here at Bartow Public Library know that the last week of March is also Spring Break for our Polk County schools, so we want to make sure our community families know we have a lot of activities lined up for them!

On Monday, March 26 from 2 to 4 p.m., we will show the animated film Hop.

On Tuesday, March 27 from 2 to 3 p.m. we will offer Spring Origami crafts for ages 6 and up. On Wednesday, March 28 from 4 to 5 p.m. our Family Book Discussion will meet to talk Felix Salten's classic Bambi novel.

On Thursday, March 29 from 2 to 3 p.m. our popular guest Katherine Roy will return with her Angora Rabbits, and will discuss how their fur is spun



Paul Wartenberg
Bartow Public Library

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

into yarn. Families can get a chance to pet and pose with the rabbits.

Just to note, the Bartow Library will close for the spring holidays from Friday, March 30 through Saturday, March 31. We hope our community and families have a safe and enjoyable weekend.

For our families, Story Times for 3-5

Year Olds on Wednesday mornings returns March 21 from 10 to 10:45 a.m., and will continue on to May 2. Book Babies for 18 months-2 Year Olds returns Thursday mornings March 22 from 10 to 10:30 a.m., and ends May 3. Our S.T.E.A.M. for Home Schoolers ages 8-12 Years Old resumes Fridays, starting March 23 from 10 to 11:30 a.m. and will wrap up May 4. We hope our families will be able to attend these programs for early literacy and education. The popular Mini-Painting for Teens program returns Thursday March 22 from 3:30 to 4:30 p.m. Work on creating miniature works of art.

Our library's ongoing program Quilting for A Cause has changed their hours and will meet every Monday from 11 a.m. to 2 p.m. to work on

quilts for local assisted living homes. Our Chair Yoga exercises take place every Tuesday and Friday mornings 9:30 to 10:30 a.m. Our ongoing Tai Chi classes being offered by Senior Connection Inc. are both Mondays and Thursdays from 9:30 to 10:30 a.m.

A good way to keep up with library events is to visit our Facebook page at <https://www.facebook.com/Bartow-Public-Library-73708406055/>. If you are a member of our Friends of the Library, you can keep up with activities and book sales at <https://www.facebook.com/bartowpubliclibraryfriends/>.

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

Good Knight

WINTER HAVEN — Andrew Brownyard of Lake Wales was recognized for achieving Third Degree status in the Knights of Columbus during a meeting of Knights of Columbus Council 7091 of Cypress Gardens on Feb. 26.

In the ceremonial portion of the meeting held in the K of C meeting room in the parish center at St. Matthew Church in Winter Haven, Brownyard was presented with his Third Degree membership card and certificate by Grand Knight Phil Pierpont.

He moved up the ranks of knighthood by participating in a Third Degree ceremonial hosted by K of C Council 8120 at St. Mary of the Lakes Catholic



PHOTO PROVIDED

Andrew Brownyard (left) accepts a certificate recognizing his attainment of Third Degree status in the Knights of Columbus from Grand Knight Phil Pierpont of K of C Council 7091 of Cypress Gardens.

Church in Eustis, Fla. on Saturday, Feb. 17. He was accompanied to the ceremony by his fellow knight and K of C sponsor Billy Bob Morris.

A total of 38 knights from

throughout Central Florida participated in the ceremony which was hosted by District 23 Deputy John Hailey and conducted by the Mid Florida Third Degree Team headed by

Chet Sedke.

Brownyard, who resides in Lake Wales, is retired from the citrus industry and attends St. Matthew Church, where he serves as an usher.

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Elección Regular de la Ciudad de Bartow 3 de abril de 2018 Condado de Polk, Florida SM507

- Instrucciones: Para votar, llene completamente el óvalo (●) al lado de su elección. Use un bolígrafo negro o azul.
- Si comete un error pida una papeleta nueva. No tachar o su voto no podrá contar.

Comision de la Ciudad Escaño 1, en General (Vote por 1)
<input type="radio"/> James F. Clements
<input type="radio"/> Gerald Jacob Cochran
Comision de la Ciudad Escaño 2, Distrito Central (Vote por 1)
<input type="radio"/> Pat Huff
<input type="radio"/> Scott Sjoberm

City of Bartow Regular Election April 3, 2018 Polk County, Florida MM507

- Instructions: To vote, fill in the oval (●) completely next to your choice. Use black or blue pen.
- If you make a mistake, ask for a new ballot. Do not cross out or your vote may not count.

City Commission Seat 1, At Large (Vote for 1)
<input type="radio"/> James F. Clements
<input type="radio"/> Gerald Jacob Cochran
City Commission Seat 2, Central District (Vote for 1)
<input type="radio"/> Pat Huff
<input type="radio"/> Scott Sjoberm

BARTOW NEWS

Bartow starts solar era

By CHARLES A BAKER III
CBAKER@SCMGINC.COM

BARTOW – Mayor James F. Clements gave his city manager all the credit.

“George (Long) hit a home run on this,” the mayor said. “It was him thinking outside of the box that made this all happen.”

Last week, Bartow cut the ribbon on the first of what is likely to become three solar farms around the city over the next two years. The first one is city-owned, will power around 1,000 homes, and other than the man hours put into completing the deal, will cost taxpayers zero in advance.

NovaSol Energy President and CEO Haseeb Qadri was the developer of record. He said the \$11.5 million facility was financed, constructed and is now owned by third party private investors. The developer deeded the

land over to the city after the commission and city staff signed a contract with the developer to purchase all of the power generated.

Bartow purchases power in bulk from outside sources and resells it to residents for a small profit which allows them to keep property taxes low. For the last seven years, that policy saved the city enough money to justify the rate decrease which will kick in next month. When that contract ended in January, city manager Long started putting the pieces together to get a similar deal to buy power in bulk. The new deal also allows the city to purchase 20 percent of their power from renewable sources.

“It took us seven years to make that happen,” Long said. “I feel great, but the decision to do this was not all mine.”

Long said the city received 11 bids on the



PHOTOS BY CHARLES A. BAKER III

Bartow city leaders cut the ribbon on a public/private solar farm with NovaSol and Renew Petra Solar leaders last week.

project to make sure residents got the best deal. In addition to making this happen, Long also led the effort to get some additional solar panels on city hall which were recently completed.

Commissioner Billy

Simpson said that some time this week, with last week spent testing the new facility, the power will enter the grid. When that happens, solar power will be producing five to seven percent of the city's electric needs.

Renew Petra Solar President Greg Peterson,

who managed the construction of the facility, said it was a sod farm just months ago. The 40-acre solar farm is roughly a mile east of 91 Mine Road close to Clear Springs.

The other two solar farms that are in the works will be much larger but not city-owned.

Both of the other two are being developed by TECO. The second solar farm should be built by the end of the year and will be close to the first. The third will be north of Bartow and west of US 98. Construction on it is tentatively scheduled for December 2020.



The mayor gave Bartow City Manager George Long all the credit for the first city-owned solar farm which comes online this week.

Parker-Smith Farms- 32 Temporary workers need in Calhoun City, MS. From Approximately May 10, 2018 – July 01, 2018. Workers will perform assigned duties as instructed by their supervisor. Must be 18 years or older. Clearing ground of rocks, sticks & roots by hand, clear brush and trees with chain saw. General field & fence maintenance. Use wood to build and repair boxes for digger. Manually weeding fields by hand or using hand tools. Drain water from fields with hand tools and shovel when needed. Load & unload boxes on trucks trailers or sweet potato harvesters. Repair, maintain and clean all hand tools and mechanical equipment prior to and after use. Build or repair barns, or potato shed. (All tools and supplies will be provided at no cost to workers) Work in extreme weather conditions. Worker may be asked to do welding and torch work when needed. Safety training for use of farm equipment and tractors will be provided. Sweet Potatoes - Covering potatoes with use of bedding machine & covering with plastic. Cut slips by hand with knife, place in boxes to load & unload onto trucks. Walk behind potato transplanter and fill in slips by hand. Riding mechanical transplanter and loading slips in planting cups. Diving plants by hand. Workers will also perform plant dipping. Use of mechanical digging equipment to dig potatoes. May also harvest potatoes by hand with use of buckets. Must be able to sort, grade & pack potatoes by size quality or type. Three month's experience on commercial farm needed for hand cutting slips and use of mechanical transplanter & mechanical diggers. General Specifications and Physical Requirements of the Job: Lifting requirement 5-60 lbs. The company may conduct criminal background checks. The majority of the workday is spent on one's feet and outdoors. Worker must be able to withstand working in the direct sunlight and weather conditions ranging from hot and humid weather, moderate rain and cold while performing their required job duties. No cell phone usage during working hours. Cell phone can only be used during breaks and emergencies. Workers should expect periods of little/no work during growing time. Hours and days of work may vary due to weather conditions. Due to possible Date of Need changes, worker is required to purchase travel insurance if available. We will reimburse the worker for transportation cost (including travel insurance) and subsistence to the employers' work site from the place of recruitment upon completion of 50 percent of the contract period. Transportation payment will be no less (and is not required to be more) than the most economical and reasonable common carrier transportation charges for the distances involved. A copy of the work contract or a copy of the ETA 790 in lieu of a work contract, and any modifications, will be provided to the worker on the day the work commences. If the employee is unable or unfit to perform the duties listed after the 14 day pretrial, the employee will receive warnings, hours may be reduced to the minimum allowed in the certified petition or terminated. Workers will be paid \$10.73 per hour, three fourth's guarantee, 35 hours per week. Housing, equipment and transportation provided at no cost to workers who cannot reasonably return to their permanent residence at the end of each workday. We participate in the E-Verify program and workers must have valid identification for I-9 preparation when they report to begin work. Complete job description can be found at your local SWA/Job Center. **Apply for this job at the State Workforce/Job Center office in your area or call your nearest office. MS (662) 842-2175, AL (256) 259-1835, LA (318) 676-7705, FL (863) 385-3672, use Job Order: MS250702.**

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SCHOOL NEWS

School board may overrule Byrd on guns

By CHARLES A BAKER III
CBAKER@SCMGINC.COM

LAKELAND – The recently enacted Florida gun law, in part, allows local school boards to decide whether to allow school staff to volunteer and possibly be considered as a candidate to carry arms and become guardians on campus after training.

Last week, Polk County Superintendent of Schools Jacqueline Byrd published a statement online saying she opposed training teachers to carry guns on campus. However, that decision is not up to her.

On March 13, the Polk County School Board met for the first time since Senate Bill 7026 was enacted into law. For more than an hour, they listened to Polk County Sheriff Grady Judd state exactly how much it cost to put a deputy in every school and how

much less it would cost to screen and train guardian school staff. The sheriff and school board invited the father of one of the children murdered on Valentine's Day in Broward County and they listened to his emotional speech about how a guardian school board policy could have saved many lives on that tragic day. School board work sessions do not allow public comment, and no others were invited to speak.

After the two speeches, the board did not vote on the matter but there was discussion, a work session, and they all shared opinions which could provide insight on how each may vote soon.

For example Sheriff Judd, apparently somewhat jokingly, told school board member Billy Townsend that he did not appear in favor of the guardian program

after a particularly testy exchange about gun control that ended when Townsend asked the sheriff if he was a member of the NRA.

"I don't think that is any of your business," Sheriff Judd said.

That is when board chair Lynn Wilson cut Townsend off.

In the immediate aftermath, school board member Tim Harris asked the sheriff how long it would take to get guardian teachers set up in school. The sheriff said it was a four week training and that it would be difficult to have in place by Aug. 13, the first day of school. Later in the discussion, Harris cited teaching history and the Second Amendment before he retired several times.

Fields asked some questions that the sheriff said, for tactical reasons, could not be answered in public. She commended the sheriff for being more

proactive than other communities in regards to school safety.

"I don't think that private individuals should be allowed to have guns on our campus," Fields said. "I think that we really need to work hard to ensure that we get money and resources for law enforcement folks to do their jobs."

School board member Sara Beth Reynolds said she was not a fan of the concept when it first came to Southeastern University but values it more now. She asked the sheriff multiple questions about the guardian selection process and eventually blamed the press for using words like arming teachers, saying it was not just handing teachers guns.

"The PR for it has been awful and very misleading," Reynolds said. "I am truly disappointed in our media." School board

member Hazel Sellers made note that there is not nearly enough money to put a school resource officer in every school.

"It's hard to choose some schools and not others," Sellers said. A few minutes later she elaborated saying, "I think that every school needs to have this kind of protection."

Board member Lori Cunningham said current funding is not enough to put a school resource officer in every school.

"We have to look at that next layer of protection in my opinion," Cunningham said.

Board chair Wilson only asked one question, whether teachers with other responsibilities would be allowed to become guardians. Sheriff Judd said part of the background check is asking administrators what they think and this could be cause enough not to pass a background check.

By the numbers, Sheriff Judd said to put a school resource officer in every traditional and charter public school, he would need to hire an additional 79 deputies at a cost of around \$7.5 million per year, not including schools on city property which would add the salaries of 44 officers. First year costs would be even higher. According to the chief financial officer for the school board, there is around \$5 million in funding for school safety now that the state has beefed up their security budget by a few million.

It costs \$3,866 to train a school staff member to become a guardian. Sheriff Judd said the school board could have 32 guardians for the cost of one SRO.

School hardening was not a large part of the new state law and was not part of the work session discussion.



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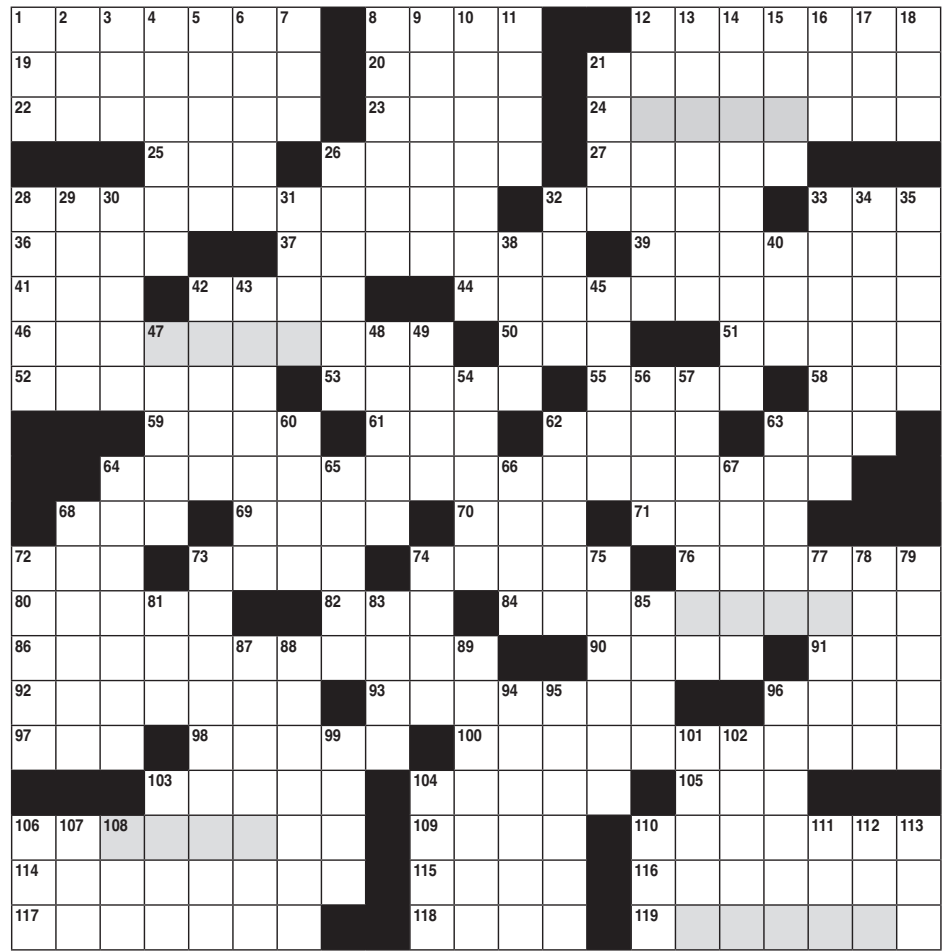
NEW YORK TIMES SUNDAY CROSSWORD

FOR ANSWERS,
TURN TO PAGE 23

IF FOUND, CALL ...

BY MATTHEW SEWELL / EDITED BY WILL SHORTZ

- ACROSS**
- 1 Heading on a neighborhood poster
 - 8 Radio personality Glenn
 - 12 Bump, as from a schedule
 - 19 Standing closet
 - 20 Poison-ivy soother
 - 21 Huts
 - 22 Anti-mob tool
 - 23 Dryer buildup
 - 24 "1984" superstate
 - 25 "Get 'em!"
 - 26 Power up?
 - 27 High land
 - 28 Last seen riding in a basket. If found, call ____ [see 106-Across]
 - 32 Mix with
 - 33 Fall off
 - 36 Pizzeria chain, casually
 - 37 Like a certain Freudian complex
 - 39 Graduation attire
 - 41 It goes around the neck
 - 42 Doesn't just assume
 - 44 Last seen in the nursery. If found, call ____ [see 84-Across]
 - 46 One who can't keep weight off for long
 - 50 Tempe sch.
 - 51 Scream or bawl, e.g.
 - 52 Like most holidays
 - 53 Reverses, as a deletion
- DOWN**
- 1 Rowing muscle, for short
 - 2 Iron Range product
 - 3 Wee, to a Scot
 - 4 Chests' places
 - 5 Sudoku entry
 - 6 Herb resembling spinach
 - 7 Some kitchen appliances, for short
 - 8 Adele's "Someone Like You," e.g.
 - 9 Hebrew for "My God! My God!"
 - 10 Idea
 - 11 Etta of old comics
 - 12 Sister of Ariadne
 - 13 More hoarse
 - 14 Snares
 - 15 List-reducing abbr.
- ACROSS**
- 55 "Darn it all!"
 - 58 It may hold the line
 - 59 Toll rds.
 - 61 Yokohama "yes"
 - 62 Tijuana setting, informally
 - 63 Postal abbr. for a rural address
 - 64 Last seen with a red-haired girl. If found, call ____ [see 119-Across]
 - 68 Drone, for one
 - 69 Cyclotron bits
 - 70 "Here's an idea ..."
 - 71 Some bygone theaters
 - 72 Bleat
 - 73 Confrere
 - 74 Food-cart offerings
 - 76 One of the Marcoses of the Philippines
 - 80 Alphabetically first "American Idol" judge across all 16 seasons
 - 82 Go from bud to blossom, to a poet
 - 84 Pretend
 - 86 Last seen chasing down clues. If found, call ____ [see 24-Across]
 - 90 Poet who wrote of Daedalus
 - 91 ____-green
 - 92 Theme song of Milton Berle
 - 93 Forms, forms and more forms
 - 96 Sash supporter
 - 97 Any of the Baltic states, once: Abbr.
 - 98 What's left on TV?
- DOWN**
- 100 Last seen being mocked by a cat. If found, call ____ [see 46-Across]
 - 103 Gambling mecca
 - 104 Increase
 - 105 Lilt
 - 106 Proceed enthusiastically
 - 109 Symbol gotten by typing Option+Shift+2
 - 110 Hit straight to the shortstop, perhaps
 - 114 Promo
 - 115 War loser, usually
 - 116 Declared
 - 117 Storied journey
 - 118 Puts the kibosh on
 - 119 Algebraic variables
- ACROSS**
- 16 Prefix with play and place
 - 17 Charlottetown's prov.
 - 18 Checkpoint org.
 - 21 Post
 - 26 Discharges
 - 28 43
 - 29 Kind of dip
 - 30 One-named Swedish singer with the Grammy-nominated song "Dancing on My Own"
 - 31 It goes around the neck
 - 32 Inn stock
 - 33 The U.S., to Mexicans
 - 34 Hallux, more familiarly
 - 35 Stationed (at)
 - 38 Clicking sounds?
 - 40 Gold medal, to an Olympian
 - 42 Repurpose
 - 43 Dressy accessory
 - 45 Boxing champ Roberto
 - 47 Navel type
 - 48 Cultural values
 - 49 Where the engine is in a Porsche 911
 - 54 A bit stiff
 - 56 A bit cracked
 - 57 Modest two-piece swimsuit
 - 60 Sharply sour fruit
 - 62 Ecosystem endangered by global warming
 - 63 Up
 - 64 Pacer
 - 65 2000s corporate scandal subject



- 66 Heavenly sound?
- 67 Vagabond
- 68 Coddles
- 72 Marriage announcement
- 73 Some centerfolds
- 74 Golden Globe-winning actor for "Chicago"
- 75 Visit during a trip
- 77 Vision-correcting procedure
- 78 Big battery
- 79 Subtitle of Hawthorne's "Fanshawe"
- 81 Former part of the U.S.S.R.: Abbr.
- 83 Alternative to boeuf or jambon
- 85 [continued]
- 87 Love all around?
- 88 Actress Faye
- 89 Stop for now
- 94 Saw the sights
- 95 Ruffles
- 96 Moviedom
- 99 My word, maybe
- 101 Lures
- 102 Utah's _____ Mountains
- 103 Some greenery that's not grass
- 104 Parcel (out)
- 106 '60s Pontiac
- 107 Webster's Third competitor, for short
- 108 Scotland's longest river
- 110 Start of Yale's motto
- 111 Chicago terminal code
- 112 Double-back move
- 113 QB's tally

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COUNTY NEWS

Schools are learning environments

I personally understand a parent's concern about their child's safety in a school setting. It is the expectation that a child will be safe, secure, and educated while they are spending the majority of their day in the classroom. The K-12 school system and legislators are taking a more microscopic view of the nature of safety in this day and time. Many of us can relate to a time when K-12 schools forbade any administrator, educator, or staff member to have a gun on school grounds. Now, there are legislators focused on arming administrators, educators, and staff members with guns and giving them the right to carry a concealed weapon on K-12 school grounds.

Please understand me when I say, "guns have no place on K-12 school grounds." Please remember on Tuesday, Feb. 20, 2018, all 71 Florida House of Representatives - Republicans voted for no gun reform and no school safety, look it up. As students take to the streets to force the necessary dialogue on gun reform and school safety, all eyes are on their next vote. The current majority Florida House of Representatives - Republicans passed a Bill (HB) 7069 and Senate Bill (SB) 1362 Schools of Hope Charter School Bill. They are willing to put 200 million dollars into the Charter Schools of Hope Program instead of saving our students and our current K-12 schools.

Can you imagine if a fight occurred



Dr. Shandale Terrell
Lakeland NAACP

between two students with a staff member trying to break up the fight, then one of the students grabs the staff member's gun? Legislators need to focus on funding school safety in a more strategic and safe manner. Lawmakers can better serve our students by funding the budgets for more properly trained and certified school resource officers on site, instead of having a school resource officer covering four or five schools at one time. Consider increasing the number of school resource officers available on school grounds before turning the K-12 schools into the Wild, Wild West. K-12 schools in Lakeland, Polk County and in our Country are learning environments for students to be educated, mentored, disciplined and achieve academic excellence, not war zones.

Dr. Shandale Terrell is a Community Activist, Leader, Educator and a Member of the Lakeland Branch NAACP.

Gator Dude

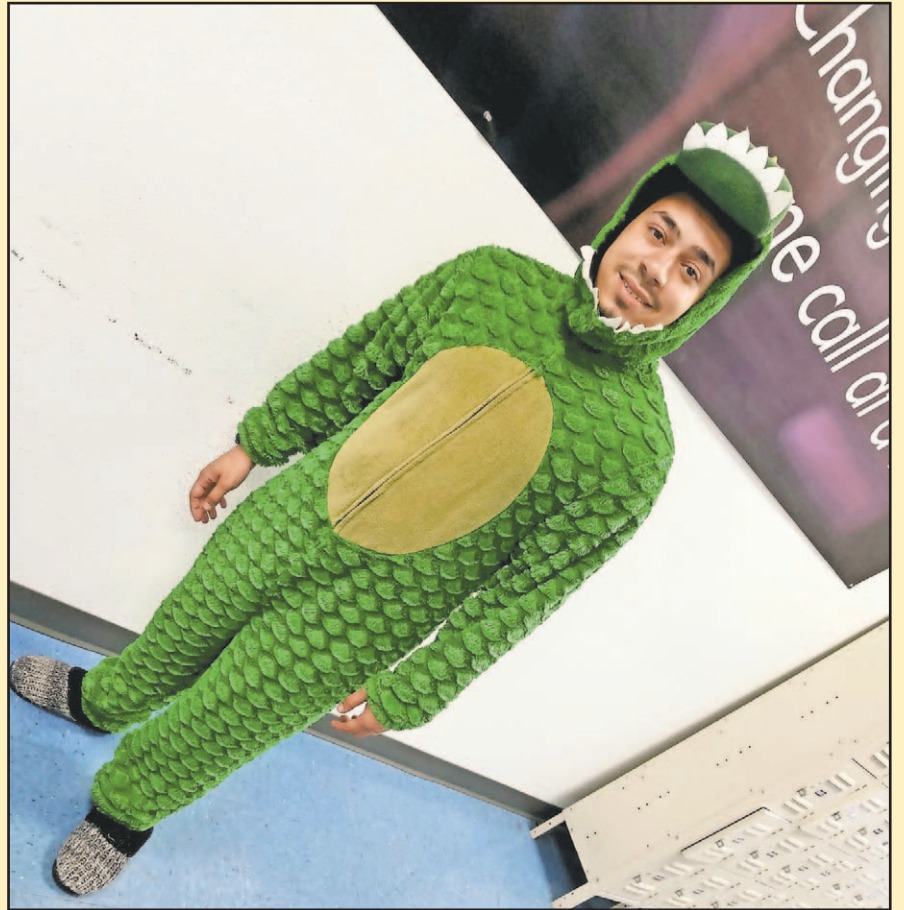


PHOTO BY KATHY LEIGH BERKOWITZ

Ramon Rivera, who works for Medicaid, was downtown Tuesday morning, helping clients find primary providers, while working out of The Results Company office on 3rd Street NW. Tuesday was pajama day at work, hence the gator pajamas. We thought we would say hello. Public, meet Ramon.

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Registration fee includes green fees, golf cart, range balls, lunch, dinner & course refreshments.

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10:30- 11:30	Registration, lunch, Range open Silent Auction
12:00	Shotgun Start
12:00- 5:00	Golf
5:00-6:00	Dinner, Cash Bar, Silent Auction

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Phone # _____ Player 2: _____
Team Name _____ Player 3: _____
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Water School, part two

By **CHARLES A BAKER III**
CBAKER@SCMGINC.COM

(Editor's Note: This is part two of a multi-part series on Water School, a two-day class offered to elected and other area leaders who want to understand more about water issues in the county.)

LAKE WALES – On March 9, a bus carrying 28 Polk County leaders left on a three-stop field trip to learn about local water issues.

Last week, the newspaper featured water conservation, reminding the public that half of all drinking water is sprayed on landscaping. The choice is simple, stop allowing that behavior or spend hundreds of millions of dollars sticking even more straws into the sand.

The water conservation class was the third stop on day one of Water School. Stop one was at Bok Academy in Lake Wales.

Getting off the bus, seventh and eighth-grade students used a simple way to help show how



PHOTO BY CHARLES A. BAKER III

Polk County Parks and Natural Resources Director Jeff Spence speaks about Crooked Lake during Water School March 9.

runoff from high grounds can damage lakes below. They crumpled up a piece of paper, unfolded it and used markers to color the ridges in the paper. Then, using a spray gun of water, they sprayed the paper. The now brown ink pooled together on the paper.

Bok Academy is on the western shore of Crooked

Lake. The Bok Boat of Knowledge took riders on a short tour to see results of a multi-year restoration project. Various state and local agencies teamed up to purchase around 500 acres on the western edge of the lake, changing the land to prevent runoff and promote more wildlife activity.

According to Polk

County Parks and Natural Resources Director Jeff Spence, over the years the Crooked Lake levels have varied as much as 17 feet, and there is a direct correlation between how high the lake is and how much water gets pumped out of the ground.

Recently Lake Region Lakes Management

District Executive Director Roger Griffiths told the newspaper that most area lakes were formed by limestone collapsing into sinkholes. Over time, sediment has clogged the sinkhole, but some area lakes are “leaky” in that water enters the aquifer from the lake at the sinkhole.

Spence said Crooked Lake “leaks” on the east side. It’s either the second or fourth-largest lake in the county depending on what level it’s at, Spence said.

For example, according to the Crooked Lake Quality Management Plan, high rainfall of 81.4 inches in 2005 is associated with the highest the lake has ever been. But the lowest that the lake has ever been was in 1991, a year with near average rainfall. There are factors beyond rain that affect lake levels, and over pumping water out of the ground is one.

As the crow flies, five miles east of Crooked Lake is where the Polk Regional Water Cooperative is on the

verge of building several wells into the lower Floridan Aquifer. If things proceed as planned, within 20 years millions of gallons of water will be sucked out of the ground near Crooked Lake.

Spence said staff with Southwest Florida Water Management District have already started digging test wells near Bok Academy, near Frostproof and in Lake Wales to help them determine whether pulling more water out of the ground will affect surface waters like lakes, rivers and springs.

Spence described it as a delicate balance. He said Crooked Lake is much cleaner than any in the Chain of Lakes.

The Crooked Lake Quality Management Plan 21 county lakes have been prioritized as nutrient rich (not a good thing) and another 97 that had potential to be prioritized.

Next week the newspaper will be focusing on what governments are doing to prevent storm water pollution in county lakes.

Great shot

On March 7, the 2018 Polk Senior Games held the second pistol shooting competition in its 26 year history, attracting both men and women, ages of 50 through 86, from across Central Florida. There were 41 registered shooters.

The women of In-Gauge of Polk County represented woman in the age categories of 50-59, 60-69 and 70-79. The top scores were 256 by Judy Flaig (Gold 50-59 women) and 239 by Janet Ertle (Gold 70-79

PHOTO PROVIDED

From left to right: Lorraine Jones - Bronze medal, Judy Flaig - Gold medal (NRA certified instructor), Janet Ertle — Gold medal — new record (NRA certified instructor), Pat Eddins — Silver medal (NRA certified instructor).

women — new record).

All of the competitors are eligible to participate in the upcoming Florida Senior Games and are currently preparing. Sponsors are being sought to offset their expenses.



Daylight savings time could be permanent

WASHINGTON, D.C. — U.S. Senator Marco Rubio (R-FL) introduced legislation, the Sunshine Protection Act, that would make Daylight Saving Time (DST) permanent across the country. He also introduced the Sunshine State Act, which would give Florida approval to establish permanent DST within its boundaries. This is in response to the Florida legislature’s overwhelming vote in support of staying on DST. Many studies have shown that making DST permanent could benefit the economy and the country, according to Rubio.

“Last week, Florida’s

legislature overwhelmingly voted for permanent Daylight Saving Time for the State of Florida,” said Rubio. “Reflecting the will of the Sunshine State, I proudly introduce these bills that would approve Florida’s will and, if made nationally, would also ensure Florida is not out of sync with the rest of the nation.”

“As the 2018 session just recently concluded, I am proud to have sponsored HB 1013 which overwhelmingly passed both the House and Senate. We have heard from countless Floridians about the importance of maintaining Daylight Saving Time,

including benefits to our economy, public safety and health. I look forward to working with Senator Rubio and his colleagues on addressing this issue. I am confident that the Sunshine State will lead the growing movement across the nation in adopting DST year-round,” said the bill sponsor, Jeanette M. Nuñez (R-Miami), Speaker Pro Tempore of the Florida House of Representatives.

Potential effects of making Daylight Saving Time permanent for the nation:

- Benefits the economy, including the elimination of a substantial economic

decline that comes every November when clocks move back, according to a study by JP Morgan Chase of major city regions, which found that there is a drop in economic activity of 2.2 percent – 4.9 percent when clocks move back.

- Benefits the agricultural economy, which is disproportionately disrupted by biannual changes in time by upsetting farm schedules and farmers’ relationships with their supply chain and distribution partners.

- Reduces the number of robberies by 27 percent, according to a 2015 Brookings Institution report, because of additional

daylight in the evenings.

- Reduces car crashes and car wrecks involving pedestrians because the additional sunlight increased visibility, according to the American Journal of Public Health and the Journal of Safety Research.

- Reduces childhood obesity, according to studies published by the International Journal of Behavioral Nutrition and Physical Activity and the Journal of Physical Activity and Health which found that children have more hours of physical activity during DST.

- Increased physical fitness, according to the

Journal of Environment Psychology, which found that Day Light Saving Time increased pedestrian activity by 62 percent and cyclists activity by 38 percent because of additional daylight.

- Positive impact on wildlife conservation, according to a collaboration of 16 experts who studied DST’s impact on wildlife across the United States, Europe and parts of Australia concluded that DST reduces the number of vehicle collisions with wildlife by 8 – 11 percent by shifting normal traffic patterns to an hour off from nocturnal wildlife’s behavior.

HEALTH and WELLNESS

Promotions to advance partnership

LAKE WALES – Heart of Florida Regional Medical Center CEO Ann Barnhart recently announced a couple of changes in the Marketing and Public Relations Departments at both the Davenport hospital and Lake Wales Medical Center.

Tracey Guerrero, who was the Marketing Director for Heart of Florida, will now be the System Marketing Director for both Heart of Florida Regional Medical Center and Lake Wales Medical Center. Guerrero has been with Heart of Florida for three years and was previously the Marketing Director for a hospital in Osceola County for five years.

“Since our hospitals are now a network, we are taking positive steps to enhance our presence as a hospital system in the community,”



Maryemma Bachelder

Guerrero said. “We will be highlighting and promoting the unique services of both hospitals as well as our physician groups.”

Maryemma Bachelder, who was the Director of Marketing for the Lake Wales Medical Center, is now the Director of Community Relations for the Lake Wales Medical Center and Heart of Florida Regional Medical



Tracey Guerrero

Center. Bachelder has worked for the Lake Wales facility since 2008.

“This new structure allows both hospitals to focus more fully on strategic involvement in the communities we serve. It’s important to us to be a good community partner with the residents, neighborhoods, schools,

churches and other organizations that make up our communities.

Partnership is the very essence of community, and we look forward to contributing in very meaningful ways to the economic success of Davenport, Haines City, Lake Wales, and all of Polk County,”

Bachelder said. “As a lifelong resident of Polk County, I’m excited to be stepping into a role that allows me to work with Heart of Florida Regional Medical Center and Lake Wales Medical Center to help our communities thrive and prosper.”

Guerrero said both

she and Bachelder have the same goal: To make sure that the community knows they are covered by a coordinated health-care team that spans all of East Polk County and beyond.

Lake Wales Medical Center is owned in part by physicians.

“Maryemma and I will be working hand in hand to promote and showcase the physicians and the services of both of the hospitals so that they know they can depend on us for easy access to quality care, regardless of where they live,” Guerrero said.

“Both hospitals together offer a wide range of services ranging from geriatric care to labor and delivery to our new 3-D Mammogram services. We want to make sure residents from all over Polk County know we have their medical needs covered.”

Volunteers honored at LWMC



PHOTO PROVIDED

Lake Wales Medical Center Volunteer of the Year Ellen Donohue, left, is congratulated by HIM Director Deb Narayan.

LAKE WALES — Lake Wales Medical Center lauded its hospital volunteers recently at a special luncheon held in their honor.

“Our volunteers, in many ways, are the lifeblood of the hospital,” said Julie Sing, Director of Volunteer Services at the hospital. “An army of nearly 100 volunteers helps behind the scenes and in public areas of the hospital, doing all kinds of tasks. They donated more than 16,000 hours last year. They do it simply because they want to help make their community better, and we truly appreciate the invaluable service they provide to the hospital staff, patients and visitors.

Ellen Donohue, who volunteers in medical records, was named Volunteer of the Year.

“She is proactive, doesn’t wait to be told what to do, is efficient and catches items that need to be corrected,” a hospital employee wrote in nominating Ellen for the honor. “If she knows that another volunteer will not be available to come in, or if she knows there is work to be done, she will come in on her days off.”

Echoing that sentiment, Sing added, “Ellen has even been known to take neighbors to doctor appointments, and then come in to the hospital to volunteer while she waits for them to finish

their appointments.”

Jack Hamilton, a former Volunteer of the Year recipient, was honored with the Dedication to Service Award. Jack, who volunteers at the main lobby information desk, is always pleasant, always has a smile, is a great helper, and is always willing to pick up extra shifts when needed.

“Jack is one of those people who everyone in the building knows and loves,” Sing said. “If Jack is ever gone on a trip or not at the hospital for a while, employees start asking me where he is. He’s missed when he’s not here. And he takes great care of our visitors when he’s here.”

Lake Wales Medical Center is owned in part by physicians.

The hospital also awarded several Community Cares awards, which are given to volunteers who exemplify the spirit of the hospital’s Community Cares culture of making patients and visitors feel like family when they’re at the hospital. The Community Cares recipients are: Marilyn Gibson, Admitting and Registration, Edwin Friedlander, Gift Shop, Jessica McPhail, Main Lobby Information Desk, Alan Powell, who plays guitar and sings for patients in the hospital’s geriatric psychiatric unit, Marcia Chatfield,

Hunt Lobby Information Desk.

The hospital also awarded service hour pins to the following volunteers:

9,500 hours: David Fehser

3,500 hours: Edwin Friedlander and Marianne Siders

3,000 hours: Jane Beai, Susan Fehser, Barbara Hitchcock, Peggy Sabatino and Gloria Wurth

2,000 hours: Mary Hudnell, Mary Beth McGill, Mike Oftedahl, and Rosemary Quinlan

1,500 hours: Marilyn Gibson, Mary Luhr, Jessica McPhail, Lois Sessions and Betty VanDellen

1,000 hours: Lorraine Bundick, Jack Hamilton, Stephanie Jester and Al Marple

500 hours: Ellen Donohue, Suzanne Mulkin and Beverly Stillwagon

100 hours: Linda Beaty, Bill Burke, Peg Champion, Clarice Evans, Janet Felton, David Holeyton, Lynda Perry, Jerry Juniper, Katie Schnarre, Sharon Stanzione, Lois Stark, Sue Turoski, and Barbara Mustefeld.

Lake Wales Medical Center is a 160-bed acute care hospital that has been providing excellent patient care to Lake Wales and the surrounding communities since 1928. For more information about becoming a hospital volunteer, call Julie Sing at 863-240-0967.

Visiting hours resume at medical center

LAKE WALES – Lake Wales Medical Center and Heart of Florida Regional Medical Center have resumed normal visiting hours and guidance following one of the worst flu seasons in decades.

This year’s flu season has peaked and is now in a steady decline, according to the Centers for Disease Control and Prevention (CDC).

“We are confident that

the worst of a tough flu season is over and we are encouraging patients who may have put off care to make sure they get back on track,” says Chief Nursing Officer Andrea Clyne.

The incidence of flu in Polk County has been falling over the past few weeks. The consistent decline in cases follows a season where influenza impacted local schools,

workplaces and hospital emergency rooms.

Flu season also prompted some people to postpone care for chronic or elective health issues, either due to cases of the flu itself, or out of a fear of contact with flu in public spaces.

Taking precautions is the best possible way to avoid catching any virus,” Clyne said. “Get the flu shot early in the

season, take proactive hand-washing and hygiene steps, and increase your intake of fruits and vegetables. But don’t put off important care of chronic conditions, or allow an emerging condition to worsen by waiting out the season. Healthcare facilities take aggressive measures to prevent the spread of viruses — likely more so than any other

public space.”

This year’s flu season was a good reminder of the importance of getting vaccinated and building immunity early and over time. According to the CDC, it’s not too late to get your flu shot this year. If you need a flu shot, or assistance with a plan for building your general health and immune system, call your primary care physician and

develop a personal and comprehensive wellness plan that will support you throughout the year. If you need a primary care physician in

the Lake Wales area, call 844-634- DOCS (3627) or visit www.LakeWalesMedicalGroup.com. In the Haines City / Davenport area, you can call 863-419- 2420 or visit www.HeartofFloridaPhysicianGroup.com.

COMMUNITY BRIEFS

Colt Creek opens new campground

LAKELAND – Last week, the Florida Department of Environmental Protection's Florida Park Service joined local officials for a ribbon-cutting ceremony for new campground facilities at Colt Creek State Park.

The new facilities include 28 campsites and one bathhouse. The camping facilities include three accessible RV sites, four tent sites and two additional tent sites with mobility features.

"This project serves as a great example of the power of partnerships and working with our local communities," said Noah Valenstein, DEP Secretary. "As we go for a record fourth gold medal for our parks system, it's incredible to see the support from the Friends of Colt Creek State Park, our volunteers and our many other partners."

"Colt Creek State Park is an absolute jewel here in Central Florida," said Eric Draper, Florida Park Service Director. "A big thank you to our park staff and the community for making this dream a reality now that

thousands of visitors will be able to enjoy this park each year."

"The Friends of Colt Creek State Park are excited to help make this campground available to the community," said Paula Dockery, president of the Friends of Colt Creek State Park. "As we open this beautiful campground, it's great to see so much enthusiasm for the park with our partners today."

"Besides hiking and fishing and all of the other available activities at Colt Creek State Park, the serene atmosphere invites you to relax and enjoy this beautiful Florida old heritage scenery," said Florida Sen. Kelli Stargel. "By adding camping to the options of activities, people will be able to come and stay for a while. This will open up whole new possibilities for visitors in and out of our area to enjoy Polk County."

"Florida State Parks protect some of Florida's most amazing natural resources and offer countless recreation opportunities for Floridians and visitors," said Florida Rep.

Ben Albritton. "I want to congratulate DEP's Florida Park Service and the Friends of Colt Creek State Park for completing this important project. I was proud to support Governor Rick Scott's recommendation to increase funding for projects that will further enhance our state park system, and look forward to celebrating more projects like this one."

Colt Creek State Park encompasses 5,067 acres and offers more than 15 miles of beautiful, multi-use trails which provide hiking, biking and equestrian opportunities. These trails meander through the pine flatwoods around cypress domes, bottomland forest and vast open pastures. Three tributaries flow through the park including Little Gator Creek, Gator Creek and the park's namesake Colt Creek.

Chamber to hold golf tournament

WINTER HAVEN — Get creative and get your business involved at the 27th Annual Chamber Golf Tournament!

Corporate Team includes lunch and dinner for all four players, as well as a hole sponsor. Hole Sponsor - company signage on a hole. Door Prize Donation - Examples include: gift cards, themed gift basket, golf items, experiences, gift items, etc.

Swag Bag Promotional Items - pens, handsanitizer, golf tees, notepads, sunglasses, golf balls, etc. To become a sponsor or to learn more about the Golf Tournament call Jennifer today at 863-293-2138 or jennifer@winterhavenchamber.com.

Dean Burnett Law to host free community appreciation picnic

LAKELAND – Dean Burnett Law via the Dean Burnett Law Charitable Foundation announced they will be hosting a free Community Appreciation Picnic at Auburndale City Park.

The event will take place Saturday, March 31, between 11 a.m. and 3 p.m., and will feature various sub sandwiches, live music by the Aggie Road Band, games, contests,

prizes, face painting, photo opportunities for parents, and fun for all ages.

When asked what compelled him to host a Spring picnic, Burnett said, "With the hustle and bustle of our daily lives, people don't always take the opportunity to make time for themselves to just relax. We'd like to show the people of Polk County just how much we appreciate them by giving them a chance to stop for a few minutes, grab a bite to eat, photograph their children playing, listen to some good music, and meet our law firm's staff and attorneys."

BoCC seeks residents to serve on Contractor Licensing Board

BARTOW — Polk County is seeking interested residents to fill vacancies for consumer representative seats on the Contractor Licensing Board.

The Contractor Licensing Board hears complaints against licensed contractors and is authorized to take disciplinary

action. This includes license suspension or revocation for locally licensed contractors, but is limited to suspension of permitting privileges in Polk County for state-certified contractors. This eleven-member board consists of eight construction-industry professionals and three consumer representatives. Contractor Licensing Board members are appointed by the Board of County Commissioners and serve three year terms with no term limits.

To be considered, you must be a resident of Polk County for at least one year. Consumer Representatives cannot be or ever have been a member or practitioner of a profession regulated by the Contractor Licensing Board or a member of any closely related profession.

If you are interested in becoming a member of the Contractor Licensing Board, email a letter of interest and a resume of qualifications to mianne-nelson@polk-county.net by close of business on Friday, March 30.

Polk State Lakeland Gateway holds info sessions

WINTER HAVEN — Polk State Lakeland Gateway to College Collegiate High School will host informational sessions for students interested in attending the public charter school, which is an academic alternative for students who want to

graduate and transition to college.

The informational sessions are scheduled for Thursday, April 3, and Thursday, April 17,

at 6:30 p.m. in LTB on the Polk State Lakeland Campus, 3425 Winter Lake Road.

Applications for the 2018-2019 school year will be accepted online from April 4 to April 27.

Lakeland Gateway to College Collegiate serves students in grades 11 and 12 who have earned at least 10 credits required for high school graduation. Students can expect to receive a standard high school diploma, at

least nine college credits, a plan for transitioning to college or work, and skills for success.

And while many students earn at least nine college credits, many earn more, up to a Polk State Associate in Arts degree. Lakeland Gateway to College Collegiate graduated 64 students in 2017. The average student in that class earned 27 college credits and 16 students graduated with an

Associate in Arts degree.

The school is a replicated model of the established Gateway to College National Network and is recognized by the Bill and Melinda Gates Foundation.

Lakeland Gateway to College Collegiate does not receive a school grade from the Florida Department of Education as per its charter, but it does receive a school improvement rating, which was "commendable" for

the 2016-2017 school year. This is the highest rating achievable and Lakeland Gateway to College Collegiate was the only school in Polk County to achieve this status.

In addition to blended learning and wrap around services focused on improving academic outcomes, students also have opportunities to participate in organizations that will contribute to their development

into well-rounded individuals such as the National Honor Society, Student Government Association, Leadership Council, and Future Business Leaders of America. They may also participate in standard high school activities including homecoming, prom, and grad bash.

For more information about Gateway to College Collegiate High School, visit polk.edu/gateway or call 863-669-2923.



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Make way for the bicycles and green trees

By **KATHY LEIGH BERKOWITZ**
KLBERKOWITZ@SCMGINC.COM

A new parking ordinance has passed the city commission, and there are two things among the many items addressed by the ordinance that are contributing to the city's vision of a walkable, green community.

One is the section on bicycle parking, the other is keeping the trees.

New developments or redevelopment of sites for commercial, industrial, institutional uses and multi-family uses of more than five units will now

have to provide on site bicycle facilities, according to the city's new ordinance.

Any development that provides at least 10 parking spaces will also have to either provide the "greater of 2 bicycle spaces or bicycle spaces equal to 10 percent of the number of vehicular spaces," reads the ordinance.

Additionally, bicycle parking areas have to be located within 75 ft. of any main entrance to a building, and all bicycle racks have to be anchored firmly to the ground.

Facilities such as apartments or condominiums will have the option also of providing the required bicycle parking facilities within an internal, enclosed and/or secured facility, according to the ordinance.

As for parking lots, the standard is that such lots will be buffered and landscaped, and tree canopies will be required, according to the city records.

Where possible, the city is also trying to encourage developers to allow for grass overflow parking spaces.

Winter Haven residents join CRA committees

By **CHARLES A BAKER III**
CBAKER@SCMGINC.COM

WINTER HAVEN - The Winter Haven Community Redevelopment Agency Board selected five new city residents to serve on CRA advisory committees March 12.

Recently Polk County Commissioner Dick Lindley, and in May, former Winter Haven city commission candidate Debra Ogzewalla were removed from the CRA Downtown Advisory Committee as a result of unexcused absences.

City staff solicited applications, receiving one, and contacted previous applicants to see if they still had interest. Those on the final list were Carmelo Garcia, Macy Butler, Eve Strang Bass and Tinia Clark.

The CRA board unanimously selected Bass and Clark from the list.

Clark runs Sidestreet Studio downtown, a non-profit that uses art to inspire local disabled residents. She

has previously served on the Cultural Arts Committee, and said she would like to incorporate more art into the downtown scene.

"I am a resident, civic minded and would like to have a voice in the potential growth of our city," Clark wrote on her application.

Bass owns The Shop, a store downtown.

"Winter Haven is my home and I'm proud of it," Bass said.

"I feel really strongly about supporting and encouraging the neighborhoods surrounding our downtown and the continued development of residential opportunities in our downtown. A healthy mix of retail, office and residential is important. There are so many positive things happening and so much potential. I want to do my part to see that these improvements and enhancements continue."

In addition to selecting replacements for the Downtown Advisory Committee, the CRA

board also selected two replacements for the Florence Villa CRA Advisory Committee.

The eligible candidates were Dinah Joseph, an Orlando resident who owns a Winter Haven insurance agency, Joe Bogdahn, a partner with Winter Haven developer Six/Ten, and Brian Yates with CenterState Bank. The CRA board unanimously selected Bogdahn and Yates.

Bogdahn said much of Winter Haven is beginning to bloom, but the Florence Villa neighborhood has struggled.

"The process of widening First Street in the late 80's decimated a once thriving business district, leaving many shallow lots along the First Street frontage that are essentially unbuildable," Bogdahn said.

He and Six/Ten staff built a 16,000 square foot office building, the largest new private construction in the area in decades.

"There are some great buildings in the CRA area and it would be great to see them innovatively re-purposed and new business started. I hope I can be part of the discussion on revitalizing this section of town."

Yates said he has always been interested in city government and the well being of the city.

"I came to the determination that I am at a point in my life that I am presented and blessed with the opportunity that I can begin to do my part to give back to the city and the citizens that have given so many blessings to me and my family over the years."

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By Tara Crutchfield

On February 13th, independent real estate brokerage, By Design, launched their franchise with Better Homes and Gardens Real Estate, making them the first in East Polk and only the twelfth in the state to do so. By Design was launched in 2011 by husband and wife Brad and Rhonda Martin.

Rhonda, who moved to the area in 1995, worked in real estate and automotive advertising for the Ledger. She met Brad in 1999 who encouraged her to follow her passion for real estate, which she did in 2000.

The name By Design is a reflection of the Martin's faith. After discussing several potential names for the brokerage, Rhonda and Brad were sitting together when they came to the realization that everything that happened with their business was by God's design.

Growing by leaps and bounds, the company doubled its production every year from 2012 to 2016 and continued to thrive throughout 2017. Out of the 107 real estate offices in East Polk, By Design is the #3 brokerage and has

Now up to about 20 agents, Aaron explained that they are selective with their real estate agents, "We want to be very discernable and exclusive and thoughtful about who we bring in and we want to make sure we can provide them with the best tools available." Because of this, By Design has the highest average sales price of the top 3 brokerages by sales volume in East Polk.

Rhonda expounded, "There are a lot of offices that if you have a real estate license, they'll take you. We want to have a family culture



"I've always wanted to be in real estate," said Rhonda. Her first job as a receptionist at a real estate firm at age 16 solidified what would eventually lead to her owning a blossoming real estate brokerage.

Brad, whose family was generational to Winter Haven, moved back to the area when he was 8. His father was a car dealer, a profession Brad followed for 27 years.

The pair took a leap and started the brokerage in 2011 with Brad coming aboard in 2012. "I worked from my kitchen table for 2 years. We continually grew a little bit then all of the sudden it really took off in about 2013. We started adding agents at that point," he explained.

taken the #1 spot for independent brokerages for the last several years.

Bree Martin, daughter of Rhonda and Brad, along with her fiancé CPA Aaron Allison also work at By Design. Bree is a licensed broker and Aaron acts as Chief Strategy Officer. Aaron is from Haines City originally and holds degrees from Florida State University, University of Central Florida, and is certified in Negotiation Mastery from Harvard Business School. Aaron discussed how he came to work for By Design, saying, "After spending many nights on the back porch talking with Brad, Rhonda, and Bree, it seemed like a great opportunity to not only do something new but to help this business grow in any way I could lend a hand to."

here that the people that work with us, we all get along, we all care about each other, we all look out for each other. There's no politics, we don't allow it here. We're going to come to work, we're going to enjoy being with the people that we're with."

By Design's franchise with Better Homes and Gardens is something that the owners see as an asset to their business and their clients. Not looking to franchise initially, they were approached with opportunities from a multitude of companies over the years when Better Homes and Gardens Real Estate began pursuing the boutique real estate firm.

Aaron discussed what made their brokerage attractive to BHGRE, a company known to be discerning with their franchisees, having only

103 in the country, "From their perspective of the national Better Homes and Gardens Brands, when they first look for potential brokerages [to franchise] there always has to be some type of value they see. The only thing they see at that point initially is the numbers. We have the numbers as the top independent brokerage in East Polk County."

"We probably wouldn't have franchised if we just didn't feel such a strong alignment with their values and their culture," said Brad, remarking that they are still locally owned and operated. "By Design is still By Design. We have the tools now that we didn't have before to support our business and help the community in a better way than we ever did before."

The most poignant alignment with Better Homes and Gardens for By Design was their core values, neatly packaged in the acronym PAIGE (Passion, Authenticity, Inclusion, Growth, and Excellence). These values are parallel with By Design's commitment to consistent and continual improvement according to Aaron, "It aligned perfectly. They have these two models that I absolutely love which are to be better and expect better and they're not specifically talking about real estate. It's expecting better from yourself, expecting better from those around you, being better for those around you."

What does this franchise mean for By Design's agents and clients? It is apparent when speaking with the Martins, everything was thought out completely when signing on with Better Homes and Gardens. This intentional decision provided not only new tools that come along with the franchise and alignment of values and culture, but also the brand that Better Homes and Gardens the magazine carries with it.

Better Homes and Gardens has a brand awareness of 94%. The real estate company is owned by Realogy, and has a 100-year partnership with Meredith Corporation, the number 2 licensing company in the world that owns many well-known brands from

Traditional Home, Shape, All Recipes, and more. Better Homes and Gardens has 40 million household subscribers, 27% of which are millennials.

Alignment with Meredith means something that, according to Aaron, is underutilized in the real estate industry—data analytics. He commented, "If someone is looking to buy or sell a home, we have demographic data and valuable content now that has been previously and still inaccessible to any other brokerage. Even within our parent company of Realogy, Better Homes and Gardens has that



exclusive knowledge via Meredith that is going to be a game changer."

"The real estate industry is changing at an exponential pace right now. You have so many technology advancements happening and when you have this bit of technological chaos you have outsiders who are disrupting the real estate industry right now as a whole. This [partnering with Better Homes and Gardens] was a strategic alliance that was very forward thinking," explained the CSO, continuing, "This was not a move now, this is a move for 5, 10 years from now because as technology

grows and changes, we always want to make sure we're on the cutting edge from a technological standpoint."

To their knowledge, they were the first and still the only real estate brokerage in the area that has the internal program Matterport 3D. This software allows them to create 3D renderings and dollhouse models of homes. This investment in cutting-edge real estate technology echoes their commitment to the constant betterment of their company for the sake of their clients.

The company has also invested in tools such as Zillow Premier, Trulia Pro, and additional marketing outlets that though come hefty priced at thousands of dollars per month, assist them in accomplishing their goal of thoughtfully and strategically marketing their clients' homes.

Supporting the community where they live and work is of the utmost importance to the By Design team. Rhonda is on the board of Girls Inc., both Brad and Rhonda have served for years on the East Polk County Association of Realtors with Brad winning the Rising Star Award in 2013 and Realtor of the Year Award from the PCAR. Bree also won the Rising Star Award in 2015.

As for the future of their company, Brad commented, "We know that we're going to thoughtfully grow over the next 5 or 10 years, that's the goal." The Martins intend for the legacy they've created through Better Homes and Gardens Real Estate By Design to continue beyond their years according to Brad. This tried and true family business has a plan of succession upon their retirement for their daughter Bree and son-in-law Aaron to take over and continue with the same core values and level of expectations of themselves and their team.

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104 Valencia Ridge Dr, Auburndale	2/12/2018	\$79,900
1203 Taylor St, Auburndale	2/16/2018	\$80,000
604 Lemon St, Auburndale	2/5/2018	\$103,500
108 Kim St, Auburndale	2/7/2018	\$122,000
115 Deen Blvd, Auburndale	2/8/2018	\$123,000
136 Diamond Ridge Blvd, Auburndale	2/9/2018	\$148,000
537 Pintail Cir, Auburndale	2/9/2018	\$155,000
728 Hobbs Rd, Auburndale	2/12/2018	\$163,000
573 Willet Cir, Auburndale	2/7/2018	\$175,000
151 Bentley Oaks Blvd, Auburndale	2/2/2018	\$204,200
2019 Brentwood Dr, Auburndale	2/9/2018	\$225,000
2236 Lake Ariana Blvd, Auburndale	2/14/2018	\$229,000
119 Shaddock Dr, Auburndale	2/9/2018	\$236,000

1820 Thornhill Rd, Auburndale	2/5/2018	\$250,800
2134 Kirkland Lake Dr, Auburndale	2/9/2018	\$305,700
1214 Old Dixie Highway, Auburndale	2/13/2018	\$395,000
4800 Juliana Reserve Dr, Auburndale	2/8/2018	\$650,000
201 Amberly Way, Auburndale	2/2/2018	\$700,000
201 Fish Haven Rd, Auburndale	2/1/2018	\$3,600,000

BARTOW

1170 S Gordon Ave, Bartow	2/6/2018	\$53,600
4520 Davis Ct, Bartow	2/2/2018	\$58,000
650 Manor Dr, Bartow	2/6/2018	\$70,000
370 Indica Ct, Bartow	2/6/2018	\$70,600
2055 Church St, Bartow	2/5/2018	\$121,000
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- Continued on Page 6 -

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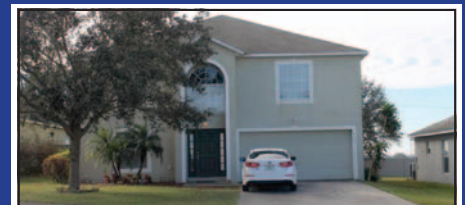
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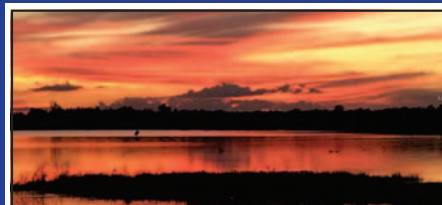


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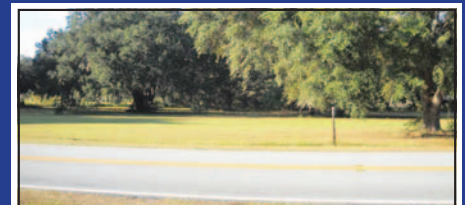
LAKE BUFFUM

Ft Meade Lakefront lot, large lot, south side of lake, beautiful views & sunsets. No HOA, on county maintained paved road. Great fishing and boating lake. MLS#P4717628 \$97,500. Call Sharon Watson, 863-557-4800



LAKEFRONT LOTS

On beautiful Lake Easy in south Lake Wales. Watch beautiful sunrises from every lot. Gated with private HOA. 2000 SF minimum SF for living area of houses. Call for prices. Realtor, Todd Dantzler, CCIM, 863-287-3586.



BEAUTIFUL ESTATE LAKEFRONT LOT

On Lake Fannie on Country Club Rd., over 500 feet of lakefront. Lots of Oak trees. Owner may consider a split. Listed at \$400,000. Call Realtor Todd Dantzler, CCIM for a brochure. 863-287-3586.

827 Kristen Ct, Bartow	2/5/2018.....	\$150,000
365 S Orange Ave, Bartow	2/2/2018.....	\$159,000
2165 Boardman Rd, Bartow	2/12/2018.....	\$160,000
1225 W Georgia St, Bartow	2/1/2018.....	\$165,000
2155 Golden Meadow Way, Bartow	2/1/2018.....	\$169,000
1641 Taylor Brooke Dr, Bartow	2/15/2018.....	\$185,000
1655 Verona Dr, Bartow	2/1/2018.....	\$185,000
4210 Roberta Dr, Bartow	2/12/2018.....	\$198,500
2037 Charleston Ln, Bartow	2/10/2018.....	\$200,400
1841 James Towne Ln, Bartow	2/5/2018.....	\$202,300
2069 Charleston Ln, Bartow	2/2/2018.....	\$218,300
1845 Kingsmill Dr, Bartow	2/12/2018.....	\$224,200
830 Parque Vista, Bartow	2/16/2018.....	\$228,000
2064 Ashboro Pl, Bartow	2/14/2018.....	\$233,800
6304 Riverlake Ct, Bartow	2/6/2018.....	\$320,000
4360 Walker Lake Rd, Bartow	2/9/2018.....	\$375,000

AUBURNDALE

10 Championship Dr, Davenport	2/6/2018.....	\$59,000
154 Fairway Dr, Davenport	2/2/2018.....	\$60,000
328 Summer Squall Rd, Davenport	2/6/2018.....	\$60,500
208 Saw Grass St, Davenport	2/12/2018.....	\$68,000
237 Citrus Ridge Dr, Davenport	2/1/2018.....	\$77,000
214 St George Dr, Davenport	2/5/2018.....	\$85,000
120 San Pablo Cir, Davenport	2/9/2018.....	\$99,000

807 Gran Bahama Blvd 30203, Davenport	2/1/2018.....	\$100,000
219 Miramar Ave, Davenport	2/1/2018.....	\$110,000
1018 Deer Creek Blvd, Davenport	2/7/2018.....	\$114,500
537 Miramar Ave, Davenport	2/6/2018.....	\$115,000
758 Orchid Dr, Davenport	2/2/2018.....	\$131,000
208 Miramar Ave, Davenport	2/2/2018.....	\$137,500
215 Paradise Woods Pl, Davenport	2/19/2018.....	\$138,800
24 Rosewood Dr, Davenport	2/9/2018.....	\$139,500
533 Rochester Loop, Davenport	2/13/2018.....	\$148,300
221 Prather Dr, Davenport	2/7/2018.....	\$149,500
11 Cypress St, Davenport	2/13/2018.....	\$170,000
1301 Belvoir Dr, Davenport	2/14/2018.....	\$171,200
152 Moscato Dr, Davenport	2/19/2018.....	\$174,100
3014 Bella Vista Dr, Davenport	2/7/2018.....	\$175,000
138 Rollins Dr, Davenport	2/2/2018.....	\$175,000
1009 Brayton Ln, Davenport	2/2/2018.....	\$175,000
121 Ridge View Dr, Davenport	2/2/2018.....	\$178,300
227 Fleming Ln, Davenport	2/1/2018.....	\$180,000
1701 Royal Ridge Dr, Davenport	2/8/2018.....	\$189,000
245 Hammock Ct, Davenport	2/5/2018.....	\$190,000
104 Bridgeton St, Davenport	2/7/2018.....	\$192,000

- Continued on Page 10 -

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March
HOME & Garden

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Benefiting the High School Senior Scholarship Fund

&

Women's Resource Center of Winter Haven



*Food and Drinks provided by:
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Monday, April 9, 2018 (*deadline to register is March 23rd*)

Registration fee includes green fees, golf cart, range balls, lunch, dinner & course refreshments.

TIME	SCHEDULE OF EVENTS
10:30- 11:30	Registration, lunch, Range open Silent Auction
12:00	Shotgun Start
12:00- 5:00	Golf
5:00-6:00	Dinner, Cash Bar, Silent Auction

50/50 Drawing

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Longest Drive
Putting Challenge
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2nd place Teams!**

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Our scholarships are going out to four high school seniors in the East Polk County area.

GOLF TEAM REGISTRATION

\$150 individual or \$500 for Team

Dinner only Registration Available: \$15

Handicap: _____

Team Captain _____

Player 1: _____

Phone # _____

Player 2: _____

Team Name _____

Player 3: _____

Player 4: _____

Method of Payment (*Please Circle*)

Check Credit/Debit Card

Total: \$_____

Please send completed form to PicassoG@epcar.com to finalize registration and make your payment. **Deadline is Friday March 23rd.**

Questions call EPCAR @ 863-294-3163

Whisler's Paint and Flooring

By Tara Crutchfield

Pinterest is chock full of interesting house projects. Whether you want to paint your driveway or have an accent wall in the living room, the projects always seem to look easier online. This is where deciding to shop small makes a difference in how your project turns out.

Do you A: Go to a name brand store, walk aimlessly around the aisles realizing you don't really know what you're looking for, find an associate who unfortunately also doesn't know what you're looking for, grab something off the shelf, and hope for the best?

Or, B: Head to Whisler's Paint and Flooring in Haines City, talk to Mark about your project, get

some advice for your endeavor, and have his help selecting the perfect product for your needs?

Whisler's Paint and Flooring has been a town staple for Haines City residents and their many household projects. The store was opened in 1959 by Tom Whisler as a Sherwin Williams Paint Store. The building itself, where Whisler's Paint still occupies, was built for that purpose the same year by Cecil Baker.

In 1972, Whisler bought the business when Sherwin Williams went to their superstore concept according to Tom's son, Mark Whisler. "My dad retired and I bought the business from him, which I had worked in all my life,

in '99," said the now owner. He still has a photo depicting the store when it opened with his dad tending to the paint.

Though the store now contains modern paint mixing programs and machinery, Mark remembers doing things the old-fashioned way, adding the colorant and mixing by hand until you had made the color the client wanted.

A full-line paint store, Whisler's has products for all of their customer's needs from residential, commercial, and industrial paint and supplies. Their line of Benjamin Moore products has made this family-owned and operated establishment as the go-to place for home improvement in the area.

"Benjamin Moore is a well-sought after brand," said Mark, "I get a lot of customers from Lakeland, Winter Haven, all the surrounding areas."

The owner spoke on the quality of the brand, saying, "What's the difference? Well, they've got some proprietary products that nobody else has—Gennex colorant." He went on to explain that the 0-VOC (volatile organic compounds) waterborne



Sometimes all an old home needs is a touch of paint to spruce it up, and sometimes it needs a complete facelift.





colorant is nontoxic where many other brands contain glycol, one of the main ingredients in antifreeze. "Easy to use, flawless touch up, and can make a painter out of anybody with my premium Ben Moore products," he finished.

Sometimes all an old home needs is a touch of paint to spruce it up, and sometimes it needs a complete facelift. Whisler's also has carpet, wood, and LVP (luxury vinyl plank) flooring options for customers as well. You can find brands like LM Flooring, Shaw, and multiCORE at the Haines City paint and flooring store. Whisler spoke about the team that does his flooring installation, a married couple named Tom and Nora Lyons, "They really care about their trade, they care about their reputation, they care about my reputation, so they care about the customer. I'm truly blessed to have them."

What household projects are currently hot on the Polk County scene? According to Mark, "I get a lot of people that want to redo their cabinets, that's huge right now. Ten years ago, twenty years ago, it was the oak cabinets, now they want gray cabinets. With the Stix primer, you just clean the cabinets, prime them, and paint them with advanced paint. It's all self-leveling, it does a beautiful job."

From quality product and affordable price, Whisler's can compete with anyone, something that, along with their customer service, Mark attributes the longevity of his business.

Address:
706 Ingraham Ave,
Haines City, FL 33844
Phone: (863) 422-3211

330 Highcrest Rd, Davenport	2/15/2018.....	\$193,000
364 Halstead Dr, Davenport	2/9/2018.....	\$195,900
50989 Us Highway 27 Lot 338, Davenport	2/2/2018.....	\$200,000
156 Bella Dr, Davenport	2/7/2018.....	\$202,000
218 Carrera Ave, Davenport	2/8/2018.....	\$203,000
347 Highcrest Rd, Davenport	2/7/2018.....	\$206,500
353 Jyoti Dr, Davenport	2/2/2018.....	\$207,000
331 Jy0ti Dr, Davenport	2/12/2018.....	\$210,000
217 Almeria Way, Davenport	2/13/2018.....	\$215,000
406 Via Del Sol Dr, Davenport	2/9/2018.....	\$215,000
122 Lazy Willow Dr, Davenport	2/7/2018.....	\$219,000
978 Andalusia Loop, Davenport	2/7/2018.....	\$220,000
449 Mcfee Dr, Davenport	2/7/2018.....	\$225,000
221 Oak Hammock Dr, Davenport	2/13/2018.....	\$226,000
236 Sunny Day Way, Davenport	2/12/2018.....	\$226,500
318 Viola Dr, Davenport	2/9/2018.....	\$229,000
504 Lockbreeze Dr, Davenport	2/2/2018.....	\$230,000
144 Sevilla Ave, Davenport	2/5/2018.....	\$230,000
616 Sardinia Cir, Davenport	2/8/2018.....	\$240,000
3913 Cortland Dr, Davenport	2/9/2018.....	\$251,700
632 Andalusia Loop, Davenport	2/2/2018.....	\$252,000
393 Toldedo Rd, Davenport	2/15/2018.....	\$261,400
703 Thousand Oaks Blvd, Davenport	2/16/2018.....	\$262,500
3763 Cortland Dr, Davenport	2/5/2018.....	\$265,000
397 Toldedo Rd, Davenport	2/15/2018.....	\$268,500
731 Asturias Rd, Davenport	2/9/2018.....	\$269,900
220 Whirlaway Dr, Davenport	2/8/2018.....	\$271,400
213 Sunny Day Way, Davenport	2/13/2018.....	\$275,000
124 Hawthorne Way, Davenport	2/9/2018.....	\$278,000
189 Aberdeen St, Davenport	2/14/2018.....	\$282,500
541 Prestwick Dr, Davenport	2/2/2018.....	\$295,000
3010 Brook Stone Ter, Davenport	2/12/2018.....	\$300,100
4083 Oaktree Dr, Davenport	2/2/2018.....	\$305,000
4619 Terrasonesta Dr, Davenport	2/2/2018.....	\$307,000
824 Brighton Dr, Davenport	2/9/2018.....	\$325,000
3037 Brook Stone Ter, Davenport	2/7/2018.....	\$346,500
5267 Wildwood Way, Davenport	2/7/2018.....	\$382,000

2567 Lancaster Ridge Dr, Davenport	2/14/2018.....	\$395,000
356 Toldedo Rd, Davenport	2/13/2018.....	\$439,000

FORT MEADE

118 S Oak Ave, Fort Meade	2/8/2018.....	\$58,000
601 N Pine Ave, Fort Meade	2/5/2018.....	\$75,000
420 S Seminole Ave, Fort Meade	2/12/2018.....	\$95,000
803 7Th St, Fort Meade	2/15/2018.....	\$111,700

FROSTPROOF

323 5Th St, Frostproof	2/13/2018.....	\$70,000
266 Pine Loop, Frostproof	2/6/2018.....	\$79,000
180 Overocker Cir, Frostproof	2/14/2018.....	\$79,000
362 N Gracie Ave, Frostproof	2/5/2018.....	\$96,900
665 Sandwedge Dr, Frostproof	2/5/2018.....	\$115,000
775 Keen Rd, Frostproof	2/8/2018.....	\$127,000
499 Village Blvd, Frostproof	2/2/2018.....	\$132,000

HAINES CITY

463 Monticelli Dr, Haines City	2/8/2018.....	\$52,000
431 Monticelli Dr, Haines City	2/15/2018.....	\$52,000
483 Monticelli Dr, Haines City	2/8/2018.....	\$52,000
70 Joel Massey Rd, Haines City	2/14/2018.....	\$55,000
3 Buck Cir, Haines City	2/9/2018.....	\$67,000
2850 Pond View Dr, Haines City	2/15/2018.....	\$89,100
318 Railroad Ave, Haines City	2/12/2018.....	\$120,000
614 Kermarah Ave, Haines City	2/5/2018.....	\$124,000
13 Maple Run, Haines City	2/15/2018.....	\$140,000
2469 St Augustine Blvd, Haines City	2/5/2018.....	\$144,000
219 Remington Pl, Haines City	2/12/2018.....	\$162,000
308 Flint Dr, Haines City	2/7/2018.....	\$175,000
263 Tower View Dr, Haines City	2/1/2018.....	\$181,700
256 Tanager St, Haines City	2/2/2018.....	\$186,000
364 Willet St, Haines City	2/8/2018.....	\$200,000
118 Arrowhead Ln, Haines City	2/12/2018.....	\$200,000
1391 Woodlark Dr, Haines City	2/8/2018.....	\$202,800

- Continued on Page 14 -

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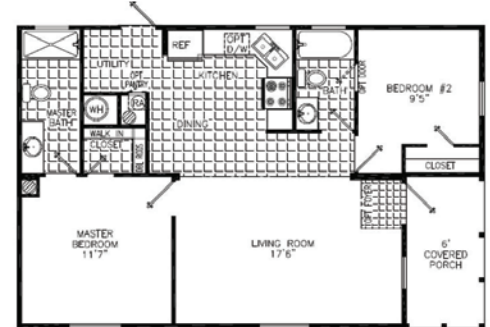
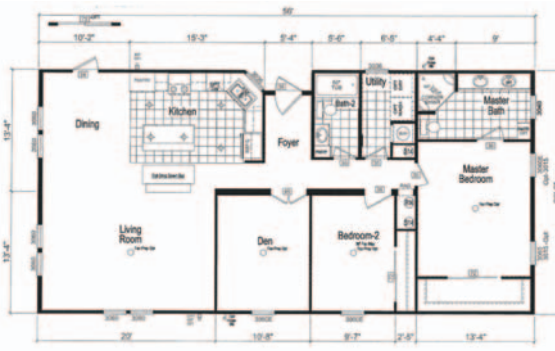
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Local Real Estate Agents have Big Plans for a Puppy Program Benefiting Veterans

By Tara Crutchfield

A Winter Haven real estate trio has teamed up in the effort to create a program that trains service dogs for a worthy cause. Dawn Flagg, Michelle Setien, and Chris Loschiavo are in the process of creating a 501(c)3 non-profit organization to get service dogs into the hands of disabled veterans.

The three share a passion for real estate, animals, and veterans, with each having a special connection to the military. Dawn is an Air Force veteran, Chris's father was a Navy veteran that served in the Korean War, and Michelle's husband retired from the Marine Corps., having served 23 years.

In an act of what can only be fate, the three met in a Keller Williams Winter Haven orientation class. Chris and Michelle saw a photo of Dawn with her pup Gypsy which got a conversation rolling between the three. Gypsy is a service dog in training and is Dawn's 4th to be raised and given to the V.A. to help veterans.

After talking at length, they realized they wanted an equal-partner working model in their real estate careers. "It had to be approved by our boss because it's never been done before," said Dawn. The three agents now act as one team for their clients.

From there, the Florida Veteran Team – Keller Williams Realty, as they have come to be named, set a goal that for every home sold, a portion of that commission would go to help provide a service dog to a disabled veteran in the county where the home was sold.

Dawn explained the larger plan, "We have a poster that we call 'our dream.' In our dream, we want a facility, locally, where we can train up to 20 dogs at a time." At this location, they

would like to have an on-site professional trainer that will live on the property so the dogs are never alone. They also plan to have a trail that goes around the entire facility that the public can also use.

"On the other side of the facility, we want to have a full agility course. The military can come and use it one day, the police can come and use it another day, the sheriff's department can use it another day and then on the weekends it's open to the public," said Dawn.

They are even in talks of a doggy-café that serves gourmet hot dogs and a dog grooming facility in which all donations will go towards helping the program.

"We're also working on a puppy-partner program and we've got volunteers already," Dawn commented. A puppy would be given to a puppy-partner who would raise it until it is 6-9 months old. From there, the dogs would enter the service dog training program at their facility. Any dogs that do not make it to the level of service dog, will be trained as therapy dogs to go into libraries, hospice, nursing homes, hospitals, and elsewhere they are needed in the community.

They would like to have 40 or more dogs in the program at one time with 20 in the puppy-partner program and 20 being trained in the program.

"It's all funded through real estate, so some of the proceeds will go towards purchasing a dog, getting the dog trained so that we can pass it on to a veteran because our passion is veterans and real estate," remarked Michelle.

While they go through the process to become a 501(c)3, they are building their reputation in the community and getting their platform in front of as many people as possible. They've been attending events like CommunityFest in Winter Haven to conventions in Orlando where they bring Gypsy and spread their message.

They have plans to do work in the community with kids as well. They are looking to hold a birdhouse-making contest in April, a doghouse building contest in September, and edible real estate (gingerbread houses) around the holidays.

The big event will come in January when they aspire to host a sizeable pet expo in Polk County to kick-off their service dog training program.

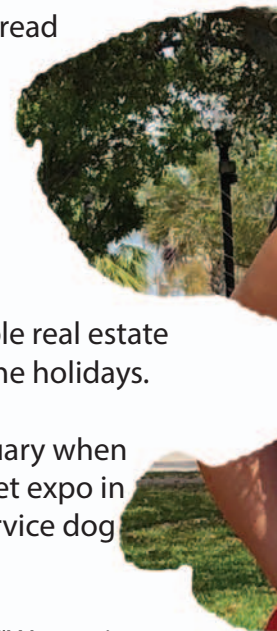
Dawn concluded passionately, "We are just blessed, that we found each other, that we work so well together, and I think this is exactly what we're all supposed to do for the next 20 something years. We're in it for the long haul!"

**Facebook: The Florida Veteran Team
Keller Williams Realty-Winter Haven, FL**

Chris Loschiavo
(863) 280-2201
CLoschiavo@kw.com

Dawn Flagg
(512) 525-4045
DawnFlagg@kw.com

Michelle Setien
(863) 325-5513
MichelleSetien@kw.com





For every home sold, a portion of that commission would go to help provide a service dog to a disabled veteran in the county where the home was sold.

308 Candler St, Haines City	2/9/2018.....	\$204,000
111 Milestone Dr, Haines City	2/5/2018.....	\$207,000
2580 Sanderling St, Haines City	2/9/2018.....	\$213,100
2540 Sanderling St, Haines City	2/7/2018.....	\$215,100
1341 Rebecca Dr, Haines City	2/7/2018.....	\$225,000
2820 Sanderling St, Haines City	2/6/2018.....	\$227,700
3 Lakeview Dr, Haines City	2/2/2018.....	\$268,000
183 Mitchell's Mnr, Haines City	2/1/2018.....	\$441,500
5570 W Us Highway 17/92, Haines City	2/13/2018.....	\$790,000

LAKE ALFRED

224 Caladium Ave, Lake Alfred	2/6/2018.....	\$139,900
109 James Cir, Lake Alfred	2/5/2018.....	\$175,900
490 Interlock St, Lake Alfred	2/15/2018.....	\$179,000
498 Interlock St, Lake Alfred	2/15/2018.....	\$194,100

LAKE WALES

137 Edgewood Blvd, Lake Wales	2/8/2018.....	\$54,000
6554 Rocky Point Rd, Lake Wales	2/12/2018.....	\$54,500
3510 Walk In Water Rd, Lake Wales	2/12/2018.....	\$55,000
45 W Johnson Ave, Lake Wales	2/2/2018.....	\$59,000
217 E Polk Ave, Lake Wales	2/6/2018.....	\$67,500
4179 Orchid Blvd, Lake Wales	2/9/2018.....	\$75,000
4 Rosalie Oaks Blvd, Lake Wales	2/8/2018.....	\$77,000
247 Stuart Ave, Lake Wales	2/15/2018.....	\$81,000
10 Rosalie Oaks Blvd, Lake Wales	2/8/2018.....	\$90,000
515 Ridge Manor Dr, Lake Wales	2/19/2018.....	\$112,100
938 Chelsea Way, Lake Wales	2/9/2018.....	\$115,000
9331 Lemon Dr, Lake Wales	2/5/2018.....	\$130,000
1104 Yarnell Ave, Lake Wales	2/2/2018.....	\$182,000
2522 Sunset Cir, Lake Wales	2/2/2018.....	\$188,500
1005 Margot Ln, Lake Wales	2/9/2018.....	\$204,500
3081 Dunmore Dr, Lake Wales	2/5/2018.....	\$214,000
2725 Boat Ramp Rd, Lake Wales	2/5/2018.....	\$215,000
863 C F Kinney Rd, Lake Wales	2/12/2018.....	\$255,000

LAKELAND

1130 N Lake Parker Ave Apt B320, Lakeland	2/2/2018.....	\$52,000
1744 Quail Run, Lakeland	2/12/2018.....	\$52,000

1920 E Edgewood Dr B7, Lakeland	2/6/2018.....	\$56,000
847 Enclave At Harden Cir, Lakeland	2/7/2018.....	\$56,500
1275 Evergreen Park Cir, Lakeland	2/8/2018.....	\$59,000
6626 Royal Forest Dr, Lakeland	2/13/2018.....	\$60,100
210 E Palm Dr, Lakeland	2/15/2018.....	\$62,000
1610 Reynolds Rd 327, Lakeland	3/5/2018.....	\$64,000
3017 Keuka Loop, Lakeland	2/2/2018.....	\$67,000
6814 Coronet Rd, Lakeland	2/7/2018.....	\$68,900
1482 Silver Leaf Dr, Lakeland	2/8/2018.....	\$69,100
1815 Rotary Dr, Lakeland	2/15/2018.....	\$70,000
402 Pinehurst St, Lakeland	2/1/2018.....	\$86,400
4045 April St, Lakeland	2/6/2018.....	\$86,400
1021 S New York Ave, Lakeland	2/5/2018.....	\$90,000
6835 N Wheeler Rd, Lakeland	3/5/2018.....	\$98,900
5903 May St, Lakeland	2/6/2018.....	\$99,200
5120 1St St Se, Lakeland	2/6/2018.....	\$100,000
2414 E Civitan Ave, Lakeland	2/9/2018.....	\$105,000
5420 Carmen Ln, Lakeland	2/6/2018.....	\$105,000
831 Swann Dr, Lakeland	2/13/2018.....	\$107,800
5464 Fieldstone Dr, Lakeland	2/5/2018.....	\$112,000
2325 Jonila Ave, Lakeland	2/5/2018.....	\$113,400
733 Mikasuki Dr, Lakeland	2/9/2018.....	\$114,000
612 S Missouri Ave, Lakeland	2/6/2018.....	\$115,000
1825 Holton Rd, Lakeland	2/7/2018.....	\$115,000
7727 Lewis Rd, Lakeland	2/5/2018.....	\$115,300
3814 Whitedove Dr, Lakeland	2/15/2018.....	\$123,000
1026 Wildwood, Lakeland	2/15/2018.....	\$124,900
1135 Wilkinson Rd, Lakeland	2/7/2018.....	\$126,000
1956 Edgewood Dr, Lakeland	2/9/2018.....	\$127,300
1960 Edgewood Dr, Lakeland	2/9/2018.....	\$127,300
3961 Aquilla Dr, Lakeland	2/12/2018.....	\$128,000
3957 Aquilla Dr, Lakeland	2/12/2018.....	\$128,000
1009 Biltmore Pl, Lakeland	2/1/2018.....	\$130,000
5112 St Lucia Dr, Lakeland	2/8/2018.....	\$130,000

- Continued on Page 16 -

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406 E Edgewood Dr, Lakeland	2/1/2018	\$130,900
3202 Carleton Cir, Lakeland	2/15/2018	\$135,000
2249 Sea Island Cir, Lakeland	2/5/2018	\$135,000
5942 Velvet Loop, Lakeland	2/11/2018	\$135,000
4153 Shade Tree Ln, Lakeland	2/13/2018	\$137,500
2413 Coral Way, Lakeland	2/1/2018	\$141,000
7815 Ocali Dr, Lakeland	2/2/2018	\$141,500
2003 Sweetfern Pl, Lakeland	2/5/2018	\$142,000
2066 Windward Pass, Lakeland	2/9/2018	\$142,900
8093 Kaitlin Cir, Lakeland	2/13/2018	\$143,600
915 Susan Dr, Lakeland	2/16/2018	\$144,900
1040 Lake Lure Loop, Lakeland	2/1/2018	\$145,000
310 W Park St, Lakeland	2/15/2018	\$145,000
2230 Mateo St, Lakeland	2/9/2018	\$149,900
6188 Magpie Dr, Lakeland	2/16/2018	\$150,000
6119 Crane Dr, Lakeland	2/9/2018	\$153,000
1824 Prairie Dunes Cir, Lakeland	2/12/2018	\$154,900
5111 Eagles Nest Dr, Lakeland	2/6/2018	\$156,800
245 W Tom Costine Rd, Lakeland	2/9/2018	\$163,000
2734 Southington Ave, Lakeland	2/1/2018	\$165,100
5721 Manchester Dr, Lakeland	2/9/2018	\$166,000
1928 High Glen Ct, Lakeland	2/8/2018	\$168,000
2354 Eastmeadows Ct, Lakeland	2/9/2018	\$168,500
555 Grand Cayman Cir, Lakeland	2/9/2018	\$176,000

1773 Holton Rd, Lakeland	2/2/2018	\$176,000
3913 Sandhill Crane Dr, Lakeland	2/7/2018	\$178,000
6341 Neamathla, Lakeland	2/15/2018	\$179,500
2247 Silver Re Dr, Lakeland	2/1/2018	\$180,000
6413 Myrtlewood Dr, Lakeland	2/10/2018	\$180,000
6765 Ashbury Dr, Lakeland	2/6/2018	\$181,000
5715 Sandpipers Dr, Lakeland	2/13/2018	\$182,000
835 Krenson Woods Ln, Lakeland	2/5/2018	\$182,500
2718 Collins Ave, Lakeland	2/9/2018	\$185,000
5521 Flamingo Ave, Lakeland	2/6/2018	\$189,900
7743 Canterbury Cir, Lakeland	2/9/2018	\$190,000
6870 Glenbrook Dr, Lakeland	2/9/2018	\$192,000
1 Lake Hollingsworth Dr Unit C2, Lakeland	2/8/2018	\$192,500
8702 Pine Tree Dr, Lakeland	2/5/2018	\$195,000
8387 Greystone Dr, Lakeland	3/7/2018	\$195,000
3835 Sandhill Crane Dr, Lakeland	2/15/2018	\$197,000
7304 Hunters Greene Cir, Lakeland	2/9/2018	\$205,000
5103 Fernbrook Ln, Lakeland	2/8/2018	\$205,000
6992 Lake Eaglebrooke Dr, Lakeland	2/14/2018	\$205,000
615 Woodward St, Lakeland	2/8/2018	\$207,000
2103 Blue Highlands Dr, Lakeland	2/9/2018	\$209,000
6844 Bendelow Dr, Lakeland	2/6/2018	\$210,000

- Continued on Page 20 -



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Stina's AAA Vertical Blind Factory

By Tara Crutchfield

It was by happy accident that Stina Conrod came to own her popular Winter Haven blinds business. Originally from Sweden, Conrod explained, "My parents owned a bakery, and I grew up in a bread box pretty much working there." It was moving to Winter Haven and making a happenstance phone call to a phone number in the newspaper that would eventually lead to her owning her own store.

Prior to opening the store, she and her husband lived in Fort Lauderdale. They moved to Winter Haven after which Stina came across an advertisement in the newspaper under sales that simply read, "Call Mr. Ferman."

When she called, they made a connection based on her Swedish heritage and he hired her over the phone. She worked for his blinds company in Lakeland for 3 years. "He was doing franchising and he wouldn't come to Winter Haven so I set up my shop over here."

Upon opening the 1000 square-foot shop called Stina's AAA Vertical Blind Factory on Cypress Gardens Road, the plan was for Stina to work there during the day, doing sales calls after work and her ex-husband would help her install after his work day. Because of how busy they became, he had to quit his day job after just 3 weeks.

Since then, Stina has increased her square-footage several times before moving to their current location at 785 Cypress

Gardens Blvd. in 1995. The building which used to be a donut shop and then an Allstate Insurance office started out at 1500 square-feet, a number she had to double to suit her growing needs.

The store offers a selection of vertical blinds, plantation shutters, honeycomb shades, mini blinds, two-inch faux wood blinds and more. The most popular brand at Stina's AAA Vertical Blind Factory, according to Conrod, is Hunter Douglas. In their lobby, they have an Alexa device that is connected to a hub from Hunter Douglas. Stina showed me how it works, commanding, "Alexa, turn on 'good morning,'" and the display blinds began to automatically lift. "Alexa, turn on 'goodnight,'" said Stina, and they drew down.

Conrod took me on a tour through the factory part of her store. Laurie was busy assembling tracks and Bill was at work cutting them. She explained that they do commercial as well as residential with Winter Haven Hospital a client of hers for years. Also in the back was their office cat, a sweet black feline that they rescued from behind the building, aptly named Cat.

In a day and age when employee retention can be difficult to maintain, Stina has managed to create a work environment that has afforded her career employees. Bill Batton has been the company for 26 years, Stan Adams for 22 years, and Laurie Davis for 12 years. "We're like family," said the owner, "After so

long, I know how they think, they know how I think so it's really easy going."

Stina attributes her repeat customers to their customer service, honesty, and timeliness. The store has become generational with grandparents, parents, and now, their children using her for their window treatments. On the front wall of the store is a bulletin board with numerous handwritten 'thank you' cards from her years of happy customers.

If you're standing in the middle of your living and come to the realization that you hate your blinds and need new ones, the process is simple. First, call Stina's AAA Vertical Blind Factory to make an appointment for Stina to consult with you at your home. She'll take into consideration the type of windows you have and making suggestions for what would be best for the space. Stina will take measurements and if you choose to do vertical blinds, they usually install them within a week where most other products are two weeks.

If you're looking to update your blinds, make your appointment in advance. Because of their quality work and loyal customer base, Stina stays booked out for a couple of weeks during this time of year.

Stina's AAA Vertical Blind Factory, Inc.
785 Cypress Gardens Blvd.
Winter Haven, FL 33880
Phone: (941) 325-8898
<http://www.stinasblinds.com>



5216 Krenson Woods Way, Lakeland	2/15/2018	\$210,000
2536 Ladoga Dr, Lakeland	2/9/2018	\$214,000
618 Paddington Ln, Lakeland	2/9/2018	\$215,000
7032 Heatherbrook Dr, Lakeland	2/7/2018	\$216,000
757 Powder Horn Row, Lakeland	2/9/2018	\$219,000
419 Howard Ave Apt A, Lakeland	2/12/2018	\$219,000
5011 Luce Rd, Lakeland	2/7/2018	\$220,000
6225 Quail Ridge Dr, Lakeland	2/16/2018	\$222,000
702 Sagamore St, Lakeland	2/9/2018	\$223,000
2179 Ontario Way, Lakeland	2/15/2018	\$223,000
6955 Wellsford Dr, Lakeland	2/8/2018	\$225,000
5521 Superior Dr, Lakeland	2/1/2018	\$226,000
902 N Kentucky, Lakeland	2/14/2018	\$230,000
0 Tennessee Ave, Lakeland	2/14/2018	\$230,000
910 N Kentucky, Lakeland	2/14/2018	\$230,000
0 Kentucky Ave, Lakeland	2/14/2018	\$230,000
7136 Lake Eaglebrooke Way, Lakeland	2/2/2018	\$235,000
2216 Blue Highlands Dr, Lakeland	2/13/2018	\$240,000
2176 Blue Highlands Dr, Lakeland	2/15/2018	\$242,500
6877 Hunters Crossing Blvd, Lakeland	2/8/2018	\$243,000
2151 Blue Highlands Dr, Lakeland	2/14/2018	\$243,500
4161 Whistlewood Cir, Lakeland	2/9/2018	\$244,500
1431 Hammock Shade Dr, Lakeland	2/15/2018	\$244,900
1311 Evergreen Park Cir, Lakeland	2/2/2018	\$247,200

2223 Hollingsworth Hill Ave, Lakeland	2/8/2018	\$250,000
6319 Oak Sq, Lakeland	2/2/2018	\$251,500
5139 Kensington Heights Dr, Lakeland	2/2/2018	\$258,000
611 Kerneywood St, Lakeland	2/9/2018	\$260,000
3710 Raulerson Rd, Lakeland	2/12/2018	\$260,000
2350 Creeks Crossing Dr, Lakeland	2/2/2018	\$260,700
4068 Prima Lago Cir, Lakeland	2/9/2018	\$264,300
4032 Prima Lago Cir, Lakeland	2/8/2018	\$267,800
2834 Seymore St, Lakeland	2/2/2018	\$280,000
1511 Yorkshire Trl, Lakeland	2/6/2018	\$290,000
5778 High Ridge Loop, Lakeland	2/2/2018	\$296,000
6737 Hillis Dr, Lakeland	2/15/2018	\$307,000
6955 Bushnell Dr, Lakeland	2/9/2018	\$325,000
7910 Darlington Cir, Lakeland	2/9/2018	\$349,900
6045 Pier Place Dr, Lakeland	2/9/2018	\$374,800
2972 Oak Tree Ln, Lakeland	2/9/2018	\$379,000
815 Wedgewood Ln, Lakeland	2/12/2018	\$390,000
5765 Lake Victoria Dr, Lakeland	2/12/2018	\$420,000
5909 Valentino Way, Lakeland	2/8/2018	\$436,000
5946 Valentino Way, Lakeland	2/8/2018	\$436,000
6020 Highlands Grace Blvd, Lakeland	2/8/2018	\$436,000
6038 Highlands Grace Blvd, Lakeland	2/8/2018	\$436,000
5957 Valentino Way, Lakeland	2/8/2018	\$436,000
6130 Gracie Pl, Lakeland	2/8/2018	\$436,000

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6172 Gracie Pl, Lakeland	2/8/2018.....	\$436,000
6160 Gracie Pl, Lakeland	2/8/2018.....	\$436,000
6013 Highlands Grace Blvd, Lakeland	2/8/2018.....	\$436,000
5934 Valentino Way, Lakeland	2/8/2018.....	\$436,000
105 W Daughtery Rd, Lakeland	2/9/2018.....	\$477,500
0 Daughtery Rd, Lakeland	2/9/2018.....	\$477,500
1820 Combee Rd, Lakeland	2/1/2018.....	\$480,000
5625 Lakeland Highlands Rd, Lakeland	2/14/2018.....	\$640,000
6035 Norton Rd, Lakeland	2/16/2018.....	\$960,000
6038 Crafton Dr, Lakeland	2/16/2018.....	\$960,000
1033 Pine Chase Dr, Lakeland	2/1/2018.....	\$3,000,000

309 N Lake Howard Dr, Winter Haven	2/5/2018.....	\$81,000
702 Country Ln, Winter Haven	2/14/2018.....	\$87,429
123 2Nd St, Winter Haven	2/8/2018.....	\$115,000
2417 Sw Avenue C, Winter Haven	2/16/2018.....	\$125,000
5416 Struthers Rd, Winter Haven	2/9/2018.....	\$125,900
53 Lake Link Cir, Winter Haven	2/9/2018.....	\$129,300
2501 Avenue G, Winter Haven	2/1/2018.....	\$130,000
900 Nw 26Th St, Winter Haven	2/15/2018.....	\$132,500
1511 Avenue F, Winter Haven	2/8/2018.....	\$137,000
432 Ne Avenue A, Winter Haven	2/5/2018.....	\$140,000
3934 Cypress Lndg, Winter Haven	2/13/2018.....	\$144,300
2415 W Central Ave, Winter Haven	2/9/2018.....	\$145,000
679 Lake Dexter Cir, Winter Haven	2/8/2018.....	\$145,000
5406 Struthers Rd, Winter Haven	2/12/2018.....	\$145,900
1135 5Th St, Winter Haven	2/12/2018.....	\$148,000
2953 Whispering Trails Dr, Winter Haven	2/1/2018.....	\$150,400
5316 Hogan Ln, Winter Haven	2/15/2018.....	\$151,000
3001 Sabal Bend Dr, Winter Haven	2/2/2018.....	\$158,000
2804 Shumard St, Winter Haven	2/1/2018.....	\$159,000
129 Whitman Rd, Winter Haven	2/6/2018.....	\$160,000
3209 Whispering Trails Ave, Winter Haven	2/7/2018.....	\$161,400

WINTER HAVEN

92 James Scott Ct, Winter Haven	2/13/2018.....	\$55,000
407 Country Ln, Winter Haven	2/5/2018.....	\$59,000
720 27Th St, Winter Haven	2/9/2018.....	\$61,500
4581 Emerald Palms Dr, Winter Haven	2/2/2018.....	\$63,500
1460 Wallace Manor Loop, Winter Haven	2/8/2018.....	\$64,000
1833 Wallace Manor Ln, Winter Haven	2/8/2018.....	\$64,000
200 El Camino Dr Apt 312, Winter Haven	2/6/2018.....	\$68,000
4248 Cedarwood St, Winter Haven	2/2/2018.....	\$68,500
689 W Lake Howard Dr Apt 208, Winter Haven	2/19/2018.....	\$70,000
200 El Camino Dr Apt 214, Winter Haven	2/9/2018.....	\$70,000
1408 N Lake Shipp Dr, Winter Haven	2/6/2018.....	\$73,600
209 Se Lake Link Rd, Winter Haven	2/9/2018.....	\$75,000

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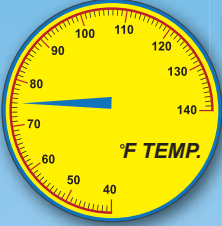
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3012 Buckeye Pointe Dr, Winter Haven	2/2/2018	\$166,000
129 Duval Rd, Winter Haven	2/15/2018	\$170,000
415 Greenfield Rd, Winter Haven	2/14/2018	\$170,000
287 Oleander St, Winter Haven	2/13/2018	\$173,500
1487 Grey Eagle Ln, Winter Haven	2/8/2018	\$177,500
3119 Langdon Ln, Winter Haven	2/7/2018	\$178,000
3580 Raleigh Dr, Winter Haven	2/1/2018	\$178,000
1376 Buckeye Trace Blvd, Winter Haven	2/1/2018	\$179,700
2920 Dayton Dr, Winter Haven	2/12/2018	\$180,000
125 Chaucer Ln, Winter Haven	2/9/2018	\$180,000
2761 Whispering Trails Dr, Winter Haven	2/10/2018	\$180,000
1995 Helena Rd, Winter Haven	2/9/2018	\$182,000
5153 Magnolia Preserve Blvd, Winter Haven	2/8/2018	\$182,600
731 Canberra Rd, Winter Haven	2/8/2018	\$185,000
3308 Verbena Ave, Winter Haven	2/13/2018	\$185,500
3610 Plymouth Dr, Winter Haven	2/7/2018	\$186,000
114 Whittier Ln, Winter Haven	2/8/2018	\$186,500
6037 Kaley Dr, Winter Haven	2/6/2018	\$188,000
801 Avenue C, Winter Haven	2/6/2018	\$188,000
208 Solis Dr, Winter Haven	2/2/2018	\$189,600
4186 Roberta Dr, Winter Haven	2/9/2018	\$191,000
189 Solis Dr, Winter Haven	2/6/2018	\$192,900
1425 Grand Cayman Cir, Winter Haven	2/9/2018	\$195,000
217 Lake Lucerne Way, Winter Haven	2/6/2018	\$204,200
2118 Jonathan Ln, Winter Haven	2/9/2018	\$204,500
141 Lameraux Rd, Winter Haven	2/2/2018	\$205,000
309 Ruby Lake Loop, Winter Haven	2/6/2018	\$209,000
181 Solis Dr, Winter Haven	2/9/2018	\$209,900
187 E Lake Deer Dr, Winter Haven	2/6/2018	\$210,000
2003 Bretton Ridge Way, Winter Haven	2/9/2018	\$215,100
313 Lanceolate Dr, Winter Haven	2/15/2018	\$218,000
426 Terranova St, Winter Haven	2/2/2018	\$220,000
137 Waterside Cir, Winter Haven	2/8/2018	\$226,000
3005 Lake Hartridge, Winter Haven	2/5/2018	\$228,000
183 Waterside Cir, Winter Haven	2/15/2018	\$229,000
4902 Willowbrook Cir, Winter Haven	2/9/2018	\$234,900
3946 Bedford Ave, Winter Haven	2/2/2018	\$240,000
4029 Phoenician Way, Winter Haven	2/7/2018	\$247,400
3993 Bedford Ave, Winter Haven	2/13/2018	\$254,500
1608 Pearce Rd, Winter Haven	2/9/2018	\$269,900
2508 Sherwood St, Winter Haven	2/14/2018	\$274,900
114 Eloise Oaks Dr, Winter Haven	2/1/2018	\$292,100
1214 Sawgrass Dr, Winter Haven	2/6/2018	\$296,900
124 Odin Dr, Winter Haven	2/16/2018	\$305,000
4300 Duck Down Ln, Winter Haven	2/9/2018	\$315,000
1056 Sawgrass Dr, Winter Haven	2/13/2018	\$316,400
3814 Old Thornhill Rd, Winter Haven	2/12/2018	\$330,000
1421 N Lake Howard Dr, Winter Haven	2/9/2018	\$330,000
4038 Palma Ceia Cir, Winter Haven	2/1/2018	\$350,000

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Bond Clinic Celebrating 70 Years

By Tara Crutchfield

The new year not only meant the opening of a new facility for Bond Clinic, it rings in their 70th anniversary. The clinic did a staggered opening of their much-anticipated building off of 1st Street, starting with the first floor on January 8th, the second floor January 15th, and the third on January 22nd. “That was wonderful from an administrative standpoint just because we wanted to give each floor our best as we opened it,” expressed Bond Clinic’s Marketing Director, Ashley Scanlan.

The first floor of the new Bond facility houses their Urgent Care and Pediatric department with its own Pediatric Urgent Care. A trip to this campus brings patients to the front of the building where there are three separate and clearly marked entrances to the Urgent Care, Pediatrics, and other Physician offices. The flow of the building is reflective of Bond Clinic’s commitment to accessibility and efficiency.

Bond Clinic president and CEO, Thoracic and Vascular Surgeon, Dr. Iakovidis, spoke on finally being in the new facility, “The atmosphere is very different, it’s a more open concept. It’s something we want to build on which is a team concept. Everybody’s together, we are one team trying to provide the healthcare that we want to provide.”

He continued on that note about their exceeded expectations, “I was even more surprised about the efficiency. We were expecting a better flow, but we didn’t expect it to the level that we’ve seen. We’re able to see more patients faster, we’re able to complete tasks as a team a lot faster than we did before so we are very pleased with that.” In the Urgent Care alone according to the doctor, Bond has been able to evaluate and treat twice to three

times more patients than at their previous facility. The last few years specifically have been a new era for the clinic. According to Dr. Iakovidis, “For many, many years it was about the same size, the same number of patients and the level of care. Now, we’re getting into a different arena where the clinic is about to produce a product other than the traditional fit for service care we provided. The quality of care, the increase in access to the patients for the physicians, as well at the same time, decreasing the cost of the care that we provide without sacrificing quality and actually increasing the quality. The change that we have made over the last 3 years has been very rewarding not just to the local community immediately, the physicians, as well as the Bond Clinic team, but also to the patients that we take care of. That change gave us the ability to do today what you’re seeing.”

Though proud of their new clinic, the attitude at Bond is that of pride in the community first, with Dr. Iakovidis remarking, “That’s how we intended it to be is an addition that will put another little star in the sky of Winter Haven and I think we have accomplished that.”

Scanlan added similarly, “The goal of Bond Clinic was never to be big, the goal with Bond Clinic is to be the best at what we do, to be a blessing to this community with them having the best of specialists and healthcare in their backyard.”

The form and function of their new facility is only a piece of this big year for Bond. Ashley Scanlan spoke on what the 70th anniversary means to the clinic, saying, “I can tell you that our history is something that has been a shining star for us.” She went on to highlight that history, explaining that

though she’s been with the clinic for 7 years, only a fraction of the time that this innovative clinic has been established, she has had the opportunity to speak with people that were patients of Dr. Bond’s and current patients alike that speak to what the clinic has meant to their health.

True to their word, Bond has endeavored and accomplished the hiring of more physicians to serve the community. According to Scanlan, Dr. Iakovidis said that upon launching the new building, there would be the potential of hiring 10-15 new providers. As of the beginning of March, just a few months from their opening, they’ve hired 9. On March 5th, the clinic brought on Family Medicine Board-certified Primary Care Physician, Mary O’Meara, MD, as well as triple Board-certified Nephrologist, Sherif I. Ibrahim, MD.

In honor of their 70th, Bond has rolled out a new logo incorporating where they’ve come from back in 1948 to where there are now. The Marketing Director encourages the community to be looking for other events to be announced throughout the year to celebrate this milestone.

The clinic is currently working with the Chamber to set a date for their grand opening and ribbon cutting ceremony targeted to take place near the end of April. Scanlan expressed excitement for what is to come for Bond and their patients, “I think the 70th anniversary, it’s a huge celebration. It’s a celebration to the health of our organization, to our commitment to this area through good times and bad, and it’s very exciting thinking about our future moving forward and all the possibilities.”



Life with Type 1 Diabetes

By Tara Crutchfield

According to the CDC, about 29 million Americans are currently living with diabetes. Out of that 29 million, 1.25 million people have type 1, says www.JDRF.org. A person with type 1 diabetes doesn't produce insulin, a hormone produced by the pancreas that regulates the amount of glucose in the blood. Type 1 is unpreventable and often hereditary. Type 2 diabetes develops when your body doesn't use insulin properly, known as insulin resistance. The risk for type 2 diabetes can also be genetic or can be caused by poor eating habits, lack of exercise, and being overweight.

With an overwhelming majority of diabetics suffering from type 2, type 1 doesn't always get

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ROBERT WALKER

Partner at Ewing, Blackwelder & Duce Insurance, 73-year-old Robert Walker of Haines City was diagnosed with T1D on March 3rd, 1990. Robert began having trouble reading and couldn't get his eyes to focus. This prompted a trip to his ophthalmologist, Dr. Burry who ordered a new prescription for his glasses. After they arrived and he still couldn't get his eyes to focus, Dr. Burry suggested he see a medical doctor.

"Dr. David Green took a blood test and said my blood sugar reading was 800 plus. He admitted me to Heart of Florida hospital and got the reading under control and said I could get released as soon as I could give myself an injection," recalled Walker, saying he was released the next day.

He was instructed to get the supplies necessary, take readings, and give himself two injections daily. He was referred to Dr. Davidson at Watson Clinic in Lakeland where he was prescribed intensive therapy including readings prior to each meal including one at bedtime. The therapy also included four injections daily. "My visits to Watson Clinic, for many years, confirmed the seriousness of the disease," Robert said.

He continued, "Those visits included many other diabetic patients who were happy to share valuable information about the disease. There was a visible and compelling story being told by those patients with physical disabilities and amputations."

In 1995, Robert started taking 4 readings a day and recording them. He recorded those 4 readings per day from 1995 to 2014. In January of 2014, he went to 7 readings a day. Walker explained that he gives his doctor a copy of his records.

Robert explained why he finds it vital to take readings regularly, "The problem with keeping up with it is the longer you go the more at risk you are in my opinion. My experience tells me that if you are going the wrong way, too high or too low if you can catch it faster, you can correct it. We have the ability to take injections to take the peak off and we can eat something to keep it from getting too low."

Normal things, such as stress, that you or I go through that are just an inconvenience for us, can be life-threatening for someone with T1D. Walker explained how he has to manage his stress levels because they affect his sugar. After Hurricane Irma, his readings went up due to the hundreds of insurance claims he was dealing with at work.

From the outside, you might think that a shot of insulin is a cure-all for diabetics. This isn't the case. Even the amount they take is pivotal. He explained, "If you take too much insulin or if you don't eat the right food, that insulin is bringing your sugar down. If you get too low, your vision goes bad, you can't think, and you can go into a coma. So, it's a constant diabetic fear of going too low."

Weight is another constant battle for Walker and other type 1 diabetics. "The heavier you are, the more insulin you need. The more insulin you need, the more food you need and it's just a vicious cycle."

It hasn't all been bad says Walker. He closed with his positive outlook on being a type 1 diabetic, "This disease has changed my life for the better. I consider it to be a blessing. The Lord has shown me that I am not in control."

Robert gets by with the support of his wife and family, though he sees it as a burden to the family.

HELEN HASTY

A native Floridian, Helen Hasty was born in Kissimmee. She has lived in the Central Florida area her whole life. Helen owned a boutique for some 28 years called Helen's Ladies Specialty Shoppe that she closed in September of last year.

Thirty or so years ago, Helen began having common symptoms of diabetes—thirst, lethargy and generally felt ill. She went to the doctor and got news she didn't expect—she had Type 1 Diabetes.

Helen had one word to describe how she felt upon being diagnosed, "devastated." She remembers, "I thought I was dying, I thought death was imminent. It was an old person's disease, I thought, at that time and I was pretty young."

"They put me in the hospital and taught me how to take shots. I was in there for a while and when I came out I was scared to death. I didn't know what to eat or how to handle it," explained Helen.

When she was first diagnosed, the portable meter to check blood sugar wasn't available. Helen would have to go to the doctor to have blood drawn just to monitor her levels.

Helen takes insulin shots 3-4 times a day and has to check her blood sugar regularly. The worst part, Helen says, is having to prick your fingers all day.

We've heard about the mental and physical toll this disease takes, but what about the financial? At one time, Helen was paying \$2,500 a month for her healthcare alone. This was so she could have an insulin pump and the necessary healthcare diabetics need. When she couldn't continue paying the \$2,500, she had to let her insurance go and the only thing she could afford was insurance through the Affordable Care Act. According to Helen, the insurance she had through the ACA, "They didn't pay for anything and I lost my pump after 3 years of wearing the pump, I loved it [the insulin pump]."

With so much research done on the prevalent Type 2, Helen would like to see more awareness, more publicity, and more research into Type 1 Diabetes as well.

KYLEE ROBERTS



Kylee Roberts is nine years old and in the 4th grade. Her favorite subject is math and she loves to dance. On July 7th of 2016, her world changed.

She remembers the day vividly, "Whenever I was with people, they told my mom I was acting weird so she took me to the doctor and they couldn't get a reading on my sugar. So, they transferred me to Arnold Palmer and it was over 1000."

The diagnosis came back as Type 1 Diabetes. Kylee's mother Kristian put her initial reaction into words, "My heart broke because I knew our whole world was going to change—and it did." She remembers thinking, "I know how to be a mother, but how do I take care of her and her needs. It was very overwhelming."

Not quite understanding the diagnosis at the time, Kylee recalled, "My mom, whenever they told her that, she made a surprised face, but I didn't know what it was."

Kristian had to learn to give her daughter shots every day and check her sugar. They have also changed their eating habits, staying away from fried foods, soda, carbs, and switching from sweet tea to Crystal Light.

Unfortunately, Kylee's diagnosis means life is a bit different from her peers. Her mom remarked, "She's broken my heart several times because there are things she can't do."

Kylee shared, "I have to wait before I can eat so I can check [her sugar] and then after, I can't go play because I have to take my insulin, then I can."

Slumber parties have had to come to an end for now as well. Kylee can't stay the night away from her mom unless she's with family that knows how to take care of her diabetes.

"She's been pretty upset with me over some things. I don't want to chance something happening to her like her going to a sleepover and they don't know what to do. What if she passed out?" said Kristian.

To keep track of her sugar levels, Kylee has a transmitter in her back that connects by Bluetooth to a device that monitors her blood sugar. This device makes it so she doesn't have to prick her finger as often. Her mother has an app on her phone that allows her to see Kylee's sugar as well, a small relief for the mom.

Currently, the 4th grader takes 4-5 shots of insulin every day. She had an insulin pump installed that will be turned on in two separate sessions. Once the pump is on, she will be able to administer insulin without a shot.

Kylee described what she feels like when her sugar levels are off, "When it's low, I get shaky and kind of dizzy. If it's high I get hyper and I get like, mad," she looked at her mom and giggled, "My mom knows."

Even though it's a trying disease, not everything is so sullen. There is even a little humor sometimes. Kylee has 2 brothers, one of which is 4. Kristian laughed, "Tyson acts like he knows everything about it. He'll say something about her diabetes or he'll say, 'I need to take some insulin!'" She smiled, "Or he'll say, 'You're eating too many carbs!'"

With the roller coaster of having Type 1 Diabetes as a kid and also of being the mother of a young diabetic, the pair says they would love to have support from people that can relate. Kristian explained that there are not many support groups for this specific circumstance in the area, but would love to have one.

For more information on diabetes visit, <http://www.diabetes.org/>

Feeling HEALTHY

March

21 Ostomy Support Group

10 AM - 11 AM Winter Haven Hospital - Wellness Center Conference Rm, 200 Avenue F NE, Winter Haven. Dedicated to improving quality of life for those who will or have a colostomy, ileostomy or urostomy. Family or significant others welcome. Register online. 855-269-4777 baycare.org Free

22 Diabetes Support Group

9 AM - 10 AM Winter Haven Hospital - Wellness Center Conference Rm, 200 Avenue F NE, Winter Haven. This is an open discussion held by a certified diabetes educator for all diabetes related topics. Register online. 855-269-4777 baycare.org Free

22 Total Joint Replacement

12:30 PM - 2 PM Winter Haven Hospital - Wellness Center Conference Rm, 200 Avenue F NE, Winter Haven. Increase your knowledge of total joint replacement, prepare for surgery and become familiar with the recovery process. Register online. 855-269-4777 baycare.org Free

26 Woman to Woman Cancer Support Group

6 PM - 7 PM Winter Haven Hospital - Wellness Center Conference Rm, 200 Avenue F NE, Winter Haven. Information, support and coping for women who have or have survived cancer. Register online. 855-269-4777 baycare.org Free

29 Lunch & Learn: Robotic-Assisted Joint Replacement Seminar

Noon - 1 PM Good Samaritan Society - Kissimmee Village, 4250 Village Drive, Kissimmee. Orthopedic Surgeon, Abhijit Manaswi, M.D., will answer your questions about your joint replacement options and much more during this free n seminar. Light breakfast pastries and juice will be served but space is limited. More info & register online heartofflorida.com (863) 422-4971 Free

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April

3 Weight Loss Surgery Seminar- Mini Gastric Bypass

4 PM - 5 PM Heart of Florida Regional Medical Center, 40100 U.S. 27, First Floor Boardroom, Davenport. Cesare Peraglie, MD, will be discussing the Mini Gastric Bypass procedure. Weight loss surgery staff will be on hand to discuss the health benefits of the weight loss surgery, the requirements both pre- and post-surgery and to answer any questions you may have. We will also have staff available to discuss insurance questions as well. Space is limited. More info & register online heartofflorida.com (863) 422-4971 Free

3 Infant & Child CPR

5:30 PM - 7 PM Winter Haven Women's Hospital - Classroom A, 101 Avenue O SE, Winter Haven. Learn to perform life saving CPR and choking rescue methods on infants and children based on American Heart Association guidelines. \$15 per person. This is not a certification class, it is for information only. Register online. 855-269-4777 baycare.org

5 Alzheimer's Support Group

10 AM - 11 AM Heart of Florida Regional Medical Center Cafeteria Boardroom, 40100 U.S. 27, Davenport. The support group is for family members, caregivers, and others interested in learning more about Alzheimer's disease. Meetings are open to everyone and free of charge. For program

information and to verify meeting dates, times, and locations or other questions call the Alzheimer's Association office at 863-292-9210.

5 Lunch & Learn: Robotic Joint Replacement

Noon - 1 PM Heart of Florida Regional Medical Center, 40100 U.S. 27, Davenport. Orthopedic Surgeon, Abhijit Manaswi, M.D., will answer your questions about your joint replacement options and much more during this free lunch & learn seminar. Light lunch will be served but space is limited. More info & register online heartofflorida.com (863) 422-4971 Free

6 Heroes in Heels Relay for Life of Winter Haven

5 PM - 10:30 PM in downtown Winter Haven. Local men race in high heels for charity. Donate at www.relayforlife.org/PowerInPurpleWinterHavenFL

9 Woman to Woman Cancer Support Group

6 PM - 7PM Winter Haven Hospital - Wellness Center Conference Rm, 200 Avenue F NE, Winter Haven. Information, support and coping for women who have or have survived cancer. Register online. 855-269-4777 baycare.org Free

9 Weight Loss Surgery Seminar- Sleeve Gastrectomy

4 PM - 5 PM Heart of Florida Regional Medical Center, 40100 U.S. 27, First Floor Boardroom, Davenport. Shiva Seetahal, MD, will explain all about the Sleeve Gastrectomy

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procedure. Weight loss surgery staff will be on hand to discuss the health benefits of weight loss surgery, the requirements both pre- and post-surgery and to answer any questions you may have. We will also have staff available to discuss insurance questions as well. Space is limited, register online heartofflorida.com (863) 422-4971 Free

10 Look Good Feel Better

10 AM - Noon Winter Haven Hospital - Education Room, 200 Avenue F NE, Winter Haven. Look Good Feel Better is a free program that teaches beauty techniques to women in active cancer treatment to help with the treatment's appearance-related side effects. Free cosmetic kits are provided for each participant according to their specific skin tone. Information on wigs and scarves will also be provided. Look Good Feel Better is a partnership between the American Cancer Society, the National Cosmetology and the Personal Care Products Council Foundation. Register online. 855-269-4777 baycare.org Free

10 Breastfeeding Support Group

11 AM - 1 PM Heart of Florida Regional Medical Center, 5th Floor Lobby, 40100 U.S. 27, Davenport. Interactive breastfeeding support group with an International Board Certified Lactation Consultant (IBCLC). Meet with other breastfeeding moms to discuss all aspects of baby care, development, and feeding. Share concerns and work through issues with a support network of women. Free to attend and refreshments provided. Due to the intimacy of mother-baby bonding this is a women's only group. Call 863-419-BABY or register online heartofflorida.com

10 Heart-to-Heart Cardiac Support Group

3 PM - 4 PM Winter Haven Hospital - Cardiac Rehab Gym, 200 Avenue F NE, Winter Haven. Support group for patients with various cardiac situations. Topics: Heart attack, open-heart surgery, stents, congestive heart failure, etc. Register online. 855-269-4777 baycare.org Free

10 Smoking Cessation Class

5:30 PM - 7:30 PM Bartow Regional Medical Center - Classrooms 1 & 2
2200 Osprey Blvd, Bartow. Two-hour class provides valuable tools to help you quit using tobacco. Includes four free weeks of patches, gum or lozenges. Register online. 855-269-4777 baycare.org Free

11 Diabetes Support Group

5:30 PM - 6:30 PM Heart of Florida Regional Medical Center, 40100 U.S. 27, 3rd Floor Education Department, Davenport. The Diabetes Support Group is an opportunity for people who have diabetes to discuss their lives, struggles and successes with one another. Register online heartofflorida.com (863) 422-4971 Free

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patches, gum or lozenges. Register online. 855-269-4777 baycare.org Free

11 Breastfeeding Class

6 PM - 8:30 PM Winter Haven Women's Hospital - Classroom A, 101 Avenue O SE, Winter Haven. Covers breastfeeding basics, skin-to-skin contact, tips for returning to work and when to call a health care provider/lactation consultant. Register & learn more online. 855-269-4777 baycare.org \$15

14 Prepared Childbirth (Express)

9 AM - 5 PM Winter Haven Women's Hospital - Classroom A, 101 Avenue O SE, Winter Haven. Helps expectant mothers become active participants in childbirth. Covers breathing, coping, comfort, medications and postpartum adjustment. Read more info & register online at baycare.org 855-269-4777 \$40

17 Support Group: Better Breathers Club

1 PM - 3 PM Heart of Florida Regional Medical Center, 40100 U.S. 27, Davenport. Living with a chronic lung disease can be easier. Better Breathers Club is a support group for individuals with COPD, pulmonary fibrosis and lung cancer, and their caregivers. Learn better ways to better cope with lung disease while getting the support of others with similar health issues and concerns. Led by a trained facilitator, this in-person adult support group helps give you the tools you need to have a better quality of life. For more information, call 863-422-4971, ext. 2247. Free

17 Birth Center Tour

5:30 PM - 7 PM Winter Haven Women's Hospital - Classroom A, 101 Avenue O SE, Winter Haven. Visiting our birth suites, mom-baby unit and other key areas will familiarize you with our facility and help you prepare to give birth. More info & register online baycare.org 855-269-4777 Free

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24 Brain Injury Support Group

7 PM - 8:30 PM Winter Haven Hospital - Wellness Center Conference Room, 200 Avenue F NE, Winter Haven. Open forum for brain injury survivors and their caregivers, family and friends on how to live life to the fullest after a traumatic injury. Register online. 855-269-4777 baycare.org Free

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Avenue F NE, Winter Haven. This is an open discussion held by a certified diabetes educator for all diabetes related topics. Register online. 855-269-4777 baycare.org Free

May

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3 Prepared Childbirth (4-week session)

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15 Birth Center Tour

5:30 PM - 7 PM Winter Haven Women's Hospital - Classroom A, 101 Avenue O SE, Winter Haven. Visiting our birth suites, mom-baby unit and other key areas will familiarize you with our facility and help you prepare to give birth. Register the expectant mother only. One guest may also attend. The tour will show the Labor and Delivery floor, and attendees will get information on pre-admission and receive other items to prepare prior to delivery. Register online. 855-269-4777 baycare.org Free

19 Sibling Class

10 AM - 11 AM Winter Haven Women's Hospital - Classroom C, 101 Avenue O SE, Winter Haven. Addresses the joys and challenges of being an older sibling. Age-appropriate information and activities help children prepare. Register under the attending child's name. Class is for children ages 3 to 10. The fee is per family, all siblings and up to two adults. At least one adult must attend the class with the child. Class includes a movie, refreshments and a tour of the nursery. If more than one child in the family is attending, register through our Customer Service Center at 1-800-BayCare (1-800-229-2273). No refunds for cancellations less than two weeks from the date that the class starts. There are no refunds for no-shows and/or partial attendance. Rescheduling is available at any time. Register online. 855-269-4777 baycare.org \$10

19 Newborn Care

1 PM - 4 PM Winter Haven Women's Hospital - Classroom A, 101 Avenue O SE, Winter Haven. Covers various aspects of safe infant care including feeding, diapering, bathing and signs of illness, as well as cues and communication. More info & register online. 855-269-4777 baycare.org \$15

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10 AM - 11 AM Heart of Florida Regional Medical Center Cafeteria Boardroom, 40100 U.S. 27, Davenport. The support group is for family members, caregivers, and others interested in learning more about Alzheimer's disease. Meetings are open to everyone and free of charge. For program information and to verify meeting dates, times, and locations or other questions call the Alzheimer's Association office at 863-292-9210.

7 Lunch & Learn: Robotic Joint Replacement

Noon - 1 PM Heart of Florida Regional Medical Center, 40100 U.S. 27, Davenport. Orthopedic Surgeon, Abhijit Manaswi, M.D., will answer your questions about your joint replacement options and much more during this free lunch & learn seminar. Light lunch will be served but space is limited. More info & register online heartofflorida.com (863) 422-4971 Free

8 Babysitting Basics

9 AM - 5 PM Winter Haven Women's Hospital - Classroom A, 101 Avenue O SE, Winter Haven. Covers being a responsible babysitter, accident prevention, handling emergencies, CPR, age appropriate care, play and meals. This class is designed for young people ages 11-14 years old. Bring a bag lunch and a drink to class. Parents need to complete consent form and have child bring to class. A permission slip will be mailed if there are more than 4 business days from event start date. If you register within 4 business days of the event, please call the customer service center to have the permission slip emailed to you. Register online. 855-269-4777 baycare.org \$30

11 Weight Loss Surgery Seminar- Sleeve Gastrectomy

4 PM - 5 PM Heart of Florida Regional Medical Center, 40100 U.S. 27, First Floor Boardroom, Davenport. Shiva Seetahal, MD, will explain all about the Sleeve Gastrectomy procedure. Weight loss surgery staff will be on hand to discuss the health benefits of weight loss surgery, the requirements both pre- and post-surgery and to answer any questions you may have. We will also have staff available to discuss insurance questions as well. Space is limited, register online heartofflorida.com (863) 422-4971 Free

- Continued on Page 10 -



Locations



Main Campus
500 E. Central Ave.
Winter Haven, FL 33880



First Street Campus New
325 First Street N.
Winter Haven, FL 33881



Downtown Campus
199 Ave B, N.W.
Winter Haven, FL 33881



East Campus
Off Cypress Cardens Blvd.
3000 Woodmont Ave.
Winter Haven, FL 33884



Ophthalmology
Adjacent to the Main Campus
506 Ave A, S.E.
Winter Haven, FL 33880



Davenport Campus
In Cypress Physicians Building at Heart of Florida
40124 US Hwy 27, Suite 102
Davenport, FL 33837



Marc Feldman, DPM / Podiatry & Foot Surgery
Winter Haven Office
401 E. Central Ave.
Winter Haven, FL 33880
863-299-9100

Sebring Office
4900 Sun N Lake Blvd. #1
Sebring, FL 33872
863-299-9100

Lake Wales Office
Located in the Orange Grove Plaza
1342 S.R. 60 East
Lake Wales, FL 33853
863-679-1552
By Appointment Only

Lakeland Office
4730 Explorations Ave.
Lakeland, FL 33812
By Appointment Only

Physicians & Provider Listing

At Bond Clinic, we are committed to providing Polk County and the surrounding region with qualify medical professionals.

Cardiology

Bhatia, Karan K., MD
Mustafa, Muhammad, MD
Vigoreaux, Jose R., MD
Willard, E.H., MD

Cardiology (Interventional)

Cosme, Octavio, MD

Endocrinology & Diabetes

Miller, Christopher, MD

Family Medicine

Arana, Flavio R., MD
Arango, Cecilia, MD
Koillpillai, Robinson, MD
Magno, Alexander S., MD
O'Meara, Mary, MD New

General Surgery & Surgical Oncology

Gambaro, Esteban, MD
Thomas, Robert S., MD

Hospitalists

Carlucci, Joseph A., MD
Munez, Elvin, MD
Paul, Nisha, MD
Redlien, Parker, MD
Shamim, Talha, MD

Internal Medicine

Farrell, Cathy, MD
Lakhani, Sonali, MD
Lopez, Christopher, MD
Prieto, Jose, DO
Rentas, Evelyn, MD
Reyes, Pamela, MD
Rivera, Juan R., MD
Torres, Jorge, MD

Nephrology

Hou, Jeffrey Peng, MD
Ibrahim, Sherif I, MD New
McClendon, Michele L., DO

Neurology

Rajguru, Shailesh, DO

Nurse Practitioners

Ash, Greisy, ARNP
Bailey, Charla, ARNP
Bridges, Stephanie, ARNP
Calderon, Amelia, ARNP
Carbone, Carrie, ARNP
Cassady, Stephanie, ARNP
Cayson, Barry, ARNP
Davidson, KC, ARNP
Harte, Brian, ARNP
Huffstickler, Carrie, ARNP
Jones, Courtney, CPNP
Jones, Lorrie, ARNP
Krieger, Kelly, ARNP
Lawrence, Laurel, ARNP
Lewis, Jami, ARNP
Linn-Gettel, Jean, ARNP
Miller, Emily, ARNP
Moore, Vicki C., ARNP
Patel, Mrudula, AGNP
Patterson, Lauren, ARNP
Pickard, Martha, ARNP
Rampersad, Michelle, ARNP
Ray, Brandi, ARNP
Reed, Deloris, ARNP
Reedy, Clayton, ARNP
Ritter, Cynthia, ARNP
Rivera, Ruby A., ARNP

Nurse Practitioners (con't)

Saucedo, Gerardo, FNP
Skukowski, Bobbie, ARNP
Torres, Heather, CPNP
Valadez, Jenifer, NP-C
White, Samantha, ARNP
Widner, Linda G., ARNP

Obstetrics & Gynecology

Gabriel, Carlos I., MD
Gatto, Vincent W., MD
Kanaan, Jana, MD
Salamon, Eva J., MD

Oncology & Hematology

Hlalah, O. Abu, MD

Ophthalmology

Ort, Michael G., MD

Orthopedic Surgery & Sports Medicine

Lerner, Robert K., MD
Morin, Paul M., MD

Pain Medicine- Interventional

Eldeeb, Mohammad A., MD

Pediatrics

Nguyen, Kenny, MD

Physical Therapy

Balogh, Jeremy S., DPT

Physician Assistant

Rodriguez, Christopher, PA

Podiatry & Foot Surgery

Englert, Christopher, DPM
Feldman, Marc, DPM

Pulmonology

Romeu-Velez, Jesse, MD

Rheumatology

Pancorbo, Roberto, MD

Sleep Medicine

Romeu-Velez, Jesse, MD

Thoracic Surgery

Lambert, Jr., C. Jake, MD
Iakovidis, Panagiotis, MD

Urgent Care New

Ton, Liem, MD

Urology & Urologic Surgery

Lee, Kevin, MD
Romero, Claudio, MD

Vascular Surgery

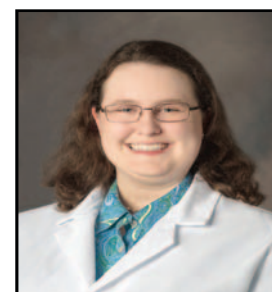
Iakovidis, Panagiotis, MD
Lambert, Jr., C. Jake, MD

Wound Care

Iakovidis, Panagiotis, MD
Lambert, Jr., C. Jake, MD



Sherif I. Ibrahim, MD
Nephrology



Mary O'Meara, MD
Family Medicine

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11 Breastfeeding Class

6 PM - 8:30 PM Winter Haven Women's Hospital - Classroom A, 101 Avenue O SE, Winter Haven. Covers breastfeeding basics, skin-to-skin contact, tips for returning to work and when to call a health care provider/lactation consultant. More info & register online at baycare.org 855-269-4777 \$15

12 Breastfeeding Support Group

11 AM - 1 PM Heart of Florida Regional Medical Center, 5th Floor Lobby, 40100 U.S. 27, Davenport. Interactive breastfeeding support group with an International Board Certified Lactation Consultant (IBCLC). Meet with other breastfeeding moms to discuss all aspects of baby care, development, and feeding. Share concerns and work through issues with a support network of women. Free to attend and refreshments provided. Due to the intimacy of mother-baby bonding this is a women's only group. Call 863-419-BABY or register online heartofflorida.com

12 Infant and Child CPR

5:30 PM - 7 PM Winter Haven Women's Hospital - Classroom A, 101 Avenue O SE, Winter Haven. Learn to perform life saving CPR and choking rescue methods on infants and children based on American Heart Association guidelines. The fee for this class is per person. This is not a certification class, it is for information only. More info & register online at baycare.org 855-269-4777 \$15

13 Diabetes Support Group

5:30 PM - 6:30 PM Heart of Florida Regional Medical Center, 40100 U.S. 27, 3rd Floor Education Department, Davenport. The Diabetes Support Group is an opportunity for people who have diabetes to discuss their lives, struggles and successes with one another. Register online heartofflorida.com (863) 422-4971 Free

19 Support Group: Better Breathers Club

1 PM - 3 PM Heart of Florida Regional Medical Center, 40100 U.S. 27, Davenport. Living with a chronic lung disease can be easier. Better Breathers Club is a support group for individuals with COPD, pulmonary fibrosis and lung cancer, and their caregivers. Learn better ways to better cope with lung disease while getting the support of others with similar health issues and concerns. Led by a trained facilitator, this in-person adult support group helps give you the tools you need to have a better quality of life. For more information, call 863-422-4971, ext. 2247. Free

WEDNESDAYS**Low Impact Exercise Class**

9:30 AM - 10:15 AM
This low-impact aerobic exercise class uses the Richard Simmons' Silver Fox video tape, which is played on a large screen television. This is an excellent workout for all fitness levels. Free, registration required. Mywinterhaven.com Ages 50+ Senior Adult Center, 250 South Lake Silver Drive NW, Winter Haven. (863) 291-5870

Chair Yoga

10:30 AM - 11:30 AM
Chair yoga is designed for seniors and focuses on flexibility, strengthening, stress reduction and relaxation. Enjoy the benefits of yoga sitting in a chair rather than getting up and down from the floor. Free, registration required. Mywinterhaven.com Ages 50+ Senior Adult Center, 250 South Lake Silver Drive NW, Winter Haven. (863) 291-5870

Tai Chi

1:30 PM
Experience the gentle flowing movements of Tai Chi, and treat your whole body to a gentle and relaxing workout. \$4 Resident / \$5 Non-resident. Registration required. Mywinterhaven.com Ages 50+ Senior Adult Center, 250 South Lake Silver Drive NW, Winter Haven. (863) 291-5870

THURSDAYS**Wellness with Isabel**

10:30 AM - 11:30 AM
A 60 minute low-impact total body workout that is easily modified for beginners. \$1 Resident / \$2 Non-resident, registration required. Mywinterhaven.com Ages 50+ Senior Adult Center, 250 South Lake Silver Drive NW, Winter Haven. (863) 291-5870

Beginning Line Dancing

1:30 PM - 3:30 PM
Learn line dances to country and pop songs. Participants often perform at local nursing homes and health expos. No partner required. \$4 Resident / \$5 Non-resident. Registration required. Mywinterhaven.com Ages 50+ Senior Adult Center, 250 South Lake Silver Drive NW, Winter Haven. (863) 291-5870

Country Western Line Dance Social

7 PM - 9 PM
Come practice the country western line dance moves you have already learned. Bring your partner! \$5 Resident / \$6 Non-resident Registration required. Mywinterhaven.com Ages 50+ Senior Adult Center, 250 South Lake Silver Drive NW, Winter Haven. (863) 291-5870

FRIDAY**Low Impact Exercise Class**

9:30 AM - 10:15 AM
This low-impact aerobic exercise class uses the Richard Simmons' Silver Fox video tape, which is played on a large screen television. This is an excellent workout for all fitness levels. Free, registration required. Mywinterhaven.com Ages 50+ Senior Adult Center, 250 South Lake Silver Drive NW, Winter Haven. (863) 291-5870

Chair Yoga

10:30 AM - 11:30 AM
Chair yoga is designed for seniors and focuses on flexibility, strengthening, stress reduction and relaxation. Enjoy the benefits of yoga sitting in a chair rather than getting up and down from the floor. Free, registration required. Mywinterhaven.com Ages 50+ Senior Adult Center, 250 South Lake Silver Drive NW, Winter Haven. (863) 291-5870

Feeling ACTIVE

WEEKLY FITNESS CLASSES

MONDAYS**Low Impact Exercise Class**

9:30 AM - 10:15 AM
This low-impact aerobic exercise class uses the Richard Simmons' Silver Fox video tape, which is played on a large screen television. This is an excellent workout for all fitness levels. Free, registration required. Mywinterhaven.com Ages 50+ Senior Adult Center, 250 South Lake Silver Drive NW, Winter Haven. (863) 291-5870

Strength & Cardio

10:45 AM - 11:45 AM
A total body workout that includes aerobic, strengthening, balance, and flexibility modalities. \$1 Resident / \$2 Non-resident Mywinterhaven.com Ages 50+ Senior Adult Center, 250 South Lake Silver Drive NW, Winter Haven. (863) 291-5870

TUESDAYS**Strength & Cardio**

10:30 AM - 11:30 AM
A total body workout that includes aerobic, strengthening, balance, and flexibility modalities. \$1 Resident / \$2 Non-resident Mywinterhaven.com Ages 50+ Senior Adult Center, 250 South Lake Silver Drive NW, Winter Haven. (863) 291-5870

Dance Social

7 PM - 9 PM
Offers a variety of live dance music. Couples and singles are welcome. \$3 Resident / \$4 Non-resident. Mywinterhaven.com Ages 50+ Senior Adult Center, 250 South Lake Silver Drive NW, Winter Haven. (863) 291-5870

Feeling FIT

March 2018

Feeling Fit is published quarterly and distributed throughout East Polk County by mail, home delivery and select rack locations.

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NOW ACCEPTING PATIENTS



Be a part of the Charity Challenge Break a Guinness World Record

By Tara Crutchfield

On April 15th, the 2018 Charity Challenge is doing something big! Something so big, that they hope to break the Guinness World Record for it, and the cherry on top—it's all for a great cause.

The 2018 Charity Challenge will bring charities and donors together in quite a unique way. On April 15th, 2018, Charity Challenge and all of its supporters will rally together at Publix Field at Joker Marchant Stadium to form what they are aiming to be the largest human awareness ribbon, benefiting the Cancer Society.

The current world record for the largest human awareness ribbon is held by a woman in Saudi Arabia that gathered enough support to bring 8,264 participants together for the ribbon, in December of 2015.

The Chair for Charity Challenge, Chris Hazelwood, thinks we can do one better saying, "We have tried it twice, so this is the third time for a charm!" They've attempted the largest human awareness ribbon twice before, once in 2011 and then again in 2014, but the energy around this one is different.

To participate in the event, you can visit their website, www.worldrecordribbon.com, to purchase tickets for \$5. At the event, participants will be given a purple poncho donning the event logo before stepping onto the field to form the ribbon. Included in that ticket price is a 1pm game with the Lakeland Flying Tigers vs. the Charlotte Stone Crabs baseball team.

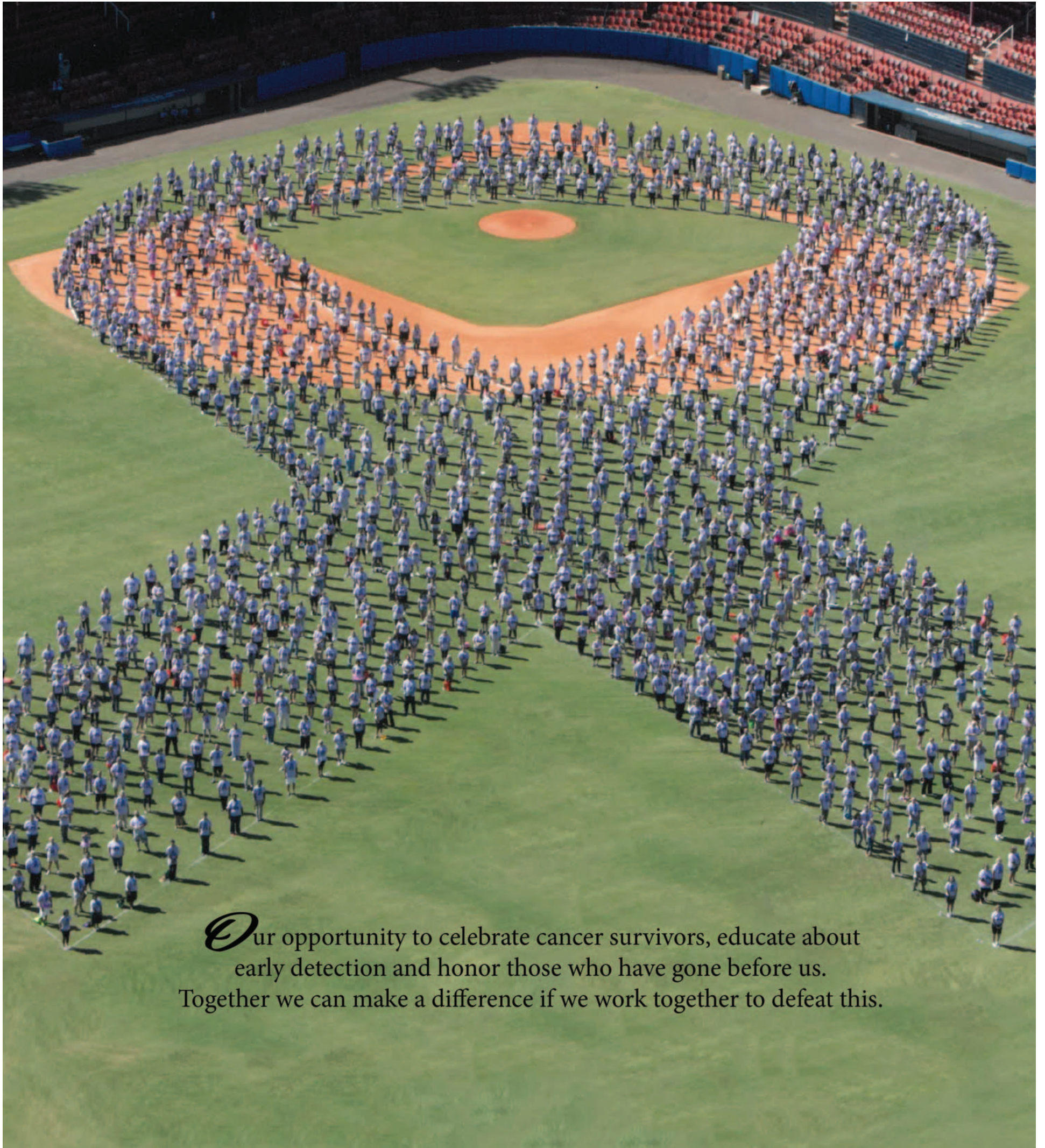
On the day of the event, participants are urged to arrive early. Gates open at 9am and guests will take their seats in the stadium at 10am. At 10:30, positioning to form the ribbon will begin. According to Chris, Mike Potthast of Potthast Studios in Winter Haven, will fly in a sheriff's helicopter at 11:30 to take the official photo.

The Opening Ceremony will take place at noon which will include the national anthem, a dove release, and Guinness will name the 2018 Winter Haven Charity Challenge as the new record holder for the largest human awareness ribbon. The game will follow at 1:05pm. There will be about 15 non-profit vendors on site as well.

Charity Challenge, it's supporters, and Chair Chris Hazelwood remain determined to beat the record and raise money for each of the charities involved. Chris explained the drive behind this event saying, "It's an amazing event. It's giving back to the community number one, number two it's coming together and rallying, it's a feel-good event, it's a making history event. Guinness is going to be there on site to tell us we made it, we're going to put Winter Haven on the map. It's just great all the way around."

Let's unite to claim the world record for the largest human awareness ribbon, and in the words of Chris Hazelwood, "Sign up, and show up!"

2018 Winter Haven Charity Challenge & Human Awareness World Record
April 15, 2018
Publix Field at Joker Marchant Stadium
2301 Lakeland Hills Blvd, Lakeland, FL 33805
www.worldrecordribbon.com



*O*ur opportunity to celebrate cancer survivors, educate about early detection and honor those who have gone before us. Together we can make a difference if we work together to defeat this.



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Relay For Life of Winter Haven
Heroes in Heels

April 6th, 5-10:30 pm
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Donate to the Hero of your choice:
www.relayforlife.org/PowerInPurpleWinterHavenFL

Battling Back Against Pollen

First flu season, and now... pollen season! February's unseasonably warm temperatures brought Spring to Central Florida earlier than normal, and with it the coating of pollen that makes many people's allergies flare.

It's important to manage allergy symptoms early, before the effects take a toll on overall quality of life. Left untreated, seasonal allergies can cause sinus swelling leading to chronic sinusitis. Your digestive tract can also suffer – gastroesophageal reflux disease (GERD) is often a direct effect of the body's allergic response.

While Americans spend nearly \$2 billion each year on over-the-counter allergy remedies, many feel their effectiveness is minimal. There also are potential risks to self-medicating, as some over the counter medications can interfere or interact poorly with other medications you may be taking. If you suffer from more than just the occasional sneezing fit or itchy eyes, it's best to schedule an appointment with a physician.

There are many different types of environmental allergies, including pollen, grass, ragweed and mold. But there also are a variety of potential symptoms, with each allergen affecting each person differently. Working with your doctor to determine what you are allergic to and how to best manage your unique symptoms should reduce your suffering dramatically.

There are a variety of diagnostic tools available to help identify the cause of the allergies. Your physician can then focus on developing the most appropriate treatment. Options may include a combination of antihistamines, decongestants, nasal steroid or cromolyn sodium sprays, saline rinses, eye drops, sublingual tablets or allergy shots.

Dr. Ajay Mangal is an Ear, Nose and Throat Specialist with Lake Wales Medical Group. To schedule an appointment, call 844-634-DOCS (3627) or visit www.LakeWalesMedicalGroup.com to learn more.

Heart of Florida Medical Center: Expands Quality Care to All of Polk County

Heart of Florida Regional Medical Center CEO Ann Barnhart is pleased to announce a couple of changes in the Marketing and Public Relations Departments at both the Davenport hospital and Lake Wales Medical Center. Tracey Guerrero, who was the Marketing Director for Heart of Florida, will now be the System Marketing Director for both Heart of Florida Regional Medical Center and Lake Wales Medical Center. Guerrero has been with Heart of Florida for three years and was previously the Marketing Director for a hospital in Osceola County for five years.

"Since our hospitals are now a network, we are taking positive steps to enhance our presence as a hospital system in the community," Guerrero said. "We will be highlighting and promoting the unique services of both hospitals as well as our physician groups." Maryemma Bachelder, who was the Director of Marketing for the Lake Wales Medical Center, is now the Director of

Community Relations for the Lake Wales Medical Center and Heart of Florida Regional Medical Center. Bachelder has worked for the Lake Wales facility since 2008. "This new structure allows both hospitals to focus more fully on strategic involvement in the communities we serve.

It's important to us to be a good

community partner with the residents, neighborhoods, schools, churches and other organizations that make up our communities. Partnership is the very essence of community, and we look forward to contributing in very meaningful ways to the economic success of Davenport, Haines City, Lake Wales, and all of Polk County," Bachelder said.

"As a lifelong resident of Polk County, I'm

excited to be stepping into a role that allows me to work with Heart of Florida Regional Medical Center and Lake Wales Medical Center to help our communities thrive and prosper." Guerrero said both she and Bachelder have the same goal: To make sure that the community knows they are covered by a coordinated healthcare team that spans all of East Polk County and beyond.

"Maryemma and I will be working hand in hand to promote and showcase the physicians and the services of both of the hospitals so that they know they can depend on us for easy access to quality care, regardless of where they live," Guerrero said. "Both hospitals together offer a wide range of services ranging from geriatric care to labor and delivery to our new 3-D Mammogram services. We want to make sure residents from all over Polk County know we have their medical needs covered."

Heart of Florida Regional Medical Center and Lake Wales Medical Center are owned in part by physicians.



Heart of Florida Physician Group Internal Medicine Physician Acquires Winter Haven Office



Hemali Shah knew it would be hard to listen to all the kind words about her late husband, Dr. Ashish Shah, during the ribbon cutting ceremony Wednesday night, but knowing she had turned the practice over to a good friend of her and her husband's made it a little easier.

Dr. Ruben Perez, a board-certified internal medicine physician with the Heart of Florida Physician Group, has taken over the practice of Dr. Shah who had passed away unexpectedly last year. A ribbon cutting ceremony at the office, located at 350 1st St. N in Winter Haven, had a festive atmosphere tinged with just a bit of melancholy.

"I knew I didn't want there to never be another doctor in these halls," Hemali Shah said emotion evident in her voice as she spoke during the ribbon cutting ceremony. "This is something my husband wanted. He knew Dr. Perez was going to be the one taking over the practice and he was happy about that."

Dr. Perez said he was honored to take over the practice and bring his patients to the new location as well. He and Dr. Shah had worked together before at a different practice.

"We were very good friends. I watched his kids grow up. I am very happy to be here and continuing what he started," Dr. Perez said adding that he is excited about growing

the practice and being able to introduce himself to new patients in the Winter Haven area.

Dr. Perez offers diagnosis and treatment of acute and chronic diseases as well as preventative care, senior care services, sports physical exams, and care for common illnesses. He also speaks Spanish.

Sendy Mora, a nationally certified Family Nurse Practitioner, has also joined Dr. Perez's staff and has started seeing patients in the Winter Haven office. She provides in-office assessments, diagnosis and treatment of patients. She has seven years of experience as an Emergency Room nurse. She recently graduated from Duke University as a Nurse Practitioner. She also speaks Spanish.

Both Dr. Perez and Sendy Mora are accepting new patients. To make an appointment for either one with his office, please call 863-595-4130 or via online appointment at HeartOfFloridaPhysicianGroup.com.

Hemali Shah, who is the office manager for the practice, said having the office filled with patients is a nice way to honor her husband.



About Heart of Florida Physician Group

Heart of Florida Physician Group is a multi-specialty medical group that believes in providing quality, compassionate health care to the communities it serves in Davenport, Haines City, Winter Haven, Lake Alfred, Poinciana, and all of East Polk County. Our board certified doctors provide expert care in 12 different specialties including family medicine, internal medicine, orthopedics, gastroenterology and more. With same-day appointments available for most offices, you and your family receive personalized care when you need it most. Online appointments are available for select providers. For more information, visit us at www.HeartOfFloridaPhysicianGroup.com.



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